

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 2025



'50s Dance

In August, our residents stepped back in time! for a Back to School '50s Dance. Everyone dressed in fun '50s attire and danced the night away to classic hits performed by a live band. Dinner was a treat with diner-style burgers and fries, topped off with refreshing root beer floats. The dining hall was transformed with retro '50s decor, making the evening feel like a true blast from the past. Smiles, laughter, and music filled the air as residents made wonderful memories together.

A Harvest Gem

Bundles of dried corn cobs with colorful kernels are a familiar sight in fall displays. Called flint corn, this kind of corn is not eaten off the cob like sweet corn, but can be ground into cornmeal, made into hominy or sometimes popped. An heirloom variety of flint corn, called Glass Gem corn, has become a seasonal star due to its glistening rows of rainbow-colored kernels.

Pink October Breast Cancer Awareness Walk

October 17th
10:00 AM

Come walk the halls of
Knollwood Pointe
with your resident.
To bring Awareness to
Breast Cancer.
Dress in Pink & Dress your
resident.

Knollwood Pointe



AFFORDABLE PODIATRY

A STEP AHEAD

Our next Podiatry Clinic will be held on Thursday, October 16, 2025 at 2:00 PM.

Sign-Up & Payment Details: Residents who wish to participate must sign up and pay at front desk with Admin Assistant, Jess Kimbler, no later than October 2, 2025. Cost: \$25 per resident. Payment Options:

- * Cash or check (no fee)
- * Debit card (prepaid or paid on the day of the clinic--\$3 convenience fee)
- * To make a debit card prepayment, call: 251-654-4444

OCTOBER 2025

Laugh Lines:
Silly Squirrels

These squirrelly jokes will drive you nuts!

Q: Why are squirrels so good at explaining things?

A: Because they give it to you in a nutshell.

Q: What is a squirrel’s favorite flower?

A: Forget-me-nut.

Q: What do you call a squirrel who solves mysteries?

A: Squirrel-ock Holmes.

Q: Why did the squirrel bury lottery tickets under a shrub?

A: He was hedging his bets.

Q: What did the squirrel order on top of her latte?

A: Extra nutmeg.

Did you hear about the squirrel who worked at a bank? He was the branch manager.

Beware of talking to the squirrel. He will probably tell you acorn-y joke.

Look at that squirrel—he can’t decide whether to jump to the ground or to the tree. He’s on the fence.

The Time Is ...

In October 1884, Greenwich, England, was established as the starting point for time zones throughout the world.

“To me, every hour of the day and night is an unspeakably perfect miracle.”
—Walt Whitman

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		WEEKDAY DAILY ACTIVITIES 9:00 Devotion 9:30 Music Program (YouTube) 10:30 Independent Table Activities 1:00 Courtyard Stroll 1:30 Hydration 3:30 Movie Matinee	¹ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 2:00 Color Me Wonderful 3:30 Movie Time	² 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Trivia Time 2:00 Activity with Audrea 3:30 Bible Study with Brother Allen	³ 9:00 Devotion with Carla 9:30 Chair Exercises 10:00 Elizabeth and Friends - Worship 10:30 Snack and Hydration 2:00 Activity with Audrea 3:30 Movie Matinee	⁴ 9:00 KP Sing Along (YouTube) 10:30 Bingo 1:00 Courtyard Stroll 2:00 Table Top Activities - Resident Choice 3:30 Afternoon Movie
⁵ 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 2:00 Bingo 3:00 Afternoon Movie	⁶ 9:00 Devotion with Carla 9:30 Nail Salon with Carla 10:00 Praise & Workout with Christina Boyd 1:00 Ring Toss 2:30 Word Search Games (Independent Table Activity) 3:30 Garden Stroll	⁷ 9:00 Devotion with Carla 9:30 Chair Exercises 10:30 Art Activity 2:00 Color Me Wonderful Activity 3:00 Mass with St. Dominic Thomas 3:30 Movie Time with Popcorn	⁸ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Ball Toss in Hoop/Throw 2:00 Color Me Wonderful 3:30 Movie Time	⁹ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Trivia Time 2:00 Activity with Audrea 3:30 Bible Study with Brother Allen	¹⁰ NATIONAL CAKE DECORATING DAY 9:00 Devotion with Carla 9:30 Chair Exercises 10:00 Elizabeth and Friends - Worship 10:30 Snack and Hydration 2:00 Activity with Audrea 3:30 Movie Matinee	¹¹ 9:00 KP Sing Along (YouTube) 10:30 Bingo 1:00 Courtyard Stroll 2:00 Table Top Activities - Resident Choice 2:30 Activity with Audrea 3:30 Afternoon Movie
¹² 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 1:30 Activity with Audrea 2:00 Bingo 3:00 Afternoon Movie	¹³ Columbus Day 9:00 Devotion with Carla 9:30 Nail Salon with Carla 10:00 Praise & Workout with Christina Boyd 1:00 Ring Toss 2:30 Word Search Games (Independent Table Activity) 3:30 Garden Stroll	¹⁴ 9:00 Devotion with Carla 9:30 Chair Exercises 10:30 Art Activity 2:00 Color Me Wonderful Activity 3:30 Movie Time with Popcorn	¹⁵ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Ball Toss in Hoop/Throw 2:00 Color Me Wonderful 3:00 Joyce Robinson Devotion Time 3:30 Movie Time	¹⁶ FALL-ISH FAMILY NIGHT 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Trivia Time 2:00 Activity with Audrea 3:30 Bible Study with Brother Allen	¹⁷ 9:00 Devotion with Carla 9:30 Chair Exercises 10:00 Elizabeth and Friends - Worship 10:30 Snack and Hydration 2:00 Activity with Audrea 3:30 Movie Matinee	¹⁸ 9:00 KP Sing Along (YouTube) 10:30 Bingo 1:00 Courtyard Stroll 2:00 Table Top Activities - Resident Choice 3:30 Afternoon Movie
¹⁹ 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 2:00 Bingo 3:00 Afternoon Movie	²⁰ 9:00 Devotion with Carla 9:30 Nail Salon with Carla 10:00 Praise & Workout with Christina Boyd 1:00 Ring Toss 2:30 Word Search Games (Independent Table Activity) 3:30 Garden Stroll	²¹ 9:00 Devotion with Carla 9:30 Chair Exercises 10:30 Art Activity 2:00 Color Me Wonderful Activity 3:30 Movie Time with Popcorn	²² 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Ball Toss in Hoop/Throw 2:00 Color Me Wonderful 3:30 Movie Time	²³ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Trivia Time 2:00 Activity with Audrea 3:30 Bible Study with Brother Allen	²⁴ 9:00 Devotion with Carla 9:30 Chair Exercises 10:00 Elizabeth and Friends - Worship 10:30 Snack and Hydration 2:00 Activity with Audrea 3:30 Movie Matinee	²⁵ 9:00 KP Sing Along (YouTube) 10:30 Bingo 1:00 Courtyard Stroll 2:00 Table Top Activities - Resident Choice 2:30 Activity with Audrea 3:30 Afternoon Movie
²⁶ 9:00 Gospel Music Program (YouTube) 9:30 Church with TCOG 10:00 Courtyard Stroll 1:30 Activity with Audrea 2:00 Bingo 3:00 Afternoon Movie	²⁷ 9:00 Devotion with Carla 9:30 Nail Salon with Carla 10:00 Praise & Workout with Christina Boyd 1:00 Ring Toss 2:30 Word Search Games (Independent Table Activity) 3:30 Garden Stroll	²⁸ NATIONAL CHOCOLATE DAY 9:00 Devotion with Carla 9:30 Chair Exercises 10:00 Chocolate Cookie Snack 10:30 Art Activity 2:00 Color Me Wonderful Activity 3:30 Movie Time with Popcorn	²⁹ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 2:00 Color Me Wonderful 3:30 Movie Time	³⁰ 9:00 Devotion with Carla 9:30 Chair Movement/Exercises 10:00 Praise and Worship (YouTube) 1:30 Trivia Time 2:00 Activity with Audrea 3:30 Bible Study with Brother Allen	³¹ HALLOWEEN 9:00 Devotion with Carla 9:30 Chair Exercises 10:00 TRICK-A-TREAT 10:30 Snack and Hydration 2:00 Activity with Audrea 3:30 Movie Matinee	



Please join us! Help your resident dress!! Please donate CANDY by Oct. 15th.

October 2025

As the leaves turn and the air grows crisp, I'm reminded of how special this season is for our community. October brings with it the charm of fall colors, pumpkin-spiced everything, and of course, the fun (and maybe a little fright) of spooky season. It's a time when laughter mixes with a hint of mischief, and we all find small ways to celebrate the spirit of the season.

Here at our community, we're looking forward to enjoying the best of fall together. From festive decorations to themed activities, there's something magical about seeing our halls come alive with pumpkins, scarecrows, and maybe even a few friendly ghosts. It's a chance to share joy, make memories, and keep traditions alive.

I encourage everyone to embrace this month with a spirit of togetherness. Whether it's enjoying a cup of cider, telling a good ghost story, or taking part in our upcoming events, let's celebrate not just the season, but the friendships and bonds that make this community feel like home.

Thank you for being part of what makes our community so vibrant and welcoming. May your October be filled with warmth, a little wonder, and just enough spookiness to keep it fun.



Kendrick Wells, Executive Director