



Hello Everyone – While you may not be aware...the hours of daylight are now getting longer...day by day by day.....

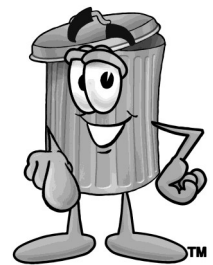
- ◆ Please be advised the office will be closed on Monday, December 26th and January 2nd.
- ◆ It's that time of year again...snowshoeing weather! I'm hoping we will have more snow this year, enabling us to get out a few times. Please let me know if you're interested and we'll schedule something after we receive a few fresh inches.
- ◆ Architectural & Engineering Design Associates (AEDA) has been engaged to develop a contract for the services associated with the construction of the proposed duplexes and maintenance garage. Providing the contract is suitable, we will continue moving forward with the expansion project. In terms of a time-line, our goal remains to 'break ground' sometime in the late spring.
- ◆ I want to wish everyone a healthy, safe, and happy holiday weekend. I am always amazed with how quickly this season approaches and how swiftly it departs. In the meantime; enjoy neighbors, friends, family, and simply being connected...regardless of how the connectivity takes shape.

~ Kevin

Trash Removal

Will occur on Monday, December 26th due to the holiday.

Thank you!



Activities: Week of December 26 - January 1

Monday, December 26, 2016

(Office is closed)
 11am Exercise
 12pm Soup & Salad
 1pm Pool

Tuesday, December 27, 2016

9:30am Shuffle Board
 10am Walmart / TJ Maxx
 11:30am Tai Chi
 2pm Bingo
 4pm Watercolor Techniques Class

Wednesday, December 28, 2016

10am Nurse Janet
 11am Exercise
 12pm Soup & Salad
 1pm Penny Poker
 2pm Craft Group

Activities

Thursday, December 29, 2016

10am Bridge
 12pm Omelet's
 1pm Mah Jongg
 3:30pm Wii Bowling

Friday, December 30, 2016

10am Yando's
 11am Exercise
 11:30am Ladies' Lunch @ Anthony's
 12pm Soup & Salad
 1pm Bridge for 8
 2pm Trivia (Library)
 4:30pm BYOB
 6:30pm Movie Night,
 "Upstairs, Downstairs"

Saturday, December 31, 2016

11am Yoga Tape
 4:30pm New Year's Cocktail Party!

Sunday, JANUARY 1, 2017!

11:30am Bob & Annette Worship Service
 12:30pm Brunch

**Please note that the office will be closed on Monday, December 26th due to the holiday.
 Tiana will also not be here.**

Bryan Briscoe will be back on **Tuesday, December 27th at 4pm** for the continuation of Watercolor Techniques class. Please sign up if you would like to join. Each class is \$5.

We have a ladies' lunch on **Friday, December 30th at Anthony's**. We will depart Lake Forest at **11:30am** for our 11:45 reservation. Thank you for signing up!

We are still playing **Trivial Pursuit on Fridays at 2pm** in the Library! Come check it out.

Please note that **Movie Night, "Upstairs, Downstairs"** will be shown on **Friday, December 30th at 6:30pm**. This is due to the New Year's Party...

Which brings me to present the: New Year's Eve Party at 4:30pm on Saturday, December 31st. Please let Tiana know if you are going to be there by signing up on the Activity Bulletin Board.

Maintenance News

Orkin will be here on Tuesday, December 27th! Please contact Roy with any questions or concerns!



December Birthdays!

23 Nicole S.

6 Don A.

24 Charles D.

14 Elinor H.

25 Harriet J.

16 Carrie H.



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



OVER THE RIVER AND THROUGH THE WOODS

I remember singing this song with my sisters as we would go to be with grandparents at holiday time. Do you remember too?

Over the river and through the woods
To Grandmother's house we go.
The horse knows the way to carry the sleigh
Through white and drifted snow.
Over the river and through the woods,
Oh how the wind does blow.
It stings the toes and bites the nose
As over the ground we go.
Over the river and through the woods
To have a full day of play.
Oh hear the bells ringing ting-a-linging,
For it is Christmas Day.
Over the river and through the woods,
Trot fast my dapple gray:
Spring o'er the ground just like a hound,
For this is Christmas Day.
Over the river and through the woods
And straight through the barnyard gate.
It seems that we go so dreadfully slow;
It is so hard to wait.
Over the river and through the woods,
Now Grandma's cap I spy.
Hurrah for fun; the pudding's done;



Christmas is here,
Merry old Christmas,
Gift-bearing, heart touching,
Joy bringing Christmas,
Day of grand memories,
King of the year!

~ Washington Irving

And like Tiny Tim, I say :
"God Bless you every one."
~Mary Lue



More Fun and Information



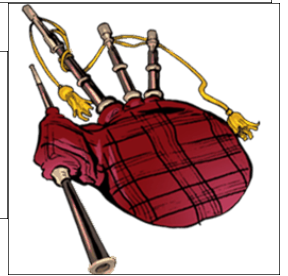
Special THANK YOU to all of the ladies who helped me package a million (okay, 65) gingerbread cookies on Monday morning for the 2nd grade carolers on Tuesday. What took us 30 minutes would have taken me much longer alone, plus I enjoyed the time we spent together!

What a wonderful turnout we had for the Eggnog Social on Monday, December 19th! Thank you to everyone who came!



Ed Schenk did a great job providing us with the opportunity of a Christmas Caroling Sing Along on Thursday, December 15th (as always). Kevin and I may require some practice on the 12 days of Christmas for next year however....

We had a surprise performance of bag pipes at the birthday celebration on Sunday. Bill Long performed for us - I was expecting a guitar! He will be returning in January to perform with his guitar and harmonica.



A message from Tiana...

There is a thank you note on the Activity Bulletin Board from the staff thanking all of the residents for their gift of the Christmas Fund. I wanted to again thank everyone on behalf of the staff here at Lake Forest for your generosity and thoughtfulness. It means more than you know!



I hope everyone has a safe and happy holiday weekend with both Christmas and Hanukkah!

NEW ROTATING BOOKS are in!

Please remember to sign these books out and back in when you return them. It is difficult to track when they are not signed out. Thank you in advance! Also, as a reminder - these books differ from those in the library. They are located in the exercise room. Ask Tiana if you have any questions!

Please check your apartments for the following MISSING BOOKS:

DARK WITCH

A HUNDRED SUMMERS

FOOL ME ONCE

The library currently has these books marked as "LOST" as it's been a long time since they have been returned. I can only see the last person who had them with a return date. This tells me some people may not be signing them out. Please inform me of their return. Thanks!



Menu Details



NSA Applesauce – From now on, when you see NSA in front of something, it will mean NO SUGAR ADDED.

Pork Stew- Hungarian style stew flavored with paprika, bell peppers, and tomatoes served traditionally over noodles or rice.

Honey Cake – Simple, lovely, single-layer cake made with whole wheat flour, honey and almonds and no frosting.

Salad Nicoise w/Tuna – Tomatoes, green beans, red potatoes, hard-boiled egg, black olives on a bed of lettuce along with white tuna. Dressing on the side.

Maple Sugar Bars – Bars made with maple syrup, nuts almost like brownies but no chocolate.

healthnotes®

healthnotes®

Better Diet and Sleep Might Help Protect your Brain

Poor sleep[quality and diet may contribute to the early accumulation of the plaques associated with Alzheimer's disease, according to a new review. Part of the reason may involve cortisol, a hormone manufactured by the body that plays a role in regulating many core functions, including sleep. Cortisol levels naturally rise and fall with day and night. But diets characterized by high intakes of refined sugars, salt, animal fats and animal proteins and by low intakes of fruits and vegetables can perturb the circadian levels of cortisol, leading to poor sleep quality improving your diet and sleep might reduce the risk of cognitive impairment and dementia.

“Lifestyle factors such as diet, physical activity and quality of sleep are all possible risk factors for dementia,” says Tammy Scott, PhD, an assistant professor at the Friedman School and scientist in Tufts' HNRCA Neuroscience and Aging Laboratory. “The authors of this article make the case that a common mechanism may be through the dysregulation of cortisol release, which may in turn affect how the body clears misfolded proteins that are associated with Alzheimer's disease.”

The National Sleep Foundation offers these recommendations for getting a good night's sleep:

- ◆ Alcohol, cigarettes and caffeine can disrupt sleep
- ◆ Eating big or spicy meals can cause discomfort from indigestion that can make it hard to sleep. Avoid eating large meals for two to three hours before bedtime.
- ◆ Try a light snack 45 minutes before bed if you're hungry.

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

Week of January 2, 2017

Turn into Kitchen by Wednesday, December 28

Name: _____ Circle the Main Meal and the Sides You Like

Monday – January 2 (5:30PM)

Corned Beef & Cabbage

OR

Vegetable Quiche

BLT Chopped Salad

Boiled Potatoes

Carrots

Pumpkin Cream Cheese Roll

Soda Bread

OR

NSA Applesauce

V8 Juice

Green Beans

Tuesday – January 3 (5:30PM)

Pork Stew

OR

Meatball Sub

Vegetable Soup

Rice

Cauliflower

Honey Cake

OR

Fruit Salad

V8 Juice

Biscuit

Side Salad

Wednesday – January 4 (5:30PM)

Chicken Parmesan

OR

Salad Nicoise w/Tuna

Ham Potato Bean Soup

Angel Hair Pasta

Roasted Squash

Mocha Almond Fudge Ice Cream

Wheat Bread

Spinach

OR Fresh Fruit

V8 Juice

Thursday – January 5 (5:30PM)

Beef & Broccoli Stir Fry

OR

Cobb Salad w/Chicken

Tossed Salad

Fried Brown Rice

Oriental Mixed Vegetables

Maple Sugar Bars

OR SF Strawberry Jell-O

V8 Juice

Sesame Dinner Roll

Friday – January 6 (5:30M)

Pork Chop

OR

Fried Catfish

Cranberry Almond Spinach Salad

Twice Baked Potato

Stewed Tomatoes

Chocolate Cupcake w/Frosting

V8 Juice

Sunflower Bread

Coleslaw

OR Fresh Fruit

Saturday – January 7 (5:30PM)

Beef Stroganoff

OR

Portabella Cheeseburger (Lettuce, Tomato, Pickle)

Tomato Basil Soup

Egg Noodles

Peas & Onions

Dinner Roll

Roasted Zucchini

Cookie

OR

NSA Ice Cream

V8 Juice

Sunday – January 8 (12:30PM – Brunch)

Denver Omelet Squares

Scrambled Eggs

Roast Turkey

Mashed Potatoes

French Toast

Caramel Cake

Spring Mix Vegetable Salad

Bacon

Veggie Mix

Fresh Fruit

Snack in a bag

Week of January 2, 2017

Turn into Kitchen by Wednesday, December 28

Name: _____ Circle the Main Meal and the Sides You Like

Monday – January 2 (5:30PM)

Corned Beef & Cabbage

OR

Vegetable Quiche

BLT Chopped Salad

Boiled Potatoes

Carrots

Pumpkin Cream Cheese Roll

Soda Bread

OR

NSA Applesauce

V8 Juice

Green Beans

Tuesday – January 3 (5:30PM)

Pork Stew

OR

Meatball Sub

Vegetable Soup

Rice

Cauliflower

Honey Cake

OR

Fruit Salad

V8 Juice

Biscuit

Side Salad

Wednesday – January 4 (5:30PM)

Chicken Parmesan

OR

Salad Nicoise w/Tuna

Ham Potato Bean Soup

Angel Hair Pasta

Roasted Squash

Mocha Almond Fudge Ice Cream

Wheat Bread

Spinach

OR Fresh Fruit

V8 Juice

Thursday – January 5 (5:30PM)

Beef & Broccoli Stir Fry

OR

Cobb Salad w/Chicken

Tossed Salad

Fried Brown Rice

Oriental Mixed Vegetables

Maple Sugar Bars

OR SF Strawberry Jell-O

V8 Juice

Sesame Dinner Roll

Friday – January 6 (5:30M)

Pork Chop

OR

Fried Catfish

Cranberry Almond Spinach Salad

Twice Baked Potato

Stewed Tomatoes

Chocolate Cupcake w/Frosting

V8 Juice

Sunflower Bread

Coleslaw

OR Fresh Fruit

Saturday – January 7 (5:30PM)

Beef Stroganoff

OR

Portabella Cheeseburger (Lettuce, Tomato, Pickle)

Tomato Basil Soup

Egg Noodles

Peas & Onions

Roasted Zucchini

Cookie

OR NSA Ice Cream

V8 Juice

Dinner Roll

Sunday – January 8 (12:30PM – Brunch)

Denver Omelet Squares

Scrambled Eggs

Roast Turkey

Mashed Potatoes

French Toast

Caramel Cake

Spring Mix Vegetable Salad

Bacon

Veggie Mix

Fresh Fruit

Snack in a bag