



Home Journal

January 25, 2019

Hello, Everyone.....

I want to wish Dorothy G. very good things for her at Champlain Valley Community in Willsboro. I am told that she is doing quite well and would welcome correspondence and visitors. Also, I am sending great wishes for Emmy. The dedication and care she provided for her mom over the past year (plus) is significant and inspiring.

A genuine THANK YOU goes out to those of you who participated in the Food Forum meeting that took place on January 15th. As always, your ideas and suggestions are very valued! The following is a summary of what was discussed:

Future holiday-type meals include; Chinese New Year (2/5/19), Valentines Day (2/14/19), St. Patrick’s Day (3/17/19), Easter (4/21/19).

If you are served any steamed mussels that are not open, please send them back to the kitchen.

There has been positive feedback for the cranberry juice, gingerbread cake, and chocolate cream pie (p.s. we only use freshly made whipped cream).

People are appreciative of having the option to order a sandwich for dinner, if so desired.

Interest was expressed for having a pizza bar as an entrée option from time to time...much the same as the salad bar option that is offered. This is definitely feasible and will occur at some point in the near future.

You are encouraged to ask for a sample of an entrée that piques your interest. This way, if you enjoy the sample, you can order that entrée the next time it is on the menu, if you choose to do so.

A tea social will be planned during the month of February.

Interest was expressed for having ‘breakfast for dinner’ as an entrée option from time to time.

Please share your favorite recipe with us and we will be glad to incorporate it into the menu rotation!

Thank you for your patience and cooperation for our alternate brunch provision during the storm on Sunday.

~ Kevin

Jesse is on call
January 28th

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/Lake
ForestSeniorCommunity

Activities: Week of January 28 – February 4, 2019

Monday, January 28

11:00am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy with Janet
2:30pm Scrabble with Louise

Tuesday, January 29

10am Kinneys
11:30am Tai Chi
2pm Bingo

Wednesday, January 30

10am Nurse Janet
11am Exercise
12pm Soup & Salad
1pm Penny Poker
3:30pm David Nichols performs

Thursday, January 31

9:30am Shuffleboard
11:15am Meet Diamond
12pm Omelets
1pm Mah Jongg
3:30pm Wii Bowling

Friday, February 1

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

Saturday, February 2

6:45pm Movie Night– The Sound of Music Part 1

Sunday, February 3

11:30am Worship Service
12:30pm Brunch

January Birthdays

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



David Nichols is an experienced bluegrass guitarist from Malone. David also custom designs guitars with mother of pearl, and has done so for many years. Please join us for his first performance at Lake Forest, on Wednesday the 31st at 3:30pm.



Saturday, February 2nd at 6:45pm, the movie will be Part 1 of The Sound of Music-

It's the true life story of Maria (Julie Andrews), a spirited young woman who leaves the convent to bring love and music to Austrian widower, Captain Von Trapp (Christopher Plummer), and his seven children.



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

Hello, my name is Bette Brohel, and I live in a duplex at Lake Forest. I have a dog named Diamond. She is seven different breeds of dog, but she's mostly 30% border collie, and 30% Pembroke Corgi. She loves people, and I think she would make a wonderful therapy dog.

However, before I can go forward with her training, I have been advised to work with her so she does not pull me to the person she would like to visit but wait patiently for me to give her the okay. Here's the plan: I would like to bring her over to the main house at scheduled times, and when someone sees us, have her wait until I give her permission to visit. She is trained to respond to a clicker and then given a treat. I will have her on a leash at all times. I have been given the OK by Kevin to do this. I will be over on Thursday, the 31st at 11:15am until 12pm. I will be in the Activities room, so if you are interested in meeting a happy, well-behaved, friendly dog, please join us. (And please don't wear black, she sheds.)



The combination of snow, rain, ice, warmer and freezing temps, has made it very slippery outside. Please be careful and walk with extreme caution.



alzheimer's association®

Jim Hardman will be back on Monday, February 4th, at 10am, to present the next course in his series on Alzheimer's. Please save the date!



Last week our guys lunch was at Hobies. The food and company was great.

WHAT IS WABI-SABI?

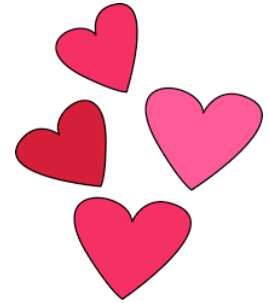
Pared down to its barest essence, Wabi-Sabi is the Japanese art of finding beauty in imperfection and profundity in nature, of accepting the natural cycle of growth, decay, and death. It's simple, slow, and uncluttered-and it reveres authenticity above all.

Starting on February 4th, Penny Clute & Barb Perry will be here to work on this project! Please SAVE THE DATE!





The Sweet Adelines are preparing for their singing valentines. A notice has been put on the board for anyone interested. They have offered Lake Forest a reduced rate of \$40, which includes two love songs, a stuffed animal, a digital picture, and Lake Shore chocolates. Please call 561-3715 to order a surprise for your sweetie!



Beginning February 2, 2019, Saturday, at 11:00 a.m. there will be an informal, non-denominational, "Prayer and Praise Gathering" in the library. All are welcome.



Bring your bible if you wish. There will be gentle sounds of music. If you would like to share a snack, that would be nice.

Thank you to Tim Hartnett & Julie Canepa for braving the storm on Wednesday to perform for us. They are always a pleasure to have at Lake Forest.



A NOTE FROM MAINTENANCE

Thank you to everyone that moved your vehicles last week before the storm.

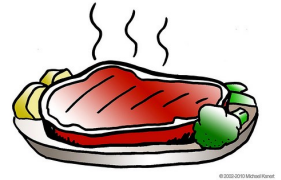
We still have a painter who is coming to fix cracks in the sheetrock, or to touch up paint if you have had a leak in your roof. If you want to set up a time for the painter to visit, please let Jesse know ASAP.

This is an ongoing reminder 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 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, a touch of horse radish, lettuce, tomato, pickle on the side . If you want wheat bread, please write it on the menu.

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

Chili con Carne – Chili with chili peppers, onions, meat, tomatoes & beans served with corn muffin.

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.

Salisbury Steak – Mixture of lean ground beef and sweet Italian sausage shaped in patties and served with mushroom gravy.

Harold Vogel will be here to help with tax preparation. Here are dates and times that he is available:

Wednesday, February 27th 8:30am-1:00pm

Friday, March 1st 8:30am-1:00pm

Friday, March 8th 8:30am-1:00pm

Friday, March 15th 8:30am-1:00pm

Wednesday, March 20th 8:30am-1:00

Friday, March 22nd 8:30am– 1:00pm

Friday, March 29th 8:30am-1:00pm

Wednesday, April 3rd 8:30am –1:00pm



Please sign up on the activity board.

Week of February 4, 2019

Turn into Kitchen by Wednesday, January 30

Name:

Circle the Main Meal and the Sides You Like

Monday – February 4 (5:30PM)

Liver & Onions

OR

Salisbury Steak

Waldorf Salad

Mashed Potatoes

Corn

Chocolate Bundt Cake

OR

SF Banana Pudding

V8 Juice

Rhubarb Bread

Spinach

Tuesday – February 5 (5:30PM)

Pot Stickers

Egg Rolls

Fried Rice

Lo Mein Noodles

CHINESE NEW YEAR BUFFET

Sweet & Sour Chicken

Mixed Veggies

Mixed Fruit

Seafood Medley

Fortune Cookies

V8 Juice

Wednesday – February 6 (5:30PM)

Shepherd's Pie

OR

Eggplant Rollatini w/Sauce

Vegetable Bean Soup

Ice Cream

OR

SF Raspberry Jell-O

V8 Juice

Sunflower Bread

Beet Salad

Broccoli

Thursday – February 7 (5:30PM)

Chili con Carne

OR

White Lasagna

Sauerkraut Soup

Banana Cream Pie

House Salad

Brussels Sprouts

OR

Savory Bread

NSA Applesauce

V8 Juice

Friday – February 8 (5:30PM)

Baked Haddock

OR

Roast Beef Sandwich

Cream of Mushroom Soup

Roasted Potatoes

Creamy Coleslaw

Cookies

OR

V8 Juice

Honey Wheat Bread

Green Beans

Fresh Fruit

Saturday – February 9 (5:30PM)

Pork Tenderloin

OR

Baked Chicken Fingers

Tomato Soup

Lima Bean Casserole

Apple Bars

Rice Pilaf

Side Salad

OR

NSA Ice Cream

V8 Juice

Dinner Roll

Sunday – February 10 (12:30 Brunch)

Vegetable Medley

French Toast

Mashed Potatoes

Bacon

Croissant

Cake

Scrambled Eggs

Chicken Casserole

Fruit

Fresh Mozzarella Tomato Salad

V8 Juice

Snack in a bag

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Ice Cream

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White Lasagna

Sauerkraut Soup

Carrots

Banana Cream Pie

House Salad

Brussels Sprouts

OR

Savory Bread

NSA Applesauce

V8 Juice

Friday – February 8 (5:30PM)

Baked Haddock

OR

Roast Beef Sandwich

Cream of Mushroom Soup

Roasted Potatoes

Creamy Coleslaw

Cookies

OR

V8 Juice

Honey Wheat Bread

Green Beans

Fresh Fruit

Saturday – February 9 (5:30PM)

Pork Tenderloin

OR

Baked Chicken Fingers

Tomato Soup

Rice Pilaf

Lima Bean Casserole

Apple Bars

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Dinner Roll

Side Salad

NSA Ice Cream

V8 Juice

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Fresh Mozzarella Tomato Salad

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