

# the PINECONE

The Magazine of Kirby Pines LifeCare Community • January 2024 | V. 42 | I.1

## MARTY MCKEE

*knows the the key to  
staying healthy is to  
be young at heart!*

Health Benefits of Exercise | Green Means Go! | Blessed Assurance | Resident Spotlight: Philip & Pat Slate

# The Spirit of the Season

WOW! What a December! Such a beautifully adorned building! Events and activities almost nightly. Our Christmas Parties were amazing. Residents and staff alike came together to spread good cheer throughout the festive month. Today, I would like to focus on three special events that took place this month. These three events tell the Christmas Story of Kirby Pines. It illustrates who we are and what we are about. More than parties...more than gifts...the following is what Christmas is all about.

Immediately after Thanksgiving, it was suggested that family and friends might benefit from a coat drive. With the encouragement of Mr. Trammell, our leadership team, residents, and families have been extremely generous. We have collected over 730 coats, with an additional 125 pairs of gloves, scarves, socks, and sweatshirts. In turn, our staff is receiving these efforts with great joy and appreciation. Residents continued their joy by donating over \$39,000 to the Employee Holiday Fund. This was given to our hourly employees making less than \$23.00 per hour, based on tenure, and hours worked during 2023. These funds were dispensed on Monday, December 18, just in time for any last-minute shopping.

During the evening of December 18, Kirby Pines Senior Leadership, spearheaded by Mr. Trammell and Michelle Vincent, hosted a "Good Ole Fashion Christmas" for 3 needy families in our area. These families were rec-

## at Kirby Pines

ommended to us by local churches whom we have close personal ties. We provided a "PotLuck Dinner" prepared by our Directors who offered their own specialties. Kirby Pines contributed an additional \$750 per family for "Secret Santa" gifts to be opened on Christmas Morning. It was a truly wonderful event filled with smiles, laughter, and tears of joy. This is the true meaning of Christmas here at Kirby Pines.

I hope that this report gives you a sense of pride and joy knowing the good works that are being done right here at Kirby Pines.

Here is to an even more exciting 2024!

HAPPY NEW YEAR EVERYONE!

*Michael, Stephanie, and McCoy*



## ON THE PINECONE COVER

### Beginning a New Year at Kirby Pines

It is January and a new year is upon us. It is a time to refresh, renew and make changes for the positive. Take that walk, join that club, eat more vegetables, learn to play bridge, meet a new friend. The opportunities are plentiful at Kirby Pines to do one or all. See page 8 for more ideas.

There is so much to do at Kirby Pines, it is hard to keep track, so make sure you check out this month's calendar to see the many classes, groups and clubs available, that you may have missed out on during the busy holiday season. A few things not to be missed is the Resident Association Meeting on the 11th, the Travelers trip to Sears Crosstown on the 17th and the Photo Club Presentation on the 18th.

Our front cover features Marty McKee enjoying life and having fun on the playground. Her positive attitude and carefree ways allow her to keep feeling young at 85, and at this point, there is no slowing her down.

Our back cover takes a look at some of the good times we've had this past year and we can't wait to see what 2024 has in store for us. So start the year off by making a change in your routine and ask others to join you. Together we can do anything! Happy New Year!



**Marty McKee shows off her playful side.**



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Get to know Kirby Pines'

# NEW RESIDENTS



**Mary Lee & Carl Boggs**

Recently Carl and Mary Lee Boggs moved to Kirby Pines from their home in Collierville, Tennessee.

Married for 12 years, they are very proud of their blended family of five children, ten grandchildren and five great-grands.

Carl had a successful career in sales and Mary Lee graduated from Lambuth College and taught school in Shelby County for 20 years.

A veteran, Carl served in the United States Army.

To stay active, the Boggs enjoy bicycling (stationary and the real thing). Mary Lee enjoys playing Bridge and they both play Spades.

Moving to Kirby Pines in the middle of basketball season is a good time to make new friends. Carl is a University of Kentucky fan and Mary Lee is a Memphis Tigers' fan. They should find many fellow residents to watch games with on these cold winter days.

Their traveling has included trips to Alaska, Hawaii, and Germany.

We are so happy to welcome the Boggs to Kirby Pines. Give them a warm Kirby welcome and invite them to participate in our many activities. They should be a good fit for our retirement community and make new friends quickly!

*New Resident Bios written by resident, Peggy Reynolds Gatlin*



**Jo Ann Harris**

A native of Golden, Mississippi, Jo Ann moved to Memphis after graduating from Belmont, High School. She comes to Kirby Pines from her home in Eads, Tennessee.

Jo Ann and her late husband, Eron (Red Dog) were married for 69 years and had one daughter. Their daughter, Sherrye, died of cancer. Jo Ann has 3 grandchildren and 3 great-grands she adores and the feeling is mutual.

Jo Ann was employed at Central Church in 1971 and retired after serving there for 52 years. She says she has held every job in the church except preacher and choir director.

This busy lady has been involved in many adult ministries beyond the church. She served in different positions at The Mid-South Fair, She volunteers at the Delta Fair, and she was president of the Council on Aging to name a few of her endeavors. Jo Ann continues to be involved in activities to protect and improve the lives of senior adults.

Jo Ann loves sports and not just as a fan. She played basketball in high school and became a bowler as an adult. Her team won the Tennessee State Championship and Jo Ann won the 600 Singles championship. Her love of football led to her involvement in the National Football Foundation and College Hall of Fame. The Ole Miss Rebel Club has gained much of her attention. She and her late husband rarely missed a game.

We are elated that Jo Ann has chosen Kirby Pines for this chapter in her life. Her knowledge and experiences will be an asset to our community. Find Jo Ann and get acquainted soon, her work experiences and involvement in the community makes her a sure fit for Kirby Pines. Welcome Jo Ann!



## The Health Benefits of Exercise in Older Adults

Our biology changes as we get older, causing seniors to have different reasons for staying in shape than younger generations. Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. Physicians and researchers say seniors should remain as active as possible, without overexerting one's self. In older adults, exercise helps you live a longer, healthier, and more joyous life.

### Some of the benefits of exercising later in life include:

#### More exercise means more independence for seniors:

Seniors that exercise regularly are less likely to depend on others. According to Harvard Medical School, regular exercise promotes an older adults ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

#### Exercise improves balance for older adults:

Falling down is a much bigger deal for older adults than younger ones. Every 11 seconds, an older adult is admitted to an emergency room for a fall-related injury, and every 19 minutes, a senior dies from a fall, according to the National Council of Aging. Though no two falls are alike, and preventing falls is very complex, regular exercise reduces the likelihood of falling by 23%.

#### Regular exercise means more energy:

Though it seems counter-intuitive, being inactive makes you tired and being active gives you more energy. Any amount of exercise promotes the release of endorphins, which are essential neurotransmitters linked to pain mitigation and a sense of well-being. Endorphins combat stress hormones, promote healthy sleep, and make you feel more lively and energetic, overall.

#### Exercise helps prevent and counteract disease:

Heart disease, osteoporosis, depression and diabetes are common diseases among older adults, and are often deadly. Fortunately, adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases if you already have them. If you are at-risk for disease, exercise may be the key to warding off an unpleasant condition.

#### Regular exercise improves brain function:

One of the most remarkable developments in health science is the revelation that the mind and the body are much more closely linked. A healthy body likely means a healthy mind, and seniors that exercise on a regular basis have improved cognitive health, according to research from NCBI. More recently, a study from the Alzheimer's Research & Prevention Foundation, regular exercise has been shown to reduce your risk of developing Alzheimer's disease or dementia by nearly 50%.



### 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

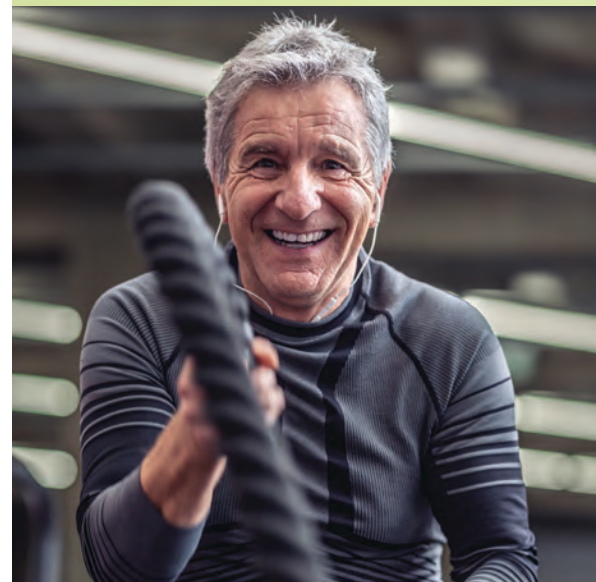
8:30 am - 9:15 am | Pool

#### 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



Traffic lights – whether you love them or hate them – help to control the flow of traffic. They tell you when it is your turn to **GO**, **STOP**, or use **CAUTION**. We all understand how they work, and they have been around since 1868! But what you may not be as familiar with is the Functional Pathways Traffic Lights!

## What are they?

Functional Pathways has a plethora of traffic light handouts to facilitate and guide residents of typical signs of their health conditions, such as Heart Disease, COPD, Stroke, and even COVID. The star of today's show is the traffic lights for therapy services! Staying well is everyone's priority, so utilizing these helpful tools can assist residents, families and caregivers to thrive in place and avoid hospitalizations.

**Green Means Go!** All is well – therapy services most likely are not needed.

**Yellow – Time to Act!** Therapy might be helpful to ensure you are able to participate in your favorite activities with ease and prevent risk of a decline in function.

**Red – STOP!** New onset of these symptoms could result in a hospital admission if the issue is not addressed. Contact your therapy team immediately.

Interested in learning more about all our resources that encourage health and wellness? – reach out to the therapy team at Functional Pathways! Wishing you a very Happy and Healthy New Year!

## OUTPATIENT THERAPY TRAFFIC LIGHT

### DANGER SIGNS - STOP!

**Physical Therapy:** Falling/unsteady or shuffling gait, Pain, Shortness of breath that does not resolve quickly, Unable to do stairs, Trouble with getting in/out of bed, chair, or car safely.

**Occupational Therapy:** No longer bathing, cooking and/or cleaning, Incontinence, Not participating in social events, Not leaving your house or apartment.

**Speech Language Pathology:** Not eating/drinking due to choking or coughing, Forgetting important dates/people, Sudden onset of slurred speech/unable to communicate, Unable to pay bills/keep meds straight.

### CAUTION SIGNS - TIME TO ACT!

**Physical Therapy:** Out of breath/less energy, Fear of falling/occasional loss of balance, Concerns about getting in/out of a bed, chair or car safely.

**Occupational Therapy:** Occasional incontinence concerns, Trouble with grooming/basic hygiene, bathing and/or dressing, Trouble with light housekeeping/cooking, Less comfortable going to social events.

**Speech Language Pathology:** Some difficulty completing tasks you could previously do, Difficulty finding words or carrying on a conversation, Coughing when/after taking medications, eating or drinking.

### GOOD SIGNS - ALL IS WELL!

**Physical Therapy:** Balance is good, Able to walk without concern/maintain usual activity level, Pain-free range of motion, Able to get in/out of a bed, chair or car safely, No shortness of breath.

**Occupational Therapy:** No concerns with hand strength, No visual problems, No concerns with adaptive equipment, No concerns with grooming/basic hygiene, cooking, bathing, dressing, housekeeping.

**Speech Language Pathology:** Can remember to take medications/pay bills, No memory concerns, No difficulty finding words/carry on conversations, Able to keep appointments, No concerns with eating/swallowing.

# EXQUISITE CUISINE

Thursday, January 25, 2024



## RIBEYE STEAK

A beautiful fresh cut Ribeye seasoned and grilled to perfection, served with Loaded Mashed Potatoes, Sautéed Spinach and Garlic Herb Butter. Paired with a big and bold Cabernet Sauvignon.



## CAPRESE SALAD

Fresh Sliced Tomatoes with smooth creamy Mozzarella Cheese, a hint of fresh Basil and finished with a drizzle of aged Balsamic Vinegar. Paired with a fresh crisp Pinot Grigio



## LOBSTER BISQUE

The traditional classic. Velvet smooth Lobster Bisque finished with a dollop of seasoned Sour Cream and a Lobster Claw. Paired with a refreshing Chardonnay.



## NEW YORK STYLE CHEESECAKE

Thick, rich, and creamy, the tradition continues with a Vanilla Bean flavor, crunchy Graham Cracker Crust, and finished with a fresh Strawberry Coulis.

**CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314**



## Resident Spotlight: Philip & Pat Slate

Returning to Tennessee, Philip enrolled in Harding School of Religion (now Theology), earning a master's degree. Then in 1961, the Slates were asked to go to London, England, to plant a church. They remained there for 10.5 years. Another daughter, Carla Joan, and a son, Carl Philip, were born there. Pat was involved by teaching classes and directing the Bible correspondence program. Philip was accepted to Oxford University where he did his doctoral research toward a Doctor of Missiology degree from Fuller Theological Seminary in 1975.

In 1972, the Slates returned to Memphis when Philip was invited to teach at Harding School of Religion. He would remain in that position for 21 years while he and Pat would also teach and minister to five different churches of Christ during that time. Philip describes those years as "very rewarding." Pat's classes on "Fascinating Womanhood" were taught in many churches. In 1983, Pat surprised everyone by deciding to try sky diving. "It was exciting, but once was enough," says Pat.

The last six years of Philip's academic career were as Chair of the Missions Department of Abilene Christian University in Abilene, Texas. Following his retirement, he and Pat served as mission trainers, consultants, and encouragers in both the United States and abroad. As a result of their mission work, Phillip has visited 40 , and Pat has visited 25!

Regarding their work, Philip has this to say: "God opened many doors for us to serve. The best positions were those we did not seek." Philip has also served by authoring or co-authoring six books and many articles.

The move to Memphis was the Slates' final move and became home. All of their family live in Tennessee, which now includes eight grandchildren and seven great grandchildren. The move did not really mean retirement for Philip. He continued to serve churches wherever he and Pat lived, and he continues since moving to Kirby Pines through Zoom and e-mails.

In 2021, the Slates moved to Kirby Pines because they recognized the advantages and knew many people here. "We enjoy the amenities," states Philip, "but we also enjoy conversations with the diverse and interesting people who live here."

Due to Pat's health, her activities are limited. However, Philip says he enjoys the Oasis, attending Bible groups, and classes. They worship at Germantown Church of Christ where Phillip serves in many areas. He has served as speaker for Vespers on occasion. Philip has found the Bistro an interesting place to meet others, and he loves walking around our beautiful campus. "The flowers and trees help to create a nice ambiance in this place," says Philip. Both he and Pat agree, "Moving to Kirby Pines was the right move for us."

*Written by Joan Dodson, Resident of Kirby Pines*

### A RICH AND FULL LIFE

It is unusual for a person to decide as a teenager what his mission in life is to be. At the age of 16, Philip Slate knew he wanted to become a preacher of the Gospel. When he met Patricia (Pat) Finch, he found her to have a strong faith with similar goals. Together, they have served 72 years in mission work and teaching, and Philip is continuing that work. According to Philip and Pat, "Our work with churches, our experiences, and our family have given us a rich and full life."

Pat Slate was born in Old Hickory, Tennessee. Her only sibling was an older brother. When she was born, Pat says, "My brother wanted a brother but got me instead. Because my father had died when I was 15, I asked my brother to 'give me away' at my wedding. His response was, 'Yes, I've wanted to give you away ever since you were born!'"

Pat attended the DuPont schools in Old Hickory and was a cheerleader, active in drama, and an honor student. She chose to enter David Lipscomb College (now University) following graduation. It was there she met Philip Slate, a junior, on a blind date.

Philip Slate was born in Louisville, Kentucky, the oldest of three brothers. His father worked on road construction, so the family moved often. Philip reports that during his first year of school, he attended five schools in three states! There were other moves and different schools, mostly in the mountainous areas of East Tennessee. Philip says he enjoyed the country living, camping, hiking in the hills, and swimming in the water hole made by "damming" up a creek. He played baseball and basketball, learned boxing, and qualified to become a lifeguard. The family moved near Nashville, Tennessee, just in time for Philip to enroll in David Lipscomb College for high school and college.

While in high school, Philip continued to play some sports, even boxing one year in the Nashville City Tournament. He began scholastic debating, which continued for five years while at Lipscomb, and preached at every opportunity. As a Speech major in college, he continued preaching each Sunday at a rural church. When he and Pat began seriously dating, she would accompany him on Sunday with her mother's approval. "Most of our dating," according to Philip, "was confined to group activities, and the time together on Sunday allowed us to know each other better."

When Philip graduated from college, he and Pat married and moved to Wichita, Kansas, for Philip's first pulpit position. "It was a wonderful church, and we loved the Midwest," says Philip. During the years there, they welcomed their first daughter, Karen Marie.



**Wedding Day**

# 10 Ideas for New Year's Resolutions for Seniors.

While your life might look different now than it did when you were younger, it's never too late to set goals and improve yourself. These new year's resolutions for seniors will prove that you don't ever have to settle for things the way they are. You still have the power to improve your life, your future, and yourself, no matter what stage of life you're in.

**1. Eat more nutritious foods.** Your health matters now more than ever. Adding more nutrient-dense foods to your diet can help you feel better and have better energy.

**2. Move joyfully.** Find a method of movement or exercise you truly enjoy, and incorporate it into your daily habits. Physical activity is especially important for older people as it supports heart health, strengthens joints, and reduces the risk of injury from falls.

**3. Learn something new.** What have you always wanted to do, but never had the time for? A language, sport, or hobby? Learn it now! Set a goal to keep learning this year.

**4. Make new friends, or spend more time with old ones.** Feeling lonely and isolated actually has serious health concerns. Loneliness increases the risk of heart attack and stroke as much as smoking! So set a goal either to make new friends, or keep in regular contact with old ones.

**5. Organize your life.** If you need to create a will, organize your finances, clean out your closet, or coordinate your medical records, this is the year to do it! What can you organize this year that will make your life easier in the future?

**6. Sleep better.** Stop settling for low-quality sleep! Find solutions to sleep problems you might have, create a better

nighttime routine, or talk to your doctor about insomnia or other concerns you might have about your sleep.

**7. Stay creative.** Find creative outlets for your mind this year. You can try a new form of art, like watercolor painting or sculpting, or take up an old hobby you haven't visited in a while. Creativity is important for brain function, so prioritize being creative.

**8. Preserve your life story.** Your grandchildren and great-grandchildren want to know about your life, all of it, including the parts before they were born. Memorialize your life story in some way for your descendants to read or watch. You could scrapbook, compile photo albums, write a memoir, or record videos of yourself talking about your life.

**9. Learn new technology.** It can seem pointless or impossible to keep up with technology these days, but failing to do so means you're missing out on ways to connect with the people who matter most to you. Try to learn and keep up with today's tech, so you can continue to experience everything good the world has to offer.

**10. Be more authentic.** We sometimes spend most of our lives not having the hard conversations and not saying how we really feel about things. Now is the time to be truly honest with all those around you. Be your most authentic self. What do you have to lose?

Kirby Pines offers many options to help achieve your New Year's goals. Whether it's a new exercise class, dancing, playing cards, wood-working, cornhole, tech time, art class, volunteering, etc. or joining a club; book baggers, garden gro'ers, writer's group and more, there are ways to meet new people, learn new things and enrich your life in 2024 - **HAPPY NEW YEAR!**

Congratulations to our **CHAMPION of the Month**

Assistant Resident Programs Director

**RACHEL WARD**



**Describe Your Family:** Loud and sarcastic, but very loving.

**Describe yourself in five words:** Determined, resilient, witty, adaptable and big-hearted.

**What do you do for fun:** Read, listen to music & play games. **Pets:** 3 cats & a dog named Henry.

**Do you have any hobbies:** Writing & learning to cook new things.

**What is your favorite thing about your job:** Having residents who love me as much as I love them.

**Your favorite food:** Loaded Baked Potato Soup. **Your favorite song:** Agnes Water by Jamie Rose.

**What is something you are proud of:** The friends I've made and challenges I've overcome.

**What would you like people to know about you:** I'm a terrible singer, but that doesn't stop me.

Rachel is hard working and dedicated. She makes sure things are communicated properly between departments to make sure things run smoothly. She is the perfect team player and a budding leader. Rachel has stepped up to the plate in both Independent Living and Assisted Living while we search for a permanent Activities Director. She is willing to help with anything and is also extremely kind.

- Skye Sanders, Dining Room Manager



# REFLECTIONS

By  
Maxie Dunnam



1. Bless-ed as-sur-ance, Je-sus is mine! O what a fore-taste of glo-ry di-vine!

Heir of sal-va-tion, pur-chase of God, Born of His Spir-it, washed in His blood.



## A FORETASTE OF GLORY DIVINE

Singing is one of our greatest expressions in the Christian faith and way, especially in the Wesleyan/Methodist tradition. We sing our faith.

In our tradition, we happily express four “all” convictions about salvation: *all* need to be saved; *all* can be saved; *all* can know they are saved; *all* can be saved to the uttermost.

As I contemplate the passing of time and our move into the new year, the third “*all*” is dominant in my reflection: *all* can know they are saved. There are few experiences that can provide more power in our lives than to have assurance of our salvation. Think what it could do for any one of us:

Our timidity and uncertainty about witnessing would be dissolved. We would not be intimidated by those “buttonhole” witnesses who come on like gangbusters. We would know that tenderness, patience, and understanding are authentic testimonies, as well as words.

We would not get overwrought with our Christian friends who insist on future security, for we would be assured of our present relationship with Christ.

We would be joyous in our service for God, but not *driven* in our works, or mistaken in the notion that our works would save us.

We would be delivered from frantic preoccupation with taking our spiritual temperature minute by minute, because we could relax in our trust in the Lord.

And all of that would help every one of us, wouldn't it?

We are certainly affirming the Gospel truth when we sing Fanny Crosby's *Blessed Assurance*

**Blessed assurance, Jesus is mine!  
O what a foretaste of glory divine!  
Heir of salvation, purchase of God,  
Born of his Spirit, washed in his blood.**

- Hymn by Fanny Crosby

We can go into the new year in confidence, if we have this *blessed assurance*.

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

January 4

Rev Larry Ray  
Christ  
Community Church

January 11

Dr Philip Slate  
Retired  
Church of Christ

January 18

Dr John Enoch  
Covenant  
Baptist Church

January 25

Rev Paul Bengtson  
Retired Evangelical  
Covenant Church

# MEET ME AT



## THE SHELL SEEKERS (1989)



**Friday, January 5 | 1:30 pm**  
**Saturday, January 6 | 6:30 pm**  
**Sunday, January 7 | 6:30 pm**

**Cast:** *Angela Lansbury, Irene Worth, Sam Wanamaker, Sophie Ward*

Penelope Keeling is a withdrawn English matron from an artistic family. After suffering what seems to be a heart attack, Penelope reevaluates her past choices and decides to reconnect with her children, including Noel and Olivia. Looking back on her life, Penelope reflects on moments of both happiness and regret, focusing in particular on her ill-fated romance with one-time love Richard.

## BECAUSE OF WINN DIXIE (2005)



**Saturday, January 6 | 10:00 am & 1:30 pm**  
**Cast:** *AnnaSophia Robb, Jeff Daniels, Cicely Tyson, Elle Fanning*

Abandoned by her mother years ago, Opal, a 10-year-old girl, moves with her preacher father to a small town in Florida. Lonely and missing her old friends, Opal is ecstatic to find companionship with a rambunctious little dog she names Winn-Dixie, after the store where she found the pup. With Winn-Dixie's help, Opal befriends several colorful townsfolk and even begins mending her relationship with her father.

## THE MAN IN THE IRON MASK (1998)



**Sunday, January 7 | 1:30 pm & 4:00 pm**  
**Cast:** *Leonardo DiCaprio, John Malkovich, Jeremy Irons, Gabriel Byrne*

The former musketeer Athos swears vengeance after despotic King Louis XIV causes the death of his son. Summoning his old comrades Porthos and Aramis, he hatches a plan to liberate a shackled prisoner rumored to be the king's twin brother, and then install him on the throne. But the three musketeers must also contend with their old friend D'Artagnan, who has remained in the king's service.

## THE WAY WE WERE (1973)



**Friday, January 12 | 1:30 pm**  
**Saturday, January 13 | 6:30 pm**  
**Sunday, January 14 | 6:30 pm**  
**Cast:** *Robert Redford, Barbara Streisand, Sydney Pollack, Lois Chiles*

Opposites attract when, during their college days, Katie Morosky, a politically active Jew, meets Hubbell Gardiner, a feckless WASP. Years later, in the wake of World War II, they meet again and, despite their obvious differences, marry. Hubbell wants to be a screenwriter, so the two move to California despite Katie's objections. They prosper there, but as the Hollywood blacklist looms, Katie's activism threatens her husband's reputation.

## THE KITE RUNNER (2007)



**Saturday, January 13 | 10:00 am & 1:30 pm**  
**Cast:** *Khalid Abdalla, Khaled Hosseini, Zekeria Ebrahimi, Atossa Leoni*

Afghani immigrant Amir is summoned from his California home to Pakistan by Rahim Khan, an old, dying friend of his father. As a boy in Afghanistan, wealthy Amir was best friends with servant's son Hassan, but when Hassan was brutally assaulted by a local bully, Amir was too scared to save him, and has been tormented by guilt ever since.

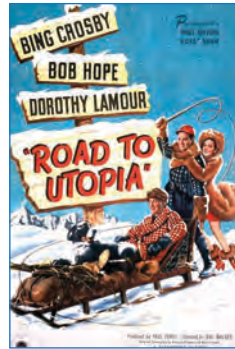
## MEET THE PARENTS (2000)



**Sunday, January 14 | 1:30 pm & 4:00 pm**  
**Cast:** *Ben Stiller, Robert DeNiro, Owen Wilson, Blythe Danner*

A young man's first visit to his girlfriend's parents' house turns out to be more nightmarish than he could ever have imagined. Hoping to use the weekend as a chance to propose to his girlfriend, he only succeeds in incurring the wrath of his prospective father-in-law and almost destroys their home in the process.

# THE MOVIES



## OCTOBER SKY (1999)



**Friday, January 19 | 1:30 pm**  
**Saturday, January 20 | 6:30 pm**  
**Sunday, January 21 | 6:30 pm**  
**Cast: Jake Gyllenhaal, Laura Dern, Chris Cooper, Chris Owen**

John Hickam is a West Virginia coal miner who loves his job and expects his sons, Jim and Homer, to follow in his footsteps. But Jim gets a football scholarship, and Homer becomes interested in rocket science after seeing Sputnik 1 crossing the sky. John disapproves of his son's new mania, but Homer begins building rockets with the help of friends and a sympathetic teacher. Rocketry, he hopes, will prove his ticket to a better life.

## SECONDHAND LIONS (2003)



**Saturday, January 20 | 10:00 am & 1:30 pm**  
**Cast: Haley Joel Osment, Michael Caine, Kyra Sedgwick, Robert Duvall**

A shy adolescent boy, Walter, is taken by his greedy mother to spend the summer with his two hard-boiled great-uncles, Hub and Garth, who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

## WAITING FOR ANYA (2020)



**Sunday, January 21 | 1:30 pm & 4:00 pm**  
**Cast: Noah Schnapp, Tomas Lemarquis, Thomas Kretschmann, Anjelica Huston**

During the horrors of WWII, Jo, a young shepherd, along with the help of the widow, Horcada, helps to smuggle Jewish children across the border from Southern France into Spain.

## ROAD TO UTOPIA (1945)

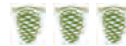


**Friday, January 26 | 1:30 pm**

**Saturday, January 27 | 6:30 pm**  
**Sunday, January 28 | 6:30 pm**  
**Cast: Bob Hope, Bing Crosby, Dorothy Lamour, Robert Benchley**

During the Alaskan gold rush, beautiful young Sal travels to Alaska on the trail of the pair of thugs who murdered her father and stole the map to his gold mine. Meanwhile, genial con men Chester and Duke unwittingly steal the wanted men's identities and get involved in an escalating series of mistaken identities and double-crosses involving Sal, the real thieves and avaricious bar owner Ace.

## THE LOCKET (2003)



**Saturday, January 27 | 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.

## ALL ABOUT STEVE (2009)



**Sunday, January 28 | 1:30 pm & 4:00 pm**  
**Cast: Sandra Bullock, Bradley Cooper, Thomas Haden Church, Ken Jeong**

After a lovely blind date, crossword-puzzle creator Mary Horowitz falls head over heels in love with Steve, a news cameraman. Mary is convinced that she and Steve are soul mates, and with the encouragement of a reporter, follows Steve around the country in a bid to win his love. Along the way, she befriends an assortment of misfits who accept her for who she is, leading her to reassess her reasons for this strange journey.

## KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= GREAT

= PERFECT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# January 2024

<p>8:00 am ● Church of Christ Service (Chapel) <b>7</b></p> <p>10:00 am ● Worship Service (PAC)</p> <p>1:30 pm ● Movie: Man In The Iron Mask (Thtr)</p> <p>4:00 pm ● Movie: Man In The Iron Mask (Thtr)</p> <p>6:30 pm ● Movie: The Shell Seekers (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) <b>8</b></p> <p>8:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Alterations (A&amp;C)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Poetry &amp; Writing Club (LCR)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>10:30 am ● Billiards Group (Billiard Room)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>6:30 pm ● Bingo (PAC)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) <b>9</b></p> <p>9:00 am ● Dr. Mike Abutineh (WC)</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>10:30 am ● Cardio Move &amp; Strength (PAC)</p> <p>11:45 am ● <i>BirthDay Lunch (Dining)</i></p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>1:30 pm ● Movie: Adopt A Highway (Thtr)</p> <p>3:45 pm ● <i>BirthDay Dinner (Dining)</i></p> <p>6:30 pm ● Movie: Adopt A Highway (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) <b>10</b></p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&amp;C)</p> <p>10:00 am ● Garden Gro'ers (Greenhouse)</p> <p>1:00 pm ● Needle Arts Group (A&amp;C)</p> <p>1:15 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Failure To Launch (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (A&amp;C)</p> <p>6:15 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: Failure To Launch (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) <b>11</b></p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger &amp; Banks (Trans)</p> <p>10:30 am ● Cardio Move &amp; Strength (PAC)</p> <p>1:00 pm ● Dr. Mike Abutineh (WC)</p> <p>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Series: Lessons In Chemistry (Thtr)</p> <p>2:00 pm ● <i>Resident Association Meeting (PAC)</i></p> <p>6:30 pm ● Vespers (PAC)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) <b>12</b></p> <p>8:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>9:30 am ● Water Aerobics (Pool)</p> <p>10:00 am ● Art with Helen (A&amp;C)</p> <p>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</p> <p>10:15 am ● Strength Training (PAC)</p> <p>11:00 am ● Yoga Stretch (PAC)</p> <p>1:00 pm ● Superlo &amp; Bank (Trans)</p> <p>1:30 pm ● Movie: The Way We Were (Thtr)</p> <p>6:00 pm ● <i>Music with Kris Grauel (PAC)</i></p>	<p>8:00 am ● Men's Christian Fellowship (LCR) <b>13</b></p> <p>10:00 am ● Movie: The Kite Runner (Thtr)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: The Kite Runner (Thtr)</p> <p>6:15 pm ● Saturday Night Trivia (Ante)</p> <p>6:30 pm ● Movie: The Way We Were (Thtr)</p>
<p>8:00 am ● Church of Christ Service (Chapel) <b>14</b></p> <p>10:00 am ● Worship Service (PAC)</p> <p>1:30 pm ● Movie: Meet The Parents (Thtr)</p> <p>4:00 pm ● Movie: Meet The Parents (Thtr)</p> <p>6:30 pm ● Movie: The Way We Were (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) <b>15</b></p> <p>8:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:00 am ● Smith Jewelers (SCR)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Tech Time (LCR)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>10:30 am ● Billiards Group (Billiard Room)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>6:30 pm ● Bingo (PAC)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) <b>16</b></p> <p>9:00 am ● Dr. Mike Abutineh (WC)</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>10:30 am ● Cardio Move &amp; Strength (PAC)</p> <p>1:00 pm ● Tuesday Bridge Group (LCR)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>1:30 pm ● Movie: The Secret: Dare to Dream (Thtr)</p> <p>6:30 pm ● Movie: The Secret: Dare to Dream (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) <b>17</b></p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Caregiver Support Group (SCR)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&amp;C)</p> <p>10:30 am ● <i>Travelers: Crosstown Concourse (Trans)</i></p> <p>1:00 pm ● Needle Arts Group (A&amp;C)</p> <p>1:15 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Silverado (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (PAC)</p> <p>6:15 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: Silverado (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) <b>18</b></p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger &amp; Banks (Trans)</p> <p>10:30 am ● Cardio Move &amp; Strength (LCR)</p> <p>1:00 pm ● Dr. Mike Abutineh (WC)</p> <p>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Series: Lessons in Chemistry (Thtr)</p> <p>3:00 pm ● <i>Photo Club Presentation (Bistro)</i></p> <p>6:30 pm ● Vespers (PAC)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) <b>19</b></p> <p>8:30 am ● Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>9:30 am ● Water Aerobics (Pool)</p> <p>10:00 am ● Art with Helen (A&amp;C)</p> <p>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</p> <p>10:15 am ● Strength Training (PAC)</p> <p>10:30 am ● Cornhole (LCR)</p> <p>11:00 am ● Yoga Stretch (PAC)</p> <p>1:00 pm ● Superlo &amp; Bank (Trans)</p> <p>1:30 pm ● Movie: October Sky (Thtr)</p> <p>6:00 pm ● <i>Music with Steve McGregory (PAC)</i></p>	<p>8:00 am ● Men's Christian Fellowship (LCR) <b>20</b></p> <p>10:00 am ● Movie: Secondhand Lions (Thtr)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Secondhand Lions (Thtr)</p> <p>6:30 pm ● Movie: October Sky (Thtr)</p>
<p>8:00 am ● Church of Christ Service (Chapel) <b>21</b></p> <p>10:00 am ● Worship Service (PAC)</p> <p>1:30 pm ● Movie: Waiting for Anya (Thtr)</p> <p>4:00 pm ● Movie: Waiting for Anya (Thtr)</p> <p>6:30 pm ● Movie: October Sky (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) <b>22</b></p> <p>8:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Alterations (A&amp;C)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>10:30 am ● Billiards Group (Billiard Room)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>6:30 pm ● Bingo (PAC)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) <b>23</b></p> <p>9:00 am ● Dr. Mike Abutineh (WC)</p> <p>9:30 am ● Book Baggers (Chapel)</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>10:30 am ● Cardio Move &amp; Strength (PAC)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>1:30 pm ● Movie: Greater (Thtr)</p> <p>6:30 pm ● Movie: Greater (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) <b>24</b></p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&amp;C)</p> <p>1:00 pm ● Needle Arts Group (A&amp;C)</p> <p>1:15 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Along Came A Spider (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (PAC)</p> <p>6:15 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: Along Came A Spider (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) <b>25</b></p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger &amp; Banks (Trans)</p> <p>10:30 am ● Cardio Move &amp; Strength (LCR)</p> <p>1:00 pm ● Dr. Mike Abutineh (WC)</p> <p>1:00 pm ● WalMart, Costco &amp; Banks (Trans)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Series: Lessons in Chemistry (Thtr)</p> <p>6:30 pm ● Vespers (PAC)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) <b>26</b></p> <p>8:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>9:30 am ● Water Aerobics (Pool)</p> <p>10:00 am ● Art with Helen (A&amp;C)</p> <p>10:00 am ● WalMart, Aldi &amp; Banks (Trans)</p> <p>10:15 am ● Strength Training (PAC)</p> <p>11:00 am ● Yoga Stretch (PAC)</p> <p>1:00 pm ● Superlo &amp; Bank (Trans)</p> <p>1:30 pm ● Movie: Road to Utopia (Thtr)</p> <p>6:30 pm ● <i>TBA (PAC)</i></p>	<p>8:00 am ● Men's Christian Fellowship (LCR) <b>27</b></p> <p>10:00 am ● Movie: The Locket (Thtr)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: The Locket (Thtr)</p> <p>6:15 pm ● Saturday Night Trivia (Ante)</p> <p>6:30 pm ● Movie: Road to Utopia (Thtr)</p>

8:00 am ● Church of Christ Service (Chapel) **28**

10:00 am ● Worship Service (PAC)

1:30 pm ● Movie: All About Steve (Thtr)

4:00 pm ● Movie: All About Steve (Thtr)

6:30 pm ● Movie: Road to Utopia (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **29**

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) **30**

9:00 am ● Dr. Mike Abutineh (WC)

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: Seven Years In Tibet (Thtr)

6:30 pm ● Movie: Seven Years In Tibet (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **31**

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: Mystic Pizza (Thtr)

2:00 pm ● Ballroom Dancing (PAC)

6:15 pm ● Wednesday Bridge Group (LCR)

6:30 pm ● Movie: Mystic Pizza (Thtr)



### ABBREVIATIONS KEY

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

# January 2024 EVENTS

## Jan 1: Water Aerobics

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

## Jan 1: Get Physical with Kim

Join our fitness instructor Kim Roberts every Monday and Friday in the Oasis at 8:30 am. She will be teaching how to safely use all of the gym equipment and is available to answer any questions you may have.

## Jan 1: Group Exercise

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

## Jan 1: Hobby Pines Group

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

## Jan 1: 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 1: 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 a 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 1: Game Play Group

Like to play games? Bring your own to share or join in with someone already there! Meets in the LCR every Monday, Wednesday and Saturday at 1:30 pm.

## Jan 1: 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 6:30 pm. Cards are \$1 to play, limit 2 cards per person.

## Jan 2: Medical Director Dr. Mike Abutineh MD

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

## Jan 2: Cardio Move & Strength

Gentle cardio and strength exercises to enhance energy and strength. This class will improve strength, improve balance, enhance energy and delay muscle and bone loss. Join us in the PAC at 10:30 am on Tuesdays and Thursdays.

## Jan 2 & 16: 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 2: I Can Only Imagine

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe. Showtimes are 1:30 pm and 6:30 pm in the theatre.

## Jan 2: Line Dancing

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

## Jan 2: BUNKO

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

## Jan 3: 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 3: Catholic Services

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

## Jan 3: Needle Arts Group

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

## Jan 3: 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!

## Jan 3: Australia

With the globe on the brink of World War III, Lady Sarah Ashley travels from Britain to Australia to inspect a cattle ranch she inherited. Reluctantly joining forces with a rugged local known as the Drover, she sets out on a cattle drive across miles of harsh terrain to save her ranch. Showtimes are 1:30 pm and 6:30 pm in the theater.



## Jan 3: Ballroom Dancing

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 3: 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 4: 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 4: Series: Lessons In Chemistry

Elizabeth Zott, whose dream of being a scientist is put on hold in a patriarchal society. When Elizabeth finds herself fired from her lab, she accepts a job as a host on a TV cooking show, and sets out to teach a nation of overlooked housewives — and the men who are suddenly listening — a lot more than recipes. Showtime is Thursdays at 1:30 pm in the theater.



### Jan 5: 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 5: Strength Training

As we age, it is so important that we maintain our strength in order to independently care for ourselves and loved ones. Join us every Friday at 10:15 am in the PAC for our strengthening exercise class.

### Jan 5 & 19: 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.

### Jan 5: Yoga Stretch

Gentle yoga can be very effective for seniors in preventing or slowing down the loss of bone density, and relieving bone and joint pain. Come on out and join Ms. Kim every Friday at 11:00 am in the PAC.

### Jan 5: Memphis Sideshow

John Groesse- singer and bassist- and Hal Vancanney- singer guitarist- make up the Memphis Sideshow. They per-

form oldies, standards, county, blues, R&B, gospel, and rock, adding their studio, giving the sounds of a full band. Join us in the PAC at 6:00 pm.

### Jan 6: 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 7: Church of Christ Service

Our service will be every Sunday at 8:00 am in the Chapel. All are welcome and encouraged to attend.

### Jan 7: Worship Service

Whether you come join us or watch our from home, be sure to catch our Sunday service at 10:00 am in the PAC. All are welcome and encouraged to attend.

### Jan 8 & 22: Alterations

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

### Jan 8: 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.

### Jan 9: 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 with Skye to reserve your table.

### Jan 9: Adopt A Highway

When an ex-convict finds an abandoned baby in a dumpster, he gains a new lease on life, deciding to dedicate himself to making sure the child has a good life. Showtimes are 1:30 pm and 6:30 pm in the theatre.



### Jan 10: 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 10: Failure To Launch

Tripp, a 35-year-old professional layabout, is happy to stay at home where he's waited on hand and foot by his mum Sue. However, she and her husband Al have had enough and decide that to get him to leave, they must use subtle methods. So, they hire Paula who will use her feminine wiles to lever him out of the family home. Showtimes are at 1:30 pm and 6:30 pm in the theater.



### Jan 12: Resident Association Meeting

Be sure to come to our town hall meeting. We will be having Michael Detroit, representing the theatre district of Memphis, speak with us. We will begin promptly at 2:00 pm.

### Jan 12: Music with Kris Grauel

Kris may be new to Kirby, but he has played music for quite some time! Let's give him a warm welcome, starting at 6:00 pm in the PAC.

### Jan 13 & 27: Trivia Group

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

### Jun 15: Smith Jewelers

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

### Jan 15: Tech Time

Bring your phones, tablets, laptop whatever issue you have they will be glad to help. Cathy will be coming every 3rd Monday at 10:30 am in the Sunroom.

## Jan 16: The Secret: Dare To Dream

Miranda Wells is a hardworking young widow who's struggling to raise three children on her own. A powerful storm soon brings a devastating challenge and a mysterious man, Bray Johnson, into her life. In just a few short days, Bray's presence reignites the family's spirit -- but he carries a secret that could change everything. Showtime is 1:30 pm in the theater.



## Jan 16: Girls' Night Out

Girls' Night Out at the Movies is returning January 16! Remember how much fun it was (pre-Covid) each month as we gathered to see movies which had been requested? We plan to start 2024 off right with a "girls' only movie. Popcorn and water will be provided. The start time will be 6:15 p.m. to allow for extra long movies which have been requested. If you have a particular movie you want to be shown, write the name on a piece of paper and give it to either Janet Reeves (N409) or Janice Wall (J402). We will do our best to show each movie which is requested.

## Jan 17: 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 17: Travelers: Crosstown Concourse

Hop on board with the travelers as we visit the Crosstown Concourse. Visit the renewed Sears building- restored as an apartment complex (Floors 4 and up) and an eclectic collection of stores and business. Tour the Church Health complex (and/or other venues). Then eat at the Wolf River Brisket Company. A great bakery, gelato creations, art collections are among the various exhibits. It

is an exceptional display of the strength and vitality of Memphis. Don't miss it! Please bring \$5 to Resident Programs. We will meet in the Lobby at 10:30 am.

## Jan 17: Silverado

Rambling man Emmett assembles a group of misfit cowboys. After helping a group of settlers track down a pack of thieves, Emmett and his men descend on the troubled town of Silverado to seek their fortunes. Soon after arriving, they discover that the town has fallen into the grasp of greedy rancher Ethan McKendrick and corrupt Sheriff Cobb with whom many of Emmett's men have unfinished business. Showtimes are at 1:30 pm and 6:30 pm in the theater.

## Jan 18: KP Photo Club

If you love our Photo Club page in the Pinecone, come join us at 3:00 pm by the Bistro for our Photo Wall Presentation!

## Jan 19: Steve McGregory

Steve McGregory is a solo singer and pianist. His performance ranges from Jerry Lee Lewis-style on the piano to old-fashioned country, gospel, and rock-and-roll. Join him in the PAC at 6:00 pm.

## Jan 21: Hymn Singing

Please join us in the Chapel at 3:00 pm for Hymn singing with Leon Sanderson.

## Jan 23: The Book Baggers

Join us in the Chapel as we start out the year with 'Rocket Boys' by Homer Hickman. This memoir will strike a nostalgic chord for all of us who grew up during the early years of the space race. Home Hickman will be joining us via telephone to discuss his memories and answer any questions we may have about his time as one of our rocket scientists who took us to the moon. We will also be watching the movie 'October Sky' which is based on the book, several times throughout the month. Grab a friend and don't miss out, we will start at 9:30 am.



## Jan 23: Greater

Told he wasn't good enough to play Division I football, Brandon Burlsworth took a risk and walked on in 1994, and he became the most respected player in the history of the program. Showtimes are 1:30 pm and 6:30 pm in the theatre.



## Jan 24: Along Came A Spider

When a senator's daughter under Secret Service protection is kidnapped from a private school, detective Alex Cross investigates the case even though he's recovering from the loss of his partner. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

## Jan 30: Seven Years In Tibet

The story of Austrian mountaineer Heinrich Harrer, whose attempt to scale a Himalayan peak is interrupted by the Second World War. After many adventures, he finds himself in Tibet where he befriends the Dalai Lama, gaining maturity and humility. However, turbulent times lie ahead. Showtimes are 1:30 pm and 6:30 pm in the theatre.



## Jan 31: Mystic Pizza

"Mystic Pizza" charts the lives and loves of three unforgettable waitresses in a little town called Mystic. For sexy Daisy Araujo, her sensible sister Kat and their wisecracking friend Jojo, the summer after high school is a summer they'll never forget. Slinging pizza at a local restaurant, the three girls share their hopes, dreams and plans for escaping their small town. Showtimes are at 1:30 pm and 6:30 pm in the theatre.

**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

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

## PUZZLE 2: MEDIUM

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

## PUZZLE 3: MEDIUM

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

## PUZZLE 4: HARD

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

Sudoku solutions on page 21



# PICTURING LIFE AT KIRBY PINES

## ART WALL, BRIDGE AND HOLIDAYS



Carolyn Thomason shows her portrait of a snowman.



Jeannie Valentine also painted a happy snowman.



Jerry Dunnam with her star shining in the night.



Diane Mullins and Dan Moffett are bridge champs. Photo by Steve Martin.



Joy Wernet has a visit from her son. Photo by Sydney Wagner



Ruth and Parker Nilsen with pianist, Hudson Hollowell. Photo by Sydney Wagner.



Nancy & Ray Albonetti are surrounded with visiting family for the holiday. Photo by Sydney Wagner.



Marty Kocman is surrounded by Ruth Ann Weatherington, who knitted his flute hats, and Sylvia Statham. Photo by Stuart Eyman.

# PICTURING LIFE AT KIRBY PINES

## BIRTHDAYS AND HOLIDAYS



Linda Thompson celebrates her December birthday.



Sally Brown is surrounded by Joan Dodson, Barbara Hanrahan, Jo Ann Palmer, Elsa Taylor and Anne Carter for her birthday.



Shelvy Mayhew celebrates her birthday with friends Kathy Martin, Steve & Linda Tittle and Bob & Markanna Small.



Bill Douglas enjoys his party with wife, Nancy, Carol & Joe Ballard and Jennie Fulmer.



Jane Longfield and Rhetta Watkins at the Garden Club Party. Photo by Marsha Greiner.



A whole lotta Hufnagels! Mike & Suzanne are surrounded by family for the holidays. Photo by Sydney Wagner.

# PICTURING LIFE AT KIRBY PINES

## THE GRINCH AND KIRBY PINES THEATER



The Grinch came by Christmas Eve. Here he is with Jackie Gunther.



Peter & Dale Jones represent New Zealand in the play. Photo by Arrena Cheek.



Roy & Mary Ann Thurmond with Jan Thomson. Photo by Stuart Eyman.



Paula Cwikiel & Gloria Holman present Ethiopia. Photo by Stuart Eyman.



Gay Ramia shows a German Christmas. Photo by Stuart Eyman.



Jim Stanley & Jane Hodge from Spain. Photo by Stuart Eyman.



Diane Mullins, as the Saint of Light, and Barbara Logan from Sweden. Photo by Stuart Eyman.



Barbara Flack, Genenne Wilson and Lyle Hendrix recreate the Nativity. Photo by Stuart Eyman.

# KIRBY PINES PHOTO CLUB

Join Us January 18th at  
3:00 pm by the Bistro for  
our Photo Wall presentation.

See more from our talented group  
and enjoy light refreshments and fun!



Poinsettia - Photo by Sydney Wagner



Reflections  
Photo by Fred Dabrowski



Celebrating 100 Years  
Photo by Marsha Greiner



Beautiful Sunrise  
Photo by Connie Carter



Fall Colors in Winter  
Photo by Arrena Cheek



Artistic Expression  
Photo by Dale Jones



Decorating the Tree  
Photo by Fran Gentry



Blooming Christmas Cactus  
Photo by Hugh Wilson



Full Moon Arising  
Photo by Stuart Eyman



Santa's Helpers  
Photo by Sheryl Maxwell



Marilynn Entertaining  
Photo by Mary Ann Thurmond



Peacock Tail?  
Photo by Sylvia Statham

# Memorials, Honorariums & Gifts

## In Memory Of

### JUDY COUGHLIN

Donation by KP Resident Association  
to the Entertainers Fund

### APHRA CLAVERIE

Donation by KP Resident Association  
to the Employee Fund

## In Honor Of

### MARK MAXWELL

Donation by Kent Blake  
to the Hobby Shop

Donation by George & Debra Goodnight  
to the Hobby Shop

Donation by Irene Baker  
to the Hobby Shop

Donation by Cheryl Johnson  
to the Garden Gro'ers

### JERRY DUNNAM

Donation by Lois Dazey  
to the Pinecone Painters

### MARSHA GREINER

Donation by Lois Dazey  
to the Library

### MARGARET & RAY TANNER

Donation by Sally & John Coleman  
to the Hobby Shop

## Gifts To

### HOBBY SHOP

Donation by Hugh Gregory

Donation by Malloy Kline

Donation by Mark Maxwell



# SUDOKU NUMBER GAME

## PUZZLE 1: EASY

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

## PUZZLE 2: MEDIUM

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

## PUZZLE 3: MEDIUM

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

## PUZZLE 4: HARD

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

## ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

# CHRISTIE'S COIFFURES

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Women's Haircuts

Shampoo & Sets

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# Hope your Holiday was as much fun as ours!





**JANUARY**



**FEBRUARY**



**MARCH**



**APRIL**



**MAY**



**JUNE**



**JULY**



**AUGUST**



**SEPTEMBER**



**OCTOBER**



**NOVEMBER**



**DECEMBER**

# Looking Back At Another Wonderful Year at Kirby Pines!

**Kirby Pines**  
LifeCare Community

