

# Lake Forest Weekly Newsletter

**December 2, 2011**

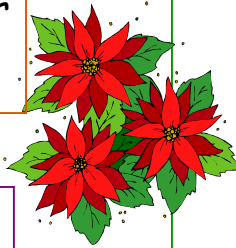
Lake Forest would like to **welcome** Gertrude C. She will be moving into apartment #308.



**Mark Your Calendars**, The Plattsburgh Rotary Club will be here **December 14th** to share a **noon luncheon** with the Residents.

## 12th Anniversary Dinner

Congratulations to Debbie on her 10 years of dedicated service. Thanks to all the staff who worked so hard to make it a special evening. Thank you to all our guest for attending.



## *A Special Message From The Resident Council Steering Committee*

Now is the time to show our appreciation to Lake Forest employees for their hard work and effort to make our life here comfortable.

Please contribute to the Lake Forest Christmas Gift Fund - all the money collected will be distributed among the staff of Lake Forest before Christmas.

The collection box is in the office until December 9. Make checks payable to:

Lake Forest Resident Council

The Lake Forest Resident Council Steering Committee will be meeting **Thursday, December 8 @ 4:00 pm**. Future Resident Council/Town Hall meetings will return to their familiar schedule - the first Wednesday of the month at 4:00 pm. Beginning in January 2012.

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



**Debbie is on call the week of December 5,**

## Activities

### Monday - December 5

11:00 am - Exercise  
2:00 pm - Walking Club

### Tuesday - December 6

10:00 am - Shop Wal Mart  
1:00pm - Bible Study  
2:00 pm - Bingo  
4:00 pm - Meet and Greet Louise Patinelli/ Artist  
6:30 pm - Song Birds

### Wednesday - December 7

10:00am - Nurse Janet  
11:00 am - Exercise  
12:00pm - Marie McGrath Private Luncheon  
2:00pm - Walking Club  
4:00 pm - Lawrence Gooley Author/Book Signing

### Thursday - December 8

10:00am - Shop Hannaford  
12:00 pm - Soup Buffet  
1:00 pm - Pinochle  
4:00 pm - Resident Council Meeting  
6:30 pm - Comedy Movie Night  
7:00 pm - Mah Jongg  
7:00 pm - Chess

### Friday - December 9

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

### Saturday - December 10

11:00 am - Yoga Tape  
7:00 pm - Alee String Quartet  
7:00 pm - Movie Night

### Sunday - December 11

12:30 pm - Brunch



**Knitters For Charity** would like to thank all those that came to their sale. The money will go to two worthy causes. The Interfaith Food Shelf and Stop Domestic Violence. Also, a very special **Thank You** to all the knitters who contributed their beautiful work.



Here are some more puns -

- ♦ I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- ♦ She was only a whiskey maker, but he loved her still. (I can hear the groans!)



*Mary Lue*



**Our Lake Forest Residents' News, Comments,  
Etc...Friendship Committee Notes**



We are happy to welcome the Snow Family, Handsome, Winsome, Beauty and Cutie, who are once again spending the holidays with us atop the grand piano in the dining room. The quartet was made by Beth Brush and Millie Davies, who also named them.

Monday evening a group of the young-in-heart train watchers gathered in the Activity Room to wait for the Christmas Train to go by. We were not disappointed. Right on schedule at 8 o'clock, the brightly lit train came by, whistle blowing, delighting us with its splendor. Let the holidays begin!

Jean Wagner is moving to New Hampshire to live with her daughter. We will miss her, but will have a chance to say good-bye to her as she plans on attending the Annual Dinner Thursday.

**CHRISTMAS SNAPSHOTS**

**Minnie Beguin's Special Shopping Memory**



When I was about 9 years old I had one WHOLE dollar. I decided to spend it on Christmas gifts. I bought 10 cent gifts for my 3 sisters and 3 brothers and Mom and Dad. That left 20 cents to buy a candy dish for my Granny. No Christmas shopping since then has ever given me greater joy than my \$1 shopping spree!

**Phyllis Wells recalls a Family Tradition**



"The Program" was a traditional Christmas Eve affair at my house from the time I was a child until I was out in the working world. This consisted of music played on a record player, singing and scripture reading, similar to a church service. When we finished, each one would open one present from under the tree. The rest we opened the next morning.

More Christmas memories would be most welcome. You can write about yours or tell me. I know there are great memories out there; we were doing some Christmas reminiscing at the Round Table recently.

**ATTENTION:** Anyone wishing to go to the Presbyterian Church Christmas Tea and Bazaar on Saturday, Dec. 3, let Nancy Collin know; she has arranged for transportation at 1 o'clock.

**Thought for the Week: "Kind words can be short and easy to speak, but  
their echoes are truly endless."**                      -Mother Teresa



*Have a wonderful week,*

*Mary Lue*



Week of December 12th, 2011

Turn Into Kitchen By Saturday, December 3rd

NAME: \_\_\_\_\_ CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – December 12 (5:30 PM)

Cream of Carrot Soup

Beef Stroganoff with Egg Noodles and Red Cabbage – OR –

Cold Turkey Sandwich with lettuce and Oven Fries

Sunflower Bread

Yellow Cake w/ Chocolate Frosting – OR – SF Applesauce

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Tuesday – December 13 (5:30 PM)

Fruit Salad

Baked Ham – OR – Pepper and Onion Quiche

Sweet Potato Green Beans Honey Wheat Bread

Rice Pudding - OR - SF Rice Pudding

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Wednesday – December 14 @ Noon PLATTSBURGH ROTARY LUNCHEON WITH RESIDENTS

Garden Salad with House Dressing

Roast Beef with Gravy

Baked Potatoes w/ Sour Cream

Butternut Squash

Dinner Rolls

Earth Quake Cake w/ Whip Cream

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Thursday – December 15 (5:30 PM)

Vegetable Rice Soup

Chicken with Mustard & Tarragon Cream Sauce - OR - Frittata with Spinach, Potatoes, & Leeks

Mashed Potato

Asparagus

Whole Wheat Bread

Strawberry Cobbler - OR - SF Chocolate Pudding

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Friday – December 16 (5:30 PM)

Stuffed Mushroom Cap

Oven Poached Fish Fillet – OR – Golden Citrus Broiled Chicken

Baked Parsley Potatoes

Creamed Spinach

Apple Raisin Muffins

Baked Sliced Apple with Whipped Cream – OR – SF Baked Sliced Apple

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Saturday – December 17(5:30 PM)

Coleslaw

Goulash

– OR –

Hot Turkey w/Gravy Sandwich

Peas

Oven Baked French Fires

Garlic Bread

Peanut Butter Cookies w/ Vanilla Ice Cream – OR – SF Vanilla Ice Cream

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Sunday – December 18 (12:30 PM – Brunch)

French Toast

Bacon

Scrambled Eggs

Savory Pot Roast and Harvest Vegetables

Herbed Potatoes

Cinnamon Rolls

Pumpkin Tart

Fresh Fruit

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