



Home Journal

January 4, 2019

Hello, Everyone.....

The recent losses that we have experienced have left us with heavy hearts. I want to send my most sincere condolences to all of you and the families of Jack, Marie, and BJ. Each provided such presence to our community and uniquely contributed to our culture. Their personalities and character will forever remain in our memories and hearts. In addition, Helen, please know we are here for you.

On Monday, January 7th, Jim Hardman of the Alzheimer’s Association, will be presenting information regarding the early signs of dementia/Alzheimer’s disease. This will be held in the activity area at 10:00am.

The exercise group that typically meets at 11:00am on Monday will occur at 11:30am due to the Alzheimer’s Association presentation that day.

Please join Emmy to help celebrate Dorothy’s birthday celebration while bidding your good wishes for her upcoming move. Dorothy, your peaceful demeanor and warm smile will certainly be missed. I wish you an uneventful transition and good health in your new home. Emmy, your presence will also be missed and I wish you the same as you reacclimate to your home and family down south.

I want to thank the Resident Council for the wonderful gift basket that I received just prior to Christmas. I am still enjoying the thoughtful and personalized contents!

Speaking of the Resident Council, the next meeting is scheduled to occur on Wednesday, the 9th, at 3:30pm in the library.

~ Kevin

**Shelley is on call
January 7th**

**Our Lake Forest Website
www.onlakeforest.org**

www.facebook.com/LakeForestSeniorCommunity

Activities: Week of January 7 – January 13, 2019

Monday, January 7

10am The Alzheimer's Association presents:
Know the 10 signs
11:30am Exercise
1pm Pool
1pm Pinochle
2pm Vihan W. performs on the piano
2pm Coloring Therapy with Janet
2:30pm Scrabble with Louise

Tuesday, January 8

10am Wal Mart/TJ Maxx
11:30am Tai Chi
2pm Bingo

Wednesday, January 9

10am Nurse Janet
11am Exercise
12pm Soup & Salad
1pm Penny Poker
3:30pm Worship Service with Pastor Phillips
4:15pm Resident Council Meeting

Thursday, January 10

9:30am Shuffleboard
10:30am Communion with Sister Jackie
12pm Omelets
1pm Mah Jongg
3:30pm Wii Bowling

Friday, January 11

10am Yando's
11am Exercise
11:30am Guy's lunch at Hobie's
12pm Soup & Salad
1pm Bridge for 8
2pm Trivia

Saturday, January 12

6:45pm Movie Night– Foyle's War

Sunday, January 13

11:30am Worship Service
12:30pm Brunch
3:00pm Australian Wine Tasting with Vladimir

January Birthdays

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



On Saturday, January 5th at 2pm, please join Dorothy G. for her birthday & farewell celebration!

UPDATE

Exercise on Monday the 7th, will be at 11:30am instead of 11am.



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

This story makes me chuckle, I hope you enjoy it also.

Taking A Pledge Seriously

An older lady had always wanted to travel abroad. Now that she wasn't getting any younger, she decided to do so. Until now she had never been out of the country. So she went in person to the passport office, and asked how long it would take to get one issued. "You must take the loyalty oath first" responded the passport clerk, as he pulled some paperwork out of the drawer. "Raise your right hand please." The old girl raised her hand. "Do you swear to defend the constitution of the United States against all enemies, foreign and domestic." The little old lady's face pales and her voice trembled as she asked in a small voice "all by myself?:"

That is the point I would have gone home to peace and quiet. How about you?

~ Mary Lue



Do you know how to play mah jongg? Or do you want to learn how to play? If so, please visit us on Thursdays at 1pm in the activity room.

To those already playing Mah Jongg, the new cards can now be ordered. The standard sized card is \$8.00, and the large print card is \$9.00. Please make your check out to The National Mah Jongg League, INC. and give it to Vicki by Friday, January 25th. Thank you!



Vihan Wickramasinghe will be here to play the piano on Monday, January 7th at 2pm.

His concert program is posted on the activity room board for everyone to view.



alzheimer's association®

On Monday, January 7th at 10am, James Hardman will be here from the Alzheimer's Association to discuss the early signs of Alzheimer's. Please join us!

Please read to see if you're interested in participating-

Andy MacDougall, former movie reviewer for the Press-Republican, invites you to join his "Senior Scholars" film seminar for **six** consecutive Thursdays at 10 am starting Thursday, January 24, at Valcour Brewing Company (the restored Old Stone Barracks on the former Plattsburgh Air Force Base). Registration money is due by Wednesday, January 9th. Here's the seminar title and content.....

"Rosa the Riveting & Her Five Sisters" - *With the 2017 Me Too crusade, women's empowerment gained momentum as a force. This new film course will celebrate six unsung heroines of the movement's earlier years. It will **spotlight** six amazing actresses who, despite never achieving high-profile bankability by which a testosterone-dominated industry gauges success, nonetheless triumphed in the face of male adversity and won the hearts of millions of fans worldwide. As Aretha Franklin would say, sisters are doing it for themselves and have been for a long time!*

The \$140.00 fee includes morning program, afternoon program, and all lunches.

To register, send name and address, phone number, e-mail address, choice of Andy MacDougall's "Rosa the Riveting & Her Five Sisters" seminar, plus a check made out to SCCCC to:

Senior Citizens Council of Clinton County
5139 North Catherine Street
Plattsburgh, New York 12901

Please call 563-6180 with any questions.

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 Items on the Menu:

Egg Salad & Salami Cold Plate – Served with lettuce, tomato & pickle.

Stuffed Eggplant – Half an eggplant filled with onions, red peppers, tomatoes, ground lamb and topped with cheese.

Irish Corn Beef Casserole – Potatoes, cabbage, corn beef, Swiss cheese with a cream mixture between layers baked

Pineapple Pudding – A Southern, savory, bread pudding with pineapples in it.

Ranch Chicken – Chicken breast seasoned with homemade ranch dressing, garlic, cheese and baked.

Beef Enchiladas – Corn tortilla rolled around a ground beef filling and covered with a mild tomato pepper sauce and cheese.

Shrimp Etouffee – Shrimp, onion, green peppers, celery and garlic in a smooth tomato sauce.

Layered Cake – Angel food cake layered with cranberry curd.

Fried Fish – Beer battered cod.



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

Monday, January 14, 4:00 pm

“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 14, 2018

Turn into Kitchen by Wednesday, January 9

Name: _____

Circle The Main Meal and The Sides You Like

Monday – January 14 (5:30 PM)

Ranch Chicken

- OR -

Egg Salad & Salami Cold Plate

Vegetable Beef Soup

Pasta Salad

Spaghetti Squash

Layered Cake - OR - SF Butterscotch Pudding

V8 Juice

Sunflower Bread

Brussels Sprouts

Tuesday – January 15 (5:30 PM)

Beef Enchiladas

- OR -

Shrimp Etouffee

Vegetable Soup

Refried Beans

Corn

Ginger Bread Cake - OR - Fruit

V8 Juice

Dinner Rolls

Tomato Salad

Wednesday – January 16 (5:30 PM)

Baked Ham

- OR -

Stuffed Eggplant

Green Salad

Pineapple Pudding

Sweet Potato

Buttermilk Pie – OR – Fruit Salad

V8 Juice

Savory Bread

Peas

Thursday – January 17 (5:30 PM)

Meatballs over Angel Hair Pasta

- OR -

Irish Corn Beef Casserole

Vegetable Salad

Carrots

Broccoli

Chocolate Cupcakes - OR - Orange Mousse

V8 Juice

Garlic Bread

Friday – January 18 (5:30 PM)

Turkey Salad Cold Plate

- OR -

Fried Fish

Tomato Soup

Roasted Potatoes

Cauliflower

Ice Cream w/Topping – OR – Fresh Fruit

V8 Juice

Cranberry Biscuits

Snow Peas

Saturday – January 19 (5:30 PM)

Lemon Basil Chicken (White or Dark Meat)

- OR -

Pulled Pork Sandwich on Bun

Carrot Pumpkin Bisque

Potato Salad

Baked Beans

Biscotti – OR – Peaches & Cream

V8 Juice

Wheat Bread

Coleslaw

Sunday – January 20 (12:30 PM -Brunch)

Blueberry Pancake

Sausage

Mashed Potatoes

Bacon

Roasted Beef

Scone

Cake

Fresh Vegetable Platter

Scrambled Eggs

Fruit Salad

V8 Juice

Snack in a bag

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