



LAKE FOREST AT SWIFT CREEK

6050 Harbour Green Dr • Midlothian, VA 23112 • (804) 563-2999

November 2025



LAKE FOREST
AT SWIFT CREEK



55+ SENIOR RESOURCES EXPO

FRIDAY NOVEMBER 7TH
11AM-2PM



or Living and Care Solutions



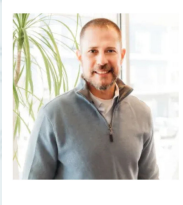
Hello, November!

The season of gratitude is here, and Lake Forest at Swift Creek is ready to celebrate! As the air turns crisp and the days grow cozier, our community is buzzing with fun gatherings, creative events, and festive moments to share. Let's make this November one filled with connection, laughter, and warmth — the perfect start to the holiday season!

Save the Date

New Era Mobile Vaccine Clinic	11/03
Hot Breakfast Social	11/05, 11/24
Doc Dingley Concert Series	11/06, 11/24
55+ Senior Resources Expo	11/07
Ty & Nat Live Music	11/10
Veterans Day Celebration	11/11
Guys Night In	11/13
Thinking Cap LLC Senior Technology Class	11/17
Maglio's Pizza Outing	11/19
Friendsgiving Potluck	11/20
Ladies' Night In	11/25
November Birthday Social	11/26

A Note From the Property Manager, Brian Crookshank



As we welcome the beautiful month of November, I can't help but reflect on how thankful I am

for each of you and the community we've built together here at Lake Forest at Swift Creek. This season is all about gratitude, connection, and togetherness, three things that truly shine within our community every single day. Whether it's a friendly wave in the hallway, laughter during an event, or neighbors lending a helping hand, it's these small moments that make Lake Forest feel like home. This month, we're especially excited to host our **55+ Senior Resources Fair on Friday, November 7th, from 11:00 AM to 2:00 PM**. This event will be a wonderful opportunity to connect with some of our trusted community partners who are eager to share valuable information, services, and resources designed to support your lifestyle and well-being. We encourage everyone to stop by, meet our partners, and take advantage of all the helpful insights they have to offer. As always, thank you for your continued participation and enthusiasm; you're what makes Lake Forest at Swift Creek such a vibrant and welcoming place to live.

Resident Spotlight- Laura Lorenz



Laura Lorenz is a talented business owner, training facilitator, researcher, and budding Mahjong player. A lifelong music lover, she's been honing her ukulele skills through Lake Forest's Jam Session group. Along with her musical pursuits, Laura is an amateur visual artist with creative interests in beading, watercolor, photography, and collage. She practices art to explore creativity, strengthen intuition, and bring joy into her life. Many of her pieces evolve into themed series, such as watercolor fish, tree collages, and bead necklaces inspired by fauvist masterworks. Laura's professional work also reflects her passion for creativity and purpose. Through her small business, she trains individuals with lived experiences to use photography for storytelling and advocacy, empowering them to interpret their images, share their stories, and inspire meaningful change. Laura moved to Lake Forest to be closer to her daughter and 4-year-old granddaughter in Chesterfield. She enjoys the sense of community here and hopes to find more time to explore Richmond's beautiful parks, historic sites, and the many engaging activities at Lake Forest.



All About November

November marks the heart of autumn—a time when the air turns crisp, leaves blanket the ground in shades of gold and red, and families begin preparing for the warmth of the holidays ahead. It's a month filled with gratitude, cozy gatherings, and reflection as the year winds down. Thanksgiving takes center stage, reminding us to pause and appreciate life's simple joys, good company, and hearty meals. November also brings shorter days and longer nights, making it the perfect season for comfort foods, warm drinks, and time spent indoors with loved ones. For those celebrating birthdays this month, November's zodiac signs are **Scorpio** (October 23–November 21), known for passion and determination, and **Sagittarius** (November 22–December 21), known for optimism and adventure. November's birthstones—**topaz** and **citrine**—shine with warm golden tones that perfectly match the autumn season, symbolizing love, energy, and abundance.



Keeping your home safe and comfortable is our priority! If you notice anything in your apartment that needs attention — from a dripping faucet to a burned-out light, please **submit a work order**. Our Service Manager is ready to help and will address all requests as quickly as possible. Thank you for helping us keep Lake Forest at Swift Creek running smoothly!



Happy Birthday to ...

Bev G.	11/01
Max B.	11/09
David D.	11/13
Diana D.	11/18
Linda K.	11/19
David H.	11/21
Robert K.	11/26
Robert W.	11/26
Sherry L.	11/26
Daniel G.	11/26



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

Staying active in the cooler months helps boost your mood, maintain strength, and support heart and bone health. Even a **20–30 minute daily walk** or gentle stretching can make a big difference. Let's keep moving this November!

Lake Forest Fun Times!



Staff Directory & Info



Brian Crookshank, *Property Manager*
Vinny Verasammy, *Assistant Property Manager*
Tay Jones, *Program Director*
Wayne Penny, *Service Manager*
Abigail Kozak, *Leasing Specialist*
Office Phone Number: 804.563.2999
Emergency Maintenance: 804.563.2999 Option: 3
Hours of Operation:
Monday-Friday- 9:00am-6:00pm
Saturday- 10:00am-5:00pm
Sunday- Closed

