


THE Knollwood Pointe Lifestyle



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POINTE
SENIOR LIVING AT EASE

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MEMORY CARE COMMUNITY
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It's That Time Again!

The seasons are changing, and the time has come to update your loved one's wardrobe. Please be sure that he or she has clothing appropriate for the season. When you bring in new items, please also remove any clothing that is out of season or has been worn or damaged. This will make finding the right clothes for the right season that much easier. Thank you!



Colorful Spring

In the Hindu religion, spring is welcomed with an unforgettable splash of color. Holi, the Festival of Colors, falls between late February and early March and is highlighted by large public celebrations, where people throw brightly colored powders and splash scented water on each other. The holiday honors both the arrival of spring and the story of Prahlada, a prince who was saved from a bonfire by the god Vishnu. The colors represent the flickering flames in the tale, as well as the warm, happy hues of springtime.

MARCH 2024

Women's History Month

Have you heard of ...

- **Elizabeth Cady Stanton:** was the co-founder of the famous 1848 Women's Rights Convention. She actually wrote many of the speeches and articles that fueled the women's movement.
- **Deborah Sampson:** dressed as a man and served with the Revolutionary forces defending the Hudson River Valley.
- **Mary Louisa Walder:** brought medical supplies from Canada to troops in Galveston, TX during the Civil War.
- **Allison Hopkins:** one of the iron-jawed angels who picketed the White House for women's right to vote.
- **Eliza Nicholson:** only woman publisher of a major metropolitan newspaper in 1875 and founder of the Women's International Press Association.
- **Ellen Swallow Richards:** a Vassar graduate who devoted her knowledge of science and technology to release women from the drudgery of housework and started the Women's Laboratory at MIT.
- **Madam CJ Walker:** the country's first black, female millionaire, she worked for black women's economic equality and empowerment through employment.



MARCH 2024

**Brain Bender:
Leprechaun
Logic**

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick’s Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they’re taking to the party.

- Bridget is the same age as the leprechaun who likes bread.
- The 8-year-old girl is not bringing a cake.
- Declan isn’t taking the stew.
- Erin loves rainbows. She is younger than Seamus.
- Seamus and his twin sister are 8 years old.
- The youngest leprechaun, who is 6, isn’t bringing cake or stew.
- Bridget isn’t taking bread, and Seamus isn’t taking cookies.

(Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)

**“Life is a painting,
and you are the artist.
You have on your palette all
the colors in the spectrum.”
—Paul J. Meyer**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
—Happy— Birthday —to you—	March Birthdays: <ul style="list-style-type: none"> • 03/12 Marcelle K. (MC) • 03/20 Jack B. (MC) • 03/26 Mary R. (MC) 				1	2
3	4	5	6	7	8	9
9:00 Sunday School with Theodore Church of God (MC Living Room) 10:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Resident Council Meeting 1:00 Bus Outing 3:00 Manicures (AL) 4:00 Movie Matinee	Walmart Shopping Trip 8:30 Morning News 9:00 Devotional 10:00 Conversation Catch Class 10:30 Boogie Woogie Dance Class 1:30 Take a Stroll Outside 2:00 Easter Sand Art 3:30 Movie Matinee: Hidden Figures	8:30 Morning News 9:00 Devotional 10:00 National Oreo Day Social 10:30 Activity with Rebound Rehab 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee	8:30 Morning News 9:00 Devotional 10:00 Balloon Badminton 10:30 Manicures (MC) 2:00 Arts & Crafts: Nature Collage 3:00 Brother Allen 3:30 Movie Matinee: Eat Pray Love	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 2:00 Working Women’s Day Social 2:30 Women’s Day Reminiscing 3:30 Documentary: “Ruth Bader Ginsburg”	9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets
10	11	12	13	14	15	16
9:00 Sunday School with Theodore Church of God (MC Living Room) 10:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 1:00 Bus Outing 3:00 Manicures (AL) 4:00 Movie Matinee	8:30 Morning News 9:00 Devotional 10:00 Concert featuring Christ United “Voices of Hope” 1:30 Take a Stroll Outside 2:00 Assorted Games in Activity Room 3:00 Trivia 3:30 Movie Matinee: Annie	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Manicures (MC) 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee	8:30 Morning News 9:00 Devotional 10:00 Potato vs. Corn: Chips & Popcorn Social 11:00 UNO Card Games 2:00 Arts & Crafts: St. Patrick’s Day 3:00 Brother Allen 3:30 Movie Matinee: Air Bud	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Mindful Talk & Coffee 2:00 St. Patrick’s Day Reminiscing 2:30 St. Patrick’s Day Activity 3:30 Movie Matinee: Fried Green Tomatoes	9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets
17	18	19	20	21	22	23
9:00 Sunday School with Theodore Church of God (MC Living Room) 10:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 1:00 Bus Outing 3:00 Manicures (AL) 4:00 Movie Matinee	Target Shopping Trip 8:30 Morning News 9:00 Devotional 10:00 Arts & Crafts: Play Dough Craft 1:30 Take a Stroll Outside 2:00 Tea for Two Social 3:00 Conversation Catch 3:30 Documentary: Becoming by Michelle Obama	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Activity with Rebound Rehab 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee	8:30 Morning News 9:00 Devotional 10:00 Arts & Crafts: Freestyle Painting 11:00 RUMMY Card Games 2:00 Manicures (MC) 3:00 Brother Allen 3:30 Movie Matinee: Mulan	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Mindful Talk & Coffee 2:00 Word Games 2:30 Bingo 3:30 Movie Matinee: Sixteen Candles	9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets
24	25	26	27	28	29	30
Daily Activities: SAME AS ABOVE	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Chair Yoga Class 1:00 Bus Outing 3:00 Manicures (AL) 4:00 Movie Matinee	8:30 Morning News 9:00 Devotional 10:00 Something on a Stick Social 11:00 Trivia 1:30 Take a Stroll Outside 2:00 Bingo 3:30 Movie Matinee: Mamma Mia	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 10:30 Manicures (MC) 2:00 Bingo 3:00 Worship with Joyce (MC Living Room) 3:30 Movie Matinee	8:30 Morning News 9:00 Devotional 10:00 Arts & Crafts: Spring Themed Drawing 11:00 Mindful Talk & Coffee 2:00 Easter Egg Dyeing 3:00 Brother Allen 3:30 Movie Matinee: Rise	8:30 Morning News 9:00 Devotional 10:00 Courtyard or Front Porch 11:00 Word Games & Coffee 2:00 Easter Egg Hunt 3:00 Easter Reminiscing 3:30 Movie Matinee: Persuasion	9:00 Take a Stroll Outside 10:00 Jigsaw Puzzles in Activity Room 11:00 Music Therapy (Choose different genres on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets
31						
Daily Activities: SAME AS ABOVE						



Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come; Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.

Prayer for the Work of This Day

Almighty God, thank you for the work my hand may find this day. May I find gladness in all its toil and difficulty, its pleasure and success, and even in its failure and sorrow. I would look always away from myself, and behold the glory and the need of the world, that I may have the will and the strength to bring the gift of gladness to others; that with them I stand to bear the burden and heat of the day and offer you my work, as well as I may accomplish it, in your praise. Amen.

Meditation

"Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance."
~ (Saint) Augustine of Hippo

Blessing

The Lord bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, this day and evermore. Amen.

Make Speckled Easter Eggs

Try this cool way to color Easter eggs. The best part? No mess! Add 1 cup of uncooked rice to a zip-close sandwich bag. Add 7 to 10 drops of food coloring (one color) and stir with a spoon. Repeat in separate bags with any other colors you want to use.

Place a hard-boiled egg (shell on!) in one of the bags. Close the bag and gently shake until the egg is colored to your liking. Use tongs to remove the egg and place it somewhere safe to dry. Repeat with remaining eggs.



Easy Easter Treats

Whip up a batch of homemade Easter treats: Melt 3 tablespoons of butter and a 10-ounce bag of marshmallows in a microwave-safe bowl. Pour the mixture over 6 cups of crisped rice cereal, stirring to combine. Grease a muffin tin with cooking spray, then place spoonfuls of the cereal mixture into the cups and shape them into bird nests. After cooling, remove the nests from the pan and fill them with jelly beans or chocolate candy eggs.