



Hello Everyone – Hopefully you survived the elections and are relatively unscathed..... fascinating times.

- ◆ Recently you received a copy of our annual amendment filing with Office of the Attorney General. We are required to submit our financials along with any changes in fees and policies for their review and approval. Once approved, you receive a copy. I'm happy to answer any questions you may have regarding this packet of information.
- ◆ Thanksgiving will be upon us in a flash. Please check in with Janet and let her know if you intend to partake of the Thanksgiving Day buffet at 2:00pm, and if you will be bringing any guests. Doing so will help us plan in terms of setting the dining room and purchasing food.
- ◆ In regards to the Annual Celebration, we're receiving specific seating requests. It is our intention to meet your preferences to the best of our ability. This is why we are requesting your RSVP's and seating preferences no later than Monday, November 14<sup>th</sup> at 4pm.
- ◆ We are planning to resume regularly scheduled fire drills in the congregate building soon. You will be receiving details in terms of the procedures for this type of an emergency in next week's Home Journal. Please review this document and become familiar with the expectations in order to optimize your safety and well being.

~ Kevin

**A Note From the Resident Council about the Christmas Gift Fund**

All the money collected will be distributed among the employees of Lake Forest before Christmas. This gift is to show our appreciation to Lake Forest employees for their hard work. The box can be found in Janet's office. Cash or check is fine. If you leave a check in the box, please make it out to "**Lake Forest Resident Council**" and in the memo section write: "**Gift Fund.**" Please place cash in a sealed envelope.

**Activities: Week of November 14 - 20th**

**Monday, November 14, 2016**

- 11am Exercise
- 12pm Soup & Salad
- 12:30pm Pumpkin themed bake off!
- 1pm Pool
- 1:30pm Trivial Pursuit in the Library!
- 3:30pm Adult Color

**Tuesday, November 15, 2016**

- 9:30am Shuffle Board
- 10am Kinney's
- 11:30am Tai Chi
- 2pm Bingo

**Wednesday, November 16, 2016**

- 10am Nurse Janet
- 11am Exercise
- 12pm Soup & Salad
- 1pm Penny Poker
- 2pm Craft Group
- 4pm Tim Hartnet & Julie Perform

**Thursday, November 17, 2016**

- 9am Pancake Breakfast! (Sign Up)
- 10am Bridge
- 1pm Mah Jongg
- 3:30pm Wii Bowling

**Friday, November 18, 2016**

- 10am Chess
- 10am Yando's
- 11am Exercise
- 11:30am Guy's Lunch Out
- 1pm Bridge for 8
- 4:30pm BYOB

**Saturday, November 19, 2016**

- 11am Yoga Tape
- 6:30pm Movie Night,  
"Upstairs, Downstairs"

**Sunday, November 20, 2016**

- 11am Sunday Church Service with  
Margaret S.
- 12:30pm Brunch

**Activities**

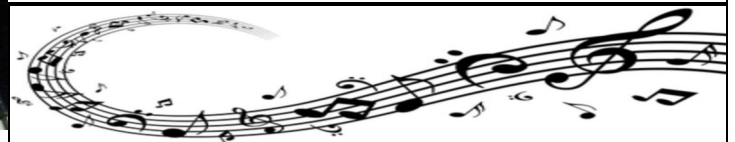


**Join us on Monday, November 14th at 12:30pm for a Pumpkin Themed Bake off! We have added the ability to make an apple themed plate if you choose instead. Please let Tiana know if you're interested in entering a prize winning dish!**

**After the bakeoff, please join us in the library at 1:30pm on Monday, November 14th for a fun game of Trivial Pursuit! This is NOT on your calendars - as it's a recent addition.**



**At 4pm on Wednesday, November 16th, Tim Hartnet and Julie Canepa will be returning to Lake Forest to perform a duet. They have been here many times in the past, and we are so eager to welcome them back!**



**There's a guy's lunch out on Friday, November 18th. We are heading to West Chazy to the Country Corner Diner per request of the "guys." Sign up to join us. And believe me, I will NOT forget the camera this time. I PROMISE!**



**November Birthdays!**

21 Trudi C.

8 Johnna M.

23 Polly

19 Katherine F.

25 Marie G.

27 Judith K.



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



In November of 2016 I inherited this column from Callie Callahan, the originator of it, when she left Lake Forest. To celebrate this auspicious occasion, here are some short pieces from earlier columns of mine.

Here is one appropriate for this time of year:

Did you know that when you rearrange the letters in the word ELECTION RESULTS you get - LIES - LETS RECOUNT.

This is for the casino goers using the words SLOT MACHINES:  
you get CASH LOST IN ME.

Here is a story for all you romantics out there.

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood. She said, "You used to hold my hand when we were courting." Wearily, he reached across, held her hand for a second and tried to get back to sleep. A few moments later she said, "Then you used to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek and settled back down to sleep. Thirty seconds later she said, "Then you used to bite my neck." Angrily, he threw back the covers and got out of bed. "Where are you going," she asked.

"To get my teeth,"

Here are some bloopers from church bulletins that I thought were quite funny:

The sermon tonight: Searching for Jesus, The sermon this morning: Jesus walks on water. At the evening service tonight the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Here is a cute little ditty I remember saying when I was a kid, I am dedicating it to Marie G. because of her opinion of peas.

### Dining Advice

I always eat peas with honey  
I've done it all my life.  
They do taste kind of funny,  
But it keeps them on the knife.



Thought for the week: Happiness is like jam...You can't spread even a little without getting some on yourself !

~ Mary Lue



# New Menu Items



**Pork Florentine** – Pork chops cooked in rich tomato sauce and topped with spinach and melted mozzarella.

**Grilled Pastrami Sandwich w/Cheese** – Pastrami, onions, Swiss cheese, mustard on rye bread with pickle & potato chips on the side.

**Steelhead Trout** – Baked trout with Smokey sweet flavor.

**Italian Meatloaf** – Mixture of beef, Italian sausage, pork, parmesan cheese and Italian spices.

**Texas Sheet Cake** – Chocolate cake topped with chocolate frosting and nuts.



Reserved plates are placed in the refrigerator labeled with the rightful owner's names. Please be kind to others and only take the plates labeled with your name or labeled "free." Thank you.



## Why sitting may be hazardous to your health

*Interrupting sedentary time with short bouts of exercise may diminish the dangers of inactivity.*

Every time we think we have a handle on all the things that are bad for us, another one is added to the list. A few years ago, researchers put inactivity on the roster of major health risks. "Everybody knows smoking is bad for your health. But what isn't common knowledge is that physical inactivity is as powerful a risk factor as smoking," says Dr. I-Min Lee, professor of medicine at Harvard Medical School. Dr. Lee, who has studied the effects of exercise for more than a decade, was one of the first to identify inactivity as a health hazard.

*What we've learned since*

- ◆ Older women are sedentary two-thirds of their waking hours.
- ◆ Breaking up sitting time has benefits. (A 2012 study in *Diabetes Care* indicated that interrupting sitting time with short bouts of walking lowers blood sugar (glucose) and insulin levels in overweight or obese adults.
- ◆ Exercise can compensate for even long bouts of sitting. (60 - 75 minutes of moderate exercise daily eliminates the risk of an early death conferred by eight hours of sitting.)

*The bottom line:* It can be hard to remember to get up and move, especially when you're engrossed in a good book or television program. You can wear an activity tracker with an alarm to alert you if you haven't taken enough steps in the past hour. Setting aside an hour a day for a brisk walk should also work.

(Article submitted by a resident from the November 2016 *Harvard Women's Health Watch*)

Week of November 21, 2016

Turn into Kitchen by Wednesday, November 16

Name: \_\_\_\_\_

Circle the Main Meal and the Sides You Like

Monday – November 21 (5:30 PM)

Pork Chop Florentine

OR

Cottage Cheese w/Fruit Cold Plate

Cream of Chicken Vegetable Soup

Roasted Potatoes

Cauliflower

Whoopee Pie

OR

Spinach

SF Lemon Jell-O

V8 Juice

Dinner Roll

Tuesday – November 22 (5:30 PM)

Apricot Honey Glazed Chicken Breast

OR

Vegetable Frittata

Tossed Salad

Wild Rice Pilaf

Peppers & Onions

Rice Pudding

Sunflower Bread

OR

Zucchini

Applesauce

V8 Juice

Wednesday – November 23 (5:30 PM)

Cheese Ravioli w/Meat Sauce

OR

Grilled Pastrami Sandwich w/Cheese

Lentil Vegetable Soup

Sweet Potato Tater Tots

Fruit Bars

OR

SF Cheesecake Pudding

V8 Juice

Garlic Bread

Broccoli

Thursday – November 24 (2:00 PM)

*THANKSGIVING BUFFET*

Green Salad

Roasted Turkey

Green Bean Casserole

Roasted Squash

Apple Pie

Pumpkin Pie

Stuffing

Cranberry Salad

Dinner Roll

V8 Juice

Mashed Potatoes

Friday – November 25 (5:30 PM)

Steelhead Trout

OR

Italian Meatloaf

Squash Bisque

Whipped Potatoes

Parmesan Tomatoes

Texas Sheet Cake

OR

Fresh Fruit

V8 Juice

Wheat Bread

Peas

Saturday – November 26 (5:30 PM)

Boiled Ham Dinner

OR

Grilled Chicken over Greens & Vegetables

Soup Du Jour

Potatoes

Cabbage & Carrots

Peach Cobbler

OR

SF Ice Cream

V8 Juice

Dinner Roll

Sunday – November 27 (12:30 PM - Brunch)

Pancakes

Bacon

Pork Roast

Hash Brown Bake

Peanut Butter Cake

Scrambled Eggs

Broccoli

Cantaloupe & Celery Salad

V8 Juice

Snack in a bag



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Sweet Potato Tater Tots

Fruit Bars

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SF Cheesecake Pudding

V8 Juice

Garlic Bread

Broccoli

Thursday – November 24 (2:00 PM)

*THANKSGIVING BUFFET*

Green Salad

Roasted Turkey

Stuffing

Green Bean Casserole

Roasted Squash

Cranberry Salad

Apple Pie

Pumpkin Pie

Dinner Roll

V8 Juice

Mashed Potatoes

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