

Lake Forest Weekly Newsletter

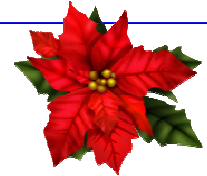
December 9, 2011



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

WELCOME!

Please welcome Donald and Shirley Carey to apartment 403. They are moving here from Hague, NY to be closer to their daughter who lives just across the lake. Also, welcome Grace and Fred Drummond who will be taking over 85 Nevada Oval slowly. They are from Essex and plan to move their belongings in as time goes by. Frances Reid will be moving into apartment 205 after the holidays.



Wreaths Across America Comes to Old Post Cemetery

Public Invited To Participate in Nation-Wide Program

As part of the national "Wreaths Across America Day" program, the public is invited to help honor veterans buried in the Old Post Cemetery. "The Christmas They Never Had" is the theme for this year's event, to be held on **Saturday December 10th at Noon** at the **Old Post Cemetery**, located on the Old Plattsburgh AFB, Route 9, Plattsburgh.

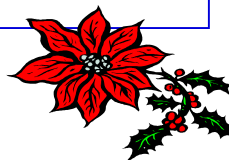
(The entrance of Lake Forest Drive).

The Old Post Cemetery, closed for new burials, is the final resting place for 136 Unknown Soldiers, 163 known veterans and many family members. Thomas Kelly, SFC, U.S. Army, a Spanish American War veteran awarded the Congressional Medal of Honor, is among those buried there.

This year's event will mark the first time this cemetery has been honored as part of the Wreaths Across America program, and is hosted by the American Military Retirees Assoc., Lake Champlain Chapter NY 1. Local songstress Lita Kelly will lead attendees in "I'll Be Home for Christmas".

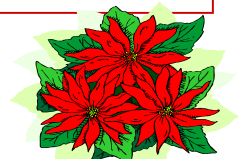
Our Lake Forest Website

www.onlakeforest.org



Congratulations To Debbie and Ali for an A+ on their New York State Department Of Health Inspection. It's no surprise that the inspector remarked that he knew we would pass with flying colors since our kitchen is always in top notch order. **Good Job!**

It's that time of year again. With cold weather and sloppy snow, our maintenance men ask that you please park your cars so that the nose of your car does not hang over the sidewalk. They need to have full access to the sidewalk to fit our snow blower through. Please help to make their jobs a bit easier. Thank You.



Julia is on call the week of December 12, 2011

Activities

Monday - December 12

11:00 am - Exercise

2:00 pm - Walking Club

12:30 pm - Place Card Making
Class

6:30 pm - Spring On Jupiter Trio

Tuesday - December 13

10:00 am - Shop Aldi's

12:00 pm - Cliff Haven Ladies Private
Luncheon

2:00 pm - Bingo

6:30 pm - Song Birds

Wednesday - December 14

10:00am - Nurse Janet

11:00 am - Exercise

12:00 pm - Rotary Club Luncheon w/
Residents

2:00pm - Walking Club

4:50 pm - PSUNY Flute Ensemble

6:30 pm - Comedy Movie Night

Thursday - December 15

10:00am - Shop Yando's

10:30 am - Lake Shore Christian School
Caroling Pre-K thru 12

12:00 Noon - Soup Buffet

1:00 pm - Pinochle

3:30 pm - Bridge Re-Cap/activity room

7:00 pm - Mah Jongg

7:00 pm - Chess

Friday - December 16

11:00 am - Exercise

12:00 pm - Omelets by Debbie

1:00 pm - Bridge for Eight

1:00 pm - Duplicate Bridge Game/
activity room

4:30 pm - BYOB Cocktail Party

7:00 pm - Classical Music

Saturday - December 17

11:00 am - Yoga Tape

7:00 pm - Movie Night

Sunday - December 18

12:30 pm - Brunch



Home Remedies That Work from AARP:

- ◆ Just one spoonful of honey can help quiet a nighttime cough better than over-the-counter cough syrups or suppressants.
- ◆ Applying Vicks VapoRub has been shown to be a safe, cost effective treatment for toenail fungus.

Here is a Christmas pun, also contributed by Millie

- ◆ What do you call someone who is afraid of Santa?
- ◆ Answer: Claustrophobic!
(Groan, groan)!

Thought for the week" A good day: when the wheels of your shopping cart all go in the same direction!"

Mary Lue

There will be a Bridge Re-Cap Thursday, December 15 @ 3:30pm in the activities room.

A Duplicate Bridge Game will be held Friday, December 16 @1:00pm in the activities room.

Duplex Trash

Please be very careful to have your trash out by 9:00 am on Monday morning. This will help so that Scott does not have to make a second trip out for those that have forgotten. For those of you who have kitty's, don't forget to double bag the kitty litter that goes into the trash. Thanks for your help.



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



Friendship Committee Notes

Hilda Floyd is at CVPH having a broken hip repaired. She would appreciate cards. You may mail cards to CVPH, 75 Beekman Street, R 639, Plattsburgh, NY 12901.

Pat Manning is at Meadowbrook having rehab. She is in room 114; phone 852-2914. Pat would love to have visitors

Have you ever wondered why "The Twelve Days of Christmas" is filled with all kinds of birds, milkmaids, dancing lords, etc.? Here is an answer:

From 1558 until 1829 Roman Catholics in England were not permitted to practice their faith openly. someone at that time wrote this carol as a catechism song for young Catholics. It has two levels of meaning - the surface meaning plus a hidden meaning known only to church members. Each element in the carol has code words for a religious reality, which children could remember.

The Partridge in a pear tree was Jesus Christ.

Two Turtle Doves were the Old and New Testaments.

Three French Hens stood for Faith, Hope, and Love.

The Four Calling Birds were the four Gospels of Matthew, Mark, Luke and John.

The Five Golden Rings recalled the Torah or Law, first five books of the Bible.

The Six Geese-a-Laying stood for the Six Days of Christmas.

Seven Swans a-Swimming represented the Sevenfold Gifts of the Holy Spirit (Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership and Mercy.)

The Eight Maids a-Milking were the Eight Beatitudes.

Nine ladies Dancing were the Fruits of the Spirit (Love, Joy, Peace, Patience, Goodness, Faithfulness, Gentleness and Self-control)

Ten Lords a-Leaping were the Ten Commandments.

The Eleven Pipers Piping stood for the Eleven Faithful Disciples.

The Twelve Drummers Drumming symbolized the Twelve Points of Belief in the Apostles Creed.



A Christmas Snapshot

A Swedish Christmas Celebration ~ by Millie Larson Davies

Christmas Day was when we read and thought on the Christmas Story, beginning with a 6 AM service at our local Lutheran Church. The entire service was in Swedish. Even the hymnals were in Swedish.

However, in our home, Santa came on Christmas Eve. Our traditional evening meal included cod in white sauce with rice pudding for dessert. After dinner my parents urged my sister and me to put on our pajamas, robe and slippers, to be ready for a visit from Santa. Unknown to my sister and me, my mother has sewn a Santa costume for my father. The costume and a bag of gifts were at our neighbor's home. As in past years, at the appointed time, the neighbor called me to ask him to help her with some problem. My father reluctantly agreed to help her, saying he would try to return before Santa came.

My sister and I were so excited, anticipating the knock on the door! Since we didn't have a fire place, Santa had to come in at the front door. Then we heard the knock, and in came Santa, ho-ho-hoing. My father disguised his voice, and asked if we had been good girls, which, of course, we had. Then he opened the bag and passed out gifts for my sister, my parents, and me. And then he was gone.

My father quickly returned to our neighbor's home, took off the Santa costume and returned home, be-moaning the fact that he had missed Santa again this year. My sister and I absolutely believed in Santa, since he came to our home every year. I once had a heated argument with a neighborhood boy about Santa. It was then that parents decided it was time to tell us the truth. ***** I love these personal accounts of Christmas -

I need more!

Mary Lue

Week of December 19, 2011

Turn Into Kitchen By Saturday, December 10th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – December 19 (5:30 PM)

Tomato Rice Soup

Glazed Ribs w/ Baked Beans & Oven Roasted Potato – OR –
Open Faced Reuben , Chips & Pickle w/ Macaroni Salad Corn Muffin
Chocolate Cake w/ White Frosting – OR – SF Pineapple Crisp

Tuesday – December 20 (5:30 PM)

Antipasto Salad

Beef Liver and Onions - OR - Tomato, Bacon Quiche
Green Beans Baked Potato Italian Bread
Strawberry Sundae - OR - SF Vanilla Ice Cream

Wednesday – December 21 (5:30 PM)

Cole Slaw

Oven Baked Chicken – OR – Blue Cheese Cheeseburger
Wild Rice Creamed Spinach Sunflower Bread
Lemon Meringue Pie - OR - SF Fruit

Thursday – December 22(5:30 PM)

Cream of Mushroom Soup

Roasted Turkey w/ Gravy – OR – Haddock Fish Fillet on Bun w/ Lemon Tartar Sauce
Mashed Potatoes Cranberry Sauce California Vegetable Blend Wheat Bread
Christmas Cookies with Ice Cream – OR – SF Ice Cream

Friday – December 23

Caesar Salad

Spaghetti and Meatballs - OR- Tuna Salad Cold Plate Garlic Bread
Apple Cinnamon Upside Down Cake - OR - SF Raspberry Jell-O

Saturday – December 24

“CHRISTMAS EVE BUFFET @ 12:00 pm”

Vegetable Platter Cucumber Lime Mold Honey Oatmeal Bread
Baked Ham Creamed Peas & Pearl Onions Potato Casserole
Cranberry Trifle

Sunday – December 25 (Cocktails @12:30 PM) “MERRY CHRISTMAS” DINNER @ 1:00 PM

Garden Salad Prime Rib Au Jus Garlic Mashed Potatoes
Roasted Carrots Dinner Rolls
Assorted Cheese Cake

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