



Home Journal

December 28, 2018

Hello, Everyone.....

Just a reminder, the monthly birthday celebration is Sunday the 30th and it is scheduled to take place at 3:30. Please come and enjoy good company and genuine best wishes to those who have had birthdays throughout the month of December.

Please also be reminded about the New Year’s Eve Happy Hour at 4:30pm in the activity area on Tuesday the 31st. There will be an array of hors d’oeuvres and spirits offered...all you need to bring is your cheer and goodwill!

Below are some fun facts I borrowed from the internet regarding New Year...enjoy!

~ Kevin

1) The Roman Catholic Church was one of the first to observe Jan. 1, as the New Year, because that is what the Gregorian calendar dictated. The first month of the year – January – is named after Janus, the god that has two faces, one facing backward and one facing forward, CNN reported.

2) The ball dropping ceremony in Times Square, New York, has become one of the iconic images of New Year’s Eve celebrations, but it is not the oldest celebration that New Yorkers participated in to kick off the new year. The New York Times produced the first rooftop celebration atop One Times Square, when a fireworks display took place in 1904 to inaugurate their new headquarters in Times Square on New Year’s Eve.

3) And speaking of the Times Square’s ball dropping ceremony, it might interest you to know that the tradition dates back to Dec. 31, 1907. Around a million people gather around Times Square on New Year’s Eve every year to witness the grand celebration. The tradition was suspended for two consecutive years — 1942 and 1943 — because of the Second World War.

4) Many people around the United States will feast on black-eyed peas on New Year’s Eve as they believe that it brings good luck. Similarly, leafy greens and legumes are eaten in Ireland, Germany and Italy. The Japanese, on the other hand, believe that eating long noodles on New Year’s Eve means that they would be granted the gift of long life in the coming year. Mexico, Greece and other places celebrate the holiday by feasting on ring-shaped cakes, which are meant to denote the fact that life has come a full circle.

5) "Auld Lang Syne" – a poem written by Scottish poet Robert Burns in 1788, is traditionally sung on New Year’s Eve. It is believed to be based on an old folk song. The words “auld lang syne” mean "times gone by."

~ Kevin

Laura is on call
December 31st

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/Lake
ForestSeniorCommunity

Activities: Week of December 31– January 6, 2019

Monday, December 31

11am Exercise
1pm Pool
1pm Pinochle
2pm Coloring Therapy with Janet
4:30pm-5:30pm New Years Eve Pre Party

Tuesday, January 1

Office Closed
2pm New Years Eve meal

Wednesday, January 2

11am Exercise
12pm Soup & Salad
1pm Penny Poker (canceled for this week)

Thursday, January 3

9:30am Shuffleboard
12pm Omelets
1pm Mah Jongg

Friday, January 4

10am Yando's
11am Exercise
12pm Pizza & Wings
1pm Bridge for 8
2pm Trivia

Saturday, January 5

2:00pm Birthday Celebration & Farewell party for Dorothy G.
6:45pm Movie Night– Foyle's War

Sunday, January 6

11:30am Worship Service
12:30pm Brunch

January Birthdays

4– Therese D. 5– Dorothy G.
6– Dale S. 12– Bob G.
15– Haleigh D. 25– Pat Mc.



Wicked Widow is missing from our rotating book collection. If you have it, please return it to the book shelf ASAP. Thank you!



New Years Eve meal price:

\$13 duplex, \$16 guest

New Years Eve pre party only:

\$7

Please let Janet know if you will have any guests.



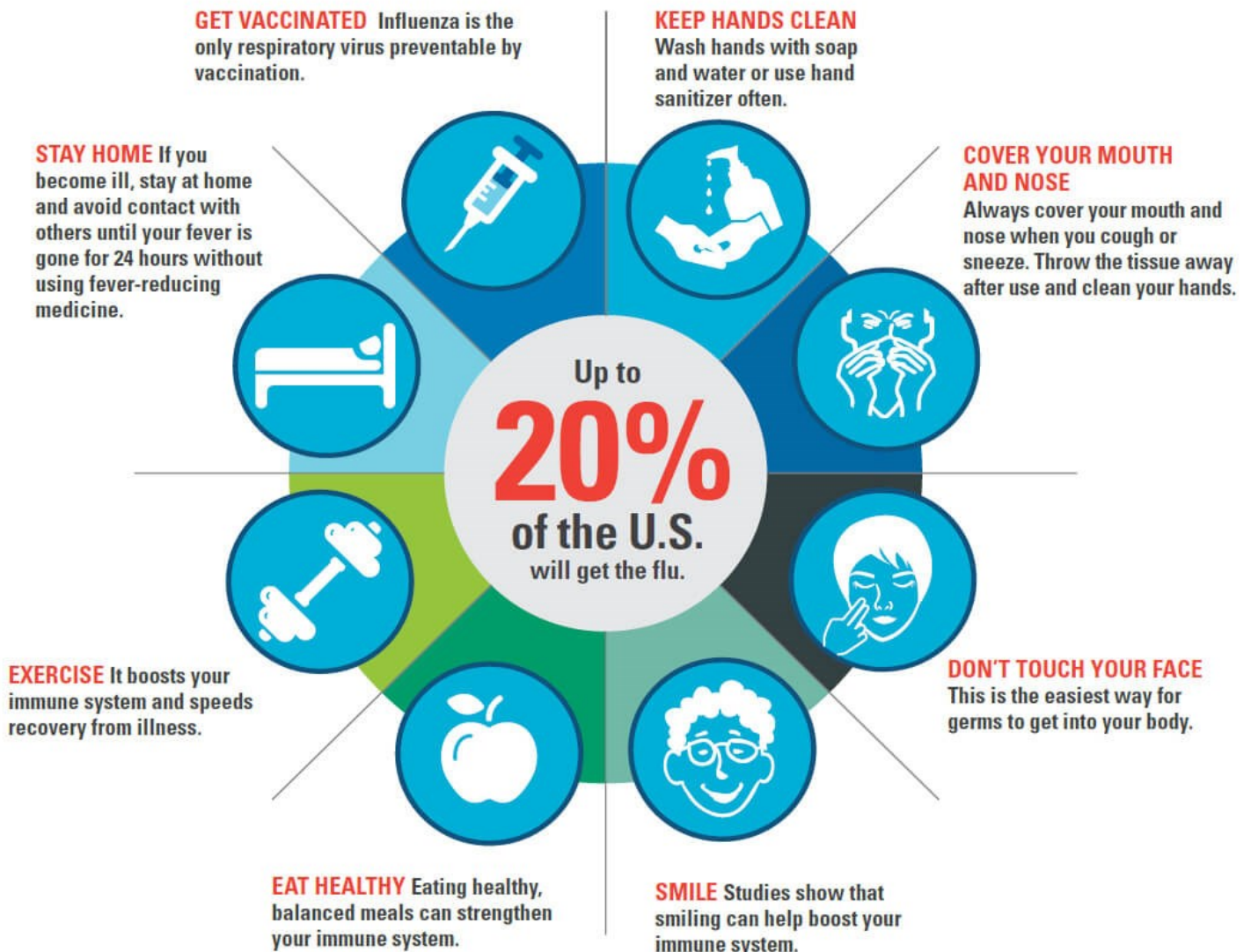
Louise is taking a break from scrabble for the month of December due to the holidays. She will resume scrabble on Monday, January 7th at 2:30pm.



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

It's that time of year...

FLU PREVENTION TIPS





On Saturday, December 29th, Miracle of the White Stallions will be featured for movie night. For those who haven't seen it, here's a synopsis:

One of the great untold stories of World War II unfolds in their suspenseful adventure-drama. During the last perilous months of the conflict, Vienna's famed Spanish Riding School and its prized Lipizzan stallions is threatened by devastating bombing raids. Despite the dangers involved in evacuating the magnificent animals, the school's director (Robert Taylor) and a handful of heroic citizens attempt a daring, life-threatening plan to move the stallions away from the ravages of war and keep the historic breed alive.

Running time: 1 hour, 51 minutes

REMINDER-

Cleaning day is Wednesday, January 2nd.



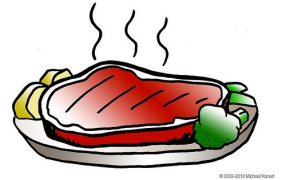
A NOTE FROM MAINTENANCE-

For your safety during the winter months, please remember to keep the front end of your car off of the sidewalk. This will allow for us to keep the sidewalks clean in a timely manner, with less ice buildup. Also, please watch out for ice when there is a light dusting of snow.

~ Maintenance



Menu Details



New Menu Items

Turkey Melt – Grilled sandwich consisting of a ground turkey patty topped with caramelized onions and cheese (I will use cheddar) between two slices of white bread. If you want wheat bread, let me know.

Vegetable Gratin – Made with celery root, carrots & potatoes.

Roasted Squash – Summer squash.

Pork Cassoulet – A rich, slow-cooked casserole originating in the south of France, containing meat and white beans.



“Connections with History: U.S. Presidents in Clinton County”

Monday, January 14, 4:00 pm

At Lake Forest Senior Living Community
8 Lake Forest Drive, Plattsburgh, NY

“Connections with History” at the Lake Forest Senior Living Community Center on January 14th at 4 pm is an illustrated talk on U.S. Presidents and other important historical figures who have visited Clinton County and their connections with each other.

With historic photos from the Clinton County Historical Association and the National Archives, presenter Roger Black will take you on a journey from 1897 when President William McKinley and Vice President Garret Hobart vacationed at the Hotel Champlain at Bluff Point through visits by William Howard Taft and Teddy Roosevelt to Cliff Haven and Plattsburgh.

The story will also include connections with the Spanish American War and the U.S. invasion of Cuba and Plattsburgh's involvement in training troops for World War I.

Please join the Clinton County Historical Association (CCHA) and the Lake Forest Senior Living Community for this special presentation. The event is free and open to the public.

Week of January 7, 2018

Turn into Kitchen by Wednesday, January 2

Name

Circle the Main Menu and the Sides You Like

Monday – January 7 (5:30 PM)

Vegetable Salad

V8 Juice

Pork Cassoulet

Wheat Bread

OR

Tomato Wedges

Buttered Carrots

Turkey Melt w/Potato Chips

Pumpkin Butter Bars OR Tapioca Pudding

Tuesday – January 8 (5:30 PM)

French Onion Soup

V8 Juice

Roasted Chicken (White or Dark)

Roasted Potatoes

Dinner Roll

OR

Beet Salad

String Beans

Cabbage Roll

Ice Cream OR Fruit

Wednesday – January 9 (5:30 PM)

Vegetable Soup

V8 Juice

Meat Lasagna

Salad

Garlic Bread

OR

Cauliflower

Spinach

Mussels & Clams in Wine Sauce

Brownies OR SF Raspberry Jell-O

Thursday – January 10 (5:30 PM)

Chicken Tortellini Soup

V8 Juice

Pot Roast

Mashed Potatoes

Wheat Bread

OR

Roasted Squash

Peas

Salad Bar

Cream Caramel OR Fresh Fruit

Friday – January 11 (5:30 PM)

Tossed Salad

V8 Juice

Bacon Crusted Cod w/Tartar Sauce

Vegetable Gratin

Sunflower Bread

OR

Stewed Tomatoes

Zucchini

Macaroni & Cheese

Carrot Cake OR Sliced Pineapple

Saturday – January 12 (5:30 PM)

Vegetable Salad

V8 Juice

Lamb Stew

Carrots

Honey Wheat Bread

OR

Succotash (Lima Beans & Corn)

Ham & Cheese Quiche

Cookies OR NSA Ice Cream

Sunday – January 13 (12:30 PM - Brunch)

Vegetable Platter

V8 Juice

Poached & Scrambled Eggs Bacon

Creamed Chipped Beef on Toast

Waffle Chicken Scaloppini

Potatoes/Pasta

Snack in a bag

Muffins Fruit Salad

Cake

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