



Hello Everyone – Happy Cinco De Mayo Day...*although you won't be receiving this edition until Seis De Mayo!*

- ◆ Thank you to all of you who were able to join us for the Planning Committee meeting. Although we drew a smaller crowd this time, the discussions were productive and great ideas were gleaned. It's very helpful to have the history and memories in terms of past events here. They provide us with relevant information from which to build upon.
- ◆ An additional thank you goes out to Jim H. for donating prints that will be hung throughout the 100 wing. We will also be hanging prints along the same hall, donated by William L. It'll be terrific to personalize those bare walls and add some warmth.
- ◆ The survey responses I've been receiving from the duplex residents have been terrific! Keep 'em coming!
- ◆ I'd like to send genuine good wishes to the mom's out there for a great Mother's Day weekend. I hope the weather provides sunshine and warmth for you to enjoy.
- ◆ Attention all *meatball* fans...our next cooking competition is scheduled on May 16<sup>th</sup> at 12:30. As usual, we're looking for judges, contest participants and a hungry group to simply enjoy various styles of homemade meatballs.
- ◆ We are partnering with Cornell Cooperative Extension to develop the new raised bed vegetable garden. They will be constructing the raised beds, supplying seeds based on what you're looking to grow and provide on-going support if desired. Their efforts stem from a grant they received geared toward establishing raised bed gardens in various senior communities.
- ◆ Nice job, Janet, on the flowers you planted by the patio and main entrance! The same goes out to Randy...the bricks surrounding the flagpole are outstanding.

- Kevin

**Activities: Week of May 9 -15**

**Monday, May 9, 2016**

- 11am Exercise
- 12pm Soup & Salad**
- 1pm Pool**
- 3:30pm Adult Coloring**

**Tuesday, May 10, 2016**

- 9:30am Shuffle Board**
- 10:30am Aldi / Hannaford**
- 11:30am Tai Chi
- 2pm Bingo**

**Wednesday, May 11, 2016**

- 10am Nurse Janet**
- 11am Exercise
- 11am Bike riding with Tiana**
- 12pm Soup & Salad**
- 1pm Penny Poker**
- 2pm Craft Group**

**Thursday, May 12, 2016**

- 10am Bridge**
- 12pm Omelet's**
- 1pm Mah Jongg**
- 3pm Bible Study Group**
- 3:30pm Wii Bowling**
- 6:30pm Barbershoppers Perform**

**Friday, May 13, 2016**

- 10am Yando's**
- 11am Exercise
- 11:30am Guy's Lunch @ Aleka's**
- 12pm Soup & Salad**
- 1pm Bridge for 8
- 4:30pm BYOB

**Saturday, May 14, 2016**

- 11am Yoga Tape
- 6:30pm Movie Night,**  
"West Wing"

**Sunday, May 15, 2016**

- 11:30am Church Service
- 12:30pm Brunch**
- 1:30pm Movie, "Charade"**

**Activity Information:**

On **Wednesday, May 11th at 11am** we have "bike riding with Tiana." As you

know, we have three adult bicycles (technically tricycles for stability), and I would like to encourage you to use them! We will have two available, and will be riding together. There are some people who are owners of bicycles, and I would love for you to come out and join us - weather permitting of course!

On **Thursday, May 12th** the Cumberland Bay Barbershoppers will be performing at lake forest after dinner at **6:30pm**. They are a talented group with a great sense of humor! Plus, one of the barbershoppers just so happens to be a Lake Forest Resident! If you haven't heard them, be sure to check them out!

Guy's Lunch out this month is on **Friday, May 13th at 11:30am @ Aleka's!** We have a WONDERFUL group of people signed up, and I am SO excited to go (it's one of my personal favorites)

**More Activity Information on Page 4!**



**May 2016 Birthdays!**

- |               |             |               |
|---------------|-------------|---------------|
| 2 Charlie J.  | 6 Sylvia B. | 11 Beverly R. |
| 16 Marylue G. | 17 John N.  | 21 Janet D.   |



## Our Lake Forest Residents' News, Comments, Etc...



Therese and Ron are back safe and sound in their duplex after an enjoyable winter in Florida! They drove twenty-one hundred miles on the way home! Due in part to several side trips on the way. They stopped in Nashville where they visited the Country Music Hall of Fame, much enjoyed by Ron, a Bluegrass fan. Another fun stop was in Louisville KY, where they toured Churchill Downs and the museum there. Therese said it was all very interesting. Timely too, as the Kentucky Derby is coming up soon! Welcome home! Rest up!



Welcome home also to Doo, who is back from California where she enjoyed sunny times with family. The trip home wasn't as much fun, as bad weather caused a 2 day delay in Charlotte, N.C. She finally arrived here at 3am Sunday. We are glad to have you safely back with us.

Last week I wrote about silly songs we sang as kids. I just learned a new one - Minnie said it is one she remembered from her earlier days, I love it! Hope you do also:

When it gets too hot for comfort  
And you can't buy ice cream cones,  
It ain't no sin to take off your skin  
And dance around in your bones.

Here's a story to bring a smile to your face:

A man phones home from his office to tell his wife, "I have a chance of a lifetime to go fishing for a week, but I have to leave right away. So pack my clothes, my fishing equipment, and my silk pajamas. I'll be home in about an hour to pick them up." He goes home, grabs everything and rushes off. He returns a week later and his wife asks if he had a good time. He says, "Oh yes, great! But you forgot to pack my silk pajamas." His wife smiles and says, "Oh no I didn't @ I put them in your tackle box!"

Have a happy, healthy week!  
- Mary Lue



# More Activity Info



## Notes from Tiana

Thank you to Shelly for bringing everyone who signed up to the show on Sunday, May 1st *Voices of Spring* at the Strand Theatre. A special thanks to the individual who provided the donated tickets. I hear everyone who went enjoyed themselves! Sorry I had to miss it!

As always, the Tea Social was reported to be a very nice turnout! I can not *WAIT* to see what is in store for next month! These will continue through to June, and I will keep you posted on any changes that may occur!

The planning meeting on Wednesday, May 4th generated good information regarding upcoming events, food for such events, and additional ideas! Thank you attendees, we will most likely have another of these meetings in July!

Quick note here: when we do have events scheduled, if I am unable to be here, I will either coordinate coverage to assure the activity continues, or there will be a note on the white board outside Kevin's office, AND on the activity bulletin!

There are some very interesting plays coming up in Vermont locations. I will be sending out a brief survey most likely next week to see if there are residents interested in certain plays! If you have an idea of something coming up that you are interested in, please do not hesitate to share this event with me as much ahead of time as possible! Thank you in advance, and I look forward to the events and activities to come!

## FOLLIES:

**Are YOU or do you have a family member who is local and plays the piano? I would like to get the "Song Birds" or something of the like back up and running. This will be a resident performance group! Singers will be needed, as will a music director!**

**Got jokes? I am also looking for interested individuals to provide skits, stand up comedy, and anything else that will provide humor, talent, and added fun to our monthly birthday parties. Please - See Tiana!**



**We have information posted on our Activity bulletin board for the monthly look ahead, sign up sheets, and additional event information (community events and such). This is the same calendar you receive monthly, but will have any changes that have been made! Additionally, the RA's do a nice job of maintaining the white board outside Kevin's office on a daily basis to give you a brief overview of the day (including the dinner menu!).**

Thank you, and have a GREAT WEEK!

- Tiana



# New Items on the Menu



**Lemon Bisque** - A very light, airy dessert with a nice lemon flavor and graham cracker crumbs on the bottom and top.

**Penne in Vodka Sauce w/Sausage** – Penne pasta a creamy, tomato, vodka sauce and smoked sausage.

**Shepherd’s Pie Potato Skins** – Potato skin filled up with ground beef, onion, peas, corn, carrots and topped with whipped potatoes.



## Health Tips

### Take Charge!

## Health Tips

In a recent review of the scientific evidence published in *Circulation* almost simultaneously with the release of the 2015 Dietary Guidelines for Americans, Dr. Mozaffarian identified these dietary priorities for cardiovascular and metabolic health:

#### Consume MORE:

- \* Fruits (3 servings/day)
- \* Nuts, Seeds (4 servings/week)
- \* Vegetables, including legumes, excluding russet or white potatoes (3 servings/day)
- \* Whole grains (3 servings/day)
- \* Fish, Shellfish (at least 2 servings/week)
- \* Dairy products (2-3 servings/day)
- \* Vegetable oils (2-6 servings/day)

#### Consume LESS:

- \* Refined grains, starches, added sugars (no more than 1-2 servings/day)
- \* Processed meats (no more than 1 serving/week)
- \* Unprocessed red meats (no more than 1-2 /week)
- \* Industrial *trans* fat (NONE)
- \* Sugar-sweetened beverages (none)
- \* Sodium (no more than 2,000 mg/day)

Generally, one “serving” is a half-cup of fruits, vegetables or grains; one cup of leafy vegetables, cereal, milk or yogurt; one slice of bread; one ounce of nuts; one teaspoon of oil; 3.5 ounces of meat, fish, or poultry; 1.75 ounces of processed meat.

#### He also recommended:

- ◆ Regular physical activity
- ◆ Not smoking
- ◆ Get enough sleep (7-plus hours/ night)

(Article submitted by a resident from *Tufts* April 2016 *Health & Nutrition Letter*)

Week of May 16, 2016

Turn into Kitchen by Wednesday, May 11

Name: \_\_\_\_\_

Circle the Main Meal and the Sides You Like

Monday – May 16(5:30 PM)

Chicken w/Gravy (White or Dark)

OR

Penne in Vodka Sauce w/Sausage

Caesar Salad

Mashed Potatoes

Yellow Squash

Chocolate Chip Pie

Garlic Bread

Broccoli

OR Fresh Fruit

Tuesday – May 17(5:30 PM)

Roasted Leg of Lamb

OR

Curried Chicken Salad w/Pita Bread

Tomato Bisque

Rice Pilaf

Roasted Corn

Caramel Apple Cake

Whole Wheat Bread

Green Beans

OR SF Ice Cream

Wednesday – May 18(5:30 PM)

Beef Pot Roast w/Gravy

OR

Crab Salad over Salad Greens

Chicken Vegetable Soup

Roasted Red Potatoes

Carrots

Pineapple Upside-Down Cake

Sunflower Bread

Peas

OR Sliced Fruit

Thursday – May 19(5:30 PM)

Marinated Pork Tenderloin

OR

Shepherd's Pie Potato Skins

Garden Salad

Roasted Squash

Mushrooms/Onions

Lemon Bisque OR SF Strawberry Jell-O

Dinner Roll

Brussels Sprouts

Friday – May 20(2:00 PM)

Baked Tilapia

OR

Chef Salad (Turkey, Ham, Cheese, Egg)

Chips & Dip

Multigrain Pilaf

Braised Celery & Carrots

Banana Split OR Applesauce

Honey Oatmeal Bread

Saturday – May 21(5:30 PM)

Roasted Turkey

OR

Cheeseburger on Bun (Lettuce, Tomato, Pickle)

Vegetable Soup

Sage Stuffing

Cauliflower

Oatmeal Raisin Cookie

Cheese Biscuit

Baked Beans

OR Banana

Sunday – May 22(12:30 PM Brunch)

Scrambled Eggs

Glazed Ham

Bacon

French Toast

Garden Vegetable Salad

Sweet Potatoes

Boston Cream Pie

Banana Nut Muffin

Fresh Fruit

Snack in a bag

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Caesar Salad

Mashed Potatoes

Yellow Squash

Chocolate Chip Pie

Garlic Bread

Broccoli

OR Fresh Fruit

Tuesday – May 17(5:30 PM)

Roasted Leg of Lamb

OR

Curried Chicken Salad w/Pita Bread

Tomato Bisque

Rice Pilaf

Roasted Corn

Caramel Apple Cake

Whole Wheat Bread

Green Beans

OR SF Ice Cream

Wednesday – May 18(5:30 PM)

Beef Pot Roast w/Gravy

OR

Crab Salad over Salad Greens

Chicken Vegetable Soup

Roasted Red Potatoes

Carrots

Pineapple Upside-Down Cake

Sunflower Bread

Peas

OR Sliced Fruit

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Lemon Bisque OR SF Strawberry Jell-O

Dinner Roll

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Baked Tilapia

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Chips & Dip

Multigrain Pilaf

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Cheeseburger on Bun (Lettuce, Tomato, Pickle)

Vegetable Soup

Sage Stuffing

Cauliflower

Oatmeal Raisin Cookie

Cheese Biscuit

Baked Beans

OR Banana

Sunday – May 22(12:30 PM Brunch)

Scrambled Eggs

Glazed Ham

Bacon

French Toast

Garden Vegetable Salad

Sweet Potatoes

Boston Cream Pie

Banana Nut Muffin

Fresh Fruit

Snack in a bag



# Senior Trip List

## 2016

June 9

- Leave at 9 AM Return by 5 PM
- Museum, Lunch, & Cruise
- \$50 per person
- Registration starts on 5/18  
(hold for Town residents until 5/31)

Lake Champlain  
Maritime Museum

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St. Michael's  
Playhouse

"Sister Act"  
July 2

- Leave at 10 AM Return by 6 PM
- \$45 per person (Includes Lunch at Zachary's)
- Registration starts on 6/15  
(hold for Town residents until 6/27)

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"Almost, Maine"  
August 18

- Leave at 9 AM Return by 5 PM
- \$60 per person (Includes Lunch)
- Registration starts on 7/27  
(hold for Town residents until 8/8)

Lake George  
Dinner Theatre

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Saratoga Racetrack  
& Casino

September 1

- Leave at 9 AM Return by 6 PM
- \$30 per person
- Registration starts on 8/10  
(hold for Town residents until 8/22)

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You can register by calling the  
Town of Plattsburgh Parks & Recreation Department at 562-6860  
Please follow the dates listed.  
Trip details are subject to change  
Visit [www.townofplattsburghrecreation.com](http://www.townofplattsburghrecreation.com)



