

the PINECONE

The Magazine of Kirby Pines LifeCare Community • September 2023 | V. 41 | I.9



**KIRBY PINES
40 YEARS & GOING STRONG**
Join us and see why living here is being home.

The Wonderful Gift of Prayer

This September, Kirby Pines Life Care Community celebrates a milestone – its fortieth anniversary. As with any anniversary, a lot of planning goes into making this celebration one that will be enjoyable and memorable. Each year, a theme and a color are selected for the anniversary year. This year the color is Digital Lavender, and the theme is Prayer.

Digital Lavender is a term used to describe various shades of the color lavender. Did you know that the color represents devotion, serenity, grace, and calmness. Much like our sixty-acre campus does when you drive off the hectic streets of Memphis. The lake and manicured grounds bring a sense of calmness, serenity, and grace. The color is also associated with high purpose and spiritual connectivity. Much like the annual celebration we have come to know as Lighting of the Lake.

This year's theme for Lighting of the Lake is "Prayer". A fitting theme as we look back to the founding of Kirby Pines, its current existence and hopes for the future. Although I was not in Memphis when the concept for our retirement community was first introduced, I am certain that prayer was part of the devel-

at Kirby Pines

opment and progress needed to open its doors to the first residents. Throughout these past forty years, prayer has led the community to a place where we honor and give credit to the many individuals in service to residents and to thank the many residents who give us the confidence to move forward daily.

So don your digital lavender attire and gather near the lake on Saturday, September 9th to join in the fun as we celebrate another successful year of growth and service to all who work and live at Kirby Pines.



Michael Escamilla,
*Executive Director,
Kirby Pines*

ON THE PINECONE COVER

A Time for Reflection & Prayer at Kirby Pines

September is always a special time of year at Kirby Pines. The heat of summer begins to fade, the colors on campus begin to turn, and everyone is excited to celebrate another chapter. That chapter just happens to be Kirby Pines' 40th Anniversary!

We kick things off on the 6th with a Gospel Celebration highlighting this year's theme, Prayer. The 7th we will be blessing the flags during Vespers and raising them on the 8th. Our time-honored tradition, Lighting of the Lake, will be held the 9th, followed by a reception in the newly renovated Lobby.

Other highlights this month include the Political Forum on the 13th and a Resident Association Meeting the 14th. Learn about the Wolf River during a presentation on the 20th and head to the Hummingbird Festival on the 21st. Our Photo Club is having their second Photo Reception on the 21st as well. We round things out on the 26th with Kirby Family Feud, so get your teams together now.

Our outside cover features many of the wonderful people living at Kirby Pines on our iconic winding staircase. It represents Kirby as a community in the sense that no matter what is going on, we are always willing to come together. Our residents are family; supportive, appreciative, generous and loving.

Our inside back cover is a bittersweet tribute to our Executive Director, Michael Escamilla, who is retiring after 20 years at the end of the month. We will miss you, Michael!



Grand Lobby Staircase Construction



Retirement Companies of America

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Get to know Kirby Pines'

NEW RESIDENTS



Carolyn Hladky

Moving to Kirby Pines was a bit of a coming home for Roger and Carolyn Hladky. Both originally from Tennessee, they met working in the summer at Camp Shiloh and were married six months later and moved to New Jersey. Married for 61 years, they shared a devotion to family, faith, teaching and mentoring teens. Sadly, Roger passed away shortly after moving to Kirby.

Carolyn attended Harding University and taught grade school for 32 years. Roger was a career educator and spent most of his 36-year career as a middle school principal. The gymnasium where Roger worked was named for him, as was a scholarship.

Always active with teens, they were leaders in their church teen ministry and Roger loved coaching girls' basketball. Through the years they developed a following of "all their children".

Their only daughter Holly lives locally. Madison and Savannah are beloved granddaughters. Annual trips to Gatlinburg are a favorite family tradition.

Carolyn has been on the go since day one. You can find her singing in the choir, reading to residents in rehab or volunteering in the Blossom Shop. If Carolyn is not out and about on campus, she is likely baking or reading at home.

If you haven't met this wonderful addition to our community, make sure to say hello when you see her!

New Resident Bios written by resident, Peggy Reynolds Gatlin



Ralph McDaniel

A lifetime Memphian Ralph McDaniel recently moved to Kirby Pines from the Fox Meadows area of Memphis.

After earning his electrician certification at Southwest Tennessee Community College, Ralph worked at Kellogg Company for over 35 years.

A veteran, Ralph served in the U.S. Army. As a Specialist 4th Class, he was assigned to the Communications Department in Germany.

Ralph's interests include playing cards, TV sports (especially the Memphis Grizzlies' basketball and the Kansas City Chiefs' football).

His travels include Germany, Paris, France and various U.S. cities. His favorite destination was Washington, D.C. where he visited the Capitol and other historic sites.

Ralph is proud of his recognition as a rifle sharp shooter. He has been a collector of coins and vinyl records.

To stay active Ralph is a daily walker and enjoying exploring his new home at Kirby Pines.

We hope Ralph finds moving to Kirby Pines was a good decision and that he makes friends quickly to play cards with and to cheer on his favorite teams. Make sure you give Ralph a warm Kirby Pines welcome and make him feel at home!



THE BENEFITS OF WALKING

What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. Walking is an aerobic exercise; a University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well.

Walking improves circulation. It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Studies at the University of Colorado at Boulder and the University of Tennessee found that post-menopausal women who walked just one to two miles a day lowered blood pressure by nearly 11 points in 24 weeks. Women who walked 30 minutes a day reduced their risk of stroke by 20 percent – by 40 percent when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

Walking shores up your bones. It can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics & Sports Medicine in New York. In fact, a Brigham and Women's Hospital, Boston, study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

Walking lightens mood. A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.

Walking can lead to weight loss. A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

Walking strengthens muscles. It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints and muscles – which are meant to handle weight – helping to lessen arthritis pain

Walking improves sleep. A study from the Fred Hutchinson Cancer Research Center in Seattle found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

Walking supports your joints. The majority of joint cartilage has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or compression, such as walking, "squishes" the cartilage, bringing oxygen and nutrients into the area. If you don't walk, joints are deprived of life-giving fluid, which can speed deterioration.

Walking improves your breath. When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

Walking slows mental decline. A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17-percent decline in memory, as opposed to a 25-percent decline in women who walked less than a half-mile per week. A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.

Walking helps you do more, longer. Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living of people who are older than 65 and have symptomatic OA, according to a study published in the Journal of Clinical Outcomes Management.

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

Get Physical with Kim
Monday & Friday Only
8:00 am | Oasis

Chair Yoga with Kim
Monday Only
10:30 am | PAC/Live TV

Strength Training with Kim
Friday Only
10:15 am | PAC/Live TV

Yoga Stretch with Kim
Friday Only
11:00 am | PAC/Live TV

Tuesday/Thursday

Men's Water Aerobics
Resident Led

8:30 am - 9:15 am | Pool

Arthritis Water Aerobics with Kim
9:30 am - 10:15 am | Pool

Cardio Move & Strength with Kim
10:30 am - 11:15 am | PAC/Live TV





It's Health Aging Month! From the day we are born, we are aging. People all around the country celebrate and honor this month by incorporating habits like exercise, eating healthy foods, and getting adequate sleep into their daily routines. It is also an opportunity to encourage others to stay active and take positive steps towards improving both physical and mental health. If you are already participating in a healthy and active lifestyle – **CONGRATULATIONS!** Take this time to evaluate your activities and see if there is something additional you can do!

Pick an activity. Choose **TODAY** to make a change in your lifestyle. Choose something you enjoy – walking, gardening, or incorporating more water into your diet – and commit to it.

Did you know? Physical activity and exercise have TONS of benefits. Some of them include:

- **Exercise stimulates the growth of new brain cells.**
- **It can help slow down the aging process.**
- **It can help make your skin healthier by clearing dead cells and debris from pores when you sweat during exercise.**



**“Age is simply the number of years
the world has been enjoying you”!**

– Unknown

Health Aging Month is a great time to remind ourselves (and others) to stay healthy. If you are unsure of where to start, consider a Functional Fitness Test. The assessment focuses on determining health and wellness strengths, as well as areas of opportunity.

What's Assessed?

Upper Body Strength

Examples: Carrying Grandchildren or Groceries

Lower Body Strength

Example: Climbing the Stairs

Flexibility

Examples: Reaching the Top Shelf, Fixing Your Hair

Endurance

Examples: Walking Further, Playing with Grandchildren

Balance

Example: Fall Prevention

Cognition

Examples: Problem Solving, Remembering Things

Celebrate your health and wellness and encourage others to do the same. If you are unsure of where to start for your own fitness journey, or if you are interested in learning some additional areas of opportunity, reach out to your Functional Pathways Therapy Team!

EXQUISITE CUISINE

Thursday, September 28, 2023



BEEF FILET

A perfectly cooked Filet, accompanied by a twice baked Potato and roasted Root Vegetables. Finished with an Herbed Butter.



RABBIT STEW

Lean & tender Rabbit, combined with fresh Mushrooms, Carrots, Potatoes, Celery and Red Wine; cooked low and slow to make a delicious start to our meal.



CAPRESE SALAD

Fresh local Tomatoes, creamy & smooth Mozzarella, aromatic beautiful Basil all come together in this simple yet elegant salad. Finished with an aged Balsamic Vinegar.



CHOCOLATE PEANUT BUTTER ROULADE

Two classic flavors in a light and fluffy combination to complete a great meal!

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314



Resident Spotlight: Steve & Linda Tittle

NEW LIFE - DIFFERENT GOALS

It was as though a “breeze of fresh air” came when Linda and Steve Tittle moved to Kirby Pines. Their youth and joyful spirit were a welcome addition to our community. After losing their only child, Brian, at the age of 26 to Duchenne Muscular Dystrophy (DMD), the Tittles were finally able to transition from life focused on survival to one of a “normal” existence. How did this couple who seem so compatible meet? Well, they lived only three houses apart!

Linda (Lott) Tittle was born in Selmer, Tennessee, in 1946, but her family moved to Memphis when she was one year old. They moved again when she was in the sixth grade, a move that would later become an important one.

Linda graduated from Kingsbury High School in 1964. She was a member of the Latin Club but admits she was not involved with many school activities. As an only child, she welcomed the opportunity to play with the neighborhood kids, occasionally babysitting with some of the younger ones.

Following graduation from high school, Linda enrolled in Draughton’s Business College and worked in secretarial jobs until her son, Brian, was born. Following Brian’s diagnosis at the age of three years, Linda (and Steve) cared for Brian until his death. According to Linda, “Everything centered on Brian’s care and comfort.”

Steve Tittle was born in a small town in Alabama in 1942. Steve describes life there as resembling the song words, “Coal mine, moonshine, or move on down the line.” Soon after Steve’s birth, his father was called to serve in WWII. Steve and his mother lived with his father’s parents; life with his grandparents was good. Steve was three years old when he was introduced to his father.

Steve and his family eventually moved to Memphis, three houses from the Lott family. Steve graduated from Kingsbury High School in 1960, and then spent three years in the Army as a Specialist 4th Class, stationed primarily in Germany. Following his return to Memphis, Steve attended Memphis State University for one year. Unable to decide on a major, Steve chose to enlist in a steamfitter school sponsored by the Steamfitters Union. For 35 years, Steve worked as a steamfitter. According to Steve, “I enjoyed working with my hands, doing construction in chemical plants, installing air-conditioners, building boilers, and running natural gas lines for heating equipment.”

While Steve was in the Army, Linda became acquainted with the Tittle family, occasionally babysitting Steve’s younger brothers. The difference in their ages and the Army service kept Linda and Steve from meeting. According to Steve, this is how they finally met: “I had just returned from the Army and was talking with a neighbor in the front yard. He asked me if I had met the young lady who lived up the street, who, at that moment, was playing ‘stick ball’ with neighborhood kids. I told him I had not noticed her. He said, ‘Do I have to tell you what to do?’ I left my neighbor standing there and hurried down our street to meet a very pretty young lady named Linda.”

Linda and Steve dated for two years before marrying in 1966. Their first and only child, Brian, was born three years later. When he was diagnosed with DMD, Linda and Steve knew that there would be limited time for Brian to have a normal life. “When we found that his fate was sealed,” admits Steve, “we vowed to make the most of his early years. We went to every theme park you could name, visited museums such as the Smithsonian, attended special celebrations, and, of course, Tiger basketball games! We went until he couldn’t.”

When Brian became homebound, a friend from church who was a nurse came to their home and stayed with Brian one afternoon a week, giving Linda freedom to leave her responsibilities for a few hours. That nurse is now Kirby Pines resident—Sylvia Statham! “She was our angel,” declares Steve. Sylvia became a good friend to Brian and, knowing that his favorite band was Chicago, arranged for Brian to attend a concert in Memphis AND visit with the band afterward. “Brian was on ‘cloud nine’ and refused to wash his hands for a week,” laughs Steve.

It was time for rebuilding for Linda and Steve following Brian’s death in 1995. One life with all the struggles and dreams had closed, and a new life with different goals began. According to Linda, “We became roller coaster fanatics; we rode the biggest and best. We were also heavily into line dancing, attending classes twice a week.” Steve adds, “We are past that now and hoping to make the grade as ballroom dancers.”



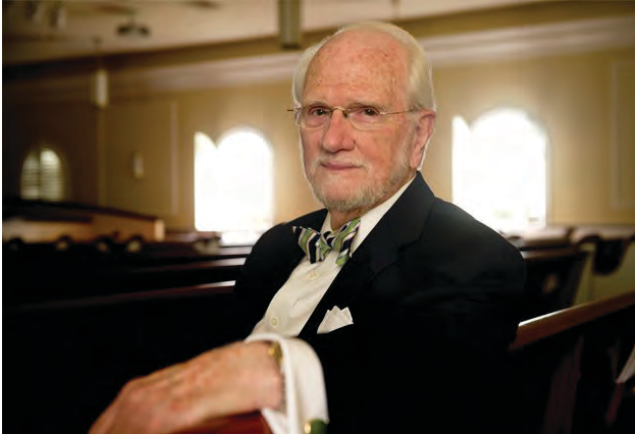
The Tittle's Wedding Day

For 14 years the Tittles occasionally visited Kirby Pines. “One day, while visiting the new ‘L’ Wing, we loved one of the apartments and decided this was no longer a dream,” states Steve. “We moved in, we love it, and we have never looked back,” he adds. They are now involved in many activities of Kirby Pines, including the Theatre Group.

When asked to summarize their feelings about life at Kirby Pines, both Linda and Steve agreed: “Not until we moved in and met the residents did we realize that Kirby has a hidden quality—special people live here! They practice the ‘Golden Rule.’ We were accepted immediately and made to feel like family.”

Written by Joan Dodson, Resident of Kirby Pines

Kirby Pines Celebrating 40 Years 1983-2023



In the late 1970's, a young pastor had a vision concerning the need for senior adult housing and care in the Memphis area. The name of this young pastor was Dr. James Latimer, at that time Senior Pastor of Central Church located on Poplar Avenue. His dream and vision was to build a senior retirement community to take care of senior adults as they grew older

Come see Dr. James Latimer speak about Kirby Pines and his vision at this years **Lighting of the Lake** September 9 | 5:00 pm



Breaking Ground in 1983



Kirby's First Residents

Congratulations to our **CHAMPION of the Month**

Medical Staffing Coordinator

GENOVA BROWN

Describe Your Family: Caring and loving..

Describe yourself in five words: Caring, loving, helpful, determined and bossy.

What do you do for fun: Hanging out with my great nieces and nephews.

Do you have any hobbies: Reading urban fiction. *Pets?:* An English Bulldog named Bohdi Brown.

What is your favorite thing about your job: Working with the entire medical team.

What is your favorite food: Catfish. *What is your favorite song:* Goodness of God by CeCe Winans.

What is something you are proud of: The day my son graduated from high school.

What would you like people to know about you: I will help anyone.



Genova Brown wears many hats throughout the day, by assisting in any area needed to get things done. She is a team player who will handle situations that may arise on her own before seeking help. If a family member or resident has a problem, she immediately begins working on a solution and keeps everyone updated on the progress or action taken to fix it.

- Anna Bradford, Nursing Administrator

REFLECTIONS

By
Maxie Dunnam

We call it “The Jesus Prayer.” *Lord Jesus Christ, Son of God, have mercy on me, a sinner*”.

It is often continually repeated as a part of personal devotional practice. The prayer is particularly esteemed by many of the spiritual fathers as a method of cleaning and opening up the mind to the presence Christ.

This prayer bears the heart of prayer in the petition, *have mercy on me a sinner*, and the *strength* of all prayers in the name, *Lord Jesus Christ, Son of God*.

In my writing and teaching prayer, I often focus on NAMING as a primary dynamic of prayer: we name God as God is in our experience, we name ourselves as we are before God, and we allow God to name us. A new perspective on that has come to me.

Almost every day my wife and I have a devotional prayer time together and we often sing as a part of it. Just recently it has “hit me” that *the naming dynamic* is powerful in our singing as well as our praying. John Newton, the converted slave trader sang about it.

**How sweet the Name of Jesus sounds
In a believer's ear!
It soothes his sorrow, heals his wounds,
And drives away his fear.**

**It makes the wounded spirit whole,
And calms the troubled breast;
'Tis manna to the hungry soul,
And to the weary, rest.**



O How I Love Jesus is a “Jesus Name” song that expresses the Gospel clearly and powerfully,

**There is a name I love to hear,
I love to sing its worth;
It sounds like music in mine ear,
The sweetest name on earth.!**

**It tells me of a Savior's love,
Who died to set me free;**

**It tells of One whose loving heart
Can feel my deepest woe,**

**Who in each sorrow bears a part
That none can bear below.**

**It bids my trembling heart rejoice,
It dries each rising tear,
It tells me in a still, small voice
To trust and never fear.**

With that fresh perspective, let us *pray*, and let us *sing*,

**Jesus, Jesus, how I trust Him!
How I've proved Him o'er and o'r!
Jesus, Jesus, precious Jesus!
O for grace to trust Him more.**

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

September 7

40TH FLAG BLESSING
Rev Jimmy Latimer
Resident, Chair Psalms Board

September 14

Covenant Baptist Choir
Dr Bill Chase
Pastor Seniors & Music

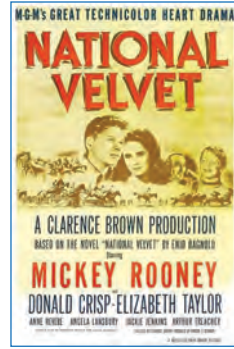
September 21

Rev Ronnie Rose
Senior Adult Minister
Independent Presbyterian

September 28

Butch Odom
Behavioral Health Director
Church Health Center

MEET ME AT



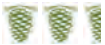
SMOKEY AND THE BANDIT (1977)



Friday, September 1 | 1:30 pm
Saturday, September 2 | 6:30 pm
Sunday, September 3 | 6:30 pm
Cast: Burt Reynolds, Sally Field, Jerry Reed, Jackie Gleason

Big Enos wants to drink Coors at a truck show, but in 1977 it was illegal to sell Coors east of the Mississippi River without a permit. Truck driver Bo "Bandit" Darville agrees to pick up the beer in Texas and drive it to Georgia within 28 hours. When Bo picks up hitchhiker Carrie, he attracts the attention of Sheriff Buford T. Justice. Angry that Carrie will not marry his son, Justice embarks on a high-speed chase after Bandit.

DIVINE SECRETS OF THE YA-YA SISTERHOOD (2002)



Saturday, September 2 | 10:00 am & 1:30 pm
Cast: Sandra Bullock, Ellen Burstyn, Ashley Judd, Maggie Smith

A classic Southern tale of hilarious sadness set in a sleepy Louisiana parish. A group of lifelong friends stage a rather unorthodox intervention to help a young playwright unravel the truth about her complicated, eccentric mother, find forgiveness and acceptance, and let go of her painful past.

42: THE JACKIE ROBINSON STORY (2013)



Sunday, September 3 | 1:30 pm & 4:00 pm
Cast: Chadwick Boseman, Harrison Ford, Alan Tudyk, Nicole Beharie

In 1947, Jackie Robinson becomes the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers and faces considerable racism in the process.

NATIONAL VELVET (1944)



Friday, September 8 | 1:30 pm
Saturday, September 9 | 6:30 pm
Sunday, September 10 | 6:30 pm
Cast: Elizabeth Taylor, Mickey Rooney, Angela Lansbury, Anne Revere

When Velvet Brown, an equine-loving 12-year-old living in rural Sussex, becomes the owner of a rambunctious horse, she decides to train it for England's Grand National race. Aided by former jockey Mi Taylor and encouraged by her family, the determined Velvet gets her steed, affectionately called "The Pie," ready for the big day. However, a last-minute problem arises with the jockey and an unexpected rider must step in as a replacement.

GOSFORD PARK (2001)



Saturday, September 9 | 10:00 am & 1:30 pm
Cast: Maggie Smith, Helen Mirren, Bob Balaban, Kristin Scott Thomas

Set in the 1930s, a group of pretentious rich and famous get together for a weekend of relaxation at a hunting resort. But when a murder occurs, each one of these interesting characters becomes a suspect.

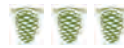
ST. VINCENT (2014)



Sunday, September 10 | 1:30 pm & 4:00 pm
Cast: Bil Murray, Melissa McCarthy, Naomi Watts, Jaeden Martell

Maggie, a struggling single woman, moves to Brooklyn with her 12-year-old son, Oliver. Having to work very long hours, she has no choice but to leave Oliver in the care of Vincent, a bawdy misanthrope next door. Vincent takes Oliver along on his trips to the race track, strip club and dive bar, and an unlikely friendship is born. The man is a mentor to the boy in his hedonistic way, and Oliver sees the good in Vincent that no one else can.

ROBIN HOOD: PRINCE OF THIEVES (1991)



Friday, September 15 | 1:30 pm
Saturday, September 16 | 6:30 pm
Sunday, September 17 | 6:30 pm
Cast: Kevin Costner, Alan Rickman, Mary Elizabeth Mastrantonio, Morgan Freeman
Nobleman crusader Robin of Locksley breaks out of a Jerusalem prison with the help of Moorish fellow prisoner Azeem and travels back home to England. But upon arrival he discovers his dead father in the ruins of his family estate, killed by the vicious sheriff of Nottingham. Robin and Azeem join forces with outlaws Little John and Will Scarlett to save the kingdom from the sheriff's villainy.

THE MOVIES



VANTAGE POINT (2008)



Saturday, September 16 | 6:30 pm
Cast: Dennis Quaid, Forest Whitaker, Matthew Fox, Ayelet Zurer

The attempted assassination of the American President is told and re-told from several different perspectives.

YESTERDAY (2019)



Sunday, September 17 | 6:30 pm
Cast: Himesh Patel, Lily James, Ed Sheeran, Kate McKinnon

Jack Malik is a struggling singer-songwriter in an English sea-side town. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.

HOOSIERS (1986)



Friday, September 22 | 1:30 pm
Saturday, September 23 | 6:30 pm
Sunday, September 24 | 6:30 pm
Cast: Gene Hackman, Dennis Hopper, Barbara Hershey, Bard Boyle

Failed college coach Norman Dale gets a chance at redemption when he is hired to direct the basketball program at a high school in a tiny Indiana town. After a teacher persuades star player Jimmy Chitwood to quit and focus on his long-neglected studies, Dale struggles to develop a winning team in the face of community criticism for his temper and his unconventional choice of assistant coach: Shooter, a notorious alcoholic.

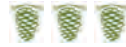
MAIL ORDER BRIDE (2008)



Saturday, September 23 | 10:00 am & 1:30 pm
Cast: Daphne Zuniga, Greg Evigan, Cameron Bancroft, Vincent Gale

Diana McQueen is a conwoman who decides to slip out of town. Knowing that her actions will cause conflict with her boss, she switches places with her dying friend. The friend has already made plans to become a mail order bride, but as it is McQueen's only chance to escape, she plays the role.

ON A CLEAR DAY (2005)



Sunday, September 24 | 1:30 pm & 4:00 pm
Cast: Peter Mullen, Brenda Blethyn, Billy Boyd, Jamie Sives

After losing his job at a Glasgow shipyard, 50-year-old Frank has few prospects and little hope. A casual remark by a buddy inspires him to find a new purpose: to swim the English Channel. Accompanied by his closest friends, Frank sets forth on a training regimen that will help him achieve his goal.

SABRINA (1995)



Friday, September 29 | 1:30 pm
Saturday, September 30 | 6:30 pm
Sunday, October 1 | 6:30 pm
Cast: Harrison Ford, Julia Ormond, Greg Kinnear, Richard Crenna

Sabrina Fairchild is a chauffeur's daughter who grew up with the wealthy Larrabee family. She always had unreciprocated feelings for David, the family's younger son and playboy. But after returning from Paris, Sabrina has become a glamorous woman who gets David's attention. His older, work-minded brother Linus thinks their courtship is bad for the family business and tries to break them up -- but then he starts to fall for her too.

CINDERELLA MAN (2005)



Saturday, September 30 | 6:30 pm
Cast: Russell Crowe, Renee Zellweger, Paul Giamatti, Paddy Considine

During the Great Depression, ex-boxer James J. Braddock works as a day laborer until his former manager Joe Gould offers him a one-time slot against a rising young contender. After he wins a shocking upset, Braddock goes back into the ring full time, against the wishes of his frightened wife, Mae. Dubbed "The Cinderella Man" for his rags-to-riches story, Braddock sets his sights on the defending champion, the fearsome Max Baer.

KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE
 = GOOD
 = GREAT
 = PERFECT

September 2023



ABBREVIATIONS KEY

- Thtr - Theater
- FDR - Formal Dining Room
- PAC - Performing Arts Center
- BR - Billiard Room
- Trans - Transportation
- HS - Hobby Shop
- SCR - Small Card Room
- A&C - Arts & Crafts Room
- LCR - Large Card Room
- WC - Wellness Clinic

8:00 am ● Church of Christ Service (Chapel) **3**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **4**
 8:30 am ● Advanced Water Aerobics (Pool)
 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) **5**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Cardio Move & Strength (PAC)
 1:15 pm ● Tuesday Bridge Group (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Bunko (SCR)
 1:30 pm ● Movie: Heart of Stone (Thtr)
 5:30 pm ● Tech Time (Sunroom)
 6:30 pm ● Movie: Heart of Stone (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **6**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● 40th Gospel Celebration (PAC)
 1:00 pm ● Needle Arts Group (Sunroom)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Ferris Bueller's Day Off (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Ferris Bueller's Day Off (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **7**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 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 ● Series: Joe Pickett (Thtr)
 6:30 pm ● 40th Blessing of the Flags (PAC)

8:00 am ● Get Physical with Kim (Oasis) **1**
 8:30 am ● Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Water Aerobics (Pool)
 10:00 am ● WalMart, Aldi & Banks (Trans)
 10:00 am ● Julie In Joy Art Class (A&C)
 10:15 am ● Strength Training (PAC)
 10:30 am ● Cornhole (LCR)
 11:00 am ● Yoga Stretch (PAC)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Weekend Movie Classic (Thtr)
 6:00 pm ● Music w/Just Friends (PAC)

8:00 am ● Men's Christian Fellowship (LCR) **2**
 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) **10**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **11**
 8:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Alterations (A&C)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Writing Group (LCR)
 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) **12**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Cardio Move & Strength (PAC)
 11:45 am ● Birthday Lunch (Dining)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Bunko (SCR)
 1:30 pm ● Movie: Happiness for Beginners (Thtr)
 3:45 pm ● Birthday Dinner (Dining)
 6:30 pm ● Movie: Happiness for Beginners (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **13**
 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 (A&C)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Bernie (Thtr)
 2:00 pm ● Ballroom Dancing (A&C)
 2:00 pm ● Political Forum (PAC)
 6:15 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Bernie (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **14**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 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 ● Series: Joe Pickett (Thtr)
 2:00 pm ● Resident Association Meeting (PAC)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **15**
 8:30 am ● Water Aerobics (Pool)
 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)
 10:15 am ● Strength Training (PAC)
 11:00 am ● Yoga Stretch (PAC)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Weekend Movie Classic (Thtr)
 6:00 pm ● Music with The Double D Band (PAC)

8:00 am ● Men's Christian Fellowship (LCR) **16**
 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) **17**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **18**
 8:30 am ● Advanced Water Aerobics (Pool)
 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 (LCR)
 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) **19**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Election Voting (PAC)
 1:15 pm ● Tuesday Bridge Group (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Bunko (SCR)
 1:30 pm ● Movie: Poms (Thtr)
 6:30 pm ● Movie: Poms (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **20**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Caregiver Support Group (SCR)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 11:00 am ● Wolf River History Lecture (PAC)
 1:00 pm ● Needle Arts Group (A&C)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Race (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Race (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **21**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Travelers: Hummingbird Fest (Trans)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 am ● Cardio Move & Strength (LCR)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:00 pm ● WalMart, Costco & Banks (Trans)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Series: Joe Pickett (Thtr)
 3:00 pm ● Photo Club Wall Presentation (Bistro)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **22**
 8:30 am ● Water Aerobics (Pool)
 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)
 10:15 am ● Strength Training (PAC)
 11:00 am ● Yoga Stretch (PAC)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Weekend Movie Classic (Thtr)
 6:00 pm ● Music with Memphis Sideshow (PAC)

8:00 am ● Men's Christian Fellowship (LCR) **23**
 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) **24**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **25**
 8:30 am ● Advanced Water Aerobics (Pool)
 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) **26**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Book Baggers (Chapel)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Cardio Move & Strength (PAC)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Bunko (SCR)
 1:30 pm ● Movie: The Day After Tomorrow (Thtr)
 6:00 pm ● Family Feud Gameshow (PAC)
 6:30 pm ● Movie: The Day After Tomorrow (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **27**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 1:00 pm ● Needle Arts Group (A&C)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: A Good Year (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: A Good Year (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **28**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 am ● Cardio Move & Strength (LCR)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:00 pm ● WalMart, Costco & Banks (Trans)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Series: Joe Pickett (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **29**
 8:30 am ● Water Aerobics (Pool)
 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)
 10:15 am ● Strength Training (PAC)
 11:00 am ● Yoga Stretch (PAC)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Weekend Movie Classic (Thtr)
 6:00 pm ● Music with Side Street Steppers (PAC)

8:00 am ● Men's Christian Fellowship (LCR) **30**
 10:00 am ● Weekend Movie (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

September 2023 EVENTS

Sep 1: Group Exercise

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

Sep 1: Julie In Joy Art Class

Julie Christen believes that every single one of us is creative and strives to bring out that creativity. She will be hosting a step-by-step workshop in the Arts and Crafts Room at 10:00 am. The class is free of charge, but seating is limited, so make sure to reserve with resident programs.



Sep 1 & 15: Cornhole Club

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

Sep 1: Music with Just Friends

Just Friends Band members Larry Tyler, Kelley Walker and Wes Walker will delight audiences with skilled renditions of pop, jazz standards, rock, country, and gospel/ Join them in the PAC at 6:00 pm.

Sep 2: Men's Christian Fellowship

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

Sep 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.

Sep 4: 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.

Sep 4: Hobby Pines Group

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

Sep 4: 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!

Sep 4: 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.

Sep 4: 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.



Sep 5: Medical Director Dr. Mike Abutineh MD

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

Sep 5: 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 10:30 am on Tuesdays and Thursdays.

Sep 5 & 19: Afternoon Bridge

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

Sep 5: 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!

Sep 5: BUNKO

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

Sep 5: Heart Of Stone

An intelligence operative for a shadowy global peacekeeping agency, races to stop a hacker from stealing its most valuable- and dangerous- weapon. Showtimes are 1:30 pm and 6:30 pm in the theatre.



Sep 5 & 18: Tech Time

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

Sep 6: Catholic Services

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

Sep 6: Pinecone Painters

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

Sep 6: 40th Gospel Celebration

We kick off our anniversary with a Gospel Celebration featuring praise, prayer and music. Begins at 10:30 am in the PAC.

Sep 6: Needle Arts Group

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

Sep 6: Mah Jongg

Join the group for Mah Jongg play each Wednesday at 1:15 pm in the LCR. Beginners are welcome and encouraged to attend!

Sep 6: Ferris Bueller's Day Off

After faking an illness to skip school, popular teen Ferris Bueller enjoys a fun-filled day in Chicago with his girlfriend and his uptight best friend. Showtimes are 1:30 pm and 6:30 pm in the theatre.



Sep 6: Ballroom Dancing

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

Sep 6: 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.

Sep 7: Bible Study with Dave Phillips

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

Sep 7: Miniseries: Joe Pickett

Join us as we follow the further adventures of Game Warden Joe Pickett and his family. Joe is reinstated as the Twelve Sleep County Game Warden, but now

faces a new task, in which hunters are being hunted by a serial killer in the Wyoming wilderness. Showing every Thursday at 1:30 pm in the theatre.

Sep 7: Flag Blessing

Join us during Vespers while we bless our flags for our anniversary. 6:30 pm in the PAC.

Sep 8: Flag Raising

Please join us under the Porte Cochere at 9:30 am for our 40th Anniversary Flag Raising. We will celebrate with prayer, music, and fellowship.

Sep 8: 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.

Sep 8: Music with Al Mahan

Al Mahan is a pastor, singer/songwriter, and performer from Smithville, TN. His concerts are filled with humor, parodies, and impersonations and much laughter, as he takes on a heart-warming nostalgic stroll down memory lane. Come enjoy the songs of yesteryear in the PAC at 6:00 pm.

Sep 9: Lighting of the Lake

Please join us by Lake Latimer at 5:00 pm for our 40th Anniversary Lighting of the Lake. Reception to follow.



Sep 9 & 23: Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. The THEME will be Movie Trivia, however, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

Sep 11 & 25: Alterations

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

Sep 11: 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 Large Card Room at 10:00 am.

Sep 12: Birthday Meal

Attention birthday folks! We want to celebrate you! Grab some friends and join us for lunch or dinner to celebrate your birthday. Be sure to RSVP in Resident Programs to reserve your table.

Sep 12: Happiness for Beginners

A year after her divorce, 32-year-old Helen Carpenter lets her brother persuade her to sign up for a wilderness survival course. Through this experience she discovers that you have to get lost to find yourself. Showtimes are 1:30 pm and 6:30 pm in the theatre.



Sep 13: Garden Gro'ers

Come out to Garden Gro'ers meeting. Summer is here and we are in full swing. Come check out all that is going on. We will meet at 10:30 am in the greenhouse.

Sep 13: Bernie

In small-town Texas, an affable mortician strikes up a friendship with a wealthy widow, though when she starts to become controlling, he goes to great lengths to separate himself from her grasp. Showtimes are 1:30 pm and 6:30 pm in the theatre.

Sep 13: Political Forum

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

Sep 14: Resident Association Meeting

Be sure to come to our Annual Town Hall Meeting. We will be having Scott Morris, founder, and CEO of Church Health, speak with us. We will begin the meeting promptly at 2:00 pm in the PAC.

Sep 15: Music with Double D

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

Sep 18: Smith Jewelers

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

Sep 19: Poms

Martha is an introverted woman who moves to a retirement community with plenty to do. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists on becoming friends. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As they hold auditions, they soon learn that it's never too late to follow your dreams. Showtime is 1:30 pm in the theatre.

Sep 20 & 21: Flu Shots

The Rx Shop will be here from 9:00 am to 4:00 pm in the LCR for flu shots. Stay tuned for more details as the date approaches. If you have questions in the meantime, be sure to call the clinic.

Sep 20: Caregiver Support Group

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

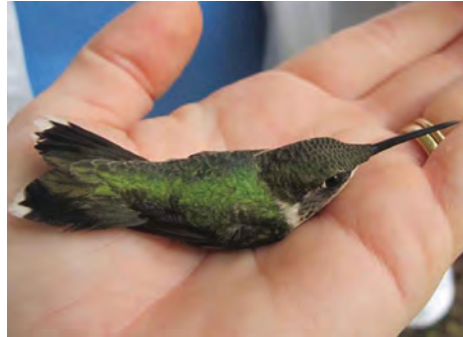
Sep 20: Race

Amid racial tensions in the U.S. and abroad, track-and-field athlete Jesse Owens goes for gold and glory at the 1936 Olympics in Berlin in this biopic. Showtimes are 1:30 pm and 6:30 pm in the theatre.



Sep 21: Travelers: Hummingbird Festival

Have you ever seen a hummingbird close-up? On this 'Travelers' excursion you will learn about hummingbirds, seeing the size of their nests and eggs, as well as view dozens of them eating at the multiple feeders on their way flying south for the winter. We'll be eating lunch at a nearby restaurant. Price for tickets is \$10 (Ticket + Transportation). We will meet in the lobby at 9:30 am, the day of the trip.



Sep 21: KP Photo Club Reception

If you love our Photo Club page in the Pinecone, don't miss our 2nd Photo Wall Installation at 3:00 pm by the Bistro. Photos will be displayed and refreshments will be served.

Sep 22: Music with Memphis Sideshow

John Groesse- singer and bassist- and Hal Vancanney- singer guitarist- make up the Memphis Sidehow. They perform oldies, standards, country, blues, R&B, gospel, and rock, adding their studio, giving the sound of a full band. Join us in the PAC at 6:00 pm for a night of music.

Sep 26: The Book Baggers

The book baggers will be meeting in the chapel at 9:30 am to discuss our latest reads. Susan Cushman, the editor of "All Night, All Day" will be with us to present her newest publication. She is also planning to bring two of the contributing authors with her. All are welcome.

Sep 26: The Day After Tomorrow

After climatologist Jack Hall is largely ignored by U.N. officials when presenting his environmental concerns, his research proves true when an enormous 'superstorm' develops, setting off cata-

strophic natural disasters throughout the world. Trying to get to his son, who is trapped in New York, Jack and his crew must travel on foot from Philadelphia, braving elements to get to his son before it's too late. Showtimes are 1:30 pm and 6:30 pm in the theatre.

Sep 26: Family Feud Game Night

Survey says...Family Feud is back at KP. We have surveyed the masses. Do you think you can guess the top answer. Join us in the PAC at 6:00 pm to see.

Sep 27: A Good Year

A British investment broker inherits his uncle's chateau and vineyard in Provence, where he spent much of his childhood. He discovers a new laid-back lifestyle as he tries to renovate to be sold. Upon his arrival, he meets a woman from California who tells Max she is his long-lost cousin, and that the property is hers. Showtimes are 1:30 pm and 6:30 pm in the theatre.



Sep 29: Music with Side Street Steppers

The Side Street Steppers are a page from America's past, playing rare and popular music from the 1920s and 30s. Dubbed the Golden Age of Gramophone Recording, the two decades between 1920 and World War II saw the rise of jazz and the birth of the blues, the demise of ragtime and the emergence of hillbilly music that would become known through the world as country music. The Side Street Steppers present a pastiche of this transformation of the American musical landscape, performing on vintage and homemade instruments. Get ready for plenty of hip-shaking, foot stompin', caterwaulin', and croonin'. Music begins in the PAC at 6:00 pm.

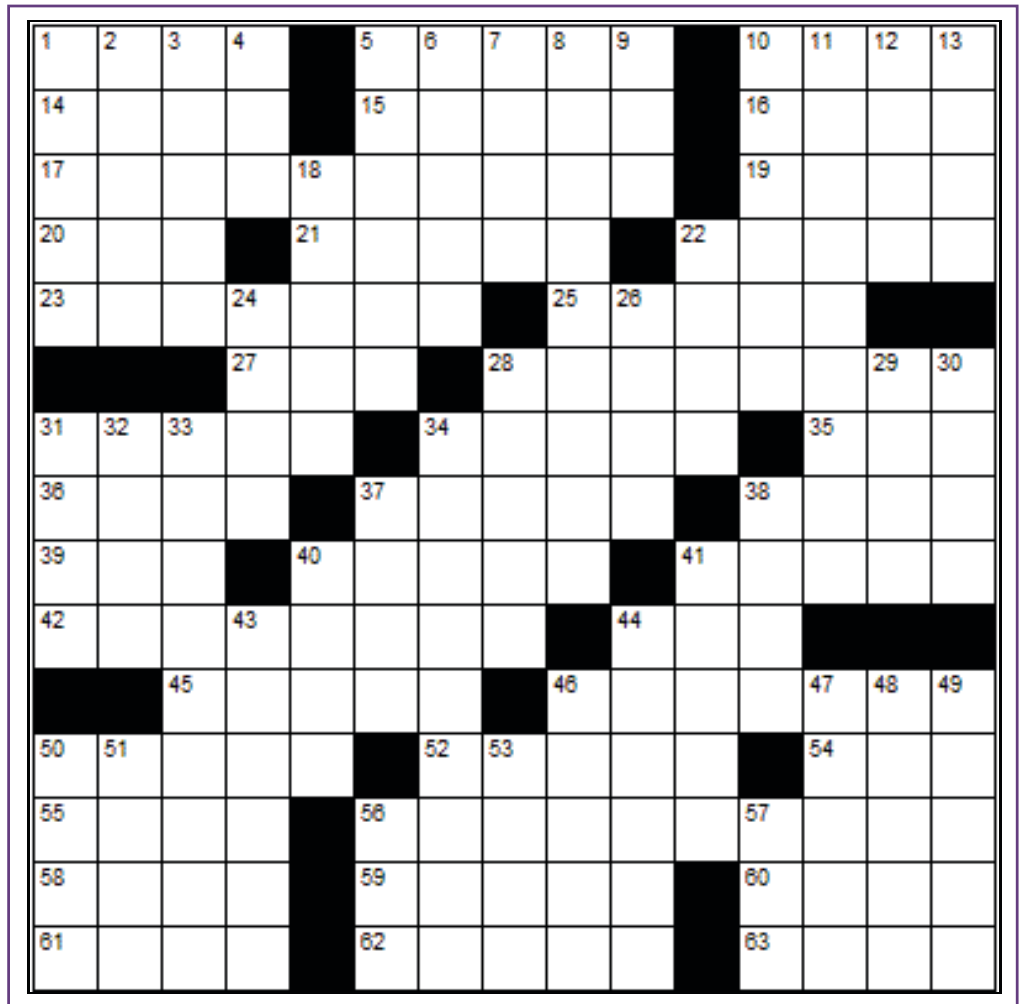
PUZZLE CHALLENGE | Giant Crossword

ACROSS

1. Enclosure
5. Manila hemp
10. Soft drink
14. Largest continent
15. Angered
16. Egg-shaped
17. People in a novel
19. Road shoulder
20. Female chicken
21. Thorax
22. Blemishes
23. Lands and wealth
25. A long narrow passage
27. Dung beetle
28. Surveillance aids
31. Not a winner
34. Relating to audible sound
35. Sticky stuff
36. On top of
37. Violent disruptions
38. Curve
39. Short sleep
40. Breezy
41. How we communicate
42. Splendid
44. Accomplished
45. Pauses
46. In a fretful manner
50. Portion
52. Sugarcoating
54. Deli loaf
55. Spouse
56. Data
58. In the center of
59. Move furtively
60. Unit of land
61. Riot spray
62. S S S
63. Bleats

DOWN

1. Stash
2. Fire residues
3. Colossal
4. Hearing organ
5. He shoots arrows



6. Chomps
7. Brews
8. Foregone conclusion
9. Commercials
10. Deep blue
11. Too keen
12. [Songbird \(see photo for hint\)](#)
13. Charity
18. Thespian
22. Millisecond
24. Gulf port
26. Colored part of the eye
28. Forests
29. A small lake
30. Mats of grass
31. Breathing organ
32. Iridescent gem
33. Sleep inducing
34. Inflammation of the sinuses
37. Violent disturbance
38. Physiques, informally
40. Sage
41. Birds have them
43. Ebb
44. Declares untrue
46. What books are called
47. Genus of heath
48. Elastic fabric
49. Affirmatives
50. Propelled through the water
51. Capital of Peru
53. Scoundrels
56. South southeast
57. Bar bill



Puzzle Solutions - page 23

PICTURING LIFE AT KIRBY PINES

ART WALL, BIRTHDAYS AND MORE



Rhetta Watkins with Fred & Cindy Dabrowski at the Garden Home Luau.



Bobby Thompson shows off his painting to be displayed on the Art Wall.



Carolyn Thomason painted pretty purple flowers & dragonflies.



Barbara Logan with her bright, beautiful cross stitched pillow.



As the Lobby renovation continues, the new carpet is being installed.
Photo by Sylvia Statham



Jean Mauney celebrates her birthday with husband, Mal by her side.



Sarah McCallum, Barbara Logan and Sharon Overman celebrate their August birthdays with friends; Beverly Hassell, Mary Stagg, Genenne Wilson, Merry LeShane, Donna Griffin, Jennie Fulmer and Alma Crone.

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS, LINE DANCERS AND MORE



Marsha Greiner is all smiles at her birthday celebration with Gloria Holman, Marilyn McCormick, Connie Oakes & Joan Weaver.



Fred & Cindy Dabrowski both have birthdays, celebrating with Graeme & Anne Gee and Steve & Linda Tittle.



The Line Dancers put together a Tribute To Elvis with music, dance and stories to celebrate The King during Elvis Week. Photo by Stuart Eyman



Jim Smith and Elvis - aka Richard Cheek. Photo by Arrena Cheek



Marilyn & Leon Sanderson perform. Photo by Stuart Eyman



Kirby favorite, violinist, Donna Wolf. Photo by Sydney Wagner



Bridge winners, John Travis Thornton and Alice Wherry. Photo by Steve Martin

PICTURING LIFE AT KIRBY PINES

FRIENDSHIP DANCE AND TRAVELERS OUTING



Charlie & Sara Burns ham it up at the Friendship Dance.



John Sosh and Hugh Wilson are ready for our 40th Anniversary Celebration.



Pat & Bankie McCarty are ready for the dance and possibly some snacks?



Pat Brand enjoys some shopping at Backermann's Country Market.



Neil Lloyd and Sheryl & Mark Maxwell have some cool ice cream on the hot day.



Flo Seward checks out the selection of jams, jellies & relishes at Backermann's.



Betty and Berry Terry sit and enjoy the afternoon after lunch and shopping with the Travelers at Backermann's in Whiteville, Tennessee.



Jane Hodge is excited by the colorful candy options!

KIRBY PINES PHOTO CLUB



Twist My Arm - Photo by Dale Jones



Grass & Wood - Photo by Connie Carter

Join Us for Our Photo Reception, September 21 at 3:00 by the Bistro!

We studied **TEXTURE** in Photography This Month!



Ripening on the Vine
Photo by Sheryl Maxwell



Rattan, Man
Photo by Hugh Wilson



Keyhole Bark
Photo by Stuart Eyman



Crystal Magic
Photo by Marsha Greiner



Dainty & Delicate
Photo by Mary Ann Thurmond



Nature's Beauty
Photo by Fred Dabrowski



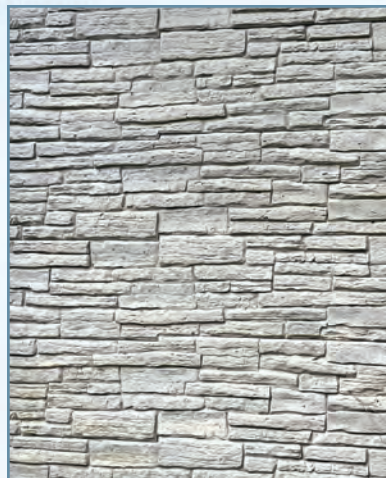
Shedding One's Skin
Photo by Jane Longfield



Balcony Vibes
Photo by Carolin Thomason



The Mantis
Photo by Michael Gilbert



Stone Wall
Photo by Sylvia Statham



Color & Texture
Photo by Sydney Wagner



Rough & Smooth
Photo by Arrena Cheek

Memorials, Honorariums & Gifts

In Memory Of

**BUTTONS
DONNA GRIFFIN'S
SWEET PUGGIE**

Donation by Merry LeShane
to the Library Fund

In Honor Of

SUZANNE HUFNAGEL

Donation by Alice Petty
to the Hobby Shop

ALICE PETTY

Donation by Rosalind Edwards
to the Library Fund

JANE LONGFIELD

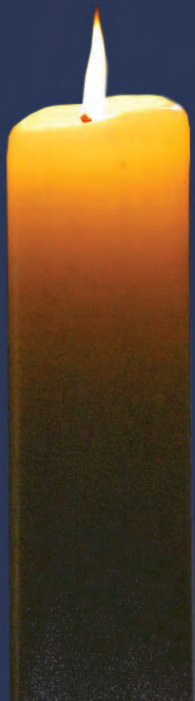
Donation by Bankie & Hugh Wilson
to the Garden Gro'ers

MARK MAXWELL

Donation by Sydney Wagner
to the Hobby Shop

CINDY DABROWSKI

Donation by Bankie & Hugh Wilson
to the Garden Gro'ers



GIANT CROSSWORD



ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

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Women's Haircuts

Shampoo & Sets

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Separate Barber Shop

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Our Monthly
Specials!

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Michael Escamilla: The Right Place To Be

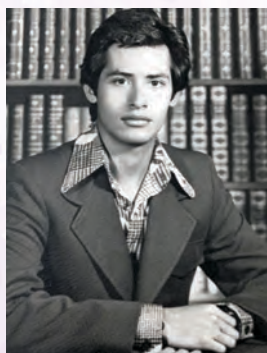
Michael Escamilla has always had a passion for working with seniors. We at Kirby Pines have been beneficiaries of that passion for 20 years.



Michael & Tessa 1958

When Michael first visited Kirby Pines, the lobby was being built, the staircase being framed. He worked in Palm Beach and wanted to be closer to his aging parents who lived in San Antonio. On a driving vacation, he stopped in Memphis for a visit. Two years later, opportunity arose, and in January 2003, Michael Escamilla became Executive Director at Kirby Pines.

A San Antonio native and multi-generation Texan, Michael learned from his parents about involvement in local organizations. At Marquette University, he had the unforgettable opportunity to hear Elizabeth Kubler Ross in person. “That changed my career path,” Michael remembers. “That’s how I got my degree in Sociology. History is about the understanding of mankind.” He pursued graduate work in human services and gerontology at the University of Houston.



College Senior 1975

Michael began as a grief counselor in a pilot program of the Older Americans Act—a federal initiative providing services for seniors. He became regional director for 27 counties serving over 3,000 seniors. He was Executive Director with Classic Residence Hyatt in Dallas, Connecticut, and Palm Beach.

Acquiring funding for seniors is a proud accomplishment for Michael. As Shared Housing fundraising chair, he developed a gin-

gerbread house competition. These funds brought single parents and seniors together to assist one another. Seniors were mentors, and parents received assistance with education and work skills. Michael was nominated for the 1994 JC Penny Golden Rule Award, his certificate signed by President Clinton. Gingerbread house competition continues today, raising over 1 million to date.

Michael enjoys working with people who have been part of history. Colonel Hugh Wardlaw received the French Legion of Honor medal for heroic service during WWII. “To be present at his ceremony was an honor—to be a part of the history and sacrifice he made during the war.” One resident was the Orpheum and Chicks organist. Another accompanied Admiral Byrd to the Arctic. “I would like for people to know that I value friendship. I really love the history of the people that I have met.”

It’s hard to name a favorite event, but one dear to Michael’s heart is the Mother’s Day picnic. “We all have a mother. It is a nice remembrance that everyone seems to enjoy.” The Art Wall has grown from a small display to an afternoon of residents presenting their own work. Michael says it’s satisfying seeing residents highlight other individuals. At Lighting of the Lake one year, the float caught fire. As always, Michael learned from the experience and made improvements.



Escamilla Family January 2010

Michael’s response is quick about what he will miss most: “Residents and employees. It is endearing when both come together to accomplish something.”

Michael is most proud of getting through the pandemic. “The team spirit of the employees, the understanding of the residents—everyone lived through that historical event. There was fear, yes. But there was more of a feeling that this will be all right.” Kirby Pines residents might add that this came from the strong leadership of a beloved Executive Director.

“Everyone knows I collect monkeys,” Michael says with a smile. The Palm Beach newspaper named him “Monkey King.” His Christmas tree with more than 300 monkey ornaments was in the Commercial Appeal. A favorite tree-topper monkey with Santa hat was a gift from his sister when he was at Marquette. She nicknamed Michael “Chango,” Spanish for monkey.



Michael LOVES Monkeys!

Michael says about retirement, “I’ll visit family and friends more. I’ve always enjoyed overseas travel, whether Macao, Hong Kong, or Paris.” He is Portuguese on his father’s side, and he hopes to see Portugal. Michael also loves to read history.

When asked to describe his time at Kirby Pines in 10 words or less, Michael replied, “It’s been the right place to be for the final 20 years of my career in working with senior citizens.” That’s 20 words, Michael, but we agree. This has been the right place for you to be.

Written by resident, Jean Saunders

Voted the #1
Retirement Community
in Memphis for 16 years by the
Commercial Appeal readers!

Kirby Pines

LifeCare Community

LifeStyle and LifeCare

