

the PINECONE

The Magazine of Kirby Pines LifeCare Community • February 2023 | V. 41 | I.2



JACKIE GUNTHER & ARTEMUS

*are the "Cat's Meow"
this Valentine's Day
at Kirby Pines.*

Remember All Your Valentines *at Kirby Pines*

Do you remember when celebrating Valentine's Day meant making cut out cards and sending them to your friends? Or going to buy a whole package of cards for your school class and teacher for thirty-nine cents? Do you remember saving to buy a sampler box of candy for your mom in hopes that she would share some with you? In our youth, this was just another holiday where we told as many friends and family members that we cared and loved them.

While European countries have celebrated Valentine's Day for centuries, British settlers most probably imported it to North America in the 19th century. The first mass-produced valentines made of embossed paper lace were produced in Worcester, Massachusetts in 1847. The creator, Ester Howland, took her inspiration from an English card she received and her father sold her cards in his general store. Originally meant to be shared among one's "true love", by the early 20th century valentine cards were being exchanged among family members and soon afterward friends. The practice of exchanging cards was extending to all manner of gifts in the second half of the 20th century.

As we got older, somehow Valentine's Day took on a different meaning, and the number of cards we sent grew smaller until there were only one or two that we purchased. Of course that was a good thing, as receiving these cards had a much deeper and stronger meaning to

each of us. Yet thinking back over the years, I sometimes wonder if it would not have been better had we continued the innocence of youth regarding the number of friends and family members we made time to send valentine cards to. After all, if we can make that special person in our heart smile by just reminding them how much we care about them with a simple card on Valentine's Day, why not double, triple or even quadruple that number by simply returning to what seemed so normal in our youth?

Therefore, please think of this as my Valentine's Day Card to all of you, but more importantly, as a testament of the friendship we have developed over the years.

Happy St Valentine's Day!



Michael
Escamilla,
Executive
Director,
Kirby Pines

ON THE PINECONE COVER

Celebrating Love & Laughter at Kirby Pines

As we begin the month of February, one thing comes to mind, Valentine's Day. But at Kirby Pines, February also means fun!

We have loads of activities planned to keep your hearts pumping and your disposition sunny. On the 12th, we have our annual Superbowl Party to show your team spirit. We have a Valentine's Meal on the 14th and everyone's favorite, Charlie Day, on the 16th featuring his fresh made biscuits and jam. The Entertainers present *Love is in the Air* on 17th and we celebrate Fat Tuesday with a Mardi Gras Ball on the 21st. Art Wall is on the 24th to show off how much talent is here. We are having a Health Expo on the 25th to make sure we're in good shape and Lunch Bunch is back on the 28th to get some wonderful Memphis BBQ at the Commissary.

Our front cover features Jackie Gunther's cat, Artemus, as he perches on her shoulder, aware of all that is going on around him. Do you suppose he knows she's his Valentine? I'm sure he'll get a heart-shaped treat or two this month.

Our back cover is a testament to love and happiness. Our amazing residents showed up by themselves, with spouses, friends, family and pets to celebrate Valentine's Day. They continually show us that Kirby Pines is one big happy family.



Valentines of Germantown
Presbyterian; Mary Blanche Scott, Jan Thomson, Jennie Fulmer, Alma Crone, Barbara Logan and Dorothy Hartzog.

Kirby Pines Retirement LifeCare
is managed by:



Retirement Companies of America

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is available at www.kirbypines.com*



Get to know Kirby Pines'

NEW RESIDENTS



Ray & Nancy Albonetti

Ray and Nancy Albonetti came to Kirby Pines from their previous home in east Memphis. Married for 29 years, they are proud of their large blended family.

After graduating from Christian Brothers College, Ray had a long career as a CPA.

Nancy graduated from the University of Memphis and worked as the manager of business affairs for the Pink Palace Museum.

A captain in the United States Marine Corps, Ray was a fighter pilot. It is no surprise his favorite movie is "Top Gun: Maverick." Qualifying as a carrier pilot is his proudest accomplishment.

Traveling has brought great joy to Ray and Nancy. Their destinations include Italy, France, Switzerland and many more. They also enjoy photography, golf, bridge, and gardening. Along with their many interests, Ray is a violinist.

Make it a priority to meet this couple if you haven't already. They have many adventures and interests to share with their new neighbors. We are elated they chose our community for this chapter of their life. They are definitely a good fit for our many resident activities, make them welcome.



James & Ruth Remeur

James (Jim) and Ruth Remeur are natives of Michigan, Kalamazoo and Grand Rapids. They have moved from their previous home in Collierville, Tennessee.

Married for 54 years, they have four children and four grandchildren.

The Remeurs graduated from Calvin University in Grand Rapids, Michigan. Ruth majored in Elementary Education while Jim earned his degrees in religion and became an ordained minister. He had a 51 year career serving as an area representative with "The Navigators." Jim has not served in the armed forces but as a Navigator representative ministered to servicemen in Tennessee and Texas for five years.

Their lives have revolved around their calling to evangelism and discipleship but when time permits, Jim likes fishing and car mechanics. Jim is a book collector and Ruth enjoys collecting seashells.

Jim has made 18 trips to Russia and Ruth accompanied him on three occasions. Traveling east and west, coming and going that many times to Russia Jim says "he has been around the world."

Extend a warm Kirby welcome to the Remeurs. You'll find the stories of their adventures most interesting. When you see Jim and Ruth, make sure you introduce yourself if you haven't already, you'll be happy you did!



This is Dedicated to **the One I Love**

Remember that old love song from the 60's. Taking care of yourself for the one you love may be just the motivation you need to begin a healthier you.

Care giving for a loved one can be one of life's most draining experiences: affecting mind, body and soul. To counter this, set personal health goals. For example, set a goal to find time to be physically active on most days of the week, or set a goal for getting a good night's sleep. It's also crucial to eat a healthy diet. When caregivers understand that, there can be a tremendous sense of relief that allows them to set more realistic goals. Remember these keys to keep depression at bay:

Maintain a life outside of care giving. Stay connected to friends. Don't give up your daily routines. **Maintain your health.** Get regular check-ups, eat a balanced diet, and exercise. **Exercise.** It un-kinks tense muscles, revs up the cardiovascular system, and floods the brain with feel-good chemicals, such as endorphins. **Use simple de-stressing techniques.** Deep breathing, muscle relaxation, meditation, and self-massage. And laugh. "People don't think of humor as a way to cope with stress, but they should". **Join a support group.** In support groups, you validate your role as caregiver, voice your fears, vent your frustrations, and learn coping strategies and techniques.

"Exercise is an antidote to aging," says Barry A. Franklin, PhD, director of the cardiac rehabilitation and exercise labs at Beaumont Hospital in Royal Oak, MI. A well-rounded routine, as part of a healthy lifestyle, may help you avoid things like falls, heart disease, and osteoporosis. Experts say many of the conditions people think are due to getting older have more to do with not moving enough.

At any age, these are the types of exercise you want to get:

Aerobic: good for your heart and lungs. It's also good for your blood pressure, blood sugar, cholesterol, sleep, and memory. What to do: You can walk briskly, walk in the water, or do any other activity that gets your heart rate up.

Strength training: good for your muscles and bones. It's the principle of "use it or lose it." What to do: Start with 2-pound hand weights or resistance stretch bands.

Flexibility and balance: helps prevent falls by stretching your muscles and keep them from stiffening up. What to do: Yoga and tai chi are good for both. You can also learn balance exercises in senior fitness classes or from a personal trainer.

Whatever you do, start at a medium pace, where you move a little bit but can still hold a conversation. Aim for 30 minutes a day and build up to that, even if you start with just 5 minutes at a time.

We have everything you need right here at Kirby Pines. Check out the Oasis for exercise equipment or join one of our exercise classes. Setting healthy goals for yourself can be "Dedicated to the ones you love."



Monday/Wednesday/Friday

Advanced Water Aerobics
Resident Led / Kim Roberts

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

Cardio Move & Strength
with Kim Roberts

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

TODAY
I WILL
LOVE
MYSELF
ENOUGH TO
EXERCISE

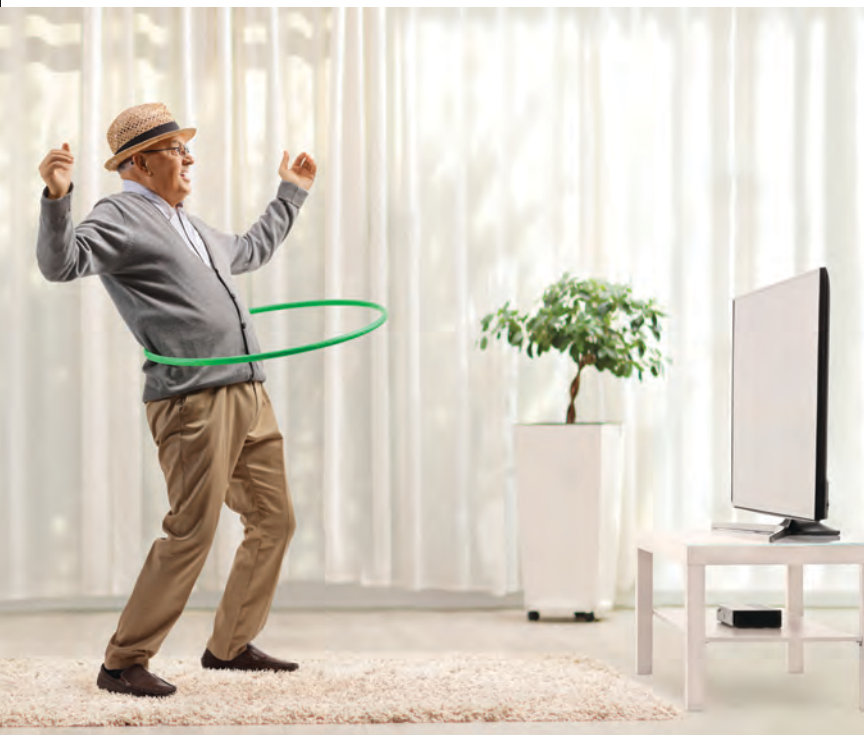




It's a well-known fact that regular physical activity is beneficial. It strengthens bones and muscles, combats health conditions and diseases, improves mood, boosts energy and makes you feel better. Another benefit to physical activity is the positive impact it has on your brain!

Being physically active improves cognitive health – it can improve the way you think, learn, problem-solve, and help you enjoy an emotional balance. Exercising can also improve your memory, reduce anxiety, and even help improve your quality of sleep. And here's the best part – ANY amount of physical activity has been shown to be beneficial.

Some of the effects of exercise on brain health happen immediately, meaning they occur during exercise or shortly thereafter, such as a reduced feeling of anxiety, improved sleep, and improved aspects of cognitive function. With regular physical activity, other long-term benefits occur, such as improvements in executive function (the ability to plan and organize, initiate tasks, control emotions), deep sleep, and more long-term anxiety management.



What Can You Do?

Being active might be easier than you think. Here are some ideas for how to stay active throughout the day. Remember – every little bit counts!

Daily Chores – what might count as physical activity? Cleaning, gardening, laundry, and other household chores can count as activity for the day! If it's getting you up and moving, it certainly counts.

Be Active While Watching TV – think of ways to be active to reduce the amount of sedentary time in the day. Keep a list of activities, such as arm circles, marching in place, or leg kicks, to do during commercial breaks, while watching your favorite shows.



Walk – walking is one of the simplest and most effective things we can do. Walk your dog, walk with a friend, walk to get the mail. Take the long way to get to dinner. Walk two times around the lake. Think of ways to get extra steps in!

The pros of exercise are countless. The next time you attend an exercise or dancing class, talk a walk, or a dip in the pool, remember you are improving your physical health, and your cognitive health!

If you need help determining which exercises might be best for you, reach out to the Functional Pathways Therapy Team and we will be happy to help guide you!

EXQUISITE CUISINE

Thursday, February 23, 2023



NY STRIP STEAK

28 day aged NY Strip Steak finished with Compound Butter and served with Twice Baked Potatoes and Roasted Asparagus.



TOMATO BISQUE & GRILLED CHEESE CROUTONS

Velvety smooth Tomato Bisque with miniature Grilled Cheese Croutons made from Brioche and Aged Cheddar.



OYSTERS ROCKEFELLER

The traditional classic to get the blood moving! Fresh Oysters, shucked, seasoned and topped with Bread Crumbs and Spinach, roasted to perfection!



COURTING SWANS

To end the meal, we have two Cream Filled "Swans" in a "Lake" of Raspberry and Chocolate sauces.

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314



Resident Spotlight: Michael Gilbert

EDUCATOR - WRITER - LEADER

Rhino and Zadye is a children's story written by Michael Gilbert, which teaches children about the rhinoceros and the conservation of the species. Michael has devoted his life to educating others and parenting his four children while enjoying the sports of soccer and golf. His current goals are to continue writing for children and adults, increase his skills in photography, and improve his game of golf. As with all people, Michael's life was shaped by the experiences of his childhood.

Michael was born in Brooklyn, New York. His grandparents and great-grandparents immigrated to America from England and Austro-Hungary. However, according to Michael's great-grandmother, many ancestors perished in the Holocaust. The community of Brooklyn was comprised of Jewish families from Eastern Europe and Italian Catholics. According to Michael, "It was a nice blend of different cultures and religions."

Unfortunately, Michael's mother died when he was five years old. His father remarried, and a more stable life resumed for a while. At the age of thirteen, Michael was enrolled in a private boarding school near Princeton, New Jersey. Michael says the experiences at the Peddie School laid a solid foundation for his future life. Soccer became a favorite sport. Following graduation from Peddie School, Michael enrolled in Northwestern University in Evanston, Illinois, and earned a Bachelor of Arts in English composition in 1966. Michael moved to the South to enroll in a Master of Arts in teaching at Emory University, from which he graduated in 1967. The internship part of the program opened doors for a career in education.

Michael began his teaching career in the inner city of Atlanta. During this time, Michael participated in an administrative career program at the University of Georgia and was recruited into their Doctor of Education degree program, from which he graduated in 1973. Moving from Atlanta to Athens, Georgia, Michael served as an elementary school principal before moving to Savannah, Georgia as a central-office administrator in the schools. Following that work, he was hired into a Bilingual/Cross-Cultural Education doctoral program as a faculty member at the University of the Pacific in Stockton, California. He also served as director of the Bureau of Educational Research and Field Services during his ten years at UCP. This was followed by thirteen years at the University of Arkansas, Little Rock, and finally, fifteen years at Central Michigan University in Mt. Pleasant, Michigan. Michael retired as Professor Emeritus in 2013 and moved to North Carolina where he continued his consultant work.

Obviously, education has played an important role in Michael's life. He has authored three books and multiple articles, and given many consultancies nationally and internationally. He has served as teacher and director of religious education in three congregations at various times while also holding other full-time positions in education. Becoming certified in communication and listening models resulted in a special emphasis in Michael's work and research through the years. His focus was to improve preparation programs for educational leaders by including additional curricula on interpersonal relationships. According to Michael, this has not occurred to any degree as "Old ways are difficult to change."

Michael has an extensive travel history. He says that many of his opportunities for travel were the result of his work. "It was a lot easier when someone else was paying the expenses!" admits Michael. His favorite countries are Portugal, Scotland, and Japan. The most fun was golfing and whisky tasting in Scotland. The most moving was the visit to the Wallenberg Memorial Garden at the Dohany Synagogue in Budapest. The memorial, according to Michael, resembles a willow tree with each leaf bearing the name of one of the thousands of Hungarian Jews who were killed by the Nazis.

Michael has loved soccer for most of his life. In addition to playing as a youngster, he refereed soccer for forty years. According to Michael, many soccer teams are coached or refereed by someone who has never played. Since 1990, Michael has given much time in assisting referees to improve their officiating skills.

While living in North Carolina, Michael served as an advocate in the courts for children removed from their homes because of abuse or neglect. Michael says, "It was heart-rending to see the problems that resulted in the children being removed from the home. Often adoption seemed to be the best option."

Michael is a father to four children, one son and three daughters, and grandfather to seven. His son lives in Memphis and his grandson Max will soon graduate from Lausanne Collegiate School. Max has been heavily recruited for his skill as a place-kicker. Look for him to be a starter on the University of Tennessee football team this Fall! Michael says, "I feel my greatest reward in life has been to see my children become independent contributing adults. I am so proud of all of them."

Michael made the decision to move to Kirby Pines in 2022 because he wanted to be near his family and to relieve them from having to make decisions concerning his future care. Since moving to Kirby, Michael enjoys playing golf three days a week and playing poker with a group of Kirby Pines residents. He belongs to the Photography Club and enjoys using his iPhone along with a regular camera.

Michael chose one of the beautiful Garden Homes as his residence. Free of house maintenance and yard work, Michael is able to enjoy the amenities of Kirby Pines.

Written by Joan Dodson, Resident of Kirby Pines



2005 Division 1
Soccer Match



KIRBY PINES 2023 CRUSADE FOR CHRIST

WEDNESDAY, FEBRUARY 22 - ERIC BRAND

THURSDAY, FEBRUARY 23 - DR. JIMMY LATIMER

FRIDAY, FEBRUARY 24 - GLORYLAND TRIO

Congratulations to our **CHAMPION of the Month**

Painter

WILLIE KNIGHT

Describe Your Family: Very joyful and happy.

Describe yourself in five words: Very kind and love to help others.

What do you do for fun: Go to the movies. *Hobbies:* Making my car look great.

What is your favorite thing about your job: Love to make things look good.

What is your favorite food: Meatloaf. *Favorite Song:* Stevie Wonder - Happy Birthday.

What is something you are proud of: My parents.

What would you like people to know about you: I'm very kind.



Willie Knight works extremely hard for a department that stands alone in what they do. He has perfect attendance and always works above and beyond what is expected of him. He has a wonderful work ethic and never complains. We are proud and lucky to have Willie in the Maintenance Department.

- Chuck Neeley, Director of Maintenance

REFLECTIONS

By
Maxie Dunnam



Childish or Childlike

With many of you here at Kirby I've had fear that someday people, talking behind my back, would accuse me of being *childish*. The dictionary defines *childish* as having "immaturity and lack of poise." As an 88 year old, I certainly didn't want to appear "immature." And goodness knows, I have privately considered myself as having poise.

Being a "person of the Book," I remember that, when he became an ardent follower of Jesus, Paul said, *I put away childish ways*. However, I was forced into putting that in sharper perspective when I remembered Jesus' word: "Let the little children come to me, for to such belongs the Kingdom of heaven."

I've had to conclude that there is a difference between *childish* and *childlike*... Rather than having "immaturity and lack of poise" as the dictionary defines *childish*, *childlike* is "marked by innocence, trust, and simplicity."

No wonder I like Eric Marshall and Stuart Hamphill's *Children's Letters to God*. One little boy prayed, "Dear God, I'm sorry I was late for Sunday School, I couldn't find my underwear." And another little boy prayed, "Dear God, please tell me where everybody came from, and I hope you explain it better than my daddy did." Children are open and alive. They have a perception

that we adults seem to have lost. Best of all they have the capacity of what I call living lightly. They're not burdened down by preconception. Their lives are not predetermined by force of habit. They're not closed to others because of sour experiences. They don't keep grudges.

So for God's sake, and for our community's sake, let's not be *childish*. Let's pray and work hard at being *childlike*.



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

February 2

Pastor Bob Turner
Senior Minister

White Station Church of Christ

February 9

Hickman Ewing
First
Evangelical Church

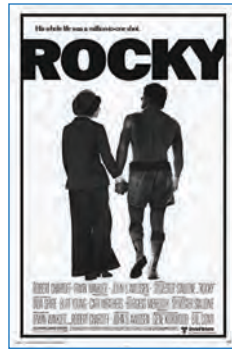
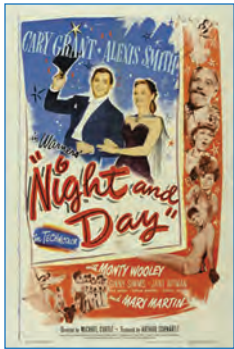
February 16

Dr Scott Alford
Executive Pastor
Germantown United Methodist

February 23

Dr Jimmy Latimer
Revival
Crusade for Christ

MEET ME AT



NIGHT AND DAY (1946)



Friday, February 3 | 1:30 pm

Saturday, February 4 | 6:30 pm

Sunday, February 5 | 6:30 pm

Cast: Cary Grant, Monty Woolley, Alexis Smith, Mary Martin

When his first stage show fails, songwriter Cole Porter goes off to fight in World War I until, injured, he lands in a hospital. He impresses nurse Linda Lee with his creativity, but their budding romance must wait as Cole heads home. Back in New York, he mounts a series of popular shows, and when his work brings him back to Europe, he eventually marries Linda. But success doesn't spare him from marital complications or bad news about a beloved relative.

ONE FINE DAY (1996)



Saturday, February 4 | 10:00 am & 1:30 pm

Cast: George Clooney, Michelle Pfeiffer, Mae Whitman, Alex Linz

Melanie Parker is an architect who needs to give a very important presentation. Jack Taylor is a reporter looking to land a big scoop for his story. Both are single parents whose children, Sammy and Maggie, respectively, miss the bus for a field trip. Left with their kids on such a hectic day, Parker and Taylor decide to put aside their bickering and juggle baby-sitting duties, but the rambunctious children don't make it easy.

NOTTING HILL (1999)



Sunday, February 5 | 1:30 pm & 4:00 pm

Cast: Julia Roberts, Hugh Grant, Rhys Ifans, Hugh Bonneville

William Thacker is a London bookstore owner whose hum-drum existence is thrown into romantic turmoil when famous American actress Anna Scott appears in his shop. A chance encounter over spilled orange juice leads to a kiss that blossoms into a full-blown affair. As the average bloke and glamorous movie star draw closer and closer together, they struggle to reconcile their radically different lifestyles in the name of love.

ROCKY (1976)



Friday, February 10 | 1:30 pm

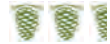
Saturday, February 11 | 6:30 pm

Sunday, February 12 | 6:30 pm

Cast: Sylvester Stallone, Talia Shire, Carl Weathers, Burt Young

Rocky Balboa, a small-time boxer from working-class Philadelphia, is arbitrarily chosen to take on the reigning world heavyweight champion, Apollo Creed, when the undefeated fighter's scheduled opponent is injured. While training with feisty former bantamweight contender Mickey Goldmill, Rocky tentatively begins a relationship with Adrian, the wall-flower sister of his meat-packer pal Paulie.

CHASING LIBERTY (2004)

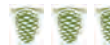


Saturday, February 11 | 10:00 am & 1:30 pm

Cast: Matthew Goode, Mandy Moore, Mark Harmon, Caroline Goodall

Anna Foster, code-named "Liberty," the daughter of the president of the United States, can't get the Secret Service off her back when she goes on dates with boys. Accompanying her father on a state visit to Prague, she eludes her protectors and meets a handsome British boy, Ben Calder, with whom she embarks on a romantic journey across Europe. But there's something she doesn't know about Ben: He's a Secret Service agent.

GLORY ROAD (2006)



Sunday, February 12 | 1:30 pm & 4:00 pm

Cast: Don Haskins, Josh Lucas, Derek Luke, Jon Voight

After being appointed the new coach of the 1966 Texas Miners, Don Haskins decides to build a team based on talent rather than race. The conservative townsfolk balk at the new racially diverse lineup despite the fact that the team is winning all their games. When black players like Bobby Joe Hill and team captain Harry Flournoy begin to dominate the court with flashy moves, the racial tension increases, jeopardizing the future of the team.

THE MOVIES



GREASE (1978)



Friday, February 17 | 1:30 pm

Saturday, February 18 | 6:30 pm

Sunday, February 19 | 6:30 pm

Cast: John Travolta, Olivia Newton-John, Stockard Channing, Jeff Conaway

Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. A wholesome exchange student and a leather-clad Danny have a summer romance, but will it cross clique lines?

THREE MEN AND A BABY (1987)



Saturday, February 18 | 1:30 pm & 4:00 pm

Cast: Tom Selleck, Steve Guttenberg, Ted Danson, Nancy Travis

New York City roommates Peter, Michael and Jack are all successful and happily unmarried, but Peter and Michael get the surprise of a lifetime when a young woman abandons an infant in front of their loft. They also receive a letter stating that the child, named Mary, belongs to Jack, but he's away on business. Michael and Peter are then forced to care for Mary -- and though they make hopeless babysitters, they soon become quite attached to the girl.

MISS YOU ALREADY (2015)



Sunday, February 19 | 1:30 pm & 4:00 pm

Cast: Toni Collette, Drew Barrymore, Paddy Considine, Dominic Cooper

A woman undergoes treatment to battle breast cancer while her best friend tries to get pregnant.

WHO'S AFRAID OF VIRGINIA WOOLF? (1966)



Friday, February 24 | 1:30 pm

Saturday, February 25 | 6:30 pm

Sunday, February 26 | 6:30 pm

Cast: Elizabeth Taylor, Richard Burton, George Segal, Sandy Dennis



History professor George and his boozy wife, Martha, return late one Saturday night from a cocktail party at the home of the college president, Martha's father. Martha announces that she invited another couple, newly appointed instructor Nick and his timid wife, Honey, over for a nightcap. When the younger couple arrive, the night erupts into a no-holds-barred torrent of marital angst and verbal tirades.

RAY (2004)



Saturday, February 25 | 10:00 am & 1:30 pm

Cast: Jamie Foxx, Kerry Washington, Regina King, Sharon Warren

Legendary soul musician Ray Charles is portrayed by Jamie Foxx in this Oscar-winning biopic. Young Ray watches his 7-year-old brother drown at age seven. When he loses his sight at the age of 9, his hardworking mother urges him not to feel sorry for himself. He rises through the ranks of the Seattle jazz scene, struggling with drug addiction and infidelity while on the road. Supported by his wife, Ray Charles redefines soul music and inspires a generation.

WALK THE LINE (2005)



Sunday, February 26 | 1:30 pm & 4:00 pm

Cast: Joaquin Phoenix, Reese Witherspoon, Robert Patrick, Ginnifer Goodwin

The rise of country music legend Johnny Cash begins with his days as a boy growing up on the family farm, where he struggles under the scorn of his father. As the years pass, Cash ends up in Memphis, Tenn., with his wife, Vivian, and breaks into the music scene after finding his trademark sound. While on tour, Cash meets the love of his life, singer June Carter, but Cash's volatile lifestyle threatens to keep them apart.




KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= GREAT

= PERFECT

<div>February 2023</div>		<div><div>8:30 am</div><div>● Advanced Water Aerobics (Pool)</div></div> <div><div>9:30 am</div><div>● Group Exercise (PAC)</div></div> <div><div>10:00 am</div><div>● Catholic Services (Chapel)</div></div> <div><div>10:00 am</div><div>● Pinecone Painters (A&C)</div></div> <div><div>1:00 pm</div><div>● Needle Arts Group (Sunroom)</div></div> <div><div>1:15 pm</div><div>● Mah Jongg Lessons (LCR)</div></div> <div><div>1:30 pm</div><div>● Game Play (LCR)</div></div> <div><div>1:30 pm</div><div>● Movie: The Misfits (Ththr)</div></div> <div><div>2:00 pm</div><div>● Ballroom Dancing (PAC)</div></div> <div><div>6:15 pm</div><div>● Wednesday Bridge Group (LCR)</div></div> <div><div>6:30 pm</div><div>● Movie: The Misfits (Ththr)</div></div>
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February 2023 EVENTS

Feb 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.

Feb 1: Group Exercise

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

Feb 1: 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.

Feb 1: 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.



Feb 1: Needle Arts Group

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

Feb 1: 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.

Feb 1: 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.

Feb 1: The Misfits

While filing for a divorce, beautiful ex-stripper Roslyn Taber ends up meeting aging cowboy-turned-gambler Gay Langland and former World War II aviator Guido Racanelli. The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's half-finished desert home together. When grizzled ex-rodeo rider Perce Howland arrives, the unlikely foursome strike up a business capturing wild horses. Showtimes are 1:30 pm and 6:30 pm in the theatre.



Feb 1: 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.

Feb 1: Bridge Group

The Bridge Group meets every Wednesday at 6:15 pm in the LCR and is open to all residents. Bring a partner and come join us. There is a sign-up binder outside of the Library.

Feb 2: 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.

Feb 2: Cardio Move & Strength

Gentle cardio and strength exercises to enhance energy and strength. This class will improve strength, improve balance, enhance energy and delay muscle and bone loss. Join us in the PAC at 11:00 am on Tuesdays and Thursdays.

Feb 2: 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.

Feb 2: Line Dancing

Line Dancing will be held every Tuesday and Thursday in the PAC. Come join for some fun exercise and a great way to make new friends. Beginners start at 1:15 and Advanced at 1:50. Everyone is welcome!

Feb 2: Mini-Series: Around the World in 80 Days

Join us for a PBS series, Around the World in 80 Days. This goes right along with our Book Baggers book of the month. Be sure to come out at 1:30 pm to catch the latest episodes in the theater.



Feb 3: 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.

Feb 3 & 17: 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 or LCR (weather dependent) at 10:30 am for a fun time.

Feb 3: Music with Steve and Shannon Johnston

The Steve and Shannon Duo includes husband and wife team Steve and Shannon Johnston. The duo plays country, blues and good old rock and roll. They have played at casinos, Beale Street clubs and venues all around Memphis for years. Steve's guitar playing and Shannon's wonderful vocals bring this duo to life. Music begins in the Lobby at 6:00 pm.

Feb 4: 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.

Feb 6: Poetry & Writing Club

Come and join us! You'll be surprised at how much fun it is! All are invited to attend! We will meet in the chapel at 10:00 am.



Feb 6: Hobby Pines Group

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

Feb 6: Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting. Many poses can also be done standing while using chair. Benefits of yoga are improving flexibility, improving concentration, reduce stress and joint pain. Join us in the PAC at 10:30 am each Monday.

Feb 6: Billiards Group

Social Pool for men and women! All skill levels welcome. We meet every Monday from 10:30 – 11:45 am in the billiard room. Come out and just have some fun with us!

Feb 6: Bingo

Come out for one of our largest activities! You're sure to make a new friend or catch up with some old friends. Join us in the PAC every Monday night at 6:30pm. Cards are \$1 to play, limit 2 cards per person.

Feb 7: Birthday Meal

Attention February birthdays! We want to celebrate you! Grab some friends and join us for lunch or dinner to celebrate your birthday. Please be sure to turn in your reservation form to the Resident Programs office by February 2 to secure your table.

Feb 7 & 21: Afternoon Bridge

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

Feb 7: BUNKO

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

Feb 7: The Best Exotic Marigold Hotel

Some British retirees decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts. Show times are 1:30 pm and 6:30 pm in the theatre.

Feb 7 & 13: 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.

Feb 8: Garden Gro'ers

Don't miss the first meeting of the year!! We hope to see you in the Greenhouse at 10:30 am.

Feb 8: The Odd Couple

Devastated over his impending divorce, fussy Felix accepts an offer to move in with his best friend, messy Oscar. Felix drives Oscar crazy with his obsession over his soon-to-be ex and Oscar arranges a double date with his two wacky British neighbors, Cecily and Gwendolyn. When the plan backfires Felix grows despondent and their friendship is put to the test. Show times are 1:30 pm and 6:30 pm in the theatre.



Feb 10: Music with The Beverly Brothers

The Beverly Brothers perform harmony based songs ranging from classic country to classic rock and roll favorites. This 2 guitar duo always delivers a spirited, high energy show that invites and incites audience participation. Come out to the lobby enjoy this wonderful performance. Music begins at 6:00 pm.

Feb 11 & 25: 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 Arts and Literature – English or American. However, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

Feb 12: Superbowl Party

Join us in the PAC for Superbowl LVII. Party starts at 5:00 pm with kickoff at 5:30 pm. Come early for a chance to participate in our Superbowl Trivia contest. Trivia sheets must be turned in before kickoff to be eligible for all questions. A hotdog buffet with all the fixings will be served at halftime.



Feb 13 & 27: Alterations

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

Feb 14: Valentine's Meal

Grab your honey or friends and come join us in the dining room for a special Valentine's Meal!

Feb 14: Taste of Romance

Uptight chef Sara gets fired up when her upscale café is overshadowed by a new restaurant next door that's run by a group of rowdy firemen. But her attitude begins to change when she connects with the hunky owner's motherless daughter. Show times are at 1:30 pm and 6:30 pm in the theatre.

Feb 15: 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.

Feb 15: Marshall

Young Thurgood Marshall faces one of his greatest challenges while working as a lawyer for the NAACP. Marshall travels to conservative Connecticut when wealthy socialite Eleanor Strubbing accuses Black chauffeur Joseph Spell of sexual assault and attempted murder. Marshall teams up with a local Jewish lawyer who has never tried a criminal case. Together, they build a case while contending with racist and anti-Semitic views from those who deem Spell to be guilty. Show times are 1:30 pm and 6:30 pm in the theatre.



Feb 16: Charlie Day

Join us in the Dining Room for a special Charlie Day breakfast at lunch and dinner time. You will need to bring your updated Resident Profile Sheet as your entry ticket for the meal.

Feb 16: KP Photo Club

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

Feb 16: Orpheum: Tina Turner

Come see the inspiring journey of a woman who broke barriers and became the Queen of Rock n' Roll. Enjoying hearing her much loved songs and an uplifting comeback story like no other. Tickets available through the Orpheum and transportation is \$5. If you would like to sign up for transportation or need assistance buying a ticket, please come to the Resident Programs office. We will meet in the lobby at 6:15 pm.

Feb 17: Travelers: The Old Forest

Join the travelers as we have guest, Steve Ross with us to show his film, The Old Forest. Following the film, we will have a discussion on the film including how it relates to Memphis History. You are encouraged, but not required, to check out the short story by Peter Taylor as well. We hope to see you in the theatre at 1:30 pm.

Feb 17: Entertainers: Love is in the Air

Join the Entertainers as they present some of you favorite love songs. There will be piano solos and the Kirby Pines Line Dancers joining the 24 voice Chorus and your favorite soloists.

Feb 20: Smith Jewelers

Have any jewelry in need of repair? Come see Van Smith in the SCR on the 3rd Monday at 9:00 am.

Feb 21: The Aviator

Eccentric mogul Howard Hughes plunges headlong into fame, aviation and more as his whirlwind career evolves into a tormented journey in this biopic. Show time is 1:30 pm in the theatre.

Feb 21: Mardi Gras Ball

Break out those beads and masks, it's Mardi Gras! Maybe you can't make it to Bourbon street, but you can make it to the PAC to enjoy a night of music and fun. Prepare to dance the night away with the sounds of the talented Jim Mahannah Band. Photobooth opens at 6:00 pm and the music starts at 6:30 pm.

Feb 22: Marley & Me

Newlyweds John and Jenny Grogan leave behind snowy Michigan and move to Florida, where they buy their first home and find jobs at competing newspapers. Soon afterward, the Grogans adopt Marley, an adorable yellow Labrador pup. But Marley soon grows up to be a mischievous handful. Still, even while he's destroying the furniture and failing obedience school, he always manages to bring out the best in John, Jenny and their growing family. Show time is at 1:30 pm in the theatre.



Feb 22-24: Crusade for Christ

Join us for 3 days of worship and music. We will meet in the PAC at 6:30 pm each evening.

Feb 24: Art Wall Opening

Come on out to the PAC at 2:00 pm to see our first Art Show of the year! We

will have refreshments, a presentation from the artist, and a chance to see the work up close and personal before it is hung.

Feb 25: Go Red Health Expo

Come join Chi Chi Chi Chapter of Chi Eta Phi Sorority, Inc, a Professional Nursing Sorority, as they present a health expo for you. You will have a chance to talk with nurses and get resources for living a healthy lifestyle. Join us in the LCR anytime between 9:30 am and 11:30 am.

Feb 28: The Book Baggers

"Around the World in 80 Days" by Jules Verne is our classic read for 2023. Written in 1873, the novel triggered the imagination of thousands of readers as they followed the journey of Phileas Fogg and his servant, Passepartout, at a speed which was unthinkable at the time. Join us in the PAC at 9:30 am as Phyllis Peterson leads our discussion as we share our thoughts about the story which remains a favorite read today. We will notice the similarities and differences between the novel and the Masterpiece series (showing every Thursday at 1:30 pm in the theatre).

Feb 28: Lunch Bunch: Commissary

Lunch Bunch is resuming! Come hop on the bus as we head to the Commissary for some great Memphis BBQ. Sign up in Activities by bringing your \$5 transportation fee. We will see you in the lobby at 11:00 am the day of the trip.

Feb 28: Father of the Bride

In this charming update of the much-loved Hollywood classic, Steve Martin turns in a winning performance as George Banks, the befuddled father who has a hard time letting go of his daughter when she unexpectedly announces her plans to wed. Show times are 1:30 pm and 6:30 pm in the theatre.





VALENTINE'S DAY Find the Words hidden in the grid of letters.

ADMIRER
AFFECTION
BE MINE
BOUQUET
BOYFRIEND
CANDY
CARD
CELEBRATE
CHOCOLATE
CRUSH
CUPID
DECORATE
FEBRUARY
FLOWERS
FOURTEENTH

GIFT
GIRLFRIEND
HEART
KISS
LOVE
PINK
POEM
RED
ROMANCE
ROSE
SMILE
SWEETHEART
TEDDY
TOGETHER
VALENTINE



Puzzle Solutions page 23

PICTURING LIFE AT KIRBY PINES

THE ANNUAL NEW YEAR'S EVE BASH



Jeanette and Steve Martin have fun at the photo booth.



Walter Overbey with his wife, Sandra, celebrate the New Year.



Hugh Wilson grabs a photo with Elsie Bloodworth.



Janice Collier toasts the New Year with Donna Griffin at the New Year's Eve Bash.



Linda and Steve Tittle pose for a photo with Malloy Kline.
Photo by Stuart Eyman.



Joe and Shirley Brooks are looking great!



Dale and Peter Jones snuggle up for a photo.



Jody and John Sosh never give up an opportunity to have fun in the photo booth.

PICTURING LIFE AT KIRBY PINES



Barbara Phillips and Mary Blanche Scott celebrate their birthdays with Barbara's husband, Maury, and friends Sydney Wagner and Willard Powell.



Freda Clements is with her husband, Phil, and friends, Ves & Pat Tinsley, Marty McKee and Ruth & Parker Nilsen to celebrate her birthday.



Don Winfield enjoys his birthday celebration with wife, Opal.



Sherron Ward gives a birthday hug to her friend, Beverly Hassell.



Smiles from the birthday girls, Shirley Anderson and Pat Slate.



Eric Wigg celebrates his January birthday with his wife, Ruth, granddaughter LeAnn and daughter Sharon.



Irene Baker and Patti Owen grab their seats to check out a movie in the Theater.

PICTURING LIFE AT KIRBY PINES



This month's bridge winners are Alice Wherry and Travis Thornton.
Photo by Steve Martin



Betty Terry looking fabulous after a trip to Christie's Coiffures at Kirby Pines.



Marilyn Sanderson chats it up with guest speaker, Michelle Betts, at this month's Book Baggers.



Jerry Dunnam gets a pic with John and Sally Coleman. Photo by Arrena Cheek.



Pat and Bankie McCarty are ready for the Winter Ball.



Marty McKee and Jane Longfield ham it up at the photo booth.



Carol and Joe Ballard know exactly what to do in the props.



Joyce Read and Bob Shears take to the dance floor at the Winter Ball.



Longtime friends, Pat Cavender and Marian Gray at the Winter Ball.

KIRBY PINES PHOTO CLUB

Thursday, February 16th at 3:00 pm in the Large Card Room

Photo Club Wanted to Show Their Love this Month!



LOVE-ly Sweater
Photo by Marsha Greiner



Heart of Stone
Photo by Dale Jones



Wreath of Roses
Photo by Sylvia Statham



Butterfly Heart
Photo by Jane Longfield



Cradled Heart
Photo by Arrena Cheek



Love Trinkets
Photo by Carolin Thomason



Heart on Hearts
Photo by Sheryl Maxwell



True Love
Photo by Connie Carter



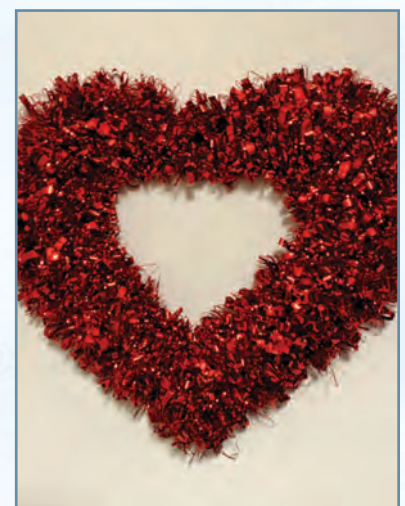
Art Deco Hearts
Photo by Sydney Wagner



Iron Heart
Photo by Stuart Eyman



Heart Pieces
Photo by Fred Dabrowski



Glitter Love
Photo by Hugh Wilson

Memorials, Honorariums & Gifts

In Memory Of

HYRAM LOFTIN

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

JENINE RIDDLE

Donation by Becky Leatherwood
to the General Fund

MARY TRUITT

Donation by KP Residents Association
to the Entertainers

Donation by Genevieve Imbalzano
to the Entertainers

Donation by Barbara Hanrahan
to the Entertainers

JO WILLIAMS

Donation by Becky Leatherwood
to the General Fund

BETTY BLAKE

Donation by KP Residents Association
to the Pinecone Painters & Fabric Artists

In Memory Of

DAVID SPELL

Donation by KP Residents Association
to the General Fund

Donation by Barbara Logan
to the Employee Fund

Donation by William Sayle
to the Hobby Shop

NELL SHEARS

Donation by KP Residents Association
to the Ballroom Dancers

Donation by Banky & Hugh Wilson
to the General Fund

In Honor Of

ROY THURMOND

Donation by Ken Christiansen
to the Hobby Shop

JEANNIE VALENTINE

Donation by Carol Lee
to the Hobby Shop

In Honor Of

MARK MAXWELL

to the Hobby Shop

Donation by Alice Dieckhaus

Donation by Emily Owen & Family

Donation by Scott Blake

Donation by Rosalind Edwards

Donation by Flo Seward

Donation by Ernie Leuenberger

JANIE SMITH & CHORAL GROUP

Donation by Flo Seward
to the Entertainers

STEVE & JEANETTE MARTIN

Donation by Sydney Wagner
to the Book Baggers

Gifts To

THE ENTERTAINERS

THE PINECONE PAINTERS

THE BOOK BAGGERS

Donations by Carolin & Ken Thomason

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

Simply go to
facebook.com
and search
Kirby Pines!



OUR BACK COVER VALENTINES

Row One:

Mal & Jean Mauney, Buddy & Martha Pugh, Raymond & Jean Harvell, Genenne & Mazie Wilson, Ray & Nancy Albonetti, Jim Gordon & Nikki Schroeder.

Row Two:

Jane Longfield, Bill & Ellen Sayle, Mark & Sheryl Maxwell, Parker & Ruth Nilsen and Family, John & Sally Coleman, Diane Mullins & Nancy Dewbre.

Row Three:

Phil & Freda Clements, Ken & Carolin Thomason, Sherron Ward, Jerry & Bonnie Nowlin, Malloy Kline, Jim & Janet Turner.

Row Four:

Sydney Wagner & Billie Jean Ratliff, Stuart & Bonnie Eyman, Leon & Marilyn Sanderson, Richard & Arrena Cheek, Berry & Betty Terry, Helen Gaines.

Row Five:

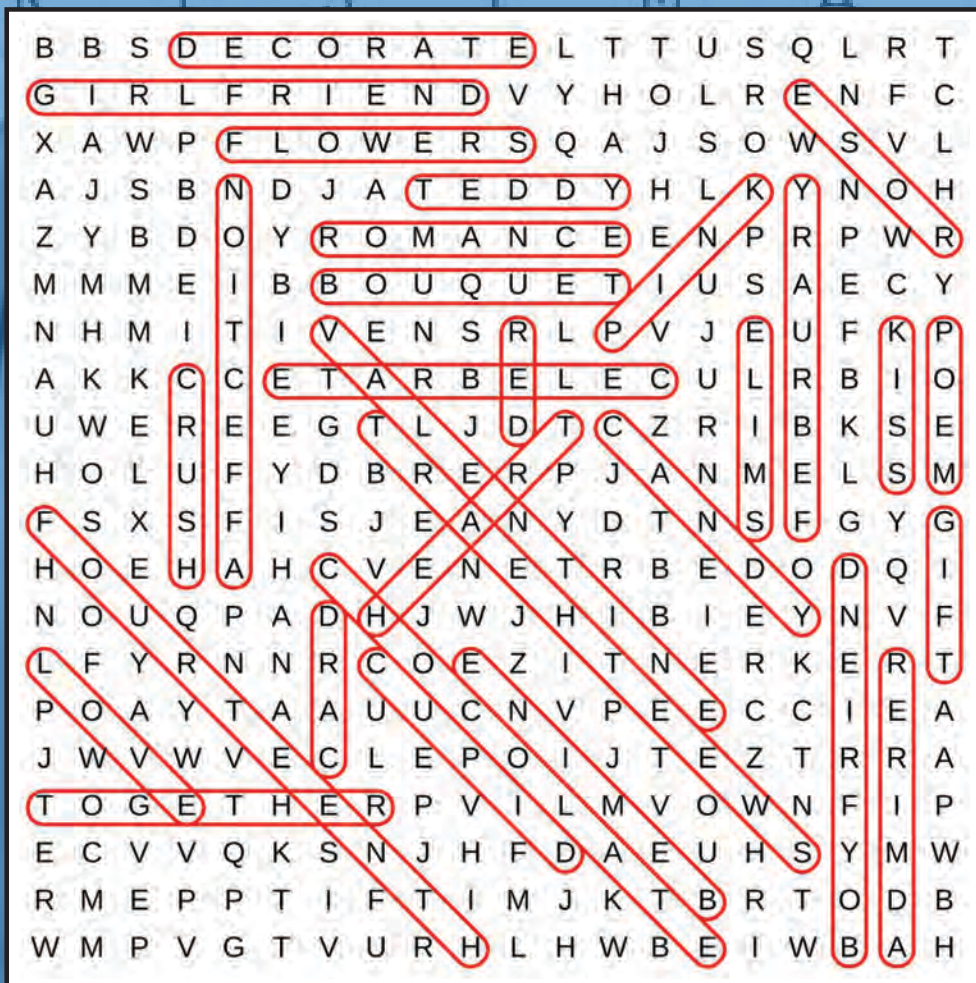
Sharon & Lizzie Overman, Roy & Mary Ann Thurmond, Jan Thomson and Gloria Holman, Doug & Donna Paine.

Row Six:

Eric & Laura Leuenberger, JoAn Adair & Alice Dieckhaus, Marty McKee, Walter & Sandra Overbey.

THANKS EVERYONE FOR COMING OUT AND SHOWING THE LOVE!

GIANT WORD SEARCH



ANSWERS TO PUZZLE
CHALLENGE ON PAGE 17

CHRISTIE'S COIFFURES

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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



Kirby Pines

LifeCare Community

LifeStyle and LifeCare

♥ ♥ **HAPPY** ♥ ♥

VALENTINES DAY!

**Celebrating Love
at Kirby Pines!**

See Page 22 for More Info

