


# 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)

SEPTEMBER 2025

## A SPECIAL DAY AT KNOLLWOOD POINTE

We had a wonderful day celebrating with our residents during our festive luau party! It was a heartwarming day filled with laughter, dancing, and joyful moments shared with family and friends. Our guests joined us for an unforgettable evening featuring a delicious luau-inspired menu, great company, and lots of smiles. From tropical treats to island tunes, it truly felt like a little slice of paradise right here at Knollwood Pointe.

Thank you to everyone who made this day so special—we can't wait to do it again.

## REEL IN THE FUN



We love bringing joy to our residents through fun and interactive games — and our recent fishing game was a big hit! Residents had a blast casting their lines, reeling in surprises, and winning fun prizes. But the best part? The laughter, smiles, and shared moments that make our

community feel like home.

# Activities



SEPTEMBER  
2025

Memorable  
Melody:  
‘Shine On,  
Harvest  
Moon’

The harvest moon rises bright and full at the start of fall, and the boy in this classic tune wishes it would light the way to love for him and his sweetheart as they sit under a willow tree. The song is credited to married vaudeville stars Jack Norworth and Nora Bayes, who debuted it in the Ziegfeld Follies of 1908, earning rave reviews. In the years since, this standard has been recorded by a variety of artists and included in numerous movies and TV shows.

Dancing  
Leaves

“Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day.”  
—Shira Tamir

“Some people look for a beautiful place. Others make a place beautiful.”  
—Hazrat Inayat Khan

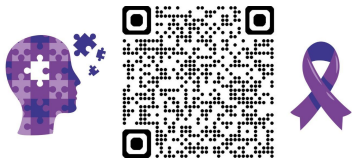
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Labor Day</b> 1 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 10:30 Praise & Workout with Christina Boyd 2:00 Bingo 3:00 Porch Social With Friends	2 8:30 Devotion & Prayer 11:00 Piano Playing and Singing with Ms. Shirley 2:00 Bingo 3:00 Catholic Mass with Father Domenic 4:00 Courtyard Stroll	3 8:30 Devotion & Prayer 10:30 Nails with Carla 2:00 Bingo 3:00 Trivia Time 4:00 Courtyard Stroll or Sit on Front Porch	4 8:30 Devotion & Prayer 9:30 Courtyard Stroll 1:30 Town Hall Meeting 2:00 Bingo w/ Cameryn Denver 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea	5 8:30 Devotion & Prayer 10:00 Activity with Audrea 11:00 Trivia Time 2:00 Bingo 3:00 Courtyard Stroll 4:00 Activity with Audrea	6 9:00 Devotion & Prayer 9:30 Activity with Audrea 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits 4:00 Activity with Audrea
7 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 - Residents' Choice	<b>ASSISTED LIVING WEEK</b> 8 8:30 Devotion & Prayer 10:00 “Saying Goodbye to Summer” 10:30 Praise & Workout with Christina Boyd 1:30 Resident Council Meeting 2:00 Bingo 3:00 Ice Cream Bar	9 8:30 Devotion & Prayer 10:00 Activities Meeting 11:00 Piano Playing and Singing with Ms. Shirley 2:00 Bingo 3:00 “Armchair Travels to Italy - Cappuccinos and Biscotti 4:00 Courtyard Stroll	10 8:30 Devotion & Prayer 9:30 Olympic Day - Snacks Cupcakes 10:30 Nails with Carla 2:00 Bingo 3:00 Trivia Time 4:00 Courtyard Stroll or Sit on Front Porch	11 8:30 Devotion & Prayer 10:00 “Remembering 9/11” and Snacks 2:00 Bingo with REHAB REBOUND!! 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea	12 8:30 Devotion & Prayer 11:00 Trivia Time 2:00 Bingo 3:00 “Armchair Travels to Mexico” And Snack 4:00 Activity with Audrea	13 9:30 Outdoor Stroll 10:00 Movie with Friends 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits
14 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 - Residents' Choice	15 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 10:30 Praise & Workout with Christina Boyd 2:00 Bingo 3:00 Porch Social With Friends	<b>WORLD PLAY-DOH DAY</b> 16 8:30 Devotion & Prayer 10:00 Making Play-Doh 11:00 Piano Playing and Singing with Ms. Shirley 2:00 Bingo 4:00 Courtyard Stroll	17 8:30 Devotion & Prayer 10:30 Nails with Carla 2:00 Bingo 3:00 Trivia Time 4:00 Courtyard Stroll or Sit on Front Porch	18 <b>FAMILY NIGHT</b> 8:30 Devotion & Prayer 9:30 Activity with Audrea 2:00 Bingo w/ Cameryn Denver 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea 4:30 Family Night - “Family is Forever” Photoshoot	19 8:30 Devotion & Prayer 9:30 Show & Tell w/Audrea 11:00 Trivia Time 2:00 Bingo 3:00 Courtyard Stroll 4:00 Activity with Audrea	20 9:00 Devotion & Prayer 9:30 Activity with Audrea 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits 4:00 Activity with Audrea
21 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 - Residents' Choice	<b>FIRST DAY OF FALL</b> 22 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 10:30 Praise & Workout with Christina Boyd 2:00 Bingo 3:00 Porch Social With Friends	23 8:30 Devotion & Prayer 11:00 Piano Playing and Singing with Ms. Shirley 2:00 Bingo 3:00 Where is your favorite place to travel? 4:00 Courtyard Stroll	24 8:30 Devotion & Prayer 10:30 Nails with Carla 2:00 Bingo 3:00 Trivia Time 4:00 Courtyard Stroll or Sit on Front Porch	25 8:30 Devotion & Prayer 9:30 Activity with Audrea 2:00 Bingo w/ Cameryn Denver 3:00 Bible Study with Brother Allen 4:00 Activity with Audrea	26 8:30 Devotion & Prayer 9:30 Activity with Audrea 11:00 Trivia Time 2:00 Bingo 3:00 Courtyard Stroll 4:00 Activity with Audrea	27 9:30 Courtyard Stroll 10:00 Movie with Friends 2:00 Word Search Games (Independent Table Activity) 3:00 Front Porch Visits
28 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 - Residents' Choice	<b>NATIONAL BISCOTTI &amp; COFFEE DAY</b> 29 8:30 Devotion & Prayer 10:00 Chair Yoga for Seniors (YouTube) 10:30 Praise & Workout with Christina Boyd 1:30 Coffee and Biscotti Snack 2:00 Bingo 3:00 Porch Social With Friends	30 8:30 Devotion & Prayer 11:00 Piano Playing and Singing with Ms. Shirley 2:00 Bingo 3:00 Talk about our religion and going to church 4:00 Courtyard Stroll		<b>EVERY DAY</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.		



## 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.

## QR CODE



Our Goal is to raise \$2000 from Knollwood Pointe.  
Please consider helping.

## Feeling Squirrely!

The next time you're spending time outside, riding in a car, or sitting at home near a window, look around. Do you see any squirrels? These little critters are some of the most common wildlife in North America, and they're a lot of fun to watch! Squirrels are mammals, and are easily recognized by their big, bushy tails and large eyes. Most squirrels you see scampering around are tree squirrels and usually have brown or gray fur. Their long hind feet allow them to climb trees with ease, while their tail helps them stay balanced. If you've ever watched a squirrel run along a tree branch or the top of a fence, you've seen their trapeze act in action! Nuts, seeds and fruit are among a squirrel's favorite things to eat. They are famous for gathering food for the winter by burying various goodies to find later. Squirrels are so smart that they can find most of the spots they've hidden their food by using their memory and sharp sense of smell. They will also trick other animals by pretending to bury something, then scurrying off. Any animals watching may then dig in the same spot to steal the squirrel's snack, only to find nothing! Meanwhile, the squirrel has hidden their real food in a different place. Tree squirrels will also store food in their nests, called dreys, which they build out of twigs and leaves high up in tall trees. A squirrel's nest is bigger than a bird's nest and looks like a large pile of leaves. Find a large tree and try to spot a drey in the branches. Squirrels will also shelter in holes created by woodpeckers. These dens keep the squirrels safe, warm and dry during cold weather.



Our next Podiatry Clinic will be held on Thursday, October 9, 2025 at 2:00 PM.

### Sign-Up & Payment Details:

Residents who wish to participate must sign up and pay at the front desk with Admin Assistant Jess Kimbler no later than Thursday, October 2, 2025.

Cost: \$25.00 per resident

Payment options:

- Cash or check (no fee)
- Debit card (prepaid or paid on the day of the clinic) – \$3.00 convenience fee applies
- To make a debit card prepayment, call: 251-654-4444

### Important:

All prepayments must be confirmed with the front office. Please call the community at 251-666-1005 to ensure your payment has been received and your spot is secured.

### Reminders for the

#### Appointment:

Please wear easy-to-remove footwear, and if possible, avoid wearing socks to help speed up the process.

Take advantage of this convenient in-house service to keep your feet in top shape as we head into the cooler months. Spots fill up quickly, so don't wait to sign up!

