


THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

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

Happy 90th Birthday Dr. Reba



Happy 79th Birthday Ms. Flettie



JUNE 2024

REFER A FRIEND TO...



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

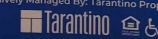
And You Will
RECEIVE \$500
When They Become a Resident

New Resident: _____

Referred by: _____



Exclusively Managed By: Tarantino Properties, Inc.



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

Make Time To Do Nothing

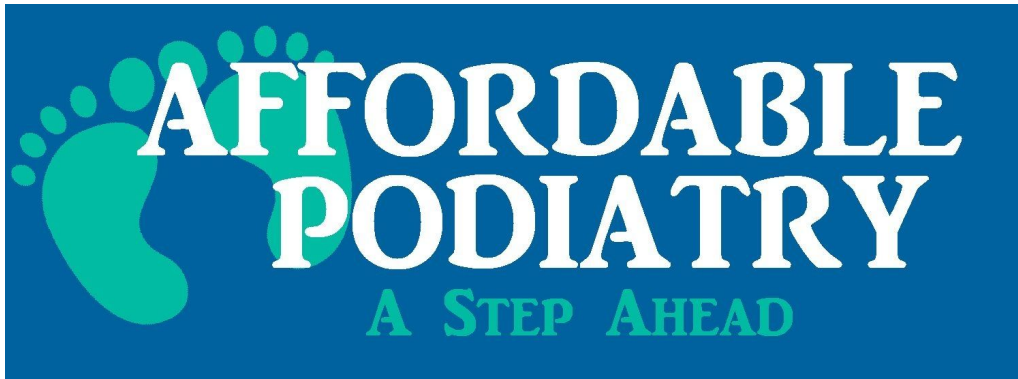
The longer, warmer days of summer are the perfect time to practice *niksen*, the Dutch concept of doing nothing. Daydreaming while looking out a window, sitting on a porch, and listening to music are some examples of *niksen*. Mindless relaxation has been shown to foster both emotional and physical benefits, such as improving the ability to work through a problem and helping the body fight off colds.

Soothing Skin Care

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms. The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.

**"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
						1 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
2 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	3 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 Courtyard 2:00 Table Top Activities 3:00 Trivia 3:30 Movie Matinee	4 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Arts & Crafts 2:00 Bingo 3:00 Yahtzee 3:30 Movie Matinee	5 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 Table Top Activities 2:00 Wine & Cheese Social 2:30 Hand Massages 3:30 Movie Matinee	6 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Manicures with Jess 2:00 Balloon Volleyball 3:00 Brother Allen 3:30 Movie Matinee	7 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Revival with Elizabeth & Friends 11:00 Wash-Up Time 1:00 Bus Outing 3:00 Snack Social 3:30 Movie Matinee	8 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
9 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	10 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 Courtyard 2:00 Arts & Crafts 2:30 Yahtzee 3:30 Movie Matinee	11 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 UNO with Friends 1:30 Coffee & Confessions 2:30 Roll the Dice: 200pts 3:30 Movie Matinee	12 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Trivia 10:30 Chair Exercises with Rebound Rehab 1:00 Table Top Activities 2:00 Foot Spa Day with Diane 3:30 Movie Matinee	13 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Manicures with Jess 2:00 Balloon Volleyball 3:00 Brother Allen 3:30 Movie Matinee	14 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 12:00 Father's Day Lunch at Loaves & Fishes 2:00 Courtyard Stroll 3:00 Trivia 3:30 Movie Matinee	15 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
16 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	17 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 Courtyard 2:00 Table Top Activities 2:30 Jumbo Dice 3:30 Movie Matinee	18 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Alphabet Word Game 2:00 Bingo 3:00 Balloon Volleyball 3:30 Movie Matinee	19 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 Table Top Activities 2:00 Arts & Crafts 2:30 Hand Massages 3:30 Movie Matinee	20 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Manicures with Jess 2:00 Balloon Volleyball 3:00 Brother Allen 3:30 Movie Matinee	21 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 UNO with Friends 2:00 Bingo 3:00 Snack Social 3:30 Movie Matinee	22 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
23 SAME AS ABOVE	24 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 1:00 Courtyard 2:00 Arts & Crafts 2:30 Book Club 3:30 Movie Matinee	25 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Coffee Social 2:00 Balloon Volleyball 2:30 UNO with Friends 3:30 Movie Matinee	26 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Trivia 10:30 Rebound Rehab Activity 1:00 Table Top Activities 2:00 Wine & Cheese Social 2:30 Hand Massages 3:30 Movie Matinee	27 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Book Club 1:00 Manicures with Jess 2:00 Balloon Volleyball 3:00 Brother Allen 3:30 Movie Matinee	28 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Cool Down & Hydration 12:00 Lunch at Cracker Barrel 2:00 Bingo 3:00 Snack Social 3:30 Movie Matinee	29 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
30 SAME AS ABOVE						



ATTENTION! ATTENTION!

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.

A Flip-Flop Summer

Flip-flops, sandals, thongs—whatever you call this breathable shoe, it's time to get casual and break them out for the summer!



The History of Father's Day

Father's Day was initiated by Sonora Smart Dodd of Spokane, Wash., whose father, a Civil War veteran, raised six children on his own after his wife died in childbirth. Dodd suggested honoring men like her father in 1909 after listening to a sermon about Mother's Day.

The first Father's Day took place the next year on June 19, her father's birthday. In the years following, many congressional resolutions proclaimed a national Father's Day. The holiday only became official, however, in 1972 when President Richard Nixon signed a presidential resolution declaring Father's Day as the third Sunday in June.

While Mother's Day is the biggest holiday for phone calls, Father's Day is the busiest for collect calls.

"A hot dog at the ballpark is better than steak at the Ritz."

—Humphrey Bogart



Mother's Day

Our Annual Mother's Day Tea was a success. Thank you to everyone who attended and especially to the staff who assisted with the setup, decorating, preparing the delicious food and helping with the cleanup.

