

the PINECONE

The Magazine of Kirby Pines LifeCare Community • November 2022 | V. 40 | I.11



NEIL LLOYD *Army Veteran*
Kirby Pines Thanks ALL of Our VETERANS!

A Balanced Exercise Program | The Gift of Gratitude | The Lord Helps Those | Resident Spotlight: Don Wiseman

Getting Back To Tradition

Celebrating Thanksgiving this year will certainly be different than the past couple of years. Like so many other holidays these past two years, the holiday, and not the pandemic, will be on everyone's mind. We can again be thinking about who we were inviting to dinner here at Kirby Pines or where we might be traveling to meet family and with whom we might be celebrating with in our homes. This year we may experience how "celebratory" this holiday may feel, as we are mindful of the many blessings we have to be thankful for.

When Thanksgiving was first celebrated, it was customary to be thankful for our blessings and to say a thankful prayer as part of that ritual. As our world has evolved, that tradition continues, despite the movies that depict a more stressful family gathering or an over humorous family gathering. True, there can be stressful factors, whether it's traveling, family conflicts, or cooking that didn't meet everyone's expectation, but the act of engaging in the tradition of gratitude changes those experiences from a negative to a positive.

Regardless of the potential for stress, most people would agree that a holiday centered around food and loved ones, is a great way to spend

at Kirby Pines

the day. The bonding that comes from either cooking for others, or sharing a meal with others, is another blessing we can all be thankful for. Mark Simpson and his culinary team plan on providing a wonderful traditional feast for you and Kirby employees this Thanksgiving. Together we can celebrate the bonds of friendship that have developed over the years; the blessings we share by living and working in a community filled with love; and the gratitude we gain from just being good to one another.

Happy Thanksgiving everyone!



Michael
Escamilla,
Executive
Director,
Kirby Pines

ON THE PINECONE COVER

Time To Be Thankful at Kirby Pines

November is here and there is so much to be thankful for. We have a wonderful place to call home, we have friends and family who love us and we have an amazing staff to help provide for us.

We also have a lot to do, beginning with recognizing National Alzheimer's Awareness Month. We will be raising money with a Bake Sale on the 2nd and participating in the Memphis Walk on the 12th and a Kirby Walk on the 16th. The Travelers are going to the Heritage Museum on the 11th and to Theatre Memphis for *A Christmas Carol* on the 30th. You will be able to kick up your heels at the Country Western Dance on the 15th and we will have a special Veterans Day Salute on the 11th.

Our front cover features Neil Lloyd, an Army veteran who served in the United States and Italy, specializing in artillery and missiles. We want to thank him and all of our men and women at Kirby Pines who have served our country.

This month we will continue our support of the Memphis Police Department and build

stronger community relations in different ways, like our candy donation drive.

Our back cover has the participants of our Pumpkin Decorating Contest, which was voted on during our Fall Festival this week. Genenne Wilson won Best Overall with Mazie the Pumpkin and Sheryl & Mark Maxwell won Most Creative and Resident's Choice with Ollie the Octopus.



Peggy Gatlin with candy donations.

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is managed by:



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Get to know Kirby Pines'

NEW RESIDENTS



Parker & Ruth Nilsen

Married for 53 years, the Nilsens have chosen Kirby Pines for the next chapter in their life. They moved from St. Louis, Missouri to be near their daughter, Kristen, a nurse at St. Jude.

Parker and Ruth are brand new grandparents of their first grandchild, born recently. Their son, Tom, died at 25 of cancer. Three of Tom's friends adopted the Nilsens as parents and they have been grandparents to nine adopted grandchildren and one adopted great-grand so they have had plenty of practice.

Parker graduated from Taylor University with a B.A. Degree in Math and Chemistry. He had a 34 year career with SAFECO Insurance as HR manager. Ruth was an office manager and legal secretary for a law firm.

A U. S. Army veteran, Parker was a special agent in the military intelligence.

Woodworking is a hobby that Bill enjoys and Ruth plays the piano for pleasure. They are involved in Bible study and they are very active in volunteer work with "Friends of Kids With Cancer."

Welcome Parker and Ruth! We are elated you chose to make Kirby Pines your new home. We hope you make many new friends and get involved with our many activities soon. We're looking forward to seeing around our beautiful campus!



Bill & Roylyn Parks

Recently the Parks moved to Kirby Pines from their home in east Memphis. Married for over 61 years, they are the proud parents of a son and daughter and grandparents of five grandchildren and three great-grands.

After going to the University of Memphis Bill had a 63 year career as a structural steel draftsman at U.S. Steel of America, Bridge Division and later on as self employed. Roylyn was secretary for the Memphis Chamber of Commerce. She maintained a booth at Antique Market of Cordova and at Kudzu in Germantown. She also sold on EBay for about 20 years.

A veteran, Bill served in the U. S. Air Force Reserve. He was an Airman 1st Class as an electronics technician.

When Bill and Roylyn aren't traveling, Roylyn enjoys gardening, reading, art, and ancestry while Bill enjoys sports, reading, woodworking and science. Their travel destinations include Canada, Prague, Vienna, Denmark, Russia, Sweden, Hawaii, and Jamaica. Since their son is a pastor in Dubai, they have visited there ten times.

We are delighted to have the Parks as our new neighbors in Kirby Pines. With their interests and talents, they are a sure fit for our community. Give them a warm welcome!



A Balanced EXERCISE PROGRAM

Just like your need for a balanced diet of vitamin rich vegetables and fruits, protein, and carbohydrates, your body needs a balanced routine of exercise that includes cardiovascular, strengthening, and flexibility.

Any exercise that raises your heart rate slightly is considered Cardiovascular, such as walking, biking, or swimming. In the Oasis, the Nustep, the treadmill, and the recumbent bike will increase your heart rate. As we age, it is not necessary to push ourselves to the point of being out of breath and heart pounding. Slight perspiration and increased respiration rate is good and still being able to carry a conversation is a sign of exerting enough energy to utilize our hearts and lungs without overdoing it. If you do experience shortness of breath, heart palpitations, dizziness or pain – SLOW DOWN or STOP to rest.

Strengthening exercises build muscle and endurance. Lifting weights, and using Upper body and Lower body resistant equipment in the Oasis are strengthening exercises. Noodles and barbells in the water and water walking use resistance to strengthen arms and legs. When exercising, a little soreness is normal, but constant or a sudden sharp pain for more than two hours following exercise may mean “you overdid it.” Always begin a new program gradually, beginning with using lighter weights for a shorter period of time. On the bike or Nustep set the resistance on a lower number for 10-15 minutes. Each week add a few more minutes and increase resistance slightly.



Exercise classes provide a balanced program for cardio, strength, and stretch. Gentle stretching with deep breathing before and after an exercise session restores muscles and helps blood flow to muscles and joints to remove waste products (lactic acid) and bring oxygen and nutrients to replenish muscle cells. Stretching and drinking a tall glass of water may help prevent muscle cramps. Here is a quick review of the classes we offer here and how they can help keep you fit. Water Aerobics and Sit/Stand classes provide Cardio, Strength and Stretch. Yoga Stretch and Exercise help with strengthening, stretch, and range of motion (reach and flexibility)

Always drink water before, during and after exercising. Check with your medical doctor before beginning a new exercise program. Begin exercise sessions with 15 minutes three times per week. Gradually work up to 30 minutes five times per week. That is 150 minutes of moderately strenuous exercise each week which is recognized by the Arthritis Foundation, American Heart Association, and Centers for Disease Control for Cardiovascular health and healthy Joints. Visit the Oasis and/or join a class this week and experience that “good” feeling that comes with exercise.



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

Chair Yoga with Kim Roberts

Monday Only

10:30 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





The holidays are quickly approaching, which means it's time to start thinking about giving gifts and spreading kindness. One of the best gifts we can give is that of gratitude. Gratitude, or the quality of being thankful, is something we can give without spending money, and can be just as beneficial for the giver as it is for the receiver, if not more so!

We are all familiar with how we can show gratitude for others – saying “thank you,” paying it forward, showing a random act of kindness – but we often overlook showing gratitude for our own health and well-being. Recent studies show that being grateful can improve our health, relieve depression, and broaden the mind. Experiencing positive emotions, as opposed to negative ones, leads to optimal levels of well-being, emotional wellness, and resilience.

While the “power of positive thinking” may not fix everything, it can certainly help. Acknowledging the good doesn't mean denying the bad. Expressing gratitude for yourself can help you become more resilient, while also boosting your mood. When you feel good about yourself, others can feed off that. In addition, spreading gratitude into the world is infectious. Think of a smile – when you see someone smiling, you often smile back, don't you? Put kindness, gratitude, and positivity out there, and you might just get it back!

Fun Fact: World Kindness Day is November 15th!
Be kind to yourself and others!

Here are some ways to show gratitude and kindness for your own health and wellness:

Take a mindful walk. Spending time in nature can improve mood and memory, reduce stress, and increase levels of compassion. While on your nature walk, take in all the sights, sounds and smells around you!

Start a gratitude journal. Expressive writing can help process negative events and emotions but can also help focus on the positive ones. Becoming more aware of what you have can make you more resilient to stress and hardships. Start by making a list of the 5 things you are grateful for every day – your health, your family, your surroundings, etc.

Try a new exercise class or activity. Challenging your cognitive and physical wellness is a fantastic way to celebrate and honor yourself. What better way to show gratitude for yourself than to push to new limits? Try taking a new exercise class, learn a new skill or language, or participate in a new activity such as wood working, gardening, playing cards or painting.

Do something for YOU! It's easy, especially around the holidays, to get wrapped up in ensuring everyone else's needs are highlighted. An important way of showing gratitude for yourself: Make sure you are carving out time for YOU!! This might look different for everyone – maybe it's taking time to practice meditation, read your favorite book, walk outside, or spend time with your loved ones. Whatever it is, make sure you dedicate time for yourself.

Whatever method you choose, expressing gratitude is a win-win for your emotional and physical health and wellness! For more information on how you can improve kindness to your body and mind, contact the Functional Pathways Therapy Team!



**“Just as water lilies retract when sunlight fades,
so do our minds when positivity fades” – Frederickson**

"Gratitude is when memory
is stored in the heart
and not in the mind."

- Lionel Hampton

Please join Kirby Pines
for our Holiday Meal

THURSDAY,
NOVEMBER 24, 2022
11:15 AM TO 1:30 PM

For reservations,
please call 901-369-7314

HAPPY
THANKSGIVING



Resident Spotlight: Don Wiseman

Chemical Company for five years, followed by another five years with American Electric in Southaven, Mississippi. His last move was to Langston Companies, where he retired in 2005 after thirty-one years. Ann worked as an assistant to the Headmaster at Whitehaven Presbyterian School and later at St. Mary's Episcopal School.

Don and Ann have two sons, Darryl and Michael, and five grandchildren. As an active member of Bellevue Baptist Church his entire life, Don served ten years as a Deacon. He enjoyed playing golf until his car was stolen and, of course, his golf clubs were in the trunk of the car. That ended golf! Don also enjoys watching all sports on television, especially the Mississippi State Bulldogs.

Don and Ann have also had the good fortune to travel via several cruises and tours. Once on a trip to Amsterdam with friends, they were on a trolley with all of their baggage. When they got to their stop, all got off except Ann. It seems that she had gotten so involved in a conversation with a group of ladies that the door of the trolley closed, separating her from her group. She continued on in the trolley! In a panic, Don and his friends managed to get to the next stop where they found a shaken Ann waiting.

Two of their most notable trips were organized by two pastors at Bellevue Church, Adrian Rodgers, and Steven Gaines. The one led by Dr. Rodgers was a tour through Germany and Austria which included the Passion Play held every ten years in Oberammergau, Germany. The trip led by Dr. Gaines traced the missionary trips of the Apostle Paul, including a visit to the Isle of Patmos. For years, the family made an annual trip to Gatlinburg and the Smoky Mountains to see the "changing of the leaves."

Don and Ann moved to Kirby Pines in 2019 when it became apparent to Don that Ann's illness of dementia required more care than he was able to provide. She now resides in The Manor where Don visits her three times a day. "It is so convenient to visit her with both of us under the same roof", says Don.



Don and Ann Wiseman

Don says this about living at Kirby Pines: "I love the friendliness that resonates through the halls and the willingness of others to help anyone and everyone in their time of need. I enjoy playing bridge and participating in the 10 a.m. worship service each Sunday as well as the Men's Saturday morning Christian fellowship group. I continue to meet with my Bible Study group at Bellevue at 8 a.m. each Sunday."

Don's favorite scripture is Isaiah 40:31 which reads: "But they that wait upon the Lord shall renew their strength. They shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." According to Don, this is the foundation for the strength, hope, and encouragement he needs to sustain himself.

Written by Joan Dodson, Resident of Kirby Pines

FAITH, FAMILY & COUNTRY

The men and women who have served in our armed services are given special recognition during the month of November. Don Wiseman is one of the many veterans who live at Kirby Pines. During his tenure in the Army, his contributions were exemplary, rising from the rank of 2nd Lieutenant to Captain. Don is also a man with a strong religious faith who loves his family and his country.

Don's life began in Memphis on August 5, 1939. Although he was an only child, Don says he was never lonely. "There were several children my age that lived on our street, and I spent more time with them than I did at home," admits Don. He attended Rozelle and Bethel Grove Elementary schools and Fairview Junior High where he was elected president of ninth grade. Don graduated from Central High School in 1957. He doesn't remember being very active during his high school days, devoting his time to study. However, he was a member of the football team, but according to Don, "I wasn't good enough to play with the team and mostly kept the bench warm."

Don chose to enter Mississippi State University beginning with a major in engineering but he soon changed to accounting, graduating in 1961 with a BS degree in Accounting. It was during his senior year that he met his future wife, Ann Cook, on a blind date. She was a senior at Mississippi State for Women ("The W"), and they were married in August 1961, following their graduation.

During the nine months following his graduation, and until induction into active duty with the Army in 1962, Don was employed with Humble Oil in Houston, Texas. Through the ROTC program at Mississippi State, Don was commissioned as a 2nd Lieutenant. He attended Artillery Officers Training at Fort Sill, Oklahoma, and graduated first in his class. He was then assigned to the Army Basic Training Center at Fort Polk, Louisiana, where he served as an Executive Officer of a basic training company and then as Assistant Adjunct of a training brigade. Don received a Commendation Medal for his services and ended his army career in 1964 as a Captain.

Following his discharge from the Army, Don, and Ann moved back to Memphis, residing in Whitehaven for several years before moving to Germantown, where they lived for thirty-five years. Always employed as an accountant, Don's second job was with W. R. Grace



VETERANS DAY - NOVEMBER 11

Veterans Day, in the United States, national holiday (November 11) honouring veterans of the armed forces and those killed in the country's wars. The observance originated in 1919 on the first anniversary of the 1918 armistice that ended World War I and was known as Armistice Day. It was commemorated in 1921 with the burial of an unknown soldier from World War I at Arlington National Cemetery in Arlington, Virginia. Other countries that had lost soldiers in the conflict, such as Italy and Portugal, conducted similar ceremonies that year. The previous year, unknown soldiers had been interred at Westminster Abbey in London, England, and at the Arc de Triomphe in Paris, France. Veterans Day is celebrated on Friday, November 11, 2022.

November 11 became an official national holiday in the United States in 1938. In 1954 the name was changed to Veterans Day to honour those who had served in all U.S. wars. Ceremonies are held each year at the Tomb of the Unknowns, and floral tributes are placed on the graves of service men and women and at memorials throughout the country. Naturalization ceremonies have come to be an important part of the day's activities.

In Britain, Canada, Australia, and France November 11 is observed in honour of the veterans of World Wars I and II. In Britain the second Sunday of November is observed as Remembrance Sunday, and in Canada November 11 is observed as Remembrance Day. In Britain and the Commonwealth countries and in countries of Europe, it is common to observe two minutes of silence at 11:00 AM on November 11, the time and date of the World War I armistice in 1918.

Poppies have long been associated with World War I memorials through the poem "In Flanders Fields" by John McCrae, and in several countries paper poppies are sold to raise money for the support of veterans and are worn in the lapel as a sign of remembrance.

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**

**We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.**

**Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**



Congratulations to our **CHAMPION of the Month**

Front Desk Receptionist

BARBARA O'NEAL

Describe Your Family: We are quite large and are very close. We do everything together.

Describe yourself in five words: Honest, loyal, dependable, caring and great work ethic.

What do you do for fun: Power walking, reading, movies. **Hobbies:** Cooking & Painting.

What is your favorite thing about your job: Great residents and great coworkers.

What is your favorite food: Ice Cream. **Favorite Song:** Time to Say Goodbye by Andrea Bocelli

What is something you are proud of: My caring, hard-working, successful children..

What would you like people to know about you: That I care about everybody as a Christian.



Barbara is a constant, showing up every day for her shift. She is always there to assist the residents and employees. She does it all with a smile and a helpful attitude. Barbara is dedicated and kind. She answers calls, sorts package deliveries and takes residents menu orders. She is truly an asset to Kirby Pines.

- Martha Fitzhugh, Resident Services Coordinator

REFLECTIONS

By
Maxie Dunnam



THE LORD HELPS THOSE WHO HELP THEMSELVES...REALLY?

Apart from *Peanuts*, *Dennis the Menace* may be my favorite comic strip. In a recent cartoon Dennis is in his room with his dog; the cookie jar is open, and Dennis has put four or five on the plate for his dog.

It must have been on Sunday. His mother came into the room, and we can only imagine what she said, but Dennis responds, “Didn’t you hear the preacher say, *The Lord helps those who help themselves?*””

Most readers, with Dennis, will know that proverb, believing it comes from the Bible. George Barna, a well-known Christian pollster and religious sociologist, opened one of his survey reports with this indictment, “Americans revere the Bible- but, by and large, they don’t read it. And because they don’t read it, we have become a nation of biblical illiterates.”

Some of the data behind that summary is:

Fewer than half of all adults can name the Four Gospels.

Sixty percent of Americans can’t name even five of the ten commandments.

Eighty-two percent believe that the proverb “God helps those who help themselves” is found in Scripture.

Dennis may have heard it wrong. I doubt if any preacher would say that. I hope the preacher would say, *where human power and resources are sufficient, divine power will not be put forth.*

So I ask, Is it possible to be too dependent upon God?

I know full well that the message of the Gospel is that God helps those who are helpless – not just those who are down-and-out-helpless, but like so many of us, who by the grace of God come to an awareness of an up-and-out-helplessness.

The insensitive philosophy of “pull yourself up by the bootstraps” is also too often stated. The problem with that philosophy is that there are too many who don’t have boots, so there are not straps to pull on.

Yet, I pose the question: Is it possible to be *too dependent upon God*? It may very well be that when and where human power is sufficient, divine power will not be put forth. That challenges each of us to see the needs around us and respond to those needs with the resources we have.

Dennis the Menace
by Hank Ketcham



November Vesper Services | 6:30pm | Performing Arts Center

November 3

Deb Terry
Former Director of Ministries
First Baptist, Winter Garden, FL

November 10

Pastor Graham Spell
Harvest Church

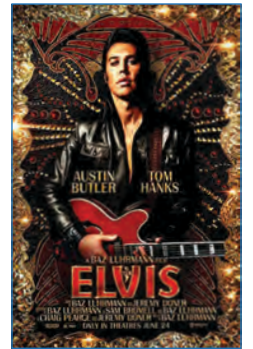
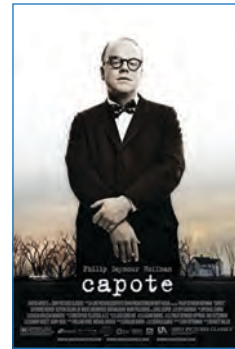
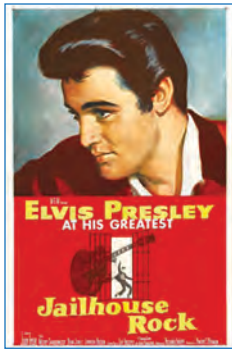
November 17

Pastor Chuck Neugebauer
Christ the King
Lutheran

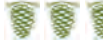
November 24

**HAPPY
THANKSGIVING!**

MEET ME AT



JAILHOUSE ROCK (1957)



Friday, November 4 | 1:30 pm

Saturday, November 5 | 6:30 pm

Sunday, November 6 | 6:30 pm

Cast: *Elvis Presley, Judy Tyler, Mickey Shaughnessy, Dean Jones*

A young man, Vince Everett, is convicted of manslaughter after being drawn into a bar fight while trying to defend a woman. In prison, Everett finds salvation when his cellmate, a country singer named Hunk Houghton, hears him sing and pegs him as a future star. Once released, Everett gets a job in a night club and meets Peggy Van Alden, a young woman who works for a record company and who, like Houghton, also sees talent in Everett.

ERIN BROCKOVICH (2000)



Saturday, November 5 | 10:00 am & 1:30 pm

Cast: *Julia Roberts, Albert Finney, Aaron Eckhart, Conchata Ferrell*

Erin Brockovich is a woman in a tight spot. Following a car accident in which Erin is not at fault, Erin pleads with her attorney Ed Masry to hire her at his law firm. Erin stumbles upon some medical records placed in real estate files. She convinces Ed to allow her to investigate, where she discovers a cover-up involving contaminated water in a local community which is causing devastating illnesses among its residents.

THE USUAL SUSPECTS (1995)



Sunday, November 6 | 1:30 pm & 4:00 pm

Cast: *Kevin Spacey, Gabriel Byrne, Chazz Palminteri, Benicio Del Toro*

"The greatest trick the devil ever pulled was convincing the world he didn't exist," says con man Kint, drawing a comparison to the most enigmatic criminal of all time, Keyser Soze. Kint attempts to convince the feds that the mythic crime lord not only exists, but is also responsible for drawing Kint and his four partners into a multi-million dollar heist that ended with an explosion in San Pedro Harbor - leaving few survivors.

THE FOUR SEASONS (1981)



Friday, November 11 | 1:30 pm

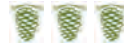
Saturday, November 12 | 6:30 pm

Sunday, November 13 | 6:30 pm

Cast: *Alan Alda, Carol Burnett, Len Cariou, Sandy Dennis*

Jack and Kate traditionally go on vacation with their friends every new season. Old friend Nick surprises everyone when he arrives not with his wife, Anne, but with his new girlfriend, the much younger Ginny. The group -- all of which had grown to be good friends with Anne -- must come to terms with this unexpected development. Ultimately, they learn to accept Nick's decision, and work to welcome Ginny as a friend.

CAPOTE (2005)



Saturday, November 12 | 10:00 am & 1:30 pm

Cast: *Philip Seymour Hoffman, Clifton Collins Jr., Catherine Keener, Chris Cooper*

Reading of the murder of a Kansas family, New York City novelist Truman Capote decides to cover the story himself, and travels to the small town with his childhood friend, aspiring novelist Harper Lee. When Perry Smith and Dick Hickock are arrested and charged, Capote forms an emotional bond with Smith during his jailhouse interviews despite the young criminal's apparent guilt.

ELVIS (2022)



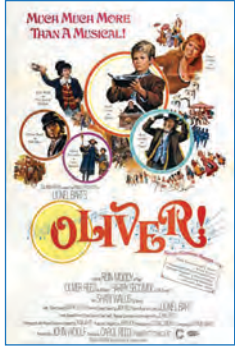
Sunday, November 13 | 1:30 pm & 4:00 pm

Cast: *Austin Butler, Tom Hanks, Olivia DeJonge, Richard Roxburgh*

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla.



THE MOVIES



OLIVER! (1968)



Friday, November 18 | 1:30 pm
Saturday, November 19 | 6:30 pm
Sunday, November 20 | 6:30 pm
Cast: Mark Lester, Ron Moody, Shani Wells, Oliver Reed

In this award-winning adaptation of the Broadway musical based on the Charles Dickens novel, 9-year-old orphan Oliver Twist falls in with a group of street-urchin pickpockets led by the Artful Dodger and masterminded by the criminal Fagin. When Oliver's intended mark, Mr. Brownlow, takes pity on the lad and offers him a home, Fagin's henchman Bill Sikes plots to kidnap the boy to keep him from talking.

WHERE THE CRAWDADS SING (2022)



Saturday, November 19 | 10:00 am & 1:30 pm
Cast: Daisy Edgar-Jones, Taylor John-Smith, Harris Dickinson, David Strathairn

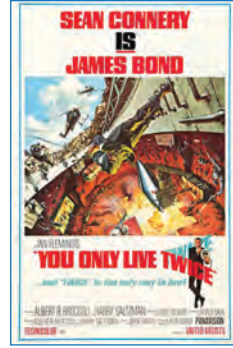
Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.

BIG FISH (2003)



Sunday, November 20 | 1:30 pm & 4:00 pm
Cast: Ewan McGregor, Albert Finney, Billy Crudup, Jessica Lange

When Edward Bloom becomes ill, his son, William, travels to be with him. William has a strained relationship with Edward because his father has always told exaggerated stories about his life, and William thinks he's never really told the truth. Even on his deathbed, Edward recounts fantastical anecdotes. When William, who is a journalist, starts to investigate his father's tales, he begins to understand the man and his penchant for storytelling.



YOU ONLY LIVE TWICE (1967)



Friday, November 25 | 1:30 pm
Saturday, November 26 | 6:30 pm
Sunday, November 27 | 6:30 pm
Cast: Sean Connery, Akiko Wakabayashi, Donald Pleasence, Tetsuro Tanba

During the Cold War, American and Russian spacecrafts go missing, leaving each superpower believing the other is to blame. As the world teeters on the brink of nuclear war, British intelligence learns that one of the crafts has landed in the Sea of Japan. After faking his own death, secret agent James Bond is sent to investigate. In Japan, he's aided by Tiger Tanaka and the beautiful Aki, who help him uncover a sinister global conspiracy.

DOWNTON ABBEY: A NEW ERA (2022)



Saturday, November 26 | 1:30 pm & 4:00 pm
Cast: Hugh Bonneville, Jim Carter, Michelle Dockery, Elizabeth McGovern

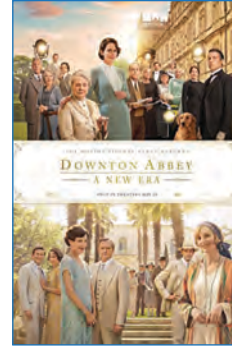
The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa.

TOP GUN: MAVERICK (2022)



Sunday, November 27 | 1:30 pm & 4:00 pm
Cast: Tom Cruise, Jennifer Connelly, Miles Teller, John Hamm

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.



KIRBY PINES MOVIE RATING SYSTEM



= AVERAGE



= GOOD



= GREAT



= PERFECT

<div>November</div> <div>2022</div>		<div><div>8:30 am</div><div>● Men’s Water Aerobics (Pool)</div></div> <div><div>9:00 am</div><div>● Dr. Mike Abutineh (WC)</div></div> <div><div>9:30 am</div><div>● Basic Water Aerobics (Pool)</div></div> <div><div>11:00 am</div><div>● Arthritis Sit/Stand Class (PAC)</div></div> <div><div>1:15 pm</div><div>● Tuesday Bridge Group (LCR)</div></div> <div><div>1:30 pm</div><div>● Bunko (SCR)</div></div> <div><div>1:30 pm</div><div>● Line Dancing (PAC)</div></div> <div><div>1:30 pm</div><div>● Movie: Runaway Bride (Thtr)</div></div> <div><div>5:30 pm</div><div>● Tech Time (Sunroom)</div></div> <div><div>6:30 pm</div><div>● Movie: Runaway Bride (Thtr)</div></div>
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November 2022 EVENTS

Nov 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.

Nov 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.

Nov 1: 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!

Nov 1: Afternoon Bridge

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

Nov 1: BUNKO

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

Nov 1: Line Dancing

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.

Nov 1: Runaway Bride

Sparks fly after a newspaper columnist writes a one-sided, sexist story about a commitment-adverse bride who abandoned three men at the altar. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Nov 1 & 14: 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.

Nov 2: Group Exercise

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

Nov 2: 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.

Nov 2: Alzheimer's Bake Sale

Be sure to join us for our semi-annual bake sale. This time we will be selling baked goods made by you to collect money for the Alzheimer's Association. Baking or not, don't forget to come by the table in the lobby to get you something sweet on November 2 from 10:00 am-1:00 pm.

Nov 2: 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.

Nov 2: Needle Arts Group

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

Nov 2: Mah Jongg Lessons

If you attended the MahJongg interest session and signed up for lessons this is for you! Don't forget that we will meet in the LCR each Wednesday at 1:15 pm.

Nov 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.

Nov 2: Oh Brother, Where Art Thou?

In this update of Homer's "The Odyssey," set in the 1930s Depression-era deep South, three convicts- the silver

tongued Everett, the simple Delmar and the maladjusted Pete- escape from a chain gang and embark on an adventure of a lifetime. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Nov 2: 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.

Nov 2: 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.

Nov 3: 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.

Nov 3: Mini-Series: 1883

A prequel to "Yellowstone," "1883" follows the Dutton family as they flee poverty in Texas and embark on a journey through the Great Plains to seek a better future in Montana. Real-life couple Tim McGraw and Faith Hill star as James and Margaret Dutton, while Sam Elliott portrays Shea Brennan, a tough cowboy who has sadness in his past. Showtimes are at 1:30 pm in the theatre.



Nov 3: Are You Really Okay?

Every day we get asked how we are doing. Most people respond with good, fine, okay, etc. Have you stopped and thought am I really okay? Am I just coasting through? No matter your answer, we hope you will join Deb Terry, coauthor of Alzheimer's. Dementia. What now? A book on help and hope for Caregivers, Family, and Friends in the PAC at 2:30 pm. She will be talking about her personal experience caring for her father and sharing from her book. You do not want to miss this!

Nov 4: 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.

Nov 4: Cornhole Club

Come out and join us for our newest trending game, cornhole. Whether your new to playing, or an expert, everyone is welcome. Join us at the lake at 10:30 am for a fun time.



Nov 4: Chair Yoga

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. Beginning November 7th, we will meet Mondays at 10:30 am in the PAC & live TV.

Nov 4: Music with Double D

The Double D Band plays a wide range of songs and genres, but especially music from the 50s. Playing guitars and mandolins, they've appeared on tv including MTV and the BBC. Join us in the PAC at 6:00 pm to enjoy this wonderful performance.

Nov 5: 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.

Nov 7: Poetry Group

Come and join the poetry group. You'll be surprised at how much poetry you already know and love. All are invited to attend! We will meet in the Ante room at 10:00 am.

Nov 7: Hobby Pines Group

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

Nov 7: 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.

Nov 8: Voting

Election Day is here! If you haven't yet voted, Kirby Pines is offering free transportation to the polls. If you are interested, please sign up with the Activities Office. You must be registered with your Kirby Pines address to ride with us on election day. We will meet in the lobby at 9:00 am.

Nov 8: Rumor Has It

When a young woman discovers her grandmother may be the inspiration for Mrs. Robinson in 'The Graduate,' she seeks out the one man who knows the truth. Showtime is at 1:30 pm in the theatre.



Nov 8: Birthday Night with Brad Birkedahl

Brad is best known for his work with rockabilly trio, the Dempseys. Today, he has expanded his rock n' roll repertoire with a powerhouse stage show. Join us as we celebrate at 6:30 pm.

Nov 9: Garden Gro'ers

Love gardening? Come join us at the monthly meeting. We hope to see you and a friend in the Greenhouse at 10:30 am.

Nov 9: Hunt for Red October

When a Soviet nuclear sub headed toward American waters drops off U.S. scanners, the Yanks and CIA analyst Jack Ryan scramble to respond. Showtimes are at 1:30 pm and 6:30 pm.

Nov 10: KP Photo Club

We are meeting at 1:00 pm this month to take your photos for the Photo Club Calendar, so bring your SMILES! Large Card Room.

Nov 10: Resident Association Meeting

Join us for our next Resident's Association. We will have our normal business meeting followed by a special guest speaker from the University of Memphis Athletic Department. Be sure to come out to the PAC at 2:00 pm.

Nov 11: Travelers: Heritage Museum

Join us for our next trip! First stop is lunch at Livingston's Soda Fountain and Grill. Originally the town's post office, Livingston's is now a Brownsville eatery. It is sure to make one feel like a kid again. Next, we'll head to the Heritage Center which includes the Flagg Grove School, Tina Turner's Museum, and the last home of Blues pioneer, "Sleepy" John Estes. Inside visitors can learn about the history of cotton, explore the scenic and "wild" Hatchie River, and get to know the legendary musicians who called West Tennessee home. Reserve your spot for \$10 in the Activities office. We will meet in the lobby at 10:15 am the morning of the trip.

Nov 11: Veteran's Salute with Johnson & Johnson

Join Jay Johnson and John Johnson, Vietnam Veteran, of Johnson and Johnson for a special Veteran's Day program. The program will begin at 6:00 pm in the PAC.

Nov 12: Memphis Alzheimer's Walk

Ride the bus with us to the Memphis Alzheimer's Walk at the Botanic Gardens. We will meet in the lobby at 8:00 am the day of the walk. You must sign up for this event by calling or stopping by the Activities Department.

Nov 12 & 26: 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 US and World Geography. However, trivia questions can be presented on any topic. Join us at 6:15 pm in the Ante Room.

Nov 14 & 28: Alterations

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

Nov 15: Ocean's Eleven

Fresh out of prison, debonair thief Danny Ocean assembles a crew of specialists to pull off an elaborate heist of three Las Vegas casinos. Showtime is at 1:30 pm in the theatre.



Nov 15: Country Western Dance

Grab your boots and your ten-gallon hats and head on yonder to the PAC for our Country Western Dance. Prepare for a boot-scootin' good time as we dance the night away. The photobooth will open at 6:00 pm and the music will begin at 6:30 pm.

Nov 16: 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.

Nov 16: Alzheimer's Walk

Can't make it to the Memphis walk? No worries! Each year we host our own walk right here on property at Kirby. Call or email Activities or sign up for the walk at the bake sale. We will meet in the lobby at 10:00 am the morning of the walk.

Nov 16: Then Came You

A lonely widow plans a trip around the world with her husband's ashes, to visit the places they loved in the movies. The first stop on the journey changes her life

forever. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

Nov 18: Art Wall Opening

Come enjoy some refreshments while we see and hear about art made some of our very talented Kirby Pines residents. The show will begin in the PAC at 2:00 pm.

Nov 18: Music with Breeze Cayolle

Brian "Breeze" Cayolle's music is soulful, strong and deeply rooted in the R&B, jazz, and rock and roll traditions of his native New Orleans. Breeze is joined by acclaimed jazz keyboard artist Alvie Givhan. Together, they bring the energy of New Orleans live jazz to you. Join them in the PAC at 6:00 pm.

Nov 19: An Afternoon of Piano

Join us for an afternoon of music. We will have several students from a local piano studio performing. Join us in the PAC at 2:30 pm.

Nov 21: Jewelry Repair

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

Nov 22: The Book Baggers

Delia Owens spent her writing career in the world of nonfiction books dealing with wildlife and her life as a scientist in Africa. In 2018 Dr. Owens' first efforts in the field of fiction hit the shelves and has taken the literary world by a storm. "Where the Crawdads Sing" was named Best Book of the Year by The New York Times Book Review, Bloomberg, USA Today, Southern Living, BuzzFeed, Real Simple, The Skimm, Bustle, and more. Join us in the PAC at 9:30 am as Pat Brand leads the group in sharing the joys and nuggets of insights we have found in Delia Owens' first work of fiction, "Where the Crawdads Sing." Be sure to also check the Pinecone and mark your calendar for one of the showings of "Where the Crawdads Sing" in our own theatre.

Nov 22: While You Were Sleeping

A lonely subway worker becomes smitten with a handsome stranger. But when she saves his life after he's been mugged and has fallen into a coma, his offbeat

family mistakes her for his fiancée. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

Nov 23: Clear & Present Danger

When the president's friend is murdered, CIA Deputy Director Jack Ryan becomes unwittingly involved in an illegal war against a Colombian drug cartel. Showtimes are at 1:30 pm and 6:30 pm.



Nov 25: Music with Stephen White

Stephen is a professional opera singer who has performed with the New York Grand Opera, the Bronx Opera, the European Opera Ascona, and Opera Memphis. He is equally trained on the musical stage, and has appeared in dramas and musicals, including appearances in The Sound of Music and As You Like it. Join us for Friday night music with Stephen at 6:00 pm.

Nov 29: Seven Pounds

Weighed down by a dark secret, IRS agent Ben Thomas tries to improve the lives of seven strangers in need of a second chance. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

Nov 30: Travelers: A Christmas Carol

Join us and kick off the Holiday Season with lunch at Venice Kitchen and a trip to Theatre Memphis where we'll see A Christmas Carol, a Senior Arts Series holiday tradition. This beloved production has been staged by Theatre Memphis for over 40 years. Reserve your seat in the Activities Office for \$10. We will meet in the lobby at 11:00 am the morning of the trip.

Nov 30: Big Business

Two sets of twins are separated at birth. Forty years later, their paths cross amid the hustle and bustle of Manhattan, and the result is unrestrained pandemonium. New York's opulent Plaza Hotel is the setting for a wildly hilarious, classic case of mistaken identities, split personalities and double trouble. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

PUZZLE CHALLENGE | Giant Word Search

C A O J S W K Z K Q P N A T I O N A L G U A R D
 Y I Q U A M E R I C A N F G F F R L K W F K D P
 K R O P G E U S T F T E B Z L Y B L E T H T J U
 G F F G F B P Z K B R V F I N C W H F J T X T O
 O O H V L B C I Q U I E Z X L O L B S R O R U S
 F R X E A J K J V W O L H M X A E G H R O X F J
 V C T T G F K U U L T O T B F S T J A O K F O D
 Y E Z V S P D D T D N M V L N T U Q P O W J A K
 K B A Q R D O H I O Y W C O O G L S F I J E O H
 Q C D G A J E T R V P Y H C V U A M O O A G Q A
 C L Y Q D R N B X A M V D N E A S D Q A Y V A N
 V O H F O J I A R V A S O W M R N P E X G G Q R
 Y T M V S U R A S X M R A S B D H V D S P U O S
 B Z R M Q O D P P E J N M M E M I Q U K T J V Y
 V L K H E E L J Y L N N M Y R E A K T S J D E R
 X H Q M S M M D K Y B I X Q T P S H I R E K T A
 C N E C D O O D I S Z Y R N R K V H T A A F E T
 Z L H L G G P R F E T Z A A N D X K A W O P R I
 Q G L S I I I H A Y R M J A M Z P J R D L U A L
 R A W N A E R O K T W S H O K H P A G L Y L N I
 V J B J D B L K B A E T J W P N F R G R B I S M
 A L K I J J J V R N N D R E S P E C T O N Z Y Y
 D H M Q Z I N F A N T R Y B H U J H Z W W L F X
 S F E A M D T V A M S Q D M E D A L S R Z I J B

VETERANS DAY Find the Words hidden in the grid of letters.

AIR FORCE
 AMERICAN
 ARMY
 COAST GUARD
 COMMEMORATE
 FLAGS
 GRATITUDE
 HERO
 HONOR
 INFANTRY
 KOREAN WAR
 MARINES
 MEDALS
 MILITARY

NATIONAL GUARD
 NAVY
 NOVEMBER
 PARADES
 PATRIOT
 RESPECT
 SALUTE
 SOLDIERS
 THANKS
 TROOPS
 VETERANS
 VIETNAM WAR
 WORLD WARS



Puzzle Solutions page 23

PICTURING LIFE AT KIRBY PINES



The Kirby Pines Travelers took a trip "through the looking glass" to the Alice In Wonderland Exhibit at the Memphis Botanic Gardens.



Pat Brand, Walt Bodner and Jane Longfield with the Queen of Hearts.



Residents greet a member of the Memphis Police Department for the kick-off of the 2022 Faith & Blue weekend.



Mark Maxwell, George Courington and Hugh Wilson are excited to check out all the Memphis Police cars parading around Kirby.



Vollie Sanders celebrates her October Birthday with husband, Darrell.



Jerry and Bonnie Nowlin with their daughter, René, daughter-in-law, Harold Ann and their son, Don.
Photo by Sydney Wagner.

PICTURING LIFE AT KIRBY PINES



Ray Albonetti celebrates his first Kirby Birthday with wife, Nancy, daughter-in-law, Lorie and son, Andy.



Beverly Colditz is surrounded by Mike Jaeger, husband, Richard, Ellie and Sam Bates and Bettye Speake, who were all on hand to celebrate her birthday.



Residents of Kirby Pines and The Farms at Bailey Station gathered together and headed downtown to The Orpheum Theater to see *Pretty Woman, The Musical*.



Joanie Morgan exercises her right to vote at Kirby Pines.



Barbara Phillips and Jean Harvell at the Think Pink Dance.



Shirley and Joe Brooks always look like they are having a good time!



Geneva and Joe Jackson are ready to enjoy some music and fellowship.

PICTURING LIFE AT KIRBY PINES



Ruth Wigg pitches a bag while playing Cornhole on a nice fall day.
Photo by Stuart Eyman.



Alice Wherry and John Travis Thornton are the October Bridge winners. Photo by Steve Martin.



Joyce Read has her book, *Surprised by Imperfection*, signed by new author, Shari Brand Ray, during a special presentation by the Book Baggers.



Linda and Steve Tittle enjoying the Fall Festival, despite the rainy day.



Sandra Overbey grabs something from one of the food trucks during the festival.



Pat and Bankie McCarty with Marilyn McCormick are all smiles.



Linda Thompson looks fabulous in her fall attire.



Grassfire Bluegrass Band is always a favorite when they play at Kirby Pines.



JoAnn Mercer is about to enjoy some ice cream from Mr. Frostee.

KIRBY PINES PHOTO CLUB



Nature At It's Best
Photo by Connie Carter



Celebrating Color
Photo by Stuart Eyman



Animated Flowers
Photo by Sheryl Maxwell



Art On Fire
Photo by Neil Lloyd



Morse Code Clouds?
Photo by Sylvia Statham



Go Tigers, Go!
Photo by Steve Martin



Blooming Hydrangea
Photo by Fred Dabrowski



The Fabulous Marilyn Wray
Photo by Sydney Wagner



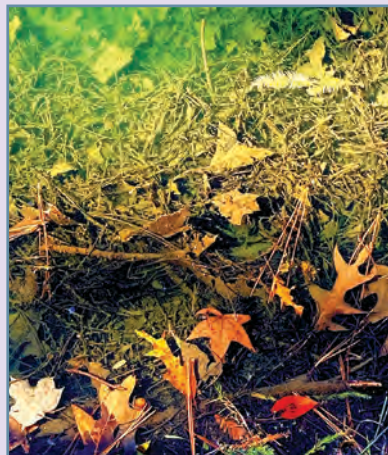
Gnomes Welcome
Photo by Jane Longfield



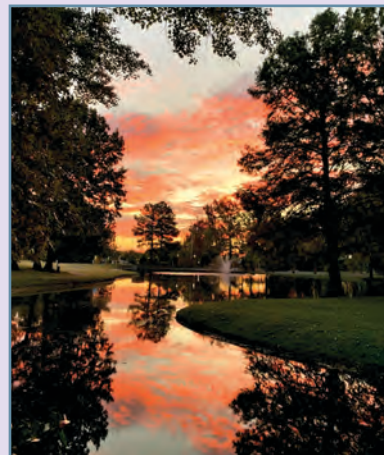
Hidden Explorer
Photo by Carolin Thomason



Looking Over Kirby Pines
Photo by Betty Moore



Water's Edge
Photo by John Sosh



Morning Calm
Photo by Mary Ann Thurmond



Entangled Tree
Photo by Dale Jones

Memorials, Honorariums & Gifts

In Memory Of

BOB FIELD

Donation by KP Residents Association
to the Hobby Shop

Donation by Sydney Wagner
to the Book Baggers

JoANN DAVIS

Donation by Joe & Shirley Brooks
to the Employee Fund

Donation by George Courington
to the Employee Fund

Donation by John Travis Thronton
to the Entertainers

Donation by William Sayle
to the Entertainers

Donation by Marilyn Wray
to the Ham-ateurs

Donation by Joy Wernet
to the General Fund

Donation by Mary Artman
to the Employee Fund

Donation by Joan Dodson
to the Entertainers

MARTHA GARDINER

Donation by KP Residents Association
to the Employee Fund

Donation by Carol H. Odom
to the Library

Donation by Barbara Logan
to the Employee Fund

Donation by Del & Jo Mercer
to the Employee Fund

Donation by Berry & Betty Terry
to the Employee Fund

Donation by Barbara Hanrahan
to the Employee Fund

Donation by Joan Gilliland
to the Book Baggers

Donation by Sydney Wagner
to the Employee Fund

In Memory Of

GLENN WALL

Donation by Bettie W. Smith
to the Book Baggers

DON JOHNSON

Donation by Jane Longfield
to the Employee Fund

BOB MARSHALL

Donation by KP Residents Association
to the Ballroom Dancers

MAURINE HALLIBURTON

Donation by KP Residents Association
to the Entertainers

In Honor Of

MARK MAXWELL

Donation by Steve Tittle
to the Hobby Shop

Donation by Elsie Bloodworth
to the Hobby Shop

Donation by Bill & Margie Meck
to the Hobby Shop

Donation by Jane Longfield
to the Hobby Shop

MIKE & SUZANNE HUFNAGEL

Donation by George & Nancy Pence
to the Hobby Shop

CURT & PEGGY WILSON

Donation by Joan Dodson
to the Hobby Shop

RAY TANNER

Donation by Joyce Murdock
to the Hobby Shop

MIKE HUFNAGEL

Donation by Mary Stagg
to the Employee Fund

CURT WILSON

Donation by Sydney Wagner
to the Hobby Shop

Donation by Janice Wall
to the Hobby Shop

**CHECK OUT
OUR CHANNEL
FOR ALL OF
OUR VIDEOS!**



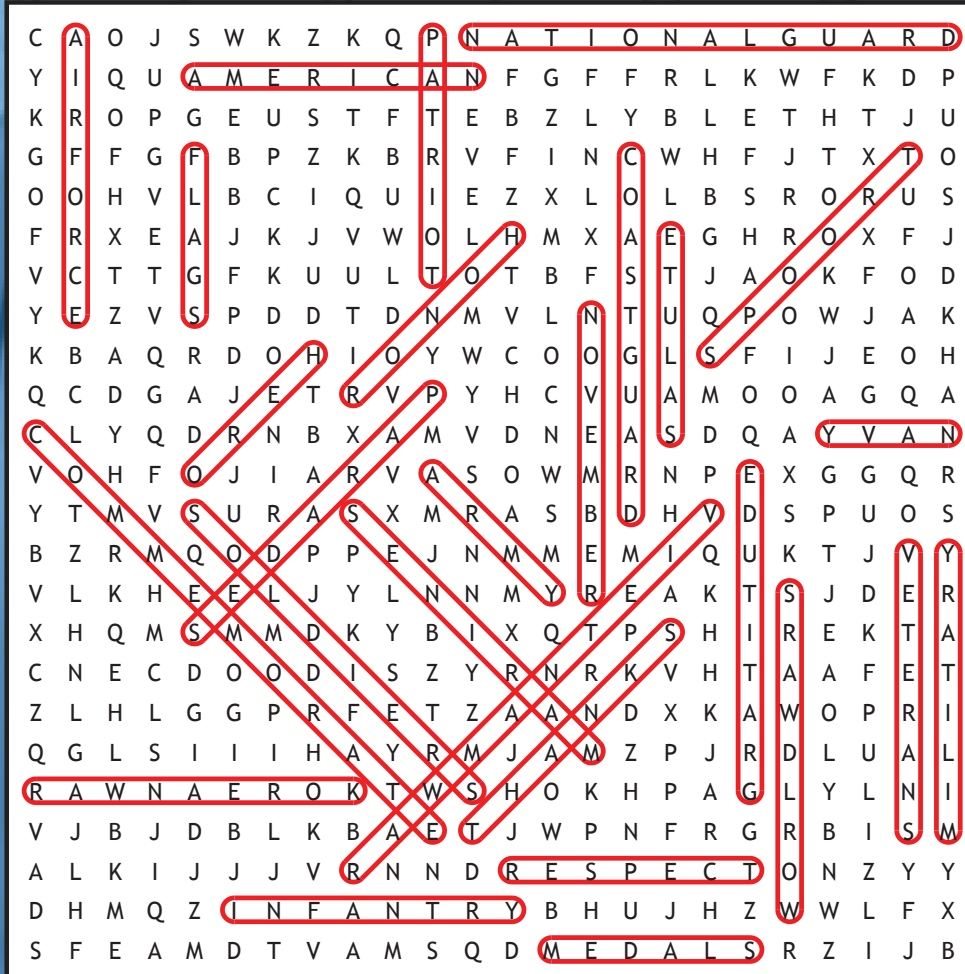
Simply go to
youtube.com
and search
Kirby Pines!

**TO SEE MORE
PHOTOS
AND HAPPENINGS
CHECK OUT OUR
FACEBOOK PAGE!**

Simply go to
facebook.com
and search
Kirby Pines!



GIANT WORD SEARCH



ANSWERS TO PUZZLE
CHALLENGE ON PAGE 17

Here Is Kirby Pines' Rehab Provider



Functional
Pathways

Therapy that exceeds expectations

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

FOR MORE INFORMATION

Contact Thomas O'Malley at 901-568-0643 or email: tomalley@kirbypines.com

CHRISTIE'S COIFFURES

Manicures | Pedicures | Facials

Ask About
Our Monthly
Specials!

Women's Haircuts
Shampoo & Sets
Perms & Coloring
Separate Barber Shop

Call for Appointment

369-7311



PUMPKIN DECORATING CONTESTANTS

Sydney Wagner,
Stuart Eyman,
Carolyn Thomason,
Genenne Wilson and
Sheryl & Mark Maxwell.

Not pictured:
Elsie Bloodworth &
Phyllis Mitchell

Kirby Pines
LifeCare Community



SYDNEY WAGNER



STUART EYMAN



CAROLYN THOMASON



GENENNE WILSON



SHERYL & MARK MAXWELL



**ELSIE BLOODWORTH &
PHYLLIS MITCHELL**

