



**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

A Forest of Fall Beauty

For many folks, nature's changing colors are the highlights of the season. But color is only the tip of the festive fall show. While familiar stunners like maple, oak and aspen trees offer brilliant hues, the beauties below add interesting shapes and textures to their pretty palettes:

Bald cypress. This tree's needle-like leaves may have you expecting an evergreen—it even produces round cones—but come fall, the needles turn bronze and drop to the ground, leaving behind bald, ridged trunks that are a striking sight on landscapes.

Ginkgo. Fan-shaped leaves give ginkgo trees a unique elegance, transforming from light green to glowing yellow. It's common for a ginkgo to lose all its leaves overnight, paving the ground below with a golden carpet.

Oakleaf hydrangea. A summertime stunner with its pretty flowers, this shrub changes its leaves in autumn to rich jewel tones of burgundy, bronze and purple.

Sumac. The drooping fronds of this small tree transition to vivid shades of orange and red in the fall. Clumps of scarlet berries stay on the branches throughout the fall and winter, providing a pop of color as well as food for wildlife.

Turpentine bush. The deserts of the American Southwest see fall colors, too, such as the puffy yellow flowers that burst from this shrub's green stems as temperatures dip.



OCTOBER 2023



Door Decorating Contest

Our residents always add a splash of seasonal décor to their living space, and we're holding a contest to find the best decorated doors. So get creative! See the calendar for the deadline and when we'll announce the winners.



HALLOWEEN PARTY, HAUNTED HOUSE & TRICK-OR-TREATING

You'll have a bewitching time at our Halloween party! Join us for frighteningly good food, games, entertainment and fun! Families are encouraged to bring their grandchildren, great-grandchildren, and nieces/nephews. Dress the littles in their costumes! Costumes are encouraged for our residents as well. See our Activity Calendar for date & time.

OCTOBER 2023

MEET THE TEAM

EXECUTIVE DIRECTOR

KAYE PRINGLE

DIRECTOR OF NURSING

LINDA DEES, RN

MC RESIDENT CARE

COORDINATOR

CHARNELLE NICHOLS, LPN

ADMISSIONS & SALES

DIRECTOR

JENNIFER MEDEIROS

DIETARY DIRECTOR & CHEF

DAVID TWACHTMAN

MAINTENANCE DIRECTOR

RUDY FAIRLEY

ACTIVITY DIRECTOR

JESS KIMBLER

Che Bello!

More than 17 million people with Italian roots call the United States home.

Celebrate their influence, accomplishments and traditions during Italian American Heritage and Culture Month in October.

Nurture Yourself

"I've learned that for change to happen through me, growth needs to first happen in me." —Marie Beecham

"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Church with Theodore Church of God 10:00 Gospel Music Program 12:30 Relaxation Hour 2:00 Courtyard Stroll 3:00 Movie Matinee	2 9:00 This Day in History 9:30 Acoustic Guitar Music 10:00 Book Club 11:00 Action Rhyme Exercise Class 12:30 Relaxation Hour 1:30 Trivia 2:00 Ladies' Club Meeting & Manicures 3:00 Twister with a Twister 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	3 9:00 This Day in History 9:30 Blues Music 10:00 Scent of Autumn: Cookie Class 10:30 Cookies, Coffee, & Chatter, Oh My! 12:30 Relaxation Hour 2:00 Crafting Class: Ghosts (sponsored by Cornerstone Caregiving) 3:00 Name the NFL Logo 3:30 Bingo 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	4 9:00 This Day in History 9:30 Gaither Vocal Band Show 10:00 Pass the Ball Stop the Music Exercise 10:30 Courtyard Gathering 12:30 Relaxation Hour 1:00 Bus Outing 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	5 9:00 This Day in History 9:30 Rockin' '50s Music 10:00 Men's Club Meeting 10:30 Kickball 12:00 Oktoberfest Luncheon 2:00 Podiatrist Visit 2:30 Bingo 3:30 Brother Allen 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	6 9:00 This Day in History 9:30 Jazz Music 10:00 Bingo 11:00 Courtyard Stroll 12:30 Relaxation Hour 1:30 KP Dance Party 3:00 Movie Matinee 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	7 ALABAMA @ TEXAS A&M AUBURN FOOTBALL BYE WEEK
8 9:00 Church with Theodore Church of God 10:00 Gospel Music Program 12:30 Relaxation Hour 2:00 Courtyard Stroll 3:00 Movie Matinee	9 9:00 This Day in History 9:30 Elvis Presley Music 10:00 American Football Quiz 10:30 Read-Aloud Participation Story: Community Garden 12:30 Relaxation Hour 1:30 The Skeleton Dance Sing-along Exercise 2:00 Bingo 3:00 Courtyard Gathering 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	10 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Concert featuring Christ United's "Voices of Hope" 12:30 Relaxation Hour 1:30 Twister with a Twister 2:00 Men's Club Meeting 2:30 Mad Science Experiment 3:00 Book Club 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	11 9:00 This Day in History 9:30 Alan Jackson Gospel Music 10:00 Scent of Autumn: Pie Making Class 11:00 Action Rhyme Exercise Class 12:30 Relaxation Hour 1:00 Bus Outing 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	12 9:00 This Day in History 9:30 Music Therapy 10:00 Ladies' Club Meeting & Manicures 12:30 Relaxation Hour 1:30 Tongue Twister Thursday 2:00 Painting Class: Owls 3:00 Goldfish Cards 3:30 Brother Allen 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	13 9:00 This Day in History 9:30 Rhythm & Blues Music 10:00 Pass the Ball, Stop the Music Exercise 10:30 Wood Shop Class 12:30 Relaxation Hour 1:30 Witches Brew & Tattoos Movie Matinee featuring "Hocus Pocus" on the Big Screen 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	14 ALABAMA VS ARKANSAS AUBURN @ LSU
15 9:00 Church with Theodore Church of God 10:00 Gospel Music Program 12:30 Relaxation Hour 2:00 Courtyard Stroll 3:00 Movie Matinee	16 9:00 This Day in History 9:30 Music Therapy 10:00 Bingo 11:00 Action Rhyme Exercise Class 12:30 Relaxation Hour 1:30 Courtyard Stroll 2:00 Ladies Meeting & Manicures 3:00 Name the NFL Logo 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	17 9:00 This Day in History 9:30 Music Therapy 10:00 Scent of Autumn: Potpourri Making Day 10:30 Tongue Twister Tuesday 12:30 Relaxation Hour 2:00 Crafting Class: Dreamcatchers 3:00 Wood Shop Class 3:30 Dominoes 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	18 9:00 This Day in History 9:30 Gaither Vocal Band Show 10:00 Pass the Ball, Stop the Music Exercise 10:30 Book Club 12:30 Relaxation Hour 1:00 Bus Outing 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	19 9:00 This Day in History 9:30 Music Therapy 10:00 Piano Recital by Andre Forney 12:30 Relaxation Hour 2:00 Men's Club Meeting 2:30 Another River to Cross: The Alabama Indian Documentary 3:00 Native American Q & A 3:30 Brother Allen 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	20 9:00 This Day in History 9:30 Music Therapy 10:00 Italian Bingo 10:30 Trivia: Italian Facts 12:30 Relaxation Hour 1:30 "Viva L'Italia" Pizza Party & Movie Matinee featuring "From the Vine" on the Big Screen (Sponsored by Sage Health) 4:00 Italian Pizza Coloring Activity 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	21 ALABAMA VS TENNESSEE AUBURN VS OLE MISS
22 9:00 Church with Theodore Church of God 10:00 Gospel Music Program 12:30 Relaxation Hour 2:00 Courtyard Stroll 3:00 Movie Matinee	23 9:00 This Day in History 9:30 Whiskey Blues Music 10:00 The Skeleton Dance Sing-along Exercise 11:00 Name that Classic Car 12:30 Relaxation Hour 2:00 Bingo 3:00 Courtyard Gathering 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	24 9:00 This Day in History 9:30 Elvis Presley Music 10:00 Men's Club Meeting 10:30 Read-Aloud Participation Story: Backstage at an Elvis Presley Concert 12:30 Relaxation Hour 1:30 Courtyard Stroll 2:00 Wood Shop Class 3:00 Goldfish Cards 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	25 9:00 This Day in History 9:30 Southern Gospel Music 10:00 Mad Science Experiment 11:00 Action Rhyme Exercise Class 12:30 Relaxation Hour 1:00 Bus Outing 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	26 9:00 This Day in History 9:30 Big Band Music 10:00 Ladies' Club Meeting & Manicures 10:30 Bingo 12:30 Relaxation Hour 2:00 Painting Class 3:00 American Football Quiz 3:30 Brother Allen 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	27 9:00 This Day in History 9:30 The Roarin' '20s Music 10:00 Pass the Ball, Stop the Music Exercise 10:30 Literary Novelist: Mary Shelley 12:30 Relaxation Hour 1:30 "Frankenstein Friday" Movie Matinee & Refreshments, featuring "Frankenstein" on the Big Screen 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	28 ALABAMA FOOTBALL BYE WEEK AUBURN VS MISSISSIPPI STATE
29 9:00 Church with Theodore Church of God 10:00 Gospel Music Program 12:30 Relaxation Hour 2:00 Courtyard Stroll 3:00 Movie Matinee	30 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Scent of Autumn: Cookie Class 10:30 Cookies, Coffee, & Chatter, Oh My! 12:30 Relaxation Hour 1:30 Pass the Ball Stop the Music Exercise 2:00 Book Club 2:30 Mad Science Experiment 3:00 Manicures in the Courtyard 4:00 Halloween Coloring 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes	31 9:00 This Day in History 9:30 Courtyard Stroll 10:00 Halloween Bingo 10:30 Halloween Coloring Activity 12:30 Relaxation Hour 2:00 Halloween Party, Haunted House & Trick or Treating (Sponsored by Springhill Hospice) 4:00 Halloween Movie Matinee featuring "The Haunted Mansion" on the Big Screen 6:00 Resident Choice: Puzzles, Movie, Card Games, Dominoes		HALLOWEEN DOOR DECORATING CONTEST BEGINS OCT 2ND. PLEASE HAVE ALL DOORS FULLY DECORATED BY OCT 20TH. JUDGING WILL COMMENCE THE FOLLOWING WEEK. WINNERS TO BE ANNOUNCED OCT 31ST.	THANKSGIVING MEAL BOX DONATIONS WILL BE ACCEPTED THROUGH NOVEMBER 10TH.	



Our community has a podiatrist come out every three months. This month's visit will be on October 5th at 2pm. Cash and checks are accepted. Checks should be made out to Affordable Podiatry. The cost is \$25 per resident. Please bring cash or checks to our Executive Director, Kaye Pringle.

GIVING BACK TO OUR COMMUNITIES IS A MEANINGFUL ACTIVITY: HELP US HELP OTHERS!



THANKSGIVING MEAL BOX FOOD DRIVE

Here is a list of items we need for each box:

- 1 BOX STOVETOP DRESSING
- 1 FAMILY SIZE BOX MAC & CHEESE
- 2 CANS OF GREEN BEANS
- 1 BOX INSTANT MASHED POTATOES
- 1 CAN OF YAMS
- 1 CAN OF CRANBERRY SAUCE
- 1 BOX JIFFY CORNBREAD MIX
- 1 BOX RED VELVET CAKE MIX

We are hosting a food drive to collect nonperishable food items to make Thanksgiving meal boxes. We are partnering with Helping Hands Ministry (a local women-owned emergency food bank) and the Tillmans Corner Senior Center. All donations will be delivered to our partnered agencies by our residents. Please bring all donations to the Activity Department. We look forward to bringing joy, comfort, and a warm meal to the bellies of those less fortunate in our communities. Thank you!

CHEF'S CORNER

- The first Oktoberfest festival began on October 12, 1810, in celebration of the marriage of the crown prince of Bavaria, who later became King Ludwig I, and his wife princess Therese of Saxony. The festival concluded five days later with a horse race.
- The horse races that took place on the fields that day were so popular that they decided to do it again the following year, and in 1819 they made it into an annual festival. So, it was horse racing not beer that started Oktoberfest! The following year the race was combined with a state agricultural fair, and in 1818 booths serving food and drink were introduced. Since then, it's happened every year except for 24 times (because of war and cholera epidemics).
- By the late 20th century, breweries began to construct temporary beer halls for Oktoberfest. These beer halls would each fit 6,000 to 10,000 people. Traditionally, the mayor of Munich taps the first beer keg to open the festival beginning the first of about two million gallons of beer to be consumed. Some Oktoberfest statistics for you:
- An average of six million people attend every year, or to think of it another way, twice the entire population of Iowa going to Munich at once. Its tents—each affiliated with one of Munich's "big six" breweries—hold thousands apiece.
- The world record for the number of one-liter mugs carried at once is 29.