



Hello Everyone,

With the Thanksgiving holiday upon us, we look to celebrate and share our gratitude with family, and friends who've become family. This year, just on a smaller scale due to the pandemic. I realize the hardships you are all enduring, but hope you, too, find gratitude in the little things that surround us daily. Every thanksgiving, I always recognize my appreciation for family and my health...the foundation of my existence. This year, in addition to those, I am grateful for employment, as my last job was eliminated due to the pandemic.

Today, marks my one-week anniversary here at Lake Forest! My time has been filled with getting to know residents, staff and understanding the inner workings of a big facility. I have thoroughly enjoyed meeting many of you and look forward to the ones I have not. My initial observations of this dynamic community have been a pleasant surprise! There is plenty of diversity among the residents with regards to backgrounds, professions, ideas, creativity and wisdom. This aggregate produces the unique melting pot we call the Lake Forest community. The harmony is welcomed and encouraged especially given our polarizing political climate. With regards to the staff, I have been pleasantly surprised at their dedication and commitment, not to mention their kindness and compassion to everyone they interface with.

William Faulkner once said, "Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all." So, as we trundle through this pandemic together, let us all lean in a little to help support one another and spread some gratitude around!!

With Peace and Gratitude,
Jeff

Jesse is on call
November 30th

Our Lake Forest Website
www.onlakeforest.org

www.facebook.com/LakeForestSeniorCommunity

Activities: Week of November 30 – December 6, 2020

Monday, November 30

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

Tuesday, December 1

10am Target/Mall
2pm ALF in the activity room

Wednesday, December 2

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

Thursday, December 3

9:30am Shuffleboard
10:30am Mexican Train
12pm Omelets
1pm Hearts
1pm Mah Jongg
2pm ALF in the activity room
3pm Wii Bowling
4pm Happy Hour

Friday, December 4

10am Yando's
11am Exercise
12pm Michigans for Lunch
1pm Bridge
1:30pm Trivia

Saturday, December 5

6:45pm Movie Night:
Casablanca, Part 2

Sunday, December 6

12:30pm Brunch



December Birthdays

3– Bonnie S. 15– John G.
16– Carrie H. 21– Jane W.
23– Nicole S. 30– Bob K.
30– Marian S.



As the holiday season is upon us, Natasha will be making holiday pies and other baking goods to order. Please let her know if you would like any goodies.

Apple Pie- \$10

Pumpkin Pie: \$8

Pecan Pie: \$10

Assorted Dozen Cookies: \$10

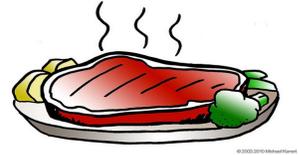


**PLEASE
READ
BELOW**

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 Thanksgiving, the kitchen will start with their service at 1:30pm. On Sundays, they will begin deliveries at 12:10pm. Thank you!



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.

Grain Bowl – Mixed lettuce, tomatoes, cucumbers, olives, chickpeas, quinoa, feta cheese and avocado.

**PLEASE READ:
IMPORTANT
MESSAGE**

Some of our residents have experienced intermittent problems with their fobs. If you are having any issues, please stop by the office on Monday. Over the weekend, if you're experiencing any problems with your fob, please phone a friend from the directory. Your neighbors, have the ability to allow you in to the building without leaving their apartment.

Two friendly reminders– If you need any grocery shopping done, a resident assistant can do it for you on Mondays & Tuesdays. Please take note that our last pick up of the day is at 3:30pm. Thank you!

The Resident Council Christmas/Holiday Gift Fund

IT'S NOT TOO LATE

For those who don't get in their donation for the Employee Holiday Gift Fund by Tuesday, December 1st, there is a second chance. The box will be back in the administrator's office and you can still contribute if you'd like. The deadline for the second round is noon, Thursday, December 10, and this later collection will simply be divided evenly among the part time employees.

If you have any questions, please contact Emily S.

Thank you, to one of our residents, who asked me to share this with everyone.

The Wooden Bowl

A frail old man went to live with his son, daughter-in-law, and four-year grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. "We must do something about Grandfather," said the son. "I've had enough of his spilled milk, noisy eating and food on the floor." So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence. One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh I am making a little bowl for you and Mama to eat your food from when I grow up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Children are remarkably perceptive. Their eyes ever observe, their ears ever listen, and their minds ever process the messages they absorb. If they see us patiently provide a happy home atmosphere for family members, they will imitate that attitude for the rest of their lives. The wise parent realizes that every day the building blocks are being laid for the child's future. Let's be wise builders and role models.

The majority has spoken! The green carpet, a.k.a.- choice #2, is the winner. Installation will take place in the Spring. Thank you everyone, for your feedback.



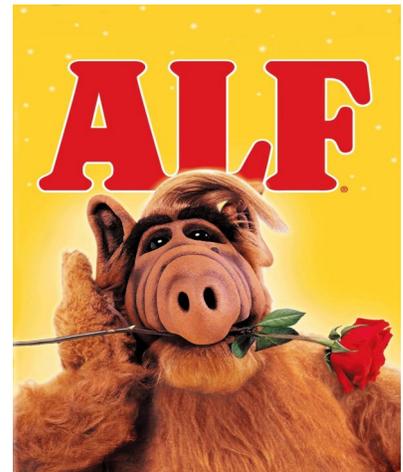
Thank you Cooie, for your virtual performance on the 18th.



Natasha spoiled us last week for our cookie delivery, and our happy hour.



ALF. The impetuous alien who plummeted from outer space into the Tanner family garage back in 1986, will be played in our **activity room on Tuesdays & Thursdays from 2-2:30pm**. He's a smart-mouthed creature, ALF (aka Alien Life Form), crash-lands in a suburban garage. His spaceship is beyond repair, he's ugly, he's short, and he's got a bad attitude. What's a family to do? Why, take in the furry creature, of course, and watch as he comments on humankind and tries to eat the cat -- a delicacy on his home planet of Melmac.



On Saturday. November 28th at 6:45pm– Casablanca

The romantic lovers' triangle between the heroic Czech Resistance leader, Victor Laszlo, his beautiful Ilsa and her ex-lover, cynical American Rick Blaine.

Running time: 60 minutes

Week of December 7, 2020

Turn into Kitchen by Wednesday, December 2

Name _____

Circle the Main Menu and the Sides You Like

Monday – December 7 (5:30 PM)

Pork Loin

OR

Tuna Salad Sandwich

Chopped Salad

Roasted Squash

Tomato Wedges

Eggnog Tart

OR

V8 Juice

Wheat Bread

Buttered Carrots

SF Raspberry Jell-O

Tuesday – December 8 (5:30 PM)

Grain Bowl

OR

Roasted Chicken (White or Dark)

French Onion Soup

Creamy Orzo

Beef Salad

Ice Cream

OR

V8 Juice

Dinner Roll

String Beans

Fruit

Wednesday – December 9 (5:30 PM)

Meat Lasagna

OR

Stuffed Sweet Potato

Turkey Vegetable Soup

Salad

Cauliflower

Brownies

OR

V8 Juice

Garlic Bread

Spinach

Fruit

Thursday – December 10 (5:30 PM)

Pot Roast

OR

Chicken Livers & Onions

Vegetable Soup

Mashed Potatoes

Yellow Squash

Shortbread Bars

OR

V8 Juice

Herb Bread

Peas

Tapioca Pudding

Friday – December 11 (5:30 PM)

Baked Cod

OR

Macaroni & Cheese w/Ham

Tossed Salad

Wild Rice Pilaf

Stewed Tomatoes

Chocolate Mousse

OR

V8 Juice

Sunflower Bread

Zucchini

Sliced Pineapple

Saturday – December 12 (5:30 PM)

Cabbage Roll

OR

Mushroom Vegetable Quiche

Cream of Zucchini Soup

Roasted Potatoes

Succotash

Cookies

OR

V8 Juice

Honey Wheat Bread

Broccoli

Fresh Fruit

Sunday – December 13 (12:30 PM - Brunch)

Poached & Scrambled Eggs

Bacon

French Toast

Muffins

Chicken Scaloppini

Fruit Salad

Cake

Vegetable Salad

Creamed Chipped Beef on Toast

Potatoes/Pasta

V8 Juice

Snack in a bag

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Roasted Chicken (White or Dark)

French Onion Soup

Creamy Orzo

Beet Salad

Ice Cream

OR

V8 Juice

Dinner Roll

String Beans

Fruit

Wednesday – December 9 (5:30 PM)

Meat Lasagna

OR

Stuffed Sweet Potato

Turkey Vegetable Soup

Salad

Cauliflower

Brownies

OR

V8 Juice

Garlic Bread

Spinach

Fruit

Thursday – December 10 (5:30 PM)

Pot Roast

OR

Chicken Livers & Onions

Vegetable Soup

Mashed Potatoes

Yellow Squash

Shortbread Bars

OR

V8 Juice

Herb Bread

Peas

Tapioca Pudding

Friday – December 11 (5:30 PM)

Baked Cod

OR

Macaroni & Cheese w/Ham

Tossed Salad

Wild Rice Pilaf

Stewed Tomatoes

Chocolate Mousse

OR

V8 Juice

Sunflower Bread

Zucchini

Sliced Pineapple

Saturday – December 12 (5:30 PM)

Cabbage Roll

OR

Mushroom Vegetable Quiche

Cream of Zucchini Soup

Roasted Potatoes

Succotash

Cookies

OR

V8 Juice

Honey Wheat Bread

Broccoli

Fresh Fruit

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French Toast

Muffins

Chicken Scaloppini

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Cake

Vegetable Salad

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