



Hello Everyone – Time to catch up with all of you.....

- ◆ Expansion update: The Board of Directors' sub-committee and I met with AEDA, the architectural firm selected for the expansion project, this morning. A time-line has been established and they have begun to work on the design schematics. We project to begin construction sometime in the late spring and plan to conclude by mid-fall.
- ◆ Lakeview update: A new vendor has been secured, as referred by one of you... *thank you John R.* He and I are meeting with a CP/Railroad representative on February 3rd to review the safety requirements, and he will be providing their quote for the work shortly after that. We continue to forge ahead.....
- ◆ I understand Bob W. has taken the initiative to pull together a super bowl party in the activity area at the congregate building. Outstanding...sounds like the makings of a great time.
- ◆ The stew cook-off is scheduled for Tuesday, January 31st at 12pm. There are a number of contestants and we need a solid crowd to taste and cast votes. Please join us, enjoy some hardy cooking and have some fun!
- ◆ A few of you have asked to have the lint bins returned in the laundry rooms at the congregate building. They've been ordered and will be here soon.

~ Kevin

Activities: Week of January 30 - February 5th

Monday, January 30, 2017

10am Toenails by Jana Lee
11am Exercise
12pm Soup & Salad
1pm Pool
3pm Cheese Fondue Social
3:30pm Adult Coloring

Tuesday, January 31, 2017

9:30am Shuffle Board
10am Walmart / TJ Maxx
11:30am Tai Chi
12pm Stew COOK OFF!
2pm Bingo
4pm Watercolor Techniques Class

Wednesday, February 1, 2017

10am Nurse Janet
11am Exercise
12pm Soup & Salad
1pm Penny Poker
2pm Craft Group

Thursday, February 2, 2017

10am Bridge
12pm Omelet's
1pm Mah Jongg
4pm "Cooie" Performs on guitar

Friday, February 3, 2017

10am Yando's
11am Exercise
12pm Pizza & Wings!
1pm Bridge for 8
2pm Trivia (Library)
4:30pm BYOB

Saturday, February 4, 2017

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

Sunday, February 5, 2017

11:30am Sunday Church Service with
 Margaret
12:30pm Brunch
5:30pm Super bowl Potluck Party!
 (New England Patriots vs. Atlanta Falcons)

Activities

The **CHEESE FONDUE SOCIAL** was rescheduled to **Monday, January 30th at 3pm**. PLEASE SIGN UP - we rescheduled due to the lack of sign up participation.

Competition day has *finally* arrived. Join us in the Dining Room on **Tuesday, January 31st at 12pm** for the **STEW COOK OFF**. We have an excellent group of competitors - I thank them for informing me they will be submitting an entry. We will however, require a crowd, so PLEASE show up!



Bryan Briscoe will be here on **Tuesday, January 31st at 4pm** to continue teaching Watercolor Techniques. Each class is \$5 and can be paid to Tiana.

Cooie is returning on **Thursday, February 2nd at 4pm**. She was here a couple of months ago as a soloist on guitar, and received excellent reviews. Just a girl and her guitar - she comes from Vermont with some most lovely tunes. Please, come welcome her back to Lake Forest!

PIZZA and WING day is here again on **Friday, February 3rd at 12pm!** Sign up and enjoy!

On **Sunday, February 5th AT 5:30PM**, there will be a **POTLUCK Super bowl Party**. This party is resident sponsored, and is expected to be a very good time! Sign up to let people know what you plan on bringing! Don't forget to bring your own beer (or wine, or soda, or whatever you plan on drinking)!



<u>February Birthdays!</u>		2 Grace	2 Mary D.	3 Ron T.	6 Randy
7 Laura	11 Shelley	11 Bette	11 John R.	20 Bill C.	21 Mauren C.
21 Bill D.	24 David P.	25 Bea M.	27 Vladimir M.		



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



**A
Para-
what?**

PARAPROSDKIANS - Figures of speech in which the latter part of a sentence or phrase is unexpected. (It is said that Winston Churchill was fond of them.)

Several residents have given me this list, so I thought it was about time to share them! Thanks!

Where's a will, I want to be in it.

We never really grow up, we only learn how to act in public.

Since light travels faster than sound, some people appear bright until you hear them speak.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

They begin the evening news with 'Good Evening', then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism. To steal from many is research.

Buses stop in bus stations. Trains stop in train stations, On my desk is a work station.

I thought I wanted a career. Turns out I just wanted paychecks.

In filling out an application, where it says, 'In case of emergency, notify: I put DOCTOR.

I didn't say it was your fault, I said I was blaming you,

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

Behind every successful man is his woman, Behind the fall of a successful man is usually another woman..

A clear conscience is the sign of a fuzzy memory.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

I used to be indecisive, now I'm not so sure.

You're never too old to learn something stupid.

To be sure of hitting the target, shoot first and call whatever you hit the target.

Nostalgia isn't what it used to be.

Change is inevitable, except from a vending machine.

Where there's a will, there will be relatives.

I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.



Here's a pun for all the punsters out there:
Why did the bicycle fall down? It was too tired.

~ Mary Lue

More Fun and Information

Okay, so it's silly - and I like silly. It's "Bubble Wrap Appreciation Day." Maybe there's a day for *everything*, but I am a fan of bubble wrap, and a resident informed me this is a "real" thing. So I looked it up...

Bubble Wrap Appreciation Day: January 30th

Bubble Wrap appreciation day is one of the most unnecessary holidays we can imagine! I mean, who needs help appreciating Bubble Wrap? It's a fantastic and fun toy that was created by accident, solely for the purpose of preserving delicate items through shipping. From there it's become a therapeutic bonus prize in every shipping container, loved by men, women, children, and animals alike! If you've never had a piece of Bubble Wrap in your hands and just HAD to start popping it? We're not sure we want to know you.

History of Bubble Wrap Appreciation Day

Ok, ok... So it's not the truth behind Bubble Wrap is perhaps even stranger. You see, Bubble Wrap was originally formed from two shower curtains being sealed together, and the inventors tried to market this as wallpaper. It's perhaps sad that this wasn't actually successful, who knows how many cases of extreme anxiety could have been solved if all you had to do was pound your walls for a little relief?

Ironically, this wasn't the only misstep on its way to its true calling, the next thing they tried to market it as was greenhouse insulation, which was also largely unsuccessful. A year later they discovered its perfect purpose, and the line of Bubble Wrap brand packaging came to pass. It started off on an auspicious path with IBM being the first customer, shipping the IBM 1401 in air cushioned comfort out to its many customers.

How to Celebrate Bubble Wrap Appreciation Day

Bubble Wrap appreciation day can best be spent by taking a big old roll of Bubble Wrap and popping every single bubble in the sheet. Share these with your friends and family who need a bit of stress relief, and then share another sheet with them, popping away. One of our favorite ways to distress with Bubble Wrap is to take it and roll it in a tube, grab both ends of it, and *twist* as hard as we can, causing a torrent of pops to come forth.

(<https://www.daysoftheyear.com/days/bubble-wrap-appreciation-day/>)

It's here, it's here!



Music in February:

Feb 2 @ 4pm: Coogie

Feb 7 @ 4 Ed Schenk

Feb 8 @ 6:30 Split Rock

I Know there are two back-to-back - this is due to maintenance that will occur in the Activity Area on:

February 15, 16 and 17th!

NEW ACTIVITIES in Early February

2/6/17 Planning meeting @ 3:30pm in the Activity Area

2/7/17 @ 11am: **Poetry Coffeehouse in the Library: Bring your favorite poem to share by your favorite author - or by you and enjoy a nice cup of coffee!!**

2/9/17 @ 3pm: **Chocolate Fondue Social! YUMMM**

2/13/17 @ 3:30pm: **Slides of the New Adirondack Properties presented to you by John R.**



Menu Details



Patty Melt – Grilled sandwich consisting of a hamburger patty topped with caramelized onions and cheese (I will use cheddar) between two slices of white bread. If you want wheat bread, let me know.

Chicken Crepes w/Cream Sauce- Crepe is a thin, French pancake. These are stuffed with chicken, mushroom and topped with cream sauce.

Dressed Pork Steak – Pork Filet fried and topped with sautéed onions, sour cream sauce, topped with cheese and baked.

Vegetable Gratin – Made with celery root, carrots & potatoes.

Chicken Spinach Pie – White chicken with spinach, onions, cheese mixture topped with phyllo crust.

Acorn Squash – Half squash roasted with butter and brown sugar; goes great with ham.



Eating to Beat Belly Fat

Focus on overall health dietary pattern to help trim your waistline



You may begrudge belly fat because it makes it tougher to fit into your clothes, but a bigger reason to whittle your waistline is for your health. The belly fat you can pinch, which sits just below your skin, is called subcutaneous fat. The bigger health risk is thought to come from visceral abdominal fat, which is found deeper within your abdomen. Visceral fat, sometimes referred to as belly fat, frequently increases in both women and men as they age, but your exercise level, types of food you eat and energy balance each may also play a major role.

Until about a decade ago, experts thought body fat was just a storage place for energy. Now they know visceral fat cells are busy producing inflammatory molecules and other substances that can interfere with the action of insulin, a hormone involved in blood sugar control and fat storage.

“Greater amounts of visceral abdominal fat are correlated with metabolic issues such as insulin resistance and alterations in blood fats,” says Andrew Greenberg, MD, director of the Obesity and Metabolism Laboratory at Tufts Human Nutrition Research Center on Aging. “That’s unclear is which comes first - increased visceral abdominal fat or a change in your body’s metabolic health that promotes belly fat.”

The Path to Belly Fat: ... Fatty liver disease is associated with obesity, high triglycerides, insulin resistance, pre-diabetes, and type 2 diabetes. If you have one of these metabolic conditions, addressing excess visceral fat with gradual weight loss coupled with a healthy eating pattern and regular exercise are smart moves... If you’re currently at a healthy weight, try to avoid gaining excess weight, which is the best way to avoid metabolic diseases.

Eat a Mediterranean Diet: Dr. Greenberg advises eating a varied diet rich in colorful vegetables, fruits and whole grains, as in a Mediterranean-style dietary pattern. This diet also features nuts, fish, legumes, olive oil and moderate amounts of red wine while limiting sweets and red and processed meats.

Eat Whole Grains: “A number of observational studies have found that people who consume more whole grains have smaller waist circumferences compared to those who eat little or no whole grains daily,” says Nicola McKeown, PhD, an associate professor at Tufts’ Friedman School.

Skip Sugary Drinks: Beverages sweetened with sugar are a major contributor to added sugar intake in the U.S. diet. (... “Those who drank sugar-sweetened beverages daily had almost a 30% greater increase in visceral abdominal fat over a six-year period compared with those who didn’t drink sugary beverages...”)

(Excerpt of Article submitted by resident from Tufts January 2017 *Health & Nutrition Letter*)

Week of February 6, 2017

Turn into Kitchen by Wednesday, February 1

Name Circle the Main Menu and the Sides You Like

Monday – February 6 (5:30 PM)

Dressed Pork Steak

-OR-

Patty Melt

Vegetable Salad

Roasted Potatoes

Roasted Tomatoes

Chocolate Ice Cream -OR- Cranberry Upside-Down Cake

V8 Juice

Wheat Bread

String Beans

Tuesday – February 7 (5:30 PM)

Roasted Chicken (White or Dark)

-OR-

Ham

French Onion Soup

Rice

Acorn Squash

Pistachio Pudding -OR- Fruit

Biscuit

Broccoli

V8 Juice

Wednesday – February 8 (5:30 PM)

Meat Lasagna

-OR-

Chicken Crepes w/Cream Sauce

Tossed Salad

Garlic Bread

Cauliflower

Brownies -OR- SF Raspberry Jell-O

Spinach

V8 Juice

Thursday – February 9 (5:30 PM)

Pot Roast

-OR-

Ham & Cheese Quiche

Chicken Tortellini Soup

Mashed Potatoes

Roasted Squash

Pumpkin Pie OR Fresh Fruit

Wheat Bread

Peas

V8 Juice

Friday – February 10 (5:30 PM)

Bacon Crusted Cod w/Tartar Sauce

-OR-

Macaroni & Cheese w/Stewed Tomatoes

Minestrone

Vegetable Gratin

Cabbage Slaw

Carrot Cake -OR- Sliced Pineapple

Sunflower Bread

Zucchini

V8 Juice

Saturday – February 11 (5:30 PM)

Cabbage Rolls

-OR-

Chicken Spinach Pie

Vegetable Salad

Carrots

Honey Wheat Bread

Succotash (Lima Beans & Corn)

Macadamia Nut Cookies -OR- Tapioca Pudding

V8 Juice

Sunday – February 12 (12:30 PM - Brunch)

Poached & Scrambled Eggs

French Toast

Bacon

Roasted Turkey w/Gravy

Vegetable Platter

Creamed Chipped Beef on Toast

Mashed Potatoes

V8 Juice

Snack in a bag

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Ham

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Rice

Acorn Squash

Pistachio Pudding -OR- Fruit

Biscuit

Broccoli

V8 Juice

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Tossed Salad

Garlic Bread

Cauliflower

Brownies -OR- SF Raspberry Jell-O

Spinach

V8 Juice

Thursday – February 9 (5:30 PM)

Pot Roast

-OR-

Ham & Cheese Quiche

Chicken Tortellini Soup

Mashed Potatoes

Roasted Squash

Pumpkin Pie OR Fresh Fruit

Wheat Bread

Peas

V8 Juice

Friday – February 10 (5:30 PM)

Bacon Crusted Cod w/Tartar Sauce

-OR-

Macaroni & Cheese w/Stewed Tomatoes

Minestrone

Vegetable Gratin

Cabbage Slaw

Carrot Cake -OR- Sliced Pineapple

Sunflower Bread

Zucchini

V8 Juice

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