

# THE Knollwood Pointe Lifestyle



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## \*\*JANUARY BIRTHDAYS\*\*

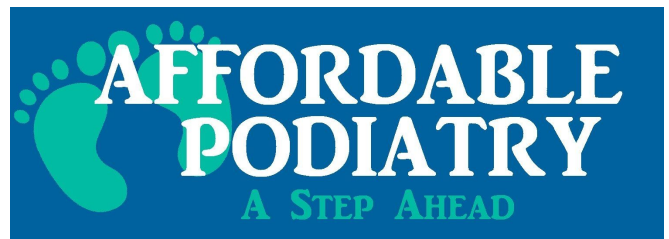


## JANUARY 2025



### Podiatry Services at Knollwood Pointe

We are pleased to announce that Dr. Stuart Alter from Affordable Podiatry will be visiting Knollwood Pointe on Thursday, January 9, 2025, at 2:00 PM to provide podiatry services. Cost: \$25 per resident. Payment Options: Cash (on the day of the visit), Check (payable to Affordable Podiatry), Debit card (on the day of the visit, with a \$3 convenience fee). For your convenience, prepayments can also be made: In Person: Visit Affordable Podiatry at their location on Airport Blvd. By Phone: Call Affordable Podiatry to pay via debit card. Important: If you choose to prepay, please notify the Knollwood Pointe Activity Director at 251-374-7119 so we can ensure your name is included on the final list prior to the appointment. Thank you! We look forward to this opportunity to support your health and wellness.



**JANUARY 2025**

## Celebrating Three Kings Day in the USA

Three Kings Day, or the Feast of Epiphany, is celebrated on January 6th, marking the visit of the Magi to the Christ Child. Though its roots are in Christian tradition, the holiday has found vibrant expression in many U.S. communities, especially those with Hispanic, Latin American, or Caribbean influences. Popular customs include church services, festive parades, and the sharing of **"Rosca de Reyes"** (King's Cake), a sweet bread with a hidden figurine of the Baby Jesus. Children often leave out shoes filled with hay for the Magi's camels on January 5th, waking up to small gifts the next morning. For many, this day is a joyful conclusion to the Christmas season, blending faith, culture and community. It's also a reminder of the Magi's message of faith, generosity and peace—a tradition cherished by families across the country.

**"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."**  
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>New Year's Day</b> 1 <ul style="list-style-type: none"> <li>Independent Activity Sheets will be available for your use in the Activity Room.</li> <li>Use this day to reflect on the year behind you and think warmly of the year ahead.</li> <li>Grab a friend and catch a movie on our plush sofa.</li> </ul>	2 11:00 Brainiac Club: Word Activity 11:30 Walking Club 2:00 Bingo 3:00 Bible Study with Brother Allen	3 11:00 Chair Yoga for Seniors (YouTube) 11:30 Puzzles & Refreshments 2:00 Monopoly 3:00 Movie Matinee in Activity Room	4 10:00 Movie Matinee 2:00 Bingo 3:00 Coffee & Chat in Activity Room 4:00 Courtyard Stroll or Sit on Front Porch
5 10:00 Coffee & Chat in Activity Room 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Movie Matinee	6 10:30 Zumba Gold for Seniors (YouTube) 11:00 Brainiac Club: Word Activity 2:00 Poker Keno 3:00 Coffee & Cover the Numbers Dice Activity	7 <b>BOOKMOBILE: 9:30AM</b> 11:00 Chair Exercises for Seniors (YouTube) 1:30 Community Town Hall Meeting with Leadership Team 2:00 Bingo 3:00 Hymns with Brother David Gill	8 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon 2:00 Monopoly 3:00 Movie Matinee in Activity Room	9 10:00 Bus Outing to Dawes Walmart 11:00 Trivia Hour 2:00 Bingo 3:00 Bible Study with Brother Allen	10 11:00 Chair Exercises for Seniors (YouTube) 11:30 Puzzles & Refreshments 2:00 Chip, Dip & Chill: Join us and try your favorite chip & dip combination! 3:00 Movie Matinee in Activity Room	11 10:00 Movie Matinee 2:00 Bingo 3:00 Coffee & Chat in Activity Room 4:00 Courtyard Stroll or Sit on Front Porch
12 10:00 Coffee & Chat in Activity Room 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Movie Matinee	13 10:30 Chair Exercises for Seniors with Rebound Rehab 11:00 Chicken Foot 2:00 Family Feud 3:00 Coffee & Current Events	14 10:00 Safety Stop & Snack Shop: Bring your Pendants to the Activity Room for Inspection 12:00 Forks & Fellows: Gentlemen's Lunch 2:00 UNO with Friends 3:00 Hymns with Brother David Gill	15 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon 2:00 Poker Keno 3:00 Movie Matinee in Activity Room	16 11:00 Lunch Outing: Cracker Barrel on Schillinger Road 2:00 Bingo 3:00 Bible Study with Brother Allen 6:00 Sweet Dreams Social: Slip into your favorite pajamas & join us for donuts & hot cocoa!	17 11:00 Zumba Gold for Seniors (YouTube) 11:30 Puzzles & Refreshments 2:00 Bingo 3:00 Movie Matinee in Activity Room	18 10:00 Movie Matinee 2:00 Bingo 3:00 Coffee & Chat in Activity Room 4:00 Courtyard Stroll or Sit on Front Porch
19 10:00 Coffee & Chat in Activity Room 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Movie Matinee	<b>Martin Luther King Jr. Day</b> 20 10:30 Zumba Gold for Seniors (YouTube) 11:00 Mexican Train 2:00 Bingo 3:00 Coffee & MLK Trivia	21 11:00 Activity Planning Meeting: Bring your ideas for February's Activity Calendar! 11:30 Walking Club 2:00 Poker Keno 3:00 Hymns with Brother David Gill	22 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon 2:00 UNO with Friends 3:00 Movie Matinee in Activity Room	23 10:00 Bus Outing to Five Below @ Cottage Hill & Hillcrest 11:00 Trivia Hour 2:00 Bingo 3:00 Bible Study with Brother Allen	24 11:00 Chair Yoga for Seniors (YouTube) 11:30 Puzzles & Refreshments 2:00 Sweet & Savory Social: Join us for your classic assortment of sweet & savory treats! 3:00 Movie Matinee in Activity Room	25 10:00 Movie Matinee 2:00 Bingo 3:00 Coffee & Chat in Activity Room 4:00 Courtyard Stroll or Sit on Front Porch
26 10:00 Coffee & Chat in Activity Room 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Movie Matinee	27 10:30 Chair Exercises for Seniors (YouTube) 11:00 Brainiac Club: Word Activity 2:00 Poker Keno 3:00 Coffee & Cover the Numbers Dice Activity	28 11:00 Resident Council Meeting 12:00 Joyful Journeys Luncheon: All January birthdays are invited to attend a special luncheon in our Activity Room! 2:00 UNO with Friends 3:00 Hymns with Brother David Gill	29 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon 2:00 Family Feud 3:00 Movie Matinee in Activity Room	30 10:00 Shopping & Lunch Outing at The Shoppes at Bel Air Mall 11:00 Trivia Hour 2:00 Bingo 3:00 Bible Study with Brother Allen	31 11:00 Zumba Gold for Seniors (YouTube) 11:30 Puzzles & Refreshments 2:00 Fruitful Gatherings: Join us as we indulge our sweet tooth in some fresh fruit! 3:00 Movie Matinee in Activity Room	

# Doris Saucer: A Lady Who Has Always Aimed to "Fly High"



Born and raised in Greenville, AL, Doris Saucer learned early on to lean on her faith. Accepting Jesus as her Savior at a young age, she memorized verses and hymns to share His love with others. Her determination and work ethic were evident even before she graduated from Greenville High, as she began her career as a dental assistant, helping many people retain their smiles.

Doris grew up with three sisters—Velma, Betty and Ola Mae—and shared a special bond with her cousin, Lola Jane. It was through Lola Jane and her future husband, Bobby, that Doris met the love of her life, Melvin Saucer. United by their shared faith, Doris and Melvin married in 1956 and "took flight," moving to Virginia, where they welcomed their daughters, Liz and Lisa.

Eager to be closer to family, the Saucer family eventually settled in Grand Bay, AL. Doris embraced her role as a stay-at-home mom, active in church and as a room mother, making her home a hub of love and laughter. Friends were always welcome, and one of Liz's friends, Linda, became like a third daughter. Doris also supported Liz's Scouting endeavors, helping her achieve the rank of Cadet.

The family motto, "Straighten up and fly right as all Saucers do," guided Doris' life. She worked with her daughter, Lisa, as a WeightWatchers' receptionist, offering quiet encouragement and warm smiles. She also raised funds for causes like the American Heart Association and the American Cancer Society. After Melvin went home to the Lord in 2012, Doris continued inspiring others, offering support to widows at her church.

Now a resident of Knollwood Pointe, Doris enjoys activities like bingo, cheering on game shows and finding peace in her "prayer chair," lifting up her family and friends. A three-time breast cancer survivor, Doris attributes her strength to her faith and the support of her Knollwood Pointe family. As she says, "You can't keep a good Saucer down!"



Happy New Year! As we step into 2025, I am filled with gratitude for the vibrant community we share at Knollwood Pointe. Each one of you contributes to making this a place of joy, care and connection.

The start of a new year is always an opportunity to reflect on the past and look forward to a fresh chapter. This year, we are committed to enhancing every aspect of life at Knollwood Pointe. From exciting activities and events to continued improvements in our services, our goal is to ensure this community continues to feel like home for all.

We are proud of what we achieved in 2024, from memorable celebrations to fostering closer connections among residents, families and staff. In 2025, we will focus on building upon that success. We aim to strengthen our programs, prioritize health and well-being and, most importantly, create more opportunities for meaningful engagement and fun.

I encourage you to share your ideas and feedback with us. Your voice is an essential part of what shapes our community and helps us grow together. Let us embrace this new year with open hearts, positivity and the resolve to make every day better than the last.

Here's to a year of fresh beginnings, lasting memories and continued togetherness at Knollwood Pointe.