



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

OCTOBER 2023



Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink. The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure. Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping. Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Give back. If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.



HALLOWEEN PARTY, HAUNTED HOUSE & TRICK OR TREATING

You'll have a bewitching time at our Halloween party! Join us for frighteningly good food, games, entertainment and fun! Bring the grandkids, great-grands, nieces & nephews. Costumes are encouraged! Please dress your loved one in a costume as well. See our activity calendar for date and time!



Door Decorating Contest

We are having a Halloween door decorating contest this month. All doors must be decorated fully by October 20th. Judging will commence the following week and the winners will be announced on Oct 31st. See your Activity Director for more information.

OCTOBER 2023

**MEET THE
TEAM**

EXECUTIVE DIRECTOR
KAYE PRINGLE
DIRECTOR OF NURSING
LINDA DEES, RN
**AL RESIDENT CARE
COORDINATOR**
VALERIE BELL, LPN
**ADMISSIONS & SALES
DIRECTOR**
JENNIFER MEDEIROS
DIETARY DIRECTOR & CHEF
DAVID TWACHTMAN
MAINTENANCE DIRECTOR
RUDY FAIRLEY
ACTIVITY DIRECTOR
STORMY MORING

**A Seasonal
Squash**

With green and orange skin and a nutty flavor, acorn squash makes a festive appearance on many fall tables. Though the vegetable is more closely related to zucchini and other summer squash varieties, it's treated as a winter squash, meaning it has matured fully on the vine so it can be stored long-term. Historians say acorn squash was one of the first crops to be cultivated by Native Americans, who made it a staple of their diet.

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (please look in Activity Room for packets) 3:00 Resident Choice	2 10:00 Resident Council Meeting 10:30 Sweatin' with the Oldies 1:30 Manicures 2:30 Trivia 3:00 Bingo	3 10:00 Scent of Autumn: Cookie Class 10:30 Cookies, Coffee, & Chatter, Oh My! 11:00 This OR That Questions 2:00 Kickball 3:00 Autumn Word Search	4 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 1:30 World Smile Day 2:00 Animal Quiz 3:00 Worship: Joyce Robertson (MC Living Room)/ Catholic Rosary & Communion (MC Dining Room)	5 10:00 Coffee & Chat 10:30 Halloween Carols 12:00 Oktoberfest Luncheon 2:00 Podiatrist Visit 3:00 Brother Allen	6 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 2:00 School Day Reminiscing 3:00 Fun Day Friday Game Day	7 ALABAMA @ TEXAS A&M AUBURN FOOTBALL BYE WEEK
8 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (please look in Activity Room for packets) 3:00 Resident Choice	9 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 2:00 Bingo Sponsored by Alabama Hospice 3:00 Manicures	10 10:00 Concert featuring Christ United's "Voices of Hope" 2:00 Paper Plate Scarecrow Craft 3:00 Spot the Differences Puzzles	11 10:00 Coffee & Chat 10:30 Chair Exercises with Rebound Rehab 2:00 Bingo 3:00 Worship: Joyce Robertson (MC Living Room)/ Catholic Rosary & Communion (MC Dining Room) 3:30 Trivia	12 10:00 Coffee & Chat 10:30 Birdseed Wreath Craft 2:00 Roll It & Play It Dice Game 3:00 Brother Allen	13 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 2:00 Common Superstitions 3:00 Fun Day Friday Game Day	14 ALABAMA VS ARKANSAS AUBURN @ LSU
15 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (please look in Activity Room for packets) 3:00 Resident Choice	16 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 1:30 Manicures 2:30 Pumpkin Painting	17 10:00 Coffee & Chat 10:30 Halloween Bingo 2:00 The Numbers Game 2:30 Halloween Coloring	18 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 2:00 Never Have I Ever 3:00 Worship: Joyce Robertson (MC Living Room)/ Catholic Rosary & Communion (MC Dining Room)	19 10:00 Piano Recital by Andre Forney 11:00 Coffee & Chat 1:30 Fall: This OR That 2:00 Halloween Bingo 3:00 Brother Allen	20 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 2:00 Halloween Reminiscing 3:00 Fun Day Friday Game Day	21 ALABAMA VS TENNESSEE AUBURN VS OLE MISS
22 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (please look in Activity Room for packets) 3:00 Resident Choice	23 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 1:30 Manicures 2:30 Halloween Quiz 3:00 Name that Carpenter Tool	24 HAPPY BIRTHDAY DORIS S. 10:00 Coffee & Chat 10:30 Double OO Word Game 2:00 Birthday Party for Doris S. 2:30 Laugh with Lisa	25 10:00 Coffee & Chat 10:30 Trivia with Rebound Rehab 2:00 Sweatin' with the Oldies 3:00 Worship: Joyce Robertson (MC Living Room)/ Catholic Rosary & Communion (MC Dining Room)	26 10:00 Coffee & Chat 10:30 Wooden Pumpkin Decor Craft 2:00 The Price is Right 3:00 Brother Allen	27 10:00 Coffee & Chat 10:30 Sweatin' with the Oldies 2:00 Flags of the World 3:00 Fun Day Friday Game Day	28 ALABAMA FOOTBALL BYE WEEK AUBURN VS MISSISSIPPI STATE
29 9:00 Church with Theodore Church of God MC Living Room 10:00 Vitamin D & Me Courtyard Socializing 2:00 Independent Activities Packets (please look in Activity Room for packets) 3:00 Resident Choice	30 10:00 Scent of Autumn: Cookie Class 10:30 Cookies, Coffee, & Chatter, Oh My! 11:00 Sweatin' with the Oldies 2:00 Spooky Fashion Show 3:00 Halloween Word Search	31 10:00 Coffee & Chat 10:30 Halloween Short Stories 2:00 Halloween Party, Haunted House & Trick or Treating (Sponsored by Springhill Hospice) 4:00 Courtyard Stroll				

Get Ready to Vote!

Voting in local, state and national elections is a cherished American right and the best way to make your voice heard. Here's how you can prepare for Election Day: Look up your sample ballot on websites such as *Vote411.org* or *Ballotpedia.org*, or you can check out the county website. You'll see a list of candidates and issues that you'll be voting on at the next election.

Research the candidates by visiting their websites and reading news coverage of town hall meetings. Many candidates' voting records and interview answers can be found at *Congress.gov*, *FactCheck.org*, and the previously listed websites.

Vote! If making it to the polls on Election Day is difficult for you, research other options, such as absentee and mail-in voting. The county website will provide instructions for these options, as well as your polling place and other applicable information. Please see your Activity Director for more information.



GIVING BACK TO OUR COMMUNITIES IS A MEANINGFUL ACTIVITY: HELP US HELP OTHERS!



THANKSGIVING MEAL BOX
FOOD DRIVE

in our communities. Thank you!

Here is a list of items we need for each box:

- 1 BOX STOVETOP DRESSING**
- 1 FAMILY SIZE BOX MAC & CHEESE**
- 2 CANS OF GREEN BEANS**
- 1 BOX INSTANT MASHED POTATOES**
- 1 CAN OF YAMS**
- 1 CAN OF CRANBERRY SAUCE**
- 1 BOX JIFFY CORNBREAD MIX**
- 1 BOX RED VELVET CAKE MIX**

We are hosting a food drive to collect nonperishable food items to make Thanksgiving meal boxes. We are partnering with Helping Hands Ministry (a local women-owned emergency food bank) and the Tillmans Corner Senior Center. All donations will be delivered to our partnered agencies by our residents. Please bring all donations to the Activity Department. We look forward to bringing joy, comfort, and a warm meal to the bellies of those less fortunate



PODIATRIST VISIT

Our community has a podiatrist visit every 3 months. This month's visit will be on Oct 5th @ 2pm. Payments can be made with cash or check. All checks should be made out to Affordable Podiatry. The cost is \$25 per resident. Please leave cash or check with our Executive Director, Kaye Pringle.



Popular Pages: 'The Witches'

British author Roald Dahl invented many whimsical tales for children, including this 1983 classic about a little boy whose grandmother teaches him all about evil witches and how to spot them. While on vacation at a fancy hotel, the boy stumbles upon a meeting of witches and learns of their plan to hide a magic potion in chocolate that will turn children into mice! It's up to the boy and his grandma to turn the tables on the witches and save the world's innocent boys and girls from falling into their trap.