

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING 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

**MEET THE
TEAM**

EXECUTIVE DIRECTOR
KAY PRINGLE
HR ADMINISTRATOR
DONTA YOUNG
REGISTERED NURSE
TIM WIGGINS, RN
**AL RESIDENT CARE
COORDINATOR**
VALERIE BELL, LPN
**ADMISSIONS & SALES
DIRECTOR**
JENNIFER MEDEIROS
DIETARY DIRECTOR & CHEF
DAVID TWACHTMAN
MAINTENANCE DIRECTOR
DAVID MAHAN
AL ACTIVITY DIRECTOR
STORMY MORING

**Slurp Up a
Taste of
Summer**

A snow cone is a classic summertime treat. Depending on where you live, the cool concoction may be called a different name, such as a snowball or shaved ice, and vary in the consistency of the "snow," or ice, but it's usually topped with brightly colored syrups in fruity flavors.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August</i>		1 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 BINGO 3:00 WORD SEARCH PUZZLES 5:30 DINNER	2 9:00 BIBLE STUDY WITH TAWANNA ON MC 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 BINGO 3:00 THE PRICE IS RIGHT: 1958 5:30 DINNER	3 10:00 SOCIAL GATHERING 10:30 ARTS & CRAFTS 12:00 LUNCH 1:00 OUTING TO THE MALL 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER	4 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 "DO THE WATERMELON CRAWL" DANCE COMPETITION SPONSORED BY PROHEALTH GROUP 3:30 CHARADES 5:30 DINNER	5 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
6 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 BINGO WITH KATHY 5:30 DINNER	7 10:00 RESIDENT COUNCIL MEETING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 1:00 MANICURES 2:30 BINGO 5:30 DINNER	8 10:00 SOCIAL GATHERING 10:30 Wii GAMES WITH FRIENDS 12:00 LUNCH 2:00 BINGO 3:00 KP WALKING CLUB 5:30 DINNER	9 9:00 BIBLE STUDY WITH TAWANNA ON MC 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 BINGO 3:00 CHARADES & REFRESHMENTS 5:30 DINNER	10 10:00 SOCIAL GATHERING 11:00 RESTAURANT OUTING 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER	11 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 ICE CREAM SOCIAL 3:00 CHARADES 5:30 DINNER	12 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
13 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 BINGO WITH KATHY 5:30 DINNER	14 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 1:00 MANICURES 2:30 BINGO 5:30 DINNER	15 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 BINGO 3:00 PICTURES OF OLD MOBILE 5:30 DINNER	16 9:00 BIBLE STUDY WITH TAWANNA ON MC 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 BINGO 3:00 CHARADES 5:30 DINNER	17 10:00 SOCIAL GATHERING 10:30 ARTS & CRAFTS 12:00 LUNCH 1:00 SHOPPING TRIP 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER	18 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 FRIENDS & FAMILY LUAU LUNCHEON: MEET & GREET THE TEAM 3:30 CHARADES 5:30 DINNER	19 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
20 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 BINGO WITH KATHY 5:30 DINNER	21 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 1:00 MANICURES 2:30 BINGO 5:30 DINNER	22 10:00 SOCIAL GATHERING 10:30 INDOOR BADMINTON 12:00 LUNCH 2:00 BINGO 3:00 KP WALKING CLUB 5:30 DINNER	23 9:00 BIBLE STUDY WITH TAWANNA ON MC 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 BINGO 3:00 PICTURES OF OLD MOBILE 5:30 DINNER	24 10:00 SOCIAL GATHERING 10:30 ARTS & CRAFTS 12:00 LUNCH 1:00 OUTING TO THE MOBILE MARDI GRAS MUSEUM 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER	25 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 RESIDENT BIRTHDAY BASH 3:00 CHARADES 5:30 DINNER	26 9:00 VITAMIN D & ME COURTYARD SOCIALIZING 10:00 MANAGER ON DUTY ACTIVITY 12:00 LUNCH 2:00 RESIDENT CHOICE 5:30 DINNER
27 9:00 COFFEE & NEWS 10:00 CHURCH WITH TAWANNA 12:00 LUNCH 2:00 BINGO WITH KATHY 5:30 DINNER	28 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 1:00 MANICURES 2:30 BINGO 5:30 DINNER	29 10:00 SOCIAL GATHERING 10:30 KNITTING & CROCHETING CLASS 12:00 LUNCH 2:00 BINGO 3:00 CROSSWORD PUZZLES 5:30 DINNER	30 9:00 BIBLE STUDY WITH TAWANNA ON MC 10:00 SOCIAL GATHERING 10:30 SWEATIN' WITH THE OLDIES 12:00 LUNCH 2:00 BINGO 3:00 CHARADES & REFRESHMENTS 5:30 DINNER	31 10:00 SOCIAL GATHERING 10:30 ARTS & CRAFTS 12:00 LUNCH 1:00 SIGHTSEEING TRIP 3:00 BROTHER ALLEN 3:30 KP WALKING CLUB 5:30 DINNER		All Events Are Subject to Change



DONUT WORRY! BE HAPPY!

The ladies of Knollwood Pointe couldn't pass up the opportunity to pose for the camera during their Donuts & Coffee social.



Groups Are Good for Your Brain

Whether it's a book club, bridge, lunch out with friends or singing in a choir, being connected can lead to better cognition. There's growing evidence that taking part in group activities benefits brain health because these experiences involve socializing and provide a sense of belonging. Involvement in a variety of social groups also offers opportunities to get emotional support, as well as give it to others.

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.



Drink Water To Maintain Your Brain

You don't have to expend a lot of energy to experience mild dehydration; experts say it can happen by just sitting around for 40 minutes. Since not being properly hydrated can cause dips in cognition, concentration and mood, drink plenty of water throughout the day.

