



KNOLLWOOD  
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# THE Knollwood Pointe Lifestyle

ASSISTED LIVING COMMUNITY

5601 Girby Road · Mobile, AL 36693 · (251) 666-1005 · [www.knollwoodpointe.com](http://www.knollwoodpointe.com)

When you think of Mardi Gras, vibrant images of parades and beads in New Orleans may come to mind. But did you know Mobile, Alabama, is America's first Mardi Gras city? The Port City's connection to this festive season runs deep. Mardi Gras, or "Fat Tuesday," stems from French Catholic tradition, marking the final day of feasting before Lent begins on Ash Wednesday. Mobile's ties to France date to its 1702 founding by French explorers Pierre and Jean-Baptiste Le Moyne. In 1703, just a year later, Mobile hosted America's first Mardi Gras celebration. Early Mardi Gras celebrations were simple, with settlers gathering for feasts. By 1711, Mobile introduced its first parade-like tradition with the Boeuf Gras, or "Fatted Ox." In 1866, Joe Cain revived Mardi Gras by leading a parade as "Chief Slacabamorinico," uplifting spirits after the Civil War. His efforts inspired mystic societies, which now organize elaborate parades and balls. Today, Mobile's Mardi Gras is family-friendly, featuring dazzling floats, marching bands, and the throwing of Moon Pies, a uniquely Mobile treat. The Mobile Carnival Museum showcases the history behind this celebration. As Mardi Gras season approaches, let's celebrate Mobile's role as the birthplace of this beloved tradition and a source of community pride.



## FEBRUARY 2025



### Community Ambassador

We are thrilled to announce that Jackie Stork has been named Knollwood Pointe's Community Ambassador! Jackie's warmth, kindness, and genuine care for her neighbors have made her a shining star in our community.

Jackie greets everyone with a bright smile and a heartfelt hug, spreading joy wherever she goes. Recently, she has taken it upon herself to knock on her neighbors' doors, personally encouraging them to join her in our daily activities. Her efforts have brought a special sense of connection and excitement to our events.

Before joining Knollwood Pointe, Jackie lived at home with her best friend, Edith. Since becoming part of our community, she's embraced new experiences like playing bingo and getting her nails done at the weekly nail salon—two things she'd never done before moving here!

Please join us in congratulating Jackie on her new role as Community Ambassador. Thank you, Jackie, for making Knollwood Pointe an even brighter and more welcoming place to call home!

## FEBRUARY 2025

### Blood Pressure Prescription Tips

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help the medicine be most effective:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often. Taking your pulse rate is never a bad idea, either.
- Refill prescriptions before they run out; this way, you'll be prepared for unexpected situations.

**"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."**  
—Patience Strong

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Various board games, card games, and jigsaw puzzles are located in the activity room cabinets. All residents have access to these activity supplies any time during their day.</b></p>					<p>10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch</p>
<p>10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa &amp; Jack Thomas 2:00 Bingo 3:00 Independent Activities</p>	<p>10:30 Chair Yoga for Seniors (YouTube) 11:00 Card Club: Choose a Card Game to Play with Friends 11:30 Current Events 2:00 Poker Keno</p>	<p>11:00 Arts &amp; Crafts 1:30 Town Hall Meeting 2:00 Bingo 3:00 Hymns with Brother David Gill</p>	<p>10:30 Praise &amp; Workout with Christina Boyd 11:00 Nail Salon 11:30 Cafe Corner: Join us for Hot Tea or Coffee 2:00 Poker Keno</p>	<p>10:00 Shopping Trip to Dawes Walmart 11:00 This Day in History: Babe Ruth 2:00 Arts &amp; Crafts 3:00 Bible Study with Brother Allen</p>	<p>10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Cranium Crunches: Join Us for Cognitive Building Activities 2:00 Bingo 3:00 Friday Matinee: Resident Choice</p>	<p>10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch</p>
<p>10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa &amp; Jack Thomas 2:00 Bingo 3:00 Independent Activities</p>	<p>10:30 Chair Yoga for Seniors (YouTube) 11:00 Cafe Corner: Join us for Hot Tea or Coffee 11:30 Trivia 2:00 Poker Keno</p>	<p>11:00 Arts &amp; Crafts: Valentine's 11:30 Activity Planning Meeting 2:00 Bingo 3:00 Hymns with Brother David Gill</p>	<p>10:30 Praise &amp; Workout with Christina Boyd 11:00 Nail Salon 11:30 Blast from the Past: Bring an Old Photograph for Discussion 2:00 Poker Keno</p>	<p>10:00 Mobile Museum of Art &amp; Lunch Outing 11:00 This Day in History: Blitz on Dresden (YouTube) 2:00 Arts &amp; Crafts 3:00 Bible Study with Brother Allen</p>	<p>10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Golden Hearts Gala 2:00 Valentine's Bingo 3:00 This Day in History: St. Valentine's Day Massacre (YouTube)</p>	<p>10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch</p>
<p>10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa &amp; Jack Thomas 2:00 Bingo 3:00 Independent Activities</p>	<p>10:30 Chair Yoga for Seniors (YouTube) 11:00 Card Club: Choose a Card Game to Play with Friends 11:30 Current Events 2:00 Poker Keno</p>	<p>11:00 Arts &amp; Crafts: Mardi Gras 11:30 Show &amp; Tell: Bring an Item from Home 2:00 Bingo 3:00 Hymns with Brother David Gill</p>	<p>10:30 Praise &amp; Workout with Christina Boyd 11:00 Safety Stop &amp; Snack Shop: Bring your Pendants to the Activity Room for Inspection 11:30 Nail Salon 2:00 Poker Keno</p>	<p>10:00 Shopping Trip to Dollar Tree 11:00 Black History Month Quizzes 2:00 Arts &amp; Crafts 3:00 Bible Study with Brother Allen</p>	<p>10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Cranium Crunches: Join Us for Cognitive Building Activities 2:00 Bingo 3:00 Friday Matinee: Resident Choice</p>	<p>10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch</p>
<p>10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa &amp; Jack Thomas 2:00 Bingo 3:00 Independent Activities</p>	<p>10:30 Chair Yoga for Seniors (YouTube) 11:00 Cafe Corner: Join us for Hot Tea or Coffee 11:30 Trivia 2:00 Poker Keno</p>	<p>11:00 Arts &amp; Crafts 11:30 Resident Council Meeting 2:00 Bingo 3:00 Hymns with Brother David Gill</p>	<p>10:30 Praise &amp; Workout with Christina Boyd 11:00 Nail Salon 11:30 Cafe Corner: Join us for Hot Tea or Coffee 2:00 Poker Keno</p>	<p>10:00 Ice Cream Parlor Outing 11:00 Civil Rights Movement Documentary &amp; Discussion 2:00 Arts &amp; Crafts 3:00 Bible Study with Brother Allen</p>	<p>10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Mardi Gras Social 2:00 Bingo 3:00 Friday Matinee: Resident Choice</p>	

# The Story of Jack Kent Walters



Born in the Appalachian hills of West Virginia, Jack Walters grew up with a strong sense of duty, which led him to join the Air Force in 1947. Jack served his country with distinction for two decades, retiring in 1967 after a globe-spanning career. It was during his early years of service that Jack met Bobbye, the love of his life. Their paths crossed at Wright-Patterson Air Force Base in 1949, and by December 31, they were married, embarking on a life of adventure and devotion. In 1952, Jack was stationed in Châteauroux, France. During this time, Bobbye and their young son, Bill, temporarily moved in with her parents in Mobile, Alabama, before joining Jack mid-year. It was also in Châteauroux that their second child, a daughter named Carol, was born in May 1953. In April 1954, the family relocated to Barksdale Air Force Base, Louisiana, where they stayed until the summer of 1960. From there, Jack was stationed at Andersen Air Force Base, Guam, from 1960 to the summer of 1962. Subsequent assignments included Whiteman Air Force Base, Missouri (1962–1963), Westover Air Force Base, Massachusetts (1963–1965), and the Pentagon in Virginia (1965–1967). After retiring from the Air Force, Jack moved his family to Mobile, Alabama, in 1968. In 1975, they relocated to Ft. Walton Beach, Florida, where Jack and Bobbye spent many happy years until her passing in 2005. Jack eventually returned to Mobile in April 2022, reconnecting with the community he's always cherished. Jack's love for storytelling and humor remains a cornerstone of his personality. Whether he's recounting tales of his youth or sharing his passion for Alabama college football, Jack brings joy to those around him. His intelligence and quick wit have kept him mentally sharp, and he continues to inspire everyone with his remarkable journey. Jack's story is one of enduring love, service, and resilience. It's a reminder of the strength of commitment—to country, to family, and to living a life filled with purpose and joy.



As we step into February, the air is alive with the spirit of Mardi Gras! Here in Mobile, the birthplace of America's original Mardi Gras, this season is more than just a time for parades and beads—it's a celebration of community, tradition, and joy. At Knollwood Pointe, we are embracing this festive season with enthusiasm. Our activity team has planned an exciting lineup of events to bring the revelry right to our doorstep. From mask-making crafts to a festive Mardi Gras parade, we'll ensure that everyone has an opportunity to participate in the fun. Keep an eye on your event calendar for details. February is also a time to reflect on the importance of love and kindness as we celebrate Valentine's Day. It's a reminder to cherish our relationships and to spread warmth and compassion. Whether through a heartfelt conversation, a handwritten note, or simply sharing a smile, these gestures mean so much to those around us. As always, my door is open to all of you. If there is anything you need or if you have ideas to make our community even more vibrant, please don't hesitate to reach out. Wishing you all a joyful Mardi Gras season and a month filled with love and laughter.