



KNOLLWOOD  
POINTE  
SENIOR LIVING AT EASE

Like Us!  

# THE Knollwood Pointe Lifestyle

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

## AUGUST 2024



A TROPICAL PARADISE  
EXPERIENCE

*Aloha!:*  
*Luau Luncheon*

Two guests per resident maximum  
August 23, 2024 | 12 PM  
Knollwood Pointe Assisted Living  
RSVP JESS AT (251) 374 7119



## 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!

## 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.

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."

**Crickets Can  
Tell You the  
Temperature**

You could call them nature's thermometers. Listening to the chirps of crickets can give you a rough estimate of the outside temperature. The Old Farmer's Almanac provides this formula: Count the number of chirps in 14 seconds, then add 40 to that number. For example, if you hear 30 chirps, add 40, which would be 70 degrees.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Happy B-day John!</b> 1	2	3
7:30 Breakfast 8:30 Morning News 9:30 Church Service 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo with Viva Medicare 2:00 Dice-rcise 2:30 Arts & Crafts 3:30 Trivia 4:00 Monday Matinee: Hope Floats	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Competitive Games 2:00 Bingo 3:00 Root Beer Float Day 3:30 Color Me Wonderful 4:00 Two for Tuesday: Movie & Popcorn	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Kickball 1:30 Pamper & Polish 2:30 Arts & Crafts 3:00 UNO with Friends 4:00 Jazz it Up Music & Dance	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 National Cat Day 2:30 Kickball 3:30 Brother Allen 4:00 Documentary: The Biggest Little Farm	8:30 Morning News 9:00 Devotion 10:00 Revival with Elizabeth & Friends 2:00 Bingo 3:00 Giant Crossword 3:30 Music & Dance 4:00 Friday Matinee: Resident Choice	7:30 Breakfast 8:30 Morning News 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner
4	5	6	7	8	9	10
7:30 Breakfast 8:30 Morning News 9:30 Church Service 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Dice-rcise 2:00 Bingo & Baking Club 3:00 Snack & Music 3:30 Arts & Crafts 4:00 Monday Matinee: Father of the Bride	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Axe Throwing 2:30 Dice Games 3:30 Color Me Wonderful 4:00 Two for Tuesday: Movie & Popcorn	<b>Happy B-day Jerry!</b> 14	15	16	17
11	12	13	14	15	16	17
7:30 Breakfast 8:30 Morning News 9:30 Church Service 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Dice-rcise 2:00 Bingo & Baking Club 3:00 Snack & Music 3:30 Arts & Crafts 4:00 Monday Matinee: Father of the Bride	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Axe Throwing 2:30 Dice Games 3:30 Color Me Wonderful 4:00 Two for Tuesday: Movie & Popcorn	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Kickball 2:00 National Creamsicle Day 2:30 Pamper & Polish 3:30 Table Top Activities 4:00 Jazz it Up Music & Dance	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Kickball 2:00 Sno-Cones with Springhill 3:00 Color Me Wonderful 3:30 Brother Allen 4:00 Documentary: Erased WW2 Heroes of Color	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Axe Throwing 3:00 Virtual Rollercoaster Day 3:30 Color Me Wonderful 4:00 Friday Matinee:	7:30 Breakfast 8:30 Morning News 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner
18	19	20	21	22	23	24
<b>Happy B-day Joan H!</b>						
7:30 Breakfast 8:30 Morning News 9:30 Church Service 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Dice-rcise 3:00 Snack & Music 3:30 Trivia 4:00 Monday Matinee: Little Black Book	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Competitive Games 2:00 Bingo 3:00 Snack & Radio Day 3:30 Color Me Wonderful 4:00 Two for Tuesday: Movie & Popcorn	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Kickball 2:00 Senior Citizens Day Glamour Shots 3:00 Worship with Joyce 3:30 Trivia 4:00 Jazz it Up Music & Dance	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Kickball 2:30 Arts & Crafts 3:30 Brother Allen 4:00 Documentary: Secrets of the Whales	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Balloon Volleyball 12:00 Luau Luncheon 2:00 Bingo 3:00 Giant Crossword 4:00 Friday Matinee: Resident Choice	7:30 Breakfast 8:30 Morning News 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner
25	26	27	28	29	30	31
7:30 Breakfast 8:30 Morning News 9:30 Church Service 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Dice-rcise 2:00 Bingo & Baking Club 3:00 Snack & Music 3:30 Trivia 4:00 Monday Matinee: Splash	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Axe Throwing 2:30 Dice Games 3:30 Color Me Wonderful 5:00 Family Night	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Kickball 2:00 National Red Wine Day 2:30 Pamper & Polish 3:00 Table Top Activities 4:00 Jazz it Up Music & Dance	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Kickball 2:00 Bingo 3:00 Color Me Wonderful 3:30 Brother Allen 4:00 Documentary: Weird But True	8:30 Morning News 9:00 Gospel Music Program 9:30 Devotion 10:00 Bingo 2:00 Resident Birthday Bash 3:00 Hand Massages 3:30 Color Me Wonderful 4:00 Friday Matinee: Resident Choice	7:30 Breakfast 8:30 Morning News 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Afternoon Movie 4:30 Dinner



# BIRTHDAYS!!!!

