

THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

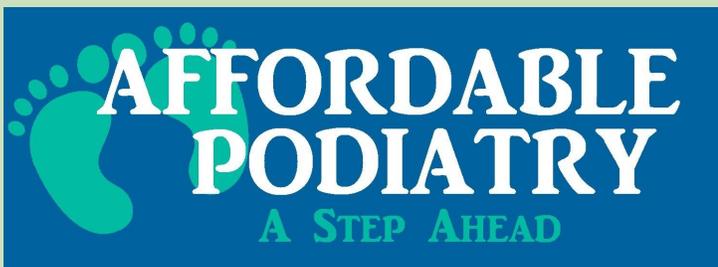
ASSISTED LIVING COMMUNITY

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

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.



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



Daylight Saving Time begins on March 9, 2025! Don't forget to set your clocks one hour ahead before you go to bed on March 8, 2025. While it might be a bit of a challenge losing that hour of sleep, the reward is well worth it: longer evenings filled with more sunshine! It's the perfect way to welcome Spring, bringing brighter, warmer days that are ideal for outdoor activities and enjoying the fresh air. Time to embrace the change and make the most of those extra daylight hours!

Happy Birthday, Jack Walters!

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!

MARCH 2025

Pet Precautions for St. Paddy's Day

It's time once again for the wearing o' the green, and there are a few things to keep in mind so your festivities are safe for your furry best mate.

Food and drink. The traditional foods associated with St. Patrick's Day tend to be rich, fatty and salty and should be kept for human consumption only.

Remember, never give alcohol to your pet.
Attire. If your pet enjoys going green, choose to do so with clothing, costumes and collars instead of dyes, which can be toxic if ingested or licked off fur.

Celebrations. Your pet may become overwhelmed by the noise and revelry of the holiday. Know your pet's temperament and leave him home if partying St. Paddy's style will be more than he bargained for.

Shamrocks. These traditional symbols of the holiday can be toxic if consumed. Keep them out of reach of your pet.

"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
	12:00 Various board games, card games and jigsaw puzzles are located in the activity room cabinet. All residents have access to these activity supplies any time during their day.					1 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
2 10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Activities	3 10:30 Chair Yoga for Seniors (YouTube) 11:00 Town Hall Meeting 2:00 UNO Cards with Friends 3:00 Tea and Social Visits	4 10:00 Mardi Gras Social 11:00 Paint Therapy 2:00 Bingo 3:00 Hymns with Brother David Gill	5 10:30 Exercise with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Cooking with Carla	6 11:00 Lunch Outing: CiCi's Pizza 2:00 Bingo 3:00 Bible Study with Brother Allen 3:30 Courtyard Stroll	7 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Activity Room Social Visit with Friends 2:00 Bingo 3:00 Friday Matinee: Residents Choice	8 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
9 10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Activities	10 10:30 Chair Yoga for Seniors (YouTube) 11:00 Bingo 2:00 Activity Planning Meeting 2:30 Cafe Corner: Join us for Tea or Coffee 3:00 Social Sharing	11 9:30 Bookmobile/ Outreach Services 10:00 Coffee Time with Friends 10:30 Art - Paint & Mod Podge 2:00 Bingo 3:00 Hymns with Brother David Gill	12 10:30 Exercise with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 "Plant a Flower Day" Plant a flower box for back patio.	13 10:00 Walmart Shopping Trip 2:00 Bingo 3:00 Bible Study with Brother Allen 3:30 Courtyard Stroll	14 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Activity Room Social Visit with Friends 11:00 National Pi Day! 2:00 Bingo 3:00 Friday Matinee: Residents Choice	15 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
16 10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Activities	17 10:30 Chair Yoga for Seniors (YouTube) 2:00 Saint Patrick's Day Party WEAR GREEN 2:30 Cafe Corner: Join us for Tea or Coffee	18 10:30 Fictional Occupations of Television Characters Game 11:00 Tea for Two Trivia Hour 2:00 Bingo 3:00 Hymns with Brother David Gill	19 10:30 Exercise with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Twiddle Your Thumbs (Puzzle)	20 11:00 Lunch Outing: Sonny's BBQ 2:00 Bingo 3:00 Bible Study with Brother Allen 3:30 Courtyard Stroll	21 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Activity Room Social Visit with Friends 2:00 Bingo 3:00 Friday Matinee: Residents Choice	22 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
23 SAME AS ABOVE	24 10:30 Chair Yoga for Seniors (YouTube) 2:30 Cafe Corner: Join us for Tea or Coffee	25 11:00 Tea for Two Trivia Hour 2:00 Bingo 3:00 Hymns with Brother David Gill	26 9:30 President Council Meeting 10:30 Exercise with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Absurd Animal Riddles	27 10:00 America's Thrift Store Shopping Trip 2:00 Bingo 3:00 Bible Study with Brother Allen 3:30 Courtyard Stroll	28 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 11:00 Activity Room Social Visit with Friends 2:00 Bingo 3:00 Friday Matinee: Residents Choice	29 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
30 SAME AS ABOVE	31 SAME AS ABOVE	3:30 Courtyard Stroll				



A Riveting Icon

With her rolled-up sleeves, flexed bicep and red polka-dot bandana, Rosie the Riveter represented the can-do attitude of American women during World War II. That image was designed in 1942 by artist J. Howard Miller, who was hired by the manufacturing company Westinghouse to create a series of posters to promote the war effort. The words "We Can Do It!" completed the picture of a tough woman ready to tackle any job. At the time, the poster's figure didn't have a name. In 1943, the song "Rosie the Riveter" was released with lyrics about a woman working on a wartime assembly line. Soon afterward, Norman Rockwell painted a cover for The Saturday Evening Post that depicted a muscular female worker with a rivet gun on her lap. Her lunchbox had the name Rosie written on it, likely inspired by the song.

The cover was hugely popular, and stories of real-life "Rosies" were printed in various publications, inspiring millions of women to help fight the war by joining the workforce, filling production jobs left vacant by men serving in the military. Over the years, people began to associate Rockwell's Rosie the Riveter with Miller's poster. The iconic image remains a symbol of working women everywhere.



Irish Heritage in America

March is a time to celebrate Irish heritage. Over 30 million Americans trace their roots to Ireland, far exceeding Ireland's population. Many Irish immigrants arrived in the mid-1800s during the Potato Famine, settling in cities like New York, Boston, Chicago, and Philadelphia.

Irish traditions have shaped American culture, especially St. Patrick's Day, known for parades, shamrocks, and corned beef and cabbage—an American take on bacon and cabbage. Irish cuisine also includes stew, soda bread, and colcannon.

Irish music influenced folk and country styles, while step dancing remains popular. Irish athletes played key roles in early baseball and boxing, and their legacy lives on in teams like the Boston Celtics and Notre Dame's Fighting Irish.



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

