

# Lake Forest Weekly Newsletter

**December 30, 2011**

**Happy New Year!** The Staff would like to wish the Residents at Lake Forest a happy, peace filled, prosperous New Year!



The office will be closed January 2, 2012.  
Trash pick-up will be January 3rd.

## 400 Wing Hot Water

Thank you to the residents in wing 400 for being so patient regarding our hot water issue. The new hot water heater is expected in on Tuesday for installation ASAP by Bob's Instant Plumbing. We are keeping an eye on things everyday so we don't flood out Blanche and you will have hot water until the change out.

**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.



**New Year's Eve Gala!** Please let the office know if you will be having guest for New Year's Eve. Duplex Residents will be \$8.00. All other guest will be \$15. This should be a very fun night!



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

**Scott is on call the week of January 2, 2012**

## Activities

### Monday - January 2

#### Office Closed

11:00 am - Exercise

2:00 pm - Walking Club

### Tuesday - January 3

10:00 am - Shop Michaels

1:00 pm - Bible Study

2:00 pm - Bingo

3:00 pm - Louise Dion, Concert Pianist

6:30 pm - Song Birds

### Wednesday - January 4

10:00 am - Nurse Janet

11:00 am - Exercise

2:00 pm - Walking Club

4:00 pm - Resident Council Meeting

### Thursday - January 5

10:00 am - Shop Hannaford

12:00 Noon - Soup Buffet

1:00 pm - Pinochle

2:30- 5:00- Living the Healthy Life

7:00 pm - Mah Jongg

### Friday - January 6

11:00 am - Exercise

12pm - Omelets by Debbie

1:00 pm - Bridge for Eight

4:30 pm - BYOB Cocktail Party

7:00 pm - Classical Music

### Saturday - January 7

11:00 am - Yoga Tape

7:00 pm - Movie Night/BBC Series

"The Grand"

### Sunday - January 8

12:30 pm - Brunch

2:00 pm - BBC Movie Series "The Grand"



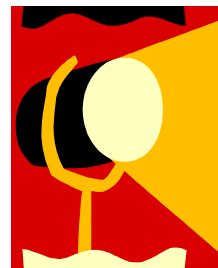
## Masterpiece Theatre

"The Grand" A four -star 1920's English Hotel where melodrama is offered in high style. Love, lust, adultery, greed, prostitution and plenty of juicy gossip come into play.



Vladimir will be showing this BBC series beginning Saturday, **January 7th @ 7:00 pm**. On **Sunday**, this will **resume at 2:00 pm**. This is a wonderfully rated story about class struggle and morality.

Please plan on watching this in the activities room on the big screen.



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

### Friendship Committee Notes

Mary Lue is having a wonderful time enjoying the company of her granddaughters. Charlotte and Susan are here from Virginia and Sarah is here from Port Kent. They have called Mary Lue's home, "Nanny's Bed & Breakfast". I can't wait to hear all about their adventures. I am sure Mary Lue will update us in next weeks newsletter. Have Fun Mary Lue!



### Other News!

Carmen has been to CVPH to visit Hilda but, was not able to enter her room. After speaking to her on the phone, it seems she is on the mend and anxious to continue her rehab and return to Lake Forest.

Pat Manning is continuing rehab and I am sure will be glad when she can return home.

The compilation of surveys has been finished. We expect to have the results ready Tuesday. The results will be posted in the activity room and a few copies will be placed on the coffee table near the front door.

We have a very lovely duplex available at 109 Nevada Oval. An open house will be held January 3rd from 1-4 pm. Please call the office at 561-6431.



Week of January 9th, 2012

NAME: \_\_\_\_\_

Turn in to Kitchen by Saturday, December 31st  
CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – January 9th (5:30 PM)

Garden Salad

Bacon Wrapped Chicken Breast w/ Mashed Potato – OR – Cabbage Rolls

Creamed Peas                      Garlic Bread

Apple Crisp w/ whip cream – OR – SF Orange Gelatin

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Tuesday – January 10th (5:30 PM)

Pea Soup

Glazed Ham w/ Scalloped Potatoes – OR – Turkey Salad Cold Plate

Mixed Vegetables                      Whole Wheat Bread

Creamy Spiced Peaches – OR – SF Chocolate Pudding

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Wednesday – January 11th (5:30 PM)

Romaine Salad

Braised Ribs – OR – Hot Pastrami Sandwich on Rye

Oven Baked French Fries              Cole Slaw              Oatmeal Bread

Vanilla Ice Cream w/ Peanut Butter Cookie - OR - SF Fruit

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Thursday – January 12th (5:30 PM)

Broccoli Soup

Beef Pot Roast with Carrots, Potatoes & Celery – OR – Western Egg Bake  
Corn Muffins

Chocolate Tart – OR – SF Vanilla Pudding

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Friday – January 13th (5:30 PM)

*“Candlelight Dinner”*

Shrimp Cocktail

Pork Medallions w/ Cranberry Chutney – OR – Haddock Fillet w/ Lemon

Baked Potato w/ Sour Cream              Asparagus              Dinner Roll

Boston Cream Pie – OR – SF Raspberry Mousse              *“Complimentary Glass of Wine”*

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Saturday – January 14th (5:30 PM)

Beef Vegetable Soup

Sautéed Tilapia w/ olives, capers, tomatoes, parsley , Brown Rice – OR – Egg Salad Cold Plate  
Green Beans                      Cheddar Biscuits

Lemon Meringue Pie – OR – SF Cherry Gelatin

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Sunday – January 15th (12:30 PM – Brunch)

Fruit Gelatin Mold

Bacon

Pancakes

Vegetable Platter

Chicken A La King

Cinnamon Buns

Scrambled Eggs

Carrot Cake w/ Cream Cheese Frosting

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