

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

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MEMORY CARE COMMUNITY
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AUGUST 2023

Let's Have a Luau!

Aloha! Time to get out your Hawaiian shirt, grass skirt and lei! We're having a luau, and would love to see everyone there. Check the calendar for details.



Aloha!

You may think that luaus are just a great way to throw a tropic-inspired party, but the luau actually has a tradition and history dating back to the days of Hawaiian royalty. Prior to the rule of King Kamehameha II, feasts known as 'aha 'aina were celebrations of momentous events: a child's first birthday or the return of warriors. Men and women ate separately at these events, as required by religious custom. King Kamehameha II parted with tradition, however, and threw a celebration at which men and women sat together to eat. Many believe this celebration is the historical root of the modern luau.

As these celebrations became more common, they came to be known as "luaus" for the taro plant that was a popular ingredient in dishes served at the celebrations.

Today, luaus are just as likely to be a general party as they are to be a specific celebration. They are characterized by foods such as poi, poke and kálua pig. Entertainment typically includes music and dancing.

CHEF'S CORNER

Ice cream's origins are known to reach back as far as the second century B.C. We know that Alexander the Great enjoyed snow and ice flavored with honey and nectar. Biblical references also show that King Solomon was fond of iced drinks during harvesting. During the Roman Empire, Nero Claudius Caesar (A.D. 54-86) frequently sent runners into the mountains for snow, which was then flavored with fruits and juices. Over a thousand years later, Marco Polo returned to Italy from the Far East with a recipe that closely resembled what is now called sherbet. Historians estimate that this recipe evolved into ice cream sometime in the 16th century. England seems to have discovered ice cream at the same time, or perhaps even earlier than the Italians. "Cream Ice," as it was called, appeared regularly at the table of Charles I during the 17th century. France was introduced to similar frozen desserts in 1553 by the Italian Catherine de Medici when she became the wife of Henry II of France. It wasn't until 1660 that ice cream was made available to the public. The Sicilian Procopio introduced a recipe blending milk, cream, butter, and eggs at the first café in Paris. Until 1800, ice cream remained a rare and exotic dessert enjoyed mostly by the elite. Around 1800, insulated ice houses were invented. Manufacturing ice cream soon became an industry in America, pioneered in 1851 by a Baltimore milk dealer named Jacob Fussell. Like other American industries, ice cream production increased because of technological innovations, including steam power, mechanical refrigeration, the homogenizer, electric power, motors, packing machines, and new freezing processes. In addition, motorized delivery vehicles dramatically changed the industry.

AUGUST 2023

Shine a Light

National Lighthouse Day, Aug. 7, shines the spotlight on the more than 700 beacons on America's shorelines.

MEET THE TEAM

EXECUTIVE DIRECTOR
KAY PRINGLE

HR ADMINISTRATOR
DONTA YOUNG

REGISTERED NURSE
TIM WIGGINS, RN

MC RESIDENT CARE COORDINATOR

CHARNELLE NICHOLS, LPN

ADMISSIONS & SALES DIRECTOR

JENNIFER MEDEIROS

DIETARY DIRECTOR & CHEF

DAVID TWACHTMAN

MAINTENANCE DIRECTOR

DAVID MAHAN

MC ACTIVITY DIRECTOR

JESS KIMBLER

Late Bloomers

August might not seem like the best time to start a container vegetable garden, but it's not too late! A variety of lettuces, broccoli and cabbage can be planted in late summer and harvested during the fall.

"The winds and the waves are always on the side of the ablest navigators."
—Edward Gibbon

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HAPPY BIRTHDAY JOHN L. 1 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL 3:30 COURTYARD POPCICLES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	2 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 RELAXATION HOUR 1:00 ICE CREAM SANDWICHES AT THE PARK 3:00 WORSHIP: JOYCE ROBERTSON 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	3 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL & POPCICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	4 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 10:30 GROUP DISCUSSION 12:30 RELAXATION HOUR 2:00 "DO THE WATERMELON CRAWL" DANCE COMPETITION SPONSORED BY PROHEALTH GROUP 3:30 INDEPENDENT ACTIVITIES: DOMINOES, CHECKERS, KINGS IN CORNER 6:00 KP DANCE PARTY HOUR	5 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE
6 8:30 MORNING NEWS 9:00 BELLINGRATH GARDENS TOUR & LUNCH OUTING 10:00 CHURCH WITH TAWANNA 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE	7 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 12:30 RELAXATION HOUR 1:30 MANICURES 3:00 LEMONADE IN THE COURTYARD 3:30 LIGHTHOUSES AROUND THE WORLD 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	8 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO SPONSORED BY GENTIVA 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL 3:30 COURTYARD POPCICLES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	9 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 LITERARY WORKS OF ART 11:00 MUSIC THERAPY 12:30 RELAXATION HOUR 1:00 SIGHTSEEING TOUR TO BILOXI 3:00 WORSHIP: JOYCE ROBERTSON 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	10 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL & POPCICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	11 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 10:30 GROUP DISCUSSION 12:30 RELAXATION HOUR 2:00 ICE CREAM SOCIAL 3:30 INDEPENDENT ACTIVITIES: DOMINOES, CHECKERS, KINGS IN CORNER 6:00 KP DANCE PARTY HOUR	12 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE
13 8:30 MORNING NEWS 9:00 SUNDAY SCHOOL CLASS WITH THEODORE CHURCH OF GOD 10:00 CHURCH WITH TAWANNA 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE	14 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 12:30 RELAXATION HOUR 1:30 MANICURES 3:00 LEMONADE IN THE COURTYARD 3:30 WW2: V-J DAY 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	15 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 SPA DAY SET UP 2:00 SPA DAY WITH DIANE MOSLEY 3:30 COURTYARD POPCICLES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	16 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 MUSIC THERAPY 11:00 LUNCH OUTING AT BEL-AIR MALL & VIP BOWLING AT SURGE 12:30 RELAXATION HOUR 3:00 WORSHIP: JOYCE ROBERTSON 3:30 COMEDY: THE JOKE'S ON YOU 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	17 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL & POPCICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	HAPPY BIRTHDAY JOAN H. 18 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 10:30 BAD POETRY DAY 12:00 FAMILY & FRIENDS LUAU LUNCHEON: MEET & GREET THE TEAM 3:30 INDEPENDENT ACTIVITIES: DOMINOES, CHECKERS, KINGS IN CORNER 6:00 KP DANCE PARTY HOUR	19 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE
20 8:30 MORNING NEWS 9:00 SUNDAY SCHOOL CLASS WITH THEODORE CHURCH OF GOD 10:00 CHURCH WITH TAWANNA 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE	21 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 12:30 RELAXATION HOUR 1:30 MANICURES 3:00 LEMONADE IN THE COURTYARD 3:30 SENIOR CITIZENS DAY 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	22 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL 3:30 COURTYARD POPCICLES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	HAPPY BIRTHDAY SPENCER F. 23 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 RIDE THE WIND DAY 11:00 MUSIC THERAPY 12:30 RELAXATION HOUR 1:00 SIGHTSEEING TOUR TO BASS PRO SHOP IN DAPHNE 3:00 WORSHIP: JOYCE ROBERTSON 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	HAPPY BIRTHDAY MARIE C. 24 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL & POPCICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	25 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 10:30 GROUP DISCUSSION 12:30 RELAXATION HOUR 2:00 END OF SUMMER BIRTHDAY BASH 3:30 INDEPENDENT ACTIVITIES: DOMINOES, CHECKERS, KINGS IN CORNER 6:00 KP DANCE PARTY HOUR	26 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE
27 8:30 MORNING NEWS 9:00 SUNDAY SCHOOL CLASS WITH THEODORE CHURCH OF GOD 10:00 CHURCH WITH TAWANNA 12:30 RELAXATION HOUR 2:30 WALKING CLUB 3:00 LEMONADE IN THE COURTYARD 4:00 MUSIC THERAPY 6:00 MOVIE MATINEE	28 9:00 MORNING NEWS 9:30 MUSIC THERAPY 10:00 KICKBALL 12:30 RELAXATION HOUR 1:30 MANICURES 3:00 LEMONADE IN THE COURTYARD 3:30 SIGNATURE FOOD DISHES 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	29 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO SPONSORED BY GENTIVA 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL 3:30 COURTYARD POPCICLES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE	30 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 MUSIC THERAPY 11:00 LUNCH OUTING TO CRACKER BARREL 12:30 RELAXATION HOUR 3:00 WORSHIP: JOYCE ROBERTSON 3:30 FRANKENSTEIN DAY 4:00 COLOR ME WONDERFUL 6:00 BINGO HOUR	31 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 RELAXATION HOUR 1:30 ARTS & CRAFTS 2:30 KICKBALL & POPCICLES 3:00 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE		All Events Are Subject to Change



Joan H. enjoyed dipping her feet in the pool during our resident birthday Pool Party!



Tommy C. enjoyed dipping his feet in the pool during our resident birthday Pool Party!



BOOKMOBILE VISIT!!!!

The county bookmobile will be making a stop at our community this month. Check the activities calendar for the date and time, or ask the activities director if you need help with a book or materials request.



Stay Hydrated and Stay Healthy

Whether you are being active or simply relaxing, and even if you don't feel thirsty, staying hydrated is essential to your health. Staff members have set up a hydration station, so fill up on water or the other beverages offered. If there's something else that would quench your thirst, please let us know.