



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

THE Knollwood Pointe Lifestyle

MEMORY CARE COMMUNITY
5601 Girby Road · Mobile, AL 36693 · (251) 666-1005 · www.knollwoodpointe.com

APRIL 2024

HAPPY 90TH BIRTHDAY TO MS. GLADYS!



HAPPY 81ST BIRTHDAY TO MS. JOYCE!



AFFORDABLE PODIATRY A STEP AHEAD

Dr. Salter will be visiting our community on April 18, 2024, at 2PM for toenail trimming. The cost is \$25 per resident. All checks must be made out to Affordable Podiatry. Please give your payments to our Admin Assistant, Carolyn.



Meet the Staff

Executive Director Kaye Pringle
Registered Nurse Tim Wiggins
Resident Coordinator MC Charnelle Nichols
Resident Coordinator AL Valerie Bell
Dining Services Interim Andreada Bolar
Maintenance Director Rudy Fairley
Activities Director Jess Kimbler

**"Everything is possible to
one who has faith."**

—Mark 9:23

APRIL 2024

Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.

Circadian Rhythm Reset

Biological Clock Day on April 28 brings awareness to our circadian rhythm—the body’s internal sleep-wake cycle. Are you struggling to fall asleep? Or getting groggy during the day? Try out one of these tips to “reset” your circadian rhythm: (a) stick to a regular sleep schedule, (b) use bright light therapy to simulate sunrise, (c) avoid caffeine in the evening or (d) exercise regularly and limit screen time.

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL BIRTHDAYS: <ul style="list-style-type: none"> GLADYS B. 4/18 JOYCE C. 4/19 	1 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 1:00 UNO with Friends 2:00 Coffee & Confessions 2:30 Short Story Book Club 3:00 Spiritual Film	2 9:00 Devotional 9:30 Sing A Long 10:00 Trivia Hour 11:00 Q & A: Ask Jess Anything 1:00 Arts & Crafts 1:30 Bingo 2:00 Lemonade in the Courtyard 3:00 Educational Film	3 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 1:00 Short Story Book Club 1:30 Manicures by Jess 2:30 Take a Stroll Outside 3:00 Worship with Joyce	4 9:00 Devotional 9:30 Sing A Long 10:00 Bingo 11:00 Q & A: Ask Jess Anything 1:00 Sweet Tea in the Courtyard 1:30 Bingo in the Courtyard 2:00 Arts & Crafts 3:00 Brother Allen	5 9:00 Devotional 9:30 Sing A Long 10:00 Revival with Elizabeth & Friends 11:00 Q & A: Ask Jess Anything 12:00 Lunch & Relaxation Hour 1:00 Bus Outing 3:30 Friday Movie Matinee & Popcorn	6 9:00 Rockin' '50s Sing A Long 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch & Relaxation Hour 1:00 Bingo 2:00 Cognitive Stimulation Station
7 9:00 Sunday School 10:00 Gaither Homecoming Music Program (YouTube) 12:00 Lunch & Relaxation Hour 1:00 Vitamin D & Me Courtyard Socializing 2:00 Cognitive Stimulation Station	8 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 1:00 Manicures by Jess 2:00 Take a Stroll Outside 2:30 Short Story Book Club 3:00 Spiritual Film	9 9:00 Devotional 9:30 Sing A Long 10:00 Trivia Hour 11:00 Q & A: Ask Jess Anything 1:00 Arts & Crafts 1:30 Bingo 2:00 Lemonade in the Courtyard 3:00 Educational Film	10 9:00 Devotional 9:30 Sing A Long 10:00 Courtyard Chat 10:30 Activity with Rebound Rehab 1:00 Short Story Book Club 1:30 Mad Libs Word Games 2:00 Bingo 3:00 Worship with Joyce	11 9:00 Devotional 9:30 Sing A Long 10:00 Piano Recital by Andre Forney 11:00 Q & A: Ask Jess Anything 1:00 Sweet Tea in the Courtyard 1:30 Bingo in the Courtyard 2:00 Arts & Crafts 3:00 Brother Allen	12 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 11:30 Music Therapy 12:00 Lunch & Relaxation Hour 1:00 Bus Outing 3:30 Friday Movie Matinee & Popcorn	13 9:00 Rockin' '50s Sing A Long 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch & Relaxation Hour 1:00 Bingo 2:00 Cognitive Stimulation Station
14 9:00 Sunday School 10:00 Gaither Homecoming Music Program (YouTube) 12:00 Lunch & Relaxation Hour 1:00 Vitamin D & Me Courtyard Socializing 2:00 Cognitive Stimulation Station	15 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 1:00 Coffee & Quizzes 1:30 Bingo 2:30 Short Story Book Club 3:00 Spiritual Film	16 9:00 Devotional 9:30 Sing A Long 10:00 Trivia Hour 11:00 Q & A: Ask Jess Anything 1:00 Arts & Crafts 1:30 Bingo 2:00 Lemonade in the Courtyard 3:00 Educational Film	17 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 1:00 Short Story Book Club 1:30 Manicures by Jess 2:30 Take a Stroll Outside 3:00 Tabletop Activities	18 9:00 Devotional 9:30 Sing A Long 10:00 Bingo 11:00 Q & A: Ask Jess Anything 1:00 Sweet Tea in the Courtyard 1:30 Bingo in the Courtyard 2:00 Arts & Crafts 3:00 Brother Allen	19 9:00 Devotional 9:30 Sing A Long 10:00 Kickball 11:00 Q & A: Ask Jess Anything 11:30 Music Therapy 12:00 Lunch & Relaxation Hour 1:00 Bus Outing 3:30 Friday Movie Matinee & Popcorn	20 9:00 Rockin' '50s Sing A Long 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch & Relaxation Hour 1:00 Bingo 2:00 Cognitive Stimulation Station
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Praise & Worship



Residents from both communities love coming together for a morning of Praise & Worship hosted by our dear friend, Elizabeth Ervin. **We would love for you to join us on April 5th at 10am for Praise & Worship with Elizabeth and her friends.**

Music Improves Overall Health



Through reducing stress and promoting more physical activity, music by default also benefits a senior's overall health. In addition to these effects, music can also: 1) Reduce pain and require less pain medication as a result. 2) Help in the stroke recovery by increasing verbal memory and reducing the risk of depression which slows recovery. 3) Improve overall heart health, especially relaxing music such as classical. 4) Boost the immune system allowing seniors to fight off illness easier. 5) Improve quality of

sleep.

We would love for you to join us on April 11th at 10am for a piano recital with the talented Mr. Frank Andre Forney.

We Care About Your Opinions

The success of our community depends on our residents—especially those who renew their leases and send new neighbors our way. We know that we serve the best group of people anywhere, and we're thankful for your continued trust in our service. Please take a moment and use the QR code below to leave us a positive Google review.

Thank You



**KNOLLWOOD
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for entrusting us with
your loved ones!

If you have been impressed with our service and care, please take a moment to share your experience on Google.



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AL# ALF (SCALF) LIC# P4916



Dottie, Mary, & John didn't miss the chance to enjoy in the revelry of Mardi Gras this year.



Residents discovered their own sparkly "love" language with a creative Valentine's glitter arts & crafts activity.



They only play like they're masters at checkers when they're playing against their Activity Director!



Residents enjoyed a game of Bingo served with delicious King Cake sponsored by Rebound Rehab.