



Home Journal

August 14, 2020

Have a wonderful weekend everyone! Kevin is...



**Shelley is on call
August 17**

Our Lake Forest Website
www.onlakeforest.org

[www.facebook.com/Lake
ForestSeniorCommunity](https://www.facebook.com/LakeForestSeniorCommunity)

Activities: Week of August 17– August 23, 2020

Monday, August 17

11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy
3pm Themed Book Club

Tuesday, August 18

10am Target
10am Toenails by Jana

Wednesday, August 19

8am Target
9:30am Shuffleboard
11am Exercise
12pm Soup & Salad
12pm Toenails by Jana
1pm Penny Poker
1pm Scrabble
3pm Movie Surprise

Thursday, August 20

9am Pancake Breakfast
10:30am Mexican Train
1pm Mah Jongg
2pm Happy Hour
3pm Wii Bowling
5:30pm Special Dinner: Luau

Friday, August 21

8am & 10am Yando's
11am Exercise
12pm Soup & Salad
12pm Appetizer Cook Off
1pm Bridge for 8
1:30pm Trivia
3pm Movie Surprise

Saturday, August 22

6:45pm Movie Night:
National Treasure, Part 1

Sunday, August 23

12:30pm Brunch



August Birthdays

2– Lisa G. 8– Claire B.
11– Jim H. 19– Bob Wo.
26– Pat M.



Bread of the Week

Sourdough Honey Quinoa Loaf

This tender, rather nubby loaf makes amazing whole grain sandwiches, and tastes just as good when toasted with butter.

Please let Natasha know if you would like to order a loaf for \$4.

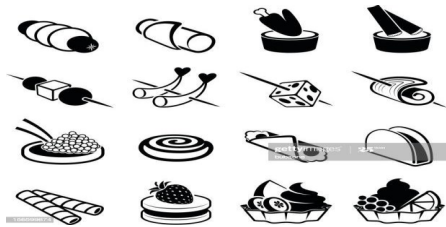




Our Lake Forest Residents' News, Comments, Etc...



On Wednesday, the Press Republican featured an article about Tony and his new chapter here at Lake Forest. A copy of the article is on our activity board, for everyone to enjoy!



On Friday, August 21st we are having an appetizer cook off! If you would like to be a contestant, please let Vicki know. If you would like to be a judge, please join us in the dining room that day at noon. We can't wait to see everyone's ideas!

On Tuesday, August 25th, we are having another takeout Tuesday! If you have any restaurant suggestions, please let Vicki know.

On August 15th at 6:45pm, The Crown, Season 3 is playing in the activity room.



Story about Queen Elizabeth II and her family. Twenty five year old newlywed Queen is faced with the daunting prospect of leading the world's most famous monarchy while forging a relationship with legendary Prime Minister, Winston Churchill. The British empire is on decline, and the political world is in disarray.

Running Time: About 65 Minutes



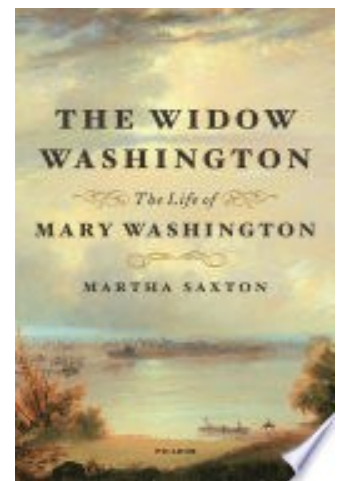
Our next Themed Book Club meeting is on August 17th at 3:00pm in the library. The book for this meeting is Everybody Needs a Rock. Even if you have not read the book please feel free to join us. The book is short enough that you could read it in a few minutes before the meeting begins. Come early and one of the members would be glad to share the book for you to read at that time. If you have a rock, that you have collected, please bring it to share with other members of the club. Even if you no longer have the rock in your possession you may share your memories about where you collected it or what the rock meant to you.

Thanks, Avis

The Book Club chose~ *The Widow Washington*, by Martha Saxton.

An insightful biography of Mary Ball Washington, the mother of our nation's father

The Widow Washington is the first life of Mary Ball Washington, George Washington's mother, based on archival sources. Her son's biographers have, for the most part, painted her as self-centered and crude, a trial and an obstacle to her oldest child. But the records tell a very different story. Martha Saxton's *The Widow Washington* is a necessary and deeply insightful corrective, telling the story of Mary's long, arduous life on its own terms, and not treating her as her son's satellite.



The next Book Club meeting is Monday, September 7th at 3pm.



1281 ~ During Kublai Khan's second Mongol invasion of Japan his invading Chinese fleet of 3,500 vessels disappears in a typhoon near Japan.

1842 ~ Second Seminole War declared over by Colonel Worth; Indians go on to be removed from Florida to Oklahoma.

1945 ~ V-J Day, Japan surrenders unconditionally to end WWII (also August 15 depending on time zone).

1947 ~ Pakistan gains independence from Great Britain.

1969 ~ British Army deploys on the streets of Northern Ireland, marking the beginning of Operation Banner.

1980 ~ 17,000 workers go on strike at the Lenin Shipyard in Gdańsk, Poland, marking the beginning of the Solidarity movement.

Week of August 24, 2020

Turn into Kitchen by Wednesday, August 19

Name: _____

Circle the Main Meal and the Sides You Like

Monday – August 24 (5:30PM)

Corned Beef & Cabbage

OR

Vegetable Quiche

BLT Chopped Salad

Boiled Potatoes

Carrots

Summer Pudding Cake OR SF Strawberry Jell-O

V8 Juice

Soda Bread

Green Beans

Tuesday – August 25 (5:30PM)

Coconut Shrimp

OR

Muffuletta Sandwich

Bean & Vegetable Soup

Roasted Sweet Potato

Cauliflower

Lemon Chiffon Pie OR SF Chocolate Pudding

V8 Juice

Dinner Roll

Side Salad

Wednesday – August 26 (5:30PM)

Chicken Parmesan

OR

Salad Niçoise w/Tuna

Chopped Salad

Angel Hair Pasta

Roasted Squash

Ice Cream OR

V8 Juice

Garlic Bread

Spinach

Applesauce

Thursday – August 27 (5:30PM)

Country Fried Steak

OR

Baked Crepes w/Ham & Mushrooms

Vegetable Flatbread

Mashed Potatoes

Carrots

Guinness Cake OR

V8 Juice

Wheat Bread

Broccoli

Fresh Fruit

Friday – August 28 (5:30M)

Baked Pork Chop

OR

Crusted Baked Tilapia

Almond Crunch Salad

Rice & Lentils

Vegetable Casserole

Flan OR

V8 Juice

Cucumber Bread

Coleslaw

Fresh Fruit

Saturday – August 29 (5:30PM)

Beef Stroganoff

OR

Cobb Salad w/Chicken

Tomato Basil Soup

Egg Noodles

Peas & Onions

7-Layer Bars OR

V8 Juice

Dinner Roll

Roasted Zucchini

Sherbet

Sunday – August 30 (12:30PM – Brunch)

Bacon Scrambled Eggs

Baked Omelet

Turkey Casserole

Baked Goods

Salad

Pancakes

Cake

Fresh Fruit

V8 Juice

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