



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

SEPTEMBER 2023



Remember Me?

President Ronald Reagan described him as “larger than life,” and many consider him one of the gridiron’s greatest coaches. Here are some highlights from the life of Paul “Bear” Bryant.

- He was born the 11th of 12 children on Sept. 11, 1913, in the tiny Arkansas hamlet of Moro Bottom.
- He earned the nickname “Bear” as a teenager, when he accepted a dare to wrestle a bear.
- Bryant was a star football player in high school and received a scholarship to play for the University of Alabama.
- After graduation, he worked as an assistant coach at Alabama and then Vanderbilt University.
- Bryant enlisted in the U.S. Navy following the attack on Pearl Harbor.
- After the war, he served as head coach at Maryland, Kentucky and Texas A&M.
- In 1958, he returned to coach at his alma mater. He said it was like “your mama calling you to dinner.”
- During the 1960s and ‘70s, the Crimson Tide dominated college football, with Bryant pacing the sidelines, wearing his trademark houndstooth fedora.
- The coach retired in 1982 with a then-record of 323 victories. He led Alabama to six national championship titles.
- “Show class, have pride and display character. If you do, winning takes care of itself,” he once said.
- Each year at Alabama’s football home opener, a reunion is held for the more than 500 children who are named after him.



CHEF’S CORNER: DID YOU KNOW?

Celebrate National Mushroom Month in September by adding the delicious and nutritious fungi to your meal plan. Mushrooms are a great source of vitamin D, riboflavin, niacin, potassium and B vitamins. White button, shiitake, portobello and enoki are just a few of the options available. Include mushrooms in soups, casseroles, quiches and omelets, or showcase them in an appetizer or sauce.



**SEPTEMBER
2023**

**MEET THE
TEAM**

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Knollwood Pointe would like to extend the warmest of wishes to everyone born in September. It's your day to have your cake (and ice cream) and eat it, too. Happy Birthday!

BIRTHDAYS

- September 2: Pat B.
- September 6: Joan L.
- September 12: Margaret M.
- September 14: Donna B.
- September 16: Doris J.
- September 25: Pearl L.
- September 27: Nell K.

**"Be curious always!
For knowledge will
not acquire you;
you must acquire it."
—Sudie Back**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September				All Events Are Subject to Change	<p>9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:00 MOVIN' N GROOVIN' FRIDAY 11:00 DEEP BREATHING EXERCISES 12:30 RELAXATION HOUR TV TIME 2:00 YOU SCREAM. I SCREAM. WE ALL SCREAM FOR ICE CREAM! SPONSORED BY SOUTHERNCARE HOSPICE (MEAGAN) 3:30 KP WALKING CLUB 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>HAPPY BIRTHDAY PAT B. 9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:30 BINGO 12:30 RELAXATION HOUR TV TIME 1:30 KICKBALL 2:00 ROCKIN' '50s MUSIC 3:00 CHECKER, DOMINOES, CARD GAMES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>
<p>9:00 SUNDAY SCHOOL CLASS WITH THEODORE CHURCH OF GOD 10:00 CHURCH WITH TAWANNA 11:00 GAITHER HOMECOMING PROGRAM 12:30 RELAXATION HOUR TV TIME 2:00 BINGO 3:00 CARD GAMES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:30 ON THE FARM BINGO 11:30 BOOK CLUB 12:30 RELAXATION HOUR TV TIME 1:30 MANICURES 2:30 SHAKE, RATTLE, & ROLL EXERCISE CLASS 3:30 COURTYARD REMINISCING 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:00 BOOK CLUB 11:00 BATTLESHIP 12:30 RELAXATION HOUR TV TIME 1:30 FINISH THE PHRASE BINGO 2:30 KICKBALL 3:30 DEEP BREATHING EXERCISES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>HAPPY BIRTHDAY JOAN L. 9:00 BIBLE STUDY WITH TAWANNA 10:00 WIND DOWN WEDNESDAY CHAIR YOGA 11:00 NAME THAT OBJECT 12:30 RELAXATION HOUR TV TIME 1:30 INDOOR TENNIS 2:00 NEUROBICS: WORD SEARCH 3:00 WORSHIP:JOYCE ROBERTSON 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:30 CRAFT HOUR 11:30 DEEP BREATHING EXERCISES 12:30 RELAXATION HOUR TV TIME 1:30 SHOPPING LIST BINGO 2:30 BOOK CLUB 3:30 BROTHER ALLEN 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:00 GUESS THE FAMOUS PAIRS QUIZ 11:00 NAME THAT SONG 12:30 RELAXATION HOUR TV TIME 2:00 "WE'RE OFF TO SEE THE WIZARD" SOCIAL SPONSORED BY SPRINGHILL HOSPICE 3:30 KP WALKING CLUB 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>	<p>9:00 LOCAL NEWS 9:30 COURTYARD STROLL 10:30 BINGO 12:30 RELAXATION HOUR TV TIME 1:30 KICKBALL 2:00 ROCKIN' '50s MUSIC 3:00 CHECKER, DOMINOES, CARD GAMES 4:00 COLOR ME WONDERFUL 6:00 MOVIE MATINEE</p>
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THE ROCKIN' '50s

Residents in Knollwood Pointe's Memory Care community celebrated all things '50s with a soda-shop-diner-inspired social, featuring Rockin' '50s music and ice cream sodas.



ROCKIN' INTO THE HEARTS OF EVERYONE!

The Knollwood Pointe Memory Care community ladies didn't pass up a chance for a photo op with our most social married couple!



The side door at our community is for staff only. All visitors, guests, families and friends of Knollwood Pointe must use the front entrance only, sign in and sign out and exit through the front door. When taking a resident out of our community, the same protocol must be followed, as well as alerting the nursing staff on duty and signing the resident out at the nurses' station. Thank you all for helping us keep our community safe for all.



Memorable Melody: 'Take Me Out to the Ball Game'

Baseball fans who have sung this catchy tune during the seventh inning stretch may be surprised to learn that the writers had never been to a ballgame when they composed the song in 1908. Actor Jack Norworth wrote the lyrics after seeing an ad for Polo Grounds, home of the New York Giants, and Albert Von Tilzer set the words to music. The first recording by Edward Meeker was a hit, but it wasn't until the 1950s that the chorus became a staple at baseball games.