



Home Journal

October 16, 2020

Hello, Everyone.....

I want to congratulate Jim and Joyce for successfully completing their two-week quarantine after moving in from out of state. I know this was not an easy thing to do and appreciate your commitment to our policy and overall safety. It is so good to see you out and about!

The maintenance staff will be servicing the filters and heating systems in the duplexes throughout the week of the 19th.

Lou will be facilitating a craft group on Monday the 19th at 10:30am in the activity area. Thank you, Lou, for sharing your interests and talents with us! It makes a difference and we really appreciate your initiative.

There is a squash cook-off scheduled on Friday the 23rd at 12:30pm in the dining room. The soup and salad will still be offered at 12:00pm. The dish can be anything that is squash based and you are encouraged to enter your favorite dish for this friendly competition. You can also submit a recipe for someone else to prepare if you do not want to go through the trouble. Also, please join us to taste each entry and serve as a judge. We like to have fun with these and would love to see you there!

Congratulations, Ben and Victoria, on your nuptials last Saturday. We are incredibly happy for you! Thank you, again, for sharing your momentous occasion via the Facebook live-stream.

I wanted to take a moment and wish Marissa all the best with the birth of her child. You are on the home stretch, Marissa, and we wish you well!

There is a dementia related live-cast webinar scheduled on Monday the 19th at 1:00pm in the activity area. This opportunity is being sponsored by the New York State Department of Health and the Caregiver Support Initiative of SUNY Plattsburgh. The topic being covered is, "Finding Meaningful Activities." There is a sign-up sheet posted on the activity bulletin board.

~ Kevin

Danielle is on call  
October 19

Our Lake Forest Website  
www.onlakeforest.org

www.facebook.com/Lake  
ForestSeniorCommunity

## Activities: Week of October 19 – October 25, 2020

### Monday, October 19

10:30am Crafts with Lou  
11am Exercise  
12pm Soup & Salad  
1pm Pool  
1pm Pinochle  
1pm Dementia Webinar  
2pm Coloring Therapy  
3pm Themed Book Club

### Tuesday, October 20

10am Kinney's  
12pm Cookie Social  
2pm Bingo (Sign-up only)

### Wednesday, October 21

11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
1pm Scrabble  
2pm Surprise Treat

### Thursday, October 22

9:30am Shuffleboard  
10:30am Mexican Train  
12pm Omelets  
1pm Mah Jongg  
3pm Wii Bowling

### Friday, October 23

10am Yando's  
11am Exercise  
12pm Soup & Salad  
12:30pm Squash Cook Off  
1pm Bridge  
1:30pm Trivia

### Saturday, October 24

6:45pm Movie Night:  
Hamilton, Part 2

### Sunday, October 25

12:30pm Brunch



### October Birthdays

2– Carol W.	7– Annette W.
9– Elsa S.	12– Dawn R.
12– Shirley M.	15– Mary Ann F.
19– Debbi M.	19– Cynthia S.
21– Tanya T.	26– Peter B.
26– Ben C.	26– Betty G.
29– Norma D.	

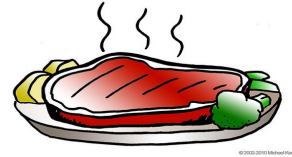


On Monday, the 19<sup>th</sup> at dinner, a few of the residents would like to throw a surprise kitchen pantry shower for Ben. Any residents that would like to partake, please bring a small, nonperishable kitchen goody to dinner that evening (unwrapped).

Some ideas: spices, kitchen towels, paper towels, wax paper, jams, jellies, canned goods, soap, dish soap, or any fun surprise you can come up with.



# 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, 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.

**Pasta Salad w/Smoked Salmon** – Bow tie shaped pasta with red onion, bell peppers, green peas, olives, smoked salmon with cream dill dressing.

**White Vegetable Lasagna** – Mushroom & spinach white lasagna.

**Pork Schnitzel** – Breaded fillet of pork, fried.



**On Saturday, October 17th at 6:45pm– Hamilton, Part 1**

The original Broadway production of the award-winning musical that tells the story of Alexander Hamilton, first secretary of the treasury, blending hip-hop, jazz, R&B and Broadway styles, filmed from the Richard Rogers Theater in New York.

Running time: 70 minutes



**Plattsburgh State has recently resumed their dementia informational sessions. Due to social distancing, they are providing the seminars virtually. The first dementia webinar, “Finding Meaningful Activities”, will take place on Monday, October 19th at 1pm, in the activity room.**



Natasha made baked apples for a surprise treat on Wednesday.

On Thursday, she made chicken sausage sandwiches, and apple, caramelized onion and cheese sandwiches for happy hour. Yummmm!

Congratulations Ben & Tori! We loved watching your ceremony on Saturday.



On Monday, the 19th, Lou would like to have an Intro to Mod Podge Craft Group, at 10:30am. What is mod podge? It’s an all in 1 sealer, glue and finish to attach paper or fabric to surfaces. Join us, to discuss some potential craft ideas we can try out!

Week of October 26, 2020

Turn into Kitchen by Wednesday, October 21

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

Circle the Main Meal and the Sides You Like

Monday – October 26 (5:30PM)

Liver & Onions

OR

Pork Schnitzel

Waldorf Salad

Mashed Potatoes

Corn

Banana Cream Pie

OR

SF Butterscotch Pudding

V8 Juice

Fresh Bread

Spinach

Tuesday – October 27 (5:30PM)

Shepherd's Pie

OR

Pasta Salad w/Smoked Salmon

Cream of Mushroom Soup

Wheat Bread

Beet Salad

Bread Pudding

OR

V8 Juice

Green Beans

Fruit

Wednesday – October 28 (5:30PM)

Pork Tenderloin

OR

Eggplant Rollatini w/Sauce

Seasonal Salad

Mashed Squash

Yellow Squash

Ice Cream

OR

V8 Juice

Garlic Bread

Broccoli

SF Cherry Jell-O

Thursday – October 29 (5:30PM)

Steak Salad

OR

White Vegetable Lasagna

Tomato Soup

Sunflower Bread

Carrots

Angel Food Cake

OR

V8 Juice

Brussels Sprouts

NSA Applesauce

Friday – October 30 (5:30PM)

Sweet & Sour Chicken

OR

Baked Haddock

Chopped Vegetable Salad

Fried Rice

Mixed Vegetables

Cookies

Honey Wheat Bread

Green Beans

OR

Fresh Fruit

V8 Juice

Saturday – October 31 (5:30PM)

Roast Beef Sandwich

OR

Baked Chicken Fingers

Soup du jour

Mashed Potatoes

Coleslaw

Apple Bars

OR

V8 Juice

Dinner Roll

Sugar Peas

NSA Ice Cream

Sunday – November 1 (12:30 Brunch)

Bacon

Scrambled Eggs

Chicken Casserole

Mashed Potatoes

Vegetable Medley

Cake

Mozzarella Tomato Salad

French Toast

Fruit

V8 Juice

Croissant

Snack in a bag

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