


# 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)

## Pictures With Old Saint Nicholas

- Ho, ho, ho! Have you heard the news? Santa Claus is coming to our community, and he'd love to meet all of you and your loved ones to take some festive photos! Santa will be arriving at Knollwood Pointe on December 18th @ 2pm to set up for pictures followed by a magical Christmas concert.
- Please RSVP to Jess Kimbler 251-374-7119 by December 15th if you'd like to have Santa pictures taken WITH your loved one. Pictures will be taken solo if there are no RSVPs. Please bring your loved ones something festive to wear on picture day. Limit two photos per resident due to time constraints.



## DECEMBER 2023

### Do You Hear What I Hear?

We have several holiday musical programs scheduled throughout the month of December. Please check our Activities Calendar for dates and times. You are invited to come out and enjoy the concerts with your loved ones!



### It's Beginning to Sound a Lot Like Christmas!

Join us on December 15th for a special afternoon of Carols, Cookies, & Cocoa presented by the Knollwood Pointe Chorus. Please arrive and get settled in by 1:30pm. The show will start at 2pm. Guests are invited to watch the show. Residents will have a Christmas social following the performance.

## DECEMBER 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

### Dates to Remember

Thirty-one to be exact! That's how many chances December offers for our residents to observe a birthday. Odds are there could be numerous cakes, candles and celebrations leaving us to wonder, how many wishes will come true? Only time will tell. In the meantime, we're wishing a happy birthday with many more to come:

- Lamar R. born on December 4th
- Mary K. born on December 14th

**"Bells are music's  
laughter."  
—Thomas Hood**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Coffee Corner 2:00 Christmas Cards with Karen 3:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Music Therapy 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 2:00 Activity Packet 3:00 Weekend Movie Matinee
3	4	5	6	7	8	9
9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Weekend Movie Matinee	9:00 Devotional 9:30 Courtyard 10:00 Coffee & Cardio 10:30 Resident Council Meeting 2:00 Bingo 3:00 Christmas Alphabet Game 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Christmas Drinking Game 10:30 Christmas Carols Singalong 2:00 Art Class: Christmas Ornaments 3:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Teatime Trivia 10:30 Exercise Class with Rebound Rehab 2:00 Bingo 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Creative Writing Class 11:00 Music & Manicures (MC) 2:00 Two Truths and a Lie 3:00 Brother Allen (AL) 3:30 Brother Allen (MC) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Teatime Trivia 11:00 Burns Middle School Concert 2:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Music Therapy 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 2:00 Activity Packet 3:00 Weekend Movie Matinee
10	11	12	13	14	15	16
9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Weekend Movie Matinee	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Coffee Corner 11:00 Music & Manicures (AL) 2:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Elf Mad Libs 10:30 12 Days of Christmas Meaning 2:00 Craft Class: Holiday Wreath 3:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Coffee & Cardio 10:30 Trivia with Rebound Rehab 2:00 Christmas Activity with Shelly (Vital Care) 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Stand-Up, Sit-Down Christmas Game 11:00 Music & Manicures (MC) 2:00 Bingo with Melissa (AL Hospice) 3:00 Brother Allen (AL) 3:30 Brother Allen (MC) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Coffee Corner 2:00 Knollwood Pointe Chorus presents Carols, Cookies, & Cocoa 3:00 Christmas Carol Social 4:00 Color Me Wonderful 6:00 Movie	9:00 Music Therapy 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 2:00 Activity Packet 3:00 Weekend Movie Matinee
17	18	19	20	21	22	23
9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Weekend Movie Matinee	9:00 Devotional 9:30 Courtyard 10:00 Santa Says Exercise Class 10:30 Teatime Trivia 11:00 Music & Manicures (AL) 2:00 Pictures with Santa 3:00 Concert with Santa 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Dear Santa Mad Libs 10:30 Christmas Candy Dice Game 2:00 Art Class: Holiday Door Hangers 3:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Teatime Trivia 2:00 Bingo 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Christmas Recital by Pianist Andre Forney 11:00 Finish the Christmas Carols 2:00 Hot Cocoa Social 3:00 Christmas Concert by singer Laurie Nix 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Teatime Trivia 11:00 Christmas Word Search 2:00 Bingo 3:00 Christmas Analogies 4:00 Color Me Wonderful 6:00 Movie	9:00 Music Therapy 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 2:00 Activity Packet 3:00 Weekend Movie Matinee
24	25	26	27	28	29	30
9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Weekend Movie Matinee	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Coffee Corner 11:00 Music & Manicures (AL) 2:00 Bingo 3:00 Christmas Tree Dice Game 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Roll the Dice & Pass the Presents 10:30 Christmas Word Game 11:00 Christmas Would You Rather 2:00 Craft Class: Snowflakes 3:00 Bingo 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Coffee & Cardio 10:30 New Year's Resolutions 11:00 Music Therapy 2:00 Bingo 3:00 Worship: Joyce Robertson (Living Room)/ Catholic Rosary & Communion (Dining Room) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Take a Stroll Outside 10:00 Roll to Decorate the Tree Game 11:00 Music & Manicures (MC) 3:00 Brother Allen (AL) 3:30 Brother Allen (MC) 4:00 Color Me Wonderful 6:00 Movie	9:00 Devotional 9:30 Courtyard 10:00 Exercise Class 10:30 Coffee Corner 2:00 Bingo 3:00 Gingerbread Dice Game 4:00 Color Me Wonderful 6:00 Movie	9:00 Music Therapy 10:00 Vitamin D & Me Courtyard Socializing 12:00 Lunch and Relaxation 2:00 Activity Packet 3:00 Weekend Movie Matinee
31						
9:00 Church with Theodore Church of God 10:00 Gaither Homecoming Music Program 12:30 Courtyard Stroll After Lunch 2:00 Activity Packet 3:00 Weekend Movie Matinee						

# Christmas Door Decorating Contest

It's beginning to look a lot like Christmas.....well....it will once you get your apartment doors decorated! Start decorating as soon as you can. Contest will run all month.



## Knollwood Pointe's the Twelve Days of Christmas Spirit Week

We will have the 12 Days of Christmas Spirit Week throughout the month of December. Bring your loved one an article of clothing or accessory so they can participate each day.

<b>FRIDAY 12/1:</b>	<b>HOLIDAY HAIR DON'T CARE: FESTIVE HAIR DAY</b>
<b>MONDAY 12/4:</b>	<b>DREAMING OF A WHITE CHRISTMAS: WEAR WHITE</b>
<b>TUESDAY 12/5:</b>	<b>RUDOLPH DAY: WEAR RED</b>
<b>WED 12/6:</b>	<b>TWO TURTLE DOVES: TWIN DAY</b>
<b>THURSDAY 12/7:</b>	<b>100% THAT GRINCH: WEAR GREEN</b>
<b>FRIDAY 12/8:</b>	<b>ROCK AROUND THE CLOCK: CHRISTMAS SOCKS</b>
<b>MONDAY 12/11:</b>	<b>MAD ABOUT PLAID: WEAR PLAID</b>
<b>TUESDAY 12/12:</b>	<b>WINTER WONDERLAND: WEAR BLUE &amp; WHITE</b>
<b>WED 12/13:</b>	<b>JINGLE BELL ROCK: BLING &amp; BELLS</b>
<b>THURS 12/14:</b>	<b>SWEATER WEATHER: UGLY CHRISTMAS SWEATER</b>
<b>FRIDAY 12/15:</b>	<b>CHRISTMAS EVE "EVE": DRESS LIKE A PRESENT</b>
<b>MONDAY: 12/18:</b>	<b>SANTA'S DAY: WEAR SANTA HATS</b>

**Visitors Are Encouraged to Participate!**



### CHEF'S CORNER: DID YOU KNOW?

With the cooler weather upon us, we think of those comfort foods that warm us up on a chilly evening. One of the most common comfort foods we have is the faithful bread pudding, but do you really know where it originated?

Bread Pudding is one of the oldest desserts that we still consume today. Originally created to use up leftover bread (especially amongst the less wealthy), its origins can be traced back to ancient Egypt where they made a dish using leftover bread, cream, almonds, and dates called "OM ALI."

It wasn't until the Middle Ages, when custard was invented, that bread pudding took on more of a look as to what we are more accustomed to today. During this time the popular dish, which was mostly consumed among the peasants, moved itself into the kitchens and dining rooms of the wealthy and royalty where various toppings of caramel and cream were then added.

So this winter season, light up the fire, turn up the Christmas music, sit back and indulge in a hearty bowl of bread pudding with your loved ones.

