



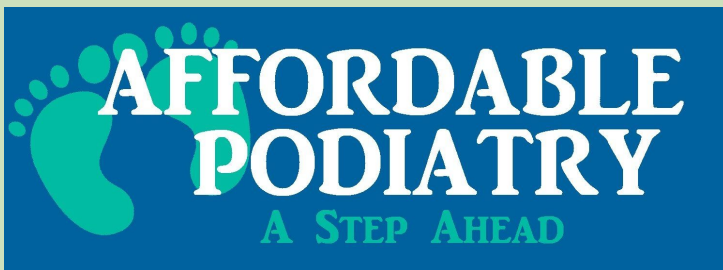
KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

THE Knollwood Pointe *Lifestyle*

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

JUNE 2024



**AFFORDABLE
PODIATRY**
A STEP AHEAD

Dr. Stuart Alter from Affordable Podiatry will be visiting our community on July 11, 2024, at 2:00pm. We invite Dr. Alter and his team to our community as a convenience rather than having you make appointments and take your loved one to the podiatrist. The cost of this visit is \$25.00 per resident and must be paid in cash or by check prior to your loved one seeing Dr. Alter. Checks must be made out to Affordable Podiatry. Place all payments in an envelope marked podiatrist and your loved one's name. Payments should be given to our Resident Coordinator, Kuwandra Wright. A reminder will be sent to families on July 1, 2024. Thank you.



REFER A FRIEND TO...



And You Will
RECEIVE \$500
When They Become a Resident

New Resident: _____

Referred by: _____



Exclusively Managed By: Tarantino Properties, Inc.
 Tarantino 
5601 Girby Rd · Mobile, AL 36693
251.220.8320
www.knollwoodpointeassistedliving.com

Go On ... Brag About It

When was the last time you bragged to someone else about where you live? Forget what you've been told ... sometimes it is okay to brag. In fact, you might want to make a point to spread the word about our community, because if you refer someone and they move in, you'll receive a prize. Now that's something to brag about!



JUNE 2024

Citrus Deliciousness

Summertime is sweet when you're sipping on this fruity beverage.

Ingredients:

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

Directions:

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled. In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined. Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.

Find more recipes at FloridaCitrus.org.

**"When the sun is shining
I can do anything; no
mountain is too high, no
trouble too difficult."
—Wilma Rudolph**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						RESIDENT CHOICE 1 <ul style="list-style-type: none"> • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 2 <ul style="list-style-type: none"> • Sunday School at 9am on Memory Care • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	3 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:00 Resident Council Meeting 12:00 Lunch 1:00 Manicures 2:00 Word Search Puzzles 5:00 Dinner	4 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 Bingo 3:00 Assorted Games in Activity Room 5:00 Dinner	5 7:30 Breakfast 11:00 Wine & Cheese Social 11:30 Hand Massages 12:00 Lunch 2:00 Cover the Number: Dice Game 3:00 Movie in Activity Room 5:00 Dinner	6 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 Bingo with AL Staff 3:00 Brother Allen 5:00 Dinner	7 7:30 Breakfast 10:00 Revival with Elizabeth & Friends 11:30 Front Porch Chat 12:00 Lunch 1:00 Bus Outing 3:00 Movie in Activity Room 5:00 Dinner	RESIDENT CHOICE 8 <ul style="list-style-type: none"> • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 9 <ul style="list-style-type: none"> • Sunday School at 9am on Memory Care • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	10 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:00 Front Porch Chat 12:00 Lunch 1:00 Manicures 2:00 Bingo with AL Staff 5:00 Dinner	11 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 UNO with Friends 3:00 Movie in Activity Room 5:00 Dinner	12 7:30 Breakfast 10:30 Chair Exercises with Rebound Rehab 11:30 Jigsaw Puzzles in Activity Room 12:00 Lunch 2:00 Arts & Crafts 3:00 Movie in Activity Room 5:00 Dinner	13 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 Word Search Puzzles 3:00 Brother Allen 5:00 Dinner	14 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:00 Front Porch Chat 12:00 Father's Day Lunch at Loaves & Fishes 2:00 Courtyard Stroll 3:00 Movie in Activity Room 5:00 Dinner	RESIDENT CHOICE 15 <ul style="list-style-type: none"> • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
RESIDENT CHOICE 16 <ul style="list-style-type: none"> • Sunday School at 9am on Memory Care • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!! 	17 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:00 Jigsaw Puzzles in Activity Room 12:00 Lunch 1:00 Manicures 2:00 Word Search Puzzles 5:00 Dinner	18 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 Bingo 3:00 Assorted Games in Activity Room 5:00 Dinner	19 7:30 Breakfast 11:00 Wine & Cheese Social 11:30 Hand Massages 12:00 Lunch 2:00 Cover the Number: Dice Game 3:00 Movie in Activity Room 5:00 Dinner	20 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 Bingo with AL Staff 3:00 Brother Allen 5:00 Dinner	21 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:00 Front Porch Chat 12:00 Lunch 2:00 Bingo 3:00 Movie in Activity Room 5:00 Dinner	RESIDENT CHOICE 22 <ul style="list-style-type: none"> • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
SAME AS ABOVE 23	24 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:00 Front Porch Chat 12:00 Lunch 1:00 Manicures 2:00 Bingo with AL Staff 5:00 Dinner	25 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 UNO with Friends 3:00 Movie in Activity Room 5:00 Dinner	26 7:30 Breakfast 10:30 Chair Exercises with Rebound Rehab 11:00 Jigsaw Puzzles in Activity Room 12:00 Lunch 2:00 Arts & Crafts 3:00 Movie in Activity Room 5:00 Dinner	27 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Current Events 12:00 Lunch 2:00 Word Search Puzzles 3:00 Brother Allen 5:00 Dinner	28 7:30 Breakfast 10:00 Chair Exercises (on YouTube) 11:30 Load Up on Bus 12:00 Lunch at Cracker Barrel 2:00 Bingo 3:00 Movie in Activity Room 5:00 Dinner	RESIDENT CHOICE 29 <ul style="list-style-type: none"> • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
SAME AS ABOVE 30						



Our Annual Mother's Day Tea was a success. Thank you to everyone who attended and to the staff who assisted in the preparation and cleanup of this event. Our mothers were all very pleased.



Famous Firsts: Father's Day

Inspired by the campaign to create the Mother's Day holiday, Sonora Smart Dodd of Spokane, Wash., wanted to designate a day for dads to honor her father, a Civil War veteran and widower who single-handedly raised his six children. She lobbied businesses and government officials, and on June 19, 1910, the state of Washington observed the nation's first Father's Day. The celebration gained popularity, but it didn't become a permanent holiday until 1972, when President Richard M. Nixon signed the law designating the third Sunday in June as Father's Day.



You're the Man!

A father's job is to be the answerer of tough questions, the killer of spiders and other bugs, the fixer of broken household objects and the occasional shoulder to cry on. We would like to let all the fathers, grandfathers and fathers-to-be in our community know that we appreciate you. Happy Father's Day!