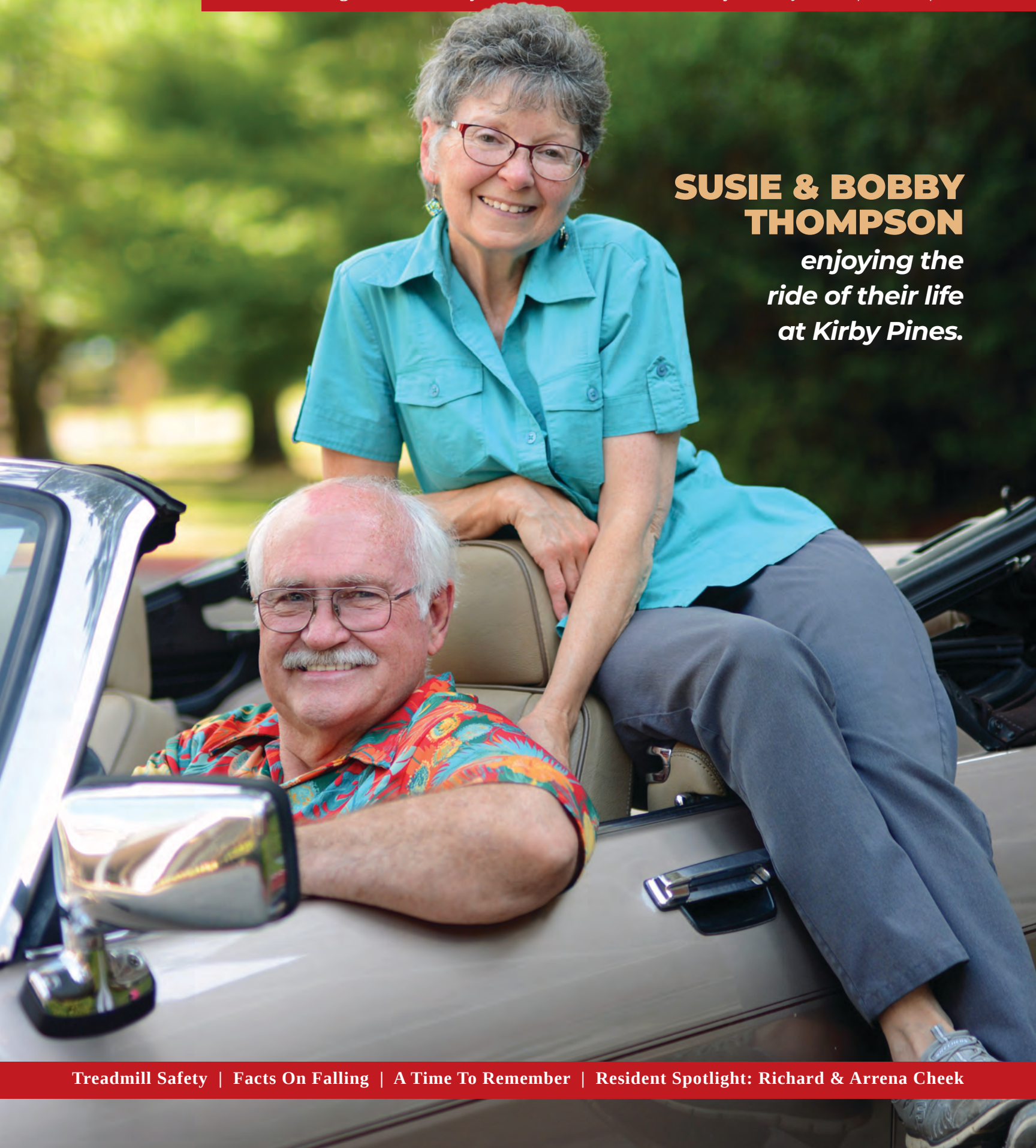


# the PINECONE

The Magazine of Kirby Pines LifeCare Community • July 2021 | V. 39 | I.7

## **SUSIE & BOBBY THOMPSON**

*enjoying the  
ride of their life  
at Kirby Pines.*



Treadmill Safety | Facts On Falling | A Time To Remember | Resident Spotlight: Richard & Arrena Cheek



# It's Officially Summer

Summer is officially here! Although it sneaked in towards the end of June, the unofficial hotter, dryer weather arrived sometime during spring. Luckily for us all, our large trees and park like acreage, provides us with plenty of areas where we can step outside to stroll under the shade of numerous majestic trees. We can also enjoy fishing with friends and grandchildren along the banks of our very own lake, or enjoy a family picnic in the gazebo cooled by ceiling fans, now that outside restrictions for Covid have been removed.

For those who prefer to stay indoors, the July calendar is filled with events to meet a variety of interests. This year Kirby Pines is proud to hold, its' Annual Fourth of July Parade on Thursday, July 1st. Our culinary department is planning a special treat for everyone on July 4th, along with a traditional brunch feast, and welcomes all families to come and celebrate Independence Day with us. Please make your reservations early, and remember that updated policies require that all members in your party be present before being seated in the dining room.

Throughout the month, the Life Enhancement department has planned on-site entertainers, a weekly farmer's market, movies, and games.

## at Kirby Pines

In fact, with so much going on at Kirby Pines, the slightly warmer summer days will breeze by almost unnoticed.

July will be filled with truly important national and community events, Independence Day being among the most noteworthy. This July, when we gather to celebrate the birth of our nation, we will also be ending many of the national healthcare protocols that limited gathering with family and friends, as we welcome back a true feeling of independence. This July, please join with me in thanking all employees and workers as we bask in the warmth of their service and their genuine concern. Yes, summer is officially here.



Michael  
Escamilla,  
*Executive  
Director,  
Kirby Pines*

## ON THE PINECONE COVER

### Things Are Heating Up At Kirby Pines!

It's July and as anticipated, things are looking up everywhere. People are getting out more and visiting with friends and family. We can see it happening all around at Kirby Pines.

What better way to celebrate our freedom and independence than by participating in our Annual 4th of July Parade on Thursday the 1st. Break out your red, white and blue and join in the fun. We also welcome back our Art Wall Presentations on the 9th and The Entertainers return for a show on the 16th. The incomparable Joyce Cobb performs on the 13th and our favorite Jim Mahannah and his band host a summer dance on the 20th. Check the calendar for these events and much more.

Our front cover features Bobby and Susie Thompson in one of the many classic cars that were on display at our big Father's Day Car Show. The weather was perfect, the music was hopping, the food was delicious and the camaraderie was greatly welcomed.



Future resident, Josie Howser, in her 1999 Jaguar used on our front cover

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is managed by:



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This magazine is produced by **RCA**  
6465 N. Quail Hollow Rd., Suite 400  
Memphis, TN 38120, 901-794-2598

Electronic version of *The Pinecone*  
is available at [www.kirbypines.com](http://www.kirbypines.com)

welcome to

# Kirby Pines



Mary & Hugh Gregory

We extend a very warm Kirby Pines' welcome to Hugh and Mary Gregory. They recently moved from their former home in Southaven, MS. Lifelong Mississippians, they were childhood sweethearts and recently celebrated their 73rd anniversary. Proud parents of three children, five grandchildren and two great grands; they carry on a tradition of having annual reunions to celebrate their family.

Hugh served in the U.S. Navy achieving the rank of Petty Officer, 3rd class. His sea duty was on the USS Currituck, nicknamed "Wild Goose."

After attending college and his service to the Navy, Hugh worked for Electrical Testing and Maintenance and became Vice President of the company. Mary worked for the IRS as a tax examiner.

For pleasure Hugh reads Clive Cussler's books about mysteries of the sea and Mary is a fan of John Grissom mysteries. They also enjoy Mississippi sports events and oldie but goodie music. To stay active, Hugh golfs and Mary walks. Mary is a collector of teacups and teapots and Hugh collects bulldogs.

Traveling has brought much joy to Hugh and Mary as they traveled to many destinations. Their favorite trips were to Switzerland, France and Germany.

Welcome To Kirby, Hugh and Mary! This is a wonderful time to enjoy our beautiful campus and make new friends. We are happy you chose Kirby Pines for your new home!

*New Resident Bios written by resident, Peggy Reynolds Gatlin*



Ruth Ann & Larry Weatherington

Larry and Ruth Ann Weatherington are new residents at Kirby Pines. Both were born in Rosiclare, Illinois, but moved from their previous home in Millington, TN. Married for 58 years, they have three children and are the proud grandparents to seven grandchildren and six great-grands.

Larry had a long career in the trucking business as a driver and safety director. Ruth Ann had her own dog grooming and seamstress businesses for many years.

A U.S. Navy Veteran, Larry earned the rank of E5. He served as a communication technician with the naval intelligence.

Now as retirees, Larry enjoys playing golf and walking while Ruth Ann stays busy knitting, crocheting and reading. Both agree their favorite holiday is Thanksgiving and their favorite family recipe includes meatloaf.

The list of various destinations the Weatheringtons have traveled is long. The list includes Spain, Italy, Greece, Morocco, The Netherlands, and many others. When asked their favorite trip, they named Colorado.

You will enjoy getting to know Larry and Ruth Ann. This friendly couple will fit well into our Kirby Pines' lifestyle. We're so happy they chose Kirby for their new home!



## 10 Tips for Using the Treadmill Safely with Arthritis



Treadmills seem simple, but they can be hazardous, particularly for people with joint or balance issues. Trying to catch yourself when you lose your balance can result in muscle strains or injury in almost any joint, says physical therapist Mary Ann Wilmarth, CEO of Back2Back Physical Therapy in Andover, Mass.

“Injuries can go all the way up the kinetic chain when people slip and try to recover by catching themselves. This can mean foot injuries, strained or sprained ankles, shoulders and wrists – as well as the back and hips if you’re twisting as you lose balance,” she says.

You can protect yourself by using these tips to tread more safely.

**1. Use a full-sized treadmill with side rails.** The belt should be at least 22 inches wide and 50 inches long, and the machine should have handrails on both sides you can use for balance.

**2. Wear sturdy, low-heeled athletic shoes.** Soles higher than 1 inch can lead to ankle rollovers. Use the topmost shoelace hole for extra stability.

**3. Learn the controls.** Before you step on, get familiar with how to adjust the speed, incline and especially the red “fast-stop” button.

**4. Use the safety key.** Before you hit start, clip the safety key to your shirt so if you slip, the machine will stop immediately.

**5. Start, then step on.** Hold the rail and stand on either side of the belt as you start it at a low speed. Then step on the belt and increase speed slowly.

**6. Use a slight incline.** An incline of about 2% can reduce impact on the spine, hips, knees, feet and ankles, but a steeper climb increases joint stress.

**7. Find the right stride.** You’ll know it’s on target when you’re walking comfortably – not overstretching your lead leg – with arms swinging freely.

**8. Look straight ahead.** Looking down or around can throw off your balance and cause you to trip.

**9. Stay centered.** Know where you are on the belt and avoid drifting sideways or toward the back of the belt.

**10. Catch Your Fall.** If you start to fall while you’re on the treadmill, hit the emergency stop button, grasp the rails and move your feet to one side. Step off and sit down until you’ve recovered.

Use the NuStep as an alternative, if you are currently using tools for walking assistance such as canes, walkers, wheel chairs or are having balance issues. Persons with balance issues should not attempt to use the treadmill unless you are assisted by a physical therapist.

Mary Hand is available to train you on the treadmill and the other equipment in the Oasis. Never use exercise equipment if you have questions about how to use it. Exercise is important, but your safety is more important.



### Advanced Water Aerobics

Monday & Wednesday

8:30 am - 9:30 | Pool

### Exercise in the PAC

Monday, Wednesday & Friday

9:30am | PAC/Live TV

### Yoga Stretch

Monday & Wednesday

12:45 pm | PAC/Live TV

### Men's Water Aerobics

Tuesday & Thursday

8:30 am - 9:15 am | Pool

### Arthritis Foundation

#### Water Aerobics

Tuesday & Thursday

9:30 am - 10:15 am | Pool

### Arthritis Foundation

#### Sit/Stand Class

Tuesday & Thursday

11:00 am - 11:45 am | PAC/Live TV







Six out of every 10 falls happen at home, where older adults spend much of their time. Older adults should be encouraged to take steps to "fall proof" their living areas, both inside and outdoors including:

- *Wear shoes with nonskid soles*
- *Be sure your home is well lit so that you can see things you might trip over*
- *Remove throw rugs or fasten them to the floor with carpet tape*
- *Don't put electrical cords across pathways*
- *Have grab bars put in your bathtub, shower and toilet area*
- *Have handrails put on both sides of stairways*
- *Don't climb on stools and stepladders*

How can therapy help? By participating in a balance/fall management program, you will develop and learn skills necessary for safe, functional mobility with reduced risk for falls. You may also reduce the risk for falls and other complications resulting from balance problems, low vision, cognitive changes and decreased sensation. In order to ensure success of an individualized balance/fall management program, therapists work closely with the multi-disciplinary team.

**Join Functional Pathways, your NEW  
Rehab Provider, for a Welcome Reception  
July 28th at 2:00 pm in the PAC.**

According to the Centers for Disease Control and Prevention, each year one out of every three adults aged 65 and older experiences a fall. Falling once doubles your chances of falling again. Older adults who have fallen typically report moderate to severe injuries, including deep bruises, head trauma and hip fractures. Fall related injuries may alter mobility and limit independent living, requiring both formal and informal caregiving. Many of these injuries, such as hip fractures, increase the risk of premature death. These facts of falling put into perspective the importance of reducing your risk of falls. Many falls can be prevented by making simple changes in your daily life. This month's Healthy Living Series will focus on tips to decrease your chances of falling.

How Can You Prevent Falls? First, it is important to take care of your health. Have your eyes and hearing checked frequently for changes. See a healthcare provider if you have foot pain, or if you can't trim your toenails. Also, consult a healthcare provider right away if you feel weak or unsteady on your feet, if you feel confused, or if you fall. Let a healthcare provider know if a medicine is making you feel dizzy or making you lose your balance. If your healthcare provider wants you to use a cane or a walker, learn how to use it – and then use it consistently. It is also important to get regular exercise, especially walking.







# JULY *Exquisite* CUISINE

*A Tour of American Flavors*



## **KNOEPHLA (NORTH DAKOTA)**

*A German based, creamy dumpling soup. Just the right way to start a meal, or a meal in itself!*

## **SHRIMP N GRITS (SOUTH)**

*The Southern tradition stood on it's ear! Here we are going to make and sear a Grit Cake, take our perfectly cooked Shrimp and finish with a Butter Sauce and some shaved Parmesan.*

## **WILD BOAR STRIP STEAK (TEXAS)**

*Fresh from Texas, free range Wild Boar NY Strip Steak is served with Au Gratin Potatoes and Broccoli Rabe.*

## **STRAWBERRY SHORTCAKE (MASSACHUSETTS)**

*A twist on the traditional Strawberry Shortcake. Made with fresh Strawberries and Whipped Cream to top off the meal.*

**CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314**





Resident Spotlight

## Richard & Arrena Cheek

### A RECIPE FOR HAPPINESS

They were the same age and had known each other since elementary school. How could Richard make Arrena really notice him? The story unfolds:

Arrena Andrews was born in Columbia, Tennessee, the middle of three girls known as “The Andrews Sisters”. They actually sang on a local radio program! Her father was a physician and her mother was “into everything”. She was in the fourth grade when Richard moved with his family from a 96 acre farm in Pottsville, Tennessee, to Columbia mid-way his fifth grade. In Richard’s previous school, the decision was made for him to omit first grade because his mother, a teacher, had taught him at home. This decision was not ideal for Richard socially or physically as he remained the smallest boy in his class. In high school, the popular Arrena caught the eye of Richard and he asked her for a date. “After our one date, she ignored me”, says Richard. He adds, “As a senior in high school, I was five feet, two inches tall and weighed only 98 pounds”. Then, Richard went away to college and during his freshman year, grew twelve inches in height and gained to 135 pounds. When he returned to Columbia and Arrena spotted him at church, she asked, “is that the Cheek boy”? The rest is history.

Arrena had a very happy childhood and was known as a “tomboy” who loved to play “Roy Rogers and Dale Evans”. She and her family were active in the Presbyterian Church. She was a cheerleader in elementary school but chose to play saxophone in the band in high school. Following high school, Arrena entered Vanderbilt University and earned a B.A in Business. She was active in Chi Omega Sorority and continues in the Memphis Alumnae Chapter.

Richard obtained a B.S. in Chemical Engineering at The University of Tennessee, Knoxville as part of the Co-Op program with Monsanto Chemical Company in Columbia. During their college years, Richard often visited Arrena at Vanderbilt and romance was born. However, Richard decided to give up engineering, applied to University of Tennessee Medical School, and enrolled in September, 1961. Arrena was not pleased that Richard chose medicine over engineering. “I had always said that I would never marry a doctor. My family life had always

centered around hospital visits and sick people.” Nevertheless, after five years of dating, their love for each other was secure. They were married in June, 1962, and made Memphis their home. While Richard was in medical school, Arrena taught school. They have two children, a son John, deceased, and a daughter Lucy who lives in Arizona. They have three grandchildren.

Graduating from medical school in 1964, Richard was first in his class and was inducted into AOA Honorary Society. He chose John Gaston Hospital for his internship and declared a residency in general surgery. He achieved the rank of Chief Resident and completed his residency in 1970. He also served in the 330th General Hospital Unit of the Army Reserves, achieving rank of Captain.

When Richard finished his residency, he joined the staff of the UT Department of Surgery and taught there until 1980. During this time he was part of the team that performed the first kidney transplant in Memphis. He also published several articles in medical journals, authored chapters in two surgical textbooks and authored a monograph of carcinoid tumors. In 1980, he left teaching to enter private practice. At Baptist Hospital, he performed the first laparoscopic cholecystectomy. He closed his private practice in 1997 but took a part-time teaching position at the Memphis VA Hospital until his complete retirement in 2005.

For Richard, his skill at surgery was possibly due to his ability to work with his hands. He is an accomplished wood master, having made many things, such as violins. His other hobbies include fishing, reading, and playing pool. He loves to sing in choral groups and has been a member of the Entertainers Chorus, and, a frequent soloist since moving to Kirby.

Arrena loves cooking, gardening, photography and reading. She has devoted much of her time to community activities such as Woman’s Exchange. She served as a core leader of the non-denominational Bible study group, Community Bible Study. “This was my priority” says Arrena. “I dearly loved studying with such knowledgeable ladies”. Both Arrena and Richard have been members of Christ Methodist Church since 1985. “We both love the church”, says Arrena. “We try to never miss a Sunday and we are committed to the Lamplighters Sunday School Class and the 11:00 service”, adds Richard.



Sigma Chi Ball 1958

The Cheeks moved to Kirby Pines in 2017. They were familiar with several people who lived here and were anxious to downsize. “The people here are very special. They care for one another and step up when someone is in need. It is a great place to spend the last chapter of our lives and God has blessed us with this beautiful place”, agree both Arrena and Richard.

Having a couple like the Cheeks, who are so talented, compassionate and friendly is what makes Kirby Pines the special place it is. Both Arrena and Richard agree that the following recipe is the foundation for their life:

Recipe For Happiness –

First: Serve God; Second: Remember decisions, not circumstances, determine the flavor of your lives; Third: Live each day so you’ll never be afraid of tomorrow, nor, ashamed of yesterday.

*Written by Joan Dodson, Kirby Pines Resident*





## **LOU ANDERS Celebrates Her 103rd Birthday!**

**Kirby Pines  
Resident  
Since 2004**

On June 21st of this year Mrs. Lou Anders celebrated her 103rd birthday. She was born in Searcy, Arkansas and lived in the area on a farm with her parents and five siblings most all of her childhood. One year her parents decided to move to West Texas to a plantation, but quickly came back to their roots in Arkansas. Mrs. Anders graduated high school in Searcy and went on to get married. After a year of married life in Searcy, her and her husband moved to Memphis. Mrs. Anders began working and attending school in the evening. She started at Memphis State but soon transferred to Tennessee where she eventually graduated with a degree in accounting. Mrs. Anders worked for John Morrell and Company for 34 years prior to retiring with her husband. Mrs. Anders husband was an Army veteran who also worked as a route manager for American Bakeries. The couple were married for 52 years. They never had any children, but had numerous nieces and nephews they treated as their own.

Throughout life, and especially during retirement, Mrs. Anders developed some hobbies of her own. She is very well traveled. Together with her husband, they visited every state in the union. Since then, she has also traveled abroad to numerous areas including Rome, Greenland, Norway, Germany, and all throughout Europe. When not traveling, she enjoys painting and woodworking. She says if you show her something and let her measure it, she could make it. Prior to the pandemic, she was also an active member of Highland Heights United Methodist Church. She spent many hours there involved in all the activities they offered. She enjoyed volunteering at the church and with local charities. She says that one of her proudest moments was working with Each One Teach One and watching students grow and succeed.

Mrs. Anders moved to Kirby Pines in August of 2004. She has enjoyed her years here and has been active in several of the clubs throughout her time. For many years, she led the Uplifters Circle Bible Study. She also led the Garden Club at Kirby Pines and is a lifetime member of the Tennessee Federation of Garden Clubs. Mrs. Anders still gets out and about and is looking forward to Monday Night Bingo and the Rhythm Band. She said the best part about moving to Kirby Pines is the friendship of other people, everyone is so friendly. The activities and entertainment are great. Kirby Pines is a good place for anyone to be.

**Lou with her  
family at her 103rd  
Birthday Party**



## Congratulations to our **EMPLOYEE of the Month** **Floor Tech** **RUDY SELMON**

**Describe Your Family:** Loving and caring.

**Describe yourself in five words:** Loving, caring, respectful, honest and helpful.

**What is something you are proud of:** Being part of the Kirby Pines Environmental Services Team.

**What do you do for fun:** Perform on stage with my band.

**What are your hobbies or interests:** Playing guitar.

**What is your favorite thing about your job:** I get along with everybody.

**What is your favorite food:** Chicken. **What is your favorite song:** The Thrill Is Gone by B.B. King.

**What would you like people to know about you:** That I am very kind and easy to get along with.



Rudy Selmon goes above and beyond the call of duty to support the department as well as our residents. He is thoughtful, precise and always a team player. He understands the importance of what we do for the residents of Kirby Pines. He is always willing to help another shift when staff is short and is happy to train or assist others as needed.

*- Jada Mullins, Director of Environmental Services*



# CHAPLAIN'S CORNER

from Don Johnson, Kirby Pines Chaplain

## A TIME TO REMEMBER



GEORGE WASHINGTON

On March 11, 1782, George Washington stated these words:

"I'm sure there never was a people who had more reason to acknowledge a Divine interposition in their affairs than those of the United States."



ANDREW JACKSON

Andrew Jackson in his farewell address on March 4, 1837, declared:

"Providence has bestowed on this favored land blessings without number, and has chosen you as the guardians of

freedom, to preserve it for the benefit of the human race. May He who holds the destinies of nations make you worthy of the favors He has bestowed and enable you, with pure hearts and pure hands and sleepless vigilance, to guard and defend to the end of time the great charge He has committed to your keeping."



PATRICK HENRY

Patrick Henry, great Revolutionary leader gave this powerful challenge on March 23, 1773:

"It is in vain, sir, to extenuate the matter. Gentlemen may cry, Peace, Peace but there is no peace. The war is actually begun! The next gale that sweeps from the north will bring to our ears the clash of resounding arms! Our brethren are already in the field! Why stand we here idle? What is it that gentlemen wish? What would they have? Is life so dear, or peace so sweet as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty or give me death."

As we embrace America's 245th Liberty Celebration we must remember the strong foundations upon which the nation's first patriots stood. Let's renew our loving commitment to "the stars and stripes forever" as we broadly wave our tri-colored flag. Let's afresh embrace our unbeatable Declaration of Independence, Constitution and Bill of Rights. Let's proudly repeat our "one nation under God" Pledge of Allegiance.

If we fail to remember, our present will be infinitely less enjoyable and our future sadly less enduring. Proverbs 14:34 still holds, "Righteousness exalts a nation, but sin is a reproach to any people." We must continue to have as our motto "In God We Trust." Perhaps we are closer again to Patrick Henry's time when it's liberty or death! May the Lord strengthen us to choose wisely.

Until next time,  
Don Johnson, Kirby Pines Chaplain



July Vesper Services • 6:30pm • Performing Arts Center

July 1

Rev Mark Matheny  
Retired  
United Methodist

July 8

Dr David Jackson  
Elder/Teacher  
Highland Church of Christ

July 15

Marlon Brown  
"Big Dog"  
Service Over Self

July 22

Rev Kevin Presley  
Minister of Music & Worship  
Emmanuel United Methodist

July 29

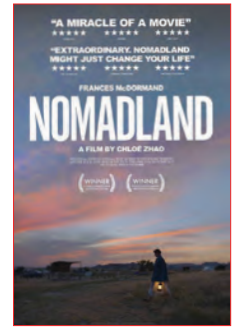
Dr Will Jones  
Senior Pastor  
Germantown Presbyterian



# M E E T

# M E

# A T



## YANKEE DOODLE DANDY



**Saturday, July 3**

**at 10:00 am and 2:00 pm**

**(1942) Cast: James Cagney, Joan Leslie, Walter Huston**

Brought to the White House to receive a Congressional Gold Medal from President Franklin Delano Roosevelt, Broadway legend George M. Cohan reflects on his life. Flashbacks trace Cohan's rise, from a childhood performing in his family's vaudeville act to his early days as a struggling Tin Pan Alley songwriter to his overwhelming success as an actor, writer, director and producer known for patriotic songs like "Yankee Doodle Dandy," "You're a Grand Old Flag" and "Over There."

## DEAR JOHN



**Sunday, July 4**

**at 1:30 pm and 4:00 pm**

**(2010) Cast: Channing Tatum, Amanda Seyfried, Scott Porter**

When soldier John Tyree meets an idealistic college student, Savannah Curtis, it's the beginning of a strong romance. Over the next seven tumultuous years and separated by John's increasingly dangerous deployment, the lovers stay in touch through their letters, meeting in person only rarely. However, their correspondence triggers consequences that neither could foresee.

## MUSIC MAN



**Friday, July 2 at 1:30 pm,**

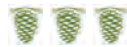
**Saturday, July 3 at 6:00 pm**

**& Sunday, July 4 at 6:30 pm**  
**(1962) Cast: Robert Preston,**

## Shirley Jones, Ronny Howard

When Harold Hill, a traveling con man, arrives in River City, he convinces the locals to start a band by purchasing the uniforms and instruments from him. His intention is to flee as soon as he receives the money. Librarian Marian Paroo suspects Harold is a fraud, but holds her tongue since her moody brother, Winthrop, is excited about the band. As Harold begins to develop feelings for Marian, he faces a difficult decision about skipping town.

## BLINDED BY THE LIGHT



**Saturday, July 10**

**at 10:00 am and 2:00 pm**

**(2019) Cast: Billy Barratt,**

**Viveik Kaira, Dean-Charles Chapman**

Javed is a Pakistani teenager who experiences racial and economic turmoil while living in Luton, England, in 1987. He writes poetry as a way to escape the intolerance of his hometown and the stubborn views of his traditional father. When a classmate introduces him to the music of Bruce Springsteen, Javed sees parallels between the singer's powerful lyrics and his own working-class environment. Springsteen's melodies soon inspire Javed to find his own voice and follow his dreams.

## MAID IN MANHATTAN



**Sunday, July 11**

**at 1:30 pm and 4:00 pm**

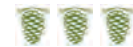
**(2002) Cast: Jennifer Lopez,**

**Ralph Fiennes, Natasha Richardson**

The story of Marisa Ventura, a single mother born and bred in the boroughs of New York City, who works as a maid in a first-class Manhattan hotel. By a twist

of fate and mistaken identity, Marisa meets Christopher Marshall, heir to a political dynasty, who believes that she is a guest at the hotel. Fate steps in and throws the pair together for a magical night of romance. When Marisa's true identity is revealed, the two find that they are worlds apart.

## GENTLEMEN PREFER BLONDES



**Friday, July 9 at 1:30 pm,**

**Saturday, July 10 at 6:00 pm**

**& Sunday, July 11 at 6:30 pm**

**(1953) Cast: Marilyn Monroe, Jane Russell, Charles Coburn**

Lorelei Lee is a beautiful showgirl engaged to be married to the wealthy Gus Esmond, much to the disapproval of Gus' rich father, Esmond Sr., who thinks that Lorelei is just after his money. When Lorelei goes on a cruise accompanied only by her best friend, Dorothy Shaw, Esmond Sr. hires Ernie Malone, a private detective, to follow her and report any questionable behavior that would disqualify her from the marriage.

## NOMADLAND



**Saturday, July 17**

**at 10:00 am and 2:00 pm**

**(2021) Cast: Frances McDormand, Charlene Swankie, David Strathairn**

A woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad.



# T H E

# M O V I E S



## THE UPSIDE



**Sunday, July 18**  
**at 1:30 pm and 4:00 pm**  
**(2017) Cast: Bryan Cranston,**  
**Kevin Hart, Nicole Kidman**

Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest.

## ALL ABOUT EVE



**Friday, July 16 at 1:30 pm,**  
**Saturday, July 17 at 6:00 pm**  
**& Sunday, July 18 at 6:30 pm**  
**(1950) Cast: Bette Davis,**  
**Anne Baxter, George Sanders**

Backstage story revolving around aspiring actress Eve Harrington. Tattered and forlorn, Eve shows up in the dressing room of Broadway mega-star Margo Channing, telling a melancholy life story to Margo and her friends. Margo takes Eve under her wing, and it appears that Eve is a conniver that uses Margo.

## TOMORROWLAND



**Saturday, July 24**  
**at 10:00 am and 2:00 pm**  
**(2015) Cast: George Clooney,**  
**Britt Robertson, Hugh Laurie**

Whenever Casey Newton touches a lapel pin with the letter T on it, she finds herself transported to Tomorrowland, a city filled with huge robots and sleek buildings. The gifted young woman re-



## LADIES IN LAVENDER



**Sunday, July 25**  
**at 1:30 pm and 4:00 pm**  
**(2004) Cast: Judi Dench,**  
**Maggie Smith, Danile Bruhl**

Aging spinster sisters Ursula and Janet discover a young man near death on the beach by their home in a small Cornish fishing village. Taking him in, they discover that he is Andrea, a violinist from Krakow, Poland, who had been swept off an ocean liner on which he was sailing to a fresh start in America.

## HATARI!



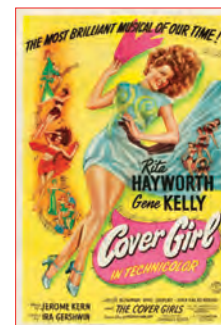
**Friday, July 23 at 1:30 pm,**  
**Saturday, July 24 at 6:00 pm**  
**& Sunday, July 25 at 6:30 pm**  
**(1962) Cast: John Wayne,**  
**Elsa Martinelli, Red Buttons**

A Tanganyika-based group of hunters led by Sean Mercer trap wild African animals for zoos. A curvaceous reporter documents their exploits while having epic clashes with the gruff Irishman. She is initially frozen out of the testosterone-filled group until her strong-willed personality endears her to the men.

## HOW TO LOSE A GUY IN 10 DAYS



**Saturday, July 31**  
**at 10:00 am and 2:00 pm**  
**(2003) Cast: Kate Hudson,**



## Matthew McConaughey, Kathryn Hahn

An advice columnist, Andie Anderson, tries pushing the boundaries of what she can write about in her new piece about how to get a man to leave you in 10 days. Her editor, Lana, loves it, and Andie goes off to find a man she can use for the experiment. Enter executive Ben Berry, who is so confident in his romantic prowess that he thinks he can make any woman fall in love with him in 10 days. When Andie and Ben meet, their plans backfire.

## COVER GIRL



**Friday, July 30 at 1:30 pm,**  
**Saturday, July 31 at 6:00 pm**  
**& Sunday, August 1 at 6:30 pm**  
**(1944) Cast: Rita Hayworth,**  
**Gene Kelly, Lee Bowman**

John Coudair was wounded long ago when his fiancée called off their engagement, and when he spots the woman's granddaughter, comely stage performer Rusty Parker, he's reminded of what he lost. A publishing mogul, he decides to put the naive young beauty on the cover of his magazine. Although he might lose her, Rusty's boyfriend, Danny McGuire, refuses to interfere with her path to success. Ultimately, she must decide between riches and romance.

## KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= EXCELLENT

= OUTSTANDING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>July 2021</div>		<div>ABBREVIATIONS KEY</div> <div><div><div>● Thtr - Theater</div><div>● FDR - Formal Dining Room</div><div>● PAC - Performing Arts Center</div><div>● BR - Billiard Room</div><div>● Trans - Transportation</div></div><div><div>● HS - Hobby Shop</div><div>● SCR - Small Card Room</div><div>● A&amp;C - Arts &amp; Crafts Room</div><div>● LCR - Large Card Room</div><div>● WC - Wellness Clinic</div></div></div>	<div>8:30 am ● Men's Water Aerobics (Pool) 1</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Kroger &amp; Banks (Trans)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>10:00 am ● Annual 4th of July Parade (Lobby)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC/Live TV)</div> <div>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</div> <div>1:00 pm ● Dr. Mike Abutineh (WC)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>1:30 pm ● Downton Abbey (Ththr)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>9:30 am ● Group Exercise (PAC) 2</div> <div>10:00 am ● Art with Helen (A&amp;C)</div> <div>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</div> <div>1:00 pm ● Superlo &amp; Bank (Trans)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Weekend Movie Classic (Ththr)</div> <div>6:00 pm ● Music with Steve &amp; Shannon Johnston (Lobby)</div>	<div>8:00 am ● Men's Christian Fellowship (LCR) 3</div> <div>10:00 am ● Weekend Movie (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:00 pm ● Weekend Movie (Ththr)</div> <div>2:30 pm ● Line Dancing (PAC)</div> <div>6:00 pm ● Classic Movie (Ththr)</div>	
<div>8:00 am ● Church of Christ Service (Chapel) 4</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:30 pm ● Weekend Movie (Ththr)</div> <div>4:00 pm ● Weekend Movie (Ththr)</div> <div>6:30 pm ● Classic Movie (Ththr)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 5</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Focus on Color (A&amp;C)</div> <div>10:00 am ● First Monday Poetry Group (Chapel)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Billiard Group (BR)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:30 pm ● Bingo (PAC)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 6</div> <div>9:00 am ● Dr. Mike Abutineh (WC)</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Farmer's Market (Lobby)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>1:30 pm ● Movie: My Cousin Vinny (Ththr)</div> <div>1:30 pm ● Bunko (LCR)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>5:30 pm ● Tech Time (Sunroom)</div> <div>6:30 pm ● Movie: My Cousin Vinny (Ththr)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 7</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>11:00 pm ● Covid Vaccine Myths (Live TV)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>1:30 pm ● Movie: The Proposal (Ththr)</div> <div>6:30 pm ● Bridge Club (LCR)</div> <div>6:30 pm ● Movie: The Proposal (Ththr)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 8</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Kroger &amp; Banks (Trans)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC/Live TV)</div> <div>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</div> <div>1:00 pm ● Dr. Mike Abutineh (WC)</div> <div>1:30 pm ● Downton Abbey (Ththr)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>9:30 am ● Group Exercise (PAC) 9</div> <div>10:00 am ● Art with Helen (A&amp;C)</div> <div>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</div> <div>1:00 pm ● Superlo &amp; Bank (Trans)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Weekend Movie Classic (Ththr)</div> <div>2:00 pm ● Art Wall Opening (PAC)</div> <div>6:00 pm ● Music with Johnson and Johnson (Lobby)</div>	<div>8:00 am ● Men's Christian Fellowship (LCR) 10</div> <div>10:00 am ● Weekend Movie (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:00 pm ● Weekend Movie (Ththr)</div> <div>2:30 pm ● Line Dancing (PAC)</div> <div>6:00 pm ● Classic Movie (Ththr)</div> <div>6:15 pm ● Saturday Night Trivia (LCR)</div>
<div>8:00 am ● Church of Christ Service (Chapel) 11</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:30 pm ● Weekend Movie (Ththr)</div> <div>4:00 pm ● Weekend Movie (Ththr)</div> <div>6:30 pm ● Classic Movie (Ththr)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 12</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>9:30 am ● Alterations (A&amp;C)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Billiard Group (BR)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:30 pm ● Bingo (PAC)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 13</div> <div>9:00 am ● Dr. Mike Abutineh (WC)</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>9:30 am ● Travelers Presentation (PAC/Live TV)</div> <div>10:00 am ● Farmer's Market (Lobby)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>1:30 pm ● Movie: Bagger Vance (Ththr)</div> <div>1:30 pm ● Bunko (LCR)</div> <div>1:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Birthday Night with Joyce Cobb (PAC/Live TV)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 14</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>10:30 pm ● KP Garden Gro'ers (Greenhouse)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:30 pm ● Movie: What Women Want (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:30 pm ● Bridge Club (LCR)</div> <div>6:30 pm ● Movie: What Women Want (Ththr)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 15</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Kroger &amp; Banks (Trans)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC/Live TV)</div> <div>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</div> <div>1:00 pm ● Dr. Mike Abutineh (WC)</div> <div>1:30 pm ● Downton Abbey (Ththr)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>2:00 pm ● Resident Association Meeting (PAC)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>3:00 pm ● Kirby Pines Photo Club (LCR)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>9:30 am ● Group Exercise (PAC) 16</div> <div>10:00 am ● Art with Helen (A&amp;C)</div> <div>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</div> <div>1:00 pm ● Superlo &amp; Bank (Trans)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Weekend Movie Classic (Ththr)</div> <div>6:30 pm ● The Entertainer's Show (PAC)</div>	<div>8:00 am ● Men's Christian Fellowship (LCR) 17</div> <div>10:00 am ● Weekend Movie (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:00 pm ● Weekend Movie (Ththr)</div> <div>2:30 pm ● Line Dancing (PAC)</div> <div>6:00 pm ● Classic Movie (Ththr)</div>
<div>8:00 am ● Church of Christ Service (Chapel) 18</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:30 pm ● Weekend Movie (Ththr)</div> <div>4:00 pm ● Weekend Movie (Ththr)</div> <div>6:30 pm ● Classic Movie (Ththr)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 19</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Focus on Color (A&amp;C)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Tech Time (Sunroom)</div> <div>10:30 am ● Billiard Group (BR)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:30 pm ● Bingo (PAC)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 20</div> <div>9:00 am ● Dr. Mike Abutineh (WC)</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Farmer's Market (Lobby)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>1:30 pm ● Movie: As Good As It Gets (Ththr)</div> <div>1:30 pm ● Bunko (LCR)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Swing Into Summer Dance with The Jim Mahannah Band (PAC)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 21</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>10:00 am ● Caregiver Support Group (SCR)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:30 pm ● Movie: The Intern (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:30 pm ● Bridge Club (LCR)</div> <div>6:30 pm ● Movie: The Intern (Ththr)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 22</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Kroger &amp; Banks (Trans)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC/Live TV)</div> <div>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</div> <div>1:00 pm ● Dr. Mike Abutineh (WC)</div> <div>1:30 pm ● Downton Abbey (Ththr)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>9:30 am ● Group Exercise (PAC) 23</div> <div>10:00 am ● Art with Helen (A&amp;C)</div> <div>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</div> <div>1:00 pm ● Superlo &amp; Bank (Trans)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Weekend Movie Classic (Ththr)</div> <div>6:00 pm ● Music with Steve McGregory (Lobby)</div>	<div>8:00 am ● Men's Christian Fellowship (LCR) 24</div> <div>10:00 am ● Weekend Movie (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:00 pm ● Weekend Movie (Ththr)</div> <div>2:30 pm ● Line Dancing (PAC)</div> <div>3:00 pm ● Hands Held High Puppet Show (PAC)</div> <div>6:00 pm ● Classic Movie (Ththr)</div> <div>6:15 pm ● Saturday Night Trivia (LCR)</div>
<div>8:00 am ● Church of Christ Service (Chapel) 25</div> <div>10:00 am ● Worship Service (PAC)</div> <div>1:30 pm ● Weekend Movie (Ththr)</div> <div>4:00 pm ● Weekend Movie (Ththr)</div> <div>6:30 pm ● Classic Movie (Ththr)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 26</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>9:30 am ● Alterations (A&amp;C)</div> <div>10:00 am ● Hobby Pines Group (Hobby Shop)</div> <div>10:30 am ● Billiard Group (BR)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>6:30 pm ● Bingo (PAC)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 27</div> <div>9:00 am ● Dr. Mike Abutineh (WC)</div> <div>9:30 am ● The Book Baggers (PAC)</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Farmer's Market (Lobby)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>1:30 pm ● Movie: The Devil Wears Prada (Ththr)</div> <div>1:30 pm ● Bunko (LCR)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Movie: The Devil Wears Prada (Ththr)</div>	<div>8:30 am ● Advanced Water Aerobics (Pool) 28</div> <div>9:30 am ● Group Exercise (PAC)</div> <div>10:00 am ● Catholic Services (Chapel)</div> <div>12:45 pm ● Arthritis Yoga Stretch (Live TV)</div> <div>1:00 pm ● Needle Arts Group (Sunroom)</div> <div>1:30 pm ● Movie: Shadow Riders (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:00 pm ● Functional Pathways (PAC)</div> <div>6:30 pm ● Bridge Club (LCR)</div> <div>6:30 pm ● Movie: Shadow Riders (Ththr)</div>	<div>8:30 am ● Men's Water Aerobics (Pool) 29</div> <div>9:30 am ● Basic Water Aerobics (Pool)</div> <div>10:00 am ● Kroger &amp; Banks (Trans)</div> <div>10:00 am ● Bible Study with Dave Phillips (Chapel)</div> <div>11:00 am ● Arthritis Sit/Stand Class (PAC/Live TV)</div> <div>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</div> <div>1:00 pm ● Dr. Mike Abutineh (WC)</div> <div>1:30 pm ● Downton Abbey (Ththr)</div> <div>1:30 pm ● Beginners Line Dancing (PAC)</div> <div>2:30 pm ● Advanced Line Dancing (PAC)</div> <div>6:30 pm ● Vespers (PAC)</div>	<div>9:30 am ● Group Exercise (PAC) 30</div> <div>10:00 am ● Art with Helen (A&amp;C)</div> <div>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</div> <div>1:00 pm ● Superlo &amp; Bank (Trans)</div> <div>1:15 pm ● Mahjong (SCR)</div> <div>1:30 pm ● Weekend Movie Classic (Ththr)</div> <div>6:00 pm ● Music with Donna Wolf (Lobby)</div>	<div>8:00 am ● Men's Christian Fellowship (LCR) 31</div> <div>10:00 am ● Weekend Movie (Ththr)</div> <div>1:30 pm ● Game Play (LCR)</div> <div>2:00 pm ● Weekend Movie (Ththr)</div> <div>2:30 pm ● Line Dancing (PAC)</div> <div>6:00 pm ● Classic Movie (Ththr)</div>



# July 2021 EVENTS

## Jul 1: Get Fit with Oasis Coordinator Mary Hand

Advanced Water Aerobics classes will be held on Mondays & Wednesdays at 8:30 am. Basic and Beginning Water Aerobics is on Tuesdays & Thursdays at 9:30 am. Men's Water Aerobics are held on Tuesdays & Thursdays at 8:30 am. Arthritis Sit/Stand classes are on Tuesdays & Thursdays at 11:00 am in the PAC. Yoga Stretch is on Live TV 10 at 12:45 pm Monday and Wednesdays. Folks are not allowed in her classes at this time.

## Jul 1: Medical Director Dr. Mike Abutineh MD

Will be in the Wellness Clinic Tuesdays 9:00 am -12:00 pm and Thursdays 1:00-4:30 pm. Appointments required.

## Jul 1: 4th of July Parade

Show your patriotism and community spirit! Don your red, white, and blue, put on your marching shoes and meet us in the Lobby at 10:00 am. Help us parade and spread our Patriotism and joy all around Kirby. Children, dogs, and guests are encouraged to march with us. The parade will exit the Lobby at 10:30 am.



## Jul 1: Bible Study with Dave Phillips

Join Germantown Church of Christ's Dave Phillips as he leads a group Bible Study every Thursday at 10:00 am in the PAC and on live TV. All denominations invited.

## Jul 1: Downton Abbey

A chronicle of the lives of the British aristocratic Crawley family and their servants in the early twentieth century. Showtime will be Thursdays at 1:30 pm.

## Jul 1: Line Dancing

Line Dancing is returning! Line Dancing will be held every Tuesday and Thursday at 1:30 pm in the PAC. Come join for some fun exercise and a great way to make new friends. Everyone is welcome.



## Jul 2: Group Exercise

Join us for Group Exercise every Monday, Wednesday & Friday. We will be in the PAC at 9:30 am.

## Jul 2: Art with Helen

Whether you are already an artist or would like to learn, join teacher Helen Gaines on Fridays at 10:00 am in the Arts & Crafts Room.

## Jul 2: Mahjong

Join in and play Mahjong every Monday at 1:00 pm in the LCR... Beginners Mahjong is every Friday at 1:15 pm in the SCR.

## Jul 2: Music with Steve and Shannon Johnston

This husband and wife team plays country, blues and good old rock and roll. They have played at casinos, Beale Street clubs and venues all around Memphis for years. Steve's guitar playing and Shannon's wonderful vocals bring this duo to life. Performances are always upbeat and a fun way to enjoy the oldies! Come out to the Lobby at 6:00 pm for some great music.

## Jul 3: Men's Christian Fellowship

The Men's Christian Fellowship meets every Saturday morning in the Large Card Room at 8:00 am. There is a rotating list of resident speakers who give a devotion at each meeting. Come enjoy coffee and fellowship with us each week. Larry McKenzie is Program Leader. All men are welcome and encouraged to attend.

## Jul 3: Game Play Group

Like to play games? Bring your own to share or join in with someone already there! Meets in the LCR every Monday, Wednesday and Saturday at 1:30 pm.

## Jul 5: Poetry Group

Come to listen; come to read; come to recite from memory. Everyone is welcome. Check out "The Poet's Corner" on the post office bulletin board where a residential poet will be featured each month. We meet the first Monday of every month in the Chapel at 10:00 am.

## Jul 5: Focus on Color

Coloring books are incredibly simple, portable, easy to pick up and put down, and a colored-in page takes up almost no space. So come to the Arts & Crafts Room the first and third Monday at 10:00 am.



## Jul 5: Yoga Stretch

Yoga is known to have a wide range of benefits. This is not advanced so don't worry about getting on the floor and not being able to get up. You will be sitting in a chair or standing. Class is every Monday & Wednesday at 12:45 pm in the PAC and on Live TV 10.

## Jul 5: Bingo

Bingo is back! Come join us in the PAC every Monday night at 6:00 pm. Cards are \$1 to play, limit 2 cards per person.



## Jul 6: BUNKO

Join this fun group of folks every Tuesday at 1:30 pm in the LCR for the great game of BUNKO.



### Jul 6: My Cousin Vinny

Two New Yorkers accused of murder in rural Alabama while on their way back to college call in the help of one of their cousins, a loudmouth lawyer with no trial experience. Showing in the Theatre @ 1:30 pm and 6:30 pm.



### Jul 6 & 19: Tech Time

We're Back! Bring your phones, tablets, laptop whatever issue you have they will be glad to help. Margie will be coming the 1st Tuesday of the month at 5:30 pm and Cathy will be coming every 3rd Monday at 10:30 am in the Sunroom.

### Jul 6: Farmer's Market

The Farmer's Market is back! Come out to the Lobby every Tuesday from 10:00 am to 1:00 pm to get your some fresh produce or some wonderful canned items.

### Jul 7: The Proposal

A pushy boss forces her young assistant to marry her in order to keep her visa status in the U.S. and avoid deportation to Canada. Showing in the Theatre at 1:30 pm and 6:30 pm.



### Jul 7: Covid Vaccine Myths

Have questions about the Covid vaccine? Join us in the PAC at 11:00 am for an informational presentation followed by a question and answer session from John Dombach, PharmD.

### Jul 7: Bridge Club

Bridge will begin at 6:15 pm on Wednesday nights. If you would like to join in please sign the downstairs book by noon on Wednesdays.

### Jul 9: Art Wall Opening

Come meet and greet the artists. Hear them tell their stories of what inspired them and the medium they chose, acrylic watercolor oil or fabric. New residents, this also is a great time for us to meet you and enjoy this time together. Be sure to see the existing art show before it comes down. The Art Gallery is on the 3rd floor. The hall to the left of the PAC. Come and enjoy at 2:00 pm in the PAC.

### Jul 9: Music with Johnson and Johnson

Together John Johnson and Jay Johnson bring Gospel Music to your community. John played with the Southern Joy Band for 18 years and has been writing songs all of his life. Jay has been in the entertainment industry for over 40 years and has played with major stars including Charlie Rich, Bill Haney, and the Bluff City Quartet. Come out to the Lobby at 6:00 pm for some great music.

### Jul 10 & 24: Saturday Trivia

The Kirby Pines Trivia Group meets at 6:15 pm in The Chapel on the second and fourth Saturday of each month. All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. Usually, but not always, there will be a theme for each of the meetings. Trivia questions can be presented on any topic.

### Jul 12: Alterations

Come to the Arts and Crafts room the 2nd and 4th Monday at 9:30 am for all your alteration needs.

### Jul 13: Travelers: Northern England

Rick Steves' presents his travels to Northern England and the cities of Bath and York. We'll see the pristine mountain playground, admire idyllic lakes and waterfalls, tour a slate mine, and conquer stony summits. We'll meet the locals, learn about beloved dogs and sheep, and try to understand cricket. In Bath we will visit the Georgian House and Roman baths as we learn about this elegant spa town, drop in on the Fashion Museum, and chuckle our way

through the Bizarre Bath street-theater walk. In York, we'll visit the majestic York Minster, England's finest Gothic church, ramble through The Shambles, a wonderfully preserved medieval quarter, and stroll on cobbles seeing half-timbered buildings. Join the group at 9:30 am in the PAC or watch live TV on Channel 10 for this informative presentation.



### Jul 13: The Legend of Bagger Vance

A down-and-out golfer attempts to recover his game and his life with help from a mystical caddy. Showing in the Theatre @ 1:30 pm.

### Jul 13: Birthday Night with Joyce Cobb

As a singer, teacher, and actor, Joyce has done it all: Signed a deal at Stax Records; cut a Top 40 hit, "Dig The Gold," for the Cream label; opened shows for The Temptations, Muddy Waters, and Al Jarred; toured Europe; performed with the Memphis Symphony Orchestra; Come out to the PAC at 6:30 pm for Birthday night with Joyce Cobb.

### Jul 14: Garden Gro'ers

We are still working on our tomatoes and preparing for more varieties of bush plants next year. Thanks to all for wearing masks and keeping your distance. Come on down to the Greenhouse every 2nd Wednesday of every month at 10:30 am rain or shine and dig in!

### Jul 14: What Women Want

A cocky, chauvinistic advertising executive magically acquires the ability to hear what women are thinking. Showing in the Theatre @ 1:30 pm and 6:30 pm.





### **Jul 15 : Resident Association Meeting - Charlie Town Hall**

Be sure to join us at this month's meeting at 2:00 pm in the PAC. We will have our Town Hall Meeting with Charlie Trammell, President of RCA.

### **Jul 15: KP Photo Club**

The Photo Club is back and stronger than ever! Come join us at 3:00 pm in the Large Card Room.

### **Jul 16 : The Entertainer's**

The Entertainers invite you to an evening of music in the PAC @ 6:30 pm. Guest, Lisa Brewer will join Kirby's talented pianists and soloists for a variety program including a sing-a-long.

### **Jul 20: As Good As It Gets**

A single mother and waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery. Showing in the Theatre @ 1:30.



### **Jul 20 : Swing Into Summer Dance with Jim Mahannah**

We are swinging in to summer with The Jim Mahannah Band! The Jim Mahannah band includes saxophone, flute, clarinet, trumpet, trombone, keyboard, guitar, bass, drums and vocals. The band has played together for over twenty-five years and is a highly versatile group. Join us in the PAC at 6:30 pm.

### **Jul 21: Caregiver Support Group**

Are you caring for a loved one? Our support group meets the 3rd Wednesday of every month in the Small Card Room at 10:00 am. We find support as well as comforting suggestions for unique problems. Caregiving is very difficult. Come be a part of our group.

### **Jul 21: The Intern**

Seventy-year-old widower Ben Whitaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. Showing in the Theatre @ 1:30 pm and 6:30 pm.



### **Jul 23: Music with Steve McGregory**

Steve McGregory is a solo singer and pianist. His performance ranges from Jerry Lee Lewis-style on the piano to old-fashioned country, gospel and rock-and-roll. Steve also enjoys sing-along and is an expert at inspiring audience participation. Join him in the Lobby at 6:00 pm.

### **Jul 24: Hands Held High Puppet Show**

Join us for this delightful performance brought to you by the youth of Germantown Baptist Church at 3:00 pm in the PAC.

### **Jul 27: The Book Baggers**

Whether you read or would like to hear about books being discussed, come and check us out. Nomadland: Surviving America in the Twenty-First Century by Jessica Bruder will be our read for July. Mike and Suzanne Hufnagel will be the speakers for the July 27 meeting. They will share some of their experiences of living in their motor home, traveling the USA for several years prior to moving to Kirby Pines to settle down like real people. Nomadland has even been made into a movie that will be showing in the theatre. Check the Pinecone for show times. As always, you are encouraged to share this group with new residents and

any friends you would like to invite. The Book Baggers meet the 4th Tuesday of every month in the PAC at 9:30 am.



### **Jul 27: The Devil Wears Prada**

A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine. Showing in the Theatre @ 1:30 pm and 6:30 pm.



### **Jul 28: Shadow Riders**

After the Civil War, two brothers demobilized from the army return home and must rescue certain relatives who have been kidnapped by a band of renegade Confederates. Showing in the Theatre @ 1:30 pm and 6:30 pm.



### **Jul 28: Functional Pathways**

Join Kirby Pines' NEW Rehab Provider for a Welcome Reception at 2:00 pm in the PAC.

### **Jul 30: Music with Donna Wolf**

Violinist, fiddler, Donna Wolf, was raised in Louisville, Kentucky, and currently resides in Memphis, Tennessee. She started playing the violin classically at the age of 10 years old. She is a freelance violinist/fiddler and plays many genres of music, from Celtic to Bluegrass, Folk to Rock, Christian to Classical. Come out to the lobby at 6:00 pm for some great music.



**SUDOKU IS EASY TO PLAY AND THE RULES ARE SIMPLE.**

**Fill in the blanks so that each row, each column,  
and each of the nine 3x3 grids contain  
one instance of each of the numbers 1 through 9.**

## PUZZLE 1: EASY

1			2			3		6
9					7	4	2	
	7							1
					4	5		7
	1			9		6		
2	4	5			8			
	5	8	7	3	2			
	6						3	
			9					4

## PUZZLE 2: MEDIUM

7		2	6		9			1
	6		1	5				7
	1			8	2	3		
				3		5		8
5			8		7		1	
				2				9
		9		7				
	4	6		1				
		8	5					4

## PUZZLE 3: MEDIUM

5		3		6	8		9	
9	6		7		2		8	
8								
	4	9		1			5	
						8		
3				9	4			1
						5		3
1			6		5			
7		8	3	2	9			

## PUZZLE 4: HARD

3								9
			4		3			
7		4	6					5
9				2			6	
		5	8	3			4	
		8		1		3		
	8	3				6		
6		9			5	2		4
					9			



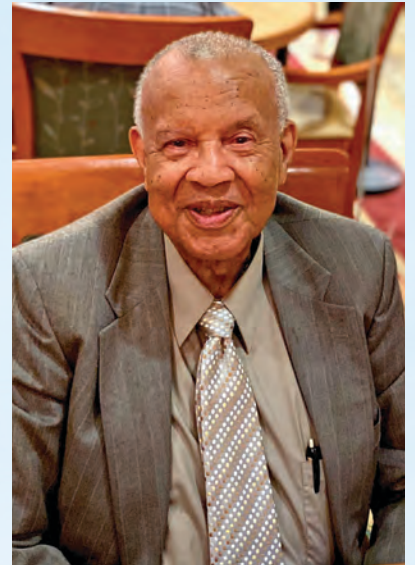
# KIRBY PINES SnapShots



Lee Brown helps celebrate Fran Gentry's June Birthday



Betty Blake surrounds herself with family for her birthday dinner at Kirby Pines



Warner Dickerson looks dapper while enjoying his birthday party



Betty Moore is always smiling but even more for her birthday



Peggy Wilson is happy to be celebrating her birthday at Kirby Pines



Michelle Scott looks beautiful as she enjoys her celebration



Gloria Holman receives flowers from 901 Pop (Petals of Purpose). 901 Pop repurposes and delivers flowers all over the city. These flowers were from Gloria's granddaughter's wedding. Photos by resident, Sydney Wagner



The Farmer's Market is back and Kay Sears checks out their fruits and vegetables for sale





# KIRBY PINES SnapShots



Pat Brand, Peter and Dale Jones, Sydney Wagner and Genenne Wilson enjoy the Garden Home Party



Pat Cavender, Patty Walden and Jan & Mike Jaeger take a minute to smile for the camera



Peggy Catlin with potential residents Grayson and Margaret Smith at the Garden Home Cookout



Jim and Janet Turner's daughters, Melanie and Catherine, with granddaughter, Becky



Diane Mullins with District Attorney General, Amy Weirich, after her discussion on elder abuse



The Line Dancers are stepping it back up after a long hiatus. We are excited to have them back on their feet!



Bingo is also back in action and it looks like a lot of residents had been missing their weekly game



# KIRBY PINES SnapShots



Roy and Mary Ann Thurmond with Mike and Suzanne Hufnagel at our second Annual Father's Day Car Show



Harold Petty relaxes a bit with a new friend at the car show



Bob and Nell Shears take a closer look at a cute MG convertible



Even the kids came out to check out the gorgeous cars



This beauty rolled in and was definitely a show stopper



Guy Carter takes a closer look at one of the older vehicles at the Car Show



Alice Petty with Jim and Lois Dazey get ready to grab some lunch during the car show



# KIRBY PINES PHOTO CLUB



**Mark's Dream Car**  
Photo by Sheryl Maxwell



**Car Show Fun with Friends**  
Photo by Sydney Wagner



**June Twilight Time**  
Photo by Fred Dabrowski



**Garden Party Entertainment**  
Photo by Genenne Wilson



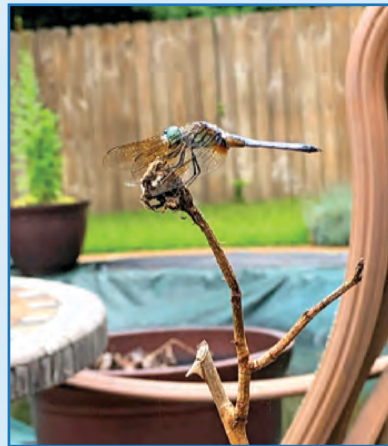
**Summer Selfie**  
Photo by Arrena Cheek



**Symphonic Entertainment**  
Photo by Chuck Hanson



**Sweet Honeysuckle**  
Photo by John Sosh



**Resting Dragonfly**  
Photo by Sylvia Statham



**Ready To Hit the Pool**  
Photo by Lois Dazey



**Asiatic Lillies**  
Photo by Connie Carter



**Marty's Model Float Plane**  
Photo by Steve Martin



**Chandelier Perspective**  
Photo by David Stowell



**Our Visiting Grandson**  
Photo by Walter Overbey



**Sunset Sunflower**  
Photo by Jane Longfield



# Memorials, Honorariums & Gifts

In Memory Of

**DIANE BASKIN**

Donation by the Resident Association  
to the Library Fund

**DON COOK**

Donation by George Courington  
to the Employee Fund

Donation by JoAnn & John Davis  
to the General Fund

**T. JAMES BARNES**

Donation by the Resident Association  
to the Library/Large Print Books

Donation by Sydney Wagner  
to the Book Baggers

**GEORGIA HARKINS**

Donation by Sydney Wagner  
to the Book Baggers

Donation by Kay Daniel  
to the Employee Fund

Donation by Diane Talarico  
to the Employee Fund

Donation by Carol Odom  
to the General Fund

Donation by Shelley &  
Thomas Harkins Jr.  
to the Employee Fund

Donation by Richard & Trish Spore  
to the Employee Fund

Donation by Jim Stafford  
to the Employee Fund

**HOWARD SHELTON**

Donation by the Resident Association  
to the Library/Large Print Books

In Memory Of

**EVE BAKER**

Donation by the Resident Association  
to the General Fund

**REV. DR. RICHARD COONS**

Donation by the Resident Association  
to the General Fund

In Honor Of

**MARK MAXWELL**

Donation by Martha Gardiner  
to the Hobby Shop

Donation by Alice Dieckhaus  
to the Hobby Shop

Donation by Irene Baker  
to the Hobby Shop

Donation by Kent Blake  
to the Hobby Shop

**HAROLD PETTY**

Donation by Carol Lee  
to the Hobby Shop

Donation by Martha Walker  
to the Hobby Shop

Donation by Rosalind Edwards  
to the Hobby Shop

**DAN MOFFETT**

Donation by Barbara Logan  
to the Garden Gro-ers



Beginning July 1st  
Kirby Pines welcomes  
a new Rehab Provider.

**Join us for a  
Welcome Reception  
Wednesday, July 28  
2:00 pm | PAC**



**Functional  
Pathways**

*Therapy that exceeds expectations*

Functional Pathways is a therapist-owned  
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sustained focus on our patients,  
clients, people, and the everchanging  
healthcare environment.

## THE KIRBY PINES FOUNDATION



### A WIN - WIN EFFORT

The Kirby Pines Foundation's  
mission is to provide philanthropic  
support and assistance to residents  
who may need the help of others  
through no fault of their own.

### DONATIONS

Anyone can make a donation  
directly through Kirby Pines or  
at our website: [www.kirbypines.com](http://www.kirbypines.com)

### FOR MORE INFORMATION

Contact Thomas O'Malley at 901-568-0643  
or email: [tomalley@kirbypines.com](mailto:tomalley@kirbypines.com)



# SUDOKU NUMBER GAME

**PUZZLE 1: EASY**

1	8	4	2	5	9	3	7	6
9	3	6	8	1	7	4	2	5
5	7	2	4	6	3	8	9	1
6	9	3	1	2	4	5	8	7
8	1	7	3	9	5	6	4	2
2	4	5	6	7	8	9	1	3
4	5	8	7	3	2	1	6	9
7	6	9	5	4	1	2	3	8
3	2	1	9	8	6	7	5	4

**PUZZLE 2: MEDIUM**

7	3	2	6	4	9	8	5	1
8	6	4	1	5	3	2	9	7
9	1	5	7	8	2	3	4	6
4	2	7	9	3	1	5	6	8
5	9	3	8	6	7	4	1	2
6	8	1	4	2	5	7	3	9
1	5	9	2	7	4	6	8	3
2	4	6	3	1	8	9	7	5
3	7	8	5	9	6	1	2	4

**PUZZLE 3: MEDIUM**

5	7	3	4	6	8	1	9	2
9	6	1	7	3	2	4	8	5
8	2	4	9	5	1	7	3	6
2	4	9	8	1	6	3	5	7
6	1	5	2	7	3	8	4	9
3	8	7	5	9	4	2	6	1
4	9	6	1	8	7	5	2	3
1	3	2	6	4	5	9	7	8
7	5	8	3	2	9	6	1	4

**PUZZLE 4: HARD**

3	5	6	2	7	8	4	1	9
8	9	1	4	5	3	7	2	6
7	2	4	6	9	1	8	3	5
9	3	7	5	2	4	1	6	8
1	6	5	8	3	7	9	4	2
2	4	8	9	1	6	3	5	7
5	8	3	7	4	2	6	9	1
6	1	9	3	8	5	2	7	4
4	7	2	1	6	9	5	8	3

ANSWERS TO PUZZLE  
CHALLENGE ON PAGE 17



Personal Assistance from Kirby Pines

We're here when you need

**Just  
a little  
HELP**

Personal support and assistance  
tailored to meet each resident's needs

*Grooming*

*Bathing*

*Dressing*

*Toileting*

*Feeding*

*Physical Ambulation*

*Companionship*

*Monitoring*

*Assurance*

*Hospital Sitter*

*Exercise/Walking*

*Shopping*

*Meal Preparation*

*Light Housekeeping*

*Laundry*

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*Bedding Change*

*Medication Reminders*

*Transportation*

*Organization*

*Escort to Community*

*Escort to Doctor's Offices*

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or

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for consultation or  
to sign up for services.

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**Kirby Pines Annual Car Show**

*A Perfect Day Was Had By All!*



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BEAUTIFUL**



**Memphis Business Journal**  
AWARD



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