

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

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

AUGUST 2024



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.



Family & Friends

We would love for you to join us on August 27, 2024 at 5:00pm for our monthly Family & Friends event. Further details will be posted soon!

I love
my
Family

AUGUST 2024

Remember When: Porch-Sitting Season

Before air conditioning was a common feature in most American homes, many folks took to front porches to find cool relief. There, they gathered to catch a breeze in the open air, sip a cool beverage and chat about their day. Porches served as social hubs, and neighbors and friends were often invited to pull up a chair and "sit a spell."

Age Doesn't Matter

Gray Panthers founder Maggie Kuhn was born Aug. 3, 1905, in Buffalo, N.Y. Although she wanted to continue working, she was forced to retire at age 65. She then founded the Gray Panthers to fight age discrimination. The organization's work led to a ban on mandatory retirement in most professions and inspired nursing home reform.

**"It's never too late in life to have a genuine adventure."
—Robert Kurson**

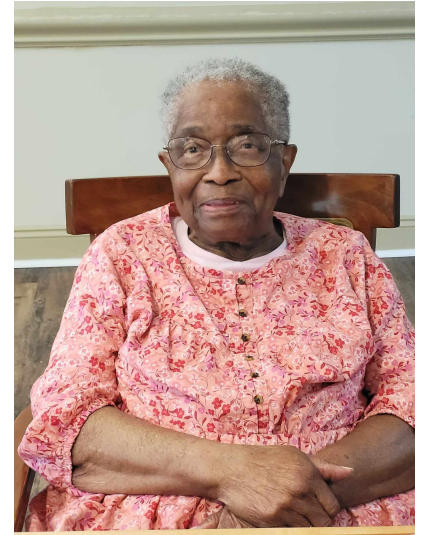
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	RESIDENT CHOICE 3 <ul style="list-style-type: none"> Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 4 <ul style="list-style-type: none"> Church Services at 9:30am on MC Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	5 8:00 Breakfast 10:00 Bingo with Viva Medicare 11:00 Coffee & Cardio 11:30 Card Games 12:00 Lunch 1:00 Tea Time 5:00 Dinner	6 8:00 Breakfast 11:00 Arts & Crafts 11:30 Devotion 12:00 Lunch 2:00 Bingo 3:00 Root Beer Float Day 5:00 Dinner	7 8:00 Breakfast 11:00 Coffee & Cardio 11:30 Cover the Number: Dice Activity 12:00 Lunch 1:00 Pamper & Polish 2:00 Movie Matinee 5:00 Dinner	8 8:00 Breakfast 10:00 Bingo 11:00 Board Games 12:00 Lunch 3:00 Brother Allen 3:30 Movie Matinee 5:00 Dinner	9 8:00 Breakfast 10:00 Revival with Elizabeth & Friends 11:30 Trivia 12:00 Lunch 2:00 Bingo 3:00 Friday Matinee 5:00 Dinner	RESIDENT CHOICE 10 <ul style="list-style-type: none"> Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 11 <ul style="list-style-type: none"> Church Services at 9:30am on MC Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	12 8:00 Breakfast 11:00 Coffee & Cardio 11:30 Current Events 12:00 Lunch 2:00 Bingo & Baking Club 3:00 Music & Refreshments 5:00 Dinner	13 8:00 Breakfast 10:00 Bingo 11:00 Word Games & Refreshments 12:00 Lunch 1:00 Arts & Crafts 2:00 Two for Tuesday: Movie & Popcorn 5:00 Dinner	14 8:00 Breakfast 11:00 Coffee & Cardio 11:30 Pamper & Polish 12:00 Lunch 2:00 National Creamsicle Day 3:00 Activity Packet 5:00 Dinner	15 8:00 Breakfast 11:00 Arts & Crafts 11:30 Word Puzzles & Refreshments 12:00 Lunch 2:00 Sno-Cones with Springhill HH 3:00 Brother Allen 5:00 Dinner	16 8:00 Breakfast 10:00 Bingo 11:00 Coffee & Cardio 11:30 Current Events 12:00 Lunch 2:00 Friday Matinee 5:00 Dinner	RESIDENT CHOICE 17 <ul style="list-style-type: none"> Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 18 <ul style="list-style-type: none"> Church Services at 9:30am on MC Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	19 8:00 Breakfast 10:00 Bingo 11:00 Tea Time 11:30 Blast From the Past: Old Photographs 12:00 Lunch 1:00 Pamper & Polish 5:00 Dinner	20 8:00 Breakfast 11:00 Arts & Crafts 11:30 Devotion 12:00 Lunch 2:00 Bingo 3:00 Radio Day Trivia & Snack 5:00 Dinner	21 8:00 Breakfast 11:00 Glamour Shots 11:30 Tea Time 12:00 Lunch 1:00 Pamper & Polish 2:00 Activity Packet 5:00 Dinner	22 8:00 Breakfast 10:00 Bingo 11:00 Word Games & Refreshments 11:30 Arts & Crafts 12:00 Lunch 3:00 Brother Allen 5:00 Dinner	23 8:00 Breakfast 11:00 Coffee & Cardio 11:30 Card Games 12:00 Luau Luncheon 2:00 Bingo 3:00 Friday Matinee 5:00 Dinner	RESIDENT CHOICE 24 <ul style="list-style-type: none"> Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 25 <ul style="list-style-type: none"> Church Services at 9:30am on MC Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	26 8:00 Breakfast 11:00 Coffee & Cardio 11:30 Card Games 12:00 Lunch 2:00 Bingo & Baking Club 3:00 Music & Refreshments 5:00 Dinner	27 8:00 Breakfast 10:00 Bingo 11:00 Arts & Crafts 12:00 Lunch 2:00 Two for Tuesday: Movie & Popcorn 5:00 Dinner 5:00 Family Night	28 8:00 Breakfast 11:00 Coffee & Cardio 11:30 Word Games 12:00 Lunch 1:00 Pamper & Polish 2:00 Activity Packet 5:00 Dinner	29 8:00 Breakfast 11:00 Board Games 11:30 Trivia 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:00 Dinner	30 8:00 Breakfast 10:00 Bingo 11:00 Coffee & Cardio 12:00 Lunch 2:00 Resident Birthday Bash 3:30 Friday Matinee 5:00 Dinner	RESIDENT CHOICE 31 <ul style="list-style-type: none"> Step Outside for Some Fresh Air!! Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!



Ms. Helen or April O'Neil?

Watching Ms. Helen look upon her turtles with such love and affection warms my soul and brings back childhood memories growing up watching The Teenage Mutant Ninja Turtles and how Leonardo, Donatello, Michelangelo, and Raphael would flock to news reporter April O'Neil.

August Birthdays



4th of July Fun

