



Hello Everyone, and happy Friday!

A (free) table top copier and HP laser printer is up for grabs. You can obtain more information by contacting Judy R. at the congregate building.

Please be reminded of the Resident Council meeting scheduled on **Wednesday, October 5th at 4pm in the library**. It's been some time since you met and I encourage you to participate.

I will be providing **Lake Forest updates** on **Tuesday, October 4th at 3:30pm** in the **activity area**. I look forward to seeing you there while catching you up in regard to long term initiatives.

Thank you to everyone who was able to participate in the Food Forum on Tuesday. Your positive feed-back and constructive criticism is very much appreciated and entirely useful.

Another thank you goes out to Mary. We really are always glad to have you help out in Janet's absence and value your contributions. We trust Janet is having a much deserved break and a fun-filled trip.

~ Kevin

Maintenance News

During the month of October, furnaces, lifenet boxes and smoke detectors will be serviced. Dates are pending, and will be provided as soon as possible.

Call Down List

Lake Forest offers a "morning call" between 9 and 9:30am for any resident interested in being placed on our call down list. If you are interested in being placed on this list, please contact the office.

Maureen is on call October 3rd

Our Lake Forest Website
www.onlakeforest.org

[www.facebook.com/ Lake-ForestSeniorCommunity](https://www.facebook.com/LakeForestSeniorCommunity)

Activities: Week of October 3 - 9

Monday, October 3, 2016

11am Exercise
12pm Soup & Salad
1pm Pool
3:30pm Adult Coloring

Tuesday, October 4, 2016

9:30am Shuffle Board
10am Price Chopper / \$ Store
11:30am Tai Chi
2pm Bingo
3:30pm Lake Forest Updates with Kevin

Wednesday, October 5, 2016

10am Nurse Janet
11am Bikes with Tiana
11am Exercise
12pm Soup & Salad
1pm Penny Poker
2pm Craft Group
3pm Photography Group
4pm Resident Council in Library!

Thursday, October 6, 2016

10am Bridge
10am BOCCE
12pm Omelet's
1pm Mah Jongg
3:30pm Wii Bowling

Friday, October 7, 2016

10am Chess Group in Library
10am Yando's
11am Exercise
12pm Pizza & Wings!
1pm Bridge for 8
4:30pm BYOB

Saturday, October 8, 2016

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

Sunday, October 9, 2016

11am Christian Worship Service
with Bob & Annette
12:30pm Brunch

At 3:30pm on Tuesday, October 4th, join Kevin for a Lake Forest Updates meeting in the Activity Area.

We have a new group on Wednesday, October 5th at 3pm. This is a photography group for people who enjoy photography, and would like to get together to share techniques and photos, and learn from each other! We have some extremely talented photographers here. This group will be held in the Activity Area.

After the Photography group, there is a resident council meeting in the Library at 4:00pm. Please mark your calendars.

On Friday, October 7th at 10am there is a new Chess Group scheduled to meet in the library. I am hoping for people who enjoy playing Chess (or are interested in learning HOW to play) to show up, bringing their own boards if possible. I, of course, will have one, and will get more if they are needed.

Sign up for Pizza & Wings on the Activity Board on Friday, October 7 at 12pm. I always look forward to the wings myself, the pizza is just a bonus!

YUM



October 2016 Birthdays!

2 Carol W. 7 Annette W. 9 Elsa S. 12 Dawn R.
12 Ann A. 12 Janet T. 19 Kade 30 Barbara G.



ODE TO A SPELLCHECKER

Eye halve a spelling chequer
It came with my pea sea'
It plainly marques four my revue
Miss steaks eye kin knot sea..

Eye strike a key and type word
And weight four it to say
Weather eye am wrong or write.
It shows me strait a weigh.

As soon as a mist ache is maid
It nose bee fore two long

And eye can put the error rite
Its rare lea ever wrong.
Eye have run this poem threw it
I am shore your pleased two no
Its letter perfect awl the weigh.
My chequer tolled me sew..
(I really enjoyed this!)



PONDERING

I sit around a lot just pondering, how about you? Here are some things to ponder about:

I started out with nothing, and I still have most of it.

My wild oats are mostly enjoyed with prunes and all-bran.

I don't remember being absent-minded.
If all is not lost, then where the heck is it?
I don't remember being absent minded.

Some days, you're the rope dog, some days you're the tree.

I wish the buck really did stop here; I could sure use a few of them.

Kids in the back seat cause accidents.
Accidents in the backseats cause kids.
The world only beats a path to your door when you're in the bathroom.

When I'm finally holding the right cards, everyone wants to play chess.

I don't remember being absent-minded.

It's not hard to meet expenses, they're everywhere.

I go somewhere to get something, and then wonder what "I'm here after"

If God wanted me to touch my toes, he'd have put them on my knees,
I don't remember being absent-minded.

What are you pondering?
Mary Lue



More Activity Info



Stan Ransom was here on Thursday, September 22nd to perform. Unfortunately, he did not bring additional instruments aside from his guitar. Some residents mentioned that he shared some information about Plattsburgh they were not familiar with. Some residents referred to him as a comedian.



The Clinton County Health Dept. scheduled us for **Thursday, October 27th** from **1-3 p.m.** for the **annual flu clinic at Lake Forest**. They will be dropping off the necessary paperwork to be filled out ahead of schedule for all those wishing to get their immunization. We will hold the clinic in the **activity room** on this day to allow for extra space to accommodate the residents and staff.

Please be prepared with a short sleeve shirt that will allow easy access to your upper arm and you will need to bring your insurance card.

As soon as the office receives the forms we will notify you. We ask that you fill out this form ahead of time and you may leave it with Janet in the office to hold for that day.



Please note that Mah Jongg will be held in the LIBRARY to accommodate this large event. Thank you for your understanding in advance!

ATTENTION:

Wine Tasting with Vladimir has been scheduled for Sunday, October 16th at 3pm due to Columbus Day falling on the 10th.



Rosh Hashana is on the October calendar. October 2nd is the "head of the year" - also known as the Jewish New Year. It is the first of the Jewish high holy days. The Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year.



New Menu Items



Canadian Meat Pie – French Canadian cuisine, made with ground pork, beef, potatoes, onions and a combination of herbs and spices.

Mushroom Risotto – Mushrooms, onion, garlic, sticky rice cooked with wine and cream.

Panna Cotta - *Panna cotta* (Italian 'cooked cream') is an Italian dessert of sweetened cream thickened with gelatin, molded and served with a fruit dressing.

Edamame & Cabbage Salad – Edamame is a soybean. This salad is mixed with shredded cabbage, carrots, a little brown rice and tossed with peanut salad dressing.

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

Stuffed Portobello – A giant Portobello mushroom stuffed with artichoke, spinach, tomatoes topped with cheese and baked.

Pineapple Chicken – Sweet, tangy chicken with chunks of pineapple, ginger and teriyaki sauce.

Southern Orzo - Orzo is short-cut pasta, shaped like a large grain of rice and we add corn, bell peppers and black beans.

Roasted Hake – A member of the cod family, with mild, firm, white meat and medium flake.

Take Charge!

What about diet? The role of diet in cancer risk is complex, but the American Cancer Society recommends:

- ◆ Eat a healthy diet, with an emphasis on plant foods.
- ◆ Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
 - ◆ Limit how much processed meat and red meat you eat.
 - ◆ Eat at least two and a half cups of vegetables and fruits each day.
 - ◆ Choose whole grains instead of refined grain products.
- ◆ If you drink alcohol, limit your intake. Drink no more than one drink per day for women or two per day for men.
- ◆ (Article submitted by resident from *Tufts September 2016 Health & Nutrition Letter*)

Week of October 10, 2016

Turn into Kitchen by Wednesday, October 5

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

Monday – October 10 (5:30PM)

Pear & Cottage Cheese Salad

Chicken Breast w/Vegetable Chutney

Mushroom Risotto

Sunflower Bread

OR

Carrot

Spinach

Canadian Meat Pie

Berry Crumble Bars

OR SF Hazelnut Vanilla Pudding

Tuesday – October 11 (5:30PM)

Edamame & Cabbage Salad

Braised Brisket w/Pan Gravy

Mashed Turnips

Wheat Bread

OR

Stewed Tomatoes

Green Beans

Tuna Salad Cold Plate

Panna Cotta

OR Fresh Fruit

Wednesday – October 12 (5:30PM)

Chicken Vegetable Soup

Pasta w/Meat Sauce

Broccoli

Garlic Bread

OR

Lettuce, Tomato, Potato Chips

Cuban Sandwich

Oatmeal Fudge Bars

OR Rainbow Sherbet

Thursday – October 13 (5:30PM)

Split Pea Soup

Pineapple Chicken

Fried Rice

Carrot Bread

OR

Cauliflower

Peppers & Onions

Stuffed Portobello

Stuffed Baked Apple

OR Pumpkin Cookie

Friday – October 14 (5:30PM)

Green Salad

Baby Back Ribs

Southern Orzo

Dinner Roll

OR

Corn on the Cob

Zucchini

Roasted Hake

Bread Pudding

OR SF Raspberry Jell-O

Saturday – October 15 (5:30PM)

Butternut Bisque

Meatloaf w/Gravy

Mashed Potatoes

White Bread

OR

Yellow Squash

Green Peas

Turkey Casserole

Cherry Pie à la mode

OR Fruit

Sunday – October 16 (12:30PM - Brunch)

Fruit Salad

Eggs Benedict

Beef Burgundy

Vegetable Mix

Bacon Egg Scramble

Muffins

Apple Dumplings

Snack in a bag

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