


# 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)

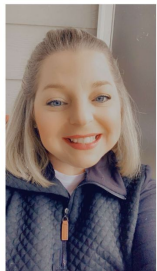
## Celebrating Nurses Week May 5th - May 9th

This month, we're shining a spotlight on the incredible nurses who serve our community with skill, heart, and unwavering dedication. Nurse's Week is a special time to say *thank you* for all the ways they care—not just for our residents, but for their fellow team members, families, and everyone who walks through our doors.

Our nurses are the calm in the storm, the steady hands in difficult moments, and the smiling faces who help make our community feel like home. From medical care and clinical expertise to listening ears and compassionate support, they truly do it all.

We are proud to celebrate our amazing team of nurses pictured here:

**Nurses - Charnelle, Tim,  
Tabitha, Kelly, Helen,  
Debra, Sherminika, Kathryn,  
Nicole**



MAY 2025

## Honoring Our Teachers

May 6th is **National Teacher's Day** and we proudly celebrate the incredible retired teachers who now call our community home. Though no longer in the classroom, their legacy of learning, leadership, and love continues to shine every day.

Throughout their careers, these educators shaped young minds, sparked curiosity, and helped generations find their path. And even in retirement, their impact remains just as strong.

Whether sharing stories from their teaching days, offering words of wisdom, or helping others with a kind and patient heart, our retired teachers continue to inspire everyone around them. They remind us that the heart of a teacher never stops giving.

From all of us—**thank you** for your dedication, your compassion, and your lifelong commitment to making the world a better, brighter place.

***Once a teacher, always a teacher.***



## Ms. Mitchell & Ms. Hubbard

Thank you for educating our children, our legacies, our future!

MAY 2025

Kentucky Derby: More Than Just a Race

The Kentucky Derby, held annually on the first Saturday in May, is more than just a horse race—it’s a celebration of tradition, style, and community! Known as “The Most Exciting Two Minutes in Sports,” this iconic race draws thousands of spectators to Churchill Downs in Louisville, Kentucky, and millions more who enjoy the festivities from home. The day is filled with glamorous hats, mint juleps, and spirited cheering as thoroughbreds race to claim the coveted title. It’s a time to embrace the rich history of the event, with its roots tracing back to 1875, and to enjoy a sense of camaraderie with fellow Derby fans. Whether you’re watching the race, enjoying a Derby-themed party, or just relishing the excitement, the Kentucky Derby is a truly unique American tradition.

“May is the month of expectation, the month of wishes, the month of hope.”  
—Emily Bronte

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 9:30 Activity with Audrea 11:00 Freddy’s Restaurant for Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen	2 9:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends	3 <b>Kentucky Derby Day</b> 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Activities with Audrea 4:00 Courtyard Stroll
4 10:45 Church Service with Lisa & Jack Thomas 12:00 Courtyard Stroll 2:00 Bingo 3:00 Independent Activities	5 <b>Nurses Week Begins</b> 10:00 Cinco de Mayo Celebration 11:00 Town Hall Meeting 2:00 Bingo 3:00 Social Visit on the Front Porch	6 <b>National Teachers Day</b> 9:30 Devotion 10:00 Art Activity 2:00 Bingo 3:00 Front Porch Gathering	7 9:30 Devotion 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Activities Meeting 3:30 Courtyard Stroll	8 9:30 Activity with Audrea 11:00 Cracker Barrel Outing for Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen	9 9:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:00 Revival with Elizabeth and Friends 11:00 Art Activity 2:00 Porch Social With Friends 2:30 Mother’s Day Tea	10 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll
11 10:45 Church Service with Lisa & Jack Thomas 12:00 Courtyard Stroll 2:00 Bingo 3:00 Independent Activities	12 9:30 Devotion 10:00 Chair Yoga for Seniors (YouTube) 2:00 Bingo 3:00 Social Visit on the Front Porch	13 9:30 Devotion 10:00 Art Activity 1:30 National Apple Pie Day - Have Apple Pie 2:00 Bingo 3:00 Front Porch Gathering	14 9:30 Devotion 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 1:30 Porch Social Visit 2:00 Bingo 3:30 Courtyard Stroll	15 9:30 Activity with Audrea 11:00 Chili’s for Lunch 2:00 Bingo 3:00 Bible Study with Brother Allen	16 9:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends	17 10:00 Front Porch Gathering 2:00 Bingo 3:00 Activity with Audrea 4:00 Courtyard Stroll
18 10:45 Church Service with Lisa & Jack Thomas 12:00 Courtyard Stroll 2:00 Bingo 3:00 Independent Activities	19 9:30 Devotion 10:00 Chair Yoga for Seniors (YouTube) 2:00 Bingo 3:00 Social Visit on the Front Porch	20 9:30 Devotion 10:00 Art Activity 2:00 Bingo 3:00 Front Porch Gathering	21 9:30 Devotion 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 1:30 Porch Social Visit 2:00 Bingo 3:30 Courtyard Stroll	22 9:30 Sewing with Audrea 10:00 Walmart Outing 2:00 Bingo 3:00 Bible Study with Brother Allen	23 9:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends	24 10:00 Midday Movie in Activity Room 2:00 Bingo 3:00 Independent Activities 4:00 Courtyard Stroll
25 10:45 Church Service with Lisa & Jack Thomas 12:00 Courtyard Stroll 2:00 Bingo 3:00 Independent Activities	26 <b>Memorial Day</b> 10:00 Chair Yoga for Seniors (YouTube) 10:30 Table Puzzle 2:00 Bingo 3:00 Social Visit on the Front Porch	27 9:30 Devotion 10:00 Art Activity 2:00 Bingo 3:00 Front Porch Gathering	28 9:30 Devotion 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 1:30 Porch Social Visit 2:00 Bingo 3:30 Courtyard Stroll	29 9:30 Activity with Audrea 10:00 Bingo 11:00 Sonny’s BBQ Outing 2:00 Bingo 3:00 Bible Study with Brother Allen 3:30 Resident Council Meeting	30 9:30 Dance! Dance! Dance! Zumba Gold for Seniors (YouTube) 10:00 Bingo 11:00 Art Activity 2:00 Porch Social With Friends	31 9:30 Activities with Audrea 10:30 Activities with Audrea 2:00 Bingo 4:00 Courtyard Stroll



## Fiesta on the Fifth



Cinco de Mayo is a holiday celebrated on May 5th that commemorates the Mexican army's victory over French forces at the Battle of Puebla in 1862. It is not Mexico's Independence Day, as many mistakenly believe, but rather a symbol of Mexican resistance and pride. While it's a relatively minor holiday in Mexico, it has become

a popular celebration of Mexican culture and heritage in the United States. Festivities often include parades, music, folkloric dancing, and traditional foods like tacos and guacamole. Cinco de Mayo is a joyful occasion that highlights the rich traditions and resilience of the Mexican people.

## Nature's Devoted Mothers



ALABAMA SAFARI PARK  
**MAY 12**  
All moms receive a FREE bucket of animal food

Nature's nurturing mothers can be found across the animal kingdom, showing remarkable care and devotion to their young. From mama bears fiercely protecting their cubs to elephant mothers guiding their babies with gentle trunks, these maternal instincts help ensure survival.

Birds like the emperor penguin take turns keeping their chicks warm in harsh climates,

while kangaroo mothers carry their joeys safely in pouches. Even in the plant world, seeds are cradled in pods and fruit until they're ready to grow. Nature's mothers remind us that love, protection, and patience are universal forces that help life flourish.

## All Gave Some, Some Gave All



Memorial Day is a national holiday in the United States, observed on the last Monday of May. It honors and remembers the men and women of the military who died while serving their country. Many people visit cemeteries and memorials to pay their respects, often placing flags or flowers on graves. Communities also hold parades, patriotic ceremonies, and family gatherings. Memorial Day marks the unofficial start of

summer and serves as a time for reflection, gratitude, and remembrance.

## May is Stroke Awareness Month

**F**

Does one side of the **FACE** droop?

**A**

Does the **ARM** drift downward?

**S**

Does the **SPEECH** sound slurred or strained?

**T**

There's not a lot of **TIME**.  
Call 911.

A stroke is treatable if you act F.A.S.T.

As we welcome the month of May, we're surrounded by the full bloom of spring and the first hints of summer's warmth. It's a time of transition—a season of growth winding down, and one of sunshine and celebration on the horizon.

May gives us many reasons to reflect and rejoice. We honor mothers on Mother's Day, giving thanks for their strength, love, and lasting impact. We also recognize **National Nurses Week** (May 5–9), a special time to celebrate our incredible nursing team. Their compassion and dedication are the heartbeat of our community, and we're deeply grateful for all they do. Later in the month, we observe Memorial Day, pausing to remember and honor those who gave their lives in service to our country. It's a solemn moment that unites us in appreciation and respect.

Here at Knollwood Pointe, we'll enjoy time outdoors, fun activities, and the joy of simply being together. Whether it's planting flowers, sharing stories, or enjoying the sunshine, May is a month full of connection and community.

As we turn the page from spring to summer, let's carry forward gratitude, hope, and the spirit of togetherness.



Kendrick Wells  
Executive Director