



Hello Everyone.....

- Please note we are holding a Memorial Day service at 3:00pm in the congregate building activity area on Monday the 29<sup>th</sup>. This location was chosen due to the projected inclement weather forecast. Following the ceremony there will be light refreshments and a barbeque buffet dinner.
- Most of you know and some of you may not; there are two adult tricycles located in the storage cage area in the garages near the congregate building 100 and 400 wings. They are at your disposal at any time. Those of you who live in the congregate building have keys that allow unlimited access to that area. Those of you who live in the duplexes should ask Janet for a key if you are interested using them.
- Thank you, John and Randy, for your hard work in the gardens that are located outside of the congregate building dining room. There is a lot of cleaning up that needs to occur out there and your combined efforts and attention to detail are already making a big difference!
- Another thank you goes out to Bob and Judy G. for donating the flowering crab apple tree that was planted (compliments of Bob) along the sidewalk in front of the 100 wing at the congregate building. It is sure to enhance our 'curb appeal' and your generosity is greatly appreciated.
- I want to take a moment and welcome Joyce S. to our community. She plans to move into the 200 wing sometime in the beginning of June. Joyce, I wish you a successful transition and look forward to seeing you.

~ Kevin

## Activities: Week of 29 - June 4, 2017

### Monday, May 29, 2017

11am Exercise

3pm Memorial Day Celebration

### Tuesday, May 30, 2017

10am Aldi / Hannaford

11:30am Tai Chi

2pm Bingo

### Wednesday, May 31, 2017

9:30am Depart for Akwesasne  
Mohawk Casino!

11am Exercise

12pm Soup & Salad

1pm Penny Poker (?)

2pm Craft Group

6:30pm Movie Night,  
"Manchester by the Sea"

### Thursday June 1, 2017

10am Bridge

11am Walking Group

12pm Omelet's

1pm Mah Jongg

3:30pm Wii Bowling

### Friday June 2, 2017

10am Yando's

10am Bocce Ball (Note the date change)

10:15am Depart for Nightingale Song

11am Exercise

12pm Pizza & Wings

1pm Bridge for 8

2pm Trivial Pursuit

4:30pm BYOB

### Saturday, June 3, 2017

11am Yoga Tape

6:30pm Movie Night,  
"Upstairs, Downstairs 2"

### Sunday, June 4, 2017

11am Bob & Annette Worship Service

12:30pm Brunch

## Activity Information

Shuffle Board is unfortunately on hold until we have additional players/score keeper, or until August. Please see Tiana if you'd like to play. Thank you.

**On Monday, May 29th at 3pm**, we have the Memorial Day Program. The weather forecast does not appear to be in our favor, and so we will have the event indoors in the Activity Area with the ruffle salute on the patio. You can watch from your seat in the activity area. There will be a reception afterward with light refreshments.

**On Wednesday, May 31st**, we have a scheduled trip to **Akwesasne Mohawk Casino**. There is still room! Please sign up or see Tiana. Transportation is \$15 per person. The lunch buffet will be half off, and we will return by dinner time.

There is a newly scheduled Walking Group on Thursdays at 11am. Please see Tiana if you're interested!

We depart at **10:15am for Nightingale Song** put on by **Adirondack Dance**. This is a 1 hour ballet, and is \$5 per person. Tickets have already been purchased.



Madeleine loved music, and as I have been told, she was a dance instructor. Never will I forget the birthday party in which she got up and danced with Harriet. She was glowing with happiness, as was David. I was very sad to hear of her passing, and will miss her at all of our musical programs and birthday parties. They were usually the very first ones there. My heart is heavy, but I am sure Madeline is dancing somewhere happily.



### June Birthdays:

10 Sally

5 John W.

16 Emily

7 Colleen P.



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



The English language can be confusing, Here are some reasons why the English language is so hard for foreigners to learn.



The bandage was wound around the wound.

The farm was used to produce the produce.

The dump was so full that it had to refuse more refuse.

He could lead if he could get the lead out.

The soldier decided to desert his dessert in the desert.

Since there is no time like the present, he thought it was time to present the present.

When shot at, the dove dove into the bushes.

The insurance was invalid for the invalid.

The buck does funny things when the does are present.

To help with the planting, the farmer taught his sow to sow.

The wind was too strong to wind the sail.

After a number of injections my jaw got number.

A slim chance and a fat chance are the same thing.

Quicksand works slowly, boxing rings are square and a guinea is not a pig nor is it from Guinea.

Sweetmeats are candies, while sweetbreads are meat.

We have noses that run and feet that smell.

A wise man and a wise guy are two different things.

You fill in a form by filling it out.

An alarm goes off by going on.

There is no egg in eggplant and no ham in hamburger. There is neither apple nor pine in pineapple.

We do have an interesting language don't we?



Joke of the week:

A man asks his friend the secret of his long marriage. The man answers:

“We take time to go to a restaurant twice a week. A little candlelight, soft music, dinner and a long walk home. She goes Tuesdays, I go Fridays.”

Have a great week,

Mary Lue

# More Fun and Information



The birthday cakes for last weekends birthday celebration were absolutely delicious! The banana cake was my favorite despite my love of chocolate. It was like banana cream pie but in cake form! SO good! Thank you, Natasha!

We only had a couple people for the Mondays' Personal History Writing Work Shop. It was a bit different than I had anticipated, having been more about writing memories of people than the genealogy aspect. It was quite an interesting activity.

## Day Trip

“**Burlington VT Trip**” is on your monthly calendar for **Monday, June 12**. This is a shopping trip, and was suggested at a Planning Meeting. There will be a sign up sheet posted shortly, and transportation will be \$10-15 per person (depending on group size). Like our last trip, I plan on going to the LL Bean Outlet on Church Street (and other stores there) and the Mall. There can be more stops in between. Everything on these day trips depend on the group we have! Also, we will be going to lunch. See Tiana with any questions or suggestions.

## A note from Lisa

For new residents, a brief explanation about the “Resident Council”: Everyone, by virtue of being a resident here at Lake Forest, is part of the Resident Council. According to the Resident Handbook, it’s the organization within Lake Forest that “will represent resident interests, and work with management to create a living environment and quality of life that can be enjoyed by all.” In other words, if you have issues or interests or ideas, that you’d like to see if others share, a Resident Council meeting is a good place to discuss them. As proposed at the Resident Council meeting last December, a **Resident Council Meeting** will be held **Wednesday, June 7th, at 4:00 p.m. in the Library**. If you have anything you’d like to see on the agenda, please either contact Lisa G by May 31, or let Kevin know, and he will get it to Lisa.

## Movie Night

*Manchester by the Sea* will be shown on **Wednesday, May 31st at 6:30pm.**

Brief synopsis: While working as a handyman in Boston, taciturn loner Lee Chandler gets word that his brother Joe has died of a coronary. After returning to the siblings’ hometown, Lee receives another shock: He’s been named legal guardian of Joe’s 16 year old son.

The crossword puzzle has yet to be completed, so you will find the answer key next week!

## *Sally's Invitation*

FRIENDS  
I'M HAVING A PARTY AND  
I WANT YOU TO COME...  
SUNDAY, 11 JUNE  
FROM 2 TILL 5  
JUST DROP IN AT MY HOME  
83 NEVADA OVAL  
PLEASE COME AND HELP ME TO  
CELEBRATE MY 88TH BIRTHDAY  
SALLY SEARS-MACK



# Menu Details



**Crème Brulee** – A rich custard base topped with a contrasting layer of hard caramel.

**Buttermilk Tea Cake** – Copycat of Rambach's Austrian Tea Cake.

**No Bake Cookie** – Sugar friendly chocolate oat cookie.

**Chicken Marsala** – Italian-American dish made from chicken breast meat, mushrooms & Marsala wine.

**Cod Roulade** – A dish popular in Europe, composed of ground cod stuffed with green onion & butter mix. It's like a fish version of Chicken Kiev.

**Fruited Bread Pudding**- Mixture of apples & quince, tossed with spiced bread, milk and eggs and baked.

**Vegetable Fritters** – Similar to potato pancakes. Green peas, onions, potatoes, carrots, zucchini mixed and fried as a fritter.

**Tomale Beef Pie** – Ground beef, onions, bell peppers, spices baked under cornbread batter.

## Does Excessive Sitting Age You?

Too much sitting and too little exercise may speed biological aging by as much as 8 years, suggests an *American Journal of Epidemiology* study. A group of 1,481 women (average age, 70) from a nationally-representative sample wore motion sensors for one week. The combination of being too sedentary and getting less than 30 minutes a day of moderate to vigorous exercise was associated with having white blood cells with significantly shorter telomeres. Telomeres are caps that protect the ends of DNA strands. They shorten with age, but factors such as exercise may affect the rate.

“Having shortened telomere length is associated with heart disease, type 2 diabetes and major cancers, as well as shorter life expectancy,” says Aladdin Shadyab, PhD, the study's lead author at the University of California, San Diego School of Medicine.

Strive for at least 30 minutes of moderate exercise daily.

(Article excerpt submitted by a resident from Tufts *April 2017 Health & Nutrition Letter*.)

Week of June 5, 2017

Turn into Kitchen by Wednesday, May 31

Name \_\_\_\_\_

Circle the Main Meal and the Sides You Like

Monday – June 5 (5:30 PM)

**PIZZA BUFFET**

V8 Juice

Green Vegetable Salad

Chicken Wings

Variety of Pizza

Ice Cream Sundae OR Fruit

Tuesday - June 6 (5:30 PM)

Matzo Ball Chicken Soup

V8 Juice

Lasagna

Mashed Potatoes

Zucchini Bread

OR

Roasted Carrots

Side Salad

Cod Roulade

Crepe Brulee

OR

Poached Pears

Wednesday – June 7 (5:30 PM)

Zucchini Cream Cheese Soup

V8 Juice

Tamale Beef Pie

Baked Beans

Wheat bread

OR

Stewed Tomatoes

Braised Vegetables

Bacon Vegetable Strata

Buttermilk Tea Cake

OR

SF Cherry Jell-O

Thursday - June 8 (5:30 PM)

Deviled Egg Plate

V8 Juice

Chicken Marsala

Spaghetti

Homemade Rolls

OR

Summer Squash

Spinach

Kielbasa w/Fried Cabbage

Mexican Hot Chocolate Cake

OR

No Bake Cookies

Friday – June 9 (5:30 PM)

Beef Macaroni Soup

V8 Juice

Ham Potato Casserole

Vegetable Fritters

Biscuit

OR

Green Salad

Green Beans

Salmon & Leek Tart

Fruited Bread Pudding

OR

NSA Ice Cream

Saturday – June 10 (5:30 PM)

Greens w/Apples, Walnuts Salad

V8 Juice

Beef Meatloaf w/Gravy

Mashed Potatoes

Sunflower bread

OR

Peas

Brussels Sprouts

Turkey Salad Cold Plate

Strawberry Rhubarb Pie

OR

Orange Yogurt Whip

Sunday – June 11 (12:30 PM - Brunch)

Garden Salad

V8 Juice

Cinnamon Buns

Bacon

Fried Eggs

Scrambled Eggs

Sausage Biscuits & Gravy

Chicken Mushroom Tortellini Bake

Sliced Melon

Cake

Snack in a bag



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Spinach

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Mexican Hot Chocolate Cake

OR

No Bake Cookies

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