



KNOLL NEWS...

Volume 15, Issue 2

Is Good News

February 2012

Glenmeadow Store Hours

Monday and
Thursday

10:00am to noon

Wellness Celebration ...

Ready to be rewarded for all your hard work this past year!? Come to the Great Hall on Thursday, February 9th at 3:15pm, where we will be honoring all of our fitness buffs! You'll receive a new tracking book and there will be t-shirts which display your name and the number of sessions you worked out for those who have attended 100 classes/sessions or more. The top three will receive special recognition. Door prizes, healthy snacks and more will all be part of the fun!

Movie Feedback

Recently several residents have come to Laura to say that they enjoyed a particular movie that was played. This information is of great value, as it allows her to find movies of a similar caliber. Please let her know when you see a movie that you have really enjoyed so she can get more movies you'll **continue** to enjoy! You can continue to let her know when you don't like a movie too!

Upcoming Events:

Out on the Town:

Errands:

ALL RESIDENTS must sign up at the concierge or in the trip book for any of the errands. Please remember this especially if you have a scooter or wheelchair.

Ride:

Sundays at 1:15pm
ALU Entrance

Mondays:

Bus to East Longmeadow Stores

ALU Entrance: 9:20am
Main Lobby: 9:30am

Tuesdays:

Bus to Longmeadow Shops

ALU entrance: 9:20am
Main Lobby: 9:30am

Storr's Library:

Tuesday, February 7 and 21
11:00am – Main Lobby

Transportation to Area Churches:

All Sundays at 9:15 am from the Main Lobby. Please sign up in the Trip Book.

Comfort Shoes

Wednesday, February 15
Depart: 1:15pm
ALU Entrance

Phone Scams ...

Beware of people calling asking you for confidential information. There are numerous scams going on where callers pose as calling from a bank or saying they are a grandchild in need of help. Never give out bank account, Social Security or credit card numbers including the three digits on the back, over the phone.

Community Events:

ADDITIONAL COMMUNION SERVICE OFFERED!

Deacon Donald Higby from Saint Mary's Church in Longmeadow has offered to come for a Communion Service every third Wednesday of the month at 10:00am in the Kirkham Parlor. We are so grateful for the commitment Saint Mary's has shown to us here!

Yiddish Coffee Klatch/CL

Fridays, February 10 and 24
Time: 10:30am

Glee Club/CL

Mondays
Time: 3:00pm

Knitting and Needles/CE

Wednesdays at 11:00am

Rabbi Katz/CL

Monday, February 6 and 13
Time: 10:45am

Classical Concert with Boris and Sophie/GH

Wednesday, February 8
Time: 2:00pm

Valentine Social/GH

Tuesday, February 14
Time: 3:30pm

Short Stories w/ Meghan/KP

Wednesday, February 15
Time: 11:00am

Pianist Matt McCabe

Thursday, February 16
Time: 3:00pm

Cocktails with Tim/GH

Monday, February 20
Time: 4:00pm

Centerpieces w/JoAnn/RR

Tuesday, February 21
Time: 10:30am

Memorial Service/GH

Wednesday, February 22
Time: 2:30pm

Jewelry Class w/Sandy/RR

Monday, February 27
Time: 1:30pm

Card Making with Laura/RR

Tuesday, February 28
Time: 10:30am

Wellness Programs:

Mondays:

Group Exercise w/George

Great Hall

Time: 10:00am

Movin' & Groovin' w/Lisa

Great Hall

Time: 11:00am

Tuesdays:

Line Dancing w/Russ

Community Room

Time: 10:00am

Personal Training

Fitness Room

Time: 1:00pm and 3:00pm

Strength Training

Great Hall

Time: 2:00pm

Wednesdays

Group Exercise

Great Hall

Time: 9:00am

Walk and Stretch

Great Hall

Except 1st week 10:00am

Supervised Swim & Pool Walk

Except 1st Week

Time: 11:00am

Wellness Talk w/Laurie

Great Hall

1st Week of every month 11:00am

Thursdays

Personal Training

Fitness Room

Time: 1:00pm

Strength Training

Great Hall

Time: 2:00pm

Fridays:

Ex. For Balance w/George

Great Hall

Time: 10:00am

Stretch and Tone w/Lisa

Great Hall

Time: 11:00am

Saturdays:

Stretch & Tone/GH

Time: 11:00am

Line Dancing w/Russ

Community Room

Time: 1:15pm

Friday, 2/3

6:30pm—Kirkham Parlor

Anne of Green Gables

7:30pm—Common Room

Mrs. Brown

Saturday, 2/4

3:00pm—KP and 7:30pm—CR

The Help

Sunday, 2/5

2:30pm—KP and 7:30pm—CR

The Best Years of Our Lives

Monday, 2/6

3:00pm—KP and 7:30pm—CR

Seraphine

Friday, 2/10

6:30pm—Kirkham Parlor

Ansel Adams

7:30pm—Common Room

The Da Vinci Code

Saturday, 2/11

3:00pm—KP and 7:30pm—CR

Midnight in Paris

Sunday, 2/12

2:30pm—KP and 7:30pm—CR

Harvey

Friday, 2/17

6:30pm—Kirkham Parlor

Dave

7:30pm—Common Room

Mitch Albom's For One More Day

Saturday, 2/18

3:00pm—KP and 7:30pm—CR

Sarah's Key

Sunday, 2/19

2:30pm—KP and 7:30pm—CR

Two Mules for Sister Sara

Friday, 2/24

6:30pm—Kirkham Parlor

Alaska

7:30pm—Common Room

Bonneville

Saturday, 2/25

3:00pm—KP and 7:30pm—CR

The Tree of Life

Sunday, 2/26

2:30pm—KP and 7:30pm—CR

It Happened One Night

Movie Listings

Concierge Corner

You can get your prescriptions delivered by CVS on Bliss Road or Louis and Clark on Page Blvd. We are happy to fax your RX to the pharmacy of your choice and it can be left at the desk if you are not home when it is delivered.

Medical Appointments and how the transportation works...

- Fill out the Transportation Request Form, note the hours we provide transportation are listed on the back.
- We ask that transportation requests for medical appointments get to the desk as early as possible, a week would be good but we will take them up to one year ahead!
- After 5:00pm the night before your appt. there will be a note in your box or you can call the Concierge Desk for your depart time.
- You should be in the lobby ready to board the bus a few minutes early so everyone can leave on time. Anyone needing the lift should be in the lobby 10 minutes early to be sure they are on the bus ready to leave at the departure time.
- Call the Concierge Desk at 567-7800 when your appointment is over. The driver will pick you up as soon as possible.
- We will fit you into the schedule as best we can for emergency appointments.
- Please remember to cancel your transportation if your appointment is canceled or changed!