

# the PINECONE

The Magazine of Kirby Pines LifeCare Community • November 2024 | V. 42 | I.11



**MARCIA AND RICHARD  
FRALEY** *enjoy their first  
Fall Festival and are Thankful  
to be living at Kirby Pines.*

Give Thanks | Check Your Wellness Pulse | Are You Hungry? | Resident Spotlight: Lee Todd



# Thanksgiving Is Here

I have so many random thoughts to share with you today, so here it goes, but forgive me for no real central theme!

Just came in from the completion of the "Great Kirby Klean-Up" Part II. Despite temperatures starting in the 40's, we had an enthusiastic group of 30 residents and staff who tackled our task, working the curb and sidewalk areas from our entrance down to Knight Arnold. Where else will you find young people and Seniors alike having fun picking up trash on a public road? That is Kirby Pride!!!

On a bittersweet note, on October the 18th we said "Goodbye" to Martha Fitzhugh. Martha has been an important part of our team for so many years. She leaves with the great news that her long issue of back pain has an end in sight. Don't be surprised if you see her "Dancing with the Stars" next season.

Man, Oh Man! Aren't we blessed to have Chef Harold with Kirby Pines Culinary Team? You will read more about him on future pages. What I can say....his energy, calmness & leadership are making an impact

## at Kirby Pines

on his team. Harold's culinary flair is coming through on his menu. Harold's first "Exquisite Cuisine" was a big hit! More great news.....The Bistro is back open for business and based on the number of clientele, it is a big hit as well.

Lastly, the spirit of the holidays is upon us. Soon, turkey, football, and family will be uppermost on our minds. Let's all find a moment to share grace, joy, love, and appreciation for the opportunities that our Lord has presented us with. Thank him, then thank all of those you are surrounded by.

Happy Thanksgiving!



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

## ON THE PINECONE COVER

### We're Always Grateful at Kirby Pines!

November is here, and with it brings the cool weather, the incredible colors and the beginning of a wonderful holiday season.

We have so much to be thankful for; a beautiful place we call home, a wonderful staff who care for all of us and neighbors who are more like family than friends. Kirby Pines is truly special and we find out on November 13th whether or not we have been voted the Best Retirement Community for the 18th year straight!

November is busy with a Coat Drive starting off on the 1st along with a program by the Entertainers. Lunch Bunch goes downtown to the Arcade on the 4th. The Travelers are going to Stax on the 8th, Backermann's on the 15th and MOSH (former Pink Palace) on the 21st. We celebrate our veterans on the 11th and have a resident association meeting on the 14th. The Photo Club is having their presentation on the 19th in the Bistro, so if you haven't checked out their growing display, this would be the time.

Our front cover features new residents, Richard and Marcia Fraley, at the Fall Festival. Seeing

them interact with other residents and having a good time was amazing. They seemed right at home as if they had known everyone for years. Just another reason Kirby Pines can't be beat, the people.

Our back cover shows Caroline Thomas, who rode her bike to the festival from her Garden Home. What a great way to see our beautiful campus and get in some cardio at the same time. Stay motivated and have a very Happy Thanksgiving!



Lee Brown & Jeannie Hutchinson



Retirement Companies of America

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Get to know Kirby Pines'

# NEW RESIDENTS



**Terry Cooper & Martha Howe**

We want to welcome Terry and Martha to Kirby Pines. They moved from their former home in Memphis. Married for 39 years, they have two children and four grandchildren.

Terry received his PhD from Purdue University and he is a Van Vleet professor at the University of Tennessee Health Science Center. After 39 years, he continues as a professor of Microbiology and Immunology and Biochemistry. Terry has published 241 scientific papers and gained 9,199 citations.

Martha earned her PhD from Massachusetts Institute of Technology (MIT) and is retired from the University of Tennessee Health Science center. She retired after 29 years as a Van Vleet professor of Virology. Martha served as president of the American Society for Microbiology.

Terry and Martha have traveled throughout the world and Terry's favorite destination is South Africa and Martha's is Australia.

To stay active Terry continues to work while Martha enjoys gardening. Terry enjoys woodworking and audiophile music and they are collectors of statuary and Rawlinson paintings.

There is far too much to tell about our new neighbors in this short space, so when you meet them, give them a big Kirby Pines welcome. We are so happy they have chosen Kirby Pines for their new home.

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



**Alan Maddox**

We extend a warm welcome to Alan Maddox to Kirby Pines Retirement Community. Alan moved from his former home in Navarre Beach, Florida. His parents, Roland and Sarah are Kirby residents.

Alan and his late wife, Shaunna, have a blended family of six children and two grandchildren. Being a father and grandfather to these amazing and successful children is his greatest accomplishment.

After attending Mississippi College and Baylor University, Alan launched his career as an Information Technology (IT) specialist. As a "solution architect", he traveled the U.S.A. contracting with companies to solve their computer and technology challenges. (He is available to help residents with their computer issues.)

His hobbies and interests include playing pool (Billiards), his Boston Terrier, Molly, and cooking. A Kansas City Chiefs fan, Alan enjoys watching them and college football.

His IT career necessitated travel throughout the United States. He has also traveled to the Bahama Islands and his favorite destination was Hawaii where he got married on the beach.

Welcome, Alan! We hope you find moving to Kirby Pines was a great decision and you soon make new friends and find activities you enjoy and that enhance this chapter of your life.





# TIME TO GIVE THANKS!

Can you believe it's almost Thanksgiving? Thanksgiving is a wonderful holiday: a time of celebration with Friends, Family, and Feasting!!

We don't want to worry with our weight or dieting. Yet on the other hand, overindulging can make us very uncomfortable, especially if we forget to wear those pants with the stretchy waistband. This event can set the pattern for six weeks of holiday overeating and weight gain. Studies show that particularly heavy meals also can quadruple the risk of a heart attack, especially those with elevated risk factors.

## Here are some TIPS to enjoy a more balanced and healthier holiday:

**1. GET OUT FOR A WALK.** Starting the day with a walk or a turkey trot is a great way to get the metabolism going before the feast. Studies suggest that exercising within 12 hours before a meal can prevent one of the most damaging effects--a post-meal spike in a type of fat called triglycerides. If you can't do a morning outing, fitting a walk in between dinner and dessert is also great - it will also help boost digestion. If you can't get out for a walk after the meal - at least get up and do dishes. Not only will your hosts appreciate it, you will burn some calories (60 calories per half hour), and standing also aids digestion. Research shows that the person who does the dishes in the house tends to be less likely to gain weight. Anything is better for your digestion than lying on the couch!

**2. HYDRATE.** Thirst can sometimes be confused as hunger. When we are drinking enough water, we feel better and digest our food better. An 8 oz glass of water before a big meal can help to prevent overeating. Large amounts of fluids during a meal may dilute much needed digestive acids, interfering with proper digestion.

**3. SKIP THE SECONDS.** Serve yourself a small amount of everything that you like, and don't go back for seconds - you won't feel deprived, but will reduce the total amount of food that your body needs to digest. You won't feel super bloated at the end of the evening, and it can lessen the load on your heart.

**4. CHOOSE YOUR DESSERT WISELY.** Even if you didn't go overboard on the Thanksgiving dinner, the dessert can really send you off the deep end. Pecan pie is perhaps the worst of all Thanksgiving finales - just 1 slice has more than 500 calories, 9 teaspoons of added sugars, and 21 grams of fat. While Apple pie weighs in at 400 calories a slice and the winner for "Healthy Desserts" is Pumpkin Pie at 300 calories and lots of Vitamin A. Of course, whipped cream and ice cream toppings all contribute to the calorie tally.

**5. PRACTICE GRATITUDE.** The sweet potatoes, turkey, dressing, cranberry, and pumpkin pie is not the only part of Thanksgiving to love. At the beginning of your own feast, everyone should take a turn sharing what they are most thankful for. There is something exciting about expressing gratitude. Scientists have found that "habitually focusing on and appreciating the positive aspects of life is associated with well-being." One may call it an Attitude of Gratitude.

Thanksgiving dinner prepared with love and sharing what we are thankful for is all we really need to celebrate Thanksgiving. (Well, maybe have an antacid on hand - just in case)



## Weekly Fitness Classes

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

**Advanced Water Aerobics  
with Kim Roberts**  
8:00 am | Mon, Tue & Thu | Pool

**Basic Water Aerobics  
Resident Led**  
9:30 am | Wed & Fri | Pool

**Men's Water Aerobics  
Resident Led**  
8:30 am | Tue & Thu | Pool

**Exercise in the PAC  
Resident Led**  
9:30 am | Mon, Wed & Fri | PAC/Live TV

**Chair Yoga with Kim**  
10:30 am | Monday | PAC/Live TV  
11:00 am | Wednesday | 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

**Cardio Move & Strength with Kim**  
10:30 am | Tue & Thu | PAC/Live TV







Routine Doctor's Appointments. Dental Visits every six months. Trips to the Dermatologist. Annual Eye Exams. Take your car for routine maintenance. What do all these things have in common? They are preventative measures to ensure peak performance! They are (or should be) done at regular intervals, but as we all know, changes can happen between those intervals. How often have you taken your car in before the regularly scheduled maintenance, or go in to the doctor's outside of your annual exam? What if there was a way to do a "monthly check-in" with yourself to make sure your "check engine" light wasn't about to go off?

Say "Hello" to the **Monthly Wellness Pulse!** Each month, there will be a different functional focus – strength and flexibility, gait and balance, cognition, etc. to quickly (and efficiently) learn about the topic and see if there is any room for improvement or areas of opportunity. Imagine if you had a quick check-in with your doctor, just to see if there was anything awry. Imagine how in-tune with your health you could be. This is the purpose of checking your monthly wellness pulse!

Between monthly pulses, you can always utilize the resident self-assessment tool. Not sure what that is? Keep reading!

**The Resident Self-Assessment Tool** – A quick and simple way to identify whether completing a Functional Fitness scorecard would be beneficial for you. The Functional Fitness Scorecard identifies your current functional fitness levels and what may benefit you most – therapy, wellness, activities, or a combination of those things. This is a great way to identify changes before they result in a potential fall or hospital stay.

Want to learn more? Please contact your therapy team at Kirby Pines for more information!

## **WELLNESS SELF-ASSESSMENT**

1. I can participate in all wellness activities as usual.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
2. I can complete my daily tasks & activities without assistance, issues, or shortness of breath.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
3. I do not experience dizziness or lightheadedness when getting up from sitting or lying down.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
4. I have not had a fall or loss of balance in the last 90 days.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
5. I sleep well at night / I wake up feeling rested.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
6. I can make it to the bathroom on time.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
7. Unsure I am not having concerns with my memory / I do not have trouble finding my words.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
8. I do not have any new pain or changes in chronic pain.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
9. I do not have trouble swallowing food / I have not lost weight unexpectedly.  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_
10. My mental AND physical health would be described as "good."  
TRUE \_\_\_\_\_ FALSE \_\_\_\_\_ UNSURE \_\_\_\_\_

**If you answered "FALSE" or "UNSURE" to one or more questions above, the Functional Fitness Scorecard can help identify which wellness and/or therapy services are appropriate for you.**





## INTRODUCING KIRBY PINES' NEW CULINARY DIRECTOR

# HAROLD MORRIS



Harold was born in Memphis, Tennessee and graduated from Trezvant High School. Harold then attended State Tech Culinary School, graduating in 1982.

Harold is the proud father of 4 daughters, Kenishia Guy, Victoria Morris, Natasha Morris & Keisha Morris and a very proud Grandpa of eight granddaughters and one grandson.

Harold has 40 years of experience with 25 of those years as Executive Chef. He has traveled around the country learning many different styles and flavors of cooking. He enjoys bringing together those flavors to create his "own" signature style.

Chef Harold came to Kirby Pines from Robinwood Retirement Community where he was Executive Chef.

Chef is an avid Memphis Grizzlies fan, Memphis Tigers fan, and Dallas Cowboy fan!! Harold is very happy and excited to be working at Kirby Pines and looks forward to being a member of our Kirby Family!

# WELCOME CHEF!





## Resident Spotlight: Lee Todd

### A FARM BOY FROM BELLS

Although born in humble circumstances, Lee Todd seemed destined to become a leader. Personal qualities developed during youth were influential in producing those characteristics needed in his varied leadership positions as an adult. The devotion he displays as caregiver to his wife, Merle, indicates a basic quality of empathy and concern for others.

Lee Todd was born in the front bedroom of a white, frame house on a small and “much diversified” farm near Bells, Tennessee. Engulfed by farm work as a child, Lee says, “I spent a lot of time looking at the rear end of a mule, plowing crops; my least favorite work was picking cotton.” However, the farm in Bells continues today to be Lee’s recreation and “golf course.”

In high school, Lee opted to enroll in vocational agriculture as an elective—rather than Latin. This choice would have a profound influence on his future, primarily by leading him to membership in the Future Farmers of America (FFA). During Lee’s junior year, he competed in the FFA’s national public speaking contest before 12,000 delegates at their national convention, placing second! Two years later, he became vice-president of the national FFA which provided him with opportunities to speak to various youth and meet notables of industry and politics, including Raymond Firestone, President Dwight Eisenhower, and Alvin York, the most decorated soldier in WW I.

Following high school, Lee enrolled at the University of Tennessee in Martin, Tennessee with a major in General Agriculture. While there, he served as class president for two years. Due to serving another term as an FFA officer, it was necessary to delay college. However, while waiting to re-enroll, he became involved in a training program offered by the John Deere office in Dallas, Texas. Fatefully, he was introduced by a mutual friend to a student nurse, Merle Rompel. According to Lee, “We met on a ‘very’ blind date; things ‘clicked’ and have been ‘clicking’ for over 62 years!” Merle was born on a Hereford cattle and Angora goat ranch. She grew up with many home and ranch responsibilities which resulted in a strong work ethic. Lee credits Merle as a great factor in the success of their personal lives and careers. Merle fulfilled her dream of becoming a nurse, graduating from Texas Women’s University with a B.S. in Nursing. According to Lee, Merle’s character made her a desired member for future leadership roles in numerous organizations.

Both Lee and Merle completed their college work and became engaged. However, Lee joined the National Guard and spent the next six months on active duty. They married in December 1961, and Lee accepted a job in advertising sales with *The Progressive Farmer* magazine in Birmingham, Alabama, a job he held for 11 years. During that time, the couple, with the addition of three children, David, Janet, and Robert, moved to Atlanta, Chicago, and Dallas before finally returning to Memphis for Lee’s job with a different company. While living in Chicago, Merle worked in a hospital owned by the Chicago Mafia. “She could really tell some stories from that job,” remembers Lee.

The last 20 years of Lee’s career was in Memphis as executive vice-president of the Southern Cotton Ginners Association. This is an association of people who own and operate cotton gins in the five mid-south states. Lee was also completely responsible for their annual show at the Cook Convention Center. The association’s show became the largest indoor farm show in the mid-south. According to Lee, this was the most satisfying job of his career.

When Lee retired in 2003, he and Merle fulfilled a lifetime dream of traveling to exotic as well as most European countries. This included such places as Iceland, Nepal, Tibet, China, Vietnam, and Burma. When not traveling, they enjoyed visits with their three children and three grandchildren. Their son, Robert, is the closest as he lives on the family farm. Both Lee and Merle stayed involved in and served as leaders in a number of community agencies. Lee served as president of the Memphis Agricultural Club, the local chapter of the National Marketing Association, and as chairman of Agricenter International. Merle was president of the Memphis Cotton Wives and Germantown Women’s Club.

Because of Lee’s love for his farm, he works on it at least one day a week. Because of his respect of every veteran, each year on Veterans and Memorial Day, Lee goes to Bells and places American flags on each veteran’s grave. He also installed a flag pole and an American flag which flies over the city cemetery.

In 2017, it became apparent that Merle was beginning to have memory problems. Merle had lovingly cared for their three children and home while Lee was required to spend time away from home due to his work. Now, Lee made the commitment to provide the best possible care for Merle. None of their children lived close by, so Lee was Merle’s only caretaker until he became physically unable to care for her. Having made the decision earlier, they moved to Kirby Pines in 2023. Merle was placed in Job’s Way, and Lee spends most of his day with her, taking her for daily wheelchair rides around the beautiful areas of Kirby Pines 70 acres. “I should have moved here two years ago,” states Lee. “I am pleased with our move and that Merle is receiving the care she needs and deserves.”



**Merle and Lee Todd**

*Written by Joan Dodson, Resident of Kirby Pines*







# REFLECTIONS

By Maxie Dunnam

## Are You Hungry?



**SIMONE WEIL**

Simone Weil is one of my favorite and challenging “spiritual” writers.. She diagnosed the human predicament in this way: *"The danger is not that there is no bread, but that we have convinced ourselves that we are not hungry."*

Read that again, slowly and then sit quietly and reflect.

Is Weil right? How many people do you know who are operating out of a conviction that if they have an abundance of things, take good care of their bodies and satisfy their physical drives, then life is OK. That sort of mind-set easily adopts the motto: “He who dies with the most toys wins.”

But then you come across a person who has a peace and joy that you don't understand. There is nothing frantic about her, and as you know her, you realize she believes that life is not a matter of quantity, but quality. It's not a matter of getting, it's a matter of giving. It's not a matter of the material, it's a matter of the spiritual.

Then we realize Simone Weil was right: Are you hungry?

*"The danger is not that there is no bread, but that we have convinced ourselves that we are not hungry."*

## A Thanksgiving

~John Kendrick Bangs

For summer rains, and winter's sun,  
For autumn breezes crisp and sweet;  
For labors doing, to be done,  
And labors all complete;  
For April, May, and lovely June,  
For bud, and bird, and berried vine;  
For joys of morning, night, and noon,  
My thanks, dear Lord, are Thine!

For loving friends on every side;  
For children full of joyous glee;  
For all the blessed Heavens wide,  
And for the sounding sea;  
For mountains, valleys, forests deep;  
For maple, oak, and lofty pine;  
For rivers on their seaward sweep,  
My thanks, dear Lord, are Thine!

For light and air, for sun and shade,  
For merry laughter and for cheer;  
For music and the glad parade  
Of blessings through the year;  
For all the fruitful earth's increase,  
For home and life, and love divine,  
For hope, and faith, and perfect peace,  
My thanks, dear Lord, are Thine!

## HAPPY THANKSGIVING

**November Vesper Services | 6:30pm | Performing Arts Center**

**November 7**

Remembrance of Residents  
Kirby Residents &  
Dr Jimmy Latimer

**November 14**

Pastor Ronnie Rowe  
Associate Pastor  
Independent Presbyterian

**November 21**

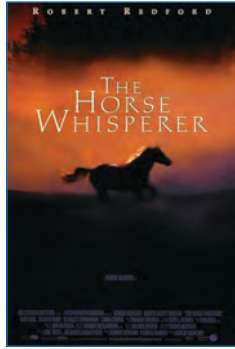
Rev Kevin Presley  
Emmanuel United Methodist  
Vocals: Matthew Lott & Travis Hamm

**November 28**

**HAPPY  
THANKSGIVING**



# MEET ME AT



## 1941 (1979)



**Friday, November 1 | 1:30 pm**  
**Saturday, November 2 | 6:30 pm**  
**Sunday, November 3 | 6:30 pm**  
**Cast: John Belushi, Lorraine Gary, Nancy Allen, Dan Aykroyd**

After Japan's attack on Pearl Harbor, residents of California descend into a wild panic, afraid that they might be the next target. Among them are Wild Bill Kelso, a crazed National Guard pilot; Sgt. Frank Tree, a patriotic, straight-laced tank crew commander; Ward Douglas, a civilian willing to help with the American war effort at any cost; and Maj. Gen. Joseph W. Stilwell, who tries his hardest to maintain sanity amid the chaos.

## THE WATER IS WIDE (2006)



**Saturday, November 2 | 1:30 pm**  
**Cast: Jeff Hephner, Alfre Woodard, Julianne Nicholson, Frank Langella**

A teacher strives to bring literacy to underprivileged children on an island off the coast of South Carolina in 1969.

## THE HORSE WHISPERER (1998)



**Sunday, November 3 | 1:30 pm & 4:00 pm**  
**Cast: Robert Redford, Kristin Scott Thomas, Scarlett Johansson, Ty Hillman**

When teenage Grace is traumatized by a riding accident that badly injures her horse, her mother Annie, a high-powered New York magazine editor, realizes Grace will only recover once the horse is healed. She takes them both to a secluded Montana ranch, where legendary "horse whisperer" Tom Booker begins to heal the horse, and also stirs long-dormant feelings in Annie that lead her to question her marriage and choice of career.

## VON RYAN'S EXPRESS (1965)

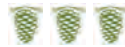


**Friday, November 8 | 1:30 pm**  
**Saturday, November 9 | 6:30 pm**  
**Sunday, November 10 | 6:30 pm**  
**Cast: Frank Sinatra, Trevor Howard, Brad Dexter, Raffaella Carra**

World War II story about Allied prisoners who stage a mass

breakout from an Italian POW camp, commandeer a train and head towards the Swiss border. As the Italian war effort collapses, the escapees are aided by their erstwhile captors, but when the Germans catch on, they set out to halt the escape with an armoured train and aerial attack.

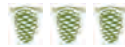
## WONDER (2017)



**Saturday, November 9 | 1:30 pm**  
**Cast: Jacob Tremblay, Julia Roberts, Owen Wilson, Izabela Vidovic**

Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out.

## I CAN ONLY IMAGINE (2018)



**Sunday, November 10 | 1:30 pm & 4:00 pm**  
**Cast: J. Michael Finley, Dennis Quaid, Amy Grant, Cloris Leachman**

The inspiring and unknown true story behind MercyMe's beloved, chart topping song, "I Can Only Imagine", that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

## THE COWBOYS (1972)

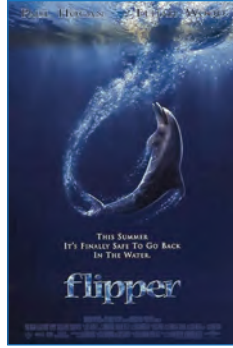


**Friday, November 15 | 1:30 pm**  
**Saturday, November 16 | 6:30 pm**  
**Sunday, November 17 | 6:30 pm**  
**Cast: John Wayne, Bruce Dern, Robert Carradine, Roscoe Lee Browne**

A grizzled veteran rancher, Wil Andersen is almost ready to embark on a big cattle drive when his crew abruptly quits to join in a gold rush. Left with no alternative, Anderson enlists the help of a group of local schoolboys. Training the youngsters to be cowboys, Andersen manages to get the drive underway, but their long journey is placed in jeopardy when the devious bandit Long Hair sets his sights on stealing the herd.



# THE MOVIES



## INVINCIBLE (2006)



**Saturday, November 16 | 1:30 pm**

**Cast:** Mark Wahlberg, Vince Papale, Greg Kinnear, Elizabeth Banks

Based on the story of Vince Papale, a 30-year-old bartender from South Philadelphia who overcame long odds to play for the NFL's Philadelphia Eagles in 1976.

## A RUMOR OF ANGELS (2000)



**Sunday, November 17 | 1:30 pm & 4:00 pm**

**Cast:** Ray Liotta, Vanessa Redgrave, Trevor Morgan, Catherine McCormack

Twelve-year-old James Neubauer is spending the summer in Maine. He's emotionally estranged from his father, resentful of his stepmother, and haunted by the events surrounding his mother's death. James's summer takes a turn when he crashes through a fence owned by the local recluse, Maddy. Reluctantly enlisted to repair the damage, he's at first put off by Maddy's personality and candor, but they eventually form a bond.

## TENDER MERCIES (1983)



**Friday, November 22 | 1:30 pm**

**Saturday, November 23 | 6:30 pm**

**Sunday, November 24 | 6:30 pm**

**Cast:** Robert Duvall, Tess Harper, Ellen Barkin, Wilford Brimley

A broken-down, middle-aged country singer gets a new wife, reaches out to his long-lost daughter, and tries to put his troubled life back together.

## THE GREATEST SHOWMAN (2017)



**Saturday, November 23 | 1:30 pm**

**Cast:** Hugh Jackman, Zac Efron, Zendaya, Michelle Williams

Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hands at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's

mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.

## FLIPPER (1996)



**Sunday, November 24 | 1:30 pm & 4:00 pm**

**Cast:** Elijah Wood, Paul Hogan, Jessica Wesson, Luke Halpin

A teenage boy sent to spend the summer with his eccentric uncle on the Florida coast befriends a remarkable dolphin and takes on local bad guys who are polluting the water.

## ANNIE GET YOUR GUN (1950)



**Friday, November 29 | 1:30 pm**

**Saturday, November 30 | 6:30 pm**

**Sunday, December 1 | 6:30 pm**

**Cast:** Betty Hutton, Howard Keel, Louis Calhern, J. Carrol Naish

The musical tale of Annie Oakley moves from stage to screen in this rollicking film adaptation. Renowned in the Wild West as a sharpshooter, Annie meets her match, both romantically and professionally, in the form of fellow ace gunslinger Frank Butler. While Annie and Frank are performing as part of the famous traveling show headlined by the legendary Buffalo Bill, the two compete and flirt, with plenty of ups and downs along the way.

## BIG (1988)



**Saturday, November 30 | 1:30 pm**

**Cast:** Tom Hanks, Elizabeth Perkins, Jared Rushton, Robert Loggia

After a wish turns 12-year-old Josh Baskin into a 30-year-old man, he heads to New York City and gets a low-level job at MacMillen Toy Company. A chance encounter with the owner of the company leads to a promotion testing new toys. Soon a fellow employee, Susan Lawrence, takes a romantic interest in Josh. However, the pressure of living as an adult begins to overwhelm him, and he longs to return to his simple, former life as a boy.

## KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE    = GOOD

= GREAT    = PERFECT



# November 2024



## ABBREVIATIONS KEY

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

8:00 am ● Church of Christ Service (Chapel) **3**  
 10:00 am ● Worship Service (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● *Marilynn Garizone (Lobby)*  
 1:30 pm ● Movie: The Horse Whisperer (Thtr)  
 4:00 pm ● Movie: The Horse Whisperer (Thtr)  
 6:30 pm ● Movie: 1941 (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **4**  
 9:30 am ● Advanced Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:00 am ● Poetry & Writing Club (LCR)  
 10:30 am ● Chair Yoga (PAC)  
 10:30 am ● Beginners Billiards (Billiard Room)  
 11:00 am ● *Lunch Bunch : Arcade Café (Trans)*  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Game Play (LCR)  
 6:00 pm ● Mexican Train Dominos (LCR)  
 6:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **5**  
 9:00 am ● Dr. Mike Abutineh MD (WC)  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:30 am ● Cardio Move & Strenght (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● Movie: That Night (Theatre)  
 1:30 pm ● Bunko (SCR)  
 6:30 pm ● Movie: That Night (Theatre)

9:00 am ● Get Physical with Kim (Oasis) **6**  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Catholic Services (Chapel)  
 10:00 am ● Pinecone Painters (A&C)  
 11:00 am ● Chair Yoga (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Needle Arts Group (Sunroom)  
 1:15 pm ● Mah Jongg (LCR)  
 1:30 pm ● Mexican Train Dominos (Ante)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Tombstone (Thtr)  
 2:00 pm ● Ballroom Dancing (PAC)  
 6:00 pm ● Wednesday Bridge Group (LCR)  
 6:30 pm ● Movie: Tombstone (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **7**  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:00 am ● Bible Study with Dave Phillips (Chapel)  
 10:00 am ● Kroger & Banks (Trans)  
 10:30 am ● Cardio Move & Strenght (PAC)  
 1:00 pm ● Walmart, Costco, & Banks (Trans)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Dr. Mike Abutineh MD (WC)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● TV Series: The Lincoln Lawyer (Thtr)  
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **8**  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 9:30 am ● *Travelers: Stax Museum (Trans)*  
 10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)  
 10:15 am ● Strength Training (PAC)  
 10:45 am ● Yoga Stretch (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)  
 1:30 pm ● Movie: Von Ryan's Express (Thtr)  
 6:30 pm ● *Music: Just Friends (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **9**  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Advanced Line Dancing (PAC)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Wonder (Thtr)  
 2:30 pm ● Ballroom Dancing (PAC)  
 6:15 pm ● Trivia Group (Ante)  
 6:30 pm ● Movie: Von Ryan's Express (Thtr)

8:00 am ● Church of Christ Service (Chapel) **10**  
 10:00 am ● Worship Service (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Movie: I Can Only Imagine (Thtr)  
 4:00 pm ● Movie: I Can Only Imagine (Thtr)  
 4:00 pm ● *Hymn Sing with Leon (Chapel)*  
 6:30 pm ● Movie: Von Ryan's Express (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **11**  
 9:30 am ● Alterations (A&C)  
 9:30 am ● Advanced Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:30 am ● Chair Yoga (PAC)  
 10:30 am ● Beginners Billiards (Billiard Room)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● *Veteran's Day: Johnson & Johnson (Lobby)*  
 6:00 pm ● Mexican Train Dominos (LCR)  
 6:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **12**  
 9:00 am ● Dr. Mike Abutineh MD (WC)  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:30 am ● Cardio Move & Strength (PAC)  
 11:45 am ● Birthday Lunch (Dining)  
 1:00 pm ● Afternoon Bridge (LCR)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● Movie: The Notebook (Thtr)  
 1:30 pm ● Bunko (SCR)  
 3:45 pm ● Birthday Dinner (Dining)  
 6:30 pm ● Movie: The Notebook (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **13**  
 9:30 am ● Basic Water Aerobics (Pool)  
 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 ● Chair Yoga (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Needle Arts Group (Sunroom)  
 1:15 pm ● Mah Jongg (LCR)  
 1:30 pm ● Mexican Train Dominos (Ante)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Two Weeks Notice (Thtr)  
 2:00 pm ● Ballroom Dancing (PAC)  
 6:00 pm ● Wednesday Bridge Group (LCR)  
 6:30 pm ● Movie: Two Weeks Notice (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **14**  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:00 am ● Bible Study with Dave Phillips (Chapel)  
 10:00 am ● Kroger & Banks (Trans)  
 10:30 am ● Cardio Move & Strength (PAC)  
 1:00 pm ● Walmart, Costco, & Banks (Trans)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Dr. Mike Abutineh MD (WC)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● TV Series: The Lincoln Lawyer (Thtr)  
 6:30 pm ● *Resident's Association Meeting (PAC)*  
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **15**  
 8:30 am ● *Backermann's Country Market (Trans)*  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)  
 10:15 am ● Strength Training (PAC)  
 10:30 am ● Cornhole Club (LCR)  
 10:45 am ● Yoga Stretch (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Walmart, Kroger, Superlo & Banks (Trans)  
 1:30 pm ● Movie: The Cowboys (Thtr)  
 6:30 pm ● *Music: Steve McGregory (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **16**  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Advanced Line Dancing (PAC)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Invincible (Thtr)  
 2:30 pm ● Ballroom Dancing (PAC)  
 6:30 pm ● Movie: The Cowboys (Thtr)

8:00 am ● Church of Christ Service (Chapel) **17**  
 10:00 am ● Worship Service (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Movie: A Rumor of Angels (Thtr)  
 2:00 pm ● *Music: Sean Pan's Music School (PAC)*  
 4:00 pm ● Movie: A Rumor of Angels (Thtr)  
 6:30 pm ● Movie: The Cowboys (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **18**  
 9:00 am ● Smith Jewelers (SCR)  
 9:30 am ● Advanced Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:30 am ● Tech Time (Sunroom)  
 10:30 am ● Chair Yoga (PAC)  
 10:30 am ● Beginners Billiards (Billiard Room)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Travel Series: Austria & The Alps (Thtr)  
 6:00 pm ● Mexican Train Dominos (LCR)  
 6:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **19**  
 9:00 am ● Dr. Mike Abutineh MD (WC)  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:30 am ● Cardio Move & Strength (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● Movie: In Good Company (Thtr)  
 1:30 pm ● Bunko (SCR)  
 3:00 pm ● *KP Photo Club Presentation (LCR)*  
 6:30 pm ● Movie: In Good Company (Thtr)  
 6:30 pm ● *Music: Todd Derstine (PAC)*

9:00 am ● Get Physical with Kim (Oasis) **20**  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Catholic Services (Chapel)  
 10:00 am ● Pinecone Painters (A&C)  
 10:00 am ● Caregiver Support Group (SCR)  
 11:00 am ● Chair Yoga (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Needle Arts Group (Sunroom)  
 1:15 pm ● Mah Jongg (LCR)  
 1:30 pm ● Mexican Train Dominos (Ante)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Critical Thinking (Thtr)  
 2:00 pm ● Ballroom Dancing (PAC)  
 6:00 pm ● Wednesday Bridge Group (LCR)  
 6:30 pm ● Movie: Critical Thinking (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **21**  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:00 am ● Bible Study with Dave Phillips (Chapel)  
 10:00 am ● Kroger & Banks (Trans)  
 10:30 am ● Cardio Move & Strength (PAC)  
 11:00 am ● *Travelers: MOSH (Trans)*  
 1:00 pm ● Walmart, Costco, & Banks (Trans)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Dr. Mike Abutineh MD (WC)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● TV Series: The Lincoln Lawyer (Thtr)  
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **22**  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)  
 10:15 am ● Strength Training (PAC)  
 10:45 am ● Yoga Stretch (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)  
 1:30 pm ● Movie: Tender Mercies (Thtr)  
 6:30 pm ● *Music: Julia Cruz Magness Trio (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **23**  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Advanced Line Dancing (PAC)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: The Greatest Showman (Thtr)  
 2:30 pm ● Ballroom Dancing (PAC)  
 6:15 pm ● Trivia Group (Ante)  
 6:30 pm ● Movie: Tender Mercies (Thtr)

8:00 am ● Church of Christ Service (Chapel) **24**  
 10:00 am ● Worship Service (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Movie: Flipper (Thtr)  
 4:00 pm ● Movie: Flipper (Thtr)  
 4:00 pm ● *Sofya's Piano Students (Lobby)*  
 6:30 pm ● Movie: Tender Mercies (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **25**  
 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 ● Beginners Billiards (Billiard Room)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:30 pm ● Game Play (LCR)  
 6:00 pm ● Mexican Train Dominos (LCR)  
 6:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **26**  
 9:00 am ● Dr. Mike Abutineh MD (WC)  
 9:30 am ● Book Baggers (Chapel)  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:30 am ● Cardio Move & Strength (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Afternoon Bridge (LCR)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● Movie: Million Dollar Baby (Thtr)  
 1:30 pm ● Bunko (SCR)  
 6:30 pm ● Girls Night Out (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **27**  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Catholic Services (Chapel)  
 10:00 am ● Pinecone Painters (A&C)  
 11:00 am ● Chair Yoga (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Needle Arts Group (Sunroom)  
 1:15 pm ● Mah Jongg (LCR)  
 1:30 pm ● Mexican Train Dominos (Ante)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Judy (Thtr)  
 2:00 pm ● Ballroom Dancing (PAC)  
 6:00 pm ● Wednesday Bridge Group (LCR)  
 6:30 pm ● Movie: Judy (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **28**  
 9:30 am ● Advanced Water Aerobics (Pool)  
 10:00 am ● Bible Study with Dave Phillips (Chapel)  
 10:00 am ● Kroger & Banks (Trans)  
 10:30 am ● Cardio Move & Strength (PAC)  
 1:00 pm ● Walmart, Costco, & Banks (Trans)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Dr. Mike Abutineh MD (WC)  
 1:15 pm ● Line Dancing (PAC)  
 1:30 pm ● TV Series: The Lincoln Lawyer (Thtr)  
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **29**  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)  
 10:15 am ● Strength Training (PAC)  
 10:45 am ● Yoga Stretch (PAC)  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)  
 1:30 pm ● Movie: Annie Get Your Gun (Thtr)  
 6:30 pm ● *Music: Jim Mahannah (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **30**  
 1:00 pm ● Billiards Group (Billiard Room)  
 1:00 pm ● Advanced Line Dancing (PAC)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Movie: Big (Thtr)  
 2:30 pm ● Ballroom Dancing (PAC)  
 6:30 pm ● Movie: Annie Get Your Gun (Thtr)



# November 2024 EVENTS

## Nov 1: Get 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.



## Nov 1: Water Aerobics

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

## Nov 1: Group Exercise

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

## Nov 1: 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.

## Nov 1 & 15: Cornhole Club

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

## Nov 1: 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 10:45 am in the PAC.

## Nov 1: 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!

## Nov 1: Coat Drive Kick Off

It is that time of year! Kirby Pines annual coat drive. Come one come all. Donate your coats from seasons past, at this fun filled party. All donations go to our staff members who help keep Kirby Pines our home. No coat is too big or too small. Kick off will be at 1:00 pm in the PAC.

## Nov 1: Entertainers: Music to Love

Kirby Pines welcomes several musical guests who will perform your favorite songs. Our own musical residents are also included. There will be solos, duets and instrumentals- something for everyone to LOVE. Performance kicks off at 6:30 pm in the PAC.

## Nov 2: Men's Christian Fellowship

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

## Nov 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 pm and Advanced at 1:50 pm. Everyone is welcome!

## Nov 2: Game Play Group

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

## Nov 2: Ballroom Dancing

Ballroom dancing is that perfect combination of physical activity, social interaction, mental stimulation, and it's FUN! Join us every Wednesday at 2:00 pm and Saturday at 2:30 pm in the PAC for a group class and ask us about private lessons.

## Nov 3: Church of Christ Service

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

## Nov 3: 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.

## Nov 3: Marilyn Garziona

Please join us in the Lobby at 1:00 pm to enjoy a musical performance by our very own Marilyn Garziona. This is an afternoon you don't want to miss.

## Nov 4: Hobby Pines Group

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

## Nov 4: Poetry & Writing Club

The Poetry Writing Group meets the first Monday of the month in the LCR at 10:00 am. The assignment doesn't need to be longer than 500 words. This month's assignment you will need to use the following words in your story: 'experiment, jump, mattress, skyline, interpret, condition, convince, hospital, defer...' Note, you are not required to use all the words. We will meet for an hour and share our writing, hope to see you there.mpts. It's fun and we hope to see you there.

## Nov 4: Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting. Many poses can also be done standing while using a chair. The benefits of yoga are improving flexibility, improving concentration, reducing stress, and joint pain. Join us in the PAC at 10:30 am each Monday & 11:00 am on Wednesdays.

## Nov 4: Lunch Bunch: Arcade

Join the lunch bunch to Arcade Restaurant. Arcade Restaurant has the honor of being Memphis oldest café. Don't forget to sign up in Resident Programs before the slots fill up. Lobby time is at 11:00 AM. Transportation is \$5.



## Nov 4: Mexican Train Dominoes

Looking for a new game to play? Try Mexican Train Dominoes. Come by the LCR every Monday at 6:00 pm or the Ante Room every Wednesday at 1:30 pm. If you have any questions or want to join a session, please reach out to Paula Hanson or Phyllis Mitchell.



### Nov 4: Bingo

Who doesn't love Bingo? 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.

### Nov 5: Medical Director Dr. Mike Abutineh MD

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

### Nov 5: Cardio Move & Strength

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

### Nov 5: That Night

During the early 60s on Long Island, NY, 10-year-old Alice follows, from across the street, the glamorous love life of 17-year-old Sheryl and a local boy Rick. A friendship blossoms between the girls as Alice helps Sheryl see Rick. Showtimes are 1:30 pm & 6:30 pm in the Theatre.



### Nov 5: BUNKO

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

### Nov 6: 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.

### Nov 6: Pinecone Painters

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

### Nov 6: Needle Arts Group

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

### Nov 6: Mah Jongg

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

### Nov 6: Tombstone

Successful lawman Wyatt Earp plans to retire with his brother in Tombstone, Arizona. His plans, however, are interrupted by the kind of outlaws he was famous for eliminating. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

### Nov 6: 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 in the hallway near the Bistro.

### Nov 7: Bible Study with Dave Phillips

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

### Nov 7: Series: The Lincoln Lawyer

Idealistic lawyer Mickey Haller runs his practice out of the back of his Lincoln Town Car, taking big and small cases across Los Angeles. Showtime is at 1:30 pm in the Theatre.

### Nov 8: Travelers: Stax

The Travelers are taking a trip to the iconic Stax Museum. This modest country church is the true birthplace of soul music. Just as Stax's music found its roots in the sounds of Southern gospel music, the museum opens in a real, circa-1906 Mississippi Delta church. Sign up in Resident Programs to experience this piece of Memphis History. Ticket price \$12 and Transportation fee \$5. After the museum, we will have lunch at Soul Fish Café, so don't forget your lunch money.

### Nov 8: Just Friends

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

### Nov 9 & 23: Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encour-

aged to participate, or just listen and enjoy. The theme this month will be Movies, TV & Broadway, however, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

### Nov 10: Hymn Sing with Leon

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

### Nov 14: Alterations

Come to the Arts and Crafts Studio, the 2nd Monday at 9:30 am for all your alteration needs. This will be the current seamstress's last visit to take on new projects.

### Nov 11: Veterans Day Salute

Attention all Veterans, join us for a day of celebration for your service starting with breakfast in the Dining Room at 9:30 am. Following lunch, there will be a social hour with refreshments that will be held in the Bistro at 1:00 pm. Finally, we will close out the celebrations with a tribute performance by the talented Johnson and Johnson in the Lobby at 2:00 pm.

### Nov 12: Birthday Meal

Attention birthday folks! We want to celebrate you! Grab some friends and join us for lunch or dinner to celebrate your birthday. Be sure to RSVP with Rachel Ward @ 901-866-4414 to reserve your table.

### Nov 12 & 26: Afternoon Bridge

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

### Nov 12: The Notebook

An elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes. Showtimes are 1:30 pm & 6:30 pm in the Theatre.



### Nov 13: Garden Gro'ers

A garden is not a place. It's a journey. If you enjoy gardening as much as we do, we would love for you to become a member of our gardening community. Join us in the Greenhouse at 10:30 am.



### Nov 13: Two Weeks Notice

A lawyer decides that she's used too much like a nanny by her boss, so she walks out on him. Showtimes are 1:30 pm & 6:30 pm in the Theatre.



### Nov 14: Resident Association Meeting

The Kirby Pines Residents' Association will meet on November 14, 2024 from 2:00 pm until 3:00 pm in the Performing Arts Center. Speaker: Colonel Rodney Adair, MPD.

### Nov 15: Travelers: Backermann's Country Market

Due to popular demand, we are taking another trip to Backermann's County Market in Whiteville, TN. We will meet in the Lobby at 8:30 am. Transportation will be \$5 and can be paid to Resident Programs.

### Nov 15: Steve McGregory

Sing along with pianist and vocalist Steve McGregory in the PAC for an evening of music ranging from old country to up tempo, toe tapping tune. Show starts at 6:00 pm.

### Nov 17: Sean Pann's Music School

We are delighted to welcome back Sean Pann of the Bellevue Baptist School of Performing Arts. Please join us in the PAC as they put on a performance showcasing each student's talents be it piano or singing. The recital will begin in the PAC at 2:00 pm.

### Nov 18: Smith Jewelers

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

### Nov 18: 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.

### Nov 18: European Travel Series

Our travel documentary series of the histories and sights of European Cities continues featuring Austria & The Alps. Showtime begins in the theatre at 1:30 pm.

### Nov 19: In Good Company

A middle-aged ad exec is faced with a new boss who's nearly half his age... and who also happens to be sleeping with his daughter. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

### Nov 19: KP Photo Club Wall

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

### Nov 19: Todd Derstine

America's Grandson is returning to Kirby to perform. Please join us in the Lobby at 6:30 pm for a wonderful performance by this talented artist.

### Nov 20: Caregiver Support Group

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

### Nov 20: Critical Thinking

The true story of the Miami Jackson High School chess team which was the first inner city team to win the U.S. National Chess Championship. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

### Nov 21: Travelers: MOSH

Join the Travelers Group at the Museum of Science & History. It was formerly known as the Pink Palace. If you would like to attend, you will have the option to explore the museum and all of its many wonders or to see "Oceans : Our Blue Planet" in the IMAX. Lobby time is at 11:00 am. Lunch will be prior to the museum at The Cupboard Restaurant. Sign up in Resident Programs. Tickets for just the museum will be \$17.75. Tickets for the IMAX are \$10.75. Transportation \$5. Don't forget your lunch money.

### Nov 22: Julia Cruz Magness Trio

Originally from Texas, Julia Cruz Magness has come to make herself known here in the Midsouth. From singing weekly at the Peabody Hotel to playing at the Hard Rock Café and The Gold Strike Casino. She dazzles her audiences with her Blues, Gospel, Jazz, and more. This powerful songstress is sure to blow you away. Music will begin in the PAC at 6:00 pm.

### Nov 24: Miss Sofya's Piano Students

Kirby is excited to welcome back the Miss Sofya's piano students to perform. Please come out to the Lobby starting at 2:30 pm to listen to these wonderful students and enjoy their showcases.

### Nov 26: The Book Baggers

Lora Chilton, author of our November read, "1666", will be with us in person to talk about her recently published book. We will meet in the chapel 9:30 -10:30 am. You are welcome to invite visitors to hear this author tell the survival story of the Patawomeck Tribe of Virginia.

### Nov 26: Million Dollar Baby

Frankie, an ill-tempered old coach, reluctantly agrees to train aspiring boxer Maggie. Impressed with her determination and talent, he helps her become the best and the two soon form a close bond. Showtime is at 1:30 pm in the Theatre.

### Nov 26: Girls' Night Out

Ladies, it's time for this Month's Girls Night Out. This month's movie is Guernsey Literary & Potato Peel Pie Society. In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war. Then she learns the secret they are afraid to reveal. Movie begins at 6:30 pm in the Theatre.

### Nov 27: Judy

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows, reminisces with friends and fans and begin a whirlwind romance with her soon-to-be fifth husband. Showtimes are 1:30 pm & 6:30 pm in the Theatre.



### Nov 29: Jim Mahannah

Let's welcome back to the stage, one of our favorite performers this evening. The one and only Jim Mahannah. The music will begin in the PAC at 6:00 pm. Don't be late.



U G B S H M U S D J B O L V H K C T E  
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 P A T X E C K M A Y F L O W E R G E P  
 E I H H R I M I Q B H A J I E P J V N  
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 B O N L F A M I L Y H I F X K J O A K  
 B C V D G N I V I G S K N A H T L H P  
 O U S L U H W O D T I F C B S T O P M  
 G N B R L G K O B D D B M Q B H N A U  
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 T O L W A A Z D C R A N B E R R I E S  
 K C M W V V I W N Z T R Y Z A S E Q A  
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 H T U O M Y L P P X M O R C D B Q M X  
 G R A T I T U D E J U N H O L I D A Y

## HAPPY THANKSGIVING Find the Words hidden in the grid of letters.

COLONY  
 CORNUCOPIA  
 CRANBERRIES  
 FALL  
 FAMILY  
 FEAST  
 GOBBLE  
 GRATITUDE  
 GRAVY  
 HARVEST  
 HOLIDAY  
 MAIZE  
 MAYFLOWER  
 MILES STANDISH

NEW WORLD  
 NOVEMBER  
 PILGRIMS  
 PLYMOUTH  
 PUMPKIN PIE  
 PURITANS  
 SQUASH  
 STUFFING  
 THANKSGIVING  
 THURSDAY  
 TURKEY  
 WAMPANOAG  
 YAMS



*Puzzle Solutions page 23*



# PICTURING LIFE AT KIRBY PINES

## MEMPHIS ZOO AND BIRTHDAYS



Pat and Bankie McCarty with souvenirs during the Senior Safari at the zoo.



Marilynn Garziona makes a new friend at the Memphis Zoo.



Jean Harvell and Marilyn McCormick enjoy the great weather at the zoo.



Bill Parks enjoys his birthday celebration with wife, Roylyn.



Meryl Stewart is all smiles during his birthday meal.



Geri Beckley is celebrating her first birthday at Kirby with her daughter, Aletha.



Opal Winfield is joined by her husband, Donald, at the fall birthday bash.



Sheryl Maxwell and Carolin Thomason are the birthday girls with, Mark Maxwell, Bob Shears and Marcia & Richard Fraley.



Nancy Douglas celebrates with Joe & Carol Ballard, Charlie & Kate Foster, Jennie Fulmer and Nancy's husband, Bill.



# PICTURING LIFE AT KIRBY PINES

## HAMATEURS, BRIDGE, ART AND CLEAN UP



The Hamateurs put on a Fall Festival of Fun including comedy, drama, music and dance. Cheryl Johnson presents director, Marilyn Wray, with flowers after the performance. Photos by Stuart Eyman.



Our bridge winners, once again, were Sue Elder and Jeannie Valentine. Photo by Steve Martin.



We had our Art Studio presentation this month, here with Carolyn Hladky and Sarah McCallum showing off their crafts.



Lou Moore is showing her Halloween "Spirit".



Residents came out in the early morning to help clean up the neighborhood for a second time this year. L-R; Graeme & Anne Gee, Cindy & Fred Dabrowski and Kate Foster, Judy Deshaies & Carolyn Hladky.



# PICTURING LIFE AT KIRBY PINES

## FALL FESTIVAL AND BAKE SALE



Chuck and Paula Hanson snuggle up during the Fall Festival



Katy Dorsey and Sandra Overbey pose for a quick photo.



Barbara Phillips enjoys the Fall Festival with her daughter, Cathy.



Great food, fun, fellowship and music were had at this years Fall Festival!  
L-R; Bonnie Nowlin, Leon & Marilyn Sanderson, Ann Smith and Ernie Leuenberger.



Peggy Gatlin and Joan Dodson help out at the Bake Sale for the Arthritis Foundation.



Alice Wherry does her part by grabbing some caramel popcorn at the sale.



Alice Petty shows off a beautiful slice of pie from the bake sale.



# KIRBY PINES PHOTO CLUB



Photo by Connie Carter



Photo by Dale Jones

**Join Us November 19th  
at 3:00 pm outside the  
Bistro for our photo  
wall presentation!**

**This month our Photo Club  
members learned about  
Still Life Photography.**



Photo by  
Hugh Wilson



Photo by  
Ginger Blount



Photo by  
Arrena Cheek



Photo by  
Fred Dabrowski



Photo by  
Sylvia Statham



Photo by  
Fran Gentry



Photo by  
Mary Ann Thurmond



Photo by  
Sheryl Maxwell



Photo by  
Jane Longfield



Photo by  
Sydney Wagner

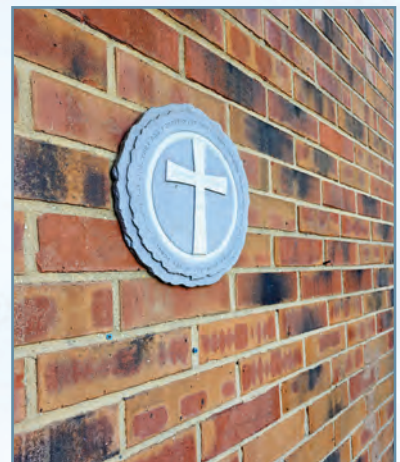


Photo by  
Diane Mullins



# Memorials, Honorariums & Gifts

## In Memory Of

**PATRICIA BROWN**

Donation by KP Resident Association  
*to the Garden Gro'ers*

Donation by Joan Gilliland  
*to the Library*

**JOYCE MILLER**

Donation by KP Resident Association  
*to the Library*

Donation by Barbara Lipsey  
*to the Employee Fund*

Donation by Marilyn Wray  
*to the Employee Fund*

## In Honor Of

**MARK MAXWELL**

Donation by Lyle Hendrix  
*to the Hobby Shop*

Donation by Alisa Vincent  
*to the Hobby Shop*

Donation by Jim & Joy Coleman  
*to the Hobby Shop*

Donation by Jim Gordon  
*to the Hobby Shop*

Donation by Caroline Thomas  
*to the Hobby Shop*

**MIKE HUFNAGEL**

Donation by Irene Baker  
*to the Library*

**HUGH GREGORY**

Donation by Carolyn Postlethwaite  
*to the Hobby Shop*



# Why Wait to Enjoy the Life You've Earned

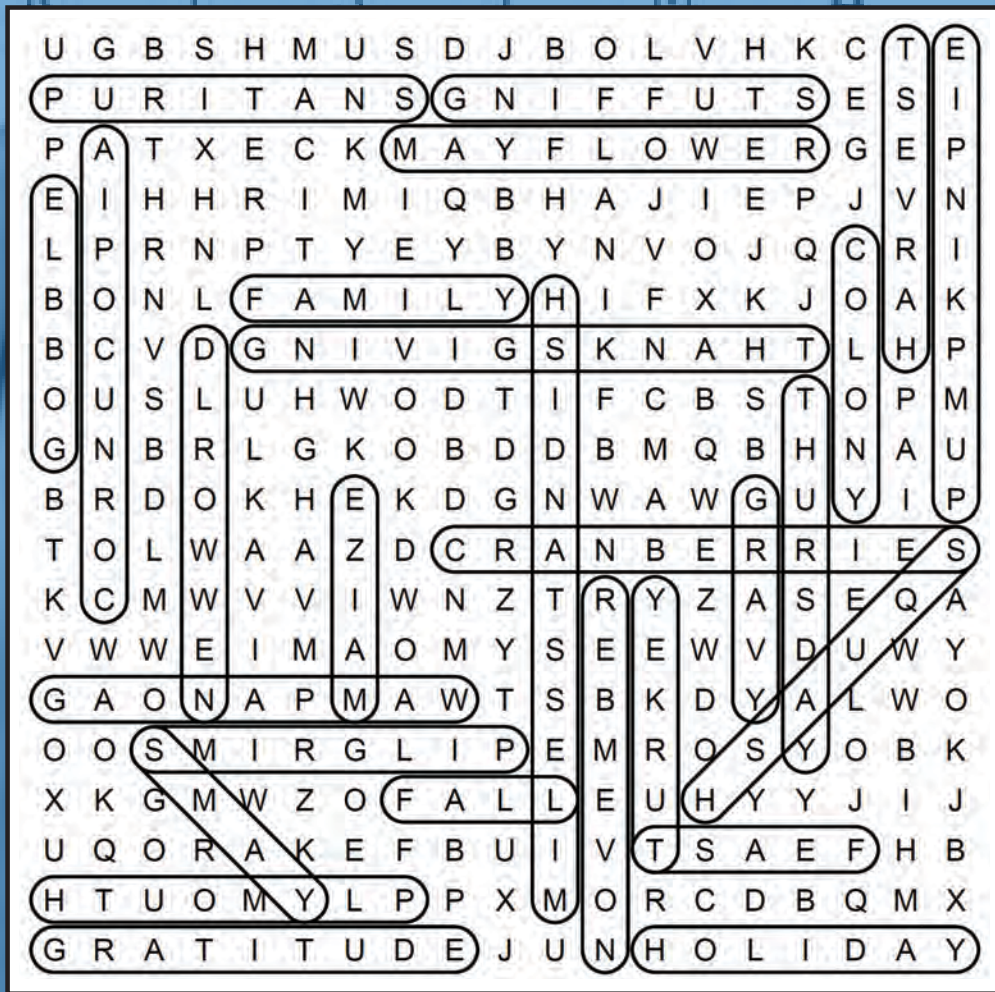
CALL NOW TO SCHEDULE  
A TOUR TODAY  
AND HAVE LUNCH ON US!

## 901-369-7340

WE CAN SHOW YOU EVERYTHING  
**KIRBY PINES HAS TO OFFER!**



# GIANT WORD SEARCH



## ANSWERS TO THE PUZZLE CHALLENGE ON PAGE 17

## Here Is Kirby Pines' Rehab Provider



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](http://www.kirbypines.com)

### FOR MORE INFORMATION

Contact Tim Cox at [tcox@retirementcompanies.com](mailto:tcox@retirementcompanies.com)

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# Kirby Pines

LifeCare Community

## CAROLINE THOMAS

cruises around campus  
to the Fall Festival on  
her fabulous green trike!

