

LAKE FOREST

AT SWIFT CREEK

6050 Harbour Green Dr • Midlothian, VA 23112 • 804-250-1003

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RICHMOND FLYING SQUIRRELS VS. AKRON RUBBERDUCKS OUTING

Tuesday August 26th **6:30pm**

Join us for a night of fun at the Flying Squirrels game! Enjoy a delicious buffet and hang out in our reserved seating area so we can cheer on the team together!







August 2025

AUGUST

Hello August!

As we step into the heart of summer, Lake Forest is buzzing with energy and excitement! August brings sunny days, special gatherings, and plenty of opportunities to stay active, engaged, and connected with your neighbors. From refreshing socials to creative workshops and outings around town, there's something for everyone to enjoy. Let's soak up these golden days together and make the most of the final stretch of summer!

Save the Date

Josh Urban: Crossroad Blues 8/5
Boozy Root Beer Floats 8/6
Civil War Museum Seminar: Bread or Blood 8/12
Pizza Social 8/15
Build Your Own Party Mix Snack 8/20
Sip & Style Tumbler w/ Kelly 8/22
Banana Split Social 8/25
Flying Squirrels Outing 8/26
Uncorked: South Africa 8/28
Hot Breakfast Social 8/29

A Note From the Property Manager, Brian Crookshank



Hurricane Season Preparedness at Lake Forest

As many of you are aware, we are

currently in the midst of hurricane season. Recent devastating storms across the country have highlighted just how unpredictable and widespread these events can be and Midlothian is no exception. At Lake Forest, the safety and well-being of our residents is our top priority. Over the coming weeks, we will be offering educational seminars and sharing detailed information about the steps we are taking to ensure our community is prepared in the event of an emergency. A key part of our preparedness efforts involves knowing which residents are at home and who may be away. While many of you already notify the office when traveling, we kindly ask that all residents provide written notice of any planned absences. Please include both your departure and return dates, and email this information to us at info@lakeforestliving.com. Thank you for helping us keep Lake Forest safe and prepared, and thank you for choosing to call Lake Forest home. We're grateful to have such a thoughtful and engaged community.

Resident Spotlight-Joan Menninger



Joan was born in Brooklyn, NY, and raised in Carle Place, Long Island. After earning a Bachelor of Science from

Adelphi University, she built a rewarding career in cytogenetics. She and her husband Chappy (married nearly 60 years) pursued their careers across several states. Her life reflects four passions—family, science, creativity, and the beach. She treasures her two sons, Chris and Tim, their wives, and six grandchildren ranging from ages 13 to 22. Joan's research career included work at the University of New Mexico, Fred Hutchinson Cancer Center, Yale School of Medicine, and a genomics lab in Maryland, contributing to groundbreaking genetics studies. Creativity has always been her outlet—from photography to embroidery to pine needle basketry—always with a project or book nearby. A lifelong beach lover, she spent 18 years in coastal North Carolina and volunteered with the Holden Beach Turtle Patrol. guiding hatchlings safely to the sea. Now at Lake Forest at Swift Creek in Midlothian, VA, Joan is excited to explore new interests, build friendships, and embrace this next chapter. Joan's Quote: "Don't Let the Old Lady In!"



All About August

August is the eighth month of the year and is named after Emperor Augustus, the first emperor of Rome. It's the last full month of summer and a perfect time for barbecues, beach trips, and family vacations. The birthstones for August are peridot, spinel, and sardonyx, and its flower is the gladiolus, symbolizing strength and integrity. Zodiac signs in August are Leo (bold and loyal) and Virgo (practical and kind). Famous events in August include National Friendship Day, National Relaxation Day (August 15), and Women's Equality Day (August 26).

Quiz Question: Who is the month of August named after?

- A) Julius Caesar
- B) Augustus Caesar
- C) Nero
- D) Socrates



The Maintenance Corner

If you notice anything in your apartment or around the community that needs attention, please don't hesitate to submit a maintenance request right away. The sooner we know about an issue, the quicker we can address it and keep everything running smoothly for everyone. Thank you for choosing Lake Forest!



Happy Birthday to....

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Yvonne M.	8/12
Darrell W.	8/17
Joanne W.	8/19
Patricia B.	8/19
Harold M.	8/20
Lisa C.	8/27
Mary M.	8/28
Tracey N.	8/31



Hot Breakfast Social & Social Hour

Hot Breakfast Social: Join us twice a month for a hearty hot breakfast featuring eggs, bacon, sausage, pancakes and more! It's the perfect way to start your day—share a meal, catch up with neighbors and enjoy a warm, welcoming atmosphere. Twice a Month 10:30am-11:30am in the Resident Lounge.

Social hour: Enjoy one complimentary drink on us! We also offer a selection of soft drinks and nonalcoholic beverages. Relax and unwind in the afternoon while savoring a beverage with new friends. Feel free to bring your own beverages if you prefer—offered Monday, Wednesday and Friday from 4-5pm in the Resident Lounge.



Lake Forest Fit Fact

Prioritize getting enough sleep each night. Good sleep supports memory, mood, and overall health, helping seniors feel more energized and sharp throughout the day. Try to keep a regular sleep schedule and create a calm, dark, and quiet environment for better rest.

July Recap



Staff Directory & Info



Brian Crookshank, Property Manager Vinny Verasammy, Assistant Property Manager Tay Jones, Program Director Wayne Penny, Service Supervisor Abigail Kozak, Leasing Specialist Office Phone Number: 804.563.2999 Emergency Maintenance: 804.491.9177 Hours of Operation:

Monday-Friday- 9:00am-6:00pm

Saturday- 10:00am-5:00pm

Sunday- Closed



