



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

THE Knollwood Pointe Lifestyle

ASSISTED LIVING COMMUNITY

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

MAY 2024

Join Our Club!

With more pleasant weather arriving in May, we'll be starting up our Walking Club again this month. Check out our activity calendar for dates and times and join us as we continue to promote healthy bodies with aging.



Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

Enhances social life. Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Hip, Hip, Hooray!

Remember when we were children, birthdays were made special by balloons, streamers, cakes, presents and lots of loved ones singing our name? Now that we are adults, the excitement has died down, and most of us prefer quieter rituals. Still, no matter how old we are, we secretly long to be applauded on our special day.

The team at our community knows that several of our residents will observe that once-a-year occasion this month. We want to let each of you know that we are raising a big hearty cheer in your honor. We think you're one-of-a-kind, and we hope you feel as wonderful as you truly are on your birthday this year.

HAPPY 92ND BIRTHDAY TO MS. HELEN!



MAY 2024

A Slice of History

“A new delight with every bite” was how ads introduced Wonder Bread when it first arrived on Indianapolis store shelves in May 1921. The century-old brand got its name and package design from a sporting spectacle. Elmer Cline, an executive working at the Taggart Baking Company, was said to have been inspired by the “wonder” of seeing hundreds of colorful hot air balloons dotting the sky in a race at Indianapolis Motor Speedway. Loaves were wrapped in packaging with red, blue and yellow balloon-shaped dots, an iconic feature that’s still familiar to many.

Run for the Roses

Among the many traditions of the annual Kentucky Derby is the blanket of red roses that’s draped over the winning horse. The flower garland, which gives the race its nickname of “Run for the Roses,” is made with over 400 blooms that are hand sewn together.

**“Wherever you go,
no matter what the weather,
always bring your
own sunshine.”**
—Anthony J. D’Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:30 Breakfast 10:30 Chair Exercises with Rebound Rehab 11:30 Coffee & Chat with Jess 12:00 Lunch 2:00 Manicures with Jess 3:00 Worship with Joyce 5:00 Dinner	2 7:30 Breakfast 10:00 KP Walking Club 11:30 Coffee & Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:00 Dinner	3 7:30 Breakfast 10:30 Chair Exercises (on YouTube) 12:00 Picnic at the Park 2:00 Word Search Puzzles 3:00 Movie Matinee 5:00 Dinner	4 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
5 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.	6 7:30 Breakfast 10:00 Revival with Elizabeth & Friends 11:30 Resident Council Meeting 12:00 Lunch 2:00 Tabletop Activities 3:00 Movie Matinee 5:00 Dinner	7 7:30 Breakfast 10:00 KP Walking Club 11:30 Front Porch Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Word Games 5:00 Dinner	8 7:30 Breakfast 11:00 Chair Exercises (on YouTube) 11:30 Coffee & Chat with Jess 12:00 Lunch 2:00 Manicures with Jess 3:00 Worship with Joyce 5:00 Dinner	9 7:30 Breakfast 10:00 Piano Recital by Andre Forney 11:30 Coffee & Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:00 Dinner	10 7:30 Breakfast 11:00 Chair Exercises (on YouTube) 11:30 Front Porch Chat with Jess 12:00 Lunch 2:00 Mother’s Day Tea 3:30 Movie Matinee 5:00 Dinner	11 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
12 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.	13 7:30 Breakfast 11:00 Coffee & Current Events with Jess 11:30 Trivia with Jess 12:00 Lunch 2:00 Courtyard or Front Porch 3:00 Movie Matinee in Activity Room 5:00 Dinner	14 7:30 Breakfast 10:00 KP Walking Club 11:30 Front Porch Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Word Games 5:00 Dinner	15 7:30 Breakfast 10:30 Chair Exercises with Rebound Rehab 11:30 Coffee & Confessions with Jess 12:00 Lunch 2:00 Manicures with Jess 3:00 Worship with Joyce 5:00 Dinner	16 7:30 Breakfast 10:00 KP Walking Club 11:00 Hors d’oeuvres & Mimosas with Jess 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:00 Dinner	17 7:30 Breakfast 10:30 Chair Exercises (on YouTube) 11:00 Coffee & Current Events with Jess 12:00 Lunch 1:00 Bus Outing 3:30 Movie Matinee 5:00 Dinner	18 RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
19 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.	20 7:30 Breakfast 11:00 Coffee & Current Events with Jess 11:30 Trivia with Jess 12:00 Lunch 2:00 Courtyard or Front Porch 3:00 Movie Matinee in Activity Room 5:00 Dinner	21 7:30 Breakfast 10:00 KP Walking Club 11:30 Front Porch Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Word Games 5:00 Dinner	22 7:30 Breakfast 11:00 Chair Exercises (on YouTube) 11:30 Coffee & Confessions with Jess 12:00 Lunch 2:00 Manicures with Jess 3:00 Worship with Joyce 5:00 Dinner	23 7:30 Breakfast 10:00 KP Walking Club 11:30 Word Search & Coffee with Jess 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:00 Dinner	24 7:30 Breakfast 10:30 Chair Exercises (on YouTube) 12:00 Brown Bag Picnic at Environmental Center 2:00 Bingo 3:00 Movie Matinee 5:00 Dinner	25 Happy Birthday Ms. Helen RESIDENT CHOICE: • Step Outside for Some Fresh Air!! • Grab an Activity Sheet from our Cognitive Stimulation Station in the Activity Room!! • Bring a Friend and Lounge on our Plush Sofa for an Afternoon Movie!!
26 You are invited to attend Sunday School at 9am with our Memory Care residents. Our Sunday Service is hosted by Theodore Church of God.	27 Memorial Day 7:30 Breakfast 11:00 Coffee & Current Events with Jess 11:30 Trivia with Jess 12:00 Memorial Day Luncheon 2:00 Courtyard or Front Porch 3:00 Movie Matinee in Activity Room 5:00 Dinner	28 7:30 Breakfast 10:00 KP Walking Club 11:30 Front Porch Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Word Games 5:00 Dinner	29 7:30 Breakfast 10:30 Chair Exercises with Rebound Rehab 11:30 Coffee & Craft with Jess 12:00 Lunch 2:00 Manicures with Jess 3:00 Worship with Joyce 5:00 Dinner	30 7:30 Breakfast 10:00 KP Walking Club 11:30 Front Porch Chat with Jess 12:00 Lunch 2:00 Bingo 3:00 Brother Allen 5:00 Dinner	31 7:30 Breakfast 11:00 Chair Exercises (on YouTube) 11:30 Coffee & Trivia with Jess 12:00 Lunch 1:00 Bus Outing 3:30 Movie Matinee 5:00 Dinner	

Mother's Day is a holiday set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us in the office, we wish all the moms who call our community home a very happy Mother's Day! I'll be hosting our annual Mother's Day Tea on Friday, May 10th, at 2:00pm for the residents. Mother's Day lunch will be on May 12th at 12:00pm. If you'd like to join your mother, aunt and/or grandmother for lunch that day, you will need to RSVP no later than May 10th. You can RSVP to 251-374-7119. Cost: \$8.00 per guest.

Thanks!
Jess Kimbler



"Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid."
—John 14:27



A Patriotic Activity

What month could be more patriotic than May? It contains Armed Forces Day, Memorial Day and even the anniversary of WAAC (Women's Army Auxiliary Corps), so it's not surprising that May has also been designated National Military Appreciation Month. As a community, let's join together to support our men and women in uniform. Join us for a letter-writing blitz. We'll provide cards and writing materials. You can either write to a particular soldier you already know or compose a general letter that we'll send through an official organization. Your words of appreciation and encouragement are powerful gifts, so come out and give your best. Contact the office for details.



An Easter Promise

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay." —Matthew 28:5-6 (NIV)

