



Home Journal

October 9, 2020

Hello, Everyone.....

For those of you who knew **Mary Lue**, I want to express my sincerest of condolences for the loss of your friend. For those of you who did not know her, Mary Lue was a long-time resident of Lake Forest who transitioned a little over one year ago to a community that provided additional supports. She was a real champion of our community and was always extending her kindness to everyone around her. Mary Lue always had a smile on her face, a positive message to share, and enjoyed laughing and joking with those around her. Although her move occurred some time ago, her presence is still felt.

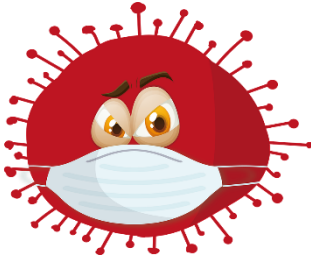
Given the number of positive COVID-19 cases throughout the greater community has been slowly rising, coupled with the new influx of visitors we are now enjoying, I am requesting that all residents wear masks while in the common areas. If you need an extra mask, please stop by the office and we will help you acquire one.

I thought I would send out a reminder that there is a small group of Special Olympic athletes that are utilizing our **bocce ball court** on Saturdays occasionally throughout the fall (weather permitting) from 10:00am to 11:30am. They are appreciative of being able to practice on our court and we are happy to share the space with them.

The **complimentary monthly pancake breakfast** will occur on Thursday the 15th at 9:00am. Please join us and take advantage of a comforting breakfast while enjoying the company of your friends and neighbors. *The omelet lunch will not be offered on that day.*

Just a reminder, **Ben's nuptials** will be live streamed on the activity area television on Saturday at 3:30pm. There is a sign-up sheet located on the activity area bulletin board if you are interested in attending.

~ Kevin



Shelley is on call
October 12

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/LakeForestSeniorCommunity

Activities: Week of October 12 – October 18, 2020

Monday, October 12

11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy

Tuesday, October 13

10am Price Chopper/Dollar Store
2pm Bingo (Sign-up only)

Wednesday, October 14

11am Exercise
12pm Soup & Salad
1pm Penny Poker
1pm Scrabble
2pm Surprise Treat
3pm Personal Storytelling

Thursday, October 15

9am Pancake Breakfast
9:30am Shuffleboard
10:30am Mexican Train
1pm Mah Jongg
2pm Happy Hour
3pm Wii Bowling

Friday, October 16

10am Yando's
11am Exercise
12pm Soup & Salad
1pm Bridge for 8
1:30pm Trivia

Saturday, October 17

6:45pm Movie Night:
Hamilton, Part 1

Sunday, October 18

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.	



Bread of the Week

Pear cinnamon breakfast bread

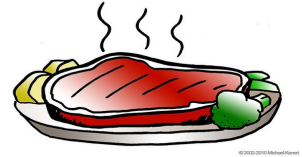
The hint of cinnamon nicely enhances the flavor of the pear.

Please let Natasha know if you would like a loaf for \$4.





Menu Details



New Items on Menu

Cuban Sandwich – This is ham, roasted pork loin, Swiss cheese, pickle, mustard on a roll.

Breakfast for Dinner – Scrambled eggs, waffles, bacon.

Italian Sausage Sandwich – Sweet Italian sausage in a hoagie bun topped with sautéed onions.

Panna Cotta – Italian dessert of sweetened cream thickened with gelatin and molded.



On Saturday, October 10th at 6:45pm– Lincoln, Part 2

This drama focuses on the 16th President’s tumultuous final four months in office. As this leader pursues a course of action to end the Civil War, unite the country and abolish slavery. This movie sheds light on a man of moral courage and fierce determination. Starring: Sally Fields, Tommy Lee Jones, and Joseph Gordon Levitt.

Running time: 75 minutes

Maintenance News

Next week, we are putting away the outdoor furniture from the gazebos, and from the end of the wings. The back patio furniture will be put away in a couple of weeks.



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.



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!



We recently were given new puzzles, and several Cheryl Wood’s mystery novels. Please help your self to either in the library.

Week of October 19, 2020

Turn into Kitchen by Wednesday, October 14

Name: _____ Circle the Main Meal and the Sides You Like

Monday – October 19 (5:30PM)

Turkey Stuffed Peppers

OR

Bratwurst w/Apple Relish

Pear & Cottage Cheese Salad

Roasted Potatoes

Carrot

Cookie Bar

OR

SF Vanilla Pudding

V8 Juice

Sunflower Bread

Spinach

Tuesday – October 20 (5:30PM)

Beef Brisket w/Pan Gravy

OR

Tuna Salad Cold Plate

Soup du jour

Mashed Turnips

Stewed Tomatoes

Apple Cake

OR

V8 Juice

Dinner Roll

Braised Cabbage

NSA Ice Cream

Wednesday – October 21 (5:30PM)

Spaghetti w/Meat Sauce

OR

Cuban Sandwich w/Chips

Butternut Squash Bisque

Garlic Bread

Tossed Salad

Pineapple Upside-Down Cake

OR

Fruit Salad

V8 Juice

Broccoli

Thursday – October 22 (5:30PM)

Chicken w/Gravy

OR

Breakfast for Dinner

Chopped Salad

Rice Pilaf

Cauliflower

Raisin Cream Pie

OR

SF Raspberry Jell-O

V8 Juice

Carrot Bread

Green Beans

Friday – October 23 (5:30PM)

Pork Ribs

OR

Fish Cakes

Cream of Broccoli Soup

Baked Potato

Coleslaw

Panna Cotta

OR

Rainbow Sherbet

V8 Juice

Dinner Roll

Zucchini

Saturday – October 24 (5:30PM)

Meatloaf w/Gravy

OR

Chicken à la King

Seasonal Salad

Mashed Potatoes

Acorn Squash

Ice Cream

OR

Fruit

V8 Juice

White Bread

Green Peas

Sunday – October 25 (12:30PM)

Eggs Benedict

Beef Burgundy

Fruit

Bacon

Egg Noodles/Mashed Potatoes

Chocolate Cake

Green Salad

Scrambled Eggs

Vegetables

V8 Juice

Baked Goods

Snack in a bag

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Roasted Potatoes
Carrot
Cookie Bar OR SF Vanilla Pudding
V8 Juice
Sunflower Bread
Spinach

Tuesday – October 20 (5:30PM)

Beef Brisket w/Pan Gravy
OR
Tuna Salad Cold Plate

Soup du jour
Mashed Turnips
Stewed Tomatoes
Apple Cake OR NSA Ice Cream
V8 Juice
Dinner Roll
Braised Cabbage

Wednesday – October 21 (5:30PM)

Spaghetti w/Meat Sauce
OR
Cuban Sandwich w/Chips

Butternut Squash Bisque
Garlic Bread
Tossed Salad
Pineapple Upside-Down Cake OR Fruit Salad
V8 Juice
Broccoli

Thursday – October 22 (5:30PM)

Chicken w/Gravy
OR
Breakfast for Dinner

Chopped Salad
Rice Pilaf
Cauliflower
Raisin Cream Pie OR SF Raspberry Jell-O
V8 Juice
Carrot Bread
Green Beans

Friday – October 23 (5:30PM)

Pork Ribs
OR
Fish Cakes

Cream of Broccoli Soup
Baked Potato
Coleslaw
Panna Cotta OR Rainbow Sherbet
V8 Juice
Dinner Roll
Zucchini

Saturday – October 24 (5:30PM)

Meatloaf w/Gravy
OR
Chicken à la King

Seasonal Salad
Mashed Potatoes
Acorn Squash
Ice Cream OR Fruit
V8 Juice
White Bread
Green Peas

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