

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

**WALK  
TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

Together, we can end  
Alzheimer's disease.  
[alz.org/walk](http://alz.org/walk)

Knollwood Pointe is participating in a Walk to End Alzheimer's 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.



## Reading Challenge: Isn't It Romantic?

Fall in love with reading again in August: It's Read-a-Romance Month! If you're already a fan of love stories, step outside your usual comfort zone—maybe a historical romance or a graphic novel? Your happily ever after is waiting for you (in book form, of course)!

AUGUST 2025



Our Residents are the Heart of Our Community

## National Senior Citizens Day - August 21st

We will be celebrating our Seniors with Banana Splits!





AUGUST 2025

Easy Apple  
Craft

Celebrate the start of autumn with this simple project.

Materials:

- Pine cone(s), any size
- Small twigs
- Acrylic craft paint (red, green and/or yellow)
- Foam paintbrush
- Hot glue gun and glue
- Green ribbon

Directions:

Gather pine cones of any size and a few small twigs. If you can't find pine cones outside, they're available at craft and dollar stores.

Paint the cones in the apple colors of your choice (red, green and/or yellow). Let dry. Position a twig into the top of each cone so it resembles an apple stem. Hot glue into place and let dry. Once the stem is secure, tie a short piece of green ribbon at the base of the stem to represent apple leaves. The ribbon can also help hide the dried hot glue.

Place one or more finished apples around your home as décor.

Tip: Use this same method next month, but paint the pine cones orange to make pumpkins!

“Life is like riding a bicycle.  
To keep your balance, you  
must keep moving.”  
—Albert Einstein

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Weekday Daily Activities</div> <div>9:00 Devotion</div> <div>9:30 Music Program (YouTube)</div> <div>11:00 Independent Table Activities</div> <div>1:00 Courtyard Stroll</div> <div>1:30 Hydration</div> <div>4:00 Movie Matinee</div>	<div></div>		<div></div>		<div>1</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Praise and Worship (YouTube)</div> <div>1:30 Outing to Krispy Kreme</div> <div>2:30 Movie Matinee</div> <div>3:30 Activity with Audrea - Trivia</div>	<div>2</div> <div>9:00 KP Sing Along (YouTube)</div> <div>10:30 Bingo</div> <div>2:00 Table Top Activities - Resident Choice</div> <div>3:30 Afternoon Movie</div>
<div>3</div> <div>9:00 Gospel Music Program (YouTube)</div> <div>9:30 Church with TCOG</div> <div>10:00 Courtyard Stroll</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div>	<div>4</div> <div>9:00 Devotion with Carla</div> <div>9:30 “Checking Out” Kinetic Sand</div> <div>10:00 Nail Salon with Carla</div> <div>1:30 Trivia Time</div> <div>2:30 Word Search Games (Independent Table Activity)</div> <div>3:30 Garden Stroll</div>	<div>5</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:30 Art Activity</div> <div>2:00 Coloring with different writing utensils</div> <div>3:00 Mass with St. Dominic Thomas</div>	<div>6</div> <div>Root Beer Float Day</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:00 Praise and Worship with Christina Boyd</div> <div>1:00 Root Beer Floats</div> <div>2:00 Color Me Wonderful Activity</div> <div>3:00 Movie Time</div>	<div>7</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises with Audrea</div> <div>10:00 Praise and Worship (YouTube)</div> <div>1:30 Poppy Flower Craft</div> <div>2:30 Activity with Audrea</div> <div>3:30 Bible Study with Brother Allen</div>	<div>8</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Movie Matinee</div> <div>3:30 Activity with Audrea - Trivia</div>	<div>9</div> <div>9:00 KP Sing Along (YouTube)</div> <div>9:30 Activity with Audrea</div> <div>10:30 Bingo</div> <div>2:00 Table Top Activities - Resident Choice</div> <div>3:30 Afternoon Movie</div>
<div>10</div> <div>9:00 Gospel Music Program (YouTube)</div> <div>9:30 Church with TCOG</div> <div>10:00 Courtyard Stroll</div> <div>10:30 Activity with Audrea</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div>	<div>11</div> <div>Kinetic Sand Day</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Nail Salon with Carla</div> <div>1:30 Trivia Time</div> <div>2:30 Word Search Games (Independent Table Activity)</div> <div>3:30 Garden Stroll</div>	<div>12</div> <div>National Vinyl Record Day</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:00 Play a Vinyl Record</div> <div>10:30 Art Activity</div> <div>2:00 Coloring with different writing utensils</div> <div>3:30 Movie Time with Popcorn</div>	<div>13</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:00 Praise and Worship with Christina Boyd</div> <div>1:00 Sensory - Butter Slime</div> <div>2:00 Color Me Wonderful Activity</div> <div>3:00 Movie Time</div>	<div>14</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises with Audrea</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Activity with Audrea</div> <div>3:30 Bible Study with Brother Allen</div>	<div>15</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Movie Matinee</div> <div>3:30 Activity with Audrea - Trivia</div>	<div>16</div> <div>9:00 KP Sing Along (YouTube)</div> <div>10:30 Bingo</div> <div>2:00 Table Top Activities - Resident Choice</div> <div>3:30 Afternoon Movie</div>
<div>17</div> <div>9:00 Gospel Music Program (YouTube)</div> <div>9:30 Church with TCOG</div> <div>10:00 Courtyard Stroll</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div>	<div>18</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Nail Salon with Carla</div> <div>1:30 Trivia Time</div> <div>2:30 Word Search Games (Independent Table Activity)</div> <div>3:30 Garden Stroll</div>	<div>19</div> <div>World Photo Day</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:30 Look at Photos</div> <div>2:00 Coloring with different writing utensils</div> <div>3:30 Movie Time with Popcorn</div>	<div>20</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:00 Praise and Worship with Christina Boyd</div> <div>1:00 Trivia for Seniors</div> <div>2:00 Color Me Wonderful Activity</div> <div>3:00 Worship with Joyce Robertson</div>	<div>21</div> <div>Senior Citizens Day</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises with Audrea</div> <div>10:00 Celebrating our Seniors w/ Banana Splits</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Activity with Audrea</div> <div>3:30 Bible Study with Brother Allen</div>	<div>22</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Movie Matinee</div> <div>3:30 Activity with Audrea - Trivia</div>	<div>23</div> <div>9:00 KP Sing Along (YouTube)</div> <div>9:30 Activity with Audrea</div> <div>10:30 Bingo</div> <div>2:00 Table Top Activities - Resident Choice</div> <div>3:30 Afternoon Movie</div>
<div>24</div> <div>9:00 Gospel Music Program (YouTube)</div> <div>9:30 Church with TCOG</div> <div>10:00 Courtyard Stroll</div> <div>10:30 Activity with Audrea</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div>	<div>25</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Nail Salon with Carla</div> <div>1:30 Trivia Time</div> <div>2:30 Word Search Games (Independent Table Activity)</div> <div>3:30 Garden Stroll</div>	<div>26</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:30 Art Activity</div> <div>2:00 Coloring with different writing utensils</div> <div>3:30 Movie Time with Popcorn</div>	<div>27</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises</div> <div>10:00 Praise and Worship with Christina Boyd</div> <div>1:00 Throwing Pool Noodles through a hoop</div> <div>2:00 Color Me Wonderful Activity</div> <div>3:00 Movie Time</div>	<div>28</div> <div>9:00 Devotion with Carla</div> <div>9:30 Chair Exercises with Audrea</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Activity with Audrea</div> <div>3:30 Bible Study with Brother Allen</div>	<div>29</div> <div>9:00 Devotion with Carla</div> <div>9:30 Exercise with Carla</div> <div>10:00 Praise and Worship (YouTube)</div> <div>2:30 Movie Matinee</div> <div>3:30 Activity with Audrea - Trivia</div>	<div>30</div> <div>9:00 KP Sing Along (YouTube)</div> <div>10:30 Bingo</div> <div>2:00 Table Top Activities - Resident Choice</div> <div>3:30 Afternoon Movie</div>
<div>31</div> <div>9:00 Gospel Music Program (YouTube)</div> <div>9:30 Church with TCOG</div> <div>10:00 Courtyard Stroll</div> <div>2:00 Bingo</div> <div>3:00 Afternoon Movie</div>						

# To All Our Residents Celebrating This Month

**Happy Birthday!**  
God gave a gift to the world when you were born: a person who loves and cares, who sees a person's need and fills it, who encourages and lifts people up, who spends energy on others rather than yourself, who touches each life you enter and makes a difference in the world. May the love you have shown to others return to you multiplied. And may you have the happiest birthday ever!



**Donald Squires 8/10**  
**Jerry Bush 8/14**  
**Joan Hudgins 8/18**  
**Linda Maylan 8/24**  
**Joan Squires 8/25**



**A CRAFT THE RESIDENTS LOVED PAINTING: BIRDHOUSES**  
The residents had a wonderful time painting birdhouses- a craft that sparked both creativity and conversation. As they chose their paint colors, many began sharing stories about the different kinds of birds they've seen, their beautiful colors, and the unique sounds they make with brushes. With brushes in hand and smiles on their faces, the residents dove into their work, bringing each birdhouse to life with vibrant colors and personal touches.



Our community is dedicated to making sure you feel at home. We've had several residents move in this month, and we'd like to extend a special welcome to those folks who are new to our community. Our job is to make sure that your life in our community is comfortable, safe, and enjoyable. We want you to be happy here and to feel like you've found a place to stay. If you do like it here--and we truly hope you do -- please tell the people you know. Wouldn't it be great to have your friends as your neighbors?  
**Kendrick Wells,**  
*Executive Director*



Enjoying our Outing to get an Icee!!