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# THE Knollwood Pointe Lifestyle

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

## FEBRUARY 2025

### \*\*February Birthdays\*\*

### Red Things in the Wild

The first Friday in February is National Wear Red Day. This special holiday, set during American Heart Month, is intended to raise awareness for heart disease. People aren't the only creatures who can wear the vibrant hue. Spot these animals who show their spirit in red all year long.

*Amphibians.* Many ribbiting amphibians don a bright red color: strawberry poison dart frogs, phantasmal poison frogs, granular poison frogs and tomato frogs. Nature lovers in the Eastern U.S. can search for red salamanders and red efts (eastern newts in their juvenile stage).

*Mammals.* Bushy-tailed with boundless energy, the Eurasian red squirrel is a bit bigger than a chipmunk and sports a rusty red coat, white belly and magnificent ear tufts. The soft, fuzzy fur of the red panda blends in with the moss that grows in the Himalayan forests they call home.

*Birds.* Seen soaring through rainforests, the scarlet macaw is one of the largest parrot species, at 33 inches long. Beloved northern cardinals make for a pleasing sight with their red feathers and prominent head crest. The only red shorebird, the scarlet ibis turns a brilliant ruby hue from feasting on crustaceans.

*Insects.* Ladybugs are some of the most recognizable insects in the world, and glimpsing their black-spotted red bodies is a good luck omen in many cultures. Many butterflies have red markings, including several vibrant specimens in the African glider family, Mexico's common postman and the red lacewing of Southeast Asia.



## FEBRUARY 2025

### Mardi Gras

Did you know Mobile, Alabama, is the birthplace of America's first Mardi Gras? While many associate the event with New Orleans, Mobile's Mardi Gras began in 1703, just a year after the city was founded by French explorers.

Mardi Gras, or "Fat Tuesday," stems from French Catholic tradition as a final day of feasting before Lent. Early celebrations in Mobile were simple gatherings. By 1711, the city introduced its first parade-like tradition with the Boeuf Gras, or "Fatted Ox." In 1866, Joe Cain revived Mardi Gras by parading as "Chief Slacabamorinico," lifting spirits after the Civil War. His efforts inspired mystic societies, which now organize the parades and balls that define the holiday. Today, Mobile's Mardi Gras is family-friendly, featuring parades, marching bands, and MoonPies, a local favorite. The Mobile Carnival Museum showcases the history and artistry of these celebrations. This Mardi Gras season, let's honor Mobile's legacy as the original home of this festive tradition.

**"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
		<b>Weekday Daily Activities: AM</b> 9AM- Devotional 9:30AM- Music Program (YouTube) 11AM- Independent Table Activities 11:30AM- Wash-Up Time	<b>Weekday Daily Activities: PM</b> 1PM- Courtyard Gathering 1:30PM- Hydration 4PM- Movie Matinee			1 9:00 KP Sing Along (YouTube Playlist) 9:30 Courtyard Gathering 10:00 Bingo 2:00 Table Top Activities 2:30 Color Me Wonderful 3:00 Afternoon Movie
2 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 10:30 Table Top Activities 2:00 Bingo 3:00 Afternoon Movie	3 10:00 ROM Chair Exercises 10:30 The Day the Music Died: Honoring Richie Valens, Buddy Holly & the Big Bopper 2:00 Sip & Savor Nail Salon 2:30 Arts & Crafts 3:00 Garden Club 3:30 Courtyard Stroll	4 10:00 Bingo 10:30 Winner's Circle Refreshments 2:00 Gentle Chair Exercise for Seniors (YouTube) 2:30 Snack & Wash-Up 3:00 Hymns with Brother David Gill 3:30 Color Me Wonderful	5 10:00 Praise & Workout with Christina Boyd 10:30 Wind Down Wednesday Refreshments 2:00 Bingo 3:00 Arts & Crafts: Valentine's 3:30 Courtyard Stroll	6 10:00 Dice-rcise 10:30 Would You Rather? 2:00 Sensory Activity 2:30 UNO with Friends 3:00 Color Me Wonderful 3:30 Bible Study with Brother Allen	7 10:00 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:30 Friday Fun Day Trivia & Snacks 2:00 Scenic Drive 3:00 Nature Collage 3:30 Courtyard Stroll	8 9:00 KP Sing Along (YouTube Playlist) 9:30 Courtyard Gathering 10:00 Bingo 2:00 Table Top Activities 2:30 Color Me Wonderful 3:00 Afternoon Movie
9 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 10:30 Table Top Activities 2:00 Bingo 3:00 Afternoon Movie 5:30 Super Bowl Sunday Pizza Party	10 10:00 ROM Chair Exercises 10:30 Trivia Hour & Refreshments 2:00 Sip & Savor Nail Salon 2:30 Arts & Crafts: Valentine's 3:00 Corn Hole 3:30 Courtyard Stroll	11 10:00 Bingo 10:30 Winner's Circle Refreshments 2:00 Gentle Chair Exercise for Seniors (YouTube) 2:30 Snack & Wash-Up 3:00 Hymns with Brother David Gill 3:30 Color Me Wonderful	12 10:00 Praise & Workout with Christina Boyd 10:30 Wind Down Wednesday Refreshments 2:00 Bingo 3:00 Arts & Crafts: Mardi Gras Masks 3:30 Courtyard Stroll	13 10:00 Dice-rcise 10:30 Alphabet Word Game 2:00 Sensory Activity 2:30 UNO with Friends 3:00 Color Me Wonderful 3:30 Bible Study with Brother Allen	14 10:00 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:30 Friday Fun Day Trivia & Snacks 2:00 Golden Hearts Gala: Valentine's Social 3:00 Love Collage 3:30 Courtyard Stroll	15 <b>Mobile Mystics Mardi Gras Parade</b> 9:00 KP Sing Along (YouTube Playlist) 9:30 Courtyard Gathering 10:00 Bingo 2:00 Table Top Activities 2:30 Color Me Wonderful 3:00 Afternoon Movie
16 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 10:30 Table Top Activities 2:00 Bingo 3:00 Afternoon Movie	17 10:00 ROM Chair Exercises 10:30 Trivia Hour & Refreshments 2:00 Sip & Savor Nail Salon 2:30 Arts & Crafts: Mardi Gras 3:00 Word Games 3:30 Courtyard Stroll	18 10:00 Bingo 10:30 Winner's Circle Refreshments 2:00 Gentle Chair Exercise for Seniors (YouTube) 2:30 Snack & Wash-Up 3:00 Hymns with Brother David Gill 3:30 Color Me Wonderful	19 10:00 Praise & Workout with Christina Boyd 10:30 Wind Down Wednesday Refreshments 2:00 Bingo 3:00 Worship & Refreshments with Joyce Robertson 3:30 Courtyard Stroll	20 10:00 Dice-rcise 10:30 Would You Rather? 2:00 Sensory Activity 2:30 UNO with Friends 3:00 Color Me Wonderful 3:30 Bible Study with Brother Allen	21 10:00 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:30 Friday Fun Day Trivia & Snacks 2:00 Scenic Drive 3:00 Food Collage 3:30 Courtyard Stroll	22 9:00 KP Sing Along (YouTube Playlist) 9:30 Courtyard Gathering 10:00 Bingo 2:00 Table Top Activities 2:30 Color Me Wonderful 3:00 Afternoon Movie
23 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 10:30 Table Top Activities 2:00 Bingo 3:00 Afternoon Movie	24 10:00 ROM Chair Exercises 10:30 Trivia Hour & Refreshments 2:00 Sip & Savor Nail Salon 2:30 Arts & Crafts 3:00 Garden Club 3:30 Courtyard Stroll	25 10:00 Bingo 10:30 Winner's Circle Refreshments 2:00 Gentle Chair Exercise for Seniors (YouTube) 2:30 Snack & Wash-Up 3:00 Hymns with Brother David Gill 3:30 Color Me Wonderful	26 10:00 Praise & Workout with Christina Boyd 10:30 Wind Down Wednesday Refreshments 2:00 Bingo 3:00 Arts & Crafts 3:30 Courtyard Stroll	27 10:00 Dice-rcise 10:30 Alphabet Word Game 2:00 Sensory Activity 2:30 UNO with Friends 3:00 Color Me Wonderful 3:30 Bible Study with Brother Allen	28 10:00 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:30 Friday Fun Day Trivia & Snacks 2:00 Scenic Drive 3:00 Miscellaneous Collage 3:30 Courtyard Stroll	

# Wilfred Sewer: From Humble Beginnings to Lasting Impact



Wilfred Emmett Sewer was born on May 10, 1941, as the eldest of ten children. Coming from humble beginnings, Wilfred embodied a strong yet gentle spirit, guided by his unwavering faith in God and a belief in hard work. He inspired his younger siblings with his determination and proved that greatness could be achieved with modest means.

From a young age, Wilfred's love for music was evident. He began taking piano lessons early in life, eventually using his talent to serve as the Minister of Music in various churches. His performances, featuring heartfelt and spiritual songs of heaven, touched the souls of many. Wilfred's passion for music was matched by his dedication to education. He earned a Bachelor of Science degree from Alabama State University and later pursued a Master's degree in Education, setting a powerful example for his family and others.

Wilfred's career reflected his dual passions for teaching and music. He worked as a Social Organizer for a government program before transitioning to elementary education in Mobile Public Schools, where he found great joy in teaching and organizing musical recitals for students. Even after retiring, he continued to substitute teach until his health no longer allowed.

In addition to his career in education, Wilfred served his country as a soldier in the United States Army, traveling to beautiful places, including England. His educational background led him to clerical and records duties during his service, showcasing his adaptability and dedication.

Family was central to Wilfred's life. He deeply loved his son, James, who was called to Heaven at a young age. Despite this loss, Wilfred remained a source of strength and support to those around him.

Wilfred's resilience and joy were encapsulated in his signature phrase after playing the piano: "I Still Got It." A true testament to his enduring passion for music and life, Wilfred Sewer continues to inspire and uplift everyone who knows him.



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.