

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY

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Commemorating the End of World War II

This month marks a historic milestone, the anniversary of the end of World War II.

In May 1945, fighting in Europe ended with Germany's surrender. Three months later, the battle in the Pacific ceased after Japan surrendered. People across the globe celebrated with joy and relief.

Then on Sept. 2 in Tokyo Bay, the deck of the battleship USS Missouri served as the site of a momentous but solemn moment. In a ceremony broadcast throughout the world, Japanese delegates boarded the ship and signed formal surrender documents. Gen. Douglas MacArthur, commander of the Allied forces in the South Pacific, accepted and signed the agreement. Witnessing the event were representatives of nine Allied nations.

The six-year war was finally over, but many would not be returning home. More than 400,000 Americans and an estimated 65 million people worldwide gave their lives in the conflict.

Efforts quickly turned to rebuilding battle-torn countries.

The following years ushered in a baby boom and an era of post-war prosperity in the U.S.

The USS Missouri is now a museum and memorial ship that rests next to the USS Arizona Memorial at Pearl Harbor, Hawaii.



SEPTEMBER 2023



Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

Health professionals say these lifestyle choices are key to aging well:

- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.

SEPTEMBER 2023

Take a Breath

"Nature does not hurry, yet everything is accomplished."
—Lao Tzu

MEET THE TEAM

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STORMY MORING

Knollwood Pointe would like to extend the warmest of wishes to everyone born this month. It's your day to have your cake (and ice cream) and eat it, too. Happy Birthday!

Birthdays

September 11: Fannie R.

September 18: Doris T.

September 20: Pat P.

"Be curious always!
For knowledge will not acquire you;
you must acquire it."
—Sudie Back

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					7:30 Breakfast 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 12:00 Lunch 2:00 Ice Cream Social sponsored by SouthernCare 3:00 Emma M. Nutt Day (First Woman Telephone Operator) 5:30 Dinner	7:30 Breakfast 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch 2:00 Resident Choice 5:30 Dinner
3	Labor Day 4	5	6	7	8	9
7:30 Breakfast 10:00 Church With Tawanna 12:00 Lunch 2:00 Resident Choice 5:30 Dinner	7:30 Breakfast 10:00 Resident Council Meeting 10:30 Sweatin' with the Oldies 12:00 Lunch 1:00 Manicures & National Newspaper Carrier Day 2:30 Bingo 5:30 Dinner	7:30 Breakfast 10:00 Bingo with Rebound Rehab 11:00 Trivia 12:00 Lunch 1:30 Badminton 2:30 Walk in the Courtyard 5:30 Dinner	7:30 Breakfast 9:00 Bible Study with Tawanna 10:00 Coffee & Chat 12:00 Lunch 2:00 Bingo 3:00 National Sewing Machine Day 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 Crafting 12:00 Lunch 2:00 Mindful Talk 3:00 Brother Allen 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 Fun Day Friday Games 12:00 Lunch 2:00 "We're Off to See the Wizard" Social sponsored by Springhill Hospice (MC side) 3:30 National Pardon Day 5:30 Dinner	7:30 Breakfast 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch 2:00 Resident Choice 5:30 Dinner
10	11	12	13	14	15	16
7:30 Breakfast 10:00 Church With Tawanna 12:00 Lunch 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat Remembering 9/11 10:30 Sweatin' with the Oldies 12:00 Lunch 1:30 Manicures 2:30 Swap Ideas Day 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 National Peanut Day 12:00 Lunch 2:00 Positive Thinking Day 3:00 DOMINOES 5:30 Dinner	7:30 Breakfast 9:00 Bible Study with Tawanna 10:00 Coffee & Chat 12:00 Lunch 1:30 Arts & Crafts 2:30 National Women's Friendship Day 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 National Creme Filled Doughnuts Day 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:30 Dinner	7:30 Breakfast 10:00 Chair Exercises with Rebound Rehab 11:00 Cool Down Time 12:00 Lunch 2:00 KP Talent Show 5:30 Dinner	7:30 Breakfast 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch 2:00 Resident Choice 5:30 Dinner
17	18	19	20	21	22	23
7:30 Breakfast 10:00 Church With Tawanna 12:00 Lunch 2:00 Resident Choice 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 National Play-Doh Day 12:00 Lunch 2:00 Manicures 3:00 National Mayflower Day 5:30 Dinner	7:30 Breakfast 10:00 Trivia with Rebound Rehab 11:00 Talk Like a Pirate Day 12:00 Lunch 2:00 Bingo with Cornerstone Caregiving 3:00 National Dance Day 5:30 Dinner	7:30 Breakfast 9:00 Bible Study with Tawanna 10:00 Coffee & Chat 12:00 Lunch 1:30 National Peace Day 2:00 Birthday Party for Pat P. 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 Badminton 12:00 Lunch 2:00 Ubongo Activity 3:00 Brother Allen 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 12:00 Lunch 2:00 RESIDENT BIRTHDAY PARTY SPONSORED BY PROHEALTH GROUP (FA-LAYSHIA) 3:30 Bingo 5:30 Dinner	7:30 Breakfast 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch 2:00 Resident Choice 5:30 Dinner
24	25	26	27	28	29	30
7:30 Breakfast 10:00 Church With Tawanna 12:00 Lunch 2:00 Resident Choice 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 World Dream Day 12:00 Lunch 1:30 Manicures 2:30 Sweatin' with the Oldies 3:00 Bingo 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 The Price is Right 12:00 Lunch 1:30 Ask Stupid Questions Day 2:30 Courtyard Gathering 5:30 Dinner	7:30 Breakfast 9:00 Bible Study with Tawanna 10:00 Coffee & Chat 12:00 Lunch 1:30 Ubongo Activity 2:30 Bingo 5:30 Dinner	7:30 Breakfast 10:00 Coffee & Chat 10:30 National Good Neighbor Day 12:00 Lunch 1:30 Arts & Crafts 3:00 Brother Allen 5:30 Dinner	7:30 Breakfast 10:00 National Coffee Day: Bingo & Coffee with MC 12:00 Lunch 2:00 Fun Day Friday Games 3:00 Bingo 5:30 Dinner	7:30 Breakfast 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch 2:00 Resident Choice 5:30 Dinner



Let's Rock at the Sock Hop!

Our residents were ready to "Rock Around the Clock" at our 1st Annual Sock Hop Soda Shoppe event.



The side door at our community is for staff only. All visitors, guests, families and friends of Knollwood Pointe must use the front entrance only, sign in and sign out and exit through the front door. When taking a resident out of our community, the same protocol must be followed as well as alerting the nursing staff on duty and signing the resident out at the nurse's station. Thank you all for helping us keep our community safe for all.



Remember When: Jukeboxes

There was a time when the main attraction at many hangouts across the country was a jukebox. By depositing a coin and pressing a few buttons, customers could hear and dance to the songs of their choice from the machine's supply of vinyl records. Jukeboxes peaked in popularity in the 1950s, and classic models designed with chrome, polished wood and lighted panels are hot collectibles today.