# PINECONE

The Magazine of Kirby Pines LifeCare Community • June 2024 | V. 42 | I.6

### MARTY KOCMAN

is ready to Celebrate World Music Day as one of our many talented Resident Musicians.

Weight Training 101 | Assistive Devices & Technology | If I Had To Do It Again | Resident Spotlight: Janie Smith

## June Is Chock Full Of Fun

Whew! What a Mother's Day Celebration we had here at Kirby Pines! Great Food! Spectacular Weather! The most amazing multi-generational bunch of people I have seen in one place at the same time! I must stop and thank each and every staff member for their hard work and efforts. We are so lucky to have such a dedicated staff!

June will be just as fun filled. There is so much going on to keep one "Enjoying life and being entertained!" Just like Mother's Day, Father's Day will be quite special. There are three (3) other activities on June's calendar that I would like to promote.

On Saturday, June 8th, there will be a trip to Meddlesome Brewing Company to visit the Vietnam Traveling Memorial Wall. I'm encouraging all veterans and interested residents to come and join us in this very special tribute to our Brothers and Sisters who did not return from this tragic war that split our country and left an indelible scar on our great nation. (Please see the Activities Department for signups and departure times.)

On Friday, June 28th, at 6:30 p.m. our very own Kirby Pines Kast of Karachaters (that is my name) will be putting on their very own rendition of the musical "Oklahoma." I have been



peaking in at their rehearsals. It has been amazing to me to watch the dedication as well as the fun that our cast is exhibiting every Friday when they come together for practice. It will truly be a "Can't Miss" performance. I encourage all to attend!

My last activity to highlight is my favorite: Men's Christian Fellowship. Calling ALL KIRBY MEN! Come join Kirby Men in sharing a great cup of coffee, a fresh pastry or donut, and some words of inspiration that can lift you up for the whole week. Join us every Saturday @ 7:45 am in the Large Card Room.

### HAPPY FATHER'S DAY AND HAVE A TERRIFIC JUNE!



Michael J. Brown, Jr. Executive Director, Kirby Pines

### **ON THE PINECONE COVER** Celebrating Fathers and Music at Kirby Pines!

June is one of our favorite month's at Kirby Pines. It is the beginning of summer with less rain and warmer temperatures allowing residents to get outside and enjoy our beautiful 60-acre campus. It is also time to celebrate the fathers in our lives with our annual Father's Day Car Show. This tradition has become a favorite over the years with great food, wonderful music and rows of shiny, colorful, classic autos to pine over. This year's event is Saturday, June 15th beginning at 11:00 am.

June is also Carnival time in Memphis, with their visit on the 4th, featuring the Carnival King and Queen and their pesky friends the boll weevils in their shiny green bus. The Art Wall Presentation is happening on the 7th, followed by the Photo Club Wall on the 18th. A trip to Meddlesome Brewery is planned for the 8th to see the Vietnam Traveling War Memorial and the 19th has a group heading to the Viking Cooking School for a day of food and fun. We have a Luau Dance planned for the 18th and our talented residents are back at it with their rendition of the classic Oklahoma on the 28th.

Our front cover features flutist, Marty Kocman, in honor of World Music Day (see page 8). Marty will perform on the 30th with pianist Liz Parsons.

Our back cover highlights musicians Hugh Wilson, Sheryl Maxwell, Jane Longfield, JoAnn Ginn, Pat Brand, Mary Stagg, Tom Hickey, Sarah Maddox, Joan Dodson, Ernie Leuenberger, Alma Crone, Keith & Judy Weathers, Richard Cheek, Janie Smith and Marilynn Garzionne. We are so very lucky to have so much talent in one place, which is one of the many reasons Kirby Pines is such a special place to live.



Mazie Grace is also a Kirby Musician!



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# Get to know Kirby Pines'



**Ricky & Barbara Burk** 

Ricky and Barbara Burk moved to Kirby Pines from their previous residence in Arlington, Tennessee. Ricky was born in Sunflower County, Mississippi and Barbara was born in Norfolk, Virginia. They have been married 52 years.

Ricky earned a degree in speech pathology in 1968. He became a board certified specialist in the treatment of fluency and fluency disorders, also known as stuttering. He is proud of the success he has had helping people who stutter. He continues to work with clients. Barbara graduated from Delta State University with an education degree. She was a librarian in Mississippi schools and at Bellevue Baptist Church School. Her career was from 1969 through 2000.

The Burks favorite destination to travel is the Smokey Mountains. Since photography is Ricky's hobby, he probably has many wonderful pictures of our east Tennessee vacation mecca.

Be sure to extend a warm welcome to the Burks. Share with them the joys of living here at Kirby Pines. We want them to enjoy our beautiful campus and get to know their friendly neighbors. We are so glad they chose our beautiful community for their new home!



**Richard & Marcia Fraley** 

We want to welcome Richard and Marcia Fraley from their former home in Hernando, Mississippi. They have also lived in Ohio and Houston, Texas.

They are looking forward to celebrating their 60th Anniversary this September. They have been blessed with 2 children (1 deceased) and 2 grandchildren.

Richard graduated from Ohio State in 1964 with a degree in chemistry. He had a 53 year career as a formulation chemist. Marcia earned her nursing degree from Akron University School of Nursing. Her 50 year career as a registered nurse was at several hospitals, the last of which was Baptist DeSoto.

The Fraleys have many interests and hobbies. Richard enjoys woodworking, gardening and designing patios in outdoor areas. He also works out and he Marcia are interested in history documentaries. Marcia stays busy with working out, sewing, baking and container gardening.

Richard and Marcia have traveled to England, Scotland, Greece, Italy, Australia and many other places. Their favorite was the Viking Cruise to France; Paris and Normandy.

The Fraleys are a sure fit for Kirby Pines. You may run into this active couple taking a walk, gardening or exercising. We are delighted they chose us for this chapter of their lives. Give them a warm welcome and make them feel right at home.

New Resident Bios written by resident, Peggy Reynolds Gatlin

"The body achieves what the mind believes."

## WEIGHT TRAINING 101

#### Use these tips to learn how to work out with weights.

Getting started lifting weights can be tough – especially if you are coping with arthritis and are unsure of which exercises are the best and safest for your joints. How much weight should you use? How many times should you lift it? We compiled a list of weight training basics to answer your questions.

**How long and how often?** Begin with 20 to 30 minute weight training sessions, two or three days each week. Within four to twelve weeks, you should see noticeable benefits, such as improved energy and muscle tone. Within six months, most people increase their strength 40 percent or more. Give your body at least one recovery day between sessions (although some people may need more, especially in the beginning).

**How much weight?** Start with a pair of light dumbbell hand weights (2 to 3 pounds for women and 5 to 8 pounds for men). If you can't do 12 repetitions (reps are the number of times you do the exercise) the weight is too heavy. If your muscles don't feel tired after 12 reps, it's too light. Adjustable weights that can be strapped to wrists or ankles may be convenient if you have arthritis in your hands. You can also use home or gym weight machines, or resistance bands.

How many reps and sets? For general toning and strength, the American College of Rheumatology and American Council on Exercise recommend completing one set of eight to 12 reps, working the muscle to the point of fatigue by the last few reps of each set.

What kind of exercises? Work all major muscle groups, starting with the larger muscles. Always include exercises for opposing muscles: for example, work the biceps and triceps of your arms, and the quadriceps and hamstrings of your thighs. Avoid above-the-shoulder exercises if you have arthritis in your upper body, and talk to your doctor before using leg press machines if you have arthritis in your knees or hips.

**How do I do it?** Lift slowly and smoothly, counting four counts up and four counts down. Avoid locking (fully straightening) knees or elbows, which stresses joints. Deliberately exhale when lifting, and inhale when lowering.

If you want to know more about weight training, see Kim Roberts. She will be happy to help and is available in the Oasis, Monday and Friday at 8:00 am and Wednesday at 9:00 am.



#### Monday/Wednesday/Friday

Get Physical with Kim 8:00 am | Mon & Fri | Oasis 9:00 am | Wed | Oasis

#### Advanced Water Aerobics Resident Led / Kim Roberts

8:30 am - 9:30 | Pool 9:30 am - 10:30 am | Pool

Exercise in the PAC Resident Led 9:30am | PAC/Live TV

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

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

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

Yoga Stretch with Kim Friday Only 10:45 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





## Assistive Devices and TECHNOLOGY

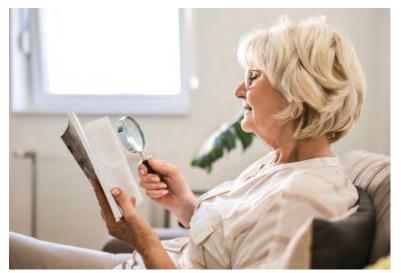


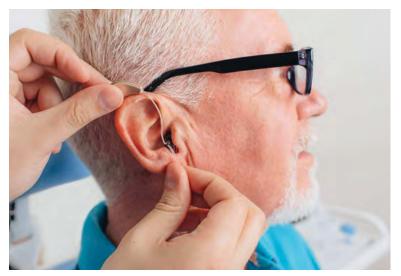
Do you remember The Jetsons? Set in 2062, you may remember The Jetsons as a futuristic show that played with ideas about the future for laughs. People lived in houses in the sky, worked a three-day workweek, and drove aerocars that looked like flying saucers. The most impressive part of the show was the incredible conveniences that left the Jetsons with plenty of leisure time. While we may not have aerocars that fly us around, we certainly have many technologies and devices to make our lives easier!

There are numerous assistive devices, such as walkers, canes, hearing aids, and glasses. Remember, this category includes anything designed to help in performing a specific function. There are infinite options out there – it really comes down to what you need a little help and support with. The most common categories of devices include:

Mobility Devices – help you move from place to place with more independence. Examples: Rollators, crutches, walkers, wheelchairs, scooters, canes, prosthetics

**Daily Living Devices** – help you complete activities of daily living. Examples: Adapted cutlery and cups, shower seats and stools, dressing sticks





Hearing Aids – help you hear or hear more clearly

Vision Devices – helps you see more clearly. Examples: Magnifiers, eye glasses, screen readers

> Assistive technologies might include smart home assistants, medication reminders, and medical alert systems. These technologies can either be lowtech, such as phones with larger number buttons on them, or high-tech, like balance and fall prevention systems. In today's world, you can simply ask AI to record your shopping list, set a reminder about taking your medication, or ask what day of the week it is. We have technology at our fingertips – much like the Jetsons did! Imagine where we will be in 2062!

What assistive devices do you use – and are they the most appropriate device(s) for you? Consider contacting the Therapy Team at Kirby Pines to learn more about what assistive technology and devices may be most beneficial for you!

## **EXQUISITE CUISINE**

## Thursday, June 27, 2024



## SURF & TURF

Traditional 6-ounce Filet, topped with slices of pan seared Duck Breast and finished with rendered Duck Fat. Accompanied by Yukon Gold mashed Potatoes and purple Asparagus.



### ALLIGATOR ETOUFFEE

Traditional Etouffee made with Alligator instead of Crawfish. Accompanied by Rice.



### WATERMELON & TOMATO SALAD

Roasted local Heirloom Tomatoes paired with fresh, sweet seedless Watermelon, creamy Goat Cheese and crunchy Corn Nuts.



### DECADENT PAVOLVA

Crunchy and Marshmallowy Meringue filled with Lemon Curd and finished with fresh Fruit. A fantastic way to finish the meal.

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



## MUSICIAN EXTRAORDINAIRE

Music provides one of the joys of life. There is scientific evidence that listening to music uses all parts of the brain, thereby enhancing brain cognitive function. It is also known that playing a musical instrument increases these benefits. A recent study reported by Penn Medicine News, indicated that even beginning to play the piano between 60-85 years of age maintained the cognitive functions significantly! Residents of Kirby Pines have a unique exposure to a variety of musical performances. We are fortunate to have many residents who are talented musicians; one is Janie Smith, who performs as pianist for Vespers, Sunday morning worship services, the health areas, memorials and as primary pianist for our choral group, The Entertainers.

Lois Jane (Janie) Provence was born in a small community close to Knoxville, Tennessee. She had a sister who was 13 years old and a brother who was nine when she was born. According to Janie, "I think they would have been much happier without the interruptions of a baby sister." As a child she remembers her greatest joy was swinging and singing and riding her bicycle. Janie attended elementary and secondary schools in Knox County. She began taking piano lessons when she was nine years old and was allowed to leave her school for the lessons. Janie's goal was to be able to play the piano in church. She got that opportunity when she was 12 years old; the regular pianist at their church was absent one Sunday. A man who attended that church heard her play and asked her to play for his quartet. With them, Janie would travel to many revivals, homecomings, and special services at other churches. While in high school, Janie played piano for two choirs and graduation services.

Following graduation from high school, Janie enrolled and graduated



from the two-year Knoxville Business School program. She began employment at Merrill-Lynch, for whom she worked for 21 years.

Soon after her graduation and beginning her employment at Merrill-Lynch, Janie was invited to her best friend's church. Her friend wanted her to meet someone "she was crazy about" and wanted to date. That someone happened to be Edgar Earl Smith. Well, no surprises how this turned out! Earl's father kept reminding him about

Young Janie

### **Resident Spotlight:** Janie Smith

that cute, blond girl that occasionally visited and played the piano at church. Janie had also been recruited to play for another gospel quartet and was traveling with them to other churches. Eventually, Earl asked Janie for a date. They were married a year later (1960) in the same church where they met. They would live in Knoxville where they were both employed.

Janie decided that she wanted to learn to play the organ and enrolled in lessons. In 1985, she decided to begin learning the pipe organ, a more complicated instrument. She contacted an instructor, and with her previous talent, she quickly learned. With her teacher's encouragement, she gave a performance at the Fist Baptist Church in Knoxville in 1990. Also, Janie and Earl learned of a church, First Baptist Concord in Farragut, Tennessee, which was close to Knoxville. The church had a wonderful choir and needed someone to replace the retiring organist. Janie would play the organ for that church for many years as well as piano for two ladies choirs that sang for civic groups and different venues.

Janie and Earl lived and worked in Knoxville until 1992 when Earl was transferred to Chattanooga, Tennessee. He was the Operations Manager for American Limestone Company, a division of Asarco Corporation. The primary business was selling crushed rock for paving roads. Earl, needing a change, chose to begin employment for a similar company, Martin Marietta Materials in Indiana, and finally, a move to Maryland for similar work. Earl retired in 2003, and Janie and Earl moved back home to Knoxville. Both enjoyed the retirement life: having a large garden, Earl playing golf, and Janie continuing

her music. They were also "die-hard" University of Tennessee football fans and were season tickets holders for 40 years! They attended many away games after retirement.

In 2018, Janie and Earl made the decision to move to Memphis to be close to family members. Both were beginning to experience health issues. They looked at several places and were glad to learn about the continual care options available at Kirby Pines. The decision was made to



**Earl & Janie** 

move to Kirby Pines in 2018. Earl is now a resident of Job's Way, our memory care unit. Janie visits him daily and frequently plays the piano for the residents there.

Janie and Earl were a godsend to Kirby Pines. Not only is Janie a wonderful pianist, her positive attitude and warm personality make for pleasant associations. She gives so freely of her time to play for many of the musical venues at Kirby. She definitely has filled a void with her talent.

Janie misses those East Tennessee mountains but enjoys living at Kirby Pines. She especially appreciates the friendly people and staff and all the amenities that are available. She enjoys yoga and is pleased to be able to share her musical talents. Thank you, Janie and Earl, for making the decision to be a part of the Kirby community!

Written by Joan Dodson, Resident of Kirby Pines

## CELEBRATE WORLD MUSIC DAY JUNE 21, 2024 JU

The harmonious and vibrant tunes of World Music Day are once again ready to engulf us all in a euphoric celebration of musical diversity. This annual event brings together people from all walks of life to embrace the universal language of music, showcasing its power to unite and uplift spirits worldwide. In this article, we explore the essence of World Music Day 2024, its history, and ways to participate in this extraordinary global celebration.

#### What is World Music Day 2024?

World Music Day, also known as Fête de la Musique, is an international event that celebrates the beauty and diversity of music. It transcends boundaries, cultures, and genres, encouraging people from all corners of the world to embrace music and its profound impact on our lives. On this day, musicians and music enthusiasts alike come together to perform, share their talents, and spread joy through the universal language of melody.

#### When is World Music Day 2024?

World Music Day is celebrated annually on June 21st. This date was chosen to coincide with the summer solstice, a day symbolizing the perfect balance of light and darkness. It serves as a metaphor for the harmony and unity that music brings to our lives, transcending differences and fostering a sense of togetherness.

#### How can I get involved in World Music Day 2024?

Participating in World Music Day 2024 is both simple and exciting. Here are a few ways you can get involved:

**Attend Local Concerts and Events:** Look out for concerts, open-air performances, and musical events taking place in your community. World Music Day encourages artists to perform in public spaces, parks, and streets, offering free concerts to everyone. Check local listings and join in the festivities.

**Organize Your Own Musical Gathering:** Gather your friends, family, or fellow musicians to create your own impromptu concert or jam session. Whether it's in a park, at your home, or in a public square, create an atmosphere where people can come together to appreciate and enjoy live music.

**Discover New Sounds:** Use World Music Day as an opportunity to explore diverse genres and artists from around the world. Listen to music from different cultures, experiment with unique instruments, and broaden your musical horizons.

**Share Your Musical Talents:** If you are a musician, take this chance to showcase your talent and share your passion for music. Organize a small performance, record a video, or collaborate with fellow artists to create something special. Share your musical creations on social media using the hashtag #WorldMusicDay2024 to connect with a global audience.

#### The History of World Music Day 2024:

The World Music Day originated in France in 1982. The French Minister of Culture at the time, Jack Lang, envisioned a day where music would be celebrated in all its forms. The idea quickly gained popularity, and since then, World Music Day has spread across the globe, becoming an annual event celebrated in more than 120 countries.

The essence of World Music Day lies in its simplicity and inclusivity. It encourages amateur and professional musicians, music schools, orchestras, and communities to embrace the joy of music and share it with others. It promotes the belief that music has the power to bring people together, bridge cultural divides, and create a world where harmony and understanding prevail.

World Music Day 2024 is a celebration that transcends borders, cultures, and languages, uniting people through the magical medium of music. It offers an opportunity to appreciate the diversity of musical expressions and encourages active participation from individuals of all ages and backgrounds. So, mark your calendars for June 21st and immerse yourself in the enchanting world of melodies.

### Congratulations to our **CHAMPION of the Month** Certified Nursing Assistant **TAMEKIA** HOOKS

Describe Your Family: 4 boys and a girl. One son just graduated & will study Radiology at Southwest.
Describe yourself in five words: Affectionate, friendly, gentle, compassionate and gracious.
What do you do for fun: Travel, sew, decorate and I love board games and playing cards.
Do you have any hobbies: I love to cook and shop. I enjoy dressing people up. I'm big on fashion.
Favorite thing about your job: Making residents smile. Caring for them gives me a purpose.
Favorite food: Steak & Shrimp. Favorite song: So Amazing by Luther Vandross. Pets: 2 Shih Tzus.
What is something you are proud of: My children. They are helpful, respectful and kind.
What would you like people to know about you: Love my coworkers. Finishing Real Estate School.



As a dedicated employee, her flexibility is unmatched. A few words you will never hear mustered from Tamekia is, "that's not my job!" Whenever and wherever she is asked to pitch in and assist, Tamekia is there! You can find her offering stellar care to our residents, and in-between-time, assisting with securing and stocking supplies on all units. She is dependable and a true asset to Kirby Pines.

# REFLECTIONS By Maxie Dunnam



A group of sociologists conducted a survey among a group of 50 elderly people at a life care retirement home. Each was asked to complete an open-ended sentence. "If I had it to do over again, I would \_\_\_\_\_. Three answers emerged. One, I would reflect more. Two, I would risk more. Three, I would do more things that would live on after I am dead.

You know immediately I would say, *Good lessons for our Kirby Family*. The title of this monthly column is **REFLECTIONS**.

How reflective are you? Do you move through life at such a hectic pace that you never stop to ask what does all this mean? Is God trying to say something to me in these circumstances?

What about risk taking? In my preaching and teaching I often ask the question, *Do you prefer the hell of a predictable situation rather than risk the joy of an unpredictable one*? In reflection, as I look back on my life, the richest, most rewarding periods have come when I have taken the greatest risks. The third question may be the most important and challenging: What are you doing, or have done, that will be remembered after you are dead? Will the memories bring joy or sadness? Appreciation or concern? How many folks will be able to say, "I'm so glad my path crossed his"?

I urge you to spend some deliberate time *reflecting* on these concerns. I close with this word, there are many who will read this column, whom I have had the privilege of meeting and knowing here at Kirby, to whom I can joyfully say, "*I'm so glad my path crossed yours*."

As I reflect, I am confronted with this challenging fact: *It isn't too late for me to do something about any one of these issues*.

"Aging is an extraordinary process where you become the **person you always should have been**." – David Bowie

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

#### June 6

**Pastor John Allen** Retired Gracepoint Baptist Church

## June 13

**Jim Eoff** Bible Teacher Christ Church

#### June 20 Ron Wade Director

Hope Works

June 27

**Pastor Wes Selecman** Missions Minister Harvest Church















## THE OUT-OF-TOWNERS (1970)

#### Saturday, June 1 | 6:30 pm Sunday, June 2 | 6:30 pm Cast: Jack Lemmon, Sandy Dennis, Anne Meara, Sandy Baron

An Ohio sales executive accepts a higher position within the company and travels to New York City with his wife for his job interview but things go wrong from the start.

#### THE QUEEN (2006)

#### Saturday, June 1 | 10:00 am & 1:30 pm Cast: Helen Mirren, Michael Sheen, James Cromwell, Alex Jennings

In the wake of a national tragedy, the prime minister and royal family find themselves quietly at odds. The initial reluctance of Buckingham Palace to mourn Diana is seen by the public as a sign of cool emotional distance, but Tony Blair, perceiving a potential public-relations disaster in the making, takes it upon himself to persuade Queen Elizabeth II to pay tribute to the dead princess.

#### **BEAUTIFUL DREAMER** (2006)

#### Sunday, June 2 | 1:30 pm & 4:00 pm Cast: Brooke Langton, Barry Corbin, Colin Egglesfield, James Denton

A woman learns that her husband, presumed dead during World War II, is alive but has no memory of her.

#### **SHOW BOAT** (1951)



#### Friday, June 8 | 1:30 pm Saturday, June 9 | 6:30 pm Sunday, June 10 | 6:30 pm Cast: Ava Gardner, Howard Keel, Kathryn Grayson, William Warfield

The daughter of a riverboat captain falls in love with a charming gambler, but their fairy tale romance is threatened after his luck turns sour..

## MUST LOVE DOGS (2005)

#### Saturday, June 9 | 10:00 am & 1:30 pm Cast: John Cusack, Diane Lane, Elizabeth Perkins, Dermot Mulroney

Sarah, is 40 and recently divorced. Believing Sarah needs to date more, her sister, Carol, creates an online dating profile for her. Simultaneously, Jake reluctantly decides to try Internet dating. Sarah and Jake meet, and though both agree they are not interested in a serious relationship, their chemistry is undeniable. But, when Bob suddenly shows interest in Sarah, her future with Charlie becomes unclear.

## LITTLE WOMEN (2019)

#### Sunday, June 10 | 1:30 pm & 4:00 pm Cast: Saoirse Ronan, Florence Pugh, Timothée Chalamet, Meryl Streep

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women, each determined to live life on her own terms.

## ALEXANDER'S RACTIME BAND (1938)

Friday, June 14 | 1:30 pm Saturday, June 15 | 6:30 pm Sunday, June 16 | 6:30 pm Cast: Alice Faye, Ethel Merman,

#### Tyrone Power, Don Ameche

This send-up of ragtime song and dance begins in 1915 San Francisco when society boy Roger Grant decides to pursue popular rather than serious music.

#### **THE HEALER** (2016)



#### Saturday, June 15 | 10:00 am & 1:30 pm Cast: Camilla Luddington, Kaitlyn Bernard, Jonathan Pryce, Jorge Garcia

A young man suddenly discovers that he has the family gift of healing. As he struggles to understand his new reality, a teenage girl with terminal cancer unexpectedly inspires him to believe in himself, and by helping others, he will find his life purpose.

## THE MOVIES













#### Friday, June 28 | 1:30 pm Saturday, June 29 | 6:30 pm Sunday, June 30 | 6:30 pm Cast: Jessica Lange, Anne Heche,

#### Heather Graham, David Strathairn

In the 1880s, young Swede Alexandra Bergson and her family come to Nebraska to live off the land. Years later, when the Bergson patriarch dies, the adult Alexandra learns that she is heir to the family farm. Amid the protestations of her jealous siblings, Alexandra succeeds in single-handedly managing the farm. Her biggest challenge arises, however, when Carl, the lover who left her life decades earlier, comes back looking for romance.

#### **JOY** (2015)



#### **Saturday, June 29 | 10:00 am & 1:30 pm** Cast: Jennifer Lawrence, Robert DeNiro, Bradley Cooper, Édgar Ramîrez

A story of a family across four generations, centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise in a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.

## OPERATION DUMBO DROP (1995)

#### Sunday, June 30 | 1:30 pm & 4:00 pm Cast: Ray Liotta, Danny Clover, Denis Leary, Corin Nemec

Soon-to-retire Captain Sam Cahill and his unit labor to build a secret relationship with a local Vietnamese village in order to conduct surveillance on an enemy weapons-smuggling operation that goes through on a nightly basis. When the enemy discovers this, they kill the village's elephant as a punishment. Cahill, his replacement Captain T.C. Doyle and a team of special forces must locate and transport another elephant in time for the village's spiritual event.



#### THE UPSIDE OF ANGER (2005)



#### Sunday, June 16 | 1:30 pm & 4:00 pm Cast: Kevin Costner, Mike Binder, Joan Allen, Erika Christensen

After her husband runs off with his secretary, Terry Wolfmeyer is left to fend for herself -- and her four daughters.. As she hits rock bottom, Terry finds a friend and drinking buddy in nextdoor neighbor Denny, a former baseball player. As the two grow closer, and her daughters increasingly rely on Denny, Terry starts to have reservations about where their relationship is headed.

#### **OKLAHOMA** (1955)

Friday, June 21 | 1:30 pm Saturday, June 22 | 6:30 pm Sunday, June 23 | 6:30 pm Cast: Gordon MacRae, Shirley Jones, Gene Nelson, Gloria Grahame

In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies.

## MY LIFE IN RUINS (2009)

#### Saturday, June 22 | 10:00 am & 1:30 pm Cast: Nia Vardalos, Richard Dreyfuss, Alexis Georgoulis, Pachel Dratch

#### Alexis Georgoulis, Rachel Dratch

Georgia, a travel guide, feels that her life as no direction. Her kefi, or mojo, is gone. But, as she leads a ragtag group of tourists through her native Greece, she begins to see the world in a new light. Georgia opens the group's eyes to the beauty of an exotic land, and, in the process, rediscovers her kefi.

## LADIES IN LAVENDER (2004)

#### Sunday, June 23 | 1:30 pm & 4:00 pm Cast: Judi Dench, Maggie Smith, Daniel Brühl, Natascha McElhone

Two sisters befriend a mysterious foreigner who washes up on the beach of their 1930s Cornish seaside village.

#### **O' PIONEERS** (1992)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
June 2024		<ul> <li>ABBREVIATIONS K</li> <li>Thtr - Theater</li> <li>FDR - Formal Dining Room</li> <li>PAC - Performing Arts Cente</li> <li>BR - Billiard Room</li> <li>Trans - Transportation</li> </ul>	<ul> <li>HS - Hobby Shop</li> <li>SCR - Small Card Room</li> </ul>			<ul> <li>8:00 am • Men's Christian Fellowship (LCR)</li> <li>10:00 am • Movie: The Queen (Thtr)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>1:30 pm • Movie: The Queen (Thtr)</li> <li>6:30 pm • Movie: Destination Tokyo (Thtr)</li> </ul>			
8:00 am • Church of Christ Service (Chapel) 10:00 am • Worship Service (PAC) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Beautiful Dreamer (Thtr) 4:00 pm • Movie: Beautiful Dreamer (Thtr) 6:30 pm • Movie: Destination Tokyo (Thtr)	<ul> <li>8:00 am • Get Physical with Kim (Oasis)</li> <li>8:30 am • Advanced Water Aerobics (Pool)</li> <li>9:30 am • Group Exercise (PAC)</li> <li>9:30 am • Advanced Water Aerobics (Pool)</li> <li>10:00 am • Hobby Pines Group (Hobby Shop)</li> <li>10:00 am • Poetry &amp; Writing Club (LCR)</li> <li>10:30 am • Chair Yoga (PAC)</li> <li>10:30 am • Beginners Billiards (Billiard Room)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>6:00 pm • Bingo (PAC)</li> </ul>	<ul> <li>8:30 am • Men's Water Aerobics (Pool)</li> <li>9:00 am • Dr. Mike Abutineh (WC)</li> <li>9:30 am • Basic Water Aerobics (Pool)</li> <li>10:30 am • Cardio Move &amp; Strength (PAC)</li> <li>1:00 pm • Tuesday Bridge Group (LCR)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Line Dancing (PAC)</li> <li>1:30 pm • Carnival Memphis (Lobby)</li> <li>1:30 pm • Movie: The Theory of Everything (Thtr)</li> <li>1:30 pm • Movie: The Theory of Everything (Thtr)</li> </ul>	<ul> <li>8:30 am • Advanced Water Aerobics (Pool)</li> <li>9:30 am • Group Exercise (PAC)</li> <li>10:00 am • Catholic Services (Chapel)</li> <li>10:00 am • Pinecone Painters (A&amp;C)</li> <li>11:00 am • Yoga with Kim (PAC)</li> <li>1:00 pm • Needle Arts Group (A&amp;C)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Mah Jongg (LCR)</li> <li>1:30 pm • Movie: The River (Thtr)</li> <li>1:30 pm • Game Play (LCR)</li> <li>2:00 pm • Ballroom Dancing (A&amp;C)</li> <li>6:00 pm • Wednesday Bridge Group (LCR)</li> <li>6:30 pm • Movie: The River (Thtr)</li> </ul>	<ul> <li>8:30 am • Men's Water Aerobics (Pool)</li> <li>9:30 am • Basic Water Aerobics (Pool)</li> <li>10:00 am • Kroger &amp; Banks (Trans)</li> <li>10:00 am • Bible Study with Dave Phillips (Chapel)</li> <li>10:30 am • Cardio Move &amp; Strength (PAC)</li> <li>1:00 pm • WalMart, Costco &amp; Banks (Trans)</li> <li>1:00 pm • Dr. Mike Abutineh (WC)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Line Dancing (PAC)</li> <li>1:30 pm • Series: Jesse Stone (Thtr)</li> <li>6:30 pm • Vespers (PAC)</li> </ul>	8:00 am • Get Physical with Kim (Oasis) 8:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Water Aerobics (Pool) 10:00 am • WalMart, Kroger, Aldi & Banks (Trans) 10:00 am • Art with Helen (A&C) 10:15 am • Strength Training (PAC) 10:30 am • Cornhole (LCR) 11:00 am • Yoga Stretch (PAC) 1:00 pm • WalMart, Kroger, Superlo & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Show Boat (Thtr) 2:00 pm • Art Wall Presentation (PAC) 6:00 pm • Music: Al Mahan (Lobby)	<ul> <li>8:00 am • Men's Christian Fellowship (LCR)</li> <li>10:00 am • Movie: Must Love Dogs (Thtr)</li> <li>11:15 am • Vietnam Traveling Memorial (Thtr)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>1:30 pm • Movie: Must Love DOgs (Thtr)</li> <li>6:15 pm • Saturday Night Trivia (Ante)</li> <li>6:30 pm • Movie: Show Boat (Thtr)</li> </ul>			
8:00 am • Church of Christ Service (Chapel) <b>9</b> 10:00 am • Worship Service (PAC) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Little Women (Thtr) 4:00 pm • Hymn Sing with Leon (Chapel) 4:00 pm • Movie: Little Women (Thtr) 6:30 pm • Movie: Show Boat (Thtr)	8:00 am • Get Physical with Kim (Oasis) 8:30 am • Advanced Water Aerobics (Pool) 9:30 am • Alterations (A&C) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Hobby Pines Group (Hobby Shop) 10:30 am • Chair Yoga (PAC) 10:30 am • Beginners Billiards (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Game Play (LCR) 6:00 pm • Bingo (PAC)	<ul> <li>8:30 am • Men's Water Aerobics (Pool)</li> <li>9:00 am • Dr. Mike Abutineh (WC)</li> <li>9:30 am • Basic Water Aerobics (Pool)</li> <li>10:30 am • Cardio Move &amp; Strength (PAC)</li> <li>11:45 am • Birthday Lunch (Dining)</li> <li>1:00 pm • Tuesday Bridge Group (LCR)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Line Dancing (PAC)</li> <li>1:30 pm • Movie: Mother of the Bride (Thtr)</li> <li>1:30 pm • Birthday Dinner (Dining)</li> <li>6:30 pm • Movie: Mother of the Bride (Thtr)</li> </ul>	8:30 am • Advanced Water Aerobics (Pool) 9:00 am • Gary Beard & Friends (Trans) 9:30 am • Group Exercise (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Pinecone Painters (A&C) 10:30 am • Garden Gro'ers (Greenhouse) 11:00 am • Yoga with Kim (PAC) 1:00 pm • Needle Arts Group (A&C) 1:00 pm • Needle Arts Group (A&C) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Movie: Dark Waters (Thtr) 1:30 pm • Game Play (LCR) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: Dark Waters (Thtr)	<ul> <li>8:30 am • Men's Water Aerobics (Pool)</li> <li>9:30 am • Basic Water Aerobics (Pool)</li> <li>10:00 am • Kroger &amp; Banks (Trans)</li> <li>10:00 am • Bible Study with Dave Phillips (Chapel)</li> <li>10:30 am • Cardio Move &amp; Strength (LCR)</li> <li>1:00 pm • WalMart, Costco &amp; Banks (Trans)</li> <li>1:00 pm • Dr. Mike Abutineh (WC)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Line Dancing (PAC)</li> <li>1:30 pm • Vespers (PAC)</li> </ul>	8:00 am • Get Physical with Kim (Oasis) 8:30 am • Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Water Aerobics (Pool) 10:00 am • WalMart, Kroger, 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 • WalMart, Kroger, Superlo & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Alexander's Ragtime Band (Thtr) 6:00 pm • <i>Music: Brazil (Lobby)</i>	<ul> <li>8:00 am • Men's Christian Fellowship (LCR) 15</li> <li>10:00 am • Movie: The Healer (Thtr)</li> <li>11:00 am • Father's Day Car Show (Grounds)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>1:30 pm • Movie: The Healer (Thtr)</li> <li>6:30 pm • Movie: Alexander's Ragtime Band (Thtr)</li> </ul>			
8:00 am • Church of Christ Service (Chapel) <b>16</b> 10:00 am • Worship Service (PAC) 1:00 pm • <i>Piano with Marilynn Garzione (Lobby)</i> 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: The Upside To Anger (Thtr) 4:00 pm • Movie: The Upside To Anger (Thtr) 6:30 pm • Movie: Alexander's Ragtime Band (Thtr)	<ul> <li>8:00 am • Get Physical with Kim (Oasis)</li> <li>8:30 am • Advanced Water Aerobics (Pool)</li> <li>9:00 am • Smith Jewelers (SCR)</li> <li>9:30 am • Group Exercise (PAC)</li> <li>9:30 am • Advanced Water Aerobics (Pool)</li> <li>10:00 am • Hobby Pines Group (Hobby Shop)</li> <li>10:30 am • Tech Time (Sunroom)</li> <li>10:30 am • Chair Yoga (PAC)</li> <li>10:30 am • Beginners Billiards (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>1:30 pm • European Travel Series (Thtr)</li> <li>6:00 pm • Bingo (PAC)</li> </ul>	8:30 am • Men's Water Aerobics (Pool) 9:00 am • Dr. Mike Abutineh (WC) 9:30 am • Basic Water Aerobics (Pool) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Tuesday Bridge Group (LCR) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: The Wedding Planner (Thtr) 1:30 pm • Bunko (SCR) 3:00 pm • Photo Club (A&C) 6:30 pm • Movie: The Wedding Planner (Thtr)	8:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Viking Cooking Class (Trans) 10:00 am • Catholic Services (Chapel) 10:00 am • Caregiver Support Group (SCR) 10:00 am • Pinecone Painters (A&C) 11:00 am • Yoga with Kim (PAC) 1:00 pm • Needle Arts Group (A&C) 1:00 pm • Needle Arts Group (A&C) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: Devotion (Thtr) 2:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: Devotion (Thtr)	8:30 am • Men's Water Aerobics (Pool) 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 • WalMart, Costco & Banks (Trans) 1:00 pm • Dr. Mike Abutineh (WC) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Line Dancing (PAC) 1:30 pm • Series: Jesse Stone (Thtr) 6:30 pm • Vespers (PAC)	8:00 am • Get Physical with Kim (Oasis) 8:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Water Aerobics (Pool) 10:00 am • WalMart, Kroger, Aldi & Banks (Trans) 10:00 am • Art with Helen (A&C) 10:15 am • Strength Training (PAC) 10:30 am • Cornhole (LCR) 11:00 am • Yoga Stretch (PAC) 1:00 pm • WalMart, Kroger, Superlo & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Oklahoma (Thtr) 6:00 pm • <i>Music: Rob Haynes (Lobby)</i>	<ul> <li>8:00 am • Men's Christian Fellowship (LCR) 22</li> <li>10:00 am • Movie: My Life In Ruins (Thtr)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>1:30 pm • Movie: My Life In Ruins (Thtr)</li> <li>6:15 pm • Saturday Night Trivia (Ante)</li> <li>6:30 pm • Movie: Oklahoma (Thtr)</li> </ul>			
<ul> <li>8:00 am • Church of Christ Service (Chapel)</li> <li>10:00 am • Worship Service (PAC)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Movie: Ladies In Lavender (Thtr)</li> <li>4:00 pm • Movie: Ladies In Lavender (Thtr)</li> <li>6:00 pm • Amaro Dubois (Lobby)</li> <li>6:30 pm • Movie: Oklahoma (Thtr)</li> <li>8:00 am • Church of Christ Service (Chapel)</li> <li>10:00 am • Worship Service (PAC)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Movie: Operation Dumbo Drop (Thtr)</li> <li>3:00 pm • Movie: Operation Dumbo Drop (Thtr)</li> <li>6:30 pm • Movie: Oklahoma (Thtr)</li> </ul>	<ul> <li>8:00 am • Get Physical with Kim (Oasis)</li> <li>8:30 am • Advanced Water Aerobics (Pool)</li> <li>9:30 am • Group Exercise (PAC)</li> <li>9:30 am • Advanced Water Aerobics (Pool)</li> <li>10:00 am • Hobby Pines Group (Hobby Shop)</li> <li>10:30 am • Chair Yoga (PAC)</li> <li>10:30 am • Beginners Billiards (Billiard Room)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>6:00 pm • Bingo (PAC)</li> </ul>	<ul> <li>8:30 am • Men's Water Aerobics (Pool)</li> <li>9:00 am • Dr. Mike Abutineh (WC)</li> <li>9:30 am • Book Baggers (Chapel)</li> <li>9:30 am • Basic Water Aerobics (Pool)</li> <li>10:30 am • Cardio Move &amp; Strength (PAC)</li> <li>1:00 pm • Tuesday Bridge Group (LCR)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Line Dancing (PAC)</li> <li>1:30 pm • Movie: Places In The Heart (Thtr)</li> <li>1:30 pm • Girls Night: Undercover Blues (Thtr)</li> </ul>	<ul> <li>8:30 am • Advanced Water Aerobics (Pool)</li> <li>9:30 am • Group Exercise (PAC)</li> <li>10:00 am • Catholic Services (Chapel)</li> <li>10:00 am • Pinecone Painters (A&amp;C)</li> <li>11:00 am • Yoga with Kim (PAC)</li> <li>1:00 pm • Needle Arts Group (A&amp;C)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Mah Jongg (LCR)</li> <li>1:30 pm • Movie: Days of Thunder (Thtr)</li> <li>1:30 pm • Ballroom Dancing (PAC)</li> <li>6:00 pm • Movie: Days of Thunder (Thtr)</li> <li>6:30 pm • Movie: Days of Thunder (Thtr)</li> </ul>	<ul> <li>8:30 am • Men's Water Aerobics (Pool)</li> <li>9:30 am • Basic Water Aerobics (Pool)</li> <li>10:00 am • Kroger &amp; Banks (Trans)</li> <li>10:00 am • Bible Study with Dave Phillips (Chapel)</li> <li>10:30 am • Cardio Move &amp; Strength (LCR)</li> <li>1:00 pm • WalMart, Costco &amp; Banks (Trans)</li> <li>1:00 pm • Dr. Mike Abutineh (WC)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:15 pm • Line Dancing (PAC)</li> <li>1:30 pm • Vespers (PAC)</li> </ul>	8:00 am • Get Physical with Kim (Oasis) 8:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Water Aerobics (Pool) 10:00 am • WalMart, Kroger, 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 • WalMart, Kroger, Superlo & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: O' Pioneers (Thtr) 6:30 pm • <i>Residents: Oklahoma (PAC)</i>	<ul> <li>10:00 am • Movie: Joy (Thtr)</li> <li>1:00 pm • Billiards Group (Billiard Room)</li> <li>1:30 pm • Game Play (LCR)</li> <li>1:30 pm • Movie: Joy (Thtr)</li> <li>6:30 pm • Movie: O' Pioneers (Thtr)</li> </ul>			

## June 2024 EVENTS

#### **Jun 1:** 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.

#### Jun 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.

#### Jun 2: Church of Christ Service

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

#### Jun 2: 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.

#### Jun 3: Cet Physical with Kim

Join our fitness instructor Kim Roberts every Monday and Friday in the Oasis at 8:00 am and Wednesdays at 9:00 am. She will be teaching how to safely use all of the gym equipment and is available to answer any questions you may have.



Jun 3: Water Aerobics

We have a Water Aerobics class for everyone! Advanced Water Aerobics classes will be held on Mondays, Wednesdays & Fridays 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.

#### Jun 3: Group Exercise

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

#### Jun 3: Poetry & Writing Club

The Poetry/Writing Group will meet in the LCR at 10:00 am. Participants will be sharing their poetry/writings using the prompt "How do you believe others perceive you". The assignment iss to be between 500-1500words. To begin our time together, we spend 10 minutes responding to a challenge writing experience. Join us as we learn differing things.



#### **Jun 3:** Hobby Pines Group

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

#### Jun 3: Chair Yoga

Chair yoga is a gentle form of yoga that can done be 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.

#### Jun 3: Billiards Group

Social Billiards for men and women! All skill levels welcome. Mondays at 10:30 am and EVERY DAY at 1:00 pm in the billiard room. Come out and just have some fun with us!

#### Jun 3: 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 6:00 pm. Cards are \$1 to play, limit 2 cards per person.

### **Jun 4:** 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.

#### Jun 4: 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.

#### Jun 4: Afternoon Bridge

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

#### Jun 4: 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!

#### **Jun 4:** The Theory of Everything

In 1964, Cambridge University student and future physicist Stephen Hawking falls in love with fellow collegian Jane Wilde. At 21, Hawking learns that he has a motor neuron disease. He and Jane defy terrible odds and break new ground in the fields of medicine and science. Showtimes are 1:30 pm and 6:30 pm in the theatre.



#### Jun 4: BUNKO

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

#### Jun 5: 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.

#### Jun 5: 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.

#### Jun 5: Needle Arts Group

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

#### Jun 5: 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!

#### Jun 5: The River

A farming family battles severe storms, while taking a valiant stand against a bank foreclosure and a powerful land grabber. Showtimes are 1:30 pm and 6:30 pm in the theater.

#### Jun 5: Carnival Memphis

Come out to the lobby at 1:45 pm for some fun! We will welcome the King and Queen of Carnival Memphis along with their friends, the Boll Weevils! The King is Kevin Kimery and the Queen is Mary Franklin Williams.

#### Jun 5: 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.

#### Jun 5: Bridge Group

The Bridge Group meets every Wednesday at 6:00 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.

## **Jun 6:** 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.

#### Jun 6: Series: Jesse Stone

Tom Selleck reprises his role as Jesse Stone, an L.A. cop who relocates to a small town only to find himself immersed in one mystery after the other. Each installment offers a familiar crime drama element and satisfying conclusions. Showtime is Thursdays at 1:30 PM in the Theater.



#### Jun 7: 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.

#### Jun 7: 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.

#### Jun 7 & 21: 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.

#### Jun 7: 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.

#### Jun 7: Art Wall

Please join us in the PAC for refreshments and to hear from our very own Kirby Pines Artists as they show off their artwork. The show will begin at 2:00 pm.

#### Jun 7: Al Mahan

A man and his guitar! Come join Al Mahan for a wonderful evening of music in the Lobby. The performance kicks off at 6:00 pm.

#### Jun 8: Vietnam Traveling Wall

Kirby Pines will be transporting residents to the Meddlesome Brewing Company in Cordova to attend the Vietnam Traveling Memorial Wall Fundraiser. There will be live music, prizes and food for donations, and games such as cornhole. If you are interested in attending this event, please sign up with the Resident Programs office. Transportation fee can be charged to your account, or you can pay day of. We will be meeting in the lobby at 11:15 am and leaving by 11:30 am.

#### Jun 8 & 22: Trivia Group

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

#### Jun 9: Hymn Sing with Leon

Please Join us in the Chapel for a resident led Hymn singing with Mr. Leon Sanderson. We will begin at 4:00 pm.

#### Jun 10: Alterations

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

#### Jun 11: 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 Sanders @ 901-866-4444 to reserve your table.

#### Jun 11: Mother Of The Bride

At her daughter's Thai island wedding, a woman learns the groom's dad is her longago ex. Will their spark reignite- or has this flame fizzled for good? Showtimes are at 1:30 pm and 6:30 pm in the theater.

#### Jun 12: Garden Gro'ers

Summer is here and everything is in bloom. Join us in the Greenhouse at 10:30 am.

#### **Jun 12:** Gary Beard & Friends Sing Broadway

Join Kirby Pines Residents to travel to the Creative Aging daytime Concert Series Lineup with Gary Beard, pianist and music director, and Friends singing Broadway favorite musical theatre tunes! Lobby Time is 9:15 am, with the bus departing at 10:00am. Cost is \$7 per person: Transportation is \$5. Both may be charged to your Apartment/Home when you sign up by June 7th.

#### Jun 12: Dark Waters

A tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, his family, and his own life. Showtimes are at 1:30 pm and 6:30 pm in the theater.



#### Jun 14: Brazil

Brazil and his beautiful vocals will once again grace us with his talent. Brazil is well known for his covers of many of our favorite artists from Santra to Elvis. This is a performance you don't want to miss. Come join us in the Lobby at 6:00 pm.

#### Jun 15: Father's Day Car Show

Come celebrate Father's Day with us at our annual Father's Day Car Show. Live Music by Grassfire Bluegrass Band. Enjoy a classic Kirby Cookout.



#### Jun 16: Piano with Marilynn

Please join us in the lobby for a performance by our fellow resident, Marilyn Garzione. The music will begin at 1:00 pm in the Lobby.

#### Jun 17: Smith Jewelers

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

#### Jun 17: 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 Ante Room.

#### **Jun 17:** European Travel Series

We are excited to announce that through the memorial donations to the Library we will be showing a series of travel documentaries of the histories and sights of European Cities. This month will be France Countryside. Showtime begins in the theatre at 1:30 pm.

#### Jun 18: The Wedding Planner

Mary Fiore is San Francisco's most successful supplier of romance and glamor. She knows all the tricks. She knows all the rules. But then she breaks the most important rule of all: she falls in love with the groom. Showtimes are 1:30 pm and 6:30 pm in the theatre.

#### Jun 18: KP Photo Club Wall

Join the Photo Club at 3:00 pm outside the Bistro to see our latest photos on the wall. Refreshments will be served!

#### Jun 18: Luau with Jim Mahanah

Join us for our next dance. Lu'au themed to celebrate the arrival of summer. Come decked out in your beach attire ready to dance the night away. There will be a photo booth to capture the fun, hula dancing lessons and live music by none other than Jim Mahana. Photo Booth at 6:00 Music at 6:30 in the PAC.

#### Jun 19: 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.

#### **Jun 19:** Viking Cooking Class

The Kirby Pines Travel Group will travel to Greenwood, MS (2 hr. trip) to the world-renowned Viking Range Culinary Arts Cooking School for a demo class and lunch. Sip Wine, coffee, or tea as the Chef prepares an exquisite cuisine. Transportation cost of \$5 will be charged to your Apartment/Home.

#### Jun 19: Devotion

Inspired by the true story of Jesse Brown, the first aviator in U.S. Navy history, and his enduring friendship with fellow fighter pilot Tom Hudner. Helping to turn the tide in the most brutal battle in the Korean War, their heroic sacrifices ultimately make them the Navy's most celebrated wingmen. Showtimes are 1:30 pm and 6:30 pm in the theatre.



#### Jun 21: Rob Haynes

All American Singer, Pianist, and Guitar player, Rob Haynes will be preforming some of your favorite hit songs in the Lobby at 6:00 pm.

#### Jun 23: Amaro Dubois

Brazilian violinist Amaro Dubois is back at Kirby Pines. Enjoy this wonderful performer in the Lobby at 6:00 pm.

#### Jun 25: The Book Baggers

A special treat is in store for us on Tuesday, June 25, as Marilynn Garzione shares with us details from the book she has written, "Released to the Angels." This is a perfect time to invite a new resident to enjoy hearing a fellow resident share her story. We will be meeting in the chapel at 9:30 am. Since moving to Kirby Pines in 2023, Marilynn has graciously shared her talent as a musician. You now have the opportunity to hear from her literary endeavors.

#### Jun 25: Places In The Heart

In central Texas in the 1930s, a widow with two small children tries to save her small 40-acre farm with the help of a blind boarder and a itinerant black handyman. Showtime at 1:30 pm.

#### Jun 25: Girls' Night Out

Ladies of Kirby, join us for our monthly Ladie's Night Out. This month's movie will be Undercover Blues, starring Dennis Quaid and Kathleen Turner. Veteran spies Jane and Jefferson Blue abandon their successful careers to raise a family in New Orleans. But soon they are forced out of retirement when an old foe gets their hands on some plastic explosives. Showtimes begins at 6:30 pm. Showtime at 6:30 pm in the theater.

#### Jun 26: Days Of Thunder

Discovered by businessman Tim Daland, Cole is teamed up with the legendary crew chief and car builder Harry Hogge to race for the Winston Cup at the Daytona 500. A crash nearly ends Cole's career and he must turn to a beautiful doctor to regain his nerve. Showtimes are 1:30 pm and 6:30 pm.

#### Jun 28: Residents: Oklahoma

Come one come all to see our very own Kirby Pines residents in the Rodgers and Hammerstein classic Oklahoma. At the turn of the century a young farm girl is caught up in a courtship by two rival suitors, cowboy Curly McLain and the sinister farmhand Jud Fry. The performance will begin at 6:30 pm in the PAC. Refreshments will follow.

#### Jun 30: Marty Kocman

Marty Kocman and piano accompanist, Liz Parsons, will play a flute recital in the PAC starting at 3:00 pm. The performance will include selections from Broadway Musicals and well-known movies. It promises to be an enjoyable afternoon.



## PUZZLE CHALLENGE | Giant Crossword

ACROSS		1	2	3	4	5			6	7	8	9	10		
		÷.,	1	ľ	1	ľ			Ŭ	Ľ	ľ	ľ			
1. Split		11							12					13	14
6. The business of selling goods				_	<u> </u>			10							$\vdash$
11. Howdy	15							16							
12. Futile	17	+	+		18	+	19			<u> </u>	+		20	+	$\vdash$
15. Rescind															
16. Sexual	21			22			23					24			
17. Type of cereal grass	25					26					27				
18. Wastes time	20					20					27				
20. Seated oneself	28	+	+	+		29				30		$\vdash$	$\vdash$	$\vdash$	
21. Ear-related				31	22		<b> </b>	<u> </u>	22			<b> </b>			
23. Inheritor				31	32				33						
24. Swine		34	35					36				37	38	39	40
25. Peddle		41					40		<u> </u>	<b> </b>		42			_
26. Suggestion		41					42					43			
27. Uncouth	44		+			45						46			$\vdash$
28. Tall woody plant	-	_			10					10	50				<u> </u>
29. Paintings	47				48					49	50		51		
30. Funeral piles	52	+	<u> </u>	53						54		55			$\vdash$
31. Skills		$\square$	4												
34. Above a baritone	56									57					
36. Not thin			58							59					
37. Applications															

- 41. Component used as fertilizer
- 42. Plate
- 43. Behold, in old Rome
- 44. Small fastener
- 45. C C C
- 46. Rattling breath
- 47. Stomach muscles, for short
- 48. On the other hand
- 51. Guff
- 52. Minor corrections
- 54. Unkempt
- 56. Streaked
- 57. Certain coniferous trees
- 58. Consumer of food
- 59. Inscribed pillar

#### DOWN

- 1. Deceiver
- 2. Lizard
- 3. Beer
- 4. Clothed
- 5. Caffeine source
- 6. Illuminated naturally
- 7. Daisylike bloom

- 8. Luau souvenirs
- 9. Type of tree
- 10. Beach
- 13. Levels
- 14. Adjusts
- 15. Perch
- 16. Symbols
- 19. Gyrate
- 22. Decontaminated
- 24. Chasing party
- 26. Whiskers or locks
- 27. Deli loaf
- 30. Essence
- 32. Type of snake
- 33. Thigh armor
- 34. Flatfish
- 35. Expunction
- 38. Surgeon's tool
- 39. Overshadow
- 40. Oozing
- 42. More profound
- 44. Flying mammals
  - (see photo for hint)

- 45. Water park slide
- 48. Which thing
- 49. Cobras
- 50. Narrow opening
- 53. US spy agency
- 55. Half of a pair



Puzzle Solutions - page 23

## **PICTURING LIFE AT KIRBY PINES BIRTHDAYS, RHYTHM BAND AND MORE**



Wilma Goodwin celebrates her first Kirby birthday!



Joe Brooks enjoys his birthday with wife, Shirley.



Alice Walton is looking great at her birthday party.



John Elli is all smiles for his special day with wife, Leora.





Tracy Speake celebrates with wife, Bettye, and friends George Courington, Judy & Keith Weathers, Bobby & Susie Thompson, Fred & Cindy Dabrowski, Sam & Ellie Bates, Rhetta Watkins and Richard & Beverly Colditz. What a crew!

Joan Dodson passes the baton to new Rhythm Band Director, Laura Leuenberger.



Rock the Walk. Photo by Stuart Eyman



John & Jody Sosh get ready for the Arthritis Flo Seward, Alice Wherry & Mary Lee Boggs are bridge champs. Photo by Steve Martin



Mary Ann Thurmond shares one of her father's black & whites during Photo Club.

## PICTURING LIFE AT KIRBY PINES MOTHER'S DAY COOKOUT



Mother's Day greeters, John & Ginger Blount and Diane Mullins.



Face Painting with Ms Patches is always a hit at the cookout.



Pat Simmons and Paula Cwikiel grab a burger by the gazebo.



Executive Director, Michael Brown, and his wife mother-to-be, Stephanie working the line. Photo by Mary Ann Thurmond



The egg race was a hard fought battle. One of the many games for kids of all ages to participate in.



Connie and Guy Carter looking cute as ever.



Jean Harvell enjoys a soft serve from the Mr. Softee Ice Cream Truck.



Ruth Wigg surrounded with love for Mother's Day.

## **PICTURING LIFE AT KIRBY PINES** MOTHER'S DAY & MAYOR YOUNG'S VISIT



Pat Brand with her family enjoying some quality time together.



What kid doesn't want to ride a pony? The petting zoo and pony rides are always enjoyed.



Sharon Fieldor and her family find a nice shady spot to enjoy.



Jeannie Valentine with generations, obviously enjoy spending time together.



Memphis Mayor, Paul Young, takes time out of his busy schedult to visit Kirby Pines. Here with his mother, Dianne, Peter Jones, Anna Bradford, Michelle Vincent and Michael Brown



Jim Gordon and his friend Sally Navarra during the reception with the Mayor.

## **KIRBY PINES PHOTO CLUB**



Blooming Rose - Photo by Stuart Eyman



Spring Colors - Photo by Dale Jones

#### Join Us June 18th outside the Bistro at 3:00 for our Photo Show !

We will be adding more beautiful pictures to our Photo Walls!



Yellow Daylilly Photo by Fran Gentry



Hydrangea Growth Photo by Fred Dabrowski



Opera Memphis at KP Photo by Jeannie Valentine



Schefflera Bloom? Photo by Sheryl Maxwell



Verigated Hostas Photo by Carolin Thomason



Peaceful Tranquility Photo by John Sosh



The First Flower Blossoms Photo by Jane Longfield



Rainy Day Palm Photo by Sydney Wagner



Purple Iris Photo by Arrena Cheek



Gazebo at Night Photo by Mary Ann Thurmond



Early Hydrangea Photo by Diane Mullins



Red Admiral Butterfly Photo by Sylvia Statham

## **Memorials, Honorariums & Gifts**

#### In Memory Of

#### **ERIC WIGG**

Donation by KP Resident Association to the Garden Gro'ers

Donation by Sylvia Statham *to the General Fund* 

Donation by Mary Lee & Carl Boggs to the Garden Gro'ers

Donation by Marty & Janie Kocman to the Garden Gro'ers

Donation by Mike Jaeger *to the Garden Gro'ers* 

Donation by Bob & Jane Longfield to the Garden Gro'ers

Donation by Shirley Anderson to the Employee Fund

Donation by The Entertainers to the Entertainers

#### **BERRY TERRY**

Donation by Mary Lee & Carl Boggs to the Church Fund

Donation by Joe & Shirley Brooks to the Employee Fund

#### **CAROL SCARBERRY**

Donation by KP Resident Association to the Library Fund

#### In Memory Of

#### **RAYMOND HARVELL**

Donation by Joe & Shirley Brooks to the Employee Fund

Donation by Jim & Susan Flake to the Employee Fund

> Donation by Lois Dazey to the General Fund

Donation by Rhetta Watkins to the Line Dancers

**JOANN MERCER** Donation by Linda Moore

to the General Fund

Donation by Del Mercer to the General Fund

#### In Honor Of

#### MARK MAXWELL

Donation by Barbara Flack *to the Hobby Shop* 

Donation by Rick Stone to the Hobby Shop

Donation by Anna Butler to the Hobby Shop

Donation by Randy Peace to the Hobby Shop

#### In Honor Of

#### JIM BAMPFIELD

Donation by Rhetta Watkins to the Hobby Shop

Donation by Sharon Overman to the Hobby Shop

JODY SOSH Donation by Lois Dazey to the Line Dancers

#### SYDNEY WAGNER

Donation by Lois Dazey to the Employee Fund

MARIAN GRAY Donation by Rhetta Watkins to the Ballroom Dancers

MIKE HUFNAGEL Donation by Joy Wernet to the General Fund

MARTY KOCMAN Donation by Jim Gordon to the Garden Gro'ers

SALLY COOK Donation by Janet & Gerald Reeves to the Book Baggers

> **Gifts To HOBBY SHOP** Donation by Carole Austell

## HAVE YOU BEEN TO THE BLOSSOM SHOP?

Located on the Second Floor by the Mailboxes. Open 9:00 am to 3:30 pm.



Toothpaste and toothbrushes • Mouthwash • Shampoo • Bodywash Tylenol • Advil • Q-tips • Lotion • Hair Brush • Combs Birthday cards • Sympathy cards, • Get Well Cards Anniversary Cards • Wedding Cards • Holiday Cards Candy of all kinds • Gum • Chips • Cookies • Ice Cream • Soda • Water Tide • Dryer Sheets • Paper towels • Bathroom Tissue • Feminine Products Puzzles • Puzzle books • Adult Coloring Books Jewelry • Kirby Pines Hobby Shop Hand-Crafted Items and More!

Anyone interested in volunteering, call Pam Shatraw at 369-7302.











## ANSWERS TO PUZZLE CHALLENGE ON PAGE 17 N

## **CHRISTIE'S COIFFURES**

Ask About Our Monthly Specials!

Manicures | Pedicures | Facials Women's Haircuts Shampoo & Sets Perms & Coloring Separate Barber Shop

**Call for Appointment** 

## **Here Is Kirby Pines' Rehab Provider**

Functional athways Therapy that exceeds expectations

Functional Pathways is a therapist-owned organization with 25 years of experience serving senior living communities.

We understand the value of sustained focus on our patients, clients, people, and the everchanging healthcare environment.

### THE KIRBY PINES FOUNDATION



#### A WIN - WIN EFFORT

The Kirby Pines Foundation's mission is to provide philanthropic support and assistance to residents who may need the help of others through no fault of their own.

#### DONATIONS

Anyone can make a donation directly through Kirby Pines or at our website: www.kirbypines.com

#### FOR MORE INFORMATION

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





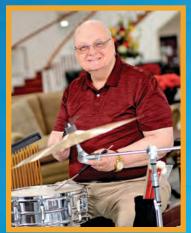






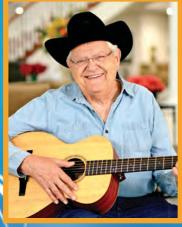














3535 Kirby Parkway • Memphis, Tennessee 38115 • 901-369-7340 • www.kirbypines.com