

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

SEPTEMBER 2024

This month, residents will board the USS Knollwood Pointe for an exciting adventure around the 7 seas as we bid farewell to Summer and welcome the coming of Fall. Each day will be themed and feature 2-3 activities for that destination. At the end of the cruise, we will host our Captain's Dinner. Please provide your loved one with their Sunday's best outfit for this occasion. All RSVPs must be in by Sept 13, 2024. We look forward to seeing you all.

BOARDING PASS CAJY6879453 | SEAT 45



WE WOULD BE DELIGHTED IF
YOU COULD JOIN US FOR OUR

CAPTAIN'S DINNER

COST: \$10 PER GUEST
ATTIRE: FORMAL/SEMI-FORMAL

SEPTEMBER | 12:00PM
20 | KNOLLWOOD
FRIDAY | POINTE
5601 GIRBY RD
MOBILE, AL

RSVP JESS KIMBLER 251-374-7119



September is here and everyone knows what that means: FOOTBALL SEASON. It's a very competitive season and I always want our community to win at Knollwood Pointe. One of my favorite motivational quotes is: "Don't give up because of what someone else said to you! Use that as motivation to push harder." I am grateful to be here as the Executive Director, and want to be all inclusive with everyone as we envision greatness for our residents, families, and staff. I invite you to join our monthly family events where you get a chance to enjoy entertainment with your loved one in their home. Our next family event is September 20th, during our Assisted Living Week. Again, I look forward to hearing all the uproar of your favorite team. War Eagle!!!!

Warm regards,
Kendrick Wells
Executive Director

**SEPTEMBER
2024**

Chef's Corner

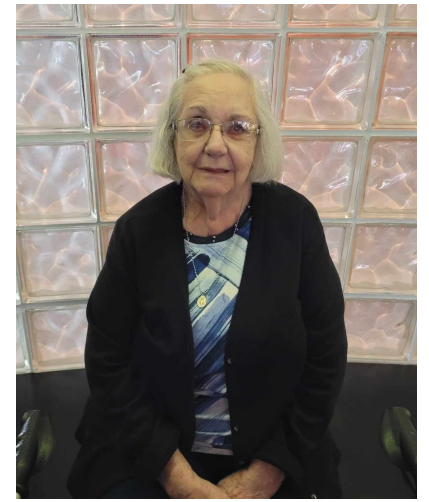
As autumn settles in, the season's flavors offer warmth and comfort. Pumpkin, the quintessential symbol of fall, stars in everything from velvety soups to spiced lattes, blending perfectly with cinnamon, nutmeg, and cloves. Apples, crisp and tart, transform into pies, ciders, and roasted dishes, their natural sweetness enhanced by slow cooking. Squash, in its many varieties, becomes a canvas for culinary creativity, whether roasted, pureed into creamy soups, or stuffed with grains and vegetables. Root vegetables like carrots, beets, and sweet potatoes take center stage in hearty roasts and stews, their robust flavors deepened by the cooler weather. Warm baked goods—herb-infused breads, apple muffins, and pumpkin pies—add to the cozy ambiance, bringing people together as the days grow shorter. Autumn's food is a celebration of the earth's abundance and tradition, each bite a reminder of the simple pleasures that define this beautiful season.

**"The journey between what you once were and who you are now becoming is where the dance of life really takes place."
—Barbara de Angelis**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30 Breakfast 9:30 Church Service 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner	2 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Name 5 10:30 Kickball 2:00 Bingo 2:30 Axe Throwing 3:30 Comedy Hour: The Honeymooners	3 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bingo 10:30 Would You Rather? 2:00 Sip & Paint Class 2:30 Wash-Up & Snack Time 3:00 Reading Circle 3:30 Assorted Games	4 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Rise & Shine Stretch 10:30 Chair Exercises with Rebound Rehab 2:00 Bingo 2:30 UNO with Friends 3:30 Color Me Wonderful	5 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bingo 10:30 What Am I? 2:00 Watercolor Salt Painting 2:30 Comedy Hour: I Love Lucy 3:30 Brother Allen	6 HAPPY B-DAY JOAN L! 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Praise & Worship Revival with Elizabeth Ervin & Friends 1:00 Bus Outing 3:00 Color Me Wonderful 3:30 Friday Matinee	7 7:30 Breakfast 9:30 Sing Along with Susie Q 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner
8 7:30 Breakfast 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner	9 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Bingo 10:30 Courtyard Stroll 2:00 Kickball 2:30 Elvis: The Early Years (Tubi) 3:30 Hidden Objects	10 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bingo 10:30 Courtyard Chat 1:30 Conversation Catch 2:00 Elvis Presley in Viva Las Vegas (Tubi) 3:30 Color Me Wonderful	11 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Bingo 10:30 Courtyard Stroll 1:30 Kickball 2:00 Elvis Presley in Frankie and Johnny (Tubi) 3:30 Color Me Wonderful	12 HAPPY B-DAY MARGARET! 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bingo 10:30 Courtyard Stroll 1:30 Elvis Presley in Girls! Girls! Girls! (Pluto TV) 3:00 Brother Allen 3:30 Color Me Wonderful	13 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Joy Ride to Municipal Park 10:30 Beverage Cart & Snacks 2:00 Cards Club 2:30 Elvis Presley: '68 Comeback Special (YouTube) 3:30 Color Me Wonderful	14 7:30 Breakfast 9:30 Sing Along with Susie Q 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner
15 7:30 Breakfast 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner	16 Day 1: Bon Voyage Day 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Day 1: Opening Ceremony 10:15 Port of Call Craft 2:00 Joy Ride & Tropical Drinks 3:00 Flex & Stretch 3:30 Walk Down Memory Lane	17 Day 2: Caribbean Adventure 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bingo 10:30 Cooking Demo: Making Caribbean Snacks 2:00 Pizza Party Matinee featuring "Cool Runnings" 3:30 Reading Circle 5:00 Family Night Event	18 Day 3: European Excursion 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Bingo Bash with Rebound 2:00 Mediterranean Snack Social 2:30 Virtual Tour: Europe 3:00 Worship with Joyce 3:30 Madame Butterfly Opera (YT)	19 Day 4: Asian Exploration 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bingo 2:00 Taste Testing: Asian Dishes 2:30 Japanese Tea 3:00 Polynesian Music 3:30 Brother Allen	20 Day 5: Port of Mobile 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Tropical Craft Class 12:00 Captain's Dinner 2:00 Port of Mobile Trivia 2:30 Mocktail Hour: Tropical 3:30 Exploring: Mobile Alabama (YT)	21 7:30 Breakfast 9:30 Sing Along with Susie Q 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner
22 7:30 Breakfast 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner	23 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Bingo 10:30 Donuts & Disco 2:00 Dice-rcise 2:30 Beverage Cart 3:00 Joggin Your Noggin 3:30 Assorted Games	24 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Gardening 101 10:30 Flower Arrangement Class 2:00 Bingo 3:00 Would You Rather?	25 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Bingo 10:30 Alphabet Word Game 2:00 Iced Tea Bar Social 2:30 Photo Frame Craft 3:30 Reading Circle	26 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Susie Q 10:00 Bubble Art Painting 10:30 Pondering Prompts 12:00 Resident Birthday Luncheon 2:00 Bingo 3:00 Brother Allen 3:30 Pop Quiz	27 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 Culinary Club 10:30 Sensory Activity: Taste Testing 1:00 Bus Outing: Ice Cream Parlor 3:00 Color Me Wonderful 3:30 Friday Matinee	28 7:30 Breakfast 9:30 Sing Along with Susie Q 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner
29 7:30 Breakfast 10:00 Courtyard Stroll 12:00 Lunch 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Music & Refreshments 3:00 Afternoon Movie 4:30 Dinner	30 8:30 Morning News 9:00 Daily Devotional 9:30 Sing Along with Tom M 10:00 The Bakery Cafe 10:30 Brews & Tattoos 2:00 Bingo 3:00 Dice-rcise 3:30 Color Me Wonderful					

Grandparents Are the Best

A big thank you is in order to all grandparents. While we appreciate you every day, the first Sunday after Labor Day—Grandparents Day—is special. First of all, thank you for loving us—even when we were not always lovable. Thank you for the great advice and wisdom you passed on through the years. Thanks for baking cookies with us and for those special times we got to spend with you. Thanks for hugging us, letting us sit on your lap and listening to all of our stories, as well as a sad tale or two. Finally, thank you for sharing your lives with us. You helped us become who we are today. You made us better people. Happy Grandparents Day!



To All Our Residents Celebrating This Month

Happy Birthday!

God gave a gift to the world when you were born: a person who loves and cares, who sees a person's need and fills it, who encourages and lifts people up, who spends energy on others rather than yourself, who touches each life you enter and makes a difference in the world. May the love you have shown to others return to you multiplied. And may you have the happiest birthday ever!

The Journey Awaits You!

We love to provide outings, field trips and other special events outside the walls of our community. We visit various parks, restaurants, and museums. If there is a destination you would be interested in visiting on one of our outings, let your Activity Director know! Community outings for Memory Care are done on a rotational basis and dependent upon their ability to navigate the area of each outing. Our last outing was to the National Maritime Museum of the Gulf of Mexico.

