



The Year that Wasn't...

I'll let you in on a little secret...I'm glad the year 2020 is coming to a close. It has been a tumultuous year for most of us, a sort of lost year, in fact. No celebrations, activities or congregate dining here at Lake Forest. These convivial occasions, create a sense of unity and belonging with one another that all of us hanker for. A year without celebrations has meant fewer memories too.

It appears we are in the darkest days of the pandemic. It is important to continue reflecting on the small moments that comprise a well-lived life. My hearts antiseptic during these times is a cup of strong, aromatic tea, the silence of a peaceful morning, the way the breeze lazily sways tree limbs and the beauty of the frosty, blue lake. What are the small things that illuminate your life and bring hope? It is our charge to continue witnessing the beauty in the small things.

On New Year's Eve, an old Irish tradition is to open your door at midnight and let the Old Year Out and the New Year In. Although I most likely will be asleep long before midnight, I believe this year deserves the doors and windows wide open. My hope is the New Year will be a time of spectacular celebrations and much-needed camaraderie.

Have a Happy and Healthy New Year !!

Jeff



Vicki is on call
January 4th

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/LakeForestSeniorCommunity

Activities: Week of January 4- January 10, 2021

Monday, January 4

11am Exercise
12pm Soup & Salad
1pm Pool
1pm Pinochle
2pm Coloring Therapy

Tuesday, January 5

10am Target/Mall

Wednesday, January 6

11am Exercise
12pm Soup & Salad
1pm Penny Poker
1pm Scrabble
3pm Personal Storytelling

Thursday, January 7

9:30am Shuffleboard
10:30am Mexican Train
12pm Omelets
1pm Hearts
1pm Mah Jongg
3pm Wii Bowling

Friday, January 8

11am Exercise
12pm Michigans for Lunch
1pm Bridge
1:30pm Trivia

Saturday, January 9

6:45pm Movie Night:
The Help, Part 2

Sunday, January 10

12:30pm Brunch



January Birthdays

4– James F.
4– Therese D.
4– Margaret D.
6– Marita B.
14– John J.
30– Kitty R.



On Saturday, January 2nd at 6:45pm–

The Help

This movie is about very different women in the 1960s South. They build a friendship around a secret writing project– one that breaks society's rules and puts them all at risk. Filled with poignancy, humor, and hope, the movie is a timeless, universal and triumphant story about the ability to create change.

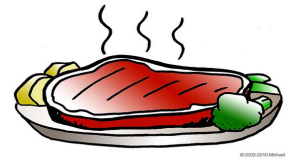
Running time: 70 minutes

**PLEASE
READ
BELOW**

The kitchen's meal delivery of coffee, juices and appetizers will begin at 5:10pm. Please have your cup ready, and your door unlocked for delivery. On Sundays, they will begin deliveries at 12:10pm. Thank you!



Menu Details



New Menu Items

Salad Niçoise w/Tuna – Tomatoes, green beans, red potatoes, hard-boiled egg, black olives on a bed of lettuce along with white tuna. Dressing on the side.

Vegetable Flatbread – A relatively flat style of bread topped with onions, tomatoes, meat and cheese.

Almond Spring Mix Salad – Spring mix greens, dried cranberries, almonds, tomatoes and wheatberries.

Country Fried Steak – Beef steak coated with seasoned flour and pan fried. Served with country gravy.

Muffuletta Sandwich – New Orleans classic sandwich. It's layered with salami, mortadella (Italian bologna), ham, provolone, mozzarella and olive salad on white bread.

Baked Crepes w/Ham & Mushrooms – Tender crepes filled with savory thyme, mushrooms & ham, served with a cheese & cream sauce.

Rice & Lentils – A flagrantly spiced middle-eastern classic pilaf.

Guinness Cake – Sophisticated cake full of cheer, a celebration of Ireland's love of chocolate and spirits.

Stewed Beans – White beans with sage, garlic and fennel.

We here at Lake Forest, continue to be in contact with the Department of Public Health. Regarding the availability of the COVID-19 vaccine. They have provided us with the following CDC guidelines:

When Vaccine is Limited, Who Gets Vaccinated First?

Because the supply of COVID-19 vaccine in the United States is limited at this time, CDC is providing recommendations to local governments about who should be vaccinated first.

Healthcare personnel and residents of long-term care facilities should be offered the first doses of COVID-19 vaccines.

Groups who should be offered vaccination next should be offered to people in the following groups.

Frontline essential workers such as fire fighters, police officers, corrections officers, food and agricultural workers, United States Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the educational sector (teachers, support staff, and daycare workers.)

People aged 75 years and older because they are at high risk of hospitalization, illness, and death from COVID-19.

People aged 65—74 years because they are at high risk of hospitalization, illness, and death from COVID-19.

People aged 16—64 years with underlying medical conditions which increase the risk of serious, life-threatening complications from COVID-19.

Other essential workers, such as people who work in transportation and logistics, food service, housing construction and finance, information technology, communications, energy, law, media, public safety, and public health.

As vaccine availability increases, vaccination recommendations will expand to include more groups.

Week of January 11, 2020

Turn into Kitchen by Wednesday, January 6

Name: _____ Circle the Main Meal and the Sides You Like

Monday – January 11 (5:30PM)

Corned Beef & Cabbage

OR

Vegetable Quiche

BLT Chopped Salad

Boiled Potatoes

Carrots

Guinness Cake OR SF Strawberry Jell-O

V8 Juice

Soda Bread

Green Beans

Tuesday – January 12 (5:30PM)

Coconut Shrimp

OR

Muffuletta Sandwich

Bean & Vegetable Soup

Roasted Sweet Potato

Cauliflower

Cranberry Cake OR SF Chocolate Pudding

V8 Juice

Dinner Roll

Side Salad

Wednesday – January 13 (5:30PM)

Chicken Parmesan

OR

Salad Niçoise w/Tuna

Beef Vegetable Soup

Angel Hair Pasta

Roasted Squash

Ice Cream OR

V8 Juice

Garlic Bread

Spinach

Applesauce

Thursday – January 14 (5:30PM)

Country Fried Steak

OR

Baked Crepes w/Ham & Mushrooms

Vegetable Flatbread

Mashed Potatoes

Stewed Beans

Flan OR

V8 Juice

Wheat Bread

Broccoli

Fresh Fruit

Friday – January 15 (5:30M)

Baked Pork Chop

OR

Crusted Baked Tilapia

Almond Crunch Salad

Rice & Lentils

Vegetable Casserole

Apple Oatmeal Cake OR

V8 Juice

Cucumber Bread

Coleslaw

Fresh Fruit

Saturday – January 16 (5:30PM)

Beef Stroganoff

OR

Cobb Salad w/Chicken

Tomato Basil Soup

Egg Noodles

Peas & Onions

7-Layer Bars

V8 Juice

Dinner Roll

Roasted Zucchini

OR Sherbet

Sunday – January 17 (12:30PM – Brunch)

Bacon

Scrambled Eggs

Baked Omelet

Salad

Pancakes

V8 Juice

Turkey Casserole

Baked Goods

Italian Cream Cake

Fresh Fruit

SNACK IN
A BAG

Week of January 11, 2020

Turn into Kitchen by Wednesday, January 6

Name: _____

Circle the Main Meal and the Sides You Like

Monday – January 11 (5:30PM)

Corned Beef & Cabbage

OR

Vegetable Quiche

BLT Chopped Salad

Boiled Potatoes

Carrots

Guinness Cake OR SF Strawberry Jell-O

V8 Juice

Soda Bread

Green Beans

Tuesday – January 12 (5:30PM)

Coconut Shrimp

OR

Muffuletta Sandwich

Bean & Vegetable Soup

Roasted Sweet Potato

Cauliflower

Cranberry Cake OR SF Chocolate Pudding

V8 Juice

Dinner Roll

Side Salad

Wednesday – January 13 (5:30PM)

Chicken Parmesan

OR

Salad Niçoise w/Tuna

Beef Vegetable Soup

Angel Hair Pasta

Roasted Squash

Ice Cream OR

V8 Juice

Garlic Bread

Spinach

Applesauce

Thursday – January 14 (5:30PM)

Country Fried Steak

OR

Baked Crepes w/Ham & Mushrooms

Vegetable Flatbread

Mashed Potatoes

Stewed Beans

Flan OR

V8 Juice

Wheat Bread

Broccoli

Fresh Fruit

Friday – January 15 (5:30M)

Baked Pork Chop

OR

Crusted Baked Tilapia

Almond Crunch Salad

Rice & Lentils

Vegetable Casserole

Apple Oatmeal Cake OR

V8 Juice

Cucumber Bread

Coleslaw

Fresh Fruit

Saturday – January 16 (5:30PM)

Beef Stroganoff

OR

Cobb Salad w/Chicken

Tomato Basil Soup

Egg Noodles

Peas & Onions

7-Layer Bars

V8 Juice

Dinner Roll

Roasted Zucchini

OR Sherbet

Sunday – January 17 (12:30PM – Brunch)

Bacon

Scrambled Eggs

Baked Omelet

Salad

Pancakes

V8 Juice

Turkey Casserole

Baked Goods

Italian Cream Cake

Fresh Fruit

SNACK IN
A BAG