



*Home Journal*

*May 14, 2021*

## LOOK AT WHAT IS RIGHT IN FRONT OF US

As the warmer climate is upon us, we all are slowly stepping outside and dipping our toe in the sunlight. We gaze across the landscape and out into the water, hoping to catch a glimpse of a passing sailboat or other watercraft vessel. As a newcomer to the area, I am continuously humbled by Plattsburgh and Lake Champlain. For example, right outside our patio door, if you look slightly to the right, there is an unassuming island called Crab Island. It may only catch your eye for a second as our eyes dominantly prefer the rippling waters. Let's step back for a moment and reflect on this historical landscape. Crab island is the site of a 50-foot granite obelisk built in 1908, more familiarly called the Soldiers and Sailors Monument. This monument and Crab Island's history dates to 1814 when Commodore Thomas Macdonough, an American Captain in the U.S. Navy born in Delaware, lined his fleet across the waters to Cumberland Head in anticipation of catching the British as they sailed from the North and directly through the sight lines of Lake Forest. The Commodore was victorious in this endeavor, which is noted as a "decisive battle in American History" as it prevented the invasion and conquest of New York State by the British. Today, Crab Island is managed by the NYS Office of Parks, Recreation and Historic Preservation.

In the coming weeks, I suggest we toast to Crab Island and all those that lost their lives in the pursuit of peace. Peace and tranquility have become a stock phrase these days. Lake Forest has the benefit of a daily reminder of the struggles incurred before our time. I am curious to know how many residents and staff have stepped foot on Crab Island. Please share any personal photos of Crab Island and/or photos of Lake Forest taken from Crab Island. I would also be interested in learning more about this history from anyone willing to share.

Kind Regards and Peace,

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 17 – May 23

### Monday, May 17

10am Bocce Ball \*NEW  
11am Exercise  
12pm Soup & Salad  
1pm Pinochle  
1pm Coloring Therapy \*new time  
3pm Travel with Rick (activity room)  
3:30pm Book Club (solarium)  
3pm Sonoma Wine Tasting  
(library)

### Tuesday, May 18

10am Kinney's  
12pm Takeout Tuesday–  
Jade and Armitos Pizza  
2pm Bingo

### Wednesday, May 19

11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
1pm Scrabble  
1pm Bridge (library)  
2pm Laura Collin Virtual  
Performance (Piano & Guitar)

### Thursday, May 20

9am Pancake Breakfast  
10:30am Mexican Train  
11am Chair Yoga  
1pm Hearts  
1pm Mah Jongg  
3pm Wii Bowling  
3pm Wabi Sabi (library)

### Friday, May 21

10 am Yando's  
11am Exercise  
12pm Soup & Salad  
2pm Happy Hour  
3:45 Cooie–  
Outdoor Performance on back patio

### Saturday, May 22

6:45pm Movie Night:  
The Iron Lady, Part 1

### Sunday, May 23

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	

**PLEASE  
READ  
BELOW**

**Coloring Therapy will now begin at  
1pm in the activity room. We are  
starting earlier to avoid any  
interference with the travel group  
that begins at 3pm. Thanks!**



### On Saturday, May 14th at 6:45pm–

#### **House of Elliot**

Drama series set in the era of flappers and suffragettes. The Elliot sisters were born into wealth and privilege but must support themselves after their father dies and leaves them penniless. They have no education or training, just a passion for fashion design. As suitors try to woo them and scoundrels try to trip them up, they make independent, exciting lives for themselves and the women they employ in their house of haute couture.

Running time: 1 hour

**\*\*\*NOTICE\*\*\***

**The fourteenth amendment to the offering plan was accepted by the attorney general's office. The next amendment is due May 3, 2022. If you wish to receive a copy of the amendment please contact Allison.**



If the roofing project at the congregate stays on schedule, roofing on the duplexes will commence Monday. The only duplexes they're working on this year are: 101, 103, 107 & 109.



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



**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.**



**Bocce ball is starting back up on Monday, May 17th at 10am. If you would like to learn how to play or participate, please stop by the court on the front lawn.**



**Going forward, when you are ready to be picked up by our Lake Forest transport, please call (518) 569-0204. Our drivers will give you a card with the phone number on it, to use whenever you're ready to leave your appointment.**





This Tuesday, May 18th, is our Takeout Tuesday. There are menus for Jade & Armitto's Pizza on the activity board. Please give your order to Vicki by Tuesday morning if you would like to have your order delivered at 12pm. We can bill your account, or you can pay the front desk for your order.



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

Our potato salad cook off was on Thursday, and we had the opportunity to try four very different but delicious recipes. The winners are...

1st– Polly & Susan with a German potato salad

2nd– Ben with his sweet potato salad

3rd– Brian with his classic potato salad with bacon.

To our contestants & judges, thank you!





## *Menu Details*



### **New Items on Menu**

**Eggplant Rollatini w/Sauce** – Breaded slices of eggplant filled with seasoned ricotta cheese, rolled up and baked, served with marinara sauce.

**Roast Beef Sandwich** – Cold sandwich on white bread with mayonnaise, lettuce, tomato, pickle on the side. If you want wheat bread, please write it on the menu.

**Baked Chicken Fingers** – Chicken tenders seasoned, baked and served with honey mustard.

**Layered Salad w/Smoked Fish** – Potatoes, carrots, onions and smoked fish (either salmon or whitefish) all layered.

**White Vegetable Lasagna** – Mushroom & spinach white lasagna.

**Pork Schnitzel** – Breaded fillet of pork, fried.



We had our first live performance in over a year! Swan Song was here on Wednesday, and wowed us with their diverse setlist full of beautiful arrangements. Thank you, Abigail & Emily, for coming to Lake Forest!