

the PINECONE

The Magazine of Kirby Pines LifeCare Community • January 2023 | V. 41 | I.1



PAT & BANKIE McCARTY

*get warm and cozy on
campus at Kirby Pines!*

It's the Year of the Rabbit

This January, we can celebrate not only the new calendar year 2023, but also the Chinese Lunar New Year 4720 - the Year of the Rabbit. Unlike western calendars, the Chinese calendar has names that are repeated every 60 years. 2023 is the year of the Water Rabbit. Beginning January 22nd (the Chinese New Year) the sign of the Rabbit is a symbol of longevity, peace and prosperity in the Chinese culture.

The year 2023 is predicted to be a year of hope, as Water can move around any obstacle, and in this case the Water Rabbit can "hop" over even the biggest of obstacles.

The Rabbit is the fourth animal sign in the Chinese zodiac cycle, and each twelve-year cycle has a different characteristic element. In Chinese five element theory, each zodiac sign is associated with one of the five elements: Gold (Metal), Wood, Water, Fire or Earth. A Water Rabbit comes once in a 60-year cycle.

The Chinese theorized that a person's characteristics are decided by their birth year's zodiac animal sign and element. This means there are five types of Rabbit, each with different characteristics. According to Chinese astrology, Rabbits are predicted to be gentle, quiet, elegant and alert as well as quick, skillful, kind, patient, very responsible and always faithful to those around them. Additionally, a Water Rabbit is amicable and able to adjust readily to different conditions. If you were born in 1927, 1939 or 1951, you were born in the year of the Rabbit. The last Water Rabbit was 1963.

at Kirby Pines

This past year at Kirby has been filled with many accomplishments, our Marketing team is on track to yet again bring in a record breaking number of deposits and move-ins, as prospects realize the value of life care and all that Kirby Pines offers to our residents. We realized the completion of the balcony renovation project; many new LED lighting projects and of course we continue building hallway renovations. New on the horizon is the renovation of our dining venues, lobby renovations and a new healthcare center.

We can expect many new accomplishments in 2023. So please have the patience of the Rabbit, as we remain faithful to you in completing the many projects to improve the overall community for your enjoyment and benefit.

Wishing you happiness, prosperity, and a Happy New Year.



Michael
Escamilla,
*Executive
Director,
Kirby Pines*

ON THE PINECONE COVER

It's a Brand New Year at Kirby Pines!

It is January and a new year is upon us. It is a time for new beginnings and a reason to embrace new challenges. Take that walk, read that new book, take up painting, learn a new game, meet a new friend. The opportunities are plentiful at Kirby Pines to do one or all.

There is a new ministry meeting on the 4th, the Travelers will have a presentation by Mary Hand about her trip to Tunisia, the resident association meets on the 12th, there is a Winter Ball on the 17th and you can get out to see a movie with the Travelers on the 25th.

Our front cover features Pat and Bankie McCarty, who fared the cold temperatures to snuggle up on our beautiful campus to stay warm. Such a fun-loving, good-natured pair, who recently joined our community. Like so many of our amazing residents, they will be a perfect addition to Kirby Pines.

Our back cover reflects on the past year and showcases more of the wonderful people who have made Kirby Pines their home.

We look forward to things to come in 2023, including celebrating our 40th year!



The McCarty's on a chilly morning.

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is managed by:



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Get to know Kirby Pines'

NEW RESIDENTS



Bill & Marilyn Crosby

We welcome Bill and Marilyn Crosby to Kirby Pines, moving from their previous residence in Memphis. Married for 57 years, they have two children and three grandchildren.

Upon graduating from Millsaps College with a degree in Sociology, Bill had a career with The Allied Group in hotel construction and as director of marketing. Marilyn attended The Baptist School of Nursing, Union University and The University of Memphis. She had a 50 year career as a registered nurse at Baptist Hospital in Memphis.

A veteran, Bill served in the U.S. Army reserve as a Specialist 4.

This couple's favorite holiday is Christmas and they have just experienced their first Christmas at Kirby Pines and they didn't miss a beat. They also enjoy watching sports, especially games their grandchildren are playing.

Active in their church, they have made mission trips to Europe, China and Zambia, Africa. As president of her nursing class, Marilyn was part of a medical team.

To stay active, this couple walk, take part in exercise classes, water aerobics and follow their grandchildren's activities.

The Crosbys are definitely an asset to our community. Give them a warm welcome and we look forward to getting to know them in 2023.

New Resident Bios written by resident, Peggy Reynolds Gatlin



Paula Cwikiel

Paula moved to Kirby Pines from her former home in Bartlett. She and her late husband Steve had two daughters and she is the doting grandmother to four grandchildren and seven great grands.

After graduating from high school in Hayti, Missouri, Paula went to cosmetology school. She had a 40 year career as a hairstylist, working at Carolyn's Hairstyling and Gould's Hair Salon.

Paula's favorite things to do include traveling, camping, reading and vacationing with her family. Paula likes to stay as busy as she can, she is always ready to go somewhere or to help somebody.

Traveling to The Holy Lands was the most memorable trip Paula has made. She has also been to Italy, France, and England.

Spiritual books and mysteries are Paula's favorite reading material. She loves all music genres and her favorite holidays are Halloween and Christmas.

Paula, we are thrilled you are a new neighbor! With your energy and interests you will have plenty of opportunities to share and make new friends.

**Are you or a family member
ready to enjoy retirement living?**

**Call a Kirby Pines
LifeCare Advisor at 901.369.7340
and join our family today!**

The Importance of **PHYSICAL ACTIVITY** for Older Adults

When it comes to staying fit, age is nothing but a number. It doesn't matter how many candles are on your cake, exercising regularly is important. However, as the body ages, it becomes more vulnerable to things like illness, falls, or cognitive decline. Maintaining an active, healthy lifestyle can keep you feeling young, fresh, and energized well into your senior years.

Multiple studies have found that physical activity is one of the main contributors to a long life. Regular exercise can increase your quality of life and lengthen it significantly if done consistently over time.

This makes sense because exercise has always been highlighted as a top motivator for brain and body health. Among many things, physical activity keeps the heart strong, stress levels low, improves sleeping habits, and even improves memory. Longevity is the cherry on top.

Therefore, the older you get, the more useful these benefits become. But don't worry, you don't need to be a pro to stay fit. There are many easy and effective ways to remain strong for years to come. If you need a little extra incentive, read the following benefits of exercise for seniors.

Reduce Your Chances of Developing Illness or Disease

Physical activity promotes blood flow, heart health, and hormone regulation, all of which are crucial for fighting back against free radicals and keeping the immune system healthy. If you have a history of illness or would like to do what you can to prevent it from occurring, exercise is one of your best bets.

Gives You a Sense of Productivity and Purpose

Exercise can add much-needed structure, routine, and healthy spurts of dopamine to your weekly schedule. As you age, finding activities that bring you satisfaction and purpose become integral to everyday life, and exercise is one that can bring both of those things, and more.

Prevent Falls with Improved Mobility and Balance

Gentle physical exercises such as stretching, yoga, strength exercise, and water aerobics can support the body in muscle development and provide you with the central stability necessary for resisting potential damage.

Use It as an Opportunity to Make Friends

In this phase of your life, it's important to reach out to your community and bond with others who are sharing this unique experience called aging. Exercise is a great incentive for getting out and seeing friends, even if it's just for a walk around the grounds.

More Control Over Weight

Physical activity also burns calories, which can be useful if your aim is to shift weight. However, even if you are trying to gain healthy weight, exercise is still necessary for its many metabolic benefits.

Improves Cognitive Function

Studies have shown regular physical activity can significantly lower the risk of dementia and other cognitive or memory-affected mental diseases. The main reason for this is the increased supply of red blood cells to the brain, which promotes improved neurological speed, accuracy, and longevity.

Good Sleep, Good Life

Studies have found that consistent exercise is one of the most effective ways to induce healthy sleeping habits, regardless of age. When your body has been active, it becomes extra tired, affording you a more refreshing and energy-replenishing sleep.



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

**GET
FIT
IN
2023!**



If you squint your eyes, you can see 2023 on the fast-approaching horizon. It's a time for resolutions and goals, as well as an opportunity to make sure you are incorporating all the dimensions of being and staying well. The key to embracing your greatest potential is through these seven dimensions.

Wellness is being able to lead purpose-filled and engaged lives. By doing this, you can embrace your potential to pursue and optimize life's possibilities. Your greatest potential lives in seven different dimensions: physical, social, spiritual, vocational, emotional, environmental, and intellectual.



Physical: Strengthening and caring for the body to stay as independent as possible.

Examples: Water Aerobics, Group Exercise, and regular doctor's appointments.

Social: Emphasizes the importance of social interactions.

Examples: spending time with family, Game Play, Bingo, Pinecone Painters.



Spiritual: Finding purpose and meaning in life.

Examples: meditation, Bible Study, Church Service, Worship Service.

Vocational: Utilizing your skills, passions, and strengths to help others.

Examples: Tutoring, mentoring, volunteering, caregiving, Hobby Pines Group.

Emotional: The ability to cope with challenges and deal with feelings in a positive way.

Examples: peer counseling, stress management, humor/laughter, support groups.



Environmental: Respect for natural resources and/or a strong connection to the environment.

Examples: recycling, taking walks outdoors, meditation, Garden Gro'ers.

Intellectual: Activities that stimulate and challenge the brain.

Examples: Game Play, Bunko, Mahjong, reading, puzzles.

Look at how you spend a week or month. Are you hitting all the dimensions listed above? Some of the activities you participate in, like group classes, may hit a few dimensions at once (physical and social). If there is an area that is being neglected, think about how you might set goals to include those into your routine to stay balanced. Reach out to your Functional Pathways Therapy Team to learn more about the dimensions of wellness and how to ensure you are setting yourself up for a balanced 2023. Happy New Year!

EXQUISITE CUISINE

Thursday, January 26, 2023



2023 Year of the Rabbit

SURF & TURF

A 6-ounce Filet accompanied by sauteed Shrimp. Prepared with Udon Noodles and Broccoli Rabe.



GINGER & SESAME TUNA STEAK

Beautiful Ahi Tuna, seasoned with fresh ginger and sesame, quickly seared, and finished with Fried Rice and Scallions.



EGG DROP SOUP

The traditional Asian classic! Served with crunchy fried Wonton Noodles.



FIVE SPICE CHOCOLATE CAKE

Flourless Chocolate Cake with warm spices to bring it to another level. Finished with Raspberry Sauce and Mandarin Orange Sorbet.

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314



Resident Spotlight: Steve & Jeanette Martin

While in high school, Steve played football and baseball but eventually realized he needed to alter his career options. He graduated from Hillsdale College with a B.S. in Business Administration. Following college, Steve taught high school mathematics for four years while also beginning a five-year racing career driving in the Sports Car Club of America-sanctioned events. After becoming the New England Region champion, Steve became an instructor. This interest led him to open a foreign car repair shop which eventually led him to be hired by the Robert Bosch Corporation in 1974. This just happened to be where a young lady by the name of Jeanette St. Claire was also working. At first, they were only friends, and then someone suggested she should consider dating Steve because he was a “teddy bear.” They were married in July 1976.

A COUPLE ON THE GO

Jeanette and Stevens (Steve) Martin are good examples of the axiom that life begins after retirement. Although both were active early in life, traveling and experiencing new things continue to be a priority in their lives.

In a capsule, Jeanette and Steve have been to all fifty states and many of the Canadian provinces. They have visited most of the national and smaller parks in the United States, making many visits over a ten-year period in their motor home. According to Jeannette, “Parking a motor home in places it can’t possibly fit and living in such close quarters can really test a marriage. When Steve and I married, the naysayers said it wouldn’t last because of our different personalities. Our marriage has lasted over forty-six years. I guess we proved them wrong!”

The Martins have enjoyed extensive international travel as well. They honeymooned in Tahiti, which continues to be a favorite memory although they consider Portugal to be a close second. As seasoned travelers, the Martins usually plan their visits. Sometimes, misadventures occur. On one of their trips to France, after driving circles around their hotel for an hour, they finally discovered the entrance proved to look like a sidewalk. Another time, a faulty GPS took them to a dead end and a river they could not cross.

Both Jeanette and Steve are considered to be “Yankees” by birth. Jeanette was born in Lansing, Michigan, and Steve in Fort Dix, New Jersey. Jeanette’s father was a business owner, and her mother was a homemaker. She says she grew up in a family of practical jokers and learned early to laugh at herself. Her family owned a cottage on a lake; the family visited every weekend except during the winter. “That is why I fell in love with water,” says Jeanette. “I learned to water ski and swim, specializing in synchronized swimming.”

Following high school, Jeanette earned a B.A. from Michigan State University, an M.B.A. from the University of Chicago and eventually an Ed.D. from the University of Memphis. She worked as secretary of the Driver Education Division, Michigan Department of Education; inventory control for Quaker Oates and Robert Bosch Corporation; and finally, twenty-five years as a professor at the University of Mississippi, retiring in 2016.

Steve says he had a happy and normal childhood. His father was an anesthesiologist, and his mother was a legal secretary and once served as secretary to the Governor of Wisconsin. Steve has worked his entire life, starting with a paper route and becoming a golf caddy.

Growing tired of ice and snow, Jeanette and Steve, along with their one-year-old daughter Andrea, moved to Memphis in 1979. This began for Steve a nineteen-year career with the Hunter Fan Company. During a vendor luncheon, he was approached with an opportunity to create a Marketing Communications Department with AOC, LLC (Alpha Corporation). In 2011, Steve retired as Director of Global Communications and Marketing Research.

Jeanette and Steve joined the Discovery Club at Kirby Pines in 2016. However, in 2019, a serious kidney condition for Steve was diagnosed that required dialysis. Having already sold their home, the decision was made to move to Kirby Pines. They brought with them their cat Noire, who, according to Jeanette, “rules the roost.”

Since the move, Jeanette and Steve have continued many outside interests while also becoming very involved with the activities at Kirby Pines. No one could be any busier than the Martins! Much of their activity involves church. Previously as members of Holy Communion Episcopal Church, both were members of the Vestry; Steve served as an usher and stewardship chairman. Both completed the four-year Education for Ministry program. Now, as members of St. John’s Episcopal Church, they continue to be active.

According to Jeanette, “Steve loves anything competitive. He believes if a score is kept, he wants to win.” Currently, this involves board games, golf, bridge, and poker. Steven also enjoys the Oasis, Men’s Saturday morning fellowship, and volunteering for the Theatre Group. He and Jeanette head up the duplicate and week-night bridge groups. Jeanette loves learning new things. In 2013, she learned to quilt, and her quilts are displayed on the Art Wall. She is now learning to quilt wool.



Wedding Day 1976

As the New Year begins, the Martins are busy planning their activities for next year. Although they enjoy traveling, they also enjoy living at Kirby Pines. According to Jeanette, “We like the people and staff here and all the activities.” The Martins join me in wishing everyone a healthy and HAPPY NEW YEAR!

Written by Joan Dodson, Resident of Kirby Pines

8 Healthy New Year's Resolutions for YOU!

Do you make New Year's resolutions? If you're looking to make 2023 one of your healthiest and happiest years yet, consider focusing on doable goals to boost your health and quality of life. It turns out even small daily adjustments can have a surprisingly big impact on your health!

Here are eight ways you can help yourself feel good and age well:

1. Eat more nutrient-dense foods. You need fewer calories with aging, but just as many nutrients. Eat more nutrient-rich fruits and vegetables, whole grains, seafood, lean meats and poultry, beans, nuts, and seeds. Also consider consuming less sugar-sweetened drinks and desserts, white bread and pasta made from refined grains, advises the National Institutes of Health (NIH).

2. Do a variety of physical activities. Older adults can benefit from doing four types of activity regularly. These include aerobic exercise, such as walking or swimming, for endurance; and activities to strengthen muscles, improve balance and increase flexibility, says NIH. Doing yoga, for example, combines balance, flexibility and strengthening.

3. Think positively. Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better without ignoring difficulties, according to Dalhousie University.

4. Stimulate your mind. Challenging your brain to learn something new through a university or community class, book or movie club, or photography group, helps keep your brain healthy, says Dalhousie University. Lifelong learning helps build cognitive reserve, the brain's resilience and ability to cope with stress and challenges.

5. Help other people. Research reveals volunteering improves health by reducing stress and depression risk, and keeping you physically, mentally and socially active. It also may help you live longer, reports Mayo Clinic.

6. Stay connected and make new friends. Social engagement and participation are especially important for older adults. These are linked to better cognition and overall health, and lower risk of depression and disability, reports Statistics Canada.

7. Engage in the arts. Participating in the arts through music, painting, writing, dance or theatre can stimulate people in unique ways that bring cognitive and mood benefits, according to McMaster University.

8. Share a good laugh. Humor, or a smile, can make you feel good even in difficult times. Laughter also strengthens your immune system, lifts mood, eases pain and lowers stress, says Harvard Health.

Congratulations to our **CHAMPION of the Month**

Treatment Nurse

GENESE ROGERS

Describe Your Family: Happy, intelligent, loving and understanding.

Describe yourself in five words: Happy, dedicated, helpful and willing to take on any task.

What do you do for fun: Reading, shopping, spending time with family. **Hobbies:** Playing my flute.

What is your favorite thing about your job: Seeing and taking care of my residents makes me smile.

What is your favorite food: Seafood and Japanese. **Favorite Song:** I love all music.

What is something you are proud of: My kids, all four of them.

What would you like people to know about you: I love life, my family, myself, my job and my faith.



Genese, takes good care of the residents, very caring and dedicated. She is a team player and a hard worker. She takes initiative and always goes the extra mile with a positive attitude. She helps residents wanting to attend special programs in getting them there and also knowing their interests and what is available to them. Thank you Genese for being part of our team!

- Florrie Clark, Assisted Living Supervisor

REFLECTIONS

By
Maxie Dunnam

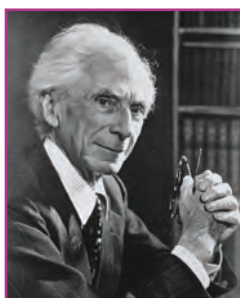
WHAT ARE WE DOING WITH THE TIME WE HAVE

It was hard to believe: 162-year sentence deemed excessive. That was the headline (Commercial Appeal, Dec. 16, 2022). The story was of a man, Courtney Anderson, who in 2020 was sentenced to 162 years in prison for repeated non-violent offenses. I found it difficult to believe the story, but it happened here in Memphis. Discovering that inhumane action on the part of a judge, District Attorney Steve Mulroy said, "It made me sick to my stomach when I saw what had occurred in this case."

Anderson explained to the judge that his theft and fraud offenses were tied to a cocaine addiction. He has been sober for decades. Mulroy's office and Anderson's defense attorney worked with the court and his sentence was reduced to 15 years. He was released because he had already served the sentence. Now, at 54 years old Anderson is free.

I read that story and tried to put myself in Anderson's place. On the beginning of this new year, I'm wondering what Anderson is going to do with the rest of his life? The larger question is, What are we going to do with the time we have?

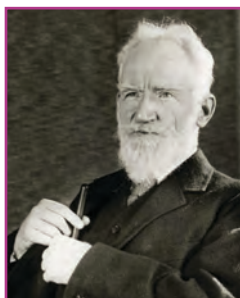
Psalms 90, one of my favorites, deals with time and what we are doing with it. In the midst of it, there is this chunk of significant wisdom: "Teach us to number our days aright, that we may gain a heart of wisdom. Keeping that in mind and anticipating this new year there are some thoughts I've had and decisions I've made."



RUSSELL

I'm going to guard against giving in to procrastination. How much of the good and the beautiful, the exciting and the positive, never happens because we procrastinate to the point that the opportunity spends itself. William James, the distinguished psychologist, gave us some saving advice when he said, "Seek the first possible opportunity to act on every good resolution you make." So, I'm going to resist the temptation to procrastinate.

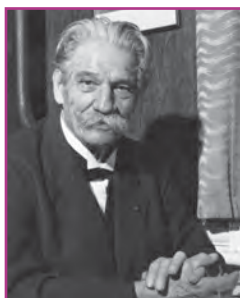
Two, I'm not going to use age as an excuse. Being on Social Security doesn't give us the right to be inconsiderate, nasty or cantankerous. And nowhere along the way is there an excuse for being less than the loving and lovable person God and others would have us be.



SHAW

That's one level of the problem of using growing old as an excuse. - Another level has to do with using age as an excuse for being less capable and less useful. I know that energy wanes with age. I know that there is a healthy slowing down that ought to be affirmed and celebrated, but I'm talking about something else. I'm talking about the common myth that says as we grow old, we automatically become less capable and useful.

At 94, Bertrand Russell led international peace drives; at 93, George Bernard Shaw wrote the play, *Farfetched Fables* at 91. At 89, Albert Schweitzer headed a hospital in Africa.



SCHWEITZER

So, let's not use growing old as an excuse not to be capable and useful.

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

January 5

Dr David Bowen
Senior Adults Minister
Second Presbyterian

January 12

Amy Speake
Missionary United Methodist
Alturia Ministry Costa Rica

January 19

Dr Everett Huffard
Retired Harding School Theology
Hope Network Ministries

January 26

Rev Dr Chris Carter
Senior Associate Pastor
Christ Church Memphis

MEET ME AT



PATTON (1970)



Friday, January 6 | 1:30 pm
Saturday, January 7 | 6:30 pm
Sunday, January 8 | 6:30 pm
Cast: George C. Scott, Karl Malden, Stephen Young, Michael Strong

Biography of controversial World War II hero General George S. Patton. The film covers his wartime activities and accomplishments, beginning with his entry into the North African campaign and ending with his removal from command after his outspoken criticism of US post-war military strategy.

LETTERS TO JULIET (2010)



Saturday, January 7 | 10:00 am & 1:30 pm
Cast: Amanda Seyfried, Vanessa Redgrave, Christopher Egan, Gael Garcia Bernal

While visiting Verona, Italy, with her busy fiancé, a young woman named Sophie visits a wall where the heartbroken leave notes to Shakespeare's tragic heroine, Juliet Capulet. Finding one such letter from 1957, Sophie decides to write to its now elderly author, Claire. Inspired by Sophie's actions, Claire sets out to find her long-lost lover, accompanied by her disapproving grandson and Sophie.

TUCKER: THE MAN AND HIS DREAM (1988)



Sunday, January 8 | 1:30 pm & 4:00 pm
Cast: Jeff Bridges, Joan Allen, Martin Landau, Christian Slater

Obsessed with cars since childhood, inventor Preston Tucker has his first successful auto design partnership in the 1930s and designs a successful gun turret for World War II use. With those achievements under his belt, Tucker is determined to create a futuristic car for the masses: the Tucker Torpedo. However, his dreams are challenged by Detroit's auto manufacturers, production problems and accusations of stock fraud, and he is forced to defend his dream and honesty in court.

A STAR IS BORN (1954)



Friday, January 13 | 1:30 pm



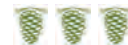
Saturday, January 14 | 6:30 pm

Sunday, January 15 | 6:30 pm

Cast: Judy Garland, James Mason, Jack Carson, Tommy Noonan

Hollywood actor Norman Maine is a celebrity whose star is on the wane, but when he meets aspiring actress Esther Blodgett, he is inspired to help her, and soon the two appear in a musical together. Now known as Vicki Lester, she marries Norman and finds herself in demand, while his reputation continues to decline, resulting in heavy bouts of drinking. Eventually, Vicki must choose between moving forward with her career and attempting to save her husband.

THE BEST OF ME (2014)



Saturday, January 14 | 10:00 am & 1:30 pm
Cast: James Marsden, Michelle Monaghan, Luke Bracey, Liana Liberato

Amanda and Dawson were once high-school sweethearts. They have a bittersweet reunion when they return to their hometown for the funeral of a mutual, beloved friend. Seeing each other again after 20 years apart reignites the love they've never forgotten, but Amanda and Dawson soon discover that the forces that drove them apart when they were younger pose even more threats today. Based on the novel by Nicholas Sparks.

BEHIND ENEMY LINES (2001)



Sunday, January 15 | 1:30 pm & 4:00 pm
Cast: Owen Wilson, Gene Hackman, Gabriel Macht, David Keith

Behind Enemy Lines is a 2001 American war film directed by John Moore in his directorial debut, and starring Owen Wilson and Gene Hackman. The film tells the story of Lieutenant Chris Burnett, an American naval flight officer who is shot down over Bosnia and uncovers genocide during the Bosnian War.



THE MOVIES



DAVY CROCKETT (1955)



Friday, January 20 | 1:30 pm
Saturday, January 21 | 6:30 pm
Sunday, January 22 | 6:30 pm
Cast: Fess Parker, Buddy Ebsen, Pat Hogan, Basil Ruysdael

This big-screen movie featuring the coonskin-capped Davy Crockett consists of the first three episodes that aired on the Disneyland TV show in 1954. Crockett and his pal George Russel battle Native Americans, and Russel gets captured. Crockett does what it takes to save his friend. After the wars, Crockett runs a successful political campaign to become a congressman. But the Texas Revolution calls him back to fight, and he makes his last stand at the Alamo.

THE UNFORGIVABLE (2021)



Saturday, January 21 | 1:30 pm & 4:00 pm
Cast: Sandra Bullock, Jon Bernthal, Aisling Franciosi, Viola Davis

Ruth Slater, a woman released from prison after serving a sentence for a violent crime and attempts to re-enter society. She must try to put her life back together again in a world that refuses to forgive her past.

MONTANA SKY (2007)



Sunday, January 22 | 1:30 pm & 4:00 pm
Cast: Ashley Williams, John Corbett, Charlotte Ross, Diane Ladd

Three very different half-sisters are bequeathed their late father's ranch in Montana on the condition that they all live together for a year in order to honour the terms of their inheritance. Despite their differences, the girls attempt a lasting reunion, but a saboteur in their midst plots to split the siblings up.

THE MANCHURIAN CANDIDATE (1962)



Friday, January 27 | 1:30 pm
Saturday, January 28 | 6:30 pm
Sunday, January 29 | 6:30 pm

Cast: Laurence Harvey, Frank Sinatra, Angela Lansbury, Janet Leigh

Near the end of the Korean War, a platoon of U.S. soldiers is captured by communists and brainwashed. Following the war, the platoon is returned home, and Sergeant Raymond Shaw is lauded as a hero by the rest of his platoon. However, the platoon commander, Captain Bennett Marco, finds himself plagued by strange nightmares and, together with fellow soldier Allen Melvin, races to uncover a terrible plot.

THE LOCKET (2002)



Saturday, January 28 | 10:00 am & 1:30 pm
Cast: Vanessa Redgrave, Chad Willett, Lourdes Benedicto, Marguerite Moreau

A bereaved man takes a job at a health care centre, where he befriends an elderly and embittered woman, and as time passes, he becomes obsessed with reuniting her with her long-lost true love.

THE YOUNG MESSIAH (2016)



Sunday, January 29 | 1:30 pm & 4:00 pm
Cast: Adam Greaves-Neal, Sara Lazzaro, Sean Bean, Finn McLeod-Ireland

Mary, Joseph and 7-year-old Jesus embark on a journey from Egypt to Nazareth after the young boy miraculously brings someone back to life. When King Herod orders the death of the child, Roman centurion Severus starts to pursue the family across the desert. As Mary and Joseph worry about his safety, Jesus' natural curiosity allows him to understand more about the world and his remarkable powers.



KIRBY PINES MOVIE RATING SYSTEM



= AVERAGE



= GOOD



= GREAT



= PERFECT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am ● Church of Christ Service (Chapel) 1 10:00 am ● Worship Service (PAC) 1:30 pm ● Weekend Movie (Thtr) 4:00 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 2 9:30 am ● Advanced Water Aerobics (Pool) 9:30 am ● Group Exercise (PAC) 10:00 am ● Poetry & Writing Club (Chapel) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am ● Chair Yoga (PAC) 10:30 am ● Billiards Group (Billiard Room) 1:30 pm ● Game Play (LCR) 6:30 pm ● Bingo (PAC)	8:30 am ● Men’s Water Aerobics (Pool) 3 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Cardio Move & Strength (PAC) 1:15 pm ● Tuesday Bridge Group (LCR) 1:30 pm ● Bunko (SCR) 1:30 pm ● Movie: 21 (Thtr) 5:30 pm ● Tech Time (Sunroom) 6:30 pm ● Movie: 21 (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 4 9:30 am ● Group Exercise (PAC) 10:00 am ● Catholic Services (Chapel) 10:00 am ● Pinecone Painters (A&C) 10:00 pm ● <i>Remember That Someone Cares (LCR)</i> 1:00 pm ● Needle Arts Group (Sunroom) 1:15 pm ● Mah Jongg Lessons (LCR) 1:30 pm ● Game Play (LCR) 1:30 pm ● Movie: The Butler (Thtr) 2:00 pm ● Ballroom Dancing (PAC) 6:15 pm ● Wednesday Bridge Group (LCR) 6:30 pm ● Movie: The Butler (Thtr)	8:30 am ● Men’s Water Aerobics (Pool) 5 9:30 am ● Basic Water Aerobics (Pool) 10:00 am ● Kroger & Banks (Trans) 10:00 am ● Bible Study with Dave Phillips (Chapel) 11:00 am ● Cardio Move & Strength (PAC) 1:00 pm ● Dr. Mike Abutineh (WC) 1:00 pm ● WalMart, Costco & Banks (Trans) 1:30 pm ● Mini Series: The Crown (Thtr) 6:30 pm ● Vespers (PAC)	8:30 am ● Water Aerobics (Pool) 6 9:30 am ● Group Exercise (PAC) 9:30 am ● Water Aerobics (Pool) 10:00 am ● WalMart, Aldi & Banks (Trans) 10:00 am ● Art with Helen (A&C) 10:30 am ● Cornhole (LCR) 1:00 pm ● Superlo & Bank (Trans) 1:30 pm ● Weekend Movie Classic (Thtr) 6:00 pm ● <i>Music with Side Street Steppers (Lobby)</i>	8:00 am ● Men’s Christian Fellowship (LCR) 7 10:00 am ● Weekend Movie (Thtr) 1:30 pm ● Game Play (LCR) 1:30 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)
8:00 am ● Church of Christ Service (Chapel) 8 10:00 am ● Worship Service (PAC) 1:30 pm ● Weekend Movie (Thtr) 4:00 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 9 9:30 am ● Advanced Water Aerobics (Pool) 9:30 am ● Alterations (A&C) 9:30 am ● Group Exercise (PAC) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am ● Chair Yoga (PAC) 10:30 am ● Billiards Group (Billiard Room) 1:30 pm ● Game Play (LCR) 1:30 pm ● <i>Travelers: Tunisia (PAC)</i> 6:30 pm ● Bingo (PAC)	8:30 am ● Men’s Water Aerobics (Pool) 10 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Cardio Move & Strength (PAC) 1:45 pm ● Birthday Lunch (Dining Room) 1:30 pm ● Bunko (SCR) 1:30 pm ● Movie: Turner an Hooch (Thtr) 3:45 pm ● Birthday Dinner (Dining Room) 6:30 pm ● Movie: Turner an Hooch (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 11 9:30 am ● Group Exercise (PAC) 10:00 am ● Catholic Services (Chapel) 10:00 am ● Pinecone Painters (A&C) 10:30 pm ● Garden Gro’ers (Greenhouse) 1:00 pm ● Needle Arts Group (Sunroom) 1:15 pm ● Mah Jongg Lessons (LCR) 1:30 pm ● Game Play (LCR) 1:30 pm ● Movie: Homerun (Thtr) 2:00 pm ● Ballroom Dancing (PAC) 6:15 pm ● Wednesday Bridge Group (LCR) 6:30 pm ● Movie: Homerun (Thtr)	8:30 am ● Men’s Water Aerobics (Pool) 12 9:30 am ● Basic Water Aerobics (Pool) 10:00 am ● Kroger & Banks (Trans) 10:00 am ● Bible Study with Dave Phillips (Chapel) 11:00 am ● Cardio Move & Strength (PAC) 1:00 pm ● Dr. Mike Abutineh (WC) 1:00 pm ● WalMart, Costco & Banks (Trans) 1:30 pm ● Mini Series: The Crown (Thtr) 2:00 pm ● <i>Resident Association Meeting (PAC)</i> 6:30 pm ● Vespers (PAC)	8:30 am ● Water Aerobics (Pool) 13 9:30 am ● Group Exercise (PAC) 9:30 am ● Water Aerobics (Pool) 10:00 am ● WalMart, Aldi & Banks (Trans) 10:00 am ● Art with Helen (A&C) 1:00 pm ● Superlo & Bank (Trans) 1:30 pm ● Weekend Movie Classic (Thtr) 6:00 pm ● <i>Music with Donna Wolf (Lobby)</i>	8:00 am ● Men’s Christian Fellowship (LCR) 14 10:00 am ● Weekend Movie (Thtr) 1:30 pm ● Game Play (LCR) 1:30 pm ● Weekend Movie (Thtr) 1:30 pm ● Line Dancing (PAC) 6:15 pm ● Saturday Night Trivia (Ante) 6:30 pm ● Classic Movie (Thtr)
8:00 am ● Church of Christ Service (Chapel) 15 10:00 am ● Worship Service (PAC) 1:30 pm ● Weekend Movie (Thtr) 4:00 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 16 9:00 am ● Smith Jewelers (SCR) 9:30 am ● Advanced Water Aerobics (Pool) 9:30 am ● Group Exercise (PAC) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am ● Tech Time (Sunroom) 10:30 am ● Chair Yoga (PAC) 10:30 am ● Billiards Group (Billiard Room) 1:30 pm ● Game Play (LCR) 6:30 pm ● Bingo (PAC)	8:30 am ● Men’s Water Aerobics (Pool) 17 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Cardio Move & Strength (PAC) 1:15 pm ● Tuesday Bridge Group (LCR) 1:30 pm ● Bunko (SCR) 1:30 pm ● Movie: Our Souls At Night (Thtr) 6:30 pm ● <i>Winter Ball (PAC)</i>	8:30 am ● Advanced Water Aerobics (Pool) 18 9:30 am ● Group Exercise (PAC) 10:00 am ● Catholic Services (Chapel) 10:00 am ● Caregiver Support Group (SCR) 10:00 am ● Pinecone Painters (A&C) 1:00 pm ● Needle Arts Group (Sunroom) 1:15 pm ● Mah Jongg Lessons (LCR) 1:30 pm ● Game Play (LCR) 1:30 pm ● Movie: Still Alice (Thtr) 2:00 pm ● Ballroom Dancing (PAC) 6:15 pm ● Wednesday Bridge Group (LCR) 6:30 pm ● Movie: Still Alice (Thtr)	8:30 am ● Men’s Water Aerobics (Pool) 19 9:30 am ● Basic Water Aerobics (Pool) 10:00 am ● Kroger & Banks (Trans) 10:00 am ● Bible Study with Dave Phillips (Chapel) 11:00 am ● Cardio Move & Strength (PAC) 1:00 pm ● Dr. Mike Abutineh (WC) 1:00 pm ● WalMart, Costco & Banks (Trans) 1:15 pm ● Line Dancing (PAC) 1:30 pm ● Mini Series: The Crown (Thtr) 3:00 pm ● Photo Club (LCR) 6:30 pm ● Vespers (PAC)	8:30 am ● Water Aerobics (Pool) 20 9:30 am ● Group Exercise (PAC) 9:30 am ● Water Aerobics (Pool) 10:00 am ● WalMart, Aldi & Banks (Trans) 10:00 am ● Art with Helen (A&C) 1:00 pm ● Superlo & Bank (Trans) 1:30 pm ● Weekend Movie Classic (Thtr) 6:30 pm ● <i>Music with Double D (Lobby)</i>	8:00 am ● Men’s Christian Fellowship (LCR) 21 10:00 am ● Weekend Movie (Thtr) 1:30 pm ● Game Play (LCR) 1:30 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)
8:00 am ● Church of Christ Service (Chapel) 22 10:00 am ● Worship Service (PAC) 1:30 pm ● Weekend Movie (Thtr) 4:00 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 23 9:30 am ● Alterations (A&C) 9:30 am ● Advanced Water Aerobics (Pool) 9:30 am ● Group Exercise (PAC) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am ● Chair Yoga (PAC) 10:30 am ● Billiards Group (Billiard Room) 1:30 pm ● Game Play (LCR) 6:30 pm ● Bingo (PAC)	8:30 am ● Men’s Water Aerobics (Pool) 24 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Book Baggers (PAC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Cardio Move & Strength (PAC) 1:15 pm ● Line Dancers (PAC) 1:30 pm ● Bunko (SCR) 1:30 pm ● Movie: Captain Phillips (Thtr) 6:30 pm ● Movie: Captain Phillips (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 25 9:30 am ● Group Exercise (PAC) 10:00 am ● Catholic Services (Chapel) 10:00 am ● Pinecone Painters (A&C) 12:30 pm ● <i>Travelers Go to the Movies (Trans)</i> 1:00 pm ● Needle Arts Group (Sunroom) 1:15 pm ● Mah Jongg Lessons (LCR) 1:30 pm ● Game Play (LCR) 1:30 pm ● Movie: Made of Honor(Thtr) 2:00 pm ● Ballroom Dancing (PAC) 6:15 pm ● Wednesday Bridge Group (LCR) 6:30 pm ● Movie: Made of Honor(Thtr)	8:30 am ● Men’s Water Aerobics (Pool) 26 9:30 am ● Basic Water Aerobics (Pool) 10:00 am ● Kroger & Banks (Trans) 10:00 am ● Bible Study with Dave Phillips (Chapel) 11:00 am ● Cardio Move & Strength (PAC) 1:00 pm ● Dr. Mike Abutineh (WC) 1:00 pm ● WalMart, Costco & Banks (Trans) 1:15 pm ● Line Dancing (PAC) 1:30 pm ● Mini Series: The Crown (Thtr) 6:30 pm ● Vespers (PAC)	8:30 am ● Water Aerobics (Pool) 27 9:30 am ● Group Exercise (PAC) 9:30 am ● Water Aerobics (Pool) 10:00 am ● WalMart, Aldi & Banks (Trans) 10:00 am ● Art with Helen (A&C) 1:00 pm ● Superlo & Bank (Trans) 1:30 pm ● Weekend Movie Classic (Thtr) 6:00 pm ● <i>Music with Amaro DuBois (PAC)</i>	8:00 am ● Men’s Christian Fellowship (LCR) 28 10:00 am ● Weekend Movie (Thtr) 1:30 pm ● Game Play (LCR) 1:30 pm ● Weekend Movie (Thtr) 6:15 pm ● Saturday Night Trivia (Ante) 6:30 pm ● Classic Movie (Thtr)
8:00 am ● Church of Christ Service (Chapel) 29 10:00 am ● Worship Service (PAC) 1:30 pm ● Weekend Movie (Thtr) 4:00 pm ● Weekend Movie (Thtr) 6:30 pm ● Classic Movie (Thtr)	8:30 am ● Advanced Water Aerobics (Pool) 30 9:30 am ● Advanced Water Aerobics (Pool) 9:30 am ● Group Exercise (PAC) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am ● Chair Yoga (PAC) 10:30 am ● Billiards Group (Billiard Room) 1:30 pm ● Game Play (LCR) 5:30 pm ● <i>Orpheum: Glenn Miller Orchestra (Trans)</i> 6:30 pm ● Bingo (PAC)	8:30 am ● Men’s Water Aerobics (Pool) 31 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Cardio Move & Strength (PAC) 1:15 pm ● Line Dancers (PAC) 1:30 pm ● Bunko (SCR) 1:30 pm ● Movie: Sommersby (Thtr) 6:30 pm ● Movie: Sommersby (Thtr)	<div>January</div> <div>2023</div>		<div><div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></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January 2023 EVENTS

Jan 2: 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.

Jan 2: Group Exercise

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

Jan 2: 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.

Jan 2: Hobby Pines Group

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



Jan 2: 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.

Jan 2: 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!

Jan 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.

Jan 2: 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.



Jan 3: 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.

Jan 3: 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.

Jan 3 & 17: Afternoon Bridge

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

Jan 3: BUNKO

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

Jan 3: 21

Inspired by real events and people, 21 is about six MIT students who become trained to be experts in card counting in Blackjack and subsequently took Vegas casinos for millions in winning. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Jan 3 & 16: 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.

Jan 4: 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.

Jan 4: 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.

Jan 4: Remember That Someone Cares

With a New Year and so many new changes taking place in Kirby's Manor/Rehab Areas, the Remember That Someone Cares Team will be meeting at 10:00 am in the Large Card Room to discuss our plans for 2023. We welcome anyone who might be interested in finding out more about this ministry. If you have any questions, please contact Cheryl Johnson at 901-634-8439 or via email at cherylsjw45@aol.com.

Jan 4: Needle Arts Group

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

Jan 4: 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.

Jan 4: The Butler

As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Jan 4: 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.

Jan 4: 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.

Jan 5: 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.

Jan 5: Mini-Series: The Crown

Catch up on the latest season of The Crown as we follow the life of Queen Elizabeth and the relationship of the royals in the 1990s. Showtimes are 1:30 pm in the theatre.



Jan 6: 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.

Jan 6: 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.

Jan 6: Music with The Side Street Steppers

The Side Street Steppers are a page from America's past, playing rare and popular music from the 1920s and 30s. The Side Street Steppers present a pastiche of this

transformation of the American musical landscape, performing on vintage and homemade instruments. Come out to the lobby at 6:00 pm for a good time!

Jan 7: 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.

Jan 9 & 23: Alterations

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

Jan 9: Travelers: Tunisia

Come out to the PAC at 1:30 pm to hear from Mary Hand about her trip to Tunisia.

Jan 10: Turner & Hooch

Det. Scott Turner is an uptight, by-the-book police officer who hopes to leave his sleepy California town and work in the big city. When his friend Amos Reed, the proprietor of a junkyard, is killed, Turner reluctantly inherits the man's dog. Realizing that the canine may be able to help him solve the murder case, Turner attempts to adjust to life with the big dog, resulting in much household destruction and unwelcome chaos. Showtimes are at 1:30 pm and 6:30 pm in the theater.



Jan 10: Birthday Meal

Attention January 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 January 5 to secure your table.

Jan 11: Garden Gro'ers

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

Jan 11: Homerun

A pro ball player with a substance abuse problem is forced into rehab in his hometown, finding new hope when he gets honest about his checkered past, and takes on coaching duties for a misfit Little League team. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Jan 13: Music with Donna Wolf

Join us for an evening of violin and fiddle music presented by the wonderfully talented Donna Wolf. Join us in the Lobby at 6:00 pm.

Jan 14 & 28: 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 History. However, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

Jan 16: Smith Jewelers

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

Jan 17: Our Souls at Night

Addie Moore and Louis Waters, a widow and widower, have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom. Showtime is at 1:30 pm in the theatre.



Jan 17: Winter Ball

Shake off the cold winter air and heat up the dance floor at the Winter Dance featuring the wonderful Jeremy Schrader Band. Photobooth beings at 6:00 pm and music begins at 6:30 in the PAC.

Jan 18: 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.

Jan 18: Still Alice

Dr. Alice Howland is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As the once-vibrant woman struggles to hang on to her sense of self for as long as possible, Alice's three grown children must watch helplessly as their mother disappears more and more with each passing day. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Jan 19: 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!

Jan 19: KP Photo Club

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

Jan 20: Music with the Double D Band

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 lobby at 6:00 pm to enjoy this wonderful performance.

Jan 24: The Book Baggers

John Grisham's very popular lawyer, Jake Brigance returns to the court scene in "A Time for Mercy". Readers first met Jake Brigance in the 1992 novel "A Time to Kill". Almost thirty years later John Grisham brings this brilliant lawyer back to us as he weaves another story which takes twists and turns and captures our imagination and attention. Come join us at 9:30 am in the PAC, Tuesday, January 24 as Michelle Betts leads our thoughts and discussion. This is a great read to begin our year of sharing great stories, both old and new!



Jan 24: Captain Phillips

The true story of Captain Richard Phillip and the 2009 hijacking by Somali pirates of the U.S.-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

Jan 25: Travelers Go to the Movies

Join the Travelers on our next outing to the movies. Be sure to be on the lookout for your movie choices and come sign up in the Resident Programs office. You will need \$5 for transportation and \$10 for your movie ticket. We will meet in the lobby at 12:30 pm the day of the trip.



Jan 25: Made of Honor

Always shy of commitment, Tom lives as a serial dater. Hannah, his best friend, has wanted to marry and now has found

Mr. Right -- just as Tom realizes he really loves Hannah. When she asks him to be in her bridal party, Tom seizes the opportunity to prevent the nuptials and woo her himself. Showtimes are at 1:30 pm and 6:30 pm in the theatre.



Jan 27: Music with Amaro Dubois

Praised for having a powerful and yet so welcoming warm sound, Brazilian violinist Amaro Dubois has become known for his work expanding and popularizing lesser-known repertoire for the viola through collaborative projects in Brazil and North America. Come enjoy this wonderful performer in the PAC at 6:00 pm.

Jan 30: Orpheum: The Glenn Miller Orchestra

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

Jan 31: Sommersby

A man returns to his home town after a lengthy absence spent fighting in the US Civil War. Although his apparent character transformation arouses his wife's and others' suspicions, everyone is delighted when his tobacco-growing scheme is profitable for the whole town. Just as he is settling into an idyllic routine with his family, he is accused of the murder of a man killed many years before. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

PUZZLE CHALLENGE | Sudoku Number Game

SUDOKU IS EASY TO PLAY AND THE RULES ARE SIMPLE.

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

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

Sudoku solutions on page 21

PICTURING LIFE AT KIRBY PINES



Joan Gilliland helps decorate the Kirby Christmas Tree.



Elsie Bloodworth finds a giant pinecone with the decorations.



Diane Mullins and Dan Moffett are the December Bridge Winners.



Lyle Hendrix celebrates his birthday with Bob Michie and Leon Sanderson.



Marilyn McCormick is visited by friends Barbara Moore and Diane Christensen. Photo by Sydney Wagner



Barbara Flack gets a visit from her granddaughter.
Photo by Sydney Wagner



Rosalind Edwards spends time with her daughters, Amy and Lisa, and her grandson, Jake. Photo by Sydney Wagner

PICTURING LIFE AT KIRBY PINES



Bettye Harrison talks to Santa and lets him know what she wants for Christmas this year.



Sisters, Diane Talarico and Cheryl Johnson visit with Santa at the Estates Christmas Party.



The Grinch plays around with Jan Thomson in the dining room.



Barbara Phillips said it had been years since she sat on Santa's lap!



Janet Reeves seems to think The Grinch is an okay guy, despite his reputation.



Nancy and Ray Albonetti smile for a photo during the Estates Christmas Party.



Linda and Steve Tittle seem to be enjoying their first Christmas at Kirby Pines.

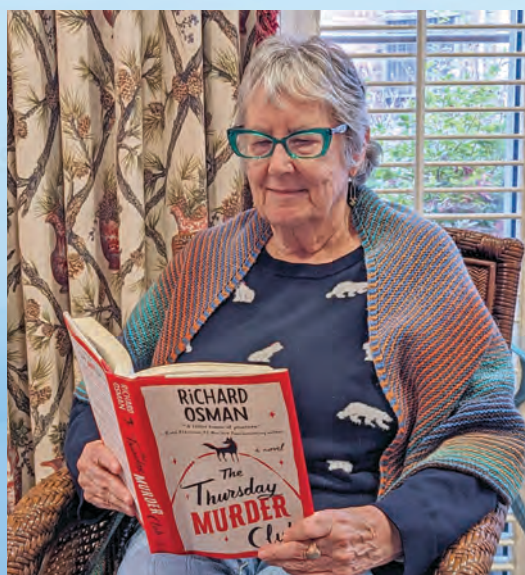
PICTURING LIFE AT KIRBY PINES



The Travelers took a trip to see A Christmas Carol at Theatre Memphis.
Photo by Stuart Eyman



Marty Kocman takes a pic with musician Basil Alter after he joined him to play a number on his flute.



Phyllis Petersen enjoys one of the books she won at the Book Baggers party.



Jean Mauney holds up her book prize from the Book Baggers.



Sara Burns and Jody Sosh light the Menorah during Traditons.



Joyce Read and Richard Bishop rehearse their dance routine.



Diane Mullins and the Sugar Plums stole the Tradition show in the PAC.
L-R; Hugh Wilson, Jim Smith, David Stowell, Travis Thornton and Steve Martin.

KIRBY PINES PHOTO CLUB

Thursday, January 19th at 3:00 pm in the Large Card Room

If you're interested in photography or how to take better pictures on your phone to send to friends and family, join the fun!



Homeschool Carolers
Photo by Carolin Thomason



Traditions Curtain Call
Photo by Marsha Greiner



A Spattering of Snow
Photo by Connie Carter



Winter Cabbage
Photo by Fred Dabrowski



Billie by the Fire
Photo by Jackie Gunther



Look Who's Hanging Around
Photo by Hugh Wilson



Christmas Sphere
Photo by Sydney Wagner



Painted Leaves in a Frame
Photo by Mary Ann Thurmond



'Tis the Season
Photo by Sheryl Maxwell



Contrasting Colors
Photo by Arrena Cheek



Winter Reflections
Photo by Stuart Eyman

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In Memory Of

CHARLIE BRAND

Donation by Pat Brand
to the Book Baggers

JENINE RIDDLE

Donation by Barbara Logan
to the Employee Fund

Donation by Mary Ann & Roy Thurmond
to the Entertainers

Donation by Caroline Lloyd
to the Entertainers

NANCY COX

Donation by KP Residents Association
to the Employee Fund

In Honor Of

MARK MAXWELL

Donation by Neil & Caroline Lloyd
to the Hobby Shop

CURT WILSON

Donation by Lee Brown
to the Hobby Shop

Donation by Sue Elder
to the Hobby Shop

MIKE HUFNAGEL

Donation by Barbara Logan
to the Employee Fund

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SUDOKU NUMBER GAME

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

ANSWERS TO PUZZLE
CHALLENGE ON PAGE 17

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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.

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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

HAPPY NEW YEAR!

**Looking Back at 2022, Shows Exactly Why
Kirby Pines is the BEST - Our Fabulous Residents!
Here's to 2023 and Making More Friends & Memories!**



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

