



Home Journal

March 1, 2019

Hello, Everyone.....

I wanted to take a moment and reach out to those of you who use flushable wipes. While they are marketed as ‘flushable’, they tend to clog the sewer system. Simply disposing them into the trash will avoid difficult to resolve clogs down the road.

“Age of Adaline” will be shown in the activity area at 6:45pm on Friday. This was shown once before and is playing again due to popular demand.

Welcome John & Joan J.! Your 400 wing neighbors are excited to meet you as are the rest of us. I hope your move here goes well and look forward to having you join our community.

I hope to see many of you at the *Fat Tuesday* happy hour on the 5th at 4:30pm in the activity area. Let’s get together, enjoy some terrific refreshments, and try to forget for a moment about WINTER!

Let’s not forget the International Women’s Day celebration at 4:30pm in the activity area on the 8th. I look forward to honoring women and their contributions to our lives.

Virtual Reality Experience is returning on the 7th at 11:30 in the activity area! This is an absolute blast and the sign-up sheet is posted on the activity bulletin board. Thank you, Tanya, for sharing this fun-filled opportunity with us.

~ Kevin

Jesse is on call
March 4th

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/LakeForestSeniorCommunity

Activities: Week of March 4 – March 10, 2019

Monday, March 4

10am Alzheimer's Presentation
11:15am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy with Janet

Tuesday, March 3

10am Kinney's
11:30am Tai Chi
12pm Beignets & Coffee Du Monde
2pm Bingo
4:30pm Fat Tuesday Happy Hour

Wednesday, March 6

11am Exercise
12pm Soup & Salad
1pm Penny Poker
2pm Craft Group
2pm Scrabble *new day & time*

Thursday, March 7

9:30am Shuffleboard
11:30am-1:30pm VR Experience
12pm Omelets
1pm Mah Jongg
3:30pm Wii Bowling

Friday, March 8

10am Yando's
11am Exercise
12pm Soup & Salad
1pm Bridge for 8
2pm Trivia
4:30pm International Women's Day Happy Hour

Saturday, March 9

8:30am Genealogy Seminar
6:45pm Movie Night– Foyle's War

Sunday, March 10

11:30am Worship Service: Lent 1
12:30pm Brunch
2pm Vihan W. performs on the piano



March Birthdays

4– Ron P. 24– Helen R.
8– Minnie B. 24– Natasha T.
9– Ross C. 28– Barb T.
19– Jerome D.
20– Jim M.
20– Judy R.



On Friday, March 1st, The Age of Adaline will be featured in the activity room again at 6:45pm.

Starting back up on Saturday, March 2nd at 6:45pm, will be Foyle's War.



On Saturday, March 9th, the Sons of the American Revolution will be here for a seminar about genealogy. The presenter will be Brian Cook, and it will begin at 8:30am in the activity area.



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



Do you know how to play bridge, or would you like to learn how to play?

We have two bridge groups here at Lake Forest, they meet on Wednesdays at 1pm and Fridays at 1pm. Both groups are currently looking for permanent or sub players to fill in. If you're interested, please let Vicki know or pay them a visit while they're playing.

Our pinochle group is looking for 3 more players. If you would like to join them, they play every Monday at 1pm in the library.



Jana Lee will not be here for the month of March, and will return to Lake Forest in April.



The Clinton County Historical Association Announces

"A Virtual Tour of the Plattsburgh Barracks"

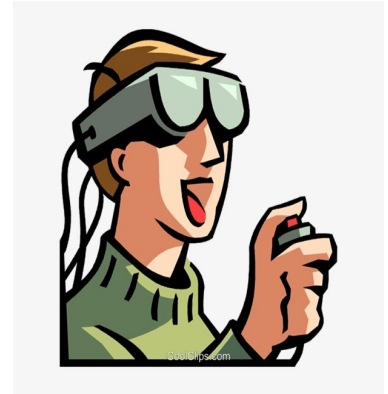
Monday, March 25, 2019, 6:30 pm

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

Helen Allen Nerska, Director at the Clinton County Historical Association, will bring you on a tour around the Old Plattsburgh Barracks Oval without leaving your chair. Most buildings still remaining were built around the turn of the century and remain as impressive reminders of our historic past. Bands played, troops marched, and dignitaries visited, and boxing matches were regular events. The CCHA collection of photos will be the focal point of the tour along with stories of the building histories. The Clinton County Historical Association has one of the largest collections of photos from this era. The event is a collaboration between the Lake Forest Senior Living Community and the Clinton County Historical Association.

We had a great turnout for our first virtual reality experience! We had “visits” to the Grand Canyon, Iceland, Williamsburg and even bungee jumping!

There will be another virtual reality experience on Thursday, March 7th, please sign up on the activity board if you’re interested. Some ideas for those of you that are curious, Yosemite National Park. Grand Canyon Kayak Tour., Hawaii experience, scuba dive, Yellowstone, or even ride a rollercoaster. Almost anything you can imagine can come to life in Virtual Reality, just ask!



**The Fitzpatrick Cancer Center needs our help.
On Wednesday, March 6th at 2pm, please meet in the
activity area to sew afghan squares together for lap blankets.
The squares are already made and the design is up to you.
See you then!**



A NOTE FROM MAINTENANCE

Starting this week, the calendars for the duplex will be on the upper shelf in the new mailbox located in the mail hut. The lower shelf of the mailbox is for the newsletters. If you would like the calendar or newsletter emailed to you please contact Vicki. If you would like additional paper copies, please stop by the office.

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



Mardi Gras is French for "**Fat Tuesday**", which is this Tuesday, March 5th. Fat Tuesday is about reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the Lenten season. Please join us for beignets & coffee du monde at 12pm, and happy hour for 4:30pm!



“International Women's Day (IWD) is celebrated on March 8 every year. After women gained suffrage in Soviet Russia in 1917, March 8 became a national holiday there.” International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. Please join us on Friday, March 8th at 4:30pm for a happy hour to celebrate women!



Harold Vogel will be here to help with tax preparation. Here are the dates and times that are still available: **Please sign up on the activity board.**

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

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

Friday, March 22nd 8:30am– 1:00pm

Wednesday, April 3rd 8:30am –1:00pm



Week of March 11, 2018

Turn into Kitchen by Wednesday, March 6

Name: _____

Circle the Main Meal and the Sides You Like

Monday – March 11 (5:30 PM) Cream of Chicken Vegetable Soup V8 Juice
Pork Chop w/Chutney Roasted Potatoes Dinner Roll
OR Cauliflower Spinach
Cottage Cheese w/Fruit Cold Plate Apple Pie OR SF Orange Jell-O

Tuesday – March 12 (5:30 PM) Tossed Salad V8 Juice
Chicken Kebob Wild Rice Pilaf Sunflower Bread
OR Zucchini Brussels Sprouts
Shrimp Skewers Shoofly Pie OR Low Sugar Cookies

Wednesday – March 13 (5:30 PM) Lentil Vegetable Soup V8 Juice
Cheese Ravioli w/Meat Sauce Tater Tots Garlic Bread
OR Side Salad Broccoli
Grilled Pastrami Sandwich w/Cheese Fruited Bars OR Indian Pudding

Thursday – March 14 (5:30 PM) Butternut Squash Bisque V8 Juice
Slow Roasted Beef Mashed Potatoes Fresh Baked Bread
OR Corn Pudding Peas
Vegetable Frittata Ice Cream OR Fruit

Friday – March 15 (5:30 PM) Vegetable Salad V8 Juice
Baked Salmon Mashed Potatoes Wheat Bread
OR Stewed Tomatoes Green Beans
Italian Meatloaf Texas Sheet Cake OR Fresh Fruit

Saturday – March 16 (5:30 PM) Soup Du Jour V8 Juice
Boiled Ham Dinner Boiled Potatoes Dinner Roll
OR Cabbage Salad
Roasted Turkey Breast Lemon Meringue Pie OR NSA Ice Cream

Sunday – March 17 (12:30 PM – Brunch) *ST. PATRICK'S DAY BRUNCH*
Greens & Vegetables Salad V8 Juice
Corned Beef Hash Bacon Scrambled Eggs Coffee Cake
Irish Lamb Stew Poached Eggs Broccoli Snack in a bag
Guinness Chocolate Cupcakes Fruit

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Snack in a bag
