

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

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ASSISTED LIVING COMMUNITY

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

JULY 2024



Dear Residents & Families,

We have an exciting month of fun activities and events for our residents and families. Here's a peek at our main events this month:

July 3 @ 6pm: Fellowship & Fireworks at Cloverleaf Baptist

July 11 @ 2pm: Affordable Podiatry Visits

July 12 @ 10am: Praise & Worship Revival with Elizabeth

July 18 @ 2pm: Cookies & Compassionate Care with Katrina

July 25: Christmas in July Family Night Event (time to be decided)

July 26 @ 10am: National Maritime Museum Trip

We will send out additional information for our Family Night event in the next week or two.

Warmest Regards,

Jess Kimbler

Activities Director



The 13 Colonies' fight for independence began in Boston over two centuries ago. Today, visitors can step into history by walking the Freedom Trail through the city.

The 2.5-mile red brick path links 16 historic sites, famous for their role in the American Revolution and the nation's early days. Here are some notable stops: *Boston Common*. The south end of the trail starts here, at America's oldest public park, founded in 1634. Hundreds of Redcoats camped on its 45 acres during the British occupation of Boston.

Faneuil Hall. Called the Cradle of Liberty, this building was the site for town meetings and public protests of royal decrees. The structure was named for Peter Faneuil, a merchant who built it as the city marketplace.

Old South Meeting House. Over 5,000 Colonists packed Boston's largest public building at the time to rally against the tea tax, a protest that led to the Boston Tea Party.

Bunker Hill Monument. A 221-foot-tall granite pillar commemorates the 1775 Battle of Bunker Hill, which was the Revolution's first major clash.

The USS Constitution warship, Massachusetts State House, Paul Revere House, the Old North Church and other churches and cemeteries are included on the trail. For a virtual tour, go to TheFreedomTrail.org.

JULY 2024

**Red, White
and Blue
Watermelon
Parfaits**

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Breakfast 10:00 Bingo 11:00 Wood Art Craft 12:00 Lunch 2:00 Word Search Puzzles 3:00 Movie in Activity Room 5:00 Dinner	2 8:00 Breakfast 11:00 Chair Yoga Class 11:30 Penny Pass 12:00 Lunch 2:00 Assorted Games in Activity Room 3:00 Movie in Activity Room 5:00 Dinner	3 8:00 Breakfast 10:30 Exercise with Rebound 11:30 Pamper & Polish 12:00 Lunch 1:00 Courtyard Stroll After Lunch 3:00 Movie in Activity Room 5:00 Dinner 6:00 Fellowship & Fireworks	4 8:00 Breakfast 11:00 Giant Crossword 11:30 Chair Yoga Class 12:00 Lunch 2:00 Assorted Games in Activity Room 3:00 Brother Allen 5:00 Dinner	5 8:00 Breakfast 10:00 Bingo 11:30 Words in Words 12:00 Lunch 3:00 Movie in Activity Room 5:00 Dinner	6 RESIDENT CHOICE • 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!!
7 RESIDENT CHOICE • Church Services 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!!	8 8:00 Breakfast 10:00 Front Porch or Courtyard 11:00 Scrabble 12:00 Lunch 2:00 Bingo & Baking Club 3:00 Movie in Activity Room 5:00 Dinner	9 8:00 Breakfast 11:00 Chair Yoga Class 11:30 Trivia & Refreshments 12:00 Lunch 2:00 Assorted Games in Activity Room 3:00 Movie in Activity Room 5:00 Dinner	10 8:00 Breakfast 11:00 Baking Club 11:30 Coffee Corner 12:00 Lunch 2:00 Activity Packet 3:00 Movie in Activity Room 5:00 Dinner	11 8:00 Breakfast 11:00 Chair Yoga Class 11:30 Refreshments 12:00 Lunch 2:00 Podiatrist Visit 3:00 Brother Allen 5:00 Dinner	12 8:00 Breakfast 10:00 Revival with Elizabeth & Friends 12:00 Lunch 2:00 Ice Cream Social with Meagan Mangold 3:00 Movie in Activity Room 5:00 Dinner	13 RESIDENT CHOICE • 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!!
14 RESIDENT CHOICE • Church Services 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!!	15 8:00 Breakfast 10:00 Bingo 11:30 Coffee & Word Search 12:00 Lunch 2:00 Cover the Number: Dice Activity 3:00 Movie in Activity Room 5:00 Dinner	16 8:00 Breakfast 11:00 Chair Yoga Class 11:30 Penny Pass 12:00 Lunch 3:00 Movie in Activity Room 5:00 Dinner	17 8:00 Breakfast 10:00 Bingo with Rebound 11:30 Pamper & Polish 12:00 Lunch 3:00 Movie in Activity Room 5:00 Dinner	18 8:00 Breakfast 10:00 Piano Recital by Andre Forney 12:00 Lunch 2:00 Cookies & Compassionate Care with Katrina 3:00 Brother Allen 5:00 Dinner	19 8:00 Breakfast 10:00 Dauphin Island Outing 12:00 Lunch 2:00 Resident Choice 3:00 Movie in Activity Room 5:00 Dinner	20 RESIDENT CHOICE • 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!!
21 RESIDENT CHOICE • Church Services 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!!	22 8:00 Breakfast 11:00 Chair Yoga Class 11:30 Refreshments 12:00 Lunch 2:00 Bingo & Baking Club 3:00 Movie in Activity Room 5:00 Dinner	23 8:00 Breakfast 11:00 Trivia & Refreshments 12:00 Lunch 2:00 Puzzles & Ice Cream 3:00 Movie in Activity Room 5:00 Dinner	24 8:00 Breakfast 11:00 Baking Club 11:30 Coffee Corner 12:00 Lunch 3:00 Movie in Activity Room 5:00 Dinner	25 Christmas in July Activities Throughout the Day. Christmas in July Family Night in the Evening. 8:00 Breakfast 12:00 Lunch 3:00 Brother Allen 5:00 Dinner	26 8:00 Breakfast 10:00 GulfQuest National Maritime Museum Outing 12:00 Lunch 2:00 Resident Choice 3:00 Movie in Activity Room 5:00 Dinner	27 RESIDENT CHOICE • 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!!
28 RESIDENT CHOICE • Church Services 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!!	29 8:00 Breakfast 10:00 Bingo 11:00 Trivia & Refreshments 12:00 Lunch 3:00 Movie in Activity Room 5:00 Dinner	30 8:00 Breakfast 11:00 Scrabble 12:00 Lunch 3:00 Movie in Activity Room 5:00 Dinner	31 8:00 Breakfast 10:30 Exercise with Rebound 11:00 Pamper & Polish 12:00 Lunch 2:00 Activity Packets 3:00 Movie in Activity Room 5:00 Dinner			

Double Trouble Word Puzzle



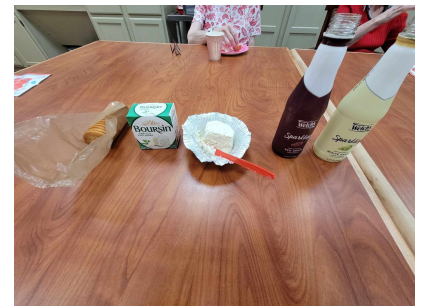
Exercise Class With Rebound Rehab



Community Bus Outing to Fairhope



Wine & Cheese Resident Social



"Cast all your worries upon him because he cares for you."
—1 Peter 5:7