


# 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)

## The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

**Honeybee.** The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

**Bumblebee.** Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

**Carpenter bee.** A bit larger than bumblebees, carpenter bees are recognized by their smooth, mostly black bodies. They're sometimes considered pests because they drill holes and build nests in old wood, including buildings.

**Sweat bee.** These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

**Leafcutter bee.** You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.



## AUGUST 2025



### A SWEET SUMMER SURPRISE FROM AMEDISYS!

Fa-Layshia with Amedisys treated our residents to a delightful afternoon with fresh-cut watermelon, festive decorations, and fun prizes! The table was beautifully set, and the seasonal fruit was a refreshing treat that our residents truly enjoyed.

We're so grateful for this thoughtful gesture-- what a great way to celebrate summer!

Thank you, Amedisys, for bringing joy and wellness to our community.



AUGUST 2025

Music  
Therapy  
Styles

Music therapy is useful in many different aspects of human life, including improving cognitive, academic, emotional and social abilities. There are four main types of music therapy: *Receptive*. Listening and then responding in a silent, verbal or mobile way. This method promotes both stimulation and relaxation, enhancing mood while reducing anxiety. *Re-creation*. Playing or singing along to the music. Re-creation strengthens motor skills, promotes social interaction and encourages self-expression. *Improvisation*. Making music spontaneously with one’s voice or simple instruments. This method fosters communication and relationships while increasing feelings of independence. *Composition*. Creating one’s own music or lyrics. This builds creativity and helps a person express and validate their emotions.

“Life is like riding a bicycle.  
To keep your balance, you  
must keep moving.”  
—Albert Einstein

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>EVERYDAY</b>  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>1</div> 10:00 Resident Council Meeting 10:30 Bingo 2:00 Word Search Games (Independent Table Activity) 3:00 Courtyard Stroll 4:00 Activity with Audrea	<div>2</div> 8:30 Devotion & Prayer 10:00 Midday Movie in Activity Room 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits
<div>3</div> 10:45 Church Service with Lisa & Jack Thomas 11:30 Courtyard Stroll or Sit on Front Porch 2:00 Bingo 3:00 Independent Table Activities	<div>4</div> 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 11:00 Town Hall Meeting 2:00 Bingo 3:00 Social Visit on the Front Porch	<div>5</div> 8:30 Devotion & Prayer 10:00 Art Activity 11:00 Piano with Ms Shirley 2:00 Bingo 3:00 Catholic Mass with Father Domenic 4:00 Courtyard Stroll	<div>6</div> <b>Root Beer Float Day</b> 8:30 Devotion & Prayer 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:00 Root Beer Floats 3:30 Courtyard Stroll	<div>7</div> 8:30 Devotion & Prayer 9:30 Activity with Audrea 10:00 Dollar Tree Outing (45 min) 2:00 Bingo 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea	<div>8</div> 8:30 Devotion & Prayer 10:00 Elizabeth and Friends - Worship 10:30 Bingo 2:00 Word Search Games (Independent Table Activity) 3:00 Courtyard Stroll 4:00 Activity with Audrea	<div>9</div> 8:30 Devotion & Prayer 9:30 Activity with Audrea 10:00 Midday Movie in Activity Room 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits 4:00 Activity with Audrea
<div>10</div> 9:30 Devotion with Audrea 10:00 Activity with Audrea 10:45 Church Service with Lisa & Jack Thomas 11:30 Courtyard Stroll or Sit on Front Porch 2:00 Bingo 3:00 Independent Table Activities	<div>11</div> <b>Kinetic Sand Day</b> 8:30 Devotion & Prayer 9:30 Making Bread and Home-Made Butter Today!! 10:00 Chair Yoga for Seniors (YouTube) 2:00 Bingo 3:00 Social Visit on the Front Porch	<div>12</div> 8:30 Devotion & Prayer 10:00 Art Activity 11:00 Piano with Ms Shirley 2:00 Bingo 3:00 Play a Vinyl Record 4:00 Courtyard Stroll	<div>13</div> 8:30 Devotion & Prayer 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:30 Courtyard Stroll	<div>14</div> 8:30 Devotion & Prayer 9:30 Activity with Audrea 10:00 Outing for Icee!! 2:00 Bingo 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea 5:00 Back to School 50's DANCE	<div>15</div> 8:30 Devotion & Prayer 10:00 Show & Tell w/Audrea 10:30 Bingo 2:00 Word Search Games (Independent Table Activity) 3:00 Courtyard Stroll 4:00 Activity with Audrea	<div>16</div> 8:30 Devotion & Prayer 10:00 Midday Movie in Activity Room 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits
<div>17</div> 10:45 Church Service with Lisa & Jack Thomas 11:30 Courtyard Stroll or Sit on Front Porch 2:00 Bingo 3:00 Independent Table Activities	<div>18</div> 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 2:00 Bingo 3:00 Social Visit on the Front Porch	<div>19</div> <b>World Photo Day</b> 8:30 Devotion & Prayer 10:00 Art Activity 11:00 Piano with Ms Shirley 2:00 Bingo 3:00 Look at Photos 4:00 Courtyard Stroll	<div>20</div> 8:30 Devotion & Prayer 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:30 Courtyard Stroll	<div>21</div> <b>Senior Citizen Day</b> 8:30 Devotion & Prayer 9:30 Activity with Audrea 10:00 Walmart Hour Outing 1:30 Celebrating our Seniors w/ Banana Splits 2:00 Bingo 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea	<div>22</div> 8:30 Devotion & Prayer 10:30 Bingo 2:00 Word Search Games (Independent Table Activity) 3:00 Courtyard Stroll 4:00 Activity with Audrea	<div>23</div> 8:30 Devotion & Prayer 9:30 Activity with Audrea 10:00 Midday Movie in Activity Room 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits 4:00 Activity with Audrea
<div>24</div> 10:45 Church Service with Lisa & Jack Thomas 11:30 Courtyard Stroll or Sit on Front Porch 2:00 Bingo 3:00 Independent Table Activities	<div>25</div> 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 2:00 Bingo 3:00 Social Visit on the Front Porch	<div>26</div> 8:30 Devotion & Prayer 10:00 Art Activity 11:00 Piano with Ms Shirley 2:00 Bingo 4:00 Courtyard Stroll	<div>27</div> 8:30 Devotion & Prayer 10:30 Praise & Workout with Christina Boyd 11:00 Nail Salon with Carla 2:00 Bingo 3:30 Courtyard Stroll	<div>28</div> 8:30 Devotion & Prayer 9:30 Activity with Audrea 11:00 Sonny’s BBQ Outing 2:00 Bingo 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea	<div>29</div> 8:30 Devotion & Prayer 10:30 Bingo 2:00 Word Search Games (Independent Table Activity) 3:00 Courtyard Stroll 4:00 Activity with Audrea	<div>30</div> 8:30 Devotion & Prayer 10:00 Midday Movie in Activity Room 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits
<div>31</div> 10:45 Church Service with Lisa & Jack Thomas 11:30 Courtyard Stroll or Sit on Front Porch 2:00 Bingo 3:00 Independent Table Activities						



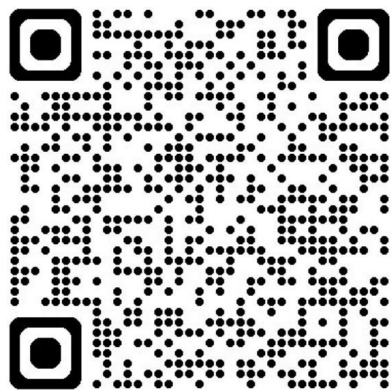
**WALK  
TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

**Together, we can end  
Alzheimer's disease.**  
[alz.org/walk](http://alz.org/walk)



## ALZHEIMER'S WALK - NOVEMBER 15TH

Our Staff and community members will be participating in a walk on November 15th. Alzheimer's isn't stopping and neither are we. By participating in the Alzheimer's Association Walk to End Alzheimer's, we are raising awareness and funds to advance the fight against this disease --funds that allow the Alzheimer's Association to provide 24/7 care and support while accelerating critical research. Families facing Alzheimer's and all other dementia need us --and with your help, we can be there for them. Please make a donation or register as a participant and start your own fundraising efforts. Together, we can end Alzheimer's disease.



### BACK TO SCHOOL 50'S DANCE

5:00 PM  
AUGUST 14<sup>TH</sup>

DINING ROOM

FAMILY CAN JOIN (\$8 MEAL)  
COME JOIN IN THE FUN!!!



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

## Famous Faces Born in August

Aug. 2, 1986: Lily Gladstone  
Aug. 6, 1981: Leslie Odom Jr.  
Aug. 7, 1991: Mike Trout  
Aug. 9, 1964: Hoda Kotb  
Aug. 17, 1991: Austin Butler  
Aug. 19, 1987: Manny Jacinto  
Aug. 21, 1949: Loretta Devine  
Aug. 27, 1994: Breanna Stewart

## Senior Citizens Day - 08/21

Honoring our community with  
Banana Splits!