



September 2010

Volume 5, Issue 9

THE KNOLLWOOD INFORMER

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Council President

Knollwood Place Apartments
3630 Phillips Parkway
St. Louis Park, MN 55426
A Friendly Caring Community

Deadline for submission
in the Informer is the
15th of the month prior
to publication.

Regular Knollwood Events Each Month

Exercise: Monday, Wednesday, Friday 9:15 a.m. Auditorium

Mini Store: Monday through Friday 10:30 a.m. to 2:30 p.m.

Shopping: Monday: Check your monthly calendar for exact departure times to Target, Cub, Walgreens, TCF, Knollwood Mall, Cleaners and Card Shop.

Wednesday: Mall Shopping (Ridgedale 10-2), (Downtown 9:30-12), (Mall of America, Southdale or Southtown 10-2). Please check the calendar as to which Mall or Malls we will be visiting this month. Some afternoon

Thursday: Check your monthly calendar for exact departure times to Target, Bremer and Wells Fargo Banks, Walgreens and Cub. First Thursday Rainbow Foods Shopping.

Friday: 9:30 a.m. Texa-Tonka Beauty Shop, Dry Cleaners, Byerlys and Trader Joe's.

Bingo: Mondays at 7:00 p.m. in the Auditorium. Cost: \$1 for two cards.

Wellness Clinic: 2nd & 4th Tuesdays 10-11 in the Center Lounge.

Knollwood Notes: Wednesdays at 7:00 in the Center Lounge.

Yiddish Sprach: Usually the 3rd Wednesday of each month at 1:30 in the Center Lounge facilitated by Sharon Spektor.

Shabbat Social Hour: Saturdays at 2:00 in the Auditorium.

In-House Videos: Saturdays and Sundays at 7:00 in the Center Lounge.

Beauty Shop: Tuesdays from 10-4, Thursdays 9:45-5, and Fridays 9:15-4
Phone 994-7311.

Mobile Post Office: 2:40 p.m. Thursdays in front of the building.

Welcome to Our New Tenant

Fred and Ruth Ziman
Pnina and Shalom Markovits
Tessy Oxman
Ruth Atlas

Happy Birthday to:

9/2 Madalyn Braufman
9/2 Esther Samuels
9/2 Rose Goldsmith
9/5 Sheldon Masnek
9/8 Hanna Lyon
9/8 Beth Bachrach



9/11 Alvin Gleekel
9/12 Marlene Mankoff
9/12 Adella Davis
9/20 Lester Seglin
9/21 Rose Gilman

Welcome to our new tenants from all of us at Knollwood Place!
Congratulations to all who are celebrating Birthdays and Anniversaries
this month!!

We wish you all the very best!

Word Find Winners for the month of August: Helene Lowinger, Tillie Jaffy, Sally Masnek, Rose Zamansky, Roslyn Tarshish, Marion Resnick, Naomi Salloway, Ilene Rosenbaum, Maddy Braufman, Joyce Levenson, Merrian Spiegel, Estelle Gedan, Florence Herstein, Cecile Goldstein, Beverly Davis, Sally Leventhal, Rose Averbach, Phyllis Supornick, Betty Frankel, Rae Cooper, Sally Ozwoeld, Ruthie Schoenberger, Marlene Lazer, Shirleymae Lane, Barbara Gleekel, Ed Addis, Don Rosen, Pearl Greenwald, Ann Dickstein, Margo Stern, Josephine Swadden and Ruth Balto. **Don't forget to write your name, the date and time (a.m. or p.m.) on the front side of the paper when turning in your Word Find Puzzle.** Congratulations to all!

KPA Shabbat Services in CL Fri.'s, 7:45

This is a volunteer and tenant lead, traditional Shabbat Service conducted in English and Hebrew. Tenants & families are invited to attend or lead any of these Friday services. See Carol Kvasnik to participate. Oneg Shabbat will only be served when Rabbi Bell is conducting services.

Shabbat Social Hour

Saturdays from 2-3 p.m. in the Auditorium. Entertainment for this event is followed by light refreshments and opportunity to socialize with others.

Performers

Saturday, September 4

If you love to sing along, Bill Cagley will love you! Bill is a regular solo performer operating with the motto, "Music of all ages for all ages."

Saturday, September 11

Ilya Freyter is a fun keyboard player and vocalist. He performs classical music, as well as English, Yiddish and Hebrew songs.

Saturday, September 25

James Shaw is returning for his second visit to KPA. Jim plays piano and sings. His repertoire includes many of the songs you enjoy.

Videos

Every Saturday evening at 7 p.m.
in the Center Lounge

Saturday September 4 "Toy Story II"

While Andy is away at summer camp Woody has been toynapped by Al McWiggin, a greedy collector and proprietor of "Al's Toy Barn"! In this all-out rescue mission, Buzz and his friends Mr. Potato Head, Slinky Dog, Rex and Hamm springs into action to rescue Woody from winding up as a museum piece. They must find a way to save him before he gets sold in Japan forever and they'll never see him again! Rated G.

Saturday, September 11 "Harry Potter-Chamber Of Secrets"

It's Year 2 at Hogwarts, and Harry Potter, Ron and Hermione are back learning, but their year doesn't go past quietly. Members of the school are turning up petrified and bloody writing

are appearing on the walls, revealing to everyone, that someone has opened the chamber of secrets. The attacks continue, bringing the possibility of the closure of Hogwarts. Harry and his friends are now forced to secretly uncover the truth about the chamber before the school closes or any lives are taken. Rated PG.

Saturday, September 25 "Letters To Juliet"

An American girl on vacation in Italy finds an unanswered "letter to Juliet" -- one of thousands of missives left at the fictional lover's Verona courtyard, which are typically answered by a the "secretaries of Juliet" -- and she goes on a quest to find the lovers referenced in the letter. Rated PG.

Events

Bus to the JCC

Every Wednesday at 9:45 a.m.

You must be ready to leave the JCC by 12:15 on September 8. Other days can be later. Sorry for any inconvenience. Please check the Sabes JCC binder by the Bus Outings Book for more information about JCC events and activities. You will need to contact the JCC to register for their events and to order lunch if you wish to eat while you are there. Lunch needs to be ordered by the Monday of the week you wish to eat. These outings will not be supervised. In order to attend you **must be independent or have an assistant if you need help**. Sign up in the Bus Outings Book.

Torah Study with Jim Sherman

Wednesdays at 11 a.m. in the BR .

Bring yourself and study the Torah portion of the week with Jim Sherman. This is an opportunity to "write your own Torah.."

First Stop of the Ice Cream Tour

Wednesday, September 1 at 2 p.m.

We will begin our Ice Cream Tour at Ben and Jerry's. Come try their fabulous ice cream variety. This outing is supervised by the bus driver only. In order to attend you **must be independent or have an assistant if you need help**. Sign up in Bus Outings Book.

Avada Hearing Clinic

Thursday, September 2 at 9 a.m. in the BR.

Please sign up for appointments on the sheet taped on the counter by the Bus Outings Book.

Chair Exercises with Rollye

Thursdays at 9 a.m. (except September 2) in the Aud. Rollye will lead you in a fun exercise routine. This is another great way to get and stay in shape!

Conversations With Jim Sherman

Thursdays at 12:30 in the CL. This popular program is conducted by Jim Sherman. September 23 will be held in the Link at 1 p.m. and Jim will make Lulav Shakes. Discuss the aspects of Judaism that are relative to your lives and enhancing to your beliefs.

Happy Hour with Linda Ward

Thursday, September 2 at 4 p.m. outside the DR. Come enjoy cheese, crackers, fruit and wine.

“City of Angels” at Bloomington Civic Theater

Thursday, September 2 at 6:30 p.m.

Tickets were bought previously for this show. If you are interested in this performance, please talk to Pam. Currently there are no tickets available.

Intro to Computers

Sunday, September 5 and 19 from noon-3 in the Game Room. Learn computer basics and more if you are ready for it. The instructor will help you become more proficient on the computer. Please sign up for your time on the sheet by the Bus Outings Book.

Sunday Movies

Sundays, September 5, 12, 19 and 26 at 7 p.m. in the CL. If you are interested in being our movie volunteer, please let Pam know.

Mystic Lake Casino

Tuesday, September 7 and 21 at 9:30 a.m.

Please sign up in the Bus Outings Book with your name and casino card number. We will stay four hours. **In order to attend you must be independent or have an assistant if you need help.** The KPA bus departs from the casino at approximately 1:45 p.m.

Yoga With Joy

Tuesdays at 9:30 a.m. in the Aud. In this class you will stretch, breath and relax which will help you access a sense of overall well being. You will be seated in a chair during the entire class. Joy has been doing yoga since 1975 and was certified in 1981 and still loves it more every day! We would love to see more of you try this wonderful program.

Brunch at “Good Day Café”

Tuesday, September 7 at 10:30 a.m. We will have brunch/lunch at the Good Day Café. Many restaurants are no longer accepting checks, so please bring cash or a credit card. This outing may not be supervised. **In order to attend you must be independent or have an assistant if you need help.** Sign up in Bus Outings Book.

Fitness Center With Sandy

Tuesdays and Thursdays from 11 a.m. to noon in the Fitness Center.

Sandy Robitshek-Nelson, a Fitness Specialist will assess your fitness ability and goals with regard to strength, balance and overall stamina. She will then guide you on the use of the equipment to achieve these goals. You’ll feel better physically and emotionally! Please contact Sandy during fitness room hours for your complimentary individual assessment.

Rabbi Shalom leads Interfaith Service for Labor Day

Tuesday, September 7 at 11 a.m. in the SHW Aud.

Wii Games-Electronic Sports

Tuesdays at 1:30 p.m. in the Aud.

Come learn about what a Wii is and how to use it. We have lots of fun and people are developing some very good bowling skills!!

Full Bloom “Ethel Merman”

Tuesday, September 7 at 2:30 p.m. in the CL.

Come enjoy an interesting presentation about Ethel Merman who was known for her powerful voice and roles in musical theater.

Holiday Services: Please check your monthly calendar for all holiday services.

Bus to Synagogues: We will offer our bus for transportation to 5 different synagogues this year for all High Holy Days. They include: B’nai Emet, Beth El, Temple Israel, Adath Jeshurun and Bet Shalom. Sign up will be in the Bus Outings Book.

Rabbi Shalom leads Shabbat Services

Saturdays at 11 a.m. in the CL.

Dinner out at “Outback Steakhouse”

Sunday, September 12 at 4:45 p.m.

We will be going to dinner at Outback Steakhouse. Many restaurants are no longer accepting checks, so please bring cash or a credit card.

In order to attend you must be independent or have an assistant if you need help. Sign up in Bus Outings Book.

Info about Scams for Seniors

Monday, September 13 at 1 p.m. in the CL. Officer Czapar of the St. Louis Park Police Department will be here to discuss several scams that are being put out to seniors. She will help you to understand the best way to deal with these.

Minnesota Zoo

Tuesday, September 14 at 8:45 a.m. Come join us for a morning trip to the Minnesota Zoological Garden. We will stay until 11 a.m. Cost is \$9. We will pay at the door. This outing is supervised by the bus driver only. In order to attend you **must be independent or have an assistant if you need help.** Sign up in Bus Outings Book.

Movie Out at Hopkins Theater

Tuesday, September 14 at 6:30 p.m. Choose one of several movies available at Hopkins Theater. Movie reviews will be in the Bus Outings book, so you can choose. Cost for movies is \$2.50. Movie start times vary, but will be within a half hour.

Dinner out at "Red Lobster"

Thursday, September 16 at 5 p.m. We will be going to dinner at Red Lobster. The restaurant has asked that we **be patient** we arrive. They will get us in as quickly as possible. Many restaurants are no longer accepting checks, so please bring cash or a credit card. This outing may not be supervised. **In order to attend you must be independent or have an assistant if you need help.** Sign up in Bus Outings Book.

Rabbi Shalom sings Songs of Sukkot and Sim-

chat Torah Monday, September 20 at 1 p.m. in the C.L. Come sing songs with Rabbi Shalom.

Decorate the Sukkah

Monday, September 20 at 3 p.m. in the Link. Come help decorate our outdoor and indoor Sukkahs. Share your creativity and help celebrate.

Hand Massages

Tuesday, September 21 at 1 p.m. Meet in the Lobby. Rollye will be providing these relaxing massages. Please sign up by the Bus Outings Book.

Watch Batteries and Repair with Barry

Tuesday, September 21 at 3 p.m. in the BR. Come bring your watches that need fixing. Barry is the guy who can fix them!

Walmart and Old Country Buffet

Wednesday, September 22 at 10 a.m. Shop at Walmart and/or have lunch at Old Country Buffet. This outing may not be supervised. In order to attend you **must be independent or have an assistant if you need help.** Sign up in Bus Outings Book.

Barbara Streisand Movie

Thursday, September 23 at 3 p.m. in the CL. Come enjoy Barbara's beautiful voice!

Brunch at Maynard's

Sunday, September 26 at 10:30 a.m. We will have brunch at Maynard's in Excelsior. This outing is supervised by the bus driver only. In order to attend you **must be independent or have an assistant if you need help.** Sign up in Bus Outings Book.

Chat with Christina

Monday, September 27 at 1 p.m. in the Aud. Come talk with Christina about your thoughts and ideas.

Dinner out at "Crossroads Deli"

Monday, September 27 at 4:30 p.m. We will be going to dinner at Crossroads Deli. They have all you can eat Spaghetti. No take out. Many restaurants are no longer accepting checks, so please bring cash or a credit card. **In order to attend you must be independent or have an assistant if you need help.** Sign up in Bus Outings Book.

Andiamo Boat Cruise

Tuesday, September 28 at 10 a.m. Come for a cruise down the St. Croix River. Lunch will be served on the boat. Cost is \$17.65 per person. **In order to attend you must be independent or have an assistant if you need help.** Please sign up by paying at the front desk by September 14.

Mitzvah Makers

Wednesday, September 28 at 1:30 p.m. in the BR. Come join Rollye and this fun group and make beautiful things. What a nice way to help others!



**ACADEMY CALENDAR
SEPTEMBER 2010**

REGULAR SESSIONS ON CAMPUS

Monday

2:00 PM, KPA Cntr Lnge *Snapshots of Judaica*, September 6,13,20 (On Screen)

4:00 PM, RAL *Torah Study*, September 6,13,20 (A. Ettetdgui)

Tuesday

10:30 AM, KPA Brd Rm *Voices Staff Meeting*, September 14; *Author Tuesday Conferences by Appt.* (E. B. Shore)

11:00 AM, RAL *Book Reading*, Check RAL front desk (A. Locke)

Wednesday

11:00 AM, KPA Brd Rm *Torah Study*, September 1,8,15,22,29 (J. Sherman)

2:30 PM, KPA Brd Rm *Best Short Stories Series*, September 1,8,15,22 (E. Shore)

3:00 PM, RAL *Current Events*, Check RAL Front Desk

Thursday

11:00 AM, RAL *Book Reading*, Check RAL front desk (A. Locke)

12:30 PM, KPA Cntr Lnge, *Judaic Conversations*, September 2, 16, 23, 30 (J. Sherman) 23rd is 1 p.m. in the Link

1:45 PM, RAL 3rd Fl Lnge *Judaic Conversations*, September 1,8,15,22 (J. Sherman)

Friday

2:00 PM KPA Cntr Lnge *Sounds of Symphony*, September 3, 17, 24 (On Screen)

RAL - Roitenberg Assisted Living
KPA - Brd Rm: Board Room, Knollwood Place
KPA - Cntr Lnge: Center Lounge, Knollwood Place
KPA - DR: Dining Room

SOUNDS OF SYMPHONY
(On Screen)

Friday September 3

Igor Stravinski
Rite of Spring

Micahel Tilson Thomas, Conductor and Host

Friday September 17

Johannes Brahms
Symphonies Nos. 2 & 4

Leonard Bernstein, Conductor and Host

SNAPSHOTS OF JUDAICA

Mondays at 2:00 PM Center Lounge
September 6,13, and 20
(On Screen)

The Jewish Americans

The dramatic history of Jews in America. The 350 year saga of immigrants entering American life.

ACADEMY OPERATIONS
UNDER NEW MANAGEMENT

On Friday, September 24, ACADEMY closes its current method of operating. Continuation of programs will depend on selections made under the guidance of Knollwood Place Program Coordinator Pam Gusdal and a Knollwood Place Program Committee.

Classes by Rabbi Ettetdgui and Associate Rabbi Sherman will continue, but independent of Academy listing. Academy Specials will continue periodically as Foundation funding permits.

Programs shown *On Screen* in the past will be available for repetition if desired. Future new program selections can be made in concert with Pam Gusdal and Academy Administrator Carole Davidson, 952-939-1531, as desired.

Periodic issues of an *ACADEMY AT YOUR SERVICE Information Guide* will be available to assist in making old and brand new selections.

Bits and Pieces

If you are in need of a **notary**, look no further! Our very own Carol Kvasnik is one. Call or stop by if you need help in this way. Her number is 952-939-1627.

We will have a **donations pick up** on **September 14** for **Salvation Army**. If you wish to make clothing and small item donations, please bring them to the coat room by the mail boxes **ONE DAY PRIOR TO PICK UP (SEPT. 13)**. Do not bring items earlier as we have no place to store them. There will be a box marked donations. Thank you!

In the interest of customer service, Knollwood and Roitenberg tenants will now be allowed to charge meal tickets for Sholom Home West Deli Meals to their rent accounts.

Administrator's Corner

o Social Worker, Shannon Wholman, LSW from Menorah Plaza will be on site Thursdays from 11-5 in the Social Workers office. She will be happy to help you if you need any services until we fill the position permanently. You can contact her at 952-939-1603 with any questions you may have. Please stop by and welcome her!

o Prescription pick ups. Please come down and pick up your prescriptions when called. We are getting an abundance of prescriptions left down at the front desk nightly and we cannot vouch for their safety. We are running out of a safe place to store them. If you are called, please come down to the lobby to pick them up. We understand if you are in your robe and ready for bed – simply call the front desk and they can meet you by the elevators. If you are out of the building out of town or in the hospital, we understand these circumstances will be happy to accommodate them.

Building Cleaning. We will be having a company come in to do a thorough, deep cleaning of all common areas in Knollwood. We are currently getting bids from companies for this. When the dates are scheduled, we will let you know. A clean building is a happy building and you deserve a nice clean home!!

If you have any questions, please feel free to ask me!
-Christina

The Tenant Council

The August Tenant Council Board Meeting conducted a great deal of business.

Everyone should have new handles on the cupboard doors and drawers in the kitchen and bathrooms. Filters should have been replaced and apartments have been inspected.

Evelyn Shore, Principal of the Academy, informed us of how Academy programs will be presented as of October 1st. She has an article elsewhere in the Informer. Be sure to read it and try to take part in the various programs. Keeping our minds busy as we age is very important to our health and well being.

Following the sending of the Board's Resolution to the Sholom Community Alliance last month, and after a meeting with Burt Garr, CEO, Christina, and your President, Knollwood Place Apts., our new permanent, full time Administrator will be Christina Maida as of October 1st. The Sholom Community Board Executive Committee Researched Capitol Expenditures for Knollwood Since 2005 and the results will be available by our September Board Meeting. The President of Knollwood as well as representatives from the other facilities of the Alliance are now invited to the Alliance Board Meetings This will provide up to date information for all.

Christina Maida, Administrator is going to begin Open Dialogues beginning Sep. 17th at 1 p.m. for ALL TENANTS to attend in order to hear of any concerns or issues. Do take advantage of the time to express your views.

Interviews for a new Social Worker have been ongoing and Knollwood will have someone very soon. Bids have been taken for the extension of the front entry to the building and work will begin soon in order for it to be ready before winter.

Please inform your Aides that if they drive to work they are to park at the REAR of the building. As you get off the elevators, the Post in front has spots for the BRAG BOOK. If you have anything to share of a Simcha or and event-Post it there!!

If you are riding the bus, PLEASE be downstairs 10 minutes before departure to make it easier for everyone to be on time.

Have Joyous Holidays and a Healthy and Happy New Year to all.

Teach us to number our days, that we may attain a HEART OF WISDOM, Psalms 90:12
Madalyn Braufman, President

Have a good day!!! Have a good day!!