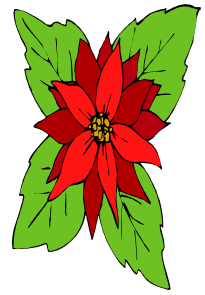


# Lake Forest Weekly Newsletter

**December 16, 2011**



**Residents** please stop in the office and let us know if you will be attending Christmas Dinner. We would like to get an accurate count for the kitchen. Also, if you have guest, we need to know the count. Thank you

**Nurse Janet** will not be here on December 21st. We wish her a very Merry Christmas!

**Congratulations** to the Knitters for Charity for their wonderful sales and donation of \$800 to The Interfaith Food Shelf and Stop Domestic Violence. Great Job!



Residents please remember to stop in the office and let us know if we have permission to release information if you should go into the hospital

**Living A Healthy Life With Chronic Conditions** workshop will be Thursdays, January 5-February 9, 2:30-5:00 in the Lake Forest Activities area.

Please be sure to **call 565-4620 to register** by December 29.

This program teaches people with chronic conditions how to manage and lessen its effects.

This workshop is free and includes a copy of the book.

Our Lake Forest Website  
[www.onlakeforest.org](http://www.onlakeforest.org)



**Mindy is on call the week of December 19, 2011**

## Activities

### Monday - December 19

- 11:00 am - Exercise
- 12:30 pm- Place Card Making Class
- 2:00 pm - Walking Club
- 4:00 pm - "At Last " Performs

### Tuesday - December 20

- 10:00 am -Shop \$ Store
- 10:15 am - Cumberland Head 2nd Grade Caroling
- 1:00 pm-Bible Study
- 2:00 pm - Bingo
- 7:00 pm - Presbyterian Singers

### Wednesday - December 21

- 11:00 am - Exercise
- 2:00pm - Walking Club
- 6:30 pm - Comedy Movie Night

### Thursday - December 22

- 10:00am - Shop Price Chopper
- 12:00 Noon - Soup Buffet
- 1:00 pm - Pinochle
- 7:00 pm - Mah Jongg
- 7:00 pm - Chess

### Friday - December 23

- 11:00 am - Exercise
- 12 pm - Omelets by Debbie
- 1:00 pm - Bridge for Eight
- 4:30 pm - BYOB Cocktail Party
- 7:00 pm - Classical Music

### Saturday - December 24 Christmas Eve

- 11:00 am - Yoga Tape
- 12:00 pm- Christmas Eve Buffet
- 7:00 pm - Movie Night

### Sunday- December 25 Merry Christmas

- 12:30- 1:00 pm - Cocktails
- 1:00 pm - Christmas Dinner





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



### Friendship Committee Notes

#### Meet Trudy Cardany

Trudy Cardany comes to us from right here in Plattsburg. She grew up in the Albany area where she was a high school teacher. Years ago she moved here; her husband worked at SUNY Plattsburgh in the Education Department. They had three sons (one now deceased) and a daughter. The daughter lives in Coxsackie, the sons here in Plattsburgh. Trudy says they were a big help in getting her moved into her apartment.

When Trudy was in school she enjoyed sports, especially swimming. Some of her interests now are traveling, gardening and birds. We welcome her to the Lake Forest Community and hope she will be happy here.

Pat Manning, who is at Meadowbrook, sends thanks for all the cards she has received from friends at Lake Forest. She says that when she was really feeling down, the cards and encouraging messages really meant a lot to her.

Monday afternoon, Hilda Floyd was moved from CVPH to Meadowbrook. With Christmas approaching, I'm sure both Hilda and Pat would appreciate cards and friendly words of cheer

A big Thank You to Scott for assembling the two snowmen and the reindeer decorations on display out by the patio. Scott was ably assisted by Bill Lowe.

Snowmen need names! Sebastian and Sylvester come to mind - but maybe those are too highfalutin! Would Sam and Stan be better? Let me know! The reindeer needs a name too - any suggestions?

Did you see? Page A6 of the Wednesday Press-republican had the results of the visit by Robin Caudell, a Staff Writer, at dinner Monday. (Those of us who have our pictures in the paper will be available for autographs upon request.)

#### CHRISTMAS SNAPSHOT

by Mary Lue Gould



I'm not sure how old I was, probably about 5. Hess Brothers Department Store in Allentown, PA was the premier store in the region, and at holiday time their store windows with animated figures drew crowds. To go there was a great treat for me, especially the Toy Department, which was a wonderland! The first movie I ever saw was Disney's "Snow White", and there in the Toy Department, sitting by a wishing well, was Snow White, just like in the movie! I was enchanted! Mother took me to Snow White, who asked me my name and age. Then she called down into the well with this information, and up came the bucket with a present for me! For many years afterward I enjoyed playing with the blue glass tea set the Snow White called up for me.

Now as an adult, I am sure Mom had to pay a cashier somewhere to make that happen, but as a child I believed in the wonder of Snow white giving me the perfect gift.



Thought for the Week: Heaven comes down to touch us when we find ourselves safe in the heart of another.

*Mary Lue*

Week of December 26<sup>th</sup>, 2011

Turn into Kitchen by Saturday December 17<sup>th</sup>

Name \_\_\_\_\_

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – December 26(5:30 PM)

Corn Chowder

Cod Fish Fillet with Tartar Sauce - OR - Pork Chop with Gravy

Macaroni & Cheese

Stewed Tomatoes

Zucchini Bread

Apple Cobbler - OR - SF Apple Cobbler

Tuesday – December 27(5:30 PM)

Romaine Salad

Baked Ziti - OR - Tuna Melt w/ Chips and pickle

Garlic Bread

Pumpkin Bars - OR -

SF Orange Mousse

Wednesday – December 28 (5:30 PM )

Carrot Raisin Salad

Beef Stew - OR - Egg Salad w/ cucumbers, tomatoes and lettuce

Boiled Potatoes

Carrots & Peas

Biscuits

Raspberry Vanilla Parfait - OR - SF Vanilla Pudding

Thursday – December 29 (5:30 PM)

Roasted Garlic Butternut Squash Bisque

Chicken Marsala - OR - Baked Breaded Cod

Rice Pilaf

California Blend

Blueberry Muffin

Cherry Crisp - OR -

SF Cherry Crisp

Friday – December 30 (5:30 PM)

Spinach Pecan Salad

Pot Roast w/ Gravy - OR - Hot Turkey w/ Gravy Sandwich

Mashed Potatoes

Corn Pudding

Green Beans

Honey Oatmeal Bread

Ginger Bread Cake - OR- SF Fruit

Saturday, December 31

NEW YEAR'S EVE GALA

( 4:00pm) Cocktails & Hors d'oeuvres:

Sparkling Wine Veggie Platter Cheese & Crackers Meatballs in Tomato Sauce

\*\*\*\*\*

White Bean, Sundried Tomato & Feta Bites

\*\*\*\*\*

(5:30 pm) BUFFET: Shrimp Elegante over Rice Chicken Cordon Bleu Raspberry Orange Mold

Twice Baked Potato

Green Beans w/ Lemon Olive Oil

Sweet & Sour Cabbage

Dinner Rolls & Butter

Chocolate Peanut Butter Pie

Sunday – January 1 (12:30 PM-Brunch)

NEW YEAR'S DAY !

Bacon

Egg Strata

Creamy Fruit Salad

Pork w/ Cider Pan Gravy

Scalloped Potatoes

Broccoli Casserole

Cinnamon Buns

Apple Streusel Cake

Week of December 26<sup>th</sup>, 2011

Turn into Kitchen by Saturday December 17th

Name \_\_\_\_\_

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – December 26(5:30 PM)

Corn Chowder

Cod Fish Fillet with Tartar Sauce - OR - Pork Chop with Gravy

Macaroni & Cheese

Stewed Tomatoes

Zucchini Bread

Apple Cobbler - OR - SF Apple Cobbler

Tuesday – December 27(5:30 PM)

Romaine Salad

Baked Ziti - OR - Tuna Melt w/ Chips and pickle

Garlic Bread

Pumpkin Bars

- OR -

SF Orange Mousse

Wednesday – December 28 (5:30 PM )

Carrot Raisin Salad

Beef Stew - OR - Egg Salad w/ cucumbers, tomatoes and lettuce

Boiled Potatoes

Carrots & Peas

Biscuits

Raspberry Vanilla Parfait - OR - SF Vanilla Pudding

Thursday – December 29 (5:30 PM)

Roasted Garlic Butternut Squash Bisque

Chicken Marsala - OR - Baked Breaded Cod

Rice Pilaf

California Blend

Blueberry Muffin

Cherry Crisp - OR -

SF Cherry Crisp

Friday – December 30 (5:30 PM)

Spinach Pecan Salad

Pot Roast w/ Gravy - OR - Hot Turkey w/ Gravy Sandwich

Mashed Potatoes

Corn Pudding

Green Beans

Honey Oatmeal Bread

Ginger Bread Cake - OR- SF Fruit

Saturday, December 31 NEW YEAR'S EVE GALA ( 4:00pm) Cocktails & Hors d'oeuvres:

Sparkling Wine Veggie Platter Cheese & Crackers Meatballs in Tomato Sauce

\*\*\*\*\*

White Bean, Sundried Tomato & Feta Bites

\*\*\*\*\*

(5:30 pm) BUFFET: Shrimp Elegante over Rice Chicken Cordon Bleu Raspberry Orange Mold

Twice Baked Potato

Green Beans w/ Lemon Olive Oil

Sweet & Sour Cabbage

Dinner Rolls & Butter

Chocolate Peanut Butter Pie

Sunday – January 1 (12:30 PM-Brunch)

NEW YEAR'S DAY !

Bacon

Egg Strata

Creamy Fruit Salad

Pork w/ Cider Pan Gravy

Scalloped Potatoes

Broccoli Casserole

Cinnamon Buns

Apple Streusel Cake