

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

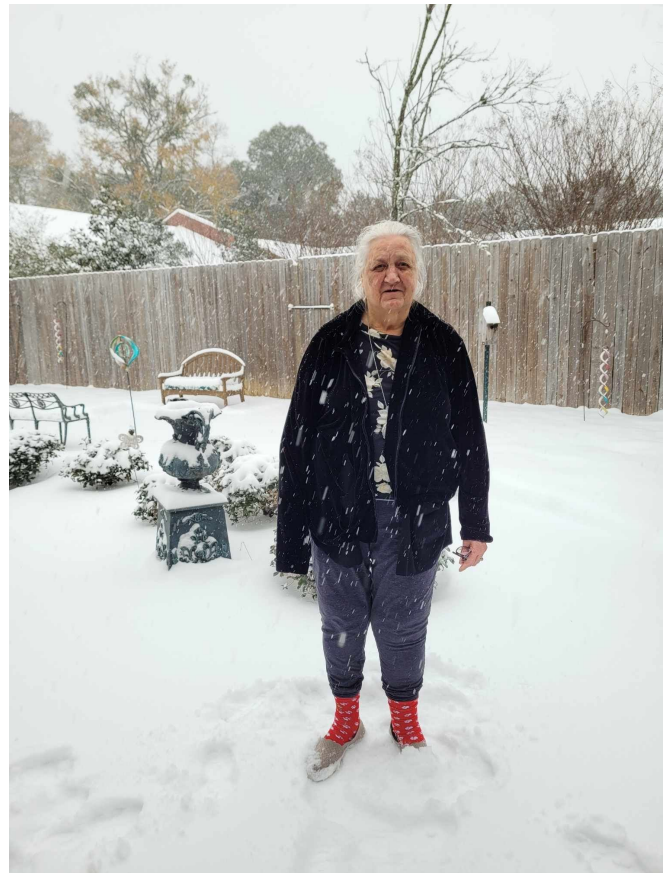
MEMORY CARE COMMUNITY
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Aim To Be Wellderly

With today's seniors living longer, there's a determined focus on vibrant, healthy aging. Wellderly Week, the third week in March, encourages seniors to embrace growing older.

What does it mean to be "wellderly"? The term refers to older adults who focus on health span rather than life span, seeking optimal wellness for as long as possible. They take proactive steps to lead fulfilling, engaged lives without fixating on their age. Thriving, not just living, is the goal. A number of lifestyle choices contribute to being wellderly. Regular physical activity is key, and it can be as simple as stretching, walking and gardening. A healthy, balanced diet fights illness and helps the body function at its best. Staying socially and mentally engaged are crucial to emotional well-being, as is maintaining a strong sense of purpose. Gratitude, humor and joy are also traits of the wellderly. A good balance of optimism and realism is also important for healthy aging. Growing older is a part of life, but those who strive to nourish their body and mind can truly be wellderly.

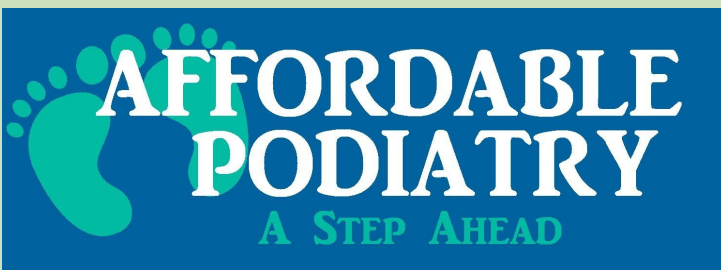
MARCH 2025



To This Month's Birthday Celebrants ...

Wishing you all the best in the year to come. May your days be filled with sunshine and beautiful colors. And may your nights be filled with comforting dreams and wishes to come.

Happy birthday!



Dr. Stuart Alter from Affordable Podiatry will visit Knollwood Pointe on **Thursday, April 10, 2025, at 2:00 PM** to provide professional foot care for our residents. The cost is \$25 per resident, with payments accepted on the day of the visit (cash, check, or debit card with a \$3 convenience fee) or prepaid at Affordable Podiatry's office on Airport Blvd or via phone. In-house payments can be turned in to Jess Kimbler. Don't miss this convenient opportunity to keep your feet healthy and happy!

MARCH 2025

The Rite of Spring

Spring-cleaning season is here, but not everyone is grabbing a mop. According to a survey of 1,000 adults, people have a tough time getting started. Specifically, nearly half are so overwhelmed by clutter or a lack of cleaning supplies that they procrastinate or skip cleaning altogether. To make the task easier, follow these tips from the cleaning experts at SC Johnson:

- 1) Get organized before you clean.** Schedule a day you'll dedicate to spring cleaning. Then list your cleaning priorities, starting with the messiest, dirtiest room in the house.
- 2) Create a cleaning kit.** Include rubber gloves, a duster, garbage bags, window cleaner and cloths, a toothbrush (for small areas) and a toilet brush.
- 3) Clean from top to bottom and in one direction.** It's a simple but helpful method that keeps you from having to reclean dirt off lower surfaces that has fallen from above.

Source: ARA

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Weekday Daily Activities - AM 9:00 Devotion 9:30 Music Program (YouTube) 11:00 Independent Table Activities 11:30 Wash-Up Time	Weekday Daily Activities -PM 1:00 Courtyard Gathering 1:30 Hydration 4:00 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: Resident Choice 2:00 Bingo 3:00 Afternoon Movie	3 10:00 Chair Exercises with Carla 10:30 Trivia Hour and Refreshment 2:00 Nail Salon with Carla 3:00 Watercolor Painting 3:30 Courtyard Stroll	4 10:00 Bingo 10:30 Refreshments 2:00 Gentle Chair Exercises for Seniors (YouTube) 2:30 Mardi Gras KING CAKE & DANCE 3:30 Color Me Wonderful	5 10:00 Exercise with Christina Boyd 2:00 Bingo 3:00 Mardi Gras Art Activity 3:30 Mardi Gras Memory Lane	6 10:00 Dice-rcise 10:30 National Oreo Cookie Day 2:00 Sensory Activity 2:30 Refreshments 3:00 Mardi Gras Color Me Wonderful 3:30 Bible Study with Brother Allen	7 10:00 Chair Zumba (YouTube) 10:30 Friday Fun Day Trivia & Snacks 2:00 Scenic Drive 2:30 Refreshments 3:00 Movie Matinee 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: Resident Choice 2:00 Bingo 3:00 Afternoon Movie	10 10:00 Chair Exercises with Carla 10:30 Trivia Hour and Refreshment 2:00 Nail Salon with Carla 3:00 Bean Bag Toss 3:30 Courtyard Stroll	11 10:00 Bingo 10:30 Refreshments 2:00 Gentle Chair Exercises for Seniors (YouTube) 2:30 Refreshments 3:30 Color Me Wonderful	12 10:00 Exercise with Christina Boyd 10:30 Planting Flower Seeds "Plant a Flower Day" 2:00 Bingo 3:30 Courtyard Stroll	13 10:00 Dice-rcise 10:30 Balloon Toss 2:00 "What If..." 2:30 Refreshments 3:30 Bible Study with Brother Allen	14 10:00 Chair Zumba (YouTube) 10:30 Bingo 2:00 Scenic Drive 2:30 Refreshments 3:00 Movie Matinee	15 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: Resident Choice 2:00 Bingo 3:00 Afternoon Movie	17 10:00 Chair Exercises with Carla 10:30 Trivia Hour and Refreshment 2:00 Nail Salon with Carla 3:00 Bean Bag Toss 3:30 Courtyard Stroll	18 10:00 Bingo 10:30 Refreshments 2:00 Gentle Chair Exercises for Seniors (YouTube) 2:30 Refreshments 3:30 Color Me Wonderful	19 10:00 Exercise with Christina Boyd 10:30 Trivia Hour and Refreshment 2:00 Bingo 3:00 Worship with Joyce Robertson 3:30 Courtyard Stroll	20 10:00 Dice-rcise 10:30 Movie Time 2:30 "First Day of Spring" Spring Dance with Refreshments 3:30 Bible Study with Brother Allen	21 10:00 Chair Zumba (YouTube) 10:30 Bingo 2:00 Scenic Drive 2:30 Refreshments 3:00 Movie Matinee	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 SAME AS ABOVE	24 SAME AS ABOVE	25 10:00 Bingo 10:30 Refreshments 2:00 Gentle Chair Exercises for Seniors (YouTube) 2:30 Refreshments 3:30 Color Me Wonderful	26 10:00 Exercise with Christina Boyd 10:30 Ball Toss 2:00 Bingo 3:00 Art Activity 3:30 Courtyard Stroll	27 10:00 Dice-rcise 10:30 Movie Time 3:00 Bingo 3:30 Bible Study with Brother Allen	28 10:00 Chair Zumba (YouTube) 10:30 Bingo 2:00 Scenic Drive 2:30 Refreshments 3:00 Movie Matinee	29 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
30 SAME AS ABOVE	31 SAME AS ABOVE					



Dorothy "Dot" Mastin

Dorothy "Dot" Mastin (née Waters) was born on February 6, 1927, in the quiet town of Gateswood, Alabama, to Ossie and Adele Waters. She grew up alongside her six siblings—Vonnie, Belle, Lois, John, and twins Willis and William—learning the values of family, hard work, and resilience.

Dot's early education took her through three different communities. She attended Gateswood School for grades 1–8, spent ninth grade at Elberta School in Mifflin, and completed high school at Foley School, graduating in May 1945.

After high school, she moved to Mobile, Alabama, where she built a nearly four-decade career with Bell Telephone, forming lasting friendships before retiring in 1982. She took great pride in her work, always carrying herself with grace and dedication. Known for her kindness and reliability, she was well-respected by colleagues and cherished by those who knew her.

In June 1965, Dot married the love of her life, John Mastin. A seaman by trade, John's career often took him away for long periods, including a year of service in Vietnam. But whenever he was home, they made the most of their time together, sharing stories, enjoying home-cooked meals, and escaping to the Tennessee mountains. Their love was steadfast, built on mutual respect and deep companionship.

Dot and John also had a deep love for animals and filled their home with three loyal Labradors—Duchess, Rufus, and Duke—and a small, spunky poodle named Weegie, who held a special place in Dot's heart. Their dogs brought them endless joy and companionship, making their home even more warm and welcoming.

Dot's life was one of love, laughter, and devotion. Whether through the strong bonds of family, the friendships she built, or the unwavering love she shared with John, she touched the lives of those around her in ways that will never be forgotten. She left behind a legacy of kindness, strength, and cherished memories that will live on in the hearts of those who loved her.



Dear Residents, Families, and Friends,
Spring is near, bringing fresh energy and new opportunities at Knollwood Pointe! I'm grateful for our wonderful residents and staff, whose kindness and enthusiasm make this community feel like home.

March is filled with exciting activities, from St. Patrick's Day celebrations to spring crafts and March Madness watch parties. Warmer days also mean more time outdoors—so take advantage of the fresh air and sunshine!

Families, we love having you here! Your visits and involvement mean so much, and we encourage you to join us for events and quality time together.

Wishing you all a joyful and healthy March!

Kendrick Wells
Executive Director, Knollwood Pointe

