

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

OCTOBER 2024

In October, We Wear Pink!

We would love for you to join us for our Boo! Scare Away Breast Cancer! Fundraiser this month. We want everyone to have a SPOOKY good time as we bring out our best Halloween outfits and raise money for the Susan G. Komen breast cancer foundation. We will have vendors selling various goodies, Halloween music for your entertainment, door prizes & more! We look forward to seeing you all there!



As we move through this season of change, we are reminded of the gifts that surround us daily. Gratitude is not just about recognizing the big moments, but also appreciating the small, often unnoticed blessings. From the warmth of a kind smile to the beauty of nature, abundance is all around us. When we take time to acknowledge these treasures, our hearts grow fuller, and we begin to see life's richness more clearly.

Let this season be a time to pause, reflect, and embrace the abundance we already have. By cultivating gratitude, we open ourselves to even more joy, peace, and connection with one another. Let's carry this spirit with us in everything we do.

Warmest regards,
Kendrick Wells
Executive Director



COME JOIN US
★★ YOU ARE INVITED! ★★

BOO!
SCARE AWAY
Breast Cancer

22 OCTOBER 2PM TIL 4PM

KNOLLWOOD POINTE

MUSIC - VENDORS - COSTUMES - PRIZES

5601 GIRBY RD MOBILE AL




OCTOBER 2024

Devotional

Heavenly Father,
As we enter this season of autumn, we pause to reflect on your many blessings. The vibrant colors of the leaves remind us of the beauty in change, and the crispness in the air invites us to embrace this new season with open hearts. We are grateful for the harvest of your bounty, which sustains us and brings us together in fellowship. Lord, as the earth prepares for a time of rest, help us to find peace in our hearts and minds. Teach us to slow down, listen to your voice in the stillness, and find joy in the simple moments of life. We pray for the strength to embrace the changes that come our way, trusting in your perfect plan. Guide us to be instruments of your love and kindness, especially to those who may be feeling lonely or burdened during this season. Let our hearts overflow with gratitude for your many blessings. As we journey through this season, may your grace surround us, your peace fill us, and your love lead us. In your holy name, we pray. Amen.

**"Listen! The wind is rising,
and the air is wild
with leaves,
We have had our
summer evenings,
now for October eves!"
—Humbert Wolfe**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Walking Club 2:30 UNO with Friends 3:00 Crossword Trivia 3:30 Color Me Wonderful	2 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:30 Exercise Class with Rebound 2:00 Arts & Crafts 2:30 Trivia 3:00 Ball Darts 3:30 Halloween Matinee: Hocus Pocus (Disney+)	3 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Walking Club 2:30 Refreshments in the Courtyard 3:00 Tabletop Activities 3:30 Brother Allen	4 8:30 News & Brews 9:00 Daily Devotional 9:30 Wash-Up Time 10:00 Praise & Worship Revival with Elizabeth Ervin & Friends 1:00 Scenic Drive 2:30 Bingo 3:00 Color Me Wonderful 3:30 Halloween Matinee: Hocus Pocus 2 (Disney+)	5 8:30 News & Brews 9:30 Courtyard Stroll 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie
6 8:30 News & Brews 9:30 Church Service 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie	7 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Kickball 2:00 Arts & Crafts 2:30 Manicures with Jess 3:30 Halloween Matinee & Popcorn: The Bride of Boogedy (Disney+)	8 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Walking Club 2:30 Sensory Activity 3:00 Dominoes with Friends 3:30 Color Me Wonderful	9 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Exercise Class 2:00 Arts & Crafts 2:30 Axe Throwing 3:00 Trivia 3:30 Halloween Matinee: Halloweentown (Disney+)	10 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Walking Club 2:30 Refreshments in the Courtyard 3:00 Tabletop Activities 3:30 Brother Allen	11 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Dice-rcise 1:00 Scenic Drive 2:30 Bingo 3:00 Color Me Wonderful 3:30 Halloween Matinee: Halloweentown 2 (Disney+)	12 8:30 News & Brews 9:30 Courtyard Stroll 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie
13 8:30 News & Brews 9:30 Church Service 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie	14 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Kickball 2:00 Arts & Crafts 2:30 Manicures with Jess 3:30 Halloween Matinee & Popcorn: Don't Look Under the Bed (Disney+)	15 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 "Voices of Hope" Concert 2:00 Walking Club 2:30 UNO with Friends 3:00 Crossword Trivia 3:30 Color Me Wonderful	16 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Exercise Class 2:00 Witches Brew Social 2:30 Monster Mash Dance 3:00 Worship with Joyce 3:30 Halloween Matinee: Under Wraps (Disney+)	17 8:30 News & Brews 9:00 Daily Devotional 9:30 Wash-Up Time 10:00 Recital by Andre Forney 2:00 Walking Club 2:30 Refreshments in the Courtyard 3:00 Tabletop Activities 3:30 Brother Allen	18 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Dice-rcise 1:00 Scenic Drive 2:30 Bingo 3:00 Color Me Wonderful 3:30 Halloween Matinee: Under Wraps 2 (Disney+)	19 8:30 News & Brews 9:30 Courtyard Stroll 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie
20 8:30 News & Brews 9:30 Church Service 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie	21 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Kickball 2:00 Arts & Crafts 2:30 Manicures with Jess 3:30 Halloween Matinee & Popcorn: A Haunting in Venice (Disney+)	22 Boo! Scare Away Breast Cancer Fundraiser! 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Join us for an afternoon of shopping and spooky, good fun as we raise money for the Susan G. Komen Breast Cancer Foundation	23 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Exercise Class 2:00 Arts & Crafts 2:30 Axe Throwing 3:00 Trivia 3:30 Halloween Matinee: Twitches (Disney+)	24 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Walking Club 2:30 Refreshments in the Courtyard 3:00 Tabletop Activities 3:30 Brother Allen	25 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Dice-rcise 1:00 Scenic Drive 2:30 Bingo 3:00 Color Me Wonderful 3:30 Halloween Matinee: Twitches Too (Disney+)	26 8:30 News & Brews 9:30 Courtyard Stroll 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie
27 8:30 News & Brews 9:30 Church Service 10:00 Snack & Hydration 10:30 Bingo 1:00 Courtyard Stroll 2:00 Cognitive Stimulation Station Activity Sheets 2:30 Snack & Hydration 3:00 Afternoon Movie	28 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Kickball 2:00 Arts & Crafts 2:30 Manicures with Jess 3:30 Halloween Matinee & Popcorn: The Ghosts of Buxley Hall (Disney+)	29 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Walking Club 2:30 UNO with Friends 3:00 Crossword Trivia 3:30 Color Me Wonderful	30 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Exercise Class 2:00 Arts & Crafts 2:30 Ball Darts 3:00 Trivia 3:30 Halloween Matinee: The Haunted Mansion (Disney+)	31 Happy Halloween 8:30 News & Brews 9:00 Daily Devotional 9:30 Church Hymns Sing-Along 10:00 Bingo 2:00 Halloween Pizza Party sponsored by Tiffany Green 3:00 Tabletop Activities 3:30 Brother Allen		HAPPY HALLOWEEN

The Podiatrist Is Coming This Month!!

Payment Options: Cash, Check (Affordable Podiatry), Debit/Credit
All payments must be made prior to the visit. Debit/credit cards can be used at time of visit. You may also call Affordable Podiatry and prepay over the phone. This is an easier solution for our out-of-town family members. Cash or Check payments should be placed in an envelope with resident name & Podiatrist on it and given to Activity Director, Jess Kimbler. If you decide to prepay over the phone, text or call Jess at 251-374-7119 so your loved one can be added to the list.

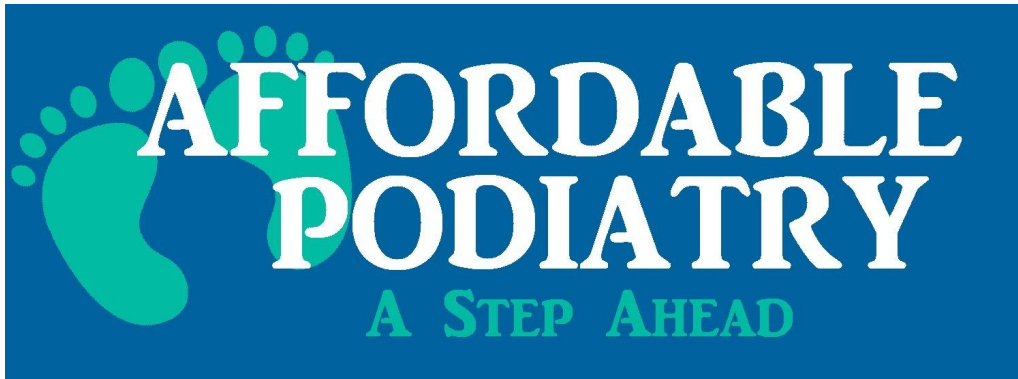
Who: Dr. Stuart Alter

What: Podiatrist Visit

When: Thursday, October 3, 2024 @ 2:00pm

Where: Knollwood Pointe Beauty Shoppe

Cost: \$25 per Resident



Happy Birthday to Our Neighbor, Doris



Chef's Corner

October is a month of transformation, when the cool embrace of autumn settles in and nature bursts into a palette of warm colors. It's a time when comfort foods take center stage, filling kitchens with the aromas of spices, baked goods, and hearty stews. The harvest season brings an abundance of pumpkins, apples, and squash, inspiring recipes that celebrate the best of fall's bounty.

Halloween, October's signature holiday, adds a playful twist to the culinary scene. From spooky treats like ghost-shaped cookies to pumpkin-flavored everything, food becomes a canvas for creativity. Trick-or-treaters delight in candy, but the true magic of Halloween food lies in the communal feasts, where family and friends gather to share in the joy of the season. Whether it's a bubbling pot of chili or a slice of warm apple pie, October's foods evoke feelings of warmth, nostalgia, and a touch of mystery.

