



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

THE Knollwood Pointe Lifestyle

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

JULY 2024



- July 3 Fellowship & Fireworks @ Cloverleaf Baptist 6pm
- July 11 Affordable Podiatry @ Knollwood Pointe 2pm
- July 12 Praise & Worship Revival with Elizabeth 10am
- July 18 Cookies & Compassionate Care with Katrina 2pm
- July 25 Christmas in July Family Night Event
- July 26 National Maritime Museum

Refer A Friend Program

REFER
A FRIEND TO...



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

And You Will
RECEIVE \$500

When They Become a Resident

New Resident: _____

Referred by: _____

The Path to Liberty

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 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Bingo 2:00 Ring Toss 2:30 Snack & Music 3:00 Arts & Crafts 3:30 Ball Darts 4:00 Historical Documentary 5:30 Jumbo Dice	2 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 UNO with Friends 2:00 Arts & Crafts 2:30 Snack & Music 3:00 Kickball 3:30 Movie Matinee 5:30 Bingo	3 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Wash-Up Time 10:30 Exercise with Rebound 2:00 Pamper & Polish 2:30 Snack & Music 3:00 RC Car Race 3:30 Axe Throwing 6:00 Fellowship & Fireworks	4 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 Scrabble 2:00 Coffee Corner 2:30 Snack & Music 3:00 Balloon Volleyball 3:30 Brother Allen 4:00 Nature Documentary 5:30 Bingo	5 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Bingo 2:00 Kickball 2:30 Snack & Music 3:00 UNO with Friends 3:30 Arts & Crafts 4:00 Movie Matinee 5:30 Ball Darts	6 7:30 Breakfast 8:30 Morning News 9:30 Snack & Music 10:00 Bingo 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner
7 7:30 Breakfast 8:30 Morning News 9:30 Church Service 10:00 Snack & Music 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner	8 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Kickball 10:30 Penny Pass 2:00 Bingo & Baking Club 3:00 Snack & Music 3:30 Color Me Wonderful 4:00 Educational Documentary 5:30 Collage Craft	9 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 Trivia 2:00 Pencil Pull Game 2:30 Snack & Music 3:00 Words in Words 3:30 Arts & Crafts 5:30 Bingo	10 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Kickball 2:00 Sensory Activity 2:30 Snack & Music 3:00 Lawn Darts 3:30 Color Me Wonderful 4:00 Nature Documentary 5:30 Jumbo Dice	11 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 Arts & Crafts 2:00 Podiatrist Visit 2:30 Snack & Music 3:30 Brother Allen 4:00 Movie Matinee 5:30 Competitive Games	12 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Revival with Elizabeth & Friends 2:00 Ice Cream Social with Meagan Mangold 3:00 Giant Crossword 3:30 Axe Throwing 4:00 Color Me Wonderful 5:30 Movie Matinee with Popcorn	13 7:30 Breakfast 8:30 Morning News 9:30 Snack & Music 10:00 Bingo 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner
14 7:30 Breakfast 8:30 Morning News 9:30 Church Service 10:00 Snack & Music 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner	15 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Bingo 2:00 Kickball 2:30 Snack & Music 3:00 Words in Words 3:30 Dice Game: Roll to 100pts 4:00 Color Me Wonderful 5:30 Competitive Games	16 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 Sensory Activity 2:00 Axe Throwing 2:30 Snack & Music 3:00 Giant Crossword 4:00 Nature Documentary 5:30 Jumbo Dice	17 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Bingo with Rebound 2:00 Pamper & Polish 2:30 Snack & Music 3:00 Penny Pass 3:30 Ring Toss 4:00 Color Me Wonderful 5:30 Collage Craft	18 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Piano Recital by Andre Forney 2:00 Cookies & Compassionate Care with Katrina 3:00 Balloon Volleyball 3:30 Brother Allen 5:30 Movie Night Social	19 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Dauphin Island Outing 2:00 Pencil Pull Game 2:30 Snack & Music 3:00 Giant Crossword 3:30 Lawn Darts 4:00 Arts & Crafts 5:30 Words in Words	20 7:30 Breakfast 8:30 Morning News 9:30 Snack & Music 10:00 Bingo 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner
21 7:30 Breakfast 8:30 Morning News 9:30 Church Service 10:00 Snack & Music 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner	22 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Kickball 10:30 Mindful Talk 2:00 Bingo & Baking Club 3:00 Snack & Music 3:30 Sensory Activity 4:00 Educational Documentary 5:30 Jumbo Dice	23 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 Popsicle Palooza 2:00 Lawn Darts 2:30 Snack & Music 3:00 Scrabble 3:30 Arts & Crafts 5:30 Bingo	24 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Balloon Volleyball 10:30 Trivia 2:00 Kickball 2:30 Snack & Music 3:00 Penny Pass 4:00 Movie Matinee 5:30 Words in Words	25 CHRISTMAS IN JULY • Daily Activities will be themed around our Christmas in July event • Christmas in July Family Night will be that evening	26 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 National Maritime Museum 2:00 Axe Throwing 2:30 Snack & Music 3:00 Kickball 3:30 RC Car Race 4:00 Color Me Wonderful 5:30 Movie Matinee with Popcorn	27 7:30 Breakfast 8:30 Morning News 9:30 Snack & Music 10:00 Bingo 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Country Western Dinner Show
28 7:30 Breakfast 8:30 Morning News 9:30 Church Service 10:00 Snack & Music 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Music 3:00 Movie Matinee 4:30 Dinner	29 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 Bingo 2:00 Kickball 2:30 Snack & Music 3:00 RC Car Race 3:30 Trivia 4:00 Arts & Crafts 5:30 Collage Craft	30 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:00 KP Walking Club 10:30 Words in Words 2:00 Pencil Pull Game 2:30 Snack & Music 3:00 Axe Throwing 3:30 Color Me Wonderful 5:30 Movie Night Social	31 8:30 Morning News 9:00 Devotional 9:30 Snack & Music 10:30 Exercise with Rebound 2:00 Pamper & Polish 2:30 Snack & Music 3:00 Scrabble 3:30 Arts & Crafts 4:00 Historical Documentary 5:30 Bingo			



Healthy Competition Among Friends

Residents enjoy getting together for a day filled with competitive games. John is busy checking out the ladies' competition or as he told me, "I want to see how this thing really works."



Wine & Cheese Resident Social



Community Bus Outing

