



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](http://www.knollwoodpointe.com)

MAY 2024

## Join Our Club!

With more pleasant weather arriving in May, we'll be starting up our Walking Club again this month. Check out our activity calendar for dates and times and join us as we continue to promote healthy bodies with aging.



## Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration to work out by reviewing the top benefits of exercise:

**Helps prevent illness.** High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

**Boosts energy.** The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

**Lifts mood.** Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.

**Improves sleep.** A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

**Reduces fall risk.** Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.

**Enhances social life.** Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

## Hip, Hip, Hooray!

Remember when we were children, birthdays were made special by balloons, streamers, cakes, presents and lots of loved ones singing our name? Now that we are adults, the excitement has died down, and most of us prefer quieter rituals. Still, no matter how old we are, we secretly long to be applauded on our special day.

The team at our community knows that several of our residents will observe that once-a-year occasion this month. We want to let each of you know that we are raising a big hearty cheer in your honor. We think you're one-of-a-kind, and we hope you feel as wonderful as you truly are on your birthday this year.

## Happy 83rd Birthday to Mr. Wilfred



MAY 2024

## A Patriotic Activity

What month could be more patriotic than May? It contains Armed Forces Day, Memorial Day and even the anniversary of WAAC (Women's Army Auxiliary Corps), so it's not surprising that May has also been designated National Military Appreciation Month. As a community, let's join together to support our men and women in uniform. Join us for a letter-writing blitz. We'll provide cards and writing materials. You can either write to a particular soldier you already know or compose a general letter that we'll send through an official organization. Your words of appreciation and encouragement are powerful gifts, so come out and give your best. Contact the office for details.

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

—Mark 9:23

**"Wherever you go, no matter what the weather, always bring your own sunshine."**  
—Anthony J. D'Angelo

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Wash-Up Time 10:30 Chair Exercises with Rebound Rehab 1:00 Arts & Crafts 1:30 Dance Time 2:00 Manicures with Jess 3:00 Worship with Joyce	2 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:30 Book Club 2:00 Bingo 3:00 Brother Allen 3:30 Movie Matinee	3 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 Trivia 12:00 Picnic at the Park 2:00 Arts & Crafts: Kentucky Derby 2:30 Book Club 3:30 Movie Matinee	4 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
5 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	6 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Revival with Elizabeth & Friends 11:00 Wash-Up Time 1:00 Arts & Crafts: Nurses Day 1:30 Dance Time 2:00 Tabletop Activities 3:30 Movie Matinee	7 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:00 Sensory Activity: Play Dough 2:00 Bingo 3:00 Word Games 3:30 Movie Matinee	8 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Trivia 1:00 Arts & Crafts 1:30 Dance Time 2:00 Manicures with Jess 3:00 Worship with Joyce	9 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Piano Recital by Andre Forney 11:00 Trivia 1:00 Tabletop Activities 2:00 Bingo 3:00 Brother Allen 3:30 Movie Matinee	10 <b>Happy Birthday Wilfred</b> 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Trivia 1:00 Courtyard Stroll 1:30 Wash-Up Time 2:00 Mother's Day Tea 3:30 Movie Matinee	11 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
12 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Mother's Day Lunch 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	13 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 Tea in the Courtyard 1:00 Sensory Activity: Play Dough 2:00 Trivia 2:30 Book Club & Snacks 3:30 Movie Matinee	14 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:00 Arts & Crafts: Freestyle Painting 2:00 Bingo 3:00 Word Games 3:30 Movie Matinee	15 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Wash-Up Time 10:30 Chair Exercises with Rebound Rehab 1:00 Arts & Crafts 1:30 Dance Time 2:00 Manicures with Jess 3:00 Worship with Joyce	16 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 10:30 Hors d'oeuvres & Mimosas in the Courtyard 1:00 Tabletop Activities 2:00 Bingo 3:00 Brother Allen 3:30 Movie Matinee	17 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 Tea and Trivia in the Courtyard 11:00 Wash-Up Time 1:00 Bus Outing 3:30 Movie Matinee	18 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
19 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	20 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 Tea in the Courtyard 1:00 Tabletop Activities 2:00 Trivia 2:30 Arts & Crafts 3:30 Movie Matinee	21 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:00 Sensory Activity: Play Dough 2:00 Bingo 3:00 Word Games 3:30 Movie Matinee	22 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 11:00 Trivia 1:00 Arts & Crafts 1:30 Dance Time 2:00 Manicures with Jess 3:00 Worship with Joyce	23 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:00 Arts & Crafts 2:00 Bingo 3:00 Brother Allen 3:30 Movie Matinee	24 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 Tea in the Courtyard 12:00 Brown Bag Picnic at Environmental Center 2:00 Bingo 3:00 Arts & Crafts 3:30 Movie Matinee	25 9:00 Rockin' '50s Sing A Long (on YouTube) 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Bingo 2:00 Cognitive Stimulation Station Activity Sheets
26 9:00 Sunday School 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 1:00 Gaither Homecoming Music Program (on YouTube) 2:00 Cognitive Stimulation Station Activity Sheets	27 <b>Memorial Day</b> 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 Tea in the Courtyard 12:00 Memorial Day Luncheon 2:00 Trivia 2:30 Arts & Crafts 3:30 Movie Matinee	28 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:00 Tabletop Activities 2:00 Bingo 3:00 Word Games 3:30 Movie Matinee	29 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Wash-Up Time 10:30 Chair Exercises with Rebound Rehab 1:00 Arts & Crafts 1:30 Dance Time 2:00 Manicures with Jess 3:00 Worship with Joyce	30 9:00 Devotional 9:30 Sing A Long & Snack 10:00 KP Walking Club 11:00 Trivia 1:00 Sensory Activity: Play Dough 2:00 Bingo 3:00 Brother Allen 3:30 Movie Matinee	31 9:00 Devotional 9:30 Sing A Long & Snack 10:00 Kickball 10:30 International Space Day Art Class 11:00 Trivia 1:00 Bus Outing 3:30 Movie Matinee	

Mother's Day is a holiday set aside to honor and celebrate mothers, grandmothers and mothers-to-be. Shower the special women in your life with love, hugs and maybe a card or a beautiful bouquet! From all of us in the office, we wish all the moms who call our community home a very happy Mother's Day! I'll be hosting our annual Mother's Day Tea on Friday, May 10th, at 2:00pm for the residents. Mother's Day lunch will be on May 12th at 12:00pm. If you'd like to join your mother, aunt and/or grandmother for lunch that day, you will need to RSVP no later than May 10th. You can RSVP to 251-374-7119. Cost: \$8.00 per guest.

Thanks!  
Jess Kimbler



**"Trust in the Lord with all your heart, on your own intelligence rely not. In all your ways, be mindful of him, and he will make straight your paths."**  
—Proverbs 3:5-6

## A Friend Indeed

Staying in touch with friends is good for your heart. Researchers have linked social support with a lower risk of heart disease. Also, people who do have heart attacks manage better if they have a social network.



Residents from the community came together to watch the Christ United "Voices of Hope" band perform several of their favorite songs. This group volunteers their time and they stay booked. Check back with the community about their next performance this coming fall season.

It doesn't get any better than a little friendly in-house competition during a game of checkers between our Memory Care residents. Mr. Jack plays like a Checkers Champion and Ms. Edith brightens up and comes out of her 'shell' during game time. Next time you're visiting our community, stop and invite a resident to a game!



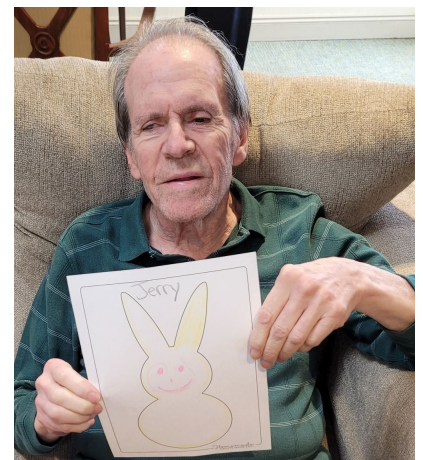
Nothing says SPRINGTIME like an afternoon of nature collage crafting. Ms. Joan and her best friend, Ms. Ovilla, were proud to show off their collages. Check out our activity calendar for our next collage making day, and if you're in the area, stop by and join us for a day of laughs and art!



Ms. Joan hunting eggs!



Ms. Flettie hunting eggs!



Mr. Jerry showing off his bunny art!



Residents dyeing Easter eggs!