

# THE Knollwood Pointe Lifestyle



KNOLLWOOD  
POINTE  
SENIOR LIVING AT EASE

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ASSISTED LIVING COMMUNITY  
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## National Diabetes Month

November is National Diabetes Month, and doctors say that in addition to eating a balanced diet and exercising regularly, getting enough sleep and managing stress are key factors in controlling blood sugar levels.

## Fall Back

Remember that daylight saving time ends on the first Sunday of November. So don't forget to move your clocks back one hour and enjoy the extra sleep!

## 'I Voted'

On Election Day, you may see folks sporting an "I Voted" sticker. The patriotic decals are believed to have first appeared at polls in the early 1980s.



## Ooh-Rah!

Happy birthday, Marines! On Nov. 10, 1775, the Continental Congress established the U.S. Marine Corps.

## Scruffy for a Cause

If you see a usually clean-shaven man looking a little scruffy in November, chances are it's not because he's gotten lazy, but rather because he is a cool dude with a warm heart who is raising awareness about cancer. No Shave November was started to bring awareness to prostate cancer, testicular cancer, and men's mental health issues.

## NOVEMBER 2023



## Recognition for Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces. Our Veterans Luncheon will be on Nov. 10th @ 12pm.



## Thanksgiving Luncheon

To celebrate all that we are thankful for, we are hosting a Thanksgiving feast on November 15th @ 12pm with turkey and all the trimmings, prepared by our very own chef. Guests for this event are limited to 2 per resident. We look forward to seeing you all.

**NOVEMBER  
2023**

**MEET THE  
TEAM**

**EXECUTIVE DIRECTOR**  
KAYE PRINGLE  
**DIRECTOR OF NURSING**  
LINDA DEES, RN  
**AL RESIDENT CARE  
COORDINATOR**  
VALERIE BELL, LPN  
**ADMISSIONS & SALES  
DIRECTOR**  
JENNIFER MEDEIROS  
**DIETARY DIRECTOR & CHEF**  
DAVID TWACHTMAN  
**MAINTENANCE DIRECTOR**  
RUDY FAIRLEY  
**ACTIVITY DIRECTOR**  
STORMY MORING

**Famous Firsts:  
Black Friday**

The day after Thanksgiving is one of the busiest shopping days of the year, known as Black Friday. The term has been traced back to 1950s Philadelphia, where it was used to describe the chaos caused by the traffic and crowds of shoppers who filled the city in advance of the weekend's annual Army-Navy football game. It was the late 1980s before the name was used nationwide, with retailers employing it to promote holiday sales.

**"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."**  
—Charlotte Rae

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 November Adult Coloring 3:00 Bingo	2 10:00 Coffee & Chat 10:30 Trivia 11:00 Front Porch Time 2:00 Arts & Crafts: Chalk Leaves 3:00 Dominoes	3 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Fun Day Friday Games 3:00 Bingo	4 ALABAMA VS LSU  AUBURN @ VANDERBILT
5 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (Please look in Activity Room for packets.) 3:00 Resident Choice	6 10:00 Resident Council Meeting 10:30 Manicures 1:30 Sweatin' with the Oldies 2:00 National Nacho Day: Nachos with Chili & Cheese 3:00 Bingo	7 10:00 Coffee & Chat: Cream Cheese & Jam 10:30 Roll a Turkey Dice Game 11:00 Front Porch Time 2:00 Word Search Puzzles 3:00 Jokes	8 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Arts & Crafts 3:00 Thanksgiving Word Game	9 10:00 Coffee & Chat 10:30 Poetry: Favorite Poets & Poems 11:00 Front Porch Time 2:00 Name that Tune 3:00 Dominoes & Donuts	10 10:00 Coffee & Chat: Veterans Day Discussion 10:30 Sweatin' with the Oldies 12:00 Veterans Day Luncheon & Presentation 2:00 Fun Day Friday Games 3:00 Bingo	11 ALABAMA @ KENTUCKY  AUBURN @ ARKANSAS
12 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (Please look in Activity Room for packets.) 3:00 Resident Choice	13 10:00 Coffee & Chat: World Kindness Day 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Birdseed Wreath Craft 3:00 Bingo	14 10:00 Coffee & Chat 10:30 Thanksgiving I Spy Activity 11:00 Front Porch Time 2:00 Manicures 2:30 Spa Day Facials	15 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 12:00 Thanksgiving Family Feast 2:00 Bingo	16 10:00 Piano Recital by Andre Forney 11:00 Front Porch Time 2:00 Crafting Class: World Button Day 3:00 Thanksgiving Seek 'n' Find	17 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Fun Day Friday Games 3:00 Bingo	18 ALABAMA VS CHATTANOOGA  AUBURN VS NEW MEXICO ST
19 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (Please look in Activity Room for packets.) 3:00 Resident Choice	20 10:00 Coffee & Chat: World Beautiful Day 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Manicures 3:00 Bingo	21 10:00 Coffee & Chat 10:30 Sewing Trivia 11:00 Front Porch Time 2:00 National Candy Day: Candy Bingo 3:00 Word Search Puzzles	22 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Arts & Crafts 3:00 Roll the Dice; Say Something Nice	23 <b>Happy Birthday Mr. Haymond</b> 9:00 Macy's Thanksgiving Day Parade 12:00 Lunch 2:00 Courtyard Stroll 3:00 Independent Activities Packets (please look in Activity Room for packets)	24 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Fun Day Friday Games 3:00 Bingo	25 <b>IRON BOWL SATURDAY!!!! ROLL TIDE!!!! WAR EAGLE!!!!</b>
26 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (Please look in Activity Room for packets.) 3:00 Resident Choice	27 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Arts & Crafts 3:00 Bingo	28 10:00 Coffee & Chat 10:30 Thanksgiving Flip 'n' Fill Activity 11:00 Front Porch Time 2:00 Manicures 3:00 Thanksgiving: This OR That	29 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 11:00 Front Porch Time 2:00 Bingo 3:00 Jokes	30 10:00 Coffee & Chat 10:30 Thanksgiving Outburst 11:00 Front Porch Time 2:00 Candy Dice Activity 3:00 Christmas Cards for The Ronald McDonald House		

## Word for November: Service

Each year, on Nov. 11, we celebrate Veterans Day by honoring the courageous men and women of the military for their service to our country. Merriam-Webster defines service as "contribution to the welfare of others." You can follow our service members' example and find ways to make the community a better place. Volunteer at a school or charitable organization. Pick up litter around the neighborhood. Or simply reach out to friends and neighbors who may need a helping hand and a smiling face. Don't forget to thank our AL veteran, Mr. Jack.



## Supporting Veterans Year-Round

Our country's military veterans have given so much to keep our freedoms alive. Show your gratitude and support with these ideas:

- **Pay it forward.** Many people decorate their car or wear clothing to proudly declare their veteran status. If you see one of these folks at a restaurant or coffee shop, pay for their order or briefly thank them for their service.
- **Share veterans' stories.** Talk to veterans in your circle about their experiences and record them so others can learn of their sacrifices. Encourage them to share their stories online at the Veterans History Project, and provide technical help if needed.
- **Join a local organization.** Several veterans' groups have auxiliary memberships for people without military experience. Local chapters are the best resources for learning about what the community needs most and taking action.
- **Support veteran-friendly businesses.** Shop at businesses owned by veterans or that make a point to hire veterans or support veterans' issues.
- **Find a charity that speaks to you.** There's a charitable organization that fits every interest and ability. Animal lovers may wish to give to Pets for Vets. Social butterflies are needed to enthusiastically greet Honor Flight veterans at the airport. Do you have a credit card that racks up frequent flier miles and hotel points? You can donate them to Fisher House, which provides temporary housing for veterans traveling for medical treatment. If you're crafty or like to write letters, there's a project for you at Operation Gratitude.
- **Use your voice.** Reach out to your representatives and let them know you value legislation and programs that benefit veterans and active service members. Research candidates and ballot issues and make sure you vote in every election.

## Family Games for After the Feast

The dishes are done, the leftovers are put away, and now is the time for a slice of pie and some good old-fashioned fun. These party games are sure to score big points at holiday gatherings.

**Charades.** This classic activity requires players to silently act out a word or phrase for their teammates to guess before the timer runs out. Add a seasonal spin by suggesting festive phrases to guess, such as "turkey" or "parade."

**Who am I?** Write down the names of famous people, real or fictional, on sticky notes. On each player's turn, they blindly choose a sticky note to place on their forehead. The other players must give clues to help the person guess the mystery identity. Simple, but silly!

**Blindfolded sketch.** Giggle till you gobble by blindfolding players and instructing them to draw a turkey on a piece of paper. Give step-by-step directions, and award points for every body part that's in the right spot!

**Board and card games.** The classics rarely disappoint. Pull out board games you have on hand and vote on which one to play. A deck of cards provides endless opportunities for group fun, from crazy eights to rummy to spoons.

**A to Z gratitude.** Go around the table and have each person share something they're thankful for, but it has to start with the next letter of the alphabet. Continue until all letters have been used.

