


# 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](http://www.knollwoodpointe.com)

APRIL 2025



## Our April Birthdays:

Happy Birthday Jackie & Catherine!!!!



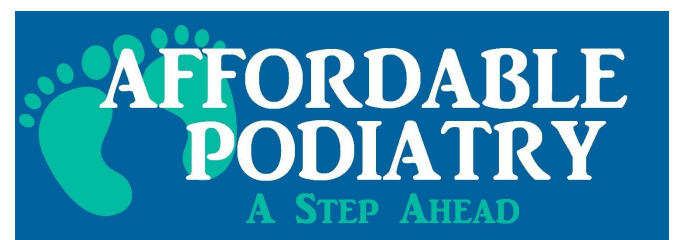
DON'T  
FORGET!

We are pleased to announce that **Dr. Stuart Alter** from **Affordable Podiatry** will be visiting Knollwood Pointe on **Thursday, April 10, 2025, at 2:00 PM** to provide foot care services for our residents. The cost for the visit is **\$25 per resident**, with payment options available:

- **Cash or check** (payable on the day of the visit)
  - **Debit card** (with a \$3 convenience fee)
  - **Prepayment** at Affordable Podiatry's office on Airport Blvd or via phone at 251-654-4444.
- Cash or check payments can be dropped off at the front office with our Administrative Assistant, Jess Kimbler.

Proper foot care is essential for overall health and mobility. Don't miss this opportunity to keep your feet happy and healthy!

For any questions, feel free to reach out to us at 251-666-1005.



APRIL 2025

Self-Care  
Corner

Spring cleaning isn’t just about tidying up—it’s a powerful act of self-care. Experts say a clean space reduces stress, improves sleep, and boosts mood. A clutter-free environment fosters a sense of control and mental clarity, making it easier to focus and feel at ease. Cleaning also doubles as light exercise, releasing endorphins and enhancing well-being. Simple tasks like changing bed linens, decluttering a drawer, or wiping down surfaces can bring an instant sense of accomplishment. Freshening up your space symbolizes a new beginning, helping you reset mentally and emotionally. To make it manageable, start small: organize a shelf, vacuum a room, or open windows for fresh air. Spring cleaning isn’t just about appearance—it’s about creating a peaceful, refreshing space that nurtures your mind and body.

“April is a promise that May is bound to keep.”  
—Hal Borland

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			10:30 Praise & Work Out with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee and Social Visits	8:30 Devotion 9:15 Outing to Casino (Biloxi) 2:00 Fill Easter Eggs 3:00 Brother Allen 3:30 Activity with Audrey	10:00 Devotion 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 1:30 Porch Sitting and Social Visits with Friends 2:00 Bingo 3:30 Activity with Audrey	10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
6	7	8	9	10	11	12
10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Table Activities	9:00 Chair Yoga for Seniors (YouTube) 9:45 Devotion 11:00 Town Hall Meeting 2:00 Sit on Front Porch 3:00 Bingo	10:00 Exercise with Carla 10:30 Devotion 1:30 Easter Craft 3:00 Hymn Singing with Brother David Gill	10:30 Praise & Work Out with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee and Social Visits	9:30 National Siblings Day-Share Memories 10:00 Outing to the Fairhope Pier and Lunch 2:00 Courtyard Stroll 3:00 Brother Allen 3:30 Activity with Audrey	10:00 Devotion 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 1:30 Porch Sitting and Social Visits with Friends 2:00 Bingo 3:30 Activity with Audrey	10:30 Easter Egg Hunt with Families & Friends 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
13	14	15	16	17	18	19
10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Table Activities	9:00 Chair Yoga for Seniors (YouTube) 9:45 Devotion 2:00 Activity Planning Meeting 3:00 Bingo	10:00 Exercise with Carla 10:30 Devotion 2:00 Hand Massage Therapy 3:00 Hymn Singing with Brother David Gill	10:30 Praise & Work Out with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee and Social Visits	9:30 Devotion Time 10:00 Outing to Dollar Tree & Lunch 2:00 Flower Arrangement Crafting 3:00 Brother Allen 3:30 Activity with Audrey	10:00 Devotion 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 1:30 Porch Sitting and Social Visits with Friends 2:00 Bingo 3:30 Activity with Audrey	10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
EASTER SUNDAY 20	21	22	23	24	25	26
10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Table Activities	9:00 Chair Yoga for Seniors (YouTube) 9:45 Devotion 2:00 Sit on Front Porch 3:00 Bingo	10:00 Exercise with Carla 10:30 Devotion 1:30 Earth Day Discussion with Coffee 3:00 Hymn Singing with Brother David Gill	10:30 Praise & Work Out with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee and Social Visits	9:30 Devotion 10:00 Outing to Walmart 2:00 Bingo 3:00 Brother Allen 3:30 Activity with Audrey	10:00 Devotion 10:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 1:30 Porch Sitting and Social Visits with Friends 2:00 Bingo 3:30 Activity with Audrey	10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll or Sit on Front Porch
27	28	29	30			
10:00 Courtyard Stroll or Sit on Front Porch 10:45 Church Service with Lisa & Jack Thomas 2:00 Bingo 3:00 Independent Table Activities	9:00 Chair Yoga for Seniors (YouTube) 9:45 Devotion 2:00 Sit on Front Porch 3:00 Bingo	10:00 Exercise with Carla 10:30 Devotion 1:30 Sip and Paint Craft 3:00 Hymn Singing with Brother David Gill	10:30 Praise & Work Out with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Coffee and Social Visits			





## Rooted in Faith, Blossoming in Love: The Story of Helen Jones (nee Nelson)

Helen Nelson was born on February 25, 1932, in Mobile, Alabama, and her journey through life has been a beautiful testament to love, family, and dedication. After graduating from Murphy High School in 1950, Helen married Bobbie Neal, and together they built a family, raising five children. Their marriage, though marked by 20 years of joy, was also a period of deep loss when Bobbie passed away. In 1973, Helen remarried Curney Jones, and together they created new memories and a loving home. Their life together was filled with happiness, until Curney's passing in 1999. Through these changes, Helen's strength, resilience, and unchanging faith remained a constant source of inspiration to all who knew her. A longtime member of Regency Church of Christ on University Blvd., Helen's faith was a guiding force in her life. She was not only a devoted believer but also a woman who loved to serve her family and community.

Helen had a natural gift for creativity, and sewing was one of her passions. She was also a proud member of the local garden club, where her love for growing flowers and working in the yard shone brightly. For many years, she maintained a beautiful greenhouse, filling her space with vibrant blooms.

Her culinary talents were legendary. Helen was an exceptional cook and baker, known especially for her holiday cakes, cookies, and candies. The warm aromas of her kitchen were always a welcome comfort to her family and friends.

Helen was blessed with nine grandchildren and 18 great-grandchildren, each of whom she cherishes deeply. Her legacy lives through the generations of her family, and the love she poured into them will be felt for many years to come.

Helen Nelson's life is a rich tapestry of love, faith, and devotion.

"Cast all your worries upon him because he cares for you."  
—1 Peter 5:7



As spring begins to paint the world in shades of green, we are reminded of the beauty of renewal and new beginnings. Though the weather may be unpredictable, the promise of brighter days fills the season with anticipation and joy. April is a month of celebration, bringing us moments of laughter on April Fools' Day (1st), a chance to honor our planet on Earth Day (22nd), and even a nod to prehistoric wonders on National Velociraptor Awareness Day (18th). However you choose to embrace the season, we hope it brings you joy, connection, and plenty of reasons to smile. At Knollwood Pointe, we are always looking for ways to make our community even more vibrant and engaging. My door is always open, and I welcome your ideas, suggestions, and thoughts. Together, we can continue to make this a place where friendships flourish and every day is meaningful. Wishing you a wonderful spring filled with warmth, laughter, and new beginnings.

