



**Home Journal**

**January 10, 2020**

Hello, Everyone, we have new neighbors!

Welcome Lloyd and Claire B. It has been a pleasure getting to know you throughout your transition into your duplex and I am excited for you to meet everyone and become further acquainted.

Hello and welcome Virginia “Marita” Brown. Marita is moving into the congregate building bit-by-bit and her wit and sense of humor will surely make you smile.

Several individuals have expressed their concern over the cigarette butts that have been accumulating outside of the 100-wing entrance/exit area. Please be reminded and be sure to remind your guests, service providers, etc., that we are a non-smoking community. No smoking is allowed on the grounds, in any building, or in company vehicles. This encompasses tobacco products, e-cigarettes, and all illegal substances. Thank you, everyone. I appreciate your understanding and cooperation.

We really appreciated the great turn-out for the Food Forum, held on Tuesday afternoon. Below is a summary of the discussion points:

We are planning to offer a few more themed buffet entrée choices throughout the year (i.e. Italian, Mediterranean, Mexican). We are certainly open to any ideas that you may have!

In response to the previous Food Forum, we have been offering more mashed squashes.

We have received requests for breaded (coconut) shrimp from time to time and we are happy to oblige. However, if you do not want your shrimp breaded, simply write that on your menu and we will serve yours breading-free.

\* Menu related definitions: NSA = no sugar added. SF = sugar free.

Several requests were made from residents to have coffee carafes available for tables that wanted them. The rationale was to reduce the need for servers to pour throughout the meal while eliminating the wait-time for those wanting multiple cups during dinner. However, my understanding is since providing this opportunity, we have been told there is no longer interest in using the carafes.

We currently offer some type of seafood entrée twice a week. We will identify on the menu more consistently the type of seafood entrée that is being offered.

There is interest in offering fried perch from time to time.

At times, the tongs used to self-serve at the brunch buffet are dropped completely in the chaffing dish. In order to prevent this from happening, we are asking that the tongs be rested on the

**Jesse is on call**

Our Lake Forest Website  
[www.onlakeforest.org](http://www.onlakeforest.org)

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

## Activities: Week of January 13-19, 2020

### Monday, January 13

11am Exercise  
12pm Soup & Salad  
1pm Pool  
1pm Pinochle  
2pm Coloring Therapy  
3:30pm DVD Lecture Series

### Tuesday, January 14

10am Kinney's  
11:30am Tai Chi  
1pm Tea Social  
2pm Jackpot Bingo

### Wednesday, January 15

10am Cumberland 12 Movie  
11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
1pm Scrabble

### Thursday, January 16

9am Pancake Breakfast -Free  
9:30am Shuffleboard  
10:30am Mexican Train  
1pm Mah Jongg  
3pm Wii Bowling  
6:30pm CCHA Presents  
The Frank Pardy Story

### Friday, January 17

10am Yando's  
11am Exercise  
11:30 am Guy's Lunch@Norma J's  
12pm Soup & Salad  
1pm Bridge for 8  
1:30pm Trivia  
3:30pm Happy Hour

### Saturday, January 18

6:45pm Movie Night: Smokey and  
The Bandit

### Sunday, January 19

11:30am Worship Service  
12:30pm Brunch



4- Therese D.  
4- Margaret D.  
6- Virginia B.  
14- Jack J.  
30- Kitty R.



We are looking for...

~ 1-2 players for Shuffleboard on Thursdays at 9:30am.

If you would like more information, please see Vicki.



January 18 @ 6:45 pm  
"Smokey and the Bandit" is playing in the activity room

## Maintenance News

A standing reminder to please be cautious of any ice on the walkways, and in the parking lot. Also, please use your garages, or park in the North parking lot if there's snow.



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

**\*\*Continued from page 1. The balance of Kevin's article**

The lettuce served at meals are purchased from our food purveyor. The lettuce originates from the New England area (Massachusetts and New Hampshire).

We are now offering ice cream as a desert substitute. Simply indicate on your menu selection form in the same manner you do when requesting a sandwich as a substitute for the two offered entrees.

Again, thank you who were able to participate. The discussions were very helpful and energizing!  
~ Kevin

**Jana is asking that you take a second look at the sign-up sheet for Toenail trimming. She has had to make some adjustments.**

Why did the bee marry?

He's finally found his honey

What did the stamp say to the envelope?

You stick with me and I will take you places

What happens when a cop gets into bed?

He becomes an undercover cop.





Alice's Fault is performing here on **Monday, January 20th at 6:30pm**. This is their first time coming to Lake Forest, so here's their bio so you can learn a little more about them.

It's Alice's Fault, (though Alice may respectfully disagree). This folk/bluegrass/contemporary/roots trio hails from Keeseville, NY. Speedy Arnold has been playing guitar for numerous years in many local bands, most recently in Three Doug Knight. He can be found entertaining folks at the area farmer's markets in the summer and at Santa's Workshop in the winter. He brings solid rhythms and leads to the group along with vocal leads and harmonies. Alice plays stand bass and mandolin. She also has played in many bands, most of them with her husband Doug Knight in Mardi Gras, Knight Train and Three Doug Knight. She's most at home on bass with impeccable timing and is learning her way around mandolin. She sings lead and harmony. Michael Croghan is new to the area and is a quick study on guitar and vocals. He can also be seen at Santa's Workshop at the North Pole in winters. He is a master entertainer, playing to the crowd, understanding how to make the audience feel at home and happy. This eclectic blend of music, straight up three part harmonies and wit will leave you laughing and toe tapping for hours. Come and join in the fun!



**The Clinton County Historical Association Announces**

***The Frank Parady Story***

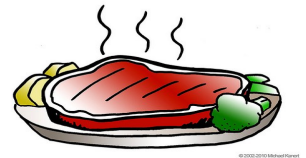
**with Alexandra Thomas**

**Thursday January 16, 6:30 p.m.**

Rouses Point photographer and businessman Frank Parady (1865-1935) left an extensive collection of glass plate negatives with the Clinton County Historical Association. Alexandra Thomas, a SUNY Plattsburgh History graduate with a minor in photography, scanned and identified over 400 of his photos and researched his history with the town. His love of cars, boats, people, children and local flora is evident. Alexandra has chosen her favorite photos to share along with what she learned of his life.



# Menu Details



## New Items on Menu

**Eggplant Rollatini w/Sauce** – Breaded slices of eggplant filled with seasoned ricotta cheese, rolled up and baked, served with marinara sauce.

**Roast Beef Sandwich** – Cold sandwich on white bread with mayonnaise, lettuce, tomato, pickle on the side. If you want wheat bread, please write it on the menu.

**Baked Chicken Fingers**–Chicken tenders seasoned, baked & served with honey mustard.

**Pasta Salad w/Smoked Salmon** – Bow tie shaped pasta with red onion, bell peppers, green peas, olives, smoked salmon with cream dill dressing.

**White Lasagna** – Mushroom & spinach white lasagna.

**Pork Schnitzel** – Breaded fillet of pork, fried.

**Pork Ragu** – Braised pieces of pork with carrots, onions, celery, garlic in a rich sauce, served over pasta.



alzheimer's association®

The Alzheimer's Association will be here Monday, January 13th at 10am. Jim is presenting about effective communication strategies.

Please join us!



We are taking a break from The Learning Brain course, and are moving on to either- A Visual Guide to the Galaxy, or The Science of Natural Healing. Our next course will be on Monday, January 13th at 3:30pm. Here is a brief summary of each course-

### **A Visual Guide to the Galaxy:**

For the first time in human history, we can see the full splendor and mystery of the universe, thanks to instruments on scores of planetary probes and observatories that have been launched into space since the 1990s.

### **The Science of Natural Healing:**

In the 21st century, Western medicine is not the only healing system rooted in science. Medical systems from other cultures, including those of India and China, have used natural treatments for centuries, some of which are now directly influencing our own health-care professions. These approaches not only emphasize healing with natural substances, but devote considerable attention to illness prevention

Week of January 20, 2020

Turn into Kitchen by Wednesday, January 15

Name:

Circle the Main Meal and the Sides You Like

Monday – January 20 (5:30PM)

Liver & Onions

OR

Pork Schnitzel

Waldorf Salad

Mashed Potatoes

Corn

Banana Cream Pie

OR

SF Butterscotch Pudding

V8 Juice

Fresh Bread

Spinach

Tuesday – January 21 (5:30PM)

Shepherd's Pie

OR

Pasta Salad w/Smoked Salmon

Vegetable Bean Soup

Wheat Bread

Beet Salad

Bread Pudding

Green Beans

OR Fruit

V8 Juice

Wednesday – January 22 (5:30PM)

Pork Ragu

OR

Eggplant Rollatini w/Sauce

Cream of Mushroom Soup

Sunflower Bread

Yellow Squash

Ice Cream

OR

Broccoli

SF Cherry Jell-O

V8 Juice

Thursday – January 23 (5:30PM)

Chili

OR

White Lasagna

Sauerkraut Soup

House Salad

Carrots

Angel Food Cake

OR

Brussels Sprouts

NSA Applesauce

V8 Juice

Cornbread

Friday – January 24 (5:30PM)

Pot Stickers

Eggrolls

Sweet & Sour Pork

Fried Rice

Ramen Noodles

*CHINESE BUFFET*

Salad

Fruit

General Tso's Chicken

Cookies

V8 Juice

Saturday – January 25 (5:30PM)

Roast Beef Sandwich

OR

Baked Chicken Fingers

Tomato Soup

Mashed Potatoes

Coleslaw

Apple Bars

OR

Sugar Peas

NSA Ice Cream

V8 Juice

Dinner Roll

Sunday – January 26 (12:30 Brunch)

Vegetable Medley

French Toast

Mashed Potatoes

Bacon

Croissant

Cake

Mozzarella Tomato Salad

Scrambled Eggs

Chicken Casserole

Fruit

V8 Juice

Snack in a bag

Week of January 20, 2020

Turn into Kitchen by Wednesday, January 15

Name:

Circle the Main Meal and the Sides You Like

Monday – January 20 (5:30PM)

Liver & Onions

OR

Pork Schnitzel

Waldorf Salad

Mashed Potatoes

Corn

Banana Cream Pie OR SF Butterscotch Pudding

V8 Juice

Fresh Bread

Spinach

Tuesday – January 21 (5:30PM)

Shepherd's Pie

OR

Pasta Salad w/Smoked Salmon

Vegetable Bean Soup

Wheat Bread

Beet Salad

Bread Pudding

Green Beans

OR Fruit

V8 Juice

Wednesday – January 22 (5:30PM)

Pork Ragu

OR

Eggplant Rollatini w/Sauce

Cream of Mushroom Soup

Sunflower Bread

Yellow Squash

Ice Cream OR

Broccoli

SF Cherry Jell-O

V8 Juice

Thursday – January 23 (5:30PM)

Chili

OR

White Lasagna

Sauerkraut Soup

House Salad

Carrots

Angel Food Cake

Brussels Sprouts

OR

NSA Applesauce

V8 Juice

Cornbread

Friday – January 24 (5:30PM)

Pot Stickers

Eggrolls

Sweet & Sour Pork

Fried Rice

Ramen Noodles

*CHINESE BUFFET*

Salad

Fruit

General Tso's Chicken

Cookies

V8 Juice

Saturday – January 25 (5:30PM)

Roast Beef Sandwich

OR

Baked Chicken Fingers

Tomato Soup

Mashed Potatoes

Coleslaw

Apple Bars OR

Sugar Peas

NSA Ice Cream

V8 Juice

Dinner Roll

Sunday – January 26 (12:30 Brunch)

Vegetable Medley

French Toast

Mashed Potatoes

Bacon

Croissant

Cake

Mozzarella Tomato Salad

Scrambled Eggs

Chicken Casserole

Fruit

V8 Juice

Snack in a bag