

# THE Knollwood Pointe Lifestyle



KNOLLWOOD  
POINTE  
SENIOR LIVING AT EASE

Like Us!  

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

## OCTOBER 2024

### In October, We Wear Pink!

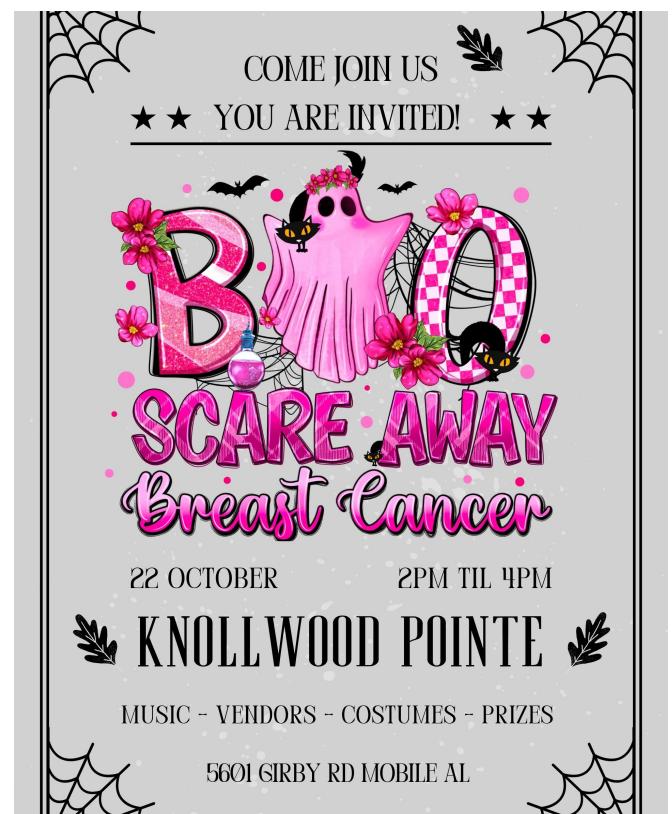
We would love for you to join us for our Boo! Scare Away Breast Cancer! Fundraiser this month. We want everyone to have a SPOOKY good time as we bring out our best Halloween outfits and raise money for the Susan G. Komen breast cancer foundation. We will have vendors selling various goodies, Halloween music for your entertainment, door prizes & more! We look forward to seeing you all there!



As we move through this season of change, we are reminded of the gifts that surround us daily. Gratitude is not just about recognizing the big moments, but also appreciating the small, often unnoticed blessings. From the warmth of a kind smile to the beauty of nature, abundance is all around us. When we take time to acknowledge these treasures, our hearts grow fuller, and we begin to see life's richness more clearly.

Let this season be a time to pause, reflect, and embrace the abundance we already have. By cultivating gratitude, we open ourselves to even more joy, peace, and connection with one another. Let's carry this spirit with us in everything we do.

Warmest regards,  
Kendrick Wells  
Executive Director



COME JOIN US  
★ ★ YOU ARE INVITED! ★ ★

**BOO!**  
**SCARE AWAY**  
*Breast Cancer*

22 OCTOBER      2PM TIL 4PM

**KNOLLWOOD POINTE**

MUSIC - VENDORS - COSTUMES - PRIZES

5601 GIRBY RD MOBILE AL

# OCTOBER 2024

## Devotional

Heavenly Father,  
As we enter this season of autumn, we pause to reflect on your many blessings. The vibrant colors of the leaves remind us of the beauty in change, and the crispness in the air invites us to embrace this new season with open hearts. We are grateful for the harvest of your bounty, which sustains us and brings us together in fellowship. Lord, as the earth prepares for a time of rest, help us to find peace in our hearts and minds. Teach us to slow down, listen to your voice in the stillness, and find joy in the simple moments of life. We pray for the strength to embrace the changes that come our way, trusting in your perfect plan. Guide us to be instruments of your love and kindness, especially to those who may be feeling lonely or burdened during this season. Let our hearts overflow with gratitude for your many blessings. As we journey through this season, may your grace surround us, your peace fill us, and your love lead us. In your holy name, we pray. Amen.

**“Listen! The wind is rising,  
and the air is wild  
with leaves,  
We have had our  
summer evenings,  
now for October eves!”  
—Humbert Wolfe**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Beauty Shop Day</b> 1 10:00 Wii Time 11:00 Resident Council Meeting 2:00 Bingo 3:00 Word Activity Sheet	2 10:30 ROM Chair Exercises 11:00 Nail Salon 2:00 Jigsaw Puzzles in Activity Room 3:00 Fresh Air on the Porch	3 10:30 Seated Yoga Class 11:30 Lunch at Cracker Barrel 2:00 Bingo 3:00 Brother Allen	4 10:00 Praise & Worship Revival with Elizabeth Ervin & Friends 11:00 Trivia & Refreshments 2:00 Bingo 3:00 Wii Time	5
6	7 11:00 Seated Zumba Class 11:30 Phase 10 2:00 Bingo 3:00 Monday Movie Matinee	<b>Beauty Shop Day</b> 8 11:00 Learning Class: Chicken Foot 11:30 Arts & Crafts 2:00 Bingo 3:00 Wii Time	9 10:30 ROM Chair Exercises 11:00 Nail Salon 2:00 Sip & Savor Refreshments 3:00 Walk in the Courtyard	10 10:00 Dauphin Way United Methodist Pumpkin Patch 11:30 Arts & Crafts 2:00 Bingo 3:00 Brother Allen	11 10:30 Seated Yoga Class 11:00 Bingo 2:00 Spades 3:00 Word Activity Sheet	12
13	14 11:00 Seated Zumba Class 11:30 UNO with Friends 11:45 Bookmobile Visits! 2:00 Bingo 3:00 Monday Movie Matinee	<b>Beauty Shop Day</b> 15 10:00 “Voices of Hope” Concert 11:30 Pumpkin Decorating 2:00 Bingo 3:00 Show & Tell: Bring an Item from Home	16 10:30 Exercise with Rebound 11:00 Nail Salon 2:00 Culinary Meeting with Chef Racheal 3:00 Fresh Air on the Porch	17 10:00 Walmart Shopping Trip 11:30 Arts & Crafts 2:00 Bingo 3:00 Brother Allen	18 10:30 Seated Zumba Class 11:00 Bingo 2:00 Wii Time 3:00 Courtyard Stroll	19
20	21 11:00 Seated Zumba Class 11:30 “Pick Your Poison” Card Game 2:00 Bingo 3:00 Monday Movie Matinee	<b>Beauty Shop Day</b> 22 10:00 Bingo 11:00 Learning Class: Tripoley 11:30 Sip & Savor Refreshments 2:00 Boo! Scare Away Breast Cancer Fundraiser! Join us for an afternoon of shopping and spooky, good fun as we raise money for the Susan G. Komen Breast Cancer Foundation	23 10:30 ROM Chair Exercises 11:00 Nail Salon 2:00 Jigsaw Puzzles in Activity Room 3:00 Walk in the Courtyard	<b>Happy Birthday Doris S.</b> 24 10:00 Trick or Treat at Kids Zone of Tillman’s Corner Daycare 11:30 Arts & Crafts 2:00 Celebration of Life Ceremony 3:00 Brother Allen	25 10:30 Seat Yoga Class 11:00 Activity Planning Meeting 2:00 Bingo 3:00 Halloween Movie & Popcorn in Activity Room	26
27	28 11:00 Seated Zumba Class 11:30 Spades 2:00 Bingo 3:00 Monday Movie Matinee	<b>Beauty Shop Day</b> 29 11:00 Mexican Train 11:30 Arts & Crafts 2:00 Bingo 3:00 Freshly Baked Cookies	30 10:30 ROM Chair Exercises 11:00 Nail Salon 2:00 Sip & Savor Refreshments 3:00 Fresh Air on Porch	31 10:00 Dollar Tree Shopping Trip 11:30 Arts & Crafts 2:00 Bingo 3:00 Brother Allen		



## Happy Birthday, Ms. Doris!



### Chef's Corner

October is a month of transformation, when the cool embrace of autumn settles in and nature bursts into a palette of warm colors. It's a time when comfort foods take center stage, filling kitchens with the aromas of spices, baked goods, and hearty stews. The harvest season brings an abundance of pumpkins, apples, and squash, inspiring recipes that celebrate the best of fall's bounty.

Halloween, October's signature holiday, adds a playful twist to the culinary scene. From spooky treats like ghost-shaped cookies, to pumpkin-flavored everything, food becomes a canvas for creativity. Trick-or-treaters delight in candy, but the true magic of Halloween food lies in the communal feasts, where family and friends gather to share in the joy of the season. Whether it's a bubbling pot of chili or a slice of warm apple pie, October's foods evoke feelings of warmth, nostalgia, and a touch of mystery.



## The Podiatrist Is Coming This Month!!

Payment Options: Cash, Check (Affordable Podiatry), Debit/Credit  
All payments must be made prior to the visit. Debit/credit cards can be used at time of visit. You may also call Affordable Podiatry and prepay over the phone. This is an easier solution for our out-of-town family members. Cash or Check payments should be placed in an envelope with resident name & Podiatrist on it and given to Activity Director Jess Kimbler. If you decide to prepay over the phone, text or call Jess at 251-374-7119 so your loved one can be added to the list.

Who: Dr. Stuart Alter

What: Podiatrist Visit

When: Thursday, October 3, 2024 @ 2:00pm

Where: Knollwood Pointe Beauty Shoppe

Cost: \$25 per Resident

