


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

Show & Tell



Residents enjoyed bringing items from their apartments to share with the community. They spoke about the photos, family, and cherished memories, sharing the stories behind each item. This meaningful activity gave residents a chance to reminisce, reflect on their past, and remember the wonderful moments in their lives.

Personal Belongings Become Family Heirlooms

Passing priceless family heirlooms from generation to generation is an important part of a family's history. The practice keeps the memories of ancestors alive. It also gives family members something to cherish. If your family doesn't have many precious pieces, don't fret. An item doesn't need a big price tag to be a priceless possession. It's also never too late to "create" a family heirloom. All you need is something special to pass on to someone special.

Make it meaningful. Look through your personal items. Choose an object that has meaning for you.

Tell the story. Decide on which family member to bestow your heirloom. Then, tell the story of how you obtained it. Whether it was a gift from your grandparents, your sweetheart or simply something you picked up on your own, make sure the recipient knows the item's history.

Determine its destination. Depending on the item, decide how you want to pass down the heirloom. For example, a necklace passed down from mothers to daughters is a precious keepsake to wear on wedding days.

JULY 2025



Here's to Our Independence

If your Fourth of July plans include gatherings of friends and family for barbecues and fireworks, don't forget to take a moment to remember those who fought for our country's independence so long ago. The revolutionaries of 1776 couldn't have imagined how far we would come. The great strides we've made in science, technology, medicine and social justice are only more amazing when you consider where we started.

So while you're enjoying the all-American foods and breathtaking sights of Independence Day, take some time to thank those first Americans who took a leap into the unknown in the hopes of a better tomorrow. Our office will be closed on July 4 so that our team can observe this holiday as well.



JULY 2025

Red, White
and Blue
Watermelon
Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best.)
- 1 cup watermelon, diced
- Whipped cream for garnish

Directions:

Assemble parfaits by layering the blueberries, yogurt and watermelon into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the watermelon. Top each parfait with a dollop of whipped cream and a few pieces of the diced melon. Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at Culinary.net.

“You cannot swim for new horizons until you have courage to lose sight of the shore.” —William Faulkner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>EVERYDAY</div> <div>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 the day.</div>	<div></div>	<div>1</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Art Activity</div> <div>2:00 Bingo</div> <div>4:00 Courtyard Stroll</div>	<div>2</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:30 Praise & Workout with Christina Boyd</div> <div>11:00 Nail Salon with Carla</div> <div>2:00 Bingo</div> <div>3:30 Courtyard Stroll</div>	<div>3</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>9:30 Activity with Andrea</div> <div>1:30 Marble Slab Outing</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Brother Allen</div> <div>4:00 Activity with Andrea</div>	<div>4</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Bingo</div> <div>11:00 Trivia Time</div> <div>2:00 Independent Table Activities</div> <div>3:00 Courtyard Stroll</div>	<div>5</div> <div>8:30 Devotion & Prayer w/ Janna</div> <div>10:00 Midday Movie in Activity Room</div> <div>2:00 Word Search Games Independent Table Activity)</div> <div>3:00 Front Porch Visits</div>
<div>6</div> <div>10:45 Church Service with Lisa & Jack Thomas</div> <div>11:30 Courtyard Stroll or Sit on Front Porch</div> <div>2:00 Bingo</div> <div>3:00 Independent Table Activities</div>	<div>7</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Chair Yoga for Seniors (YouTube)</div> <div>11:00 Town Hall Meeting</div> <div>2:00 Bingo</div> <div>3:00 Social Visit on the Front Porch</div>	<div>8</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Art Activity</div> <div>2:00 Bingo</div> <div>3:00 Catholic Mass with Father Domenic</div> <div>4:00 Courtyard Stroll</div>	<div>9</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:30 Praise & Workout with Christina Boyd</div> <div>11:00 Nail Salon with Carla</div> <div>1:30 Activities Meeting</div> <div>2:00 Bingo</div> <div>3:30 Courtyard Stroll</div>	<div>10</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>9:30 Activity with Andrea</div> <div>11:00 Big Time Diner Outing</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Brother Allen</div> <div>4:00 Activity with Andrea</div>	<div>11</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Bingo</div> <div>11:00 Trivia Time</div> <div>2:00 Independent Table Activities</div> <div>3:00 Courtyard Stroll</div>	<div>12</div> <div>8:30 Devotion & Prayer w/ Janna</div> <div>9:00 Activity with Andrea</div> <div>2:00 Word Search Games Independent Table Activity)</div> <div>3:00 Front Porch Visits</div> <div>4:00 Activity with Andrea</div>
<div>13</div> <div>9:30 Devotion with Andrea</div> <div>10:45 Church Service with Lisa & Jack Thomas</div> <div>11:30 Courtyard Stroll or Sit on Front Porch</div> <div>2:00 Bingo</div> <div>3:00 Independent Table Activities</div>	<div>14</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Chair Yoga for Seniors (YouTube)</div> <div>2:00 Bingo</div> <div>3:00 Social Visit on the Front Porch</div>	<div>15</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>9:00 Book Mobile/Outreach Services</div> <div>10:00 Art Activity</div> <div>2:00 Bingo</div> <div>3:00 Puzzles / Word Search</div> <div>4:00 Courtyard Stroll</div>	<div>16</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:30 Praise & Workout with Christina Boyd</div> <div>11:00 Nail Salon with Carla</div> <div>2:00 Bingo</div> <div>3:30 Courtyard Stroll</div>	<div>17</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>1:30 Krispy Kreme Doughnut Outing</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Brother Allen</div> <div>4:00 Activity with Andrea</div> <div>5:00 Luau Dinner - Come in your Luau attire</div>	<div>18</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Bingo</div> <div>11:00 Trivia Time</div> <div>2:00 Independent Table Activities</div> <div>3:00 Courtyard Stroll</div>	<div>19</div> <div>8:30 Devotion & Prayer w/ Janna</div> <div>10:00 Outdoor Stroll</div> <div>2:00 Word Search Games Independent Table Activity)</div> <div>3:00 Front Porch Visits</div>
<div>20</div> <div>10:45 Church Service with Lisa & Jack Thomas</div> <div>11:30 Courtyard Stroll or Sit on Front Porch</div> <div>2:00 Bingo</div> <div>3:00 Independent Table Activities</div>	<div>21</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Chair Yoga for Seniors (YouTube)</div> <div>2:00 Bingo</div> <div>3:00 Social Visit on the Front Porch</div>	<div>22</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Art Activity</div> <div>2:00 Bingo</div> <div>3:00 Puzzles / Word Search</div> <div>4:00 Courtyard Stroll</div>	<div>23</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:30 Praise & Workout with Christina Boyd</div> <div>11:00 Nail Salon with Carla</div> <div>2:00 Bingo</div> <div>3:30 Courtyard Stroll</div>	<div>24</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>9:30 Independent Table Activities</div> <div>10:00 Walmart Outing</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Brother Allen</div> <div>4:00 Activity with Andrea</div>	<div>25</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Bingo</div> <div>11:00 Trivia Time</div> <div>2:00 Independent Table Activities</div> <div>3:00 Courtyard Stroll</div>	<div>26</div> <div>8:30 Devotion & Prayer w/ Janna</div> <div>9:00 Activity with Andrea</div> <div>2:00 Word Search Games Independent Table Activity)</div> <div>3:00 Front Porch Visits</div> <div>4:00 Activity with Andrea</div>
<div>27</div> <div>9:30 Devotion with Andrea</div> <div>10:45 Church Service with Lisa & Jack Thomas</div> <div>11:30 Courtyard Stroll or Sit on Front Porch</div> <div>2:00 Bingo</div> <div>3:00 Independent Table Activities</div>	<div>28</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Chair Yoga for Seniors (YouTube)</div> <div>2:00 Bingo</div> <div>3:00 Social Visit on the Front Porch</div>	<div>29</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Art Activity</div> <div>2:00 Bingo</div> <div>3:00 Puzzles / Word Search</div> <div>4:00 Courtyard Stroll</div>	<div>30</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:30 Praise & Workout with Christina Boyd</div> <div>11:00 Nail Salon with Carla</div> <div>2:00 Bingo</div> <div>3:30 Courtyard Stroll</div>	<div>31</div> <div>8:30 Devotion & Prayer w/ Janna & Carla</div> <div>10:00 Connie Hudson Mobile Regional Senior Community Center</div> <div>2:00 Bingo</div> <div>3:00 Bible Study with Brother Allen</div> <div>4:00 Activity with Andrea</div>		<div></div>

Here Comes the Sun(screen) UV SAFETY MONTH

Summer is a time for picnics, strolling at the park or catching a ball game at the stadium, but all these activities raise the risk of sun overexposure. Aside from searching for shade at every opportunity, learn the basics of sun protection, from ultraviolet A to zinc oxide.

UVA and UVB (ultraviolet A and B) are invisible rays the sun emits that cause sunburn. Protection is needed to guard against these harmful rays. Newer broad-spectrum sunscreens contain both UVA- and UVB-blocking ingredients, such as zinc oxide, that reflect, absorb or scatter the sun's rays on the skin. The higher the SPF (sun protection factor), the greater the protection from UVB rays, although a higher SPF does not extend time between sunscreen applications.

The American Academy of Dermatology (www.AAD.org) recommends applying sunscreen every day, at least one half hour before going outside (whether it is sunny or cloudy), and again every two hours while outdoors. Each time, one ounce (about two tablespoons) should be applied to all exposed areas. Don't forget lip balm with SPF and sunglasses with UV protection. When possible, wear long pants or sleeves and a hat.

The American Cancer Society estimates that more than one million cases of skin cancer will be diagnosed this year. To avoid being part of that statistic, smear on sunscreen, seek shade and savor the sun in small doses.



Summer Memories With Watermelon



Yummy Watermelons

Our residents recently enjoyed a refreshing summertime treat- delicious, juicy watermelon! As they savored each bite, stories began to flow about days gone by. Many shared fond childhood memories of growing watermelons-planting, tending the vines, picking them fresh from the field, and even loading up the trucks.

It was a beautiful morning filled with laughter, storytelling, and the sweet taste of summer. Moments like these remind us how powerful and comforting our shared memories can be.

Summer's Perfect Snack

Nothing says summer like a sweet slice of juicy watermelon. Perfect for picnics or poolside snacking, watermelon is a summertime star. Enjoy it chilled, cubed or straight off the rind.

Spread Sunshine

"A compliment is verbal sunshine." —Robert Orben



Our community is dedicated to making sure you feel at home. We've had several residents move in this month, and we'd like to extend a special welcome to those folks who are new to our community.

Our job is to make sure that your life in our community is comfortable, safe and enjoyable. We want you to be happy here and to feel like you've found a place to stay.

If you do like it here—and we truly hope you do—please tell the people you know. Wouldn't it be great to have your friends as your neighbors?

With gratitude,
Kendrick Wells,
Executive Director



Dr. Stuart Alter from **Affordable Podiatry** will be visiting our community on **Thursday, July 10th, 2025, at 2:00PM.**

Foot care services are **\$25. Cash or check payments should be given to Jess Kimbler**, our Admin Assistant in the front office.

If you prepay directly to Dr. Alter's office, please inform Jess to ensure you're on the list. Affordable Podiatry is located at 5901 Airport Blvd., Suite 102, Mobile, AL. 36608. For questions or to prepay, call their office at **251-654-4444.**