



Home Journal

May 21, 2021

WORDS FROM A CHARTER RESIDENT

I recently had the pleasure of meeting with duplex resident Therese Dudyak who happens to be one of the original inhabitants of Lake Forest. She and her late husband, Steve, lived on Erin Avenue at the time. They noticed an article in the paper featuring Lake Forest and were highly intrigued. She recalled meeting up with the founding director, Margot, Zieglis, who was driving a bright, “little” red car. They met on the property to swap paperwork and deliver the down payment. The application was dated April 13, 1999 and was handwritten in elegant style.

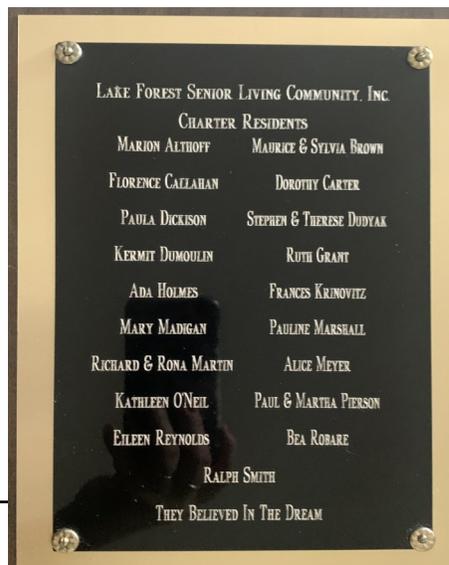
I inquired about the appeal of Lake Forest and received a response all too familiar. Therese shared that the idea of selling our home and having no worries was worthy of consideration. We were able to take trips to Florida each year, leaving the property in the hands of maintenance. She said it has always been fun living here. The opportunity to meet new people in a small community is a unique feature of Lake Forest senior living.

Therese recalls doing garage sales each summer with her fellow residents. She created a resident fund as a volunteer which continues to be in operation today. The fund has been used to purchase items on behalf of Lake Forest for the benefit and interest of residents. She was a charter member of the “song birds”, a choral group at Lake Forest. They would put on two shows each week at the main building.

It is quite evident that the community sprang up together and grew in unity. In the eyes of Therese, one of the greatest challenges upon Lake Forest is the aging of our community. She is observing fewer resident volunteers these days, which changes the culture. Notwithstanding, Lake Forest is a wonderful place and will likely keep a progressively forward path in the years to come.

As we were concluding, Therese referred to a box of items rich with history on Lake Forest. She shared photos and other historical documents. Jokingly, I asked about the grass and learned that the parcel was sand in the beginning and not much has changed. Our squishy topsoil is determined to be one undignified quality indigenous to Lake Forest and sorely a legacy of our founders. Thank you, Therese for your positive stroll down memory lane. A special thanks goes to Ron Teel, who participated in our discussion and shared many anecdotes throughout our visit.

With Gratitude,  
 Brian Minchoff, Executive Director.



Our Lake Forest Website  
[www.onlakeforest.org](http://www.onlakeforest.org)

[www.facebook.com/LakeForestSeniorCommunity](https://www.facebook.com/LakeForestSeniorCommunity)

## Activities: Week of May 24 – May 30

### Monday, May 24

10am Bocce Ball \*NEW  
11am Exercise  
12pm Soup & Salad  
1pm Pinochle  
1pm Coloring Therapy \*new time  
3pm Travel with Rick (activity room)

### Tuesday, May 25

10am Target/Mall  
12pm Special Lunch–  
Ahi Tuna Salad, sign up on board  
12:30pm Tea Social  
2pm Bingo

### Wednesday, May 26

11am Exercise  
12pm Soup & Salad  
1pm Birthday Happy Hour  
1pm Penny Poker  
1pm Upwords  
1pm Bridge (library)  
3pm Storytelling (library)  
3pm Underground Railroad  
Presentation (virtual)

### Thursday, May 27

10:30am Mexican Train  
11am Chair Yoga  
12pm Omelets  
1pm Hearts  
1pm Mah Jongg  
3pm Wii Bowling

### Friday, May 28

10 am Yando's  
11am Exercise  
12pm Soup & Salad

### Saturday, May 29

6:45pm Movie Night:  
The Iron Lady, Part 2

### Sunday, May 30

12:30pm Brunch



### May Birthdays

1– Brenna	2– Charlie J.
6– Tony	8– Danielle
12– Helga	12– Mary L.
17– Lois	21– Janet
26– Jan	

## Baked Good of the Week

Vanilla savarin, this old world French dessert is a delicious fusion of buttery cake and yeasted bread. This cake is soaked in a blend of vanilla syrup and spiced rum and piled the center high with a spiced Vanilla Chantilly crème for an island twist. **Please let Natasha know by Tuesday afternoon if you would like one for \$2.50 each.**



### On Saturday, May 21st at 6:45pm–

#### **The Iron Lady, Part 1**

In her twilight years, former British Prime Minister Margaret Thatcher (Meryl Streep) reflects on her life and career as she finally prepares to dispose of the belongings of her late husband, Denis (Jim Broadbent). Daughter of a Grantham grocer, she successfully broke through a double-paned glass ceiling of gender and class. Thatcher became the first female prime minister of the United Kingdom and remained as such for 11 consecutive years, until declining popularity forced her to resign.

Running time: 1 hour



**On Monday, May 31st, a Memorial Day service will take place at 10:30am. Since Post 20 is fitting our service in between other stops, 10:15am was put on the calendar to allow some flexibility with their arrival. Due to Covid, they have limited members to assist, however it's important for us to honor this special day. Please join us on the back patio for a brief, but very important event.**



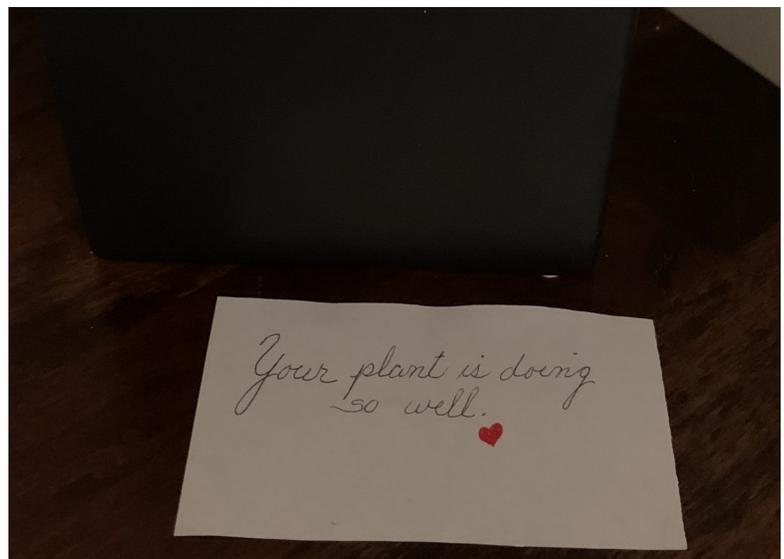
**On Wednesday, May 26th at 3pm, there will be a storytelling group in the library. All are welcome to stop by and share a story or two.**



**“Kindness is free,  
sprinkle it everywhere.”**

Any cleanings scheduled for Monday, May 31st, will be bumped to Tuesday, June 1st, due to the holiday.

If your AC is on, and you have your windows open, the AC will freeze up. Please remember to shut your windows if you plan on using your AC. Thank you!



**PLEASE  
READ  
BELOW**

Tai Chi is coming back on June 1st at 11am in the activity room. Please sign up on the activity board, if you're interested.



**Thank you Deb & Laura, for sharing your lilacs with us. Having beautiful, fresh flowers to decorate with is wonderful!**



**The #7 North side garage is available, please let Allison know if you're interested in renting it.**



To Louise— for displaying your beautiful work in our activity room.



Ron hosted a Sonoma wine tasting on Monday. Everyone really enjoyed the wine, and all of the knowledge Ron shared with the group.



**Special lunch on  
Tuesday, May 25th at 12pm**

**Ahi tuna salad with  
mango relish \$9.00**

**Please sign up on the activity board.**





# 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 fragrantly spiced middle-eastern classic pilaf.

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

**Gnocchi** – A variety of pasta consisting of various thick, small and soft dough made from semolina, wheat flour, eggs and cheese, including herbs and vegetables.



Congratulations to our winners of the art donations- Painting #1 was won by Marita, and painting #2 was won by Joan. Enjoy!

