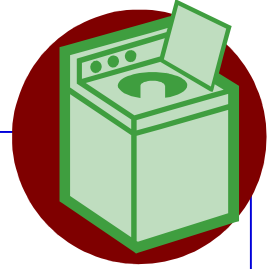




Lake Forest Weekly Newsletter

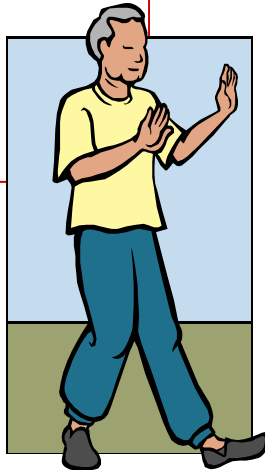
February 3, 2012



Tai Chi Classes will begin here at Lake Forest Tuesday, February 7th @ 11:30 am. Naomi Bradshaw has agreed to come here in our activity room and offer classes at no cost.

However, **donations** are always **accepted**. It would be nice to help her out with the price of her travel or any other expenses.

Please sign up on the bulletin board. We are so excited she was able to do this for us!!!



Residents Receiving Newspapers if you take your newspaper before the girls have a chance to distribute them, please be sure to sign the sheet so we don't run short when handing them out. Thank you.

Our Lake Forest Website
www.onlakeforest.org



New Washer! The 300 wing has a new industrial strength washing machine that may be used for washing your bedspreads and larger items. This is very exciting news!!

The instructions for use are hanging behind the washer, on the wall. Also, instructions will be placed in a folder for easy access.

Play Attention:

We are still gathering names for those that are interested in learning about this program. Stop in the office to sign up.

When you come to the program, please be sure to bring paper and pen for note taking. You will receive a 4x6 card for progress charting.

This is an excellent program as an aide to improve brain function.

We have pulled our first 3 students out of the batch. I am sure you will be hearing good things from them when they start.

Our plan is to pull 3 new names each week.

Grace is on call the week of February 6, 2012

Activities

Monday - February 6

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

Tuesday - February 7

- 10:00 am - Shop Michaels
- 11:30 am - Tai Chi Class
- 2:00 pm - Bingo
- 6:30 pm - Song Birds

Wednesday - February 8

- 10:00 am - Nurse Janet
- 11:00 am - Exercise
- 2:00pm - Walking Club
- 4:15pm - Helen Schmidt on Piano

Thursday - February 9

- 10:00am - Shop Yando's
- 12:00 Noon - Soup Buffet
- 1:00 pm - Mah Jongg
- 2:30- 5:00- Living the Healthy Life

Friday - February 10

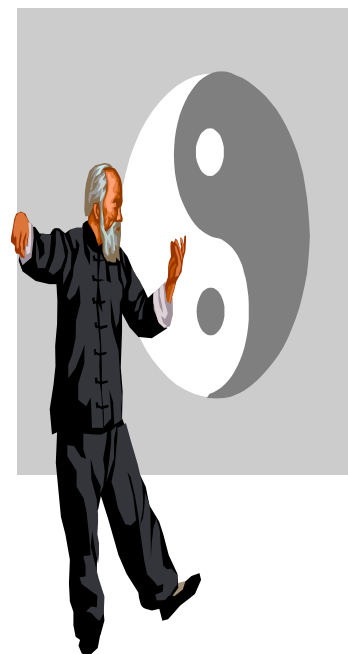
- 11:00 am - Exercise
- 12pm - Omelets by Debbie
- 1:00 pm - Bridge for Eight
- 4:30 pm - BYOB Cocktail Party
- 7:00 pm - Classical Music

Saturday - February 11

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

Sunday- February 12

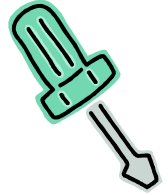
- 12:30 pm - Brunch
- 2:00 pm - BBC Series





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

Friendship Committee Notes



Attention all Nuts and Bolt-ers!

We have been quiet for some time, but that is about to change!

To any new residents who may not be familiar with this group, simply put, anyone who has a spare part such as a knee, hip, shoulder, pacemaker, ect. is eligible to be a member. Many of us already are, but to make sure of our membership, Maureen Fitzgerald (CEO) and Mary Lue Gould (President) will be doing a survey sometime soon at dinner to verify current members and enlist new ones.

You do not have to do anything to be a member. There are no meetings, no dues. More information will be forthcoming.

A Special Event is being planned for March 12, at the dinner hour, so all Nuts and Bolt-ers (or Nutty Bolts) keep your eyes on this column for up dates.

NOTE: Duplex residents call either Maureen or Mary Lue about membership.

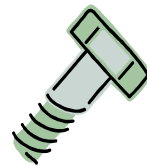
How many of you had a "junk drawer" in the kitchen in your house? You know, the place where you kept odd bits and pieces of stuff you didn't need but couldn't bear to throw out? How many of you still have one? Here is a poem for you.

THE TOP KITCHEN DRAWER

A red rubber washer for fixing the hose;
 Some obsolete fittings, for what? Goodness knows!
 An old three way plug: a coupon or two;
 Whatever you're wanting, it's waiting for you
 Right there in the top kitchen drawer.

Your pliers are buried by this and by that;
 A fur covered button; old band from a hat;
 A single brass hinge and an odd ball of string;
 One glove; a wired handle; you'll find anything
 Right there in the top kitchen drawer.

A screw clamp, a bolt, a second hand gasket;
 Some brass screws; a knife; a Mexican basket
 A mousetrap you're seeking? Or even a mouse?
 The place to look first, if you live in our house,
 Is right in the top kitchen drawer.



Here is a real groaner for you: Why don't lobsters share? Because they are shellfish!

Thought for the Week:

It doesn't take monumental feats to make the world a better place. It can be as simple as letting someone go ahead of you in a grocery line. ~ Barbara Johnson

Mary Lue

Week of February 13th 2011

Turn Into Kitchen By Saturday February 4th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – February 13th (5:30 PM)

Cole Slaw

Roast Pork w/ Sweet Red Pepper Sauce - OR - Grilled Rubeen

Oven Roasted Potatoes

Buttered Green Beans

Oatmeal Bread

Blueberry Tart

- OR -

Raspberry Jell-O

Tuesday – February 14th (5:30 PM)

“Valentine’s Day”

Garden Salad

Shrimp Elegante

- OR -

Orange Glazed Cornish Hen

Wild Rice

Asparagus

Dinner Roll

Fudgy Coffee Brownie w/ Raspberry Sauce - OR - SF Cherry Mousse

Complimentary Glass of Wine

Wednesday – February 15th (5:30 PM)

Pineapple Carrot Salad

BBQ Ribs with Baked Beans

- OR -

BBQ Chicken

Roasted Carrots

Bread Sticks

Pecan Pie w/ Whip Cream

- OR -

SF Orange Gelatin

Thursday – February 16th (5:30 PM)

Stuffed Mushrooms

Roast Beef w/ gravy

- OR -

Cheese & Spinach Omelet

Mashed Potatoes

Stewed Tomatoes

Raisin Bread

Baked Sliced Apple

- OR -

SF Baked Sliced Apple

Friday – February 17th (5:30 PM)

Homemade Cauliflower Soup

Tilapia w/ tarragon cream sauce

- OR -

Turkey Salad Cold plate

Twice Baked Potato

Broccoli

Whole Wheat Bread

Vanilla Ice Cream w/ Pineapple Topping - OR -

SF Fresh Fruit

Saturday – February 18th (5:30 PM)

Homemade Cream of Tomato Soup

Corned Beef & Cabbage

- OR -

Vegetarian Chili & Rice

Steamed Potatoes with parsley

Corn Bread

Lemon Cake

- OR -

SF Lemon Pudding

Sunday – February 19th (12:30 PM - Brunch)

Fruit Gelatin Mold

Three Bean Salad

Baked Ham

Bacon

Poached Eggs on a bed of Spinach

Sweet Potato Wedges

Blueberry Scones

Bread Pudding

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