



MINCHOFF AND CALHOUN FACE-OFF



Are you ready for some FOOTBALL???



We are less than one week away from the most dominant sports team in the last two decades to take the field again. Yes, the Greatest Quarterback of All Time, Tom Brady, has moved on (and continued to win), but the puppeteer Bill Belichick remains running the show. The Patriots went shopping this off season and spent more than any other team in the league during free agency. They get the added benefit of key defensive players returning this season that opted out last year during COVID. So, what does this mean for the mighty Patriots?

I think a pretty strong season. Yes, the Bills are knocking on the door of a potential super bowl run, but let's break down the Patriots group by group.

Offense: No Tom Brady, but arguably one of the top 3 offensive lines in football and a group of running backs that can catch, block, and run all day. With the recent loss of Cam Newton, Mac Jones will be stepping it up. I think this group will outperform last year's expectations and rank in the top 10 in offensive production.

Defense: The heart and soul of New England for the past 20 years. They are back. This group looks strong during the preseason and that's without all-world Stephen Gilmore currently playing. If the Pats can give him a restructured contract and he joins the crew this group will continue to be very difficult against the passing, and average against the run.

I think the Patriots will be somewhere between 9 and 11 wins. They will likely snag a post season wild card spot and be a tough matchup in the playoffs. It should be another fun season.

Brian



I have been recruited to write a small portion in the newsletter this week outlining the upcoming football season. As a few of you know I enjoy watching and rooting for the Buffalo Bills. I can't say that for Brian and Vicki who are sadly Patriots fans, bless their souls.

• It is going to be a long football season this year with the NFL adding a 17th regular season game. The Bills had a solid pre-season going 3-0. Most people don't believe the pre-season matters. I believe it does due to helping the team shape up for the regular football season.

• With that said all of Buffalo and its fans expect a solid season from the Buffalo Bills as do I with my prediction of a 14-3 season. And of course, playoffs after that but we will get to that later in the season.

• Good luck to all for a healthy and successful football season no matter who you are a fan of or root for. GO BILLS!!

Ben





It is with the deepest sympathy that we share the news of Betty Sherman's passing. Betty became a recent resident of Lake Forest in early August. She was a close family member of resident, Joan Jarvis. We wish to extend our condolences to Joan and her family, wishing them peace and strength during this difficult time.

Our heartfelt condolences go out to Joan, and the entire Jarvis family. Jack was such a wonderful presence in this community, and will be missed by everyone that was fortunate enough to know him. His smile, kindness and upbeat spirit will not be forgotten.



Lake Forest Endowment Fund

A person's story is not always scripted with words in a memoir. We've seen the names of "The Believers" prominently displayed in our entryway. These are the residents who took a risk when Lake Forest opened its doors and never looked back. The legacy of these charter residents still lives on today by virtue of their generous donations to the Endowment Fund that was included in their long-term plans. All investments are managed by Adirondack Foundations whose vision is to "provide a strong community framework for the Adirondacks".

We never know what tomorrow will bring but we do know that the Endowment Fund is a resource that will support the mission of Lake Forest.

If you would like literature or more information about the Lake Forest Endowment Fund, please let Brian, Vicki or Liz know.



Activities: Week of September 6– September 12, 2021

Monday, September 6 **Labor Day**

10am Bocce Ball
11am Exercise
1pm Pinochle
1pm Coloring Therapy
3pm Travel with Rick (activity room)
3pm Book Club
5:30 Labor Day BBQ Dinner

Tuesday, September 7

10am Target/Mall
11am Tai Chi
11:30am Walking Club
2pm Bingo
4pm **Geroge Cantin performs**
*Rosh Hashanah

Wednesday, September 8

11am Exercise
12pm Soup & Salad
1pm Penny Poker
1pm Upwords
1pm Bridge (library)
3pm Storytelling
3pm **Surprise Treat**

Thursday, September 9

10:30am Mexican Train
11am Chair Yoga
12pm Omelets
1pm Mah Jongg
3pm Wii Bowling
4pm **Resident Appreciation Happy Hour (door prizes and gifts!)**

Friday, September 10

10 am Yando's
11am Exercise
12pm Soup and Salad
12:30pm **Chili Cook-Off**
1pm Hearts
1:30pm Trivia

Saturday, September 11

6:45pm Movie Night:
"Mrs Winterbourne"
(106 minutes)

Sunday, September 12

12:30pm Brunch



September Birthdays

4– Doo H. 26–Richard S.
22–Linda M.

Jim F. places the
last puzzle piece!



On Saturday, September 11 at 6:45pm–

“Mrs. Winterbourne”

Shirley MacLaine, Ricki Lake and Brendan Frasar star in this whirlwind romantic comedy about a girl caught between true love and mistaken identity. Through a twist of fate and a quirk of character, 18 year old Connie Doyle is mistaken for the widow of a millionaire's son. Homeless, penniless and pregnant, Connie reluctantly accepts the generosity of the dead man's "grieving mother and finds herself falling in love with 'her' late husband's twin brother.

Hair On Wheels



Dear Residents of Lake Forest Senior Community,

My name is Jennifer, owner of Hair On Wheels, I am a New York State licensed Hairdresser. I travel around the community going into people's homes to bring the salon experience to you! I do waxing, haircuts, washes, styling, color and perms, right in your living space! I am setup with everything I need to provide you an enjoyable and affordable salon experience without leaving your apartment!

If you have any questions or would like to book an appointment please call

(518) 416-1427.

Thank
You

**Pam for doing the beautiful arrangements
for the Memorial table.**



**Even with a mask, Coocie's voice was
beautiful!**



Menu Details



New Menu Items

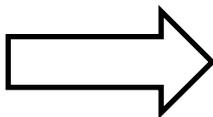
Shortbread Bars – Cookie bar with a light, crumbly texture filled with spiced apple butter & raisins.

Stuffed Sweet Potato – Twice baked, extra-large sweet potato stuffed with sweet peppers, black beans, cheese and sausage.

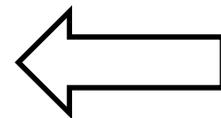
Baked Good of the Week

Scandinavian Beer Bread

\$3.50 per loaf



MARK YOUR CALENDARS!



Tuesday, September 14th at 3:30 PM

Food Forum

Reminder!

PLEASE don't leave your air conditioner on if your windows are open. It could damage the A/C unit. Thank you!