


THE Knollwood Pointe Lifestyle



KNOLLWOOD
POINTE
SENIOR LIVING AT EASE

Like Us!  

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

MAY 2023

Protect Your Peepers

May brings longer days, spring flowers and Healthy Vision Month. Before you head outdoors to enjoy some sunshine, make sure your eyes are protected with the proper sunglasses.

Block UV rays. Choose sunglasses that reduce exposure to ultraviolet rays. Look for those that have 100% UV protection. Blocking UV rays can help prevent cataracts and age-related macular degeneration. A sticker or tag on the sunglasses should state that the lenses protect from both UVA and UVB rays.

Fit matters. Oversized sunglasses or those that wrap around the sides of the head offer the most coverage for your eyes.

Don't let price fool you. Just because sunglasses are expensive doesn't mean they offer the best protection. Price often has more to do with fashion than function.

Cut the glare. Polarized lenses that cut down on glare from water, sand or pavement are popular, but make sure the label also lists UV protection.

Pick a color. Sunglass lenses come in an assortment of colors, but gray is most common. Amber or green lenses can increase contrast and depth perception, which may be useful if you play outdoor sports. Choose according to your preference, but remember there is no relationship between color and UV protection.



A Flower for Moms

Because of its beauty, hardiness and prevalence, the carnation is regarded as the official flower of Mother's Day. The holiday's founder, Anna Jarvis, chose the frilly, fragrant bloom because it was her mother's favorite flower, and 500 white carnations were handed out at the first Mother's Day observance in 1908.



MAY 2023

**MEET THE
TEAM**

EXECUTIVE DIRECTOR

Kim Thielker

ALF & SCALF DIRECTOR

Tretta Huff, RN

ADMISSIONS & SALES

DIRECTOR

Jennifer Medeiros

DINING SERVICES

DIRECTOR/CHEF

David Twachtman

RESIDENT CARE

COORDINATORS

Valerie Bell, LPN

Chanelle Nichols, LPN

MAINTENANCE DIRECTOR

David Mahan

ACTIVITY DIRECTORS

Jess Kimbler, MC

Stormy Moring, AL

Journal

**Prompt:
Self-Love**

We often forget to compliment ourselves. Think back on what the most wonderful words ever said to you were. How did they make you feel? How can you keep that positivity flowing? Spend 10 minutes free writing about this topic, letting your mind wander.

“Keep a green tree in your heart and perhaps the singing bird will come.”
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 DEVOTIONAL 9:30 MUSIC THERAPY 10:00 JAZZERCISE 10:30 FEEL IT OUT ACTIVITY 12:30 TABLE HOCKEY 1:30 MANICURES 2:30 TRIVIA 3:00 COURTYARD CHAT 3:30 CHECKERS 4:00 MOVIE MATINEE	2 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 KICKBALL 1:00 HORSESHOE DOOR DECOR CRAFT 2:00 WALKING CLUB 2:30 TRIVIA 3:00 MOVIE MATINEE WITH POPCORN & DRINKS	3 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 TABLE HOCKEY 1:00 BUS OUTING 1:30 BINGO 3:00 DOMINOES 3:30 KINGS IN CORNER 4:00 MOVIE MATINEE	4 9:00 COURTYARD STROLL 10:00 BINGO 12:30 KICKBALL 1:00 CINCO DE MAYO ART CLASS 2:00 WALKING CLUB 2:30 TRIVIA 3:30 BROTHER ALLEN 4:00 MOVIE MATINEE WITH POPCORN & DRINKS	5 9:00 DEVOTIONAL 9:30 MUSIC THERAPY 10:00 JAZZERCISE 10:30 FEEL IT OUT ACTIVITY 12:30 TABLE HOCKEY 1:30 CINCO DE MAYO FIESTA SPONSORED BY OAK ST. HEALTH 3:00 CHECKERS 3:30 KINGS IN CORNER 4:00 MOVIE MATINEE	6 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 MUSIC THERAPY 1:30 SNACK & STROLL 2:00 KICKBALL 3:00 COURTYARD CHAT 4:00 PIANO MUSIC BY WILFRED SEWER 6:00 MOVIE MATINEE
7 8:30 MORNING NEWS 9:00 CHURCH WITH TAWANNA 10:00 BINGO 12:30 MUSIC THERAPY 1:30 SNACK & STROLL 2:00 KICKBALL 3:00 COURTYARD CHAT 4:00 PIANO MUSIC BY WILFRED SEWER 6:00 MOVIE MATINEE	8 9:00 DEVOTIONAL 9:30 MUSIC THERAPY 10:00 JAZZERCISE 10:30 FEEL IT OUT ACTIVITY 12:30 TABLE HOCKEY 1:30 MANICURES 2:30 TRIVIA 3:00 COURTYARD CHAT 3:30 CHECKERS 4:00 MOVIE MATINEE	9 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 KICKBALL 2:00 WALKING CLUB 2:30 TRIVIA 3:00 MOVIE MATINEE WITH POPCORN & DRINKS	10 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 TABLE HOCKEY 1:00 BUS OUTING 1:30 BINGO 3:00 DOMINOES 3:30 KINGS IN CORNER 4:00 MOVIE MATINEE	11 9:00 COURTYARD STROLL 10:00 BINGO 12:30 KICKBALL 1:00 VICTORIA DAY ART CLASS 2:00 WALKING CLUB 2:30 TRIVIA 3:30 BROTHER ALLEN 4:00 MOVIE MATINEE WITH POPCORN & DRINKS	12 MOTHER'S DAY LUNCHEON	13 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 MUSIC THERAPY 1:30 SNACK & STROLL 2:00 KICKBALL 3:00 COURTYARD CHAT 4:00 PIANO MUSIC BY WILFRED SEWER 6:00 MOVIE MATINEE
14 HAPPY MOTHER'S DAY	15 9:00 DEVOTIONAL 9:30 MUSIC THERAPY 10:00 JAZZERCISE 10:30 FEEL IT OUT ACTIVITY 12:30 TABLE HOCKEY 1:30 MANICURES 2:30 TRIVIA 3:00 COURTYARD CHAT 3:30 CHECKERS 4:00 MOVIE MATINEE	16 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 KICKBALL 2:00 WALKING CLUB 2:30 TRIVIA 3:00 MOVIE MATINEE WITH POPCORN & DRINKS	17 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 TABLE HOCKEY 1:00 BUS OUTING 1:30 BINGO 3:00 DOMINOES 3:30 KINGS IN CORNER 4:00 MOVIE MATINEE	18 9:00 COURTYARD STROLL 10:00 BINGO 12:30 KICKBALL 1:00 ARMED FORCES DAY ART CLASS 2:00 WALKING CLUB 2:30 TRIVIA 3:30 BROTHER ALLEN 4:00 MOVIE MATINEE WITH POPCORN & DRINKS	19 9:00 DEVOTIONAL 9:30 MUSIC THERAPY 10:00 JAZZERCISE 10:30 FEEL IT OUT ACTIVITY 12:30 TABLE HOCKEY 2:00 MYSTERY MAY SOCIAL 3:00 CHECKERS 3:30 KINGS IN CORNER 4:00 MOVIE MATINEE	20 8:30 MORNING NEWS 9:00 COURTYARD STROLL 10:00 BINGO 12:30 MUSIC THERAPY 1:30 SNACK & STROLL 2:00 KICKBALL 3:00 COURTYARD CHAT 4:00 PIANO MUSIC BY WILFRED SEWER 6:00 MOVIE MATINEE
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28 8:30 MORNING NEWS 9:00 CHURCH WITH TAWANNA 10:00 BINGO 12:30 MUSIC THERAPY 1:30 SNACK & STROLL 2:00 KICKBALL 3:00 COURTYARD CHAT 4:00 PIANO MUSIC BY WILFRED SEWER 6:00 MOVIE MATINEE	29 MEMORIAL DAY LUNCHEON	30 9:00 COURTYARD STROLL 9:30 MUSIC THERAPY 10:00 BINGO 12:30 KICKBALL 2:00 WALKING CLUB 2:30 TRIVIA 3:00 MOVIE MATINEE WITH POPCORN & DRINKS	31 9:00 BIBLE STUDY WITH TAWANNA 10:00 JAZZERCISE 10:30 GROUP DISCUSSION 11:00 MUSIC THERAPY 12:30 TABLE HOCKEY 1:00 BUS OUTING 1:30 BINGO 3:00 DOMINOES 3:30 KINGS IN CORNER 4:00 MOVIE MATINEE			



Residents enjoyed crafting their Easter-inspired bulletin board.



TEA FOR TWO & TWO FOR TEA

Residents welcomed in the season with a Spring-inspired Tea Party!



The pastel blue and pink cups were a big hit and most residents carried them home.



Knollwood Pointe would like to introduce its new Executive Director, Kim Thielker. Kimmie comes to Knollwood with many years of experience working in ALF & SCALF communities, with a special fondness for Specialty Care Assisted Living. Kimmie brightens up the room with her joyful personality and we are certain she will be a shining light at Knollwood Pointe.

Self-Care Corner: Connect With a Cause

Thinking about our own problems, big or small, can send us in a stressful spiral. Instead of fretting, direct your energy to a cause that's important to you. Spend a little time volunteering or researching organizations to support. Getting involved in charitable projects gives you a goal to focus on when you're feeling anxious or stuck, and helping others can boost self-esteem.