



SPRINGING INTO SUMMER ACTION

Lake Forest successfully plowed through Winter and swept through Spring. We have a tremendously large property, which can appear daunting as you span across the 18-acre parcel. There is a tinge of anxiety as we tackle a myriad of tasks covering the Spring clean-up duties. We have been quite successful preparing the back patio and gardens and now endeavor to use it to our benefit. This week there were rave reviews of Tom Venne's performance outside.

With the Summer change, we are also experiencing the final week with Barbara Thompson. She received an incredible celebration yesterday, hallmarking Barbara's choice to move to North Carolina to increase quality time with family. She was surrounded by friends and residents over a special lemon cake treat. Barbara has been at Lake Forest going on eight years, and part of the surrounding Plattsburgh area for well over 50 years. Barbara has been front and center, participating in our community and sustaining a positive rapport with all of us. Barbara, please remember to reach out to us once you land in the southern States.

We have been contemplating the idea of developing a formalized process for volunteerism to build opportunities to support Lake Forest. We recognize the need for assistance and want to delve into action. We are currently developing a list of volunteer duties to concretize our priorities. We would love for you to share this notion with family and friends with the intention of capitalizing on the strength of supportive, skilled helpers. Volunteering has so many personal benefits, including, reducing stress, creating a sense of purpose, and building relationships. Equally important, volunteering can have a direct, positive impact on Lake Forest, such as, tapping into specialty skills, bridging us into the larger community, and bolstering services provided to residents.

Whether it is a volunteer walking group, gardening group, or some other creative feature, we are actively interested in fostering this program. We welcome your progressive ideas and look forward to this future collaboration.

Brian Minchoff
Executive Director

Activities: Week of June 28 – July 4

Monday, June 28

10am Bocce Ball
10am Tai Chi Review
11am Exercise
12pm Soup & Salad
1pm Pinochle
1pm Coloring Therapy
3pm Travel with Rick (activity room)

Tuesday, June 29

10am Target/Mall
12pm Takeout Tuesday:
Jade & Panera
2pm Bingo

Wednesday, June 30

11am Exercise
12pm Soup & Salad
1pm Penny Poker
1pm Upwords
1pm Bridge (library)
2pm Surprise Treat/Ice Cream Social

Thursday, July 1

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

Friday, July 2

10 am Yando's
11am Exercise
12pm Soup & Salad
12:30pm Strawberry Bake Off/
Cook Off
1pm Hearts

Saturday, July 3

6:45pm Movie Night:
House of Elliot

Sunday, July 4

12:30pm Brunch

Happy 4th of July!



June Birthdays

1– Garth	6– Mary R.
10– Sally	10– Betsy
16– Emily	19– Inez
25– Lucille	

Baked Good of the Week

Baguettes

Please let Natasha know by Tuesday afternoon if you would like one for \$3.



On Saturday, June 26th at 6:45pm–

The House of Elliot

The House of Elliott is a British television series produced and broadcast by the BBC in three series between 1991 and 1994. The series starred Stella Gonet as Beatrice Elliott and Louise Lombard as Evangeline Elliott, two sisters in 1920s London who establish a dressmaking business and eventually their own haute couture fashion house, and Aden Gillett as photographer and film maker Jack Maddox. It was created by Jean Marsh and Eileen Atkins, who had previously devised *Upstairs, Downstairs*. The series was written by several writers, including Jill Hyem, Peter Buckman, Deborah Cook and Ginnie Hole.

Running time: 1 hour



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.



Barb, you've brought so much joy to this community. We are going to miss you! Best wishes on your next chapter in NC.



Tom Venne and his sister Julie performed for us on the back patio on Wednesday. The sun was shining, and their talent made the day even brighter, Thank you for coming to Lake Forest.



Congratulations to our two senior graduates, Brenna & Angelea!



On Wednesday, July 7th, Kym Hance from Herzog Law Firm will present virtually about “How to Avoid Scams that Target Older Adults”, at 10am in the activity room. We will wrap up the presentation around 10:55 to avoid interfering with exercise.