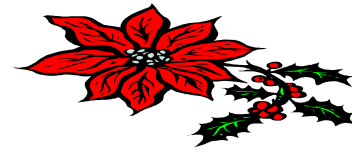


Lake Forest Weekly Newsletter

January 6, 2012



Lake Forest would like to **Welcome Frances R.** to apartment 205. Frances is coming here from her home in Cumberland Head.

Resident Show n' Tell:

On Wednesday, January 11th @ 4:00 pm, we will be having a resident show n' tell in the activities room. This is a great opportunity for all the residents to bring something about themselves (hobby, writings, memorabilia, etc.) to share with everyone. We know you all have something fascinating to talk about.

Residents please remember to stop in the office and let us know if we have permission to release information if you should go into the hospital.



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.



Helen Schmidt will be entertaining us on the piano, January 10th @ 4:15 pm. Please join her in the activity room.



Our Lake Forest Website
www.onlakeforest.org



Louise is on call the week of January 9, 2012

Activities

Monday - January 9

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

Tuesday - January 10

- 10:00 am - Shop Walmart
- 2:00 pm - Bingo
- 4:15 pm - Helen Schmidt on Piano
- 6:30 pm - Song Birds

Wednesday - January 11

- 10:00 am - Nurse Janet
- 11:00 am - Exercise
- 2:00pm - Walking Club
- 4:00 pm - Resident Show n' Tell

Thursday - January 12

- 10:00am - Shop Yando's
- 12:00 Noon - Soup Buffet
- 1:00 pm - Pinochle
- 1:00 pm - Paper Mache Workshop
- 2:30- 5:00- Living the Healthy Life
- 4:00 pm - Janelle Henry on Effects of Hurricane Irene and Run-off Pollution
- 7:00 pm - Mah Jongg

Friday - January 13

- 11:00 am - Exercise
- 12pm - Omelets by Debbie
- 1:00 pm - Bridge for Eight
- 4:30 pm - BYOB Cocktail Party
- 5:30 pm - Candlelight Dinner
- 7:00 pm - Classical Music

Saturday - January 14

- 11:00 am - Yoga Tape
- 7:00 pm - Movie Night/ BBC Series "The Grand"

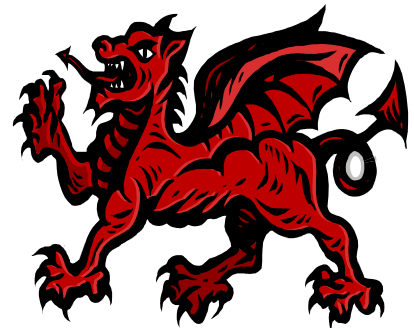
Sunday - January 15

- 12:30 pm - Brunch
- 2:00pm - BBC Series "The Grand"
- 3:00 pm - January Birthday Party

Chinese Dragon:

Please help Shirley with the Paper Mache workshop beginning Thursday, January 12th @ 1:00pm in the activities room.

The project is to make a large Dragon for the Chinese New year. This should be so much fun! (The Chinese New Year is celebrated on January 23rd).



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

Friendship Committee Notes



A big thank you to Janet for covering for me last week when I was busy enjoying my family for the holidays. It was fun at "Nana's Bed and Breakfast" sleepovers with the grandkids, and having time with my daughters.

Many other residents also enjoyed family time, either here at Lake Forest or spending time away with family.

Bill Lowe appreciates the kindness of the residents who expressed their pleasure at receiving his book.



Thanks to Debbie and Shirley for the New Year's Eve Party and buffet. It was so good to see so many residents come out to celebrate! Shirley looked splendid in her gold trimmed black dress!

Marie McGrath reports that about a dozen hardy revelers gathered in the Activity Room at midnight on Saturday to cheerfully greet the New Year as the ball dropped in Times Square. (Rumor has it that next year they plan to revive the custom of ushering in the New Year by running up and down the halls at midnight banging on pots and pans!)

Introducing the Carey's

I had a delightful conversation with Donald and Shirley Carey. They are a welcome addition to our community here at Lake Forest.

They came here from the Ticonderoga area, where Shirley grew up. Donald lived on a farm in Vermont. He enlisted in the Army Air Corps in 1946 and served in the Pacific working in ordinance and supply.

When asked how they met, I was told it was on a double date - but that they were not dating each other! (There's a story there, perhaps you will hear more about that in a future newsletter).

Donald worked in Ticonderoga at International Paper, attaining the rank of Supervisor. He is a dedicated do-it-yourselfer, and built their home - with help from Shirley. When not acting as a go-fer for Donald, she was busy with a large garden plus canning and freezing the resulting produce. Raising children and enjoying hobbies of sewing and crocheting kept her busy.



They have two daughters, Linda in North Hero, Susan in Bangor, and a son, Donald Jr. in Putnam. Their grandson, an aspiring detective, is attending Husson College in Bangor.

We can't forget two other members of the Carey household; Kit and Katie, their cats. With two more cats in the 400 wing, Dolly Pettinger said their wing should be renamed "Cat Alley"!



Here's a poem to warm you on these cold, dark winter days:

SUN

The sun is a leaping fire too hot to go near,
But it will still lie down in warm squares
On the floor like a flat Quilt, where
The cat can curl and purr
by Valerie Worth "All the Small Poems and Fourteen More"



A Very Happy 2012 to All! *Mary Sue*

Week of January 16th, 2012

Turn Into Kitchen By Saturday January 7th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – January 16 (5:30 PM)

Mandarin Orange Salad w/ scallions & celery

Roast Beef with gravy – OR – Baked Tilapia with tartar sauce

Steamed Red Potatoes w/ parsley

California Blend Vegetable

Honey Oatmeal Bread

Lemon Tart

– OR –

SF Ginger Bread Cake

Tuesday – January 17 (5:30 PM)

Garden Salad

Baked Ham w/ mustard marmalade glaze - OR- Bacon and Onion Quiche

Sweet Potatoes w/ sage butter Green Beans Almandine

Strawberry Ice Cream – OR – SF Cherry Mousse w/ Blueberries

Wednesday – January 18 (5:30 PM)

Split Pea soup

Meat Loaf w/ Oven French Fries

– OR –

Mediterranean Tuna Salad Cold Plate

Carrots

Whole Wheat Rolls

Pineapple Upside Down Cake – OR – SF Fruit

Thursday – January 19 (5:30 PM)

Vegetable Rice Soup

Turkey w/ Gravy, Mashed Potatoes

– OR –

Seafood Salad on Croissant w/ Pasta Salad

Peas

Zucchini Muffins

Baked Custard – OR – SF Chocolate Pudding

Friday – January 20 (5:30 PM)

Spinach Salad with Blue Cheese Dressing

Rosemary Chicken w/ Fruit Sauce, - OR - Haddock Fillet w/ leek & lemon sauce

Rice Pilaf

Broccoli casserole

Dinner Roll

Cream Cheese Brownies - OR - SF Apple Sauce w/ raisins

Saturday – January 21 (5:30 PM)

French Onion Bites

Roasted Pork Loin w/ Gravy and Baked Potatoes – OR – Turkey Breast on Whole Wheat w/ cranberry orange mayo, lettuce, tomato, onion.

Sliced Beets

Raisin Bread

MapleWalnut Pie

– OR –

SF Baked Cranberry Stuffed Apple

Sunday – January 22 (12:30 PM – Brunch)

Creamy Gelatin Salad

Blueberry Pancakes

Bacon

Scrambled Eggs

Cabbage Rolls in tomato sauce

Corn Pudding

Cinnamon buns

Berry Trifle

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