



STAFFING UPDATE

I am pleased to share that Vicki Felio was recently offered and accepted the Administrative Assistant position at Lake Forest on a full-time basis. She has been and will continue to be an integral member of our team. She will be covering a wide variety of administrative functions, interfacing with staff and contractors, and supporting the delivery of our operations. She will remain intimately involved with Lake Forest residents, which is certainly a plus. On a personal note, I am extremely grateful to Vicki for her passion, dedication and leadership to Lake Forest. She fully embraces the model and philosophy of Lake Forest and consistently focuses on the best interest of Lake Forest and the residents served by Lake Forest. She has a big heart, equally competent, and hits all the critical characteristics of a successful employee. Please join me in congratulating Vicki as we take the next step toward progress. Now, we will shift gears in backfilling the Activities Coordinator position. We are gathering ideas and plans on how best to fill Vicki's shoes. Meanwhile, all staff have been incredibly helpful by crossing over duties and ensuring that everything is covered. Flexibility and team work is what makes Lake Forest great. Thank you everyone.

Brian Minchoff
Executive Director

Activities: Week of July 19– July 25 , 2021

Monday, July 19

10am Bocce Ball
 11am Exercise
 12pm Soup & Salad
 1pm Pinochle
1pm Coloring Therapy
 3pm Travel with Rick (activity room)
3pm Themed Book Club (Library)

Tuesday, July 20

10am PC/Dollar Store
 10am Nails by Jana
 11am Tai Chi
11:30am Walking Group
 (Meet in lobby)
 12pm BBQ Lunch
 (Sign up on board)
 2pm Bingo

Wednesday, July 21

11am Exercise
11:15am Nails by Jana
 12pm Soup & Salad
 1pm Penny Poker
 1pm Upwords
 1pm Bridge (library)
3pm Storytelling (Library)
3:30pm Happy Hour

Thursday, July 22

10:30am Mexican Train
10:30am Coffee Chat with Guest
Speaker from Casella
 11am Chair Yoga
 12pm Omelets
 1pm Hearts
 1pm Mah Jongg
 3pm Wii Bowling

Friday, July 23

10 am Yando's
 11am Exercise
12pm Soup & Salad
1pm Hearts
1:30pm Trivia
2pm Bake Sale

Saturday, July 24

6:45pm Movie Night:
House of Elliot

Sunday, July 25

12:30pm Brunch



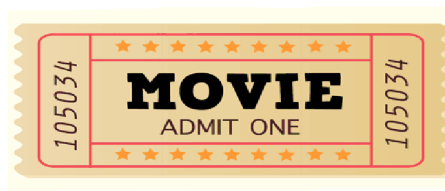
July Birthdays

8– Vicki	13– Bob Wh.
19– Judy P.	23– Charles P.
27– Biz G.	

Baked Good of the Week

Cinnamon Pecan Streusel Babka

Please let Natasha know by Tuesday
 afternoon if you would like one,
 for \$4 a loaf.



On Saturday, July 17th at 6:45pm–

The House of Elliott

Two sisters Beatrice (Bee) and Evangeline (Evie) hit rock bottom when their father passes away leaving them in debt. Uneducated they strive hard to find jobs deemed worthy of their new guardian. What they can do, is make amazing clothes and both dream of being able to be dress makers under the Elliott name. There is of course love problems on top of those money ones, oh to be young in a changing world.

Running time: 1 hour



Menu Details



New Items on Menu

Cuban Sandwich – This is ham, roasted pork loin, Swiss cheese, pickle, mustard on a roll.

English Breakfast for Dinner – Brace yourselves! Often served in the UK & Ireland, this breakfast includes Canadian Bacon, Sausage, Eggs, Baked Beans in Tomato Sauce, Tomatoes, Mushrooms and Toast. Comes with White Toast but if you'd prefer Wheat Toast, mark it on your menu.

Panna Cotta – Italian dessert of sweetened cream thickened with gelatin and molded.

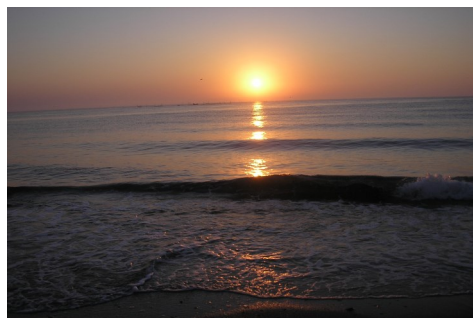


This Sunday the 18th, at 1:30pm, The Wickmoore Jazz Trio is performing here for us!

FYI– Vihan, an amazing pianist who has performed for us before, is part of this trio.



On Thursday the 21st at 10:30am, Meghan will be here from Casella Waste Systems to discuss the recycling process, as well as the impact it has on our environment. Join us, for coffee & conversation!



The beach. Just the word conjures up summertime memories.

If you have lived in Plattsburgh for years ... and have fond memories of the Plattsburgh City Beach, I am most interested in hearing your stories.

My name is Dan Ladue and I am currently writing a book on Plattsburgh's beach. The piece of real estate we call "the beach" is layered in history that goes back hundreds of years. Glaciers, an inland sea, Native American villages, the War of 1812, cholera and quarantine, squatter neighborhoods, Roosevelt's New Deal, the beach as a suburb of Montreal.... the list can go on.

I am interested in memories/experiences from the 1930s onward. No knowledge of the beach's history is necessary, just a willingness to share your memories. I so want to hear your stories.

Week of July 26, 2021

Name: _____

Turn into Kitchen by Wednesday, July 21
Circle the Main Meal and the Sides You Like

Monday – July 26 (5:30PM)

Turkey Stuffed Peppers

OR

Bratwurst w/Onions

Pear & Cottage Cheese Salad

Roasted Potatoes

Carrot

Cookie Bar

OR

V8 Juice

Sunflower Bread

Spinach

SF Vanilla Pudding

Tuesday – July 27 (5:30PM)

Beef Brisket w/Pan Gravy

OR

Tuna Salad Cold Plate

Soup du jour

Mashed Turnips

Stewed Tomatoes

Bread Pudding

V8 Juice

Dinner Roll

Braised Cabbage

OR Fruit Salad

Wednesday – July 28 (5:30PM)

Spaghetti w/Meat Sauce

OR

Cuban Sandwich w/Chips

Butternut Squash Bisque

Garlic Bread

Tossed Salad

Pineapple Upside-Down Cake

OR

V8 Juice

Broccoli

NSA Ice Cream

Thursday – July 29 (5:30PM)

Chicken w/Gravy

OR

English Breakfast for Dinner

Chopped Salad

Rice Pilaf

Cauliflower

Peach Tart

Carrot Bread

Green Beans

OR SF Raspberry Jell-O

V8 Juice

Friday – July 30(5:30PM)

Pork Ribs

OR

Fish Cakes

Cream of Broccoli Soup

Baked Potato

Coleslaw

Panna Cotta

OR

V8 Juice

Dinner Roll

Zucchini

Rainbow Sherbet

Saturday – July 31 (5:30PM)

Meatloaf w/Gravy

OR

Chicken à la King

Seasonal Salad

Mashed Potatoes

Yellow Squash

Ice Cream

V8 Juice

White Bread

Green Peas

OR

Fruit

Sunday – August 1 (12:30PM)

Eggs Benedict

Beef Burgundy

Fruit

Tossed Salad

Bacon

Scrambled Eggs

Egg Noodles/Mashed Potatoes

Chocolate Cake

V8 Juice

Baked Goods

Vegetables

Snack in a bag

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