

THE Knollwood Pointe Lifestyle



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MEMORY CARE COMMUNITY
5601 Girby Road · Mobile, AL 36693 · (251) 666-1005 · www.knollwoodpointe.com

Hello, and welcome to February! We have plenty of fun activities planned this month. Please let me know if you have any questions or ideas to share! Our biggest event will be our Family Luncheon on February 16th. There is a 2 guest maximum per resident. Please RSVP to our Activity Director, Jess Kimbler @ 251-374-7119 to confirm your spot.



YOU ARE CORDIALLY INVITED TO A

"Laissez Les Bon Temps Rouler"

FAMILY LUNCHEON

Date: February 16th
@ 12:00pm

Place: Knollwood Pointe

PLEASE RSVP TO JESS: 251-374-7119

FEBRUARY 2024



Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial.

When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

For his efforts, Woodson has been called the father of Black history.

**FEBRUARY
2024**

**Blooms of
Love**

It's a love affair in full bloom that just keeps growing. Roses, with their soft petals and sweet scent, have charmed people of all ages and walks of life, been immortalized in art and verse and served as a longtime symbol of love and affection. Although fossils indicate the existence of roses as far back as 35 million years, cultivation of the flower is believed to have started about 5,000 years ago in China. Roses were grown all over the Roman Empire, then introduced throughout Europe in the 18th century. Since that time, hundreds of varieties of roses have been cross-produced to create today's boundless bouquet of colors and fragrances. Creating a new rose variety takes about 10 years of testing and development. The new rose is named by its grower. Some roses are labeled based on their color or other attributes, but many are the namesake of a famous person or celebrated place or event. Continual favorites are the Peace, Queen Elizabeth and Knock Out varieties.

**"Connecting our hearts
through love yields a
nectar so sweet we are
forever full."
—Amy Leigh Mercree**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Arts & Crafts 11:00 Mad Libs 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 RUMMY Card Games 3:00 Brother Allen</p>	<p>2</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Coffee & Chat: USO 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 Manicures with Jess 3:00 Friday Movie Matinee with Popcorn</p>	<p>3</p> <p>9:00 Music Therapy (Choose different genres on YouTube) 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 2:00 Vitamin D & Me Courtyard Socializing</p>
<p>4</p> <p>9:00 Church with Theodore Church of God MC Living Room 10:00 Gaither Music Program (YouTube) Manager on Duty Activity 2:00 Vitamin D & Me Courtyard Socializing</p>	<p>5</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Resident Council Meeting 12:00 Lunch and Relaxation 1:00 Bus Outing 3:30 Coffee & Card Games</p>	<p>6</p> <p>9:00 Morning News 9:30 Heartwood Christian Academy Singing Group 11:00 Mad Libs 11:30 Coffee & Chat 12:00 Lunch and Relaxation 2:00 Bingo 3:00 Trivia</p>	<p>7</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Mardi Gras Activity sponsored by Rebound Rehab 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 UNO Card Games 3:00 Worship with Joyce</p>	<p>8</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Arts & Crafts 11:00 Mad Libs 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 Bingo 3:00 Brother Allen</p>	<p>9</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Coffee & Chat 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 Manicures with Jess 3:00 Friday Movie Matinee with Popcorn</p>	<p>10</p> <p>9:00 Music Therapy (Choose different genres on YouTube) 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 2:00 Vitamin D & Me Courtyard Socializing</p>
<p>11</p> <p>9:00 Church with Theodore Church of God MC Living Room 10:00 Gaither Music Program (YouTube) Manager on Duty Activity 2:00 Vitamin D & Me Courtyard Socializing</p>	<p>12</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Cool Down Time 12:00 Lunch and Relaxation 1:00 Bus Outing 3:30 Coffee & Card Games</p>	<p>13</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Walmart Trip 11:00 Mad Libs 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 RUMMY Card Games 3:00 Trivia</p>	<p>14</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Cool Down Time 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 Bingo 3:00 Worship with Joyce</p>	<p>15</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Arts & Crafts 11:00 Coffee Corner 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 Bingo 3:00 Brother Allen</p>	<p>16</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Coffee & Chat 12:00 "Laissez Les Bons Temps Rouler" Luncheon 1:30 Music Therapy 2:00 Manicures with Jess 3:00 Friday Movie Matinee with Popcorn</p>	<p>17</p> <p>9:00 Music Therapy (Choose different genres on YouTube) 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 2:00 Vitamin D & Me Courtyard Socializing</p>
<p>18</p> <p>9:00 Church with Theodore Church of God MC Living Room 10:00 Gaither Music Program (YouTube) Manager on Duty Activity 2:00 Vitamin D & Me Courtyard Socializing</p>	<p>19</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Historical Documentary 12:00 Lunch and Relaxation 1:00 Bus Outing 3:30 Coffee & Card Games</p>	<p>20</p> <p>9:00 Morning News 9:30 Heartwood Christian Academy Singing Group 11:00 Mad Libs 11:30 Coffee & Chat 12:00 Lunch and Relaxation 2:00 Bingo 3:00 Trivia</p>	<p>21</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Exercises with Rebound Rehab 11:00 Cool Down Time 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 Bingo 3:00 Worship with Joyce</p>	<p>22</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Arts & Crafts 11:00 Mad Libs 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 UNO Card Games 3:00 Brother Allen</p>	<p>23</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Coffee & Chat 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 Manicures with Jess 3:00 Friday Movie Matinee with Popcorn</p>	<p>24</p> <p>9:00 Music Therapy (Choose different genres on YouTube) 10:00 Movie Matinee in Activity Room (Manager on Duty Activity) 2:00 Vitamin D & Me Courtyard Socializing</p>
<p>25</p> <p>9:00 Church with Theodore Church of God MC Living Room 10:00 Gaither Music Program (YouTube) Manager on Duty Activity 2:00 Vitamin D & Me Courtyard Socializing</p>	<p>26</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Cool Down Time 12:00 Lunch and Relaxation 1:00 Bus Outing 3:30 Coffee & Card Games</p>	<p>27</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Target Trip 11:00 Mad Libs 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 UNO Card Games 3:00 Trivia</p>	<p>28</p> <p>9:00 Morning News 9:30 Courtyard Gathering 10:30 Chair Yoga 11:00 Cool Down Time 12:00 Lunch and Relaxation 1:30 Music Therapy 2:00 RUMMY Card Games 3:00 Worship with Joyce</p>	<p>29</p> <p>9:00 Morning News 9:30 Take a Stroll Outside 10:00 Arts & Crafts 11:00 Mad Libs 11:30 Music Therapy 12:00 Lunch and Relaxation 2:00 Bingo 3:00 Brother Allen</p>		



MARDI GRAS ORIGINS

A celebration preceding Lent, Mardi Gras culminates on Shrove (or “Fat”) Tuesday, the day before Ash Wednesday. For nearly 300 years, Mobilians have observed this pre-Lenten celebration.

The first carnival observance occurred at 27 Mile Bluff in the year 1703, continuing the cultural traditions settlers in Mobile (the “Port City”) began back in their homeland of France. Celebrating Mardi Gras gave Mobilians the chance to enjoy a fine meal, some wine, and reminisce with families and friends.

In 1866, after the Civil War, during the period when Mobile was still occupied by Union Forces, another group of gentlemen, led by Joseph Stillwell Cain, decided to revive the Krafft parade (which had been on hiatus during the war). They “borrowed” a coal wagon from a local business, and dressed in improvised costumes depicting a legendary Chickasaw Indian chief, *Slacabamorinico*, they paraded through the streets of town on Shrove Tuesday, thus giving rebirth to Mardi Gras, which has been observed in Mobile ever since.

Highlights of Mobile Mardi Gras history include the crowning of “royalty.” In 1872, Daniel E. Huger first reigned as Carnival King Felix I, and a carnival association was established. Ethel Hodgson ruled as Mobile’s first Mardi Gras queen in 1893. Later, in 1939, The Colored Carnival Association (later to be renamed the Mobile Area Mardi Gras Association) selected a king and queen and elected the “Mayor of Colored Mobile,” later retitled Grand Marshal. In 1968, Joe Cain Day was established as an all-inclusive street celebration that anyone was welcome to join.



While originating in Mobile, the Mardi Gras celebration quickly spread to other locations throughout the Gulf Coast. Mobile’s Mardi Gras reputation as a major tourist attraction is reaching international proportions. More recent events in Mobile Mardi Gras tradition include, in 1993, the organization of the International Carnival Ball as a joint effort including both the Mobile Carnival Association and the Mobile Area Mardi Gras Association. In that year also the only public Mardi-Gras style ball was begun to salute the Port City’s carnival and international heritage.

CHEF’S CORNER

Keeping in theme with Mardi Gras, let’s talk about that delicious treat of graham cracker, marshmallow, and chocolate known as the moon pie.

Originally made in the early 1900s by the Chattanooga Bakery in Chattanooga, TN, it is believed to have received its name when a traveling salesman was asking some Kentucky coal miners if they would like a snack while taking a break. One of the miners asked for a snack with graham cracker and marshmallow, requesting one “as big as the moon,” which is what inspired the name Moon Pie.

By 1929, factory workers were boxing up hundreds every day, but the Moon Pie’s rapid rise in the 1920s and ‘30s was just the beginning. It solidified itself as a staple of American culture during WWII after the sweet sandwiches were sent to soldiers overseas; something still done today. On the home front, Moon Pies followed workers from the south as they traveled to work in northern steel mills and in Chicago and Detroit’s automobile plants. Many parents of that era considered Moon Pies to be the perfect snack for their children, with many who are now grown still relishing the memories of the Moon Pie during their childhood. Sometime during the mid to late 1950s, Moon Pies made their way into Mobile’s Mardi Gras parades, but it wasn’t until the early 1970s — when Mobile banned tossing cereal boxes for their sharp edges — that softer, sweeter Moon Pies took over as the holiday’s top treat.