

# the PINECONE

The Magazine of Kirby Pines LifeCare Community • July 2022 | V. 40 | I. 7



## **LEON & MARILYN SANDERSON**

*love their Independence  
living at Kirby Pines!*

Treadmill Safety | Summer Travel Tips | Do Wrinkles Hurt? | Resident Spotlight: Chuck & Paula Hanson



# Celebrating the Summer

July is traditionally the month when we begin to think about summer, however, the summer high temperatures began in June this year. July is also when we begin to plan celebrating America's independence with family and good friends. This July will be no exception for residents at Kirby Pines Life Care Community.

As part of national Hot Dog Month, the Bistro is bringing back to its menu a Hot Dog of the week. What better way to celebrate the opening month of summer than with a meal that is so closely tied to family outings, and the gatherings of friends. In addition, it is an excellent way to entertain grandchildren and great grandchildren visiting for the day.

If the start of summer weather has you feeling like staying indoors, then why not take a moment to check out a book from the library, or find the perfect movie playing in the movie theater. You can also enjoy playing cards or bingo, or just sitting back and relaxing to various musical entertainment available to you this month in the PAC. Living at a life-care retirement community such Kirby Pines, offers so much more than simply living in comfort. Living here provides you with more time to spend doing the things you enjoy, including volunteering.

## at Kirby Pines

Volunteering brings benefits to both the community at large and the residents who volunteer. It makes important contributions, economically as well as socially. It also contributes to making a more cohesive community by building trust and reciprocity among the residents. Call Allison or Rachel in Resident Programs to find the perfect place for you to volunteer.

As we gather to celebrate Independence Day, take a moment to think about all we have come through together these past few years; and join with me in thanking our employees and workers for their tireless hours of service to you and Kirby Pines.



Michael  
Escamilla,  
Executive  
Director,  
Kirby Pines

## ON THE PINECONE COVER

### Showing Our Patriotism at Kirby Pines

July is here and of course, it is time to celebrate our country's independence. We will kick things off on the 4th by dressing up in the good ol red, white and blue in the spirit of the USA. We are hosting a Political Forum on the 7th to hear the candidates speak. And we have a Patriotic Dance being held on the 19th.

Charlie Trammell and Michelle Vincent will host a Town Hall Meeting on the 14th, allowing residents to have their voices heard. We are heading to the Orpheum twice for classics, Glenn Miller on the 15th and My Fair Lady the 28th. The Travelers are going to the movies on the 18th and flutist, Marty Kocman will perform on the 20th. Lunch Bunch will head to Cordova on the 26th and the much anticipated Sound of Music will come to life on the 29th by the Kirby Pines Theater Group.

In the spirit of the season, our front cover features Leon and Marilyn Sanderson, waving Old Glory. Our back cover showcases



Leon & Marilyn Sanderson

Kirby Pines Retirement LifeCare  
is managed by:



Retirement Companies of America

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Get to know Kirby Pines'

# NEW RESIDENTS



**Aphra & Peter Claverie**

Married for 60 years and parents of two daughters, Peter and Aphra moved to Kirby Pines from their home in east Memphis. Natives of New Orleans, Louisiana, they moved to Memphis to be nearer to one of their daughters.

Peter was instrumental in the building and directing of the Episcopal Conference Center in New Orleans. Aphra served as registrar and director of admissions for the Trinity Episcopal School in New Orleans for 15 years.

Travel destinations of the Claveries include Rome, Switzerland, Paris, and England. They have many memories of these picturesque adventures, especially Rome and Switzerland.

Through the years, Peter has enjoyed woodworking, antique cars, and rooting for the New Orleans Saints. Aphra loved painting, cooking and singing in her church choir.

We are happy the Claveries chose Kirby Pines for their new home. You'll find them warm and friendly so, make them feel at home and include them in our resident activities.



**Phyllis Petersen**

Phyllis Peterson has moved to Kirby Pines from her former home in Germantown, Tennessee. She and her late husband have a son, Lance.

Born in Moscow, Idaho, Phyllis lived in the northwest (Washington State and Oregon) before relocating to Memphis in 1977. Her husband came to teach at the University of Memphis. Moving to Memphis in August, the hot humid weather was a shock. But, the friendliness of Memphians and the southern home cooking soon won her over.

Phyllis took classes at the University of Memphis. She did some photography for *The Helmsman*, the school's daily newspaper and taught some pre-school and adult education classes.

Photography continues to be a hobby as well as knitting and reading. She collects dolls and yarn. To exercise, she walks.

Phyllis recently returned from a trip to Ireland. She has visited all of the states except Alaska and Rhode Island. She has also been to England and Italy. Her proudest accomplishment: She quit smoking 35 years ago.

You must find Phyllis and include her in your circle of friends. You will find her warm, friendly and eager to be active in Kirby's lifestyle.





## Using the Treadmill with Arthritis

# 10 TIPS TO TREAD SAFELY

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, then step off and sit down until you’ve recovered.

Use the NuStep as an alternative if you are currently using an aid for balance, such as a cane, walker or wheelchair or having balance issues. You should not attempt to use the treadmill.

Tomorrow’s Treadmill - One day in the near future, a treadmill that uses sonar technology to automatically adjust its speed to match the pace of the user may be the future of treadmills. But until then, follow these guidelines for safety on the treadmill.

Never use exercise equipment if you have any questions about how to use it. Exercise is important, but your safety is more important.



### Monday/Wednesday/Friday

#### Advanced Water Aerobics Resident Led

8:30 am - 9:30 | Pool  
9:30 am - 10:30 am | Pool

#### Exercise in the PAC Resident Led

9:30am | PAC/Live TV

#### Yoga Stretch with Kim Roberts

Friday Only  
11:00 am | PAC/Live TV

### Tuesday/Thursday

#### Men’s Water Aerobics Resident Led

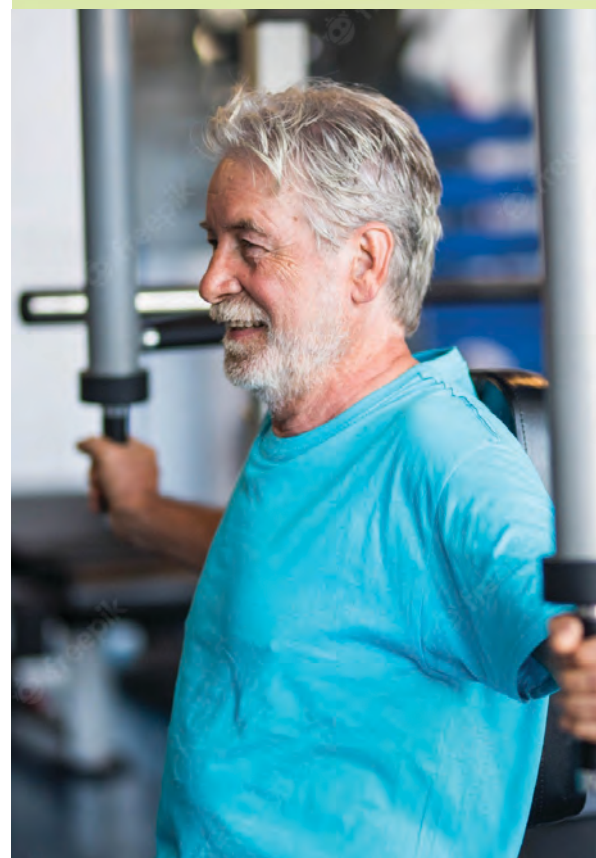
8:30 am - 9:15 am | Pool

#### Arthritis Water Aerobics with Kim Roberts

9:30 am - 10:15 am | Pool

#### Arthritis Sit/Stand Class with Kim Roberts

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





# Staying Safe SUMMER TRAVEL TIPS



It's summer! Your plans may include driving out of town to visit family or friends for a long weekend, or something local like going to see the Memphis Redbirds play a game or heading to your favorite restaurant for a night of fine dining. Unlike in the winter, we tend not to think about weather conditions and travel safety as much. In the colder months, we are typically more cognizant of the weather forecast and freezing temperatures because they can hinder our ability to get to where we want to go. There's nothing like a huge snowstorm in the forecast to ruin your travel plans or delay a trip! Although the heat may not seem like it's as dangerous as the cold, it certainly brings its own potential challenges. Extreme heat can affect your car, and if your car should break down while you are traveling, the occupants can be at risk of heat-related illnesses, such as sunburn, heat exhaustion, and heat stroke.

With the summer in full swing, it's a great time to talk about travel safety and what can be done to ensure you are as prepared as possible when you get behind the wheel or climb into a car, no matter how long or short your trip might be. If you plan to travel, or even head out for a simple trip to Kroger this summer, there are a few things you might want to keep in mind.

**Check Your Vehicle.** It is important to make sure your car is in tip-top shape. You can run a recall check through the National Highway Traffic Safety Administration to see if your vehicle has any critical safety issues here: <https://www.nhtsa.gov/recalls>. You will also want to make sure your tires, cooling system, fluid levels, batteries, lights, and wiper blades are all functioning properly. Motor oil, transmission fluid, brake fluid, power-steering fluid, and windshield wiper fluid can all be at risk of running dry in hot weather. Keep them topped off and double-check them before any long trips. And don't forget to fuel up!

**Avoid Risky Behaviors.** Don't text and drive or drive distracted. Pick your music before you start to drive. Set your GPS and know where you are going before you put your foot on the gas. Limit your distractions as much as possible. Make sure you wear your seat belt, every trip, every time.

**Plan Ahead.** Before you leave, make sure your vehicle is stocked. Even a well-maintained vehicle can break down, so it's smart to have an emergency roadside kit in your car. This can help keep you safe, should you find yourself stranded. You can keep the kit in your trunk, and make sure it stays stocked! Some of the things to keep in your kit can include:

**Battery pack and charger cable for your cell phone**  
**First aid kit • Flashlight and spare batteries**  
**Flares and a white flag • Jumper cables**  
**Tire pressure gauge • Jack (for changing tires)**  
**Nonperishable food, drinking water, and medicines**  
**Maps • Notepad and paper**



**Take Care of Yourself.** As the driver, it is important to make sure you are safe behind the wheel. Driving relies heavily on vision and response time, so it's critical that those skills are intact. Visual acuity, or how clearly you can see, and field of vision, or how wide of an area your eye can see when you focus on a central point, are the two most important factors in terms of vision for safe driving. Vision screens and cognitive assessments are offered through the Therapy Department and can be a great tool to help ensure driver safety.

For more information on how Functional Pathways could help you travel safely this summer, please contact our Therapy Team!

*Brittany Austin,*  
National Director of Health and Wellness, Functional Pathways



# EXQUISITE CUISINE

Thursday, July 28, 2022



## SHRIMP & GRITS

No explanation needed here.

It's the traditional dish in the Lowcountry of the coastal Carolinas and Georgia.



## CHICKEN & WAFFLES

A twist on the Southern Classic! Buttermilk marinated Chicken Thighs, light and fluffy Waffles, smooth Maple Syrup.



## BISON CHILI

Using the massive Bison, we grind it, season it and make the best Chili we can. Finished with Southern Cornbread.



## STRAWBERRY SHORTCAKE

A twist on the traditional Strawberry Shortcake. Mashed Strawberries and Vanilla Bean Cream topped with a light Strawberry Mousse.

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314





## Resident Spotlight: CHUCK & PAULA HANSON

### LIVING ABUNDANTLY

Usually one thinks of a slowing down of life when moving to a senior living facility such as Kirby Pines. Many of the residents here, however, continue a very active lifestyle because of the numerous and varied activities available. That is certainly the case of Paula and Chuck Hanson. Both have had outstanding careers and reared two sons who are successful professionals, one a pediatrician and the other, Head of a University Department. Chuck continues a consulting business and he and Paula stay busy contributing to activities in their church community as well as those at Kirby Pines. As their story unfolds, only a sketch of their abundant life is possible.

Both Chuck and Paula (VanEaton) were born in 1941, she in Newbern, Tennessee and he at St. Joseph's Hospital in Memphis. Paula's family moved to Memphis when she was in the seventh grade. She graduated from Messick High School, then, enrolled in Freed Hardeman College, earning a B.S. in Elementary Education from Memphis State University in 1962. Chuck graduated from Frayser High School and then enrolled at Freed Hardeman College. He and Paula met as freshmen and the romance bloomed. They were married in August of 1962 during Chuck's senior year at the University of Mississippi where he graduated with a B.S. in Chemical Engineering. The Hansons will celebrate sixty years of marriage this year.

While Chuck was completing his senior year at Ole Miss, Paula started her career in Yocona, Mississippi as a fourth and fifth-grade teacher in the elementary school. According to Paula, "both grades were taught in one room of a run-down, unpainted, wooden building with a coal stove for heat and a see-through floor!"

When Chuck graduated, he and Paula returned to Memphis and have lived here ever since, moving four different times. Following the birth of their two sons, Paula was a stay-at-home Mom until both entered school. Then, she became a third-grade teacher at Harding Academy where she taught for eleven years. Paula says, "I retired when my first granddaughter was born. Our family now includes two great daughters-in-law and three granddaughters."

Chuck's entire work history has been with Velsicol Chemical Corporation, a company headquartered in Chicago, IL. He started as an engineer in the Research and Development Department, later holding management positions in Environmental Health and Safety, Product Safety and Risk Management. The work in his later career was spent in

international travel. According to Chuck, "The time which brought me the greatest satisfaction was as a technical advisor to the United Nations Environmental Programme in Geneva and Rome. During that time I worked with governments, including China, India, Brazil, and Argentina in the development of processes for the management of risks associated with the use of chemical products." Chuck retired in 2008 from Velsicol after forty-five years with the company. However, he created his own consulting business and remains very active.

Together Paula and Chuck have enjoyed traveling to many places around the world. They list as the most memorable, Sorrento, Venice, Florence Italy, the Great Wall of China in Beijing, and London. However, their traveling has not always been international as boating became their favorite hobby. According to Chuck, "We enjoyed cruising our offshore cruiser down the Tennessee Tom Bigby Waterway to Mobile, Alabama and on to Carrabelle, Florida via the inland waterway and then on to Sarasota, Florida by the open waterways of the Gulf of Mexico. We have taken this trip three times!" Their other hobbies have varied over the years but include metal working, foundry and metal lathe, and ceramics.

Paula and Chuck have been active members of the church of Christ for many years and both have been involved with a ministry to Southeast Asians in Memphis for the last forty-one years. Both are currently teaching a Sunday morning class to those members at Germantown Church of Christ.

The move to Kirby Pines came in 2020 in the midst of the COVID-19 pandemic. They knew about Kirby Pines because Paula's mother lived here for the last thirteen years of her life. "We already had first-hand experience with Kirby Pines and knew personally the quality of care provided here." Both continue, "We enjoy the Christian environment and the peace of mind afforded by the concept of Life Care."



**Chuck & Paula 1962**

There are many activities in which to become involved at Kirby, so Chuck and Paula have had no difficulty in finding something to do in their spare time. Paula enjoys playing Mexican Train Dominoes, gardening, arranging flowers, and participating in the production of The Sound of Music. She also loves reading and is a member of The Book Baggers Book Club as well as volunteering for the Marketing Department. Chuck enjoys Mah Jongg and singing with the Entertainers Chorus. He is frequently a soloist with that group being blessed with a beautiful tenor voice. And last but not least, they serve as Wing Leaders for both K and L Wings! According to Chuck, "We both have a list of things we would like to do when we get the time."

Chuck feels fortunate to be the third longest-living member in his family for five generations and hopes to set a record. Fortunately, Chuck and Paula chose to be a part of the Kirby family. Hopefully, they will both continue in good health and have many years to enjoy all the things on their "bucket" lists.

*Written by Joan Dodson, Kirby Pines Resident*





# TIPS TO BECOME COMPUTER SAVVY

**1. Conquer Your Fear.** Fear holds us back from living our best lives. While exploring a new thing can be intimidating and scary, you know that you will get better with time. You have not come this far in your life by being timid, but by being brave.

Look back at all those things that you were once afraid of that now enjoy, maybe it was making a speech or dancing and see how you conquered that! This too will be fun.

**2. Have A Positive, Open Attitude.** It is true that your attitude determines your altitude. Have an open attitude towards learning about computers and the Internet.

**3. Reach Out.** Do not be afraid to reach out and ask for help when you make the choice to learn about technology. Most people are really good at this and will be more than willing to help. This could also be a great time to spend time and bond with your child or grandchild.

**4. Google.** In some cases, you may not have someone physically there to assist you, not to worry Google is your friend. Once you are connected to the Internet, you can use Google to find out anything you need to know.

If you search 'how to use Microsoft word,' Google will provide you with countless detailed results to pick from. Follow the instructions that are simplest to you.

**5. Basic Settings Should Suit Your Needs.** Making simpler alterations to suit your needs such as larger text size and louder sounds will improve your experience.

**6. Write Down Your Passwords.** As you get older you may experience some level of forgetfulness which is quite normal. It is therefore advisable to have a backup plan. Write down your new passwords in your journal so that in the event you log out and forget, you can always get them in hard copy.

**7. Battery.** Only charge your computer, tablet, or phone when the battery is running low on charge. Charging your device all day can reduce the battery life.

**8. Personal Information.** If you are making an online transaction or storing bank details, it is important to speak to your bank and understand the precautions you need to take. However, your information is safe in such situation.

**9. Search History.** If you share your tablet or computer with someone say a spouse or your grandchildren who want to play games but you want to keep your activities private, always delete your search history when you are done.

**10. Most Things are Free.** While in the real world most things are not free, on the Internet they are. According to a BBC article, an application for counting your calories or playing your favorite puzzle will not cost you a thing. However, be sure to check first.

**11. Read Reviews Before Buying Items Online.** If you want to buy a particular product or use a certain service say booking a hotel online, online reviews are very helpful. Most companies will not be honest about their shortcomings on their website, but a reviewer will be.

**12. Virus/Malware Scanning.** Invest in a good antivirus; this is a great way to keep your information protected. The good news is that most computers nowadays come with an inbuilt virus and malware and the scanner is quite user-friendly.

## Congratulations to our **EMPLOYEE of the Month**

**Rehab Unit Manager - RN**

# NASHEKA ROSS



**Describe Your Family:** I have a younger brother and sister. We all enjoy eating and hanging out.

**Describe yourself in five words:** Humble, patient, kind, open-minded and dependable.

**What do you do for fun:** I enjoy acting silly with my family, especially my son.

**Do you have a pet:** A 10 year old Yorkie named Cody and a 1 year old Pitbull named KoKo.

**What are your hobbies or interests:** I can't sing, but love it. Give me a microphone and it's on!

**What is your favorite thing about your job:** I really enjoy helping people and learning new things.

**What is your favorite food:** Any red pasta & gummy candy. **What is your favorite song:** Love All Over Me by Monica. But many more, too.

**What is something you are proud of:** I am a proud mother of a four year old son.

**What would you like people to know about you:** I love to laugh, laugh, laugh. I love funny movies and stand-up comedy shows.

As a nurse on the Rehab Unit, Nasheka definitely makes a difference in the resident's care. Her pleasing personality warmly welcomes residents and their families, comforting them during their stay. Her kindness along with expertise as an efficient and effective clinician makes her a joy to work with. The key to Nasheka's success as a Unit Manager and a great team player is her ability to deliver stellar results, often times under pressure—with a smile. Congratulations from all of us!

- Rhonda Nelson, Director of Nursing



# REFLECTIONS

By  
Maxie Dunnam

## Grandma, Do Wrinkles Hurt?

A friend told me this story recently. A seven-year-old girl was sitting on her grandmother's lap. As the little girl moved her hand casually over the older woman's face, Grandma said, "Honey, those are my wrinkles. They mean that I'm getting older." The little girl thought for a moment and then asked, "Grandma, do wrinkles hurt?"

That's a loaded question! It involves more than just wrinkles. It deals with the whole business of aging. Age is an issue at all times of our life. In fact, age is an issue of life because our aging determines in large part the pattern of our lives.

It's difficult to think of aging without reflecting on retirement. I believe in retirement, but I'm afraid our culture has equated retirement with "ceasing to work"... and ceasing to work has become inactivity or endless days of golfing, fishing, or some other recreation.

Back to wrinkles; do they hurt? NO! In fact, our wrinkles could mean far more than added years. They could mean

**Wisdom**, if we decided to continue growing and sharing;

**Joy**, if we used some of our time relating to, and serving others;

**Continued growth**, if we did not retire our minds, and involved ourselves in the issues that are impacting our community;

**Spiritual growth**, if we banded together with a few others in mutual accountability, if we practiced prayer and regularly shared in public worship.

We live in a culture which glorifies youth. Notice the people in the TV commercials. We "older folks" need to show America a good image of aging by personifying an exciting sign of wrinkles. The Bible says that "Gray hair is a crown of splendor. (Proverbs 20:29). Many of the biblical heroes were up in age before they did great things.

**Our wrinkles need not hurt.  
Let's make them a badge of honor.**



### July Vesper Services | 6:30pm | Performing Arts Center

**July 7**

**Pastor John Longworth**  
*Pastoral Care & Equipping  
Germantown Baptist Church*

**July 14**

**Butch Odom**  
*Director of Behavioral Health  
Church Health Center*

**July 21**

**Pastor Ronnie Stevens**  
*Associate Pastor  
Harvest Church*

**July 28**

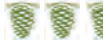
**Dr Herbert Hand**  
*Reverend Canon & Pastor  
Faith Anglican Church*



# MEET ME AT



## **TWISTER** (1996)



**Saturday, July 2 | 10:00 am & 2:00 pm**

**Cast:** *Bill Paxton, Helen Hunt, Philip Seymour Hoffman, Jami Gertz*

Bill and Jo Harding, advanced storm chasers on the brink of divorce, must join together to create an advanced weather alert system by putting themselves in the cross-hairs of extremely violent tornadoes.

## **THE PATRIOT** (2000)



**Sunday, July 3 | 1:30 pm & 4:00 pm**

**Cast:** *Mel Gibson, Heath Ledger, Joely Richardson, Chris Cooper*

A widowed farmer, with a brave but brutal military past, decides not to join up when the British arrive in 1776. However, when his son enlists and is later captured by the enemy, the former soldier must abandon his new-found pacifist principles in order to rescue his oldest child, and forms a regiment of Carolina patriots, whose guerrilla tactics prove pivotal to the US war effort.

## **A ROOM WITH A VIEW** (1985)



**Friday, July 1 | 1:30 pm**

**Saturday, July 2 | 6:00 pm**

**Sunday, July 3 | 6:30 pm**

**Cast:** *Helena Bonham-Carter, Maggie Smith, Daniel Day-Lewis, Judi Dench*

Lucy meets George in a Florence pensione and the two share a brief romance before Lucy returns home, where she becomes engaged to Cecil. However, it isn't long before George unexpectedly enters her life again.

## **THE POST** (2017)



**Saturday, July 9 | 10:00 am & 2:00 pm**

**Cast:** *Meryl Streep, Tom Hanks, Bob Odenkirk, Sarah Paulson*

Katharine Graham is the first female publisher of a major American newspaper -- The Washington Post. With help from editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that



spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light.

## **LUST FOR LIFE** (1956)

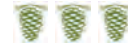


**Sunday, July 10 | 1:30 pm & 4:00 pm**

**Cast:** *Kirk Douglas, Anthony Quinn, James Donald, Pamela Brown*

The life of brilliant artist Vincent Van Gogh. An intense and imaginative artist, Van Gogh possesses undeniable talent, but he is plagued by mental problems and frustrations with failure.

## **THE PRINCESS BRIDE** (1987)



**Friday, July 8 | 1:30 pm**

**Saturday, July 9 | 6:00 pm**

**Sunday, July 10 | 6:30 pm**

**Cast:** *Cary Elwes, Robin Wright, Mandy Patinkin, Billy Crystal*

A fairy tale adventure about a beautiful young woman and her one true love. He must find her after a long separation and save her. They must battle the evils of the mythical kingdom of Florin to be reunited with each other. Based on the William Goldman novel "The Princess Bride" which earned its own loyal audience.

## **THE CLIMB** (2002)



**Saturday, July 16 | 10:00 am & 2:00 pm**

**Cast:** *Dabney Coleman, Ned Vaughn, Jason Winston George, Kyli Santiago*

Two hotshot climbers forge an uneasy friendship to reach a mutual goal. Their teamwork escalates into a test of wills, character and sacrifice, pushing them beyond their limits.

## **I STILL BELIEVE** (2020)



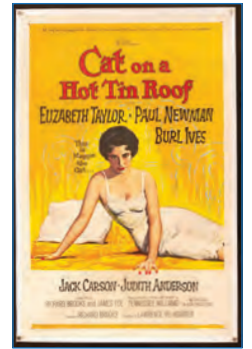
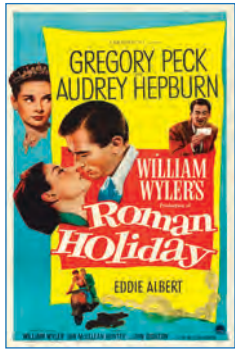
**Sunday, July 17 | 1:30 pm & 4:00 pm**

**Cast:** *KJ Apa, Britt Robertson, Jeremy Camp, Abigail Cowen*

The true-life story of Christian music star Jeremy Camp and his journey of love and loss, which attempts to prove there is always hope.



# THE MOVIES



## ROMAN HOLIDAY (1953)



**Friday, July 15 | 1:30 pm**

**Saturday, July 16 | 6:00 pm**

**Sunday, July 17 | 6:30 pm**

**Cast:** *Audrey Hepburn, Gregory Peck, Eddie Albert, Margaret Rawlings*

A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome.

## THE MUMMY (1999)

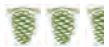


**Saturday, July 23 | 10:00 am & 2:00 pm**

**Cast:** *Brendan Fraser, Rachel Weisz, Arnold Vosloo, John Hannah*

At an archaeological dig in the ancient city of Hamunaptra, an American serving in the French Foreign Legion accidentally awakens a mummy who begins to wreak havoc as he searches for the reincarnation of his long-lost love.

## THE CURRENT WAR (2017)



**Sunday, July 24 | 1:30 pm & 4:00 pm**

**Cast:** *Benedict Cumberbatch, Michael Shannon, Nicholas Hoult, Tom Holland*

The dramatic story of the cutthroat race between electricity titans Thomas A. Edison and George Westinghouse to determine whose electrical system would power the modern world.

## DR. NO (1962)



**Friday, July 22 | 1:30 pm**

**Saturday, July 23 | 6:00 pm**

**Sunday, July 24 | 6:30 pm**

**Cast:** *Sean Connery, Ursula Andress, Joseph Wiseman, Jack Lord*

In the film that launched the James Bond saga, Agent 007 battles mysterious Dr. No, a scientific genius bent on destroying the U.S. space program. As the countdown to disaster begins, Bond must go to Jamaica, where he encounters beautiful Honey Ryder, to confront a megalomaniacal villain in his massive island headquarters.

## THE FINEST HOURS (2016)

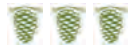


**Saturday, July 30 | 1:30 pm & 4:00 pm**

**Cast:** *Chris Pine, Casey Affleck, Ben Foster, Eric Bana*

The Coast Guard makes a daring rescue attempt off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952.

## STILLWATER (2021)

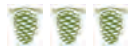


**Sunday, July 31 | 1:30 pm & 4:00 pm**

**Cast:** *Matt Damon, Abigail Breslin, Camille Cottin, Lilou Siauvaud*

An American oil-rig roughneck travels to Marseille, France, to visit his estranged daughter, in prison for a murder she claims she didn't commit. Confronted with language barriers, cultural differences and a complicated legal system, he soon builds a new life for himself as he makes it his personal mission to exonerate her.

## CAT ON A HOT TIN ROOF (1958)



**Friday, July 29 | 1:30 pm**

**Saturday, July 30 | 6:00 pm**

**Sunday, July 31 | 6:30 pm**

**Cast:** *Elizabeth Taylor, Paul Newman, Burl Ives, Jessica Lange*

After Brick Pollitt injures himself while drunkenly revisiting his high school sports-star days, he and his tempestuous wife, Maggie, visit his family's Mississippi plantation for the 65th birthday of his hot-tempered father, Big Daddy. Cantankerous even with declining health, Big Daddy demands to know why Brick and Maggie haven't yet given him a grandchild, unlike Brick's brother Gooper and his fecund wife, Mae.

## KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE      = GOOD

= GREAT      = PERFECT



<div>July</div> <div>2022</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><div>8:30 am <div>Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>9:30 am <div>Water Aerobics (Pool)</div></div><div>10:00 am <div>WalMart, Aldi &amp; Banks (Trans)</div></div><div>10:00 am <div>Art with Helen (A&amp;C)</div></div><div>10:30 am <div>Cornhole Practice (LCR)</div></div><div>11:00 am <div>Yoga Stretch (PAC/Live TV)</div></div><div>1:00 pm <div>Superlo &amp; Bank (Trans)</div></div><div>1:30 pm <div>Weekend Movie Classic (Thtr)</div></div><div>6:00 pm <div>Music with Side Street Steppers (PAC)</div></div></div>		<div><div>8:00 am <div>Men's Christian Fellowship (LCR)</div></div><div>10:00 am <div>Weekend Movie (Thtr)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>2:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:00 pm <div>Classic Movie (Thtr)</div></div></div>					
<div><div>8:00 am <div>Church of Christ Service (Chapel)</div></div><div>10:00 am <div>Worship Service (PAC)</div></div><div>1:30 pm <div>Weekend Movie (Thtr)</div></div><div>4:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:30 pm <div>Classic Movie (Thtr)</div></div></div> <div>3</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>9:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>10:00 am <div>First Monday Poetry Group (Chapel)</div></div><div>10:00 am <div>Hobby Pines Group (Hobby Shop)</div></div><div>10:30 am <div>Annual 4th of July Celebration (Lobby)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>6:30 pm <div>Bingo (PAC)</div></div></div> <div>4</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:00 am <div>Dr. Mike Abutineh (WC)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC)</div></div><div>1:15 pm <div>Tuesday Bridge Group (LCR)</div></div><div>1:30 pm <div>Bunko (SCR)</div></div><div>1:30 pm <div>Beginners Line Dancing (PAC)</div></div><div>1:30 pm <div>Movie: The Shack (Thtr)</div></div><div>2:30 pm <div>Advanced Line Dancing (PAC)</div></div><div>5:30 pm <div>Tech Time (Sunroom)</div></div><div>6:30 pm <div>Movie: The Shack (Thtr)</div></div></div> <div>5</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Catholic Services (Chapel)</div></div><div>10:00 am <div>Peach World Market (Lobby)</div></div><div>10:00 am <div>Pinecone Painters (A&amp;C)</div></div><div>1:00 pm <div>Needle Arts Group (Sunroom)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>1:30 pm <div>Movie: Steel Magnolias (Thtr)</div></div><div>2:00 pm <div>Ballroom Dancing (PAC)</div></div><div>6:15 pm <div>Wednesday Bridge Group (LCR)</div></div><div>6:30 pm <div>Movie: Steel Magnolias (Thtr)</div></div></div> <div>6</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>10:00 am <div>Kroger &amp; Banks (Trans)</div></div><div>10:00 am <div>Bible Study with Dave Phillips (Chapel)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC/Live TV)</div></div><div>1:00 pm <div>Dr. Mike Abutineh (WC)</div></div><div>1:00 pm <div>WalMart, Costco &amp; Banks (Trans)</div></div><div>2:00 pm <div>Political Forum (PAC)</div></div><div>2:30 pm <div>Advanced Line Dancing (PAC)</div></div><div>6:30 pm <div>Vespers (PAC)</div></div></div> <div>7</div>		<div><div>8:30 am <div>Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>9:30 am <div>Water Aerobics (Pool)</div></div><div>10:00 am <div>WalMart, Aldi &amp; Banks (Trans)</div></div><div>10:00 am <div>Art with Helen (A&amp;C)</div></div><div>11:00 am <div>Yoga Stretch (PAC/Live TV)</div></div><div>1:00 pm <div>Superlo &amp; Bank (Trans)</div></div><div>1:30 pm <div>Weekend Movie Classic (Thtr)</div></div><div>6:00 pm <div>Music with Steve McGregory (PAC)</div></div></div> <div>8</div>		<div><div>8:00 am <div>Men's Christian Fellowship (LCR)</div></div><div>10:00 am <div>Weekend Movie (Thtr)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>2:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:00 pm <div>Classic Movie (Thtr)</div></div><div>6:15 pm <div>Saturday Night Trivia (LCR)</div></div></div> <div>9</div>	
<div><div>8:00 am <div>Church of Christ Service (Chapel)</div></div><div>10:00 am <div>Worship Service (PAC)</div></div><div>1:30 pm <div>Weekend Movie (Thtr)</div></div><div>4:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:30 pm <div>Classic Movie (Thtr)</div></div></div> <div>10</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Alterations (A&amp;C)</div></div><div>9:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Hobby Pines Group (Hobby Shop)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>6:30 pm <div>Bingo (PAC)</div></div></div> <div>11</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:00 am <div>Dr. Mike Abutineh (WC)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC)</div></div><div>1:30 pm <div>Bunko (SCR)</div></div><div>1:30 pm <div>Beginners Line Dancing (PAC)</div></div><div>1:30 pm <div>Movie: Bonnie &amp; Clyde (Thtr)</div></div><div>1:30 pm <div>Advanced Line Dancing (PAC)</div></div><div>6:30 pm <div>Birthday Night with Oscar Sueing (PAC)</div></div></div> <div>12</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Peach World Market (Lobby)</div></div><div>10:00 am <div>Catholic Services (Chapel)</div></div><div>10:00 am <div>Pinecone Painters (A&amp;C)</div></div><div>10:30 pm <div>KP Garden Gro'ers (Greenhouse)</div></div><div>1:00 pm <div>Needle Arts Group (Sunroom)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>1:30 pm <div>Movie: We Ae Marshall (Thtr)</div></div><div>2:00 pm <div>Ballroom Dancing (PAC)</div></div><div>6:15 pm <div>Wednesday Bridge Group (LCR)</div></div><div>6:30 pm <div>Movie: We Ae Marshall (Thtr)</div></div></div> <div>13</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>10:00 am <div>Kroger &amp; Banks (Trans)</div></div><div>10:00 am <div>Bible Study with Dave Phillips (Chapel)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC/Live TV)</div></div><div>1:00 pm <div>Dr. Mike Abutineh (WC)</div></div><div>1:00 pm <div>WalMart, Costco &amp; Banks (Trans)</div></div><div>2:00 pm <div>Charlie Town Hall (PAC)</div></div><div>6:30 pm <div>Vespers (PAC)</div></div></div> <div>14</div>		<div><div>8:30 am <div>Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>9:30 am <div>Water Aerobics (Pool)</div></div><div>10:00 am <div>WalMart, Aldi &amp; Banks (Trans)</div></div><div>10:00 am <div>Art with Helen (A&amp;C)</div></div><div>11:00 am <div>Yoga Stretch (PAC/Live TV)</div></div><div>1:00 pm <div>Superlo &amp; Bank (Trans)</div></div><div>1:30 pm <div>Weekend Movie Classic (Thtr)</div></div><div>5:30 pm <div>Orpheum: Glenn Miller Orch (Trans)</div></div><div>6:00 pm <div>Music with Steve Johnston (PAC)</div></div></div> <div>15</div>		<div><div>8:00 am <div>Men's Christian Fellowship (LCR)</div></div><div>10:00 am <div>Weekend Movie (Thtr)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>2:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:00 pm <div>Classic Movie (Thtr)</div></div></div> <div>16</div>	
<div><div>8:00 am <div>Church of Christ Service (Chapel)</div></div><div>10:00 am <div>Worship Service (PAC)</div></div><div>1:30 pm <div>Weekend Movie (Thtr)</div></div><div>4:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:30 pm <div>Classic Movie (Thtr)</div></div></div> <div>17</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:00 am <div>Jewelry Repair (SCR)</div></div><div>9:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Hobby Pines Group (Hobby Shop)</div></div><div>10:30 am <div>Tech Time (Sunroom)</div></div><div>11:00 am <div>Travelers: Malco Paradiso (Trans)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>6:30 pm <div>Bingo (PAC)</div></div></div> <div>18</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:00 am <div>Dr. Mike Abutineh (WC)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC)</div></div><div>1:15 pm <div>Tuesday Bridge Group (LCR)</div></div><div>1:30 pm <div>Bunko (SCR)</div></div><div>1:30 pm <div>Movie: When Harry Met Sally (Thtr)</div></div><div>6:30 pm <div>Patriotic Dance (PAC)</div></div></div> <div>19</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Peach World Market (Lobby)</div></div><div>10:00 am <div>Catholic Services (Chapel)</div></div><div>10:00 am <div>Caregiver Support Group (SCR)</div></div><div>10:00 am <div>Pinecone Painters (A&amp;C)</div></div><div>1:00 pm <div>Needle Arts Group (Sunroom)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>1:30 pm <div>Movie: The Guernsey Society (Thtr)</div></div><div>2:00 pm <div>Ballroom Dancing (PAC)</div></div><div>6:15 pm <div>Wednesday Bridge Group (LCR)</div></div><div>6:30 pm <div>Reminisce with Marty Kocman (PAC)</div></div></div> <div>20</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>10:00 am <div>Kroger &amp; Banks (Trans)</div></div><div>10:00 am <div>Bible Study with Dave Phillips (Chapel)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC/Live TV)</div></div><div>1:00 pm <div>Dr. Mike Abutineh (WC)</div></div><div>1:00 pm <div>WalMart, Costco &amp; Banks (Trans)</div></div><div>1:30 pm <div>Beginners Line Dancing (PAC)</div></div><div>1:30 pm <div>Mini Series: Winds of War (Thtr)</div></div><div>2:30 pm <div>Advanced Line Dancing (PAC)</div></div><div>3:00 pm <div>Photo Club (LCR)</div></div><div>6:30 pm <div>Vespers (PAC)</div></div></div> <div>21</div>		<div><div>8:30 am <div>Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>9:30 am <div>Water Aerobics (Pool)</div></div><div>10:00 am <div>WalMart, Aldi &amp; Banks (Trans)</div></div><div>10:00 am <div>Art with Helen (A&amp;C)</div></div><div>11:00 am <div>Yoga Stretch (PAC/Live TV)</div></div><div>1:00 pm <div>Superlo &amp; Bank (Trans)</div></div><div>1:30 pm <div>Weekend Movie Classic (Thtr)</div></div><div>2:00 pm <div>Art Wall Reception (PAC)</div></div><div>6:30 pm <div>Music with Just Friends (PAC)</div></div></div> <div>22</div>		<div><div>8:00 am <div>Men's Christian Fellowship (LCR)</div></div><div>10:00 am <div>Weekend Movie (Thtr)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>2:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:00 pm <div>Classic Movie (Thtr)</div></div><div>6:15 pm <div>Saturday Night Trivia (LCR)</div></div></div> <div>23</div>	
<div><div>8:00 am <div>Church of Christ Service (Chapel)</div></div><div>10:00 am <div>Worship Service (PAC)</div></div><div>1:30 pm <div>Weekend Movie (Thtr)</div></div><div>4:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:30 pm <div>Classic Movie (Thtr)</div></div></div> <div>24</div> <div>31</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Alterations (A&amp;C)</div></div><div>9:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Hobby Pines Group (Hobby Shop)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>6:30 pm <div>Bingo (PAC)</div></div></div> <div>25</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:00 am <div>Dr. Mike Abutineh (WC)</div></div><div>9:30 pm <div>The Book Baggers (PAC)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC)</div></div><div>11:00 am <div>Lunch Bunch (Trans)</div></div><div>1:30 pm <div>Bunko (SCR)</div></div><div>1:30 pm <div>Beginnners Line Dancing (PAC)</div></div><div>1:30 pm <div>Movie: Den of Thieves (Thtr)</div></div><div>2:30 pm <div>Advanced Line Dancing (PAC)</div></div><div>6:30 pm <div>Movie: Den of Thieves (Thtr)</div></div></div> <div>26</div>		<div><div>8:30 am <div>Advanced Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>10:00 am <div>Peach World Market (Lobby)</div></div><div>10:00 am <div>Catholic Services (Chapel)</div></div><div>10:00 am <div>Pinecone Painters (A&amp;C)</div></div><div>1:00 pm <div>Needle Arts Group (Sunroom)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>1:30 pm <div>Movie: My Fair Lady (Thtr)</div></div><div>2:00 pm <div>Ballroom Dancing (PAC)</div></div><div>6:15 pm <div>Wednesday Bridge Group (LCR)</div></div><div>6:30 pm <div>Movie: My Fair Lady (Thtr)</div></div></div> <div>27</div>		<div><div>8:30 am <div>Men's Water Aerobics (Pool)</div></div><div>9:30 am <div>Basic Water Aerobics (Pool)</div></div><div>10:00 am <div>Kroger &amp; Banks (Trans)</div></div><div>10:00 am <div>Bible Study with Dave Phillips (Chapel)</div></div><div>11:00 am <div>Arthritis Sit/Stand Class (PAC/Live TV)</div></div><div>1:00 pm <div>Dr. Mike Abutineh (WC)</div></div><div>1:00 pm <div>WalMart, Costco &amp; Banks (Trans)</div></div><div>1:30 pm <div>Beginners Line Dancing (PAC)</div></div><div>1:30 pm <div>Mini Series: Winds of War (Thtr)</div></div><div>2:30 pm <div>Advanced Line Dancing (PAC)</div></div><div>6:15 pm <div>Orpheum: My Fair Lady (Trans)</div></div><div>6:30 pm <div>Vespers (PAC)</div></div></div> <div>28</div>		<div><div>8:30 am <div>Water Aerobics (Pool)</div></div><div>9:30 am <div>Group Exercise (PAC)</div></div><div>9:30 am <div>Water Aerobics (Pool)</div></div><div>10:00 am <div>WalMart, Aldi &amp; Banks (Trans)</div></div><div>10:00 am <div>Art with Helen (A&amp;C)</div></div><div>11:00 am <div>Yoga Stretch (PAC/Live TV)</div></div><div>1:00 pm <div>Superlo &amp; Bank (Trans)</div></div><div>1:30 pm <div>Weekend Movie Classic (Thtr)</div></div><div>6:30 pm <div>The Sound Of Music (PAC)</div></div></div> <div>29</div>		<div><div>8:00 am <div>Men's Christian Fellowship (LCR)</div></div><div>10:00 am <div>Weekend Movie (Thtr)</div></div><div>1:30 pm <div>Game Play (LCR)</div></div><div>2:00 pm <div>Weekend Movie (Thtr)</div></div><div>6:00 pm <div>Classic Movie (Thtr)</div></div></div> <div>30</div>	



# July 2022 EVENTS

## Jul 1: Water Aerobics

We have a Water Aerobics class for everyone! Advanced Water Aerobics classes will be held on Mondays & Wednesdays at 8:30 & 9:30. Spots are limited so be sure to sign up in the Oasis. Basic and Beginning Water Aerobics classes are held on Tuesdays & Thursdays at 9:30 am. Men's Water Aerobics is held on Tuesdays & Thursdays at 8:30 am.

## Jul 1: Group Exercise

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

## Jul 1: 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 1: Cornhole

Join us inside for our monthly cornhole practice. We will meet in the LCR at 10:30 am.

## Jul 1: 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 11:00 am in the PAC & live TV.



## Jul 1: Music with Side Street Steppers

The Side Street Steppers are a page from America's past, playing rare and popular music from the 1920s and 30s. The Side Street Steppers present a pastiche of the transformation of the American musical landscape, performing on vintage and homemade instruments. Get ready for plenty of hip-shaking, foot stompin', caterwauling and croonin'. Performance begins at 6:00 pm in the PAC.

## Jul 2: Men's Christian Fellowship

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

## Jul 2: 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 4: Poetry Group

All poetry lovers! We will continue to meet the first Monday of the month in the Chapel. Please bring something to read and discuss. We will be practicing social distancing. Join us in the Chapel @ 10:00 am.

## Jul 4: Hobby Pines Group

Enjoy wood working? Join the Hobby Pines group. We meet every Monday at 10:00 am in the Hobby Shop.



## Jul 4: 4th of July Celebration

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 to celebrate Independence Day!

## Jul 4: 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 5: 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 5: Sit and Stand Class

Come get moving! Join us every Tuesday and Thursday in the PAC for our Arthritis Sit and Stand Class. Can't make it to the PAC? Turn you TV to channel 2.1 and join us right from your living room!

## Jul 5 & 19: Afternoon Bridge

Bridge will begin at 1:00 pm on Tuesday afternoons. If you would like to join come out to the Ante Room.

## Jul 5: BUNKO

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

## Jul 5: Line Dancing

Line Dancing will be held every Tuesday and Thursday in the PAC. Beginner's class is at 1:30 pm and advanced is at 2:15 pm. Come join for some fun exercise and a great way to make new friends. Everyone is welcome.

## Jul 5: The Shack

After suffering a tragic loss, Mack Phillips seeks answers from a mysterious letter urging him to visit a deserted shack in the Oregon wilderness. Showtimes are 1:30 pm and 6:30 pm.



## Jul 5 & 18: Tech Time

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: Catholic Services

The Church of the Holy Spirit will be holding Catholic services in the chapel every Wednesday at 10:00 am. The second Wednesday of each month is mass and communion and the Rosary will be offered all other weeks.

## Jul 6: Pinecone Painters

Enjoy art? Like doing acrylic, watercolor, oil, or fabric? Come join the Pinecone Painters. They will meet each Wednesday at 10:00 am in the Arts and Crafts room.



### **Jul 6: Peach World**

Peach World is back! Come out to the lobby between 10:00 am and 2:00 pm to stock on some fresh fruits and vegetables from our very own Farmer's Market!

### **Jul 6: Needle Arts Group**

Have a passion for needle arts? Come join the group in the Sunroom on Wednesdays at 1:00 pm.

### **Jul 6: Steel Magnolias**

Six women in a small Southern town share gossip and solve problems at the local beauty parlor, anchoring each other through life's ups and downs. Showtimes are 1:30 pm and 6:30 pm.



### **Jul 6: Ballroom Dancing**

Our mission is to share our love of ballroom dance with you. Ballroom dancing is that perfect combination of physical activity, social interaction, and mental stimulation, and it's FUN! Join us every Wednesday at 2:00 pm in the PAC for a group class and ask us about private lessons.

### **Jul 6: Bridge Group**

The Bridge Group meets every Wednesday at 6:15 pm and is open to all residents. Bring a partner and come join us. There is a sign-up binder outside of the Library. Contact Jeanette Martin at (901)351-5230 for more information.

### **Jul 7: 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 chapel. All denominations invited.

### **Jul 7: Political Forum**

Be sure to come by and hear from this year's political candidates. We will have a forum followed by a reception with a chance to mingle with the candidates. Join us in the PAC at 2:00 pm.

### **Jul 8: 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. His favorites are up tempo, toe tapping tunes, such as Floyd Kramer classics and old time gospel. Be sure to come out to the PAC at 6:00 pm.

### **Jul 9 & 23: Trivia Group**

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. The THEME will be Food and Drinks. However, trivia questions can be presented on any topic. Join us at 6:15pm in the chapel. For further information please contact Peter Jones at 901-767-0289 or pdjones1940@gmail.com.

### **Jul 11 & 25: Alterations**

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

### **Jul 12: Bonnie & Clyde**

A convicted armed robber sweeps a small-town waitress off her feet, and the two embark on one of the most infamous bank-robbing sprees in history. Showtime are 1:30 pm.



### **Jul 12: Birthday Night with Oscar Sueing**

Oscar Sueing is one of a kind! His rendition of jazz, gospel and rhythm and blues tunes will leave you happy and inspired! Be sure to come out to the PAC at 6:00 pm.

### **Jul 13: Garden Gro'ers**

Come out and join the Garden Gro'ers. We have a ton planted and it is now weed patrol time. Be sure to wear gloves and be careful. We hope you join us at 10:30 am in the Greenhouse at our next meeting!

### **Jul 13: We Are Marshall**

After a devastating tragedy decimates a college football program, a new coach and several players attempt to rebuild the team despite opposition. Showtimes are at 1:30 pm and 6:30 pm.



### **Jul 14: Charlie Town Hall**

Be sure to come out to our annual Town Hall meeting! We will have Charlie Trammell and Michelle Vincent with us to answer your questions! Be on the lookout for a flyer with an opportunity to submit questions. Join us in the PAC at 2:00 pm.

### **Jul 15: Orpheum: Glenn Miller Orchestra**

The world-famous Glenn Miller Orchestra brings timeless classics like In the Mood, Moonlight Serenade, Chattanooga Choo Choo, Pennsylvania 6-5000, String of Pearls and Tuxedo Junction back to the stage. This is a show not to miss for jazz and swing fans alike or the incurable romantics who want to step back in time. Be sure to get your tickets from the Orpheum box office and come by Resident Programs to sign up for transportation. We will meet in the lobby at 5:30 pm the evening of the event.

### **Jul 15: Music with Steve and Shannon Johnston**

The duo plays country, blues and good old rock and roll. Steve's guitar playing and Shannon's wonderful vocals bring this duo to life. Come out at 6:00 pm to enjoy the oldies!

### **Jul 18: Jewelry Repair**

Have any jewelry in need of repair? Join us in the SCR on the 3rd Monday at 9:00 am.

### **Jul 18: Travelers: Paradiso**

Join the Travelers on our next outing to the Paradiso theatre. We will eat at Huey's and then head to the theatre. Be sure to be on the lookout for your movie choices and come sign up in the



Resident Programs office. You will need \$5 for transportation and \$10 for your movie ticket. We will meet in the lobby at 11:00 am the day of the trip.

### Jul 19: When Harry Met Sally

Over the course of 12 years, Harry and Sally go from mutual dislike to unexpected friendship as they slowly realize they might be made for each other. Showtimes are 1:30 pm.



### Jul 19: Patriotic Dance

Come out to our July dance Patriotic theme! We will celebrate our American pride so be sure to wear your best red, white and blue! Photo booth opens at 6:00 pm and music kicks off at 6:30 pm.

### Jul 20: 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 20: The Guernsey Literary & Potato Peel Society

A London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation. Showtimes are 1:30 pm.



### Jul 20: Reminisce with Marty Kocman

Mary Kocman will perform some of his favorite flute music including tunes by Ira Gershwin, J.S. Bach, Elton John, Scott Joplin and Claude Debussy. Join him in the PAC at 6:30 pm.

### Jul 21: Winds of War

Career naval officer Victor 'Pug' Henry, a man who, along with his wife and three children, witness firsthand the growing maelstrom leading to the beginning of America's involvement in WWII. Based on the novel of the same name please come enjoy this epic miniseries in the Theatre on Thursdays at 1:30 pm.

### Jul 21: KP Photo Club

If you'd like to learn about using your phone to take and share pics, join us at 3:00 pm in the Large Card Room.

### Jul 22: Art Wall Reception

Come out to our July art wall reception. We will hear from some of our wonderful Kirby artist followed by a wine and cheese reception with your chance to mingle with the artist. Be sure to come see these wonderful pieces at 2:00 pm in the PAC.

### Jul 22: Music with Just Friends

Just Friends Band members Larry Tyler, Kelley Walker and Wes Walker will delight audiences with skilled renditions of pop, jazz standards, rock, country, and gospel. This is a don't miss performance. Be sure to join us in the PAC at 6:00 pm!

### Jul 26: The Book Baggers

This month we visit the world of Joe Pickett, the Wyoming game warden created by C.J. Box. Joe Pickett encounters bad behavior on his own turf—only to have the FBI and the DOJ ask him to stand down—in the most dangerous and violent predicament he's ever faced. Come join us in the theater July 26, 9:30 - 10:30 a.m., as we share our thoughts of C.J. Box's fictional game warden, Joe Pickett. This is our group's first adventure with this very popular author.



### Jul 26: Lunch Bunch: Crazy Italians

Join the lunch bunch on our next excursion. We will head to Crazy Italians in

Cordova for some authentic Italian cuisine. Be sure to sign up in the Resident Programs office quick as space is limited for this trip! Meet in the Lobby at 11:00 am.

### Jul 26: Den of Thieves

A highly skilled crew of bank robbers plotting a heist at the supposedly impenetrable Federal Reserve faces off against an elite unit of L.A. cops. Showtimes are 1:30 pm and 6:30 pm.

### Jul 27: My Fair Lady

When a Cockney flower girl takes elocution lessons from an aloof professor, he decides to introduce her to high society, transforming both their lives. Showtimes are 1:30 pm and 6:30 pm.



### Jul 28: Orpheum: My Fair Lady

Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely" and "On the Street Where You Live," MY FAIR LADY tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." For tickets, please contact the Orpheum box office. If in need of transportation you may sign up in the Resident Programs office for \$5 dollars. We will meet in the lobby at 6:15 pm.

### Jul 29: Theatre at the Pines: Sounds of Music

Join this group of Kirby residents who are interested in Theatre Arts on July 29 at 6:30 pm in the PAC. Almost 60 people are involved in this inaugural production of the adaption of the Rogers and Hammerstein musical, "The Sound of Music." Our version uses the love story of Maria and Commodore Von Trapp and the melding of eight children into a family as the core of the script. We hope to see everyone out for this great performance!



# PUZZLE CHALLENGE | Sudoku Number Game

**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

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

## PUZZLE 2: MEDIUM

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

## PUZZLE 3: MEDIUM

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

## PUZZLE 4: HARD

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

Sudoku solutions on page 21



# PICTURING LIFE AT KIRBY PINES



John Davis gets his photo taken at The Veteran's Museum in Halls, Tennessee on a trip with the Travelers.



Gary Winfield and Mark Maxwell check out photos at The Veteran's Museum. Photo by Resident, Sheryl Maxwell



The Kirby Pines Travelers enjoyed a lunch at the Just Devine Tea Room after their museum trip.



Carnival Memphis made a quick stop in to visit Kirby Pines. Mary Ann Thurmond gets a photo with two of the Boll Weevils.



Warner Dickerson celebrates his birthday with friends, Mary Nell Easum and Betty Richarde.



Sandra Overbey is surrounded at her birthday celebration by Cheryl Johnson, Elsie Bloodworth, Shirley Anderson, Elinor Valentini, husband Walter, Jane Longfield and Mollie Bird.



# PICTURING LIFE AT KIRBY PINES

## KIRBY PINES ANNUAL FATHER'S DAY CLASSIC CAR SHOW



George Courington and Peggy Hogan get a photo with a decked out Miata.



Fran Gentry enjoys a frozen treat from the Mr. Softee Ice Cream Truck.



Dennis Renick gets a kick out of this classic 1923 Model T.



Billie Jean Ratliff and Lee Brown get out to enjoy the show.



Peter Jones and Shirley Anderson brush up on their cornhole skills.



Flo Seward with two of her daughters enjoy the day together.



Bill and Gay Ramia are surrounded by generations of family to celebrate Father's Day at Kirby Pines.



Bonnie Johnson (Cheryl's sister-in-law), Cheryl Johnson and Jimmy Latimer enjoy the sunny day.



# PICTURING LIFE AT KIRBY PINES



Oasis Coordinator, Mary Hand, is surprised by residents who came out to wish her well on her retirement.



Chuck Williams spends time at the Dog Park with Mazie Grace and Annie.



Jim Stanley and Mark Seay enjoying a game of cornhole.



Jim Gordon and Hugh Wilson hold up their prizes for winning the Cornhole Tournament during The Longest Day.



Trudy Schenkenberger and Connors Moore after a pie to the face to raise money for the Alzheimer's Association.



Diane Mullins and Thomas Hickey at the Beach Boys Dance, part of The Longest Day celebration.



Jeannie Valentine and Jerry Dunnam cut up at the Beach Dance Photo Booth.



Joe and Shirley Brooks are adorable in their beach attire.



Alice Wherry looks gorgeous in her colorful and bright beach look.



# KIRBY PINES PHOTO CLUB

This Month we studied **Shadows in Photography**

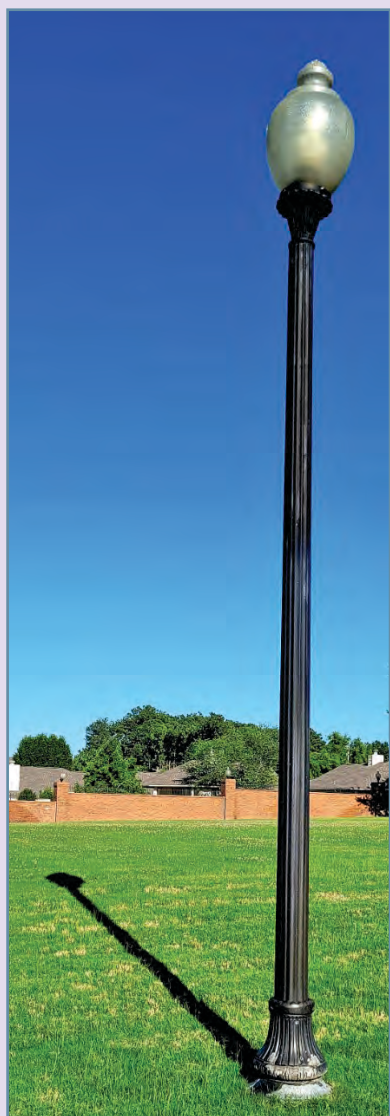
Come Join the Fun – Thursday, July 21st at 3:00 pm in the Large Card Room



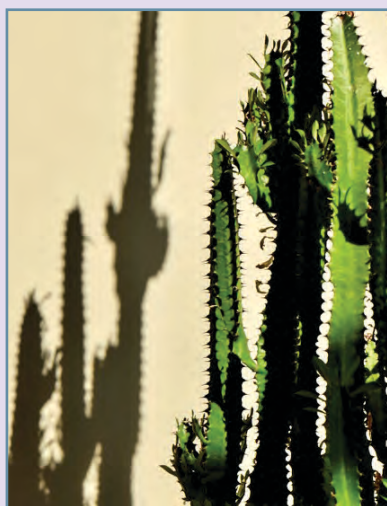
Balcony Shadows  
Photo by Arrena Cheek



Parallel Lines  
Photo by Jane Longfield



Light and Dark  
Photo by Connie Carter



Cactus Art  
Photo by Michael Gilbert



Sheer Mystery  
Photo by Dale Jones



Early Morning Shadows  
Photo by John Sosh



Blinding Light  
Photo by Sylvia Statham



Self Portrait  
Photo by Sydney Wagner



Holy Shadows  
Photo by Mary Ann Thurmond



# Memorials, Honorariums & Gifts

## In Memory Of

### **SANDRA TRAMMELL**

*Donations to the Garden Gro'ers*

Donation by Rhett Watkins

Donation by JoAnn Ginn

Donation by SR Consulting

Donation by Jane & Mark Stephens

Donation by Bettie R. Smith

Donation by Wynn & Eloise Bellerjeau  
*to the Garden Gro'ers/Ballroom Dancers*

Donation by AliaWealth Partners  
*to the Ballroom Dancers*

*Donations to the Employee Fund*

Donation by Martin & Janie Kocman

Donation by Barbara Logan

### **LOU ANDERS**

Donation by Carol Odom  
*to the Library*

Donation by KP Residents Association  
*to the Hobby Shop*

Donation by Alice Walton  
*to the Library*

Donation by Joy Wernet  
*to the General Fund*

### **CARLINE PICKLER**

Donation by KP Residents Association  
*to the Library/Large Print Books*

Donation by Joy Wernet  
*to the General Fund*

### **PAT MITCHELL**

Donation by KP Residents Association  
*to the Line Dancers*

Donation by Marilyn Wray  
*to the Line Dancers*

### **PATRICK MARTIN**

Donation by KP Residents Association  
*to the Employee Fund*

Donation by Alice Petty  
*to the Employee Fund*

Donation by Jo Ann Mercer  
*to the Employee Fund*

## In Memory Of

### **CLAUDIA STRICKLAND**

Donation by Joy Wernet  
*to the General Fund*

### **ROY LAUGHLIN**

Donation by KP Residents Association  
*to the Library/Large Print Books*

## In Honor Of

### **CURT WILSON & THE HOBBY SHOP GANG**

Donation by Susan Keough  
*to the Hobby Shop*

### **CURT WILSON**

Donation by Terry Hambrick  
*to the Hobby Shop*

### **MARK MAXWELL**

Donation by Barbara Lipsey  
*to the Hobby Shop*

Donation by Elsie Bloodworth  
*to the Hobby Shop*

Donation by Cheryl Johnson  
*to the Hobby Shop*

### **HAROLD PETTY**

Donation by Susan Keough  
*to the Hobby Shop*

### **MARK MAXWELL & CURT WILSON**

Donation by Jenine Riddle  
*to the Hobby Shop*

### **CHARLIE PARROTT**

Donation by Ann Peyton  
*to the Hobby Shop*

## Gifts To

### **THE HOBBY SHOP**

Donation by Mary Blanche Scott



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FOR ALL OF  
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**youtube.com**  
and search  
**Kirby Pines!**



# SUDOKU NUMBER GAME

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

ANSWERS TO PUZZLE  
CHALLENGE ON PAGE 17

**Here Is  
Kirby Pines'  
Rehab Provider**



Functional Pathways is a therapist-owned organization with 25 years of experience serving senior living communities.

We understand the value of 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)

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# Celebrating the 4th of July with the Kirby Pines Line Dancers.

Jody Sosh, Fran Gentry, Jean Harvell, Barbara Phillips, Shelvy Mayhew,  
Mary Stagg, Donna Griffin, Cheryl Johnson, Ann Peyton, Doris Boyd,  
Janice Collier, Ellie Bates and Sandra Overbey

**Kirby Pines**  
LifeCare Community



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