

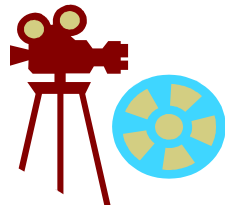
Lake Forest Weekly Newsletter

February 17, 2012



Legislative Update:

"Cocktails With Carmen" will be held February 22nd @ 4:00pm. Please plan on attending. I will be discussing the Freedom of Choice Bill, discussions in Albany, and answering your questions.



Fun things happening at Lake Forest: Mardi Gras celebration, pancake breakfast, lectures on classical music, movie night, beer tasting with Vladimir, speakers and authors and so much more. It's a great place to live.



Our Lake Forest Website
www.onlakeforest.org

Debbie is on call the week of February 20, 2012

Activities

Monday - February 20

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

Tuesday - February 21

10:00 am - Shop Aldi's
11:30am - Tai Chi
2:00 pm - Bingo
4:30 pm - Mardi Gras Cocktail Party
6:30 pm - Song Birds

Wednesday - February 22

9:00am - Pancake Breakfast
10:00 am - Nurse Janet
11:00 am - Exercise
2:00pm - Walking Club
6:30 pm - Comedy Movie Night "The Purple Rose of Cairo"

Thursday - February 23

10:00am - Shop Yando's
12:00 Noon - Soup Buffet
1:00 pm - Mah Jongg
4:00pm - Chris Peysor and Ike

Friday - February 24

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 - February 25

11:00 am - Yoga Tape
7:00 pm - Movie Night/BBC Series
"Brideshead Revisited"

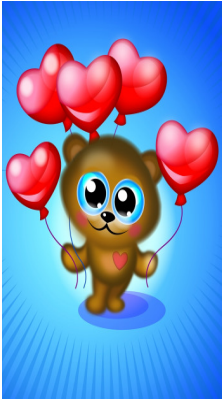
Sunday - February 26

12:30 pm - Brunch
2:00 pm - BBC Series
3:00pm - 5:00 pm Beer Tasting with Vladimir

Vladimir's Beer Tasting Flavors For February:

- ♦ Pale Bock Lager
- ♦ Pale Ale
- ♦ Black and Brew
- ♦ Boston Lager
- ♦ Big Moose Ale
- ♦ Chocolate Lager





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

Friendship Committee Notes

Hilda Floyd is back in the hospital after a recent fall. I'm sure she would enjoy getting cards and visits. Her address is CVPH, 75 Beekman St., Plattsburgh, NY 12901.



Our Lake Forest Valentine's Day celebration was a festive affair. The cocktail hour was enjoyable, dinner was tasty, and the decorations bright. The highlight of the evening was the Songbirds presentation of romantic songs perfect for Valentine's Day. A surprise visit from Marilyn Monroe (AKA Shirley Sansone), was enthusiastically received. Marilyn posed seductively on the piano and joined in several songs. All in all, a very entertaining evening. Thanks to everyone who made it possible.

Play Attention

I had my introduction to this program Tuesday, and it was fun and frustrating! I had a hard time getting my dolphin to the bottom of the sea, but I did better at keeping up with the lighted green squares. I had the most success with the Space Ship vs. asteroids; there I was, Captain Kirk blasting asteroids in outer space! Great fun! Some of you have already had your intro to this, and I hope you found it enjoyable. For those of you who still have not, you have something interesting to look forward to.



For all the women out there, this is for you!

Gonna Be a Bear

In this life I'm a woman. In my next life I'd like to come back as a bear. When you're a bear, you get to hibernate. You do nothing but sleep for six months. I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid. I could deal with that.

When you're a girl bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute, cuddly cubs. I could definitely deal with that.

If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

Yup, gonna be a bear!



Have a wonderful week - give someone a hug!

Mary Lue

Week of February 27, 2012

NAME: _____

Turn Into Kitchen By Saturday, February 18,
CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – February 27 (5:30 PM)

Homemade Chunky Vegetable & Brown Rice Soup

Italian Sausage with Pasta, Roasted Peppers in Cream Sauce – OR –

Turkey Salad Cold Plate with Four Bean Salad and Cottage Cheese Garlic Bread

Angel Food Cake with Blackberry Topping – OR – SF Fruit Cup

Tuesday – February 28 (5:30 PM)

Strawberry & Orange Salad w/ Raspberry Vinaigrette

Lemon Rosemary Chicken – OR – Italian Meatball Stew

Rice Pilaf Buttered Carrots Honey Oatmeal Bread

Raisin Bread Pudding w/ Lemon Sauce – OR – SF Raisin Bread Pudding w/ Lemon Sauce

Wednesday – February 29 (5:30 PM)

Mixed Green Salad

Tilapia Fish Fillet with Provençal Sauce – OR – Pork Tenderloin w/ Apple Glaze

Macaroni and Cheese Sautéed Celery Dinner Roll

Raspberry Bars – OR – SF Raspberry Bars

Thursday – March 1 (5:30 PM)

Carrot Raisin Salad

Salisbury Steak w/ peppers and onions – OR – Quiche Lorraine

Mashed Potatoes Broccoli Whole Wheat Bread

Apple Pie – OR – SF Apple Pie

Friday – March 2 (5:30 PM)

Romaine Salad

Beef Stew – OR – Cod Fish Fillet

Egg Noodles Asparagus Homemade Biscuits

Oatmeal Cake – OR – SF Vanilla Pudding

Saturday—March 3(5:30 PM)

Homemade Tomato Macaroni Soup

Chicken Marsala - OR - BBQ Pork on Roll with Coleslaw

Baked Potato Wax Beans Cranberry Bread

Pineapple Cream Pie w/ Graham Cracker Crust - OR - SF Orange Gelatin

Sunday – March 4(12:30 PM)

Egg Strata Bacon Fruit Salad

Pork with Pecan Stuffing Broccoli Casserole

Cinnamon Buns Cherry Crisp

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