

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

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

Easy Apple Craft

Celebrate the start of autumn with this simple project.

Materials:

- Pine cone(s), any size
- Small twigs
- Acrylic craft paint (red, green and/or yellow)
- Foam paintbrush
- Hot glue gun and glue
- Green ribbon

Directions:

Gather pine cones of any size and a few small twigs. If you can't find pine cones outside, they're available at craft and dollar stores.

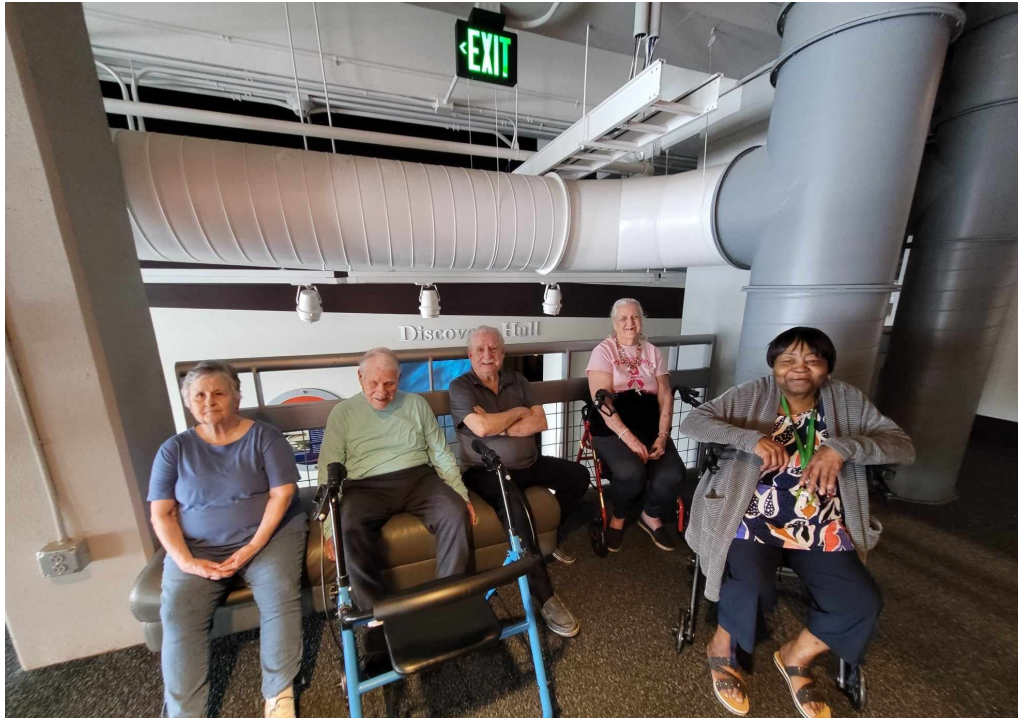
Paint the cones in the apple colors of your choice (red, green and/or yellow). Let dry. Position a twig into the top of each cone so it resembles an apple stem. Hot glue into place and let dry. Once the stem is secure, tie a short piece of green ribbon at the base of the stem to represent apple leaves. The ribbon can also help hide the dried hot glue.

Place one or more finished apples around your home as décor.

Tip: Use this same method next month, but paint the pine cones orange to make pumpkins!

"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 9:30 Church Service in Memory Care 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets	2 10:00 Chair Exercises (on YouTube) 11:00 Bingo 2:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes 3:00 Movie in Activity Room	3 11:00 Resident Council Meeting 11:30 Trivia 2:00 Bingo 3:00 Take a Stroll Outside	4 10:30 Chair Exercises with Rebound Rehab 11:00 Nail Salon 2:00 Word Search Puzzles 3:00 Front Porch Friends	5 WALMART SHOPPING TRIP 11:00 Watercolor Salt Painting 2:00 Bingo 3:00 Brother Allen 3:30 Chair Yoga Class (YouTube)	6 10:00 Praise & Worship Revival with Elizabeth Ervin & Friends 11:00 Bingo 2:00 Card Club: Bring a Friend & Learn a New Card Game 3:00 Chair Exercises (on YouTube)	7 COLLEGE FOOTBALL!!!! 10:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets
8 SUN NIGHT FOOTBALL (NFL) 9:30 Church Service in Memory Care 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets	9 10:00 Joy Ride: Downtown Mobile 11:00 Take a Stroll Outside 2:00 Elvis: The Early Years (Tubi) 3:30 Resident Choice: Puzzles, Movie, Card Games, Dominoes	10 11:00 Cardio Class 11:30 Trivia & Refreshments 2:00 Bingo 3:00 Elvis Presley in Viva Las Vegas (Tubi)	11 Happy B-Day Fannie! 10:00 Bingo 11:00 Take a Stroll Outside 2:00 Elvis Presley in Frankie and Johnny (Tubi) 3:30 Resident Choice: Puzzles, Movie, Card Games, Dominoes	12 10:00 Elvis Presley in Girls! Girls! Girls! (Pluto TV) 2:00 Bingo 3:00 Brother Allen 3:30 Cardio Class	13 10:00 Bingo 11:00 Front Porch Friends 11:30 Flex & Stretch Class 2:00 Elvis Presley: '68 Comeback Special (YouTube)	14 COLLEGE FOOTBALL!!!! 10:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets
15 SUN NIGHT FOOTBALL (NFL) 9:30 Church Service in Memory Care 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets	16 Day 1: Bon Voyage Day 10:30 Chair Yoga Class (YouTube) 11:00 Bingo 2:00 Joy Ride & Tropical Drinks 3:00 Card Club: Bring a Friend & Learn a New Card Game	17 Day 2: Caribbean Adventure 10:00 Garden Club 11:00 "Pick Your Poison" Card Game & Caribbean Snacks 2:00 Bingo 3:00 Chair Zumba Class (YouTube)	18 Day 3: European Excursion 10:00 Sayonara Summer Bingo Bash with Rebound 11:00 Nail Salon 2:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes 3:00 Take a Stroll Outside	19 Day 4: Asian Exploration 10:30 Chair Zumba Class (YouTube) 11:00 Japanese Tea & Trivia with Jess 2:00 Bingo 3:00 Brother Allen	20 Day 5: Port of Mobile 11:00 Suncatcher Art Class 12:00 Captain's Dinner 2:00 Take a Stroll Outside 3:00 Movie in Activity Room	21 COLLEGE FOOTBALL!!!! 10:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets
22 SUN NIGHT FOOTBALL (NFL) 9:30 Church Service in Memory Care 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets	23 10:30 Take a Stroll Outside 11:00 Bingo 11:45 Book Mobile Visits! 2:00 Card Club: Bring a Friend & Learn a New Card Game	24 Dollar Tree & Ice Cream Trip 11:00 Board Game: Upwords 11:30 Chair Yoga Class (YouTube) 2:00 Bingo 3:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	25 10:00 Card Club: Bring a Friend & Learn a New Card Game 11:00 Nail Salon 2:00 Chair Zumba Class (YouTube) 3:00 Movie in Activity Room	26 Resident Birthday Luncheon 10:30 Chair Exercises (on YouTube) 11:00 Sip & Paint Class 2:00 Bingo 3:00 Brother Allen	27 10:00 Garden Club: Stroll Through the Courtyard 11:00 UNO with Friends 11:30 Activity Planning Meeting 2:00 Bingo	28 COLLEGE FOOTBALL!!!! 10:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets
29 SUN NIGHT FOOTBALL (NFL) 9:30 Church Service in Memory Care 11:00 Take a Stroll Outside 2:00 Cognitive Stimulation Station Activity Sheets	30 10:30 Front Porch Friends 11:00 Bingo 2:00 Independent Activities Packets (please look in Activity Room for packets) 3:00 Chair Zumba Class (YouTube)					



Happy Birthday Fannie!

Fannie enjoys spending quality time with her family, friends, and neighbors at Knollwood Pointe. Here she is on the right visiting the National Maritime Museum.



National Good Neighbor Day

Offer a smile and a friendly hello on National Good Neighbor Day, Sept. 28. Take time this day to say thanks to your neighbors who keep the noise down, pick up trash that isn't even theirs, keep an eye out for their neighbors' well-being, and, well, are just good neighbors. We have wonderful residents here and want to encourage everyone to know and meet the people who live around you.



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.

