



# THE Knollwood Pointe Lifestyle



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SENIOR LIVING AT EASE

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ASSISTED LIVING COMMUNITY

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APRIL 2023

## Carrots Are the Tops

Colorful, sweet, economical and good for you, carrots are a popular veggie. We've harvested a bunch of details about them.

- Carrots first cropped up about 5,000 years ago in the region around what's now Afghanistan.
- People originally grew the vegetable as medicine. The root and its green, leafy top were used to treat a variety of ailments.
- Today, the average American eats about 10 pounds of fresh carrots in a year.
- You can find carrots in a rainbow of colors: yellow, white, purple, red and, of course, orange, the most common type.
- Carrots are loaded with beta carotene, an antioxidant that gives orange carrots their color and helps our bodies maintain healthy eyesight and skin, as well as a strong immune system.
- Did you know that cooking carrots makes them even healthier? The heat releases more of their nutrients.
- The natural sugars in carrots give them their sweet flavor. That's why the vegetable shows up as a star ingredient in some desserts, including carrot cake.
- Baby carrots are one of the top buys at the grocery store. Perfect for snacking, the mini-sized carrots debuted in the late 1980s and are made by peeling, cutting and shaping larger carrots.
- Cartoon character Bugs Bunny famously loves to crunch on carrots, but rabbits in the wild actually prefer to eat grass.
- Carrot lovers, save the date! April 4 is International Carrot Day.



## Crack Into These Classic Candies

The season of new life and growth, spring is commonly represented by an egg. Fill a basket with memories of these favorite egg-shaped candies: *Cadbury Creme Eggs*. Inside this iconic candy's chocolate shell is a sweet fondant filling with a dyed yellow center, meant to resemble a real egg yolk. Commercials feature a rabbit that clucks like a chicken while guarding a nest of the sugary treats. *Reese's Peanut Butter Eggs*. Packing more peanut butter than a classic Reese's cup, these creamy candies hit the market in 1967. Other brands, including Snickers, Twix, Tootsie Roll and M&M's, have followed suit, turning their regular recipes into eggs every spring.

*Robin Eggs*. These have been around since the 1950s, and are basically Whoppers dressed up for springtime. The egg-shaped malted balls are blue, pink, yellow and white, covered in blue speckles, and often sold in a milk carton package. How "tweet!"



## APRIL 2023

### Ribbon-Wrapped Rainbow

Add a splash of springtime color to your home with this quick craft.

**Materials:**

- Foam wreath, any size
- Utility knife
- Pen
- Ribbon, assorted colors
- Craft glue
- Scissors
- White card stock

**Directions:**

On a cutting board, carefully cut the foam wreath in half, forming two arc shapes. (Note: One wreath form will make two rainbow wreaths.) With the pen, mark off equal-sized sections on one arc. Each section will be a different color. Select your first color of ribbon; starting at the first section, glue down the end of the ribbon to the back of the wreath. Wrap the ribbon around the wreath until the section is filled. Then, trim and glue the end of it down. Repeat with the remaining colors and sections. Cut two large cloud shapes from the white card stock. Glue them to each end of the wreath. Hang the rainbow on your door, wall or window for some springtime cheer!

**“The sky is always beautiful. Even when it’s dark or rainy or cloudy, it’s still beautiful to look at ... and it’ll be there no matter what.”**  
—Colleen Hoover

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:00am Courtyard Socializing 10:00am Manager on Duty Activity 12:00pm Lunch 2:00pm Resident Choice 5:30pm Dinner
2 9AM Coffee N News 10am Church with Tawanna 12pm Lunch 2pm Take a Stroll Courtyard 5.30pm Dinner	3 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments 10:30am Sit N Be Fit 12:00pm Lunch 1:30PM TEA FOR TWO SOCIAL 5:30pm Dinner	4 9:00am Devotional with Doris Thomas 10:00am Social Gathering with 11:00am Trivia 12:00pm Lunch 1:30pm Shopping Trip 2:30pm K,P Walking Club 5:30pm Dinner	5 9:00am Bible Study with MC 10:00am Social Gathering with Refreshments 10:30am Sit N Be Fit 12:00pm Lunch 2:00pm Bingo 5:30pm Dinner	6 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments 11:00am Music with Mike Lee 1:00PM EASTER EGG DYEING 2:00PM BINGO WITH OAK ST HEALTH 3:00pm Brother Allen	7 9:00am Devotional with Doris Thomas 9:30am Sit Be N Fit 10:00am Social Gathering with Refreshments And Charades 12:00pm Lunch 1:00PM EASTER EGG HUNT WITH THE EASTER BUNNY	8 9:00am Courtyard Socializing 10:00am Manager on Duty Activity 12:00pm Lunch 2:00pm Resident Choice 5:30pm Dinner
9 (Happy Easter) 9AM Coffee N News 10am Church with Tawanna 12pm EASTER LUNCHEON 2pm Take a Stroll Courtyard 5.30pm Dinner	10 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments Sit N Be Fit 10:30am Manicure Monday 12:00pm Lunch 1:30PM FRESH FRUIT SOCIAL WITH OAK ST HEALTH 5:30pm Dinner	11 9:00am Devotional with Doris Thomas 10:00am Social Gathering with 11:00am Trivia 1:30pm Lunch In the Park 2:30pm K,P Walking Club 5:30pm Dinner	12 9:00am Bible Study with MC 10:00am Social Gathering with Refreshments 10:30am Sit N Be Fit 12:00pm Lunch 2:00pm Let’s get outside 5:30pm Dinner	13 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments 11:00am Music with Mike Lee 12:00pm Lunch 2:00pm Crafting 3:00pm Brother Allen 5:30pm Dinner	14 9:30AM GARDENING CLUB AND PECAN DAY SOCIAL WITH AL SIDE 10:00am Social Gathering with Refreshments And Charades 12:00pm Lunch 2:00pm Social Gathering and talk about our (Casino) Trip	15 9:00am Courtyard Socializing 10:00am Manager on Duty Activity 12:00pm Lunch 2:00pm Resident Choice 5:30pm Dinner
16 9AM Coffee N News 10am Church with Tawanna 12pm Lunch 2pm Take a Stroll Courtyard 5.30pm Dinner	17 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments and Sit N Be Fit 10:30am Manicure Monday 12:00pm Lunch 1:30PM NATIONAL CHEESEBALL DAY SOCIAL 5:30 Dinner	18 (Casino Trip) 10:00am Social Gathering with 11:00am Trivia 12:00pm Lunch 2:30pm K,P Walking Club 5:30pm Dinner	19 9:00am Bible Study with MC 10:00am Social Gathering with Refreshments 10:30am Sit N Be Fit 12:00pm Lunch 2:00pm Bingo 5:30pm Dinner	20 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments 11:00am Music with Mike Lee 12:00pm Lunch 2:00pm Crafting 3:00pm Brother Allen 5:30pm Dinner	21 9:00am Devotional with Doris Thomas 10AM NATIONAL JELLYBEAN DAY TASTING and Social Gathering with Refreshments 12:00pm Lunch 2:00pm Bingo 5:30pm Dinner	22 9:00am Courtyard Socializing 10:00am Manager on Duty Activity 12:00pm Lunch 2:00pm Resident Choice 5:30pm Dinner
23 9AM Coffee N News 10am Church with Tawanna 12pm Lunch	24 9:00am Devotional with Doris Thomas 10:00am Social Gathering and Sit N Be Fit 10:30am Manicure Monday 12:00pm Lunch 1:30pm PIG IN A BLANKET DAY SOCIAL 5:30pm Dinner	25 9:00am Devotional with Doris Thomas 10:00am Social Gathering with 11:00am Trivia 12:00pm Lunch 1:30pm Shopping Trip 2:30pm Bingo 5:30pm Dinner	26 9:00am Bible Study with MC 10:00am Social Gathering with Refreshments and Poetry 10:30am Sit N Be Fit 12:00pm Lunch 2:00pm Bingo 5:30pm Dinner	27 9:00am Devotional with Doris Thomas 10:00am Social Gathering with Refreshments 11:00am Music with Mike Lee 12:00pm Lunch 2:00pm Resident Council Meeting 3:00pm Brother Allen 5:30pm Dinner	28 9:00am Devotional with Doris Thomas 10AM NATIONAL PRETZEL DAY SNACK Social Gathering with Refreshments 12:00pm Lunch 2:00pm Bingo 5:30pm Dinner	29 9:00am Courtyard Socializing 10:00am Manager on Duty Activity 12:00pm Lunch 2:00pm Resident Choice 5:30pm Dinner
30 9AM Coffee N News 10am Church with Tawanna 12pm Lunch						



These ladies were excited to have lunch at the Cracker Barrel on their weekly bus outings.



Introducing the Krewe of Knollwood Pointe Mardi Gras organization! These ladies enjoyed putting on a parade for our Memory Care Community. Laissez bon temps rouler!

## Wit & Wisdom

"A heart of gold is where the rainbow begins."

—Tammy L. Kubasko

"The sighting of a rainbow never fails to bring a smile to people's faces. They signify optimism and positivity: with them comes the sunshine after the rain."

—Matthew Williamson

"Life without dreams is like a rainbow without colors."

—Greyson Chance

"Rainbows remind us that even after the darkest clouds and the fiercest winds there is still beauty."

—Katrina Mayer

"All the best things in life are free: love, smiles, friends, family, pets and companions, thoughts, sunsets and sunrises and especially rainbows."

—Anthony T. Hincks

"Why would I spend my life chasing rainbows, when I can be still and see them in their full beauty?"

—Rasheed Ogunlaru

"Weekends are a bit like rainbows; they look good from a distance but disappear when you get up close to them."

—John Shirley

"The way I see it, if you want the rainbow, you gotta put up with the rain."

—Dolly Parton

"Look at the rainbow. It is made up of different colors, yet they do not split, because they know how beautiful they are when they stick together."

—Michael Bassey Johnson

