

the PINECONE

The Magazine of Kirby Pines LifeCare Community • October 2024 | V. 42 | I.10



**SHARON OVERMAN,
JOAN GILLILAND
& IRENE BAKER**
*Supporting Breast Cancer
Awareness Month As Survivors*

Exercise for Your Brain | It's Physical Therapy Month | The Sorrow Tree | Resident Spotlight: Paula Cwikel

Announcing New Chefs

Hello October!!

Before I get there though, let me thank everyone for the well-wishes, acts of kindness, and congratulations sent to Stephanie and myself for the birth of Joshua Stone Brown. What a feeling to be embraced by the entire Kirby Family the way we have been. What a joyous time in our lives.

Now, Back to October....

Although many of you have had the pleasure of meeting him, I would like to take this opportunity to introduce our new Director of Culinary Services & Executive Chef Harold Morris. Chef Morris comes to us with 30 years of experience in the Culinary Arts and the last 15 years as an executive chef overseeing the restaurants at large Senior Living establishments. Having talked food as well as sampled his craft, I am excited to bring his talents to Kirby Pines!

at Kirby Pines

Almost as exciting as Harold joining us, we have Chef Brittney Henderson opening up our Bistro! We will be hosting some very exciting things in our Bistro in the very near future! We will have some "Tailgate Saturday's" and "Taco Tuesdays" coming your way. I look forward to a wine tasting very soon!

All of this talk has made me very hungry. I hope to see you at October's Exquisite Cuisine.



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

ON THE PINECONE COVER

Supporting Cancer Awareness at Kirby Pines

After a busy month celebrating Kirby Pines' 41st anniversary, we can take time to relax and enjoy the beauty of fall.

October at Kirby Pines is amazing. Cooler temperatures and changing colors are perfect reasons to step outside and breathe in the air. The calendar is full of options as well.

Take a trip to the Memphis Zoo on the 2nd, see Agatha Christie's Mousetrap on the 9th, listen to Works of Mozart the 23rd and tour historic Elmwood Cemetery on the 28th. If you'd like to stay closer to home, the Hamateurs have a show on the 11th and there is an Art Opening on the 18th. We are raising money for the Alzheimer's Association with a Bake Sale on the 24th and a Walk on the 29th. Our annual Fall Festival lands on the 22nd and we have a Halloween Costume & Pumpkin Decorating contest on the 31st.

Our October cover features breast cancer survivors; Sharon Overman, Joan Gilliland and Irene Baker, sharing strength, courage and support to others affected by this complex disease.

Our back cover shows how strong our community is with those who have beaten or are currently battling cancer. Though October is Breast Cancer Awareness Month, we wanted everyone to know they aren't alone, regardless of their fight. During our lifetime, 1 in 5 people are diagnosed with cancer. Nearly every family around the world is affected by cancer, either directly or as caregivers of someone who has had cancer. Living in a caring and faithful community like Kirby Pines can make a difference in your healing, past or present. As we always say, Kirby Pines is family.



A view from Lighting of the Lake. See inside for more photos of the event.



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is available at www.kirbypines.com



Get to know Kirby Pines'

NEW RESIDENTS



Marc & Barbara Fell

The Fells moved to Kirby Pines recently from their home in Bartlett. Married for 24 years after starting with a date on Valentines Day, Marc and Barbara have a blended family of four children, seven grandchildren and 19 great-grands. Her son, David, is a patient in Kirby's rehab.

After graduating from high school, Marc enlisted in the United States Navy and served for 30 years, one of his assignments was to guard President Eisenhower. Upon his retirement, he founded his company, "Fell International", which necessitated much traveling. Barbara was a homemaker and worked at Dillards as an Estee Lauder consultant.

Marc was a Boy Scout Master of West Tennessee and Barbara was a girl scout leader. They enjoy being outdoors and traveling. Their travels include China, Japan, France, Italy and more. Their favorite trip was the boat tour of the Hawaiian Islands.

The Fells collect everything. Barbara had an antique booth at one time. For sure, with all their traveling adventures they found many treasures.

We are delighted Marc and Barbara chose Kirby as their retirement home and look forward to meeting them. Give them a friendly hello and invite them to join you for an activity or a meal. Make them feel at home!

New Resident Bios written by resident, Peggy Reynolds Gatlin



Dave Seltzer

Born in Philadelphia, Pennsylvania, David Seltzer, better known as Dave, moved to Kirby Pines from Jackson, Tennessee.

Dave graduated from Hanover College with a BA Degree in 1967 where he was on the Dean's List. In 1971 he graduated Cum Laude with a Masters of Divinity degree from Dubuque Seminary. Dave was in the national honor society, Gamma Sigma Pi. He served as a pastor and assistant pastor for Presbyterian Church (USA). He is proud of having served as a minister of the gospel.

In 2002, Dave received a Masters of Education degree from Freed Hardeman. Besides being a minister, Dave has worked for Armstrong Wood Products, Kroger and Pat Brown School of Dance and Special Occasions. He continues to work full time for Kroger since moving to Kirby Pines.

Dave's hobbies and interests include outdoor activities, dancing, amateur radio and orienteering. When you get acquainted with Dave, he'll have many adventures to share. He collects camping gear and paraphernalia.

His travels have taken him to New York City, Washington D.C., other U.S. cities and Mexico. His favorite destination was a sailboat cruise around St Lucia and Martinique in the Caribbean.

Welcome, Dave! We hope you find moving to Kirby Pines was a great decision and that you soon have many new friends.

EXERCISE FOR YOUR BRAIN.....



When you think of exercising your brain, do you think about Sudoku, crosswords, and other mental puzzles? Studies are beginning to demonstrate that we need to put down that pencil and stand up and go for a walk. Physical exercise is proven to be better for your brain health than memory quizzes.

Our brains need the stimulation of aerobic exercise; that is, exercises that raise your heart rate and respiration. Just 30 minutes a day 5 days a week (150 minutes) of moderate intensity exercise can make a difference in mental as well as physical and emotional well-being. That extra blood flow to the brain creates higher levels of BDNF, a protein that stimulates brain cell healing and growth. Studies show persons that are physically active have less dementia/memory/Alzheimer issues.

Here at Kirby Pines we have many opportunities for aerobic exercise: walking, water aerobics, cardio move. In the Oasis, we have the recumbent bicycle, Nustep, and treadmill to give you a safe aerobic workout. For strengthening exercises, try the strength training and chair yoga classes or free weights and resistance equipment in the Oasis.

So leave your puzzles behind and step it up to exercise your brain. See the schedule for an exercise class you can enjoy or visit the Oasis anytime.



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

October is Alzheimer Awareness Month.

We are so blessed to have an amazing facility like Job's Way that was specifically designed for people with Memory Issues. We want to show our support to the Alzheimer's Association through financial donations so they may continue their mission to educate and research to end Alzheimer's and dementia while enhancing care for those living with the disease.

A **Bake Sale** will be on **Thursday, October 24 from 9:30 to 1:30 in the Lobby**. We need your help to bake goods, or help with the sales, and/or purchase items. All donations will go towards the Alzheimer's Association. Check with Kayla Holland or Rachel Ward in Resident Programs for more details.



Join the team and **purchase the Kirby Pines "#ENDALZ" T-shirt for \$5**. Be sure to **wear it on Tuesday, October 29** to show your support. We will gather in the Lobby for registration and refreshments to get our Walk to End Alzheimer's on the way. Information about Alzheimer's will be available as we take a fun stroll through the halls of Kirby Pines. Dogs on leashes are welcome to join us. Help us raise awareness and financial support for our local Alzheimer's Association.

Walk to End Alzheimer's is October 29th at 10:00 am.





“Physical Therapy is not just about treating the symptoms, but about restoring hope and improving quality of life!”



Hello Fall! Hello Physical Therapy Month!

Say a BIG hello to fall, pumpkin spice, baseball playoffs, football, and the holidays just around the corner. It’s also time to wave hello to the art of physical therapy and everything it can do for you! After all, October is PT month!

So, what is physical therapy? Physical therapy (PT) is the art of improving or restoring function, reducing pain, preventing further injury or decline in mobility. During therapy sessions, PT’s and PTA’s will work with patients on exercise, stretching, balance, mobility, walking, use of any assistive devices, and home exercise programs to improve safety, independence, functional mobility, and decrease/eliminate pain.

Did you know?

- Physical Therapy was first recognized in the United States during World War I. During the war, “reconstruction aides” were nurses tasked and trained to rehabilitate injured soldiers.
- Many of today’s physical therapy techniques date back as far as 400 B.C. Greek physicians, Hippocrates and Galen, are believed to be among the first advocates of massage and hydrotherapy.

Physical therapy has been around for ages – and there are MANY benefits! Think you could benefit from therapy? Perhaps you are unsure or have questions. For more information on Physical Therapy and how it can benefit you, please contact your Functional Pathways Therapy Team!

EXQUISITE CUISINE

Wednesday, October 30, 2024



COFFEE RUBBED PORK PORTERHOUSE

Served with
charred Green Beans
and an
Artichoke Mix



APPLE WALNUT SALAD

Beautiful seasonal salad
to start out the meal.



SWEET POTATO CASSEROLE

Autumn is never
complete until you've had this
comfort food favorite.



DUTCH APPLE PIE A LA MODE

Warm, gooey deliciousness
with ice cold creaminess
makes the perfect dessert.

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7314



Resident Spotlight: Paula Cwikiel

advice and became a licensed “hairdresser” in 1967, and she never returned to college.

As sometimes happens with future plans, Paula met and began dating a local man, Jess O’Quinn. After a whirlwind romance, they were married in 1964; two daughters were born to the couple. Because of Jess’ work in heating and air conditioning, they moved several times. Kimberly was born in Memphis in 1966, and Alicia was born in St. Louis, Missouri, in 1970. After the daughters were grown, Paula and Jess decided to end their 20 year marriage in 1984.

Paula continued to work in the salon owned by a dear friend – former Kirby Pines resident, Carolyn Scarberry. “I had sought a position in ‘hairdressing’ following our move back to Memphis; fortunately Carolyn hired me,” remembers Paula. “I dearly loved Carolyn. She was like the sister I never had. We worked together for 30 years!”

In 1985, Paula met Steve Cwikiel. They dated for six and a half years before getting married in 1991. Steve worked as a computer auditor for Federal Express, eventually becoming Senior Executor of Auditing. “We had a very happy life together,” recalls Paula. “We loved travel, fishing, and camping—especially in Grand Father Mountains in North Carolina. We honeymooned in Hawaii and traveled to Europe.” They had 18 wonderful years together before Steve died in 2009 with leukemia.

To stay busy, Paula continued to work her last ten years as a “hairdresser” at Gould’s salon in Memphis, retiring in 2015. She also became very involved in the women’s ministry at Highland Church of Christ and continues there in Bible class and small group fellowship.



Paula at Age 3

Paula began to think about moving to Kirby Pines. “I knew several from church who lived here as well as several former clients. I have two beautiful daughters who live close by, and I have three grandchildren and seven great-grandchildren that I am so proud of, and enjoy every minute I can be with them. Even so, I realized I needed to be around people my age and become more active,” says Paula. With all those positives, Paula moved to Kirby Pines in July, 2022.

Paula has this to say about her decision: “I knew Kirby was the perfect place to live and enjoy my retirement. Kirby has so much to offer. I enjoy getting to use my drama experience by working with the Theater Group. I love the opportunities to worship and attend Bible studies here. I love the movie theater and going on day trips, celebrating birthdays – I could just go on and on. I can’t forget the wonderful people and family feel here, and the staff, too! There is so much to do here; I can’t imagine living anywhere else. SO BLESSED!”

Written by Joan Dodson, Resident of Kirby Pines

LIVING IN STYLE WAS MEANT TO BE

Sometimes nature cooperates and makes a beautiful young person even more beautiful as they age. Paula Cwikiel is one of those fortunate people. However, her physical beauty is matched only by her joyful personality and her willingness to engage in activities to help others. Making other people look beautiful has been a major role her entire life.

Born in Haiti, Missouri, in 1945, Paula Gail Gurley was the last of five children—four boys and then Paula. She says her early childhood was a happy and normal one with school and church activities keeping her busy. “Being the only girl was not bad,” remembers Paula, “as I was often cared for and protected by my brothers.”

Unfortunately, the “normal” life came to an end when Paula’s father was accidentally killed when she was 13. “It was a terrible time for all of us,” says Paula. “We thought we were also going to lose our mother because she was so grieved and overwhelmed with the sudden responsibility of our loss.” Paula’s mother gradually recovered and decided she needed a job to help support the family. She enrolled in a cosmetology course, subsequently, opening a shop in their home. “This was so much fun,” remembers Paula, “as Mother allowed me to bring my girlfriends to the shop, and we would try every hair style on each other.” This “fun” would ultimately have an impact on Paula’s professional life.

While in high school in Haiti, Paula found she loved acting when she enrolled in a drama and speech class her senior year. She was chosen for the leading part in all of the plays they performed that year and was presented with an award as Best Actor at her graduation ceremony in 1963. Paula dreamed of a life as an actress.

Paula’s plan was to get a college education by enrolling in Harding College (now University) in the fall. However, one week following graduation, Paula’s mother insisted that she enroll for the summer semester. Paula had wanted a break from school, but her mother’s wishes prevailed and Paula enrolled. “I was miserable and homesick the entire summer. I couldn’t wait to get home,” remembers Paula. “The bus ride home to Haiti was the longest trip I’ve ever made!”

Refusing to return to Harding in the fall, Paula declared she needed a “rest” before returning to school. Paula’s mother encouraged her, while she was “resting,” to enroll in a cosmetology course. So, Paula took her

The Color and Meaning of Cancer Ribbons

While the pink ribbon is a well-recognized symbol of breast cancer awareness and support, many different awareness ribbons, representing many different types of cancers, exist. You might be surprised to learn that more than 50 ribbons represent different cancers and their survivors and caregivers today.

But where did it all start? Awareness ribbons initially sprang from a 1970s tune, “Tie a Yellow Ribbon Round the Ole Oak Tree,” which inspired the wife of a hostage in Iran to tie yellow ribbons around trees in an effort to heighten awareness and bring her husband home. In the 1990s, AIDS activists brought the red ribbon to life. Since the 1990s, ribbons have decorated the chests and homes of many cancer patients, families, and friends as an outward show of support and compassion.

RIBBONS OF ALL HUES

In addition to pink for breast cancer, a rainbow of ribbons mark months of awareness and action for other types of cancers. According to the National Cancer Institute, there are over 100 types and subtypes of cancer. Some subtypes of cancer even have their own awareness months and ribbons. Several common types of cancers and their awareness ribbon colors are shown on the right.

Ribbons can be combined to represent multiple cancers, and lavender is sometimes used to recognize cancer as a whole. They can be worn anytime to send love to someone in need, share your commitment with others, and inspire action for awareness and treatment.

In a world where cancer affects so many lives, the diverse colors of awareness ribbons unite us in a shared pursuit: to raise awareness, promote early detection, and support the patients and survivors in our lives. Together, we stand as a powerful force, offering hope and compassion to all those impacted by cancer of any kind.



This recognition is a testament to their unwavering dedication, exceptional teamwork and commitment to providing nutritious and delicious meals to our residents. Their efforts have not only met but exceeded our expectations, ensuring that every meal is prepared with care and served with a smile. We commend this group for working seamlessly together to overcome challenges and ensure smooth operations.

Please join me in congratulating all of them for their outstanding performance and dedication. Their hard work and passion are truly inspiring and make a significant impact on our organization. Let's continue to support and celebrate each other as we strive for excellence in all that we do.

REFLECTIONS

By
Maxie Dunnam

The Sorrow Tree



One of our favorite pastimes is to spend time thinking about how well off other people are and how bad off we are. We have so many sorrows. We think so many bad things have happened to us. Why is it that we suffer? When John and Jane go untouched, why do we deserve to be punished in this fashion?

The Hasidic Jews have a story about the sorrow tree. According to them, on Judgment Day we will be invited to hang all of our own miseries from the tree of sorrows. When we have done that we will be given permission to walk around the tree and survey everyone else's miseries in order to select a set we like better. According to Hasidic legend, in the end we freely choose our own personal set of sorrows once more. That's a charming way of saying that when we see the suffering and sorrow of others, more often than not, we are quite happy to keep our own.

**Worry does not empty
tomorrow of its sorrow.
It empties today of its
strength.**

- Corrie Ten Boom

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

October 3

Rev Michael Schwandt
Senior Pastor
Faith Anglican Church

October 10

Rev Jonathan Todd
Associate Pastor
Grace Evangelical

October 17

Covenant Baptist Choir
Dr Bill Chase
Director

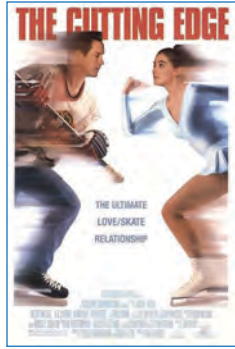
October 24

Rev John Allen
Emmanuel Baptist
Collierville

October 31

Dr Philip Slate
Germantown
Church of Christ

MEET ME AT



HOOK (1991)



Friday, October 4 | 1:30 pm
Saturday, October 5 | 6:30 pm
Sunday, October 6 | 6:30 pm

Cast: Dustin Hoffman, Robin Williams, Julia Roberts, Raushan Hammond

When his young children are abducted by his old nemesis, Capt. Hook, middle-aged lawyer Peter Banning returns to his magical origins as Peter Pan. Peter must revisit a foggy past in which he abandoned Neverland for family life, leaving Tinkerbell and the Lost Boys to fend for themselves. Given their bitterness toward Peter for growing up -- and their allegiance to their new leader, Rufio -- the old gang may not be happy to see him.

THE CUTTING EDGE (1992)



Saturday, October 5 | 1:30 pm
Cast: Moira Kelly, D.B. Sweeney, Roy Dotrice, Terry O'Quinn

Stuck-up figure skating whiz Kate Moseley is denied a gold medal at the 1988 Olympics after a fall. As Kate drives off partner after partner, her coach, Anton, must quickly find her a new one in order to be ready for the next Olympics. Enter arrogant former Olympic hockey player Doug Dorsey, who briefly encountered Kate years before. Reluctantly teaming up, Kate and Doug's icy rapport begins to thaw, resulting in a chemistry both in and out of the rink.

THE SIXTH SENSE (1999)



Sunday, October 6 | 1:30 pm & 4:00 pm
Cast: Haley Joel Osment, Bruce Willis, Toni Collette, Donnie Wahlberg

Young Cole Sear is haunted by a dark secret: he is visited by ghosts. Cole is frightened by visitations from those with unresolved problems who appear from the shadows. He is too afraid to tell anyone about his anguish, except child psychologist Dr. Malcolm Crowe. As Dr. Crowe tries to uncover the truth about Cole's supernatural abilities, the consequences for client and therapist are a jolt that awakens them both to something unexplainable.

THE CRUCIFER OF BLOOD (1991)



Friday, October 11 | 1:30 pm
Saturday, October 12 | 6:30 pm
Sunday, October 13 | 6:30 pm
Cast: Charlton Heston, Richard Johnson, Susannah Harker, Edward Fox

Sherlock Holmes and Dr. Watson consider the supernatural on the case of a young lady's missing father.

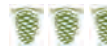
SENSE AND SENSIBILITY (1995)



Saturday, October 12 | 1:30 pm
Cast: Emma Thompson, Alan Rickman, Kate Winslett, Hugh Grant

When Elinor Dashwood's father dies, her family's finances are crippled. After the Dashwoods move to a cottage in Devonshire, Elinor's sister Marianne is torn between the handsome John Willoughby and the older Colonel Brandon. Meanwhile, Elinor's romantic hopes with Edward Ferrars are hindered due to his prior engagement. Both Elinor and Marianne strive for love while the circumstances in their lives constantly change.

THE ONLY THRILL (1997)

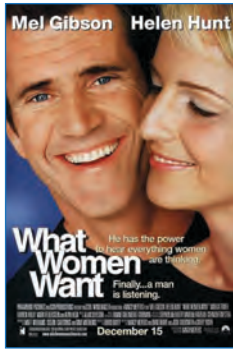


Sunday, October 13 | 1:30 pm & 4:00 pm
Cast: Diane Keaton, Diane Lane, Sam Shepard, Robert Patrick

Reece McHenry is a used-clothing store owner and Carol Fitzsimmons is a seamstress working in that store. The film follows the story of their relationships from 1960s till present time (as well as the story of relationships between Reece's son Tom).



THE MOVIES



SEVEN BRIDES FOR SEVEN BROTHERS (1954)



Friday, October 18 | 1:30 pm
Saturday, October 19 | 6:30 pm
Sunday, October 20 | 6:30 pm
Cast: Howard Keel, Jane Powell, Russ Tamblyn, Jeff Richards

During the 1850s, Milly, a pretty young cook, marries Adam, a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behavior, and most importantly, how to court a woman. But after the brothers kidnap six local girls during a town barn-raising, a group of indignant villagers tries to track them down.

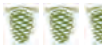
WHAT WOMEN WANT (2000)



Saturday, October 19 | 1:30 pm
Cast: Mel Gibson, Helen Hunt, Marisa Tomei, Judy Greer

A chauvinistic advertising executive acquires the ability to hear what women are thinking. He attempts to use this power to bring about the fall of his female boss, but as he uses this inside knowledge to outwit his superior, the bachelor begins to fall in love with her, and so finds himself feeling more than a little guilty when his plan to have her sacked looks like it may come to fruition.

FIREPROOF (2008)



Sunday, October 20 | 1:30 pm & 4:00 pm
Cast: Kirk Cameron, Erin Bethea, Alex Kendrick, Jason McLeod

In the wake of his daring rescue of a complete stranger, decorated firefighter Caleb Holt realizes the extent to which he has failed as a husband. In a desperate attempt to save his relationship with his wife, Catherine, Holt turns to "The Love Dare," a Christian self-help book. At the prompting of his devout father, John -- and guided by the book itself -- Holt embarks on a 40-day mission to rescue his marriage from the looming specter of divorce.

THE MISFITS (1961)



Friday, October 25 | 1:30 pm
Saturday, October 26 | 6:30 pm
Sunday, October 27 | 6:30 pm
Cast: Marilyn Monroe, Clark Gable, Montgomery Clift, Eli Wallach

While filing for a divorce, beautiful ex-stripper Roslyn Taber ends up meeting aging cowboy-turned-gambler Gay Langland and former World War II aviator Guido Racanelli. The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's half-finished desert home together. When grizzled ex-rodeo rider Perce Howland arrives, the unlikely foursome strike up a business capturing wild horses.

NARROW MARGIN (1990)



Saturday, October 26 | 1:30 pm
Cast: Gene Hackman, Anne Archer, J.T. Walsh, M. Emmet Walsh

When Carol Hunnicut witnesses a brutal murder by mobsters, she decides to hide in a remote cabin in the Canadian tundra. Clued to her whereabouts, Los Angeles District Attorney Robert Caulfield journeys into the wilderness to convince Hunnicut to testify in court. Reluctant at first, Hunnicut agrees when the cabin is shot at by mob hit men in a helicopter. From there, it's a mad dash through the wilderness to escape the mob.

PRACTICAL MAGIC (1998)



Sunday, October 27 | 1:30 pm & 4:00 pm
Cast: Sandra Bullock, Nicole Kidman, Evan Rachel Wood, Aidan Quinn

Sally and Gillian Owens, born into a magical family, have mostly avoided witchcraft themselves. But when Gillian's vicious boyfriend, Jimmy Angelov, dies unexpectedly, the Owens sisters give themselves a crash course in hard magic. With policeman Gary Hallet growing suspicious, the girls struggle to resurrect Angelov -- and unwittingly inject his corpse with an evil spirit that threatens to end their family line.

KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE = GOOD

= GREAT = PERFECT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

October 2024



8:00 am ● Church of Christ Service (Chapel) **6**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Movie: The Sixth Sense (Thtr)
 4:00 pm ● Movie: The Sixth Sense (Thtr)
 6:30 pm ● Movie: Hook (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **7**
 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)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Game Play (LCR)
 6:00 pm ● Bingo (PAC)
 6:00 pm ● Mexican Train Dominoes (LCR)

8:30 am ● Men's Water Aerobics (Pool) **1**
 9:00 am ● Dr. Mike Abutineh (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: The Beekeeper (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● Bible Study w/Rick Levatino (Chapel)
 6:00 pm ● Memphis Piano Studio (PAC)
 6:30 pm ● Movie: The Beekeeper (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **8**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:30 am ● Cardio Move & Strength (PAC)
 11:45 am ● Birthday Lunch (Dining)
 1:00 pm ● Billiards Group (Billiard Room)
 1:00 pm ● Tuesday Bridge Group (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: Courage Under Fire (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● Bible Study w/Rick Levatino (Chapel)
 3:45 pm ● Birthday Dinner (Dining)
 6:30 pm ● Movie: Courage Under Fire (Thtr)

8:45 am ● Memphis Zoo Senior Safari (Trans) **2**
 9:00 am ● Get Physical with Kim (Oasis)
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Chronic Disease Management (LCR)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● Chair Yoga (PAC)
 11:00 am ● Needle Arts Group (Sunroom)
 1:00 pm ● Billiards Group (Billiard Room)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Movie: Triumph of the Heart (Thtr)
 1:30 pm ● Mexican Train Dominoes (Ante)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Triumph of the Heart (Thtr)

9:00 am ● Covid Vaccine Clinic (PAC) **9**
 9:00 am ● Get Physical with Kim (Oasis)
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Chronic Disease Management (LCR)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● Garden Grocers (Greenhouse)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● Needle Arts Group (Sunroom)
 1:00 pm ● Billiards Group (Billiard Room)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Movie: Kiss The Girls (Thtr)
 1:30 pm ● Mexican Train Dominoes (Ante)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Travelers: Mousetrap (Trans)
 6:30 pm ● Movie: Kiss The Girls (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **3**
 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 ● Billiards Group (Billiard Room)
 1:00 pm ● Walmart, Costco & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Series: 1883 (Thtr)
 6:30 pm ● Vespers (PAC)

8:30 am ● Men's Water Aerobics (Pool) **10**
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● 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: 1883 (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **4**
 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: Hook (Thtr)
 6:00 pm ● Magic & Music: Raushan Hammond (PAC)

8:00 am ● Get Physical with Kim (Oasis) **11**
 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: The Crucifer of Blood (Thtr)
 6:30 pm ● Hamateurs: Fall Festival of Fun (PAC)

8:00 am ● Men's Christian Fellowship (LCR) **5**
 11:00 am ● Memphis Piano Studio (PAC)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Cutting Edge (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:30 pm ● Movie: Hook (Thtr)

8:00 am ● Men's Christian Fellowship (LCR) **12**
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Sense and Sensibility (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Saturday Night Trivia (Ante)
 6:30 pm ● Movie: The Crucifer of Blood (Thtr)

8:00 am ● Church of Christ Service (Chapel) **13**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Movie: The Only Thrill (Thtr)
 4:00 pm ● Hymn Sing with Leon (Chapel)
 4:00 pm ● Movie: The Only Thrill (Thtr)
 6:30 pm ● Movie: The Crucifer of Blood (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **14**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Alterations (A&C)
 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 Dominoes (LCR)
 6:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **15**
 9:00 am ● Dr. Mike Abutineh (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: First Man (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● Bible Study w/Rick Levatino (Chapel)
 3:00 pm ● Photo Club (LCR)
 6:30 pm ● Movie: First Man (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **22**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Book Baggers (Chapel)
 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: Aloha (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● Bible Study w/Rick Levatino (Chapel)
 4:00 pm ● Annual Fall Festival (Grounds)
 6:30 pm ● Movie: Aloha (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **16**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Chronic Disease Management (LCR)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Caregiver Support Group (SCR)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● Chair Yoga (PAC)
 11:00 am ● Needle Arts Group (Sunroom)
 1:00 pm ● Billiards Group (Billiard Room)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Early Voting (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Mexican Train Dominoes (Ante)
 1:30 pm ● Movie: Dead Poet's Society (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Dead Poet's Society (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **23**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Chronic Disease Management (LCR)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● Chair Yoga (PAC)
 11:15 am ● Travelers: Works of Mozart (Trans)
 1:00 pm ● Needle Arts Group (Sunroom)
 1:00 pm ● Billiards Group (Billiard Room)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Movie: The Rundown (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Mexican Train Dominoes (Ante)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: The Rundown (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **17**
 9:30 am ● Kirby Volunteer Clean Up (Trans)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● 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: 1883 (Thtr)
 6:30 pm ● Vespers (PAC)

8:30 am ● Men's Water Aerobics (Pool) **24**
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Bake Sale for Alzheimer's (Lobby)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● 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: 1883 (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **18**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Walmart, Kroger, Aldi & Banks (Trans)
 10:15 am ● Strength Training (PAC)
 10:30 am ● Cornhole (LCR)
 10:45 am ● Yoga Stretch (PAC)
 1:00 pm ● Walmart, Kroger, Superlo & Banks (Trans)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Movie: 7 Brides for 7 Brothers (Thtr)
 2:00 pm ● Art Opening (PAC)
 6:00 pm ● Music: Amaro DuBois (PAC)

8:00 am ● Get Physical with Kim (Oasis) **25**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Walmart, Kroger, Aldi & Banks (Trans)
 10:15 am ● Strength Training (PAC)
 10:45 am ● Yoga Stretch (PAC)
 1:00 pm ● Walmart, Kroger, Superlo & Banks (Trans)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Movie: The Misfits (Thtr)
 6:00 pm ● Music: Ovente Magsby (PAC)

8:00 am ● Men's Christian Fellowship (LCR) **19**
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: What Women Want (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:30 pm ● Movie: 7 Brides for 7 Brothers (Thtr)

8:00 am ● Men's Christian Fellowship (LCR) **26**
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Narrow Margin (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Saturday Night Trivia (Ante)
 6:30 pm ● Movie: The Misfits (Thtr)

8:00 am ● Church of Christ Service (Chapel) **27**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billiards Group (Billiard Room)
 1:30 pm ● Movie: Practical Magic (Thtr)
 4:00 pm ● Movie: Practical Magic (Thtr)
 6:30 pm ● Movie: The Misfits (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **28**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Travelers: Elmwood Cemetery (Trans)
 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 Dominoes (LCR)
 6:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **29**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Alzheimer's Awareness Walk (Lobby)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Billiards Group (Billiard Room)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: 6 Underground (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● Bible Study w/Rick Levatino (Chapel)
 6:30 pm ● Girl's Night: The Airport (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **30**
 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 ● Chair Yoga (PAC)
 1:00 pm ● Needle Arts Group (Sunroom)
 1:00 pm ● Billiards Group (Billiard Room)
 1:15 pm ● Mah Jongg (LCR)
 1:30 pm ● Movie: Hocus Pocus (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Mexican Train Dominoes (Ante)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Hocus Pocus (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **31**
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● 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: 1883 (Thtr)
 2:30 pm ● Costume & Pumpkin Contest (Lobby)
 6:30 pm ● Vespers (PAC)

ABBREVIATIONS KEY

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

October 2024 EVENTS

Oct 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.

Oct 1: 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.

Oct 1: 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.

Oct 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!

Oct 1: 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!

Oct 1: The Beekeeper

One man's brutal campaign for vengeance takes on national stakes after it's revealed his target is a former operative of a powerful and clandestine organization known as Beekeepers. Showtimes are at 1:30 pm & 6:30 pm in the Theatre.

Oct 1: BUNKO

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

Oct 1: Bible with Rick Lavatino

This Bible Study provides an understand-

ing to God's story in a structure that places the various pieces of the Bible in a chronological story form narrowed down into a 14-week course. Please join us in the Chapel every Tuesday at 2:00 pm.

Oct 1 & 5: Memphis Piano Studio

Kirby is excited to announce we will be holding an exhibition for the students of the Memphis Piano Studio. Led by the amazing Dr. Angela Wong, she will showcase 2 separate programs with her students ranging from elementary to high school. The exhibition on Tuesday October 1st will be in the PAC from 6:00 pm to 8:00 pm & on Saturday October 5th in the PAC from 11:00 am to 2:00 pm.

Oct 2: Senior Safari at the Zoo

The Memphis Zoo is hosting their annual Senior Safari Day. All residents will be able to enter the zoo free of cost. There will be an information fair with 100+ sponsors and vendors for you to peruse along with free tram rides, live entertainment, & more. Meet in the lobby at 8:45 am. Sign up in resident programs. Transportation is \$5.

Oct 2: 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.

Oct 2: Group Exercise

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

Oct 2: Chronic Disease Management Program

Kirby will be hosting a free 6 week workshop for adults with chronic health conditions or for caregivers of adults with chronic health conditions. These workshops will focus on disease management skills, including; decision making, problem solving, and action planning. This workshop starts September 18th and ends October 23rd. The workshops take place on Wednesdays from 9:30 am to about 12:00 pm. Spots are limited. Sign up in Resident Programs.

Oct 2: 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.

Oct 2: 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.

Oct 2: Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting. Many poses can also be done standing while using 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.

Oct 2: Needle Arts Group

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

Oct 2: 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!

Oct 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.

Oct 2: 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.

Oct 2: Triumph of the Heart

The Tampa Bay Buccaneers running back inspires a handicapped boy who inspires him to return. Showtimes are at 1:30 pm & 6:30 pm in the Theatre.

Oct 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.

Oct 2: 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.

Oct 3: 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.

Oct 3: Series: 1883

The post-Civil war generation of the Dutton family travels to Texas and joins a wagon train undertaking the arduous journey west to Oregon, before settling in Montana to establish what would eventually become the Yellowstone Ranch. Showtime is at 1:30 pm in the Theatre.

Oct 4: 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.

Oct 4 & 18: 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.

Oct 4: 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.

Oct 4: Magic & Music with Raushan Hammond

Master Magician & Illusionist Raushan Hammond is an Actor & Entertainer. He studied magic at the Magic Castle in Hollywood CA. It's the ultimate variety show with magic & illusions but he also sings many of your favorite hits from the Rat Pack and much more. This Vegas style show kicks off at 6:00 pm in the PAC.

Oct 5: 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.

Oct 6: Church of Christ Service

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

Oct 6: 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.

Oct 7: Hobby Pines Group

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

Oct 7: Poetry & Writing Club

The Poetry Writing Group at 10:00 am in the LCR. Our assignment this month is to write anything from a story starter not longer than 500-600 words. An example being: "I was soundly asleep when the..." and finish it however you want. If you are interested in writing, come check out the group. We meet for one hour each month, and everyone gets a chance to read what they wrote discuss upcoming prompts. It's fun and we hope to see you there.

Oct 7: 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.

Oct 8: 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.

Oct 8 & 22: Afternoon Bridge

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

Oct 8: Courage Under Fire

A U.S. Army officer, despondent about a deadly mistake he made, investigates a female chopper commander's worthiness for the Medal of Honor. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 9: Covid Vaccines

The most recently updated version of the Covid-19 vaccine will be available on Oc-

tober 9th in the PAC from 9:00 am-4:00 pm. Any Resident wishing to be vaccinated will need to register in advance. Information is available in the Wellness Center or by calling 901.369.7309.

Oct 9: Garden Gro'ers

We might believe that we are nurturing our garden, but really our garden is nurturing us. 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.

Oct 9: Kiss the Girls

Police hunting for a serial kidnapper are helped when a victim manages to escape for the first time. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 9: Travelers: The Mousetrap

Theatre Memphis presents The Mousetrap. Based on the Agatha Christie classic who-done-it. We will meet in the lobby at 6:00 pm. Tickets are \$10 and transportation is \$5 and can be charged to your account.

Oct 11: Hamateurs: Fall Festival of Fun

Come laugh with The Hamateur Club at 6:30 pm in the PAC. Skits, stories, and toe-tapping music are on the agenda this evening. Don't miss out!

Oct 12 & 26: Trivia Group

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

Oct 13: 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.

Oct 14: Alterations

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

Oct 15: First Man

A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 15: KP Photo Club

If you love our Photo Club page in the Pinecone, come join us at 3:00 pm in the Large Card Room and learn to take better photos yourself!

Oct 16: 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.

Oct 16: Dead Poet Society

Maverick teacher John Keating returns in 1959 to the prestigious New England boys' boarding school where he was once a star student, using poetry to embolden his pupils to new heights of self-expression. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 16: Early Voting

Early Voting for the Presidential Election will be held in the PAC starting from 1:30 pm to 3:00 pm. You will need a form of ID when you sign in to vote.

Oct 17: Kirby Clean Up

Calling all volunteers for our 2nd Clean up event. Teams will go out to a designated area and clean up the trash and help beautify our community. Water, trash bags, and pick up sticks will be provided. We will meet in the lobby at 9:15 am. Don't forget to bring your gardening gloves, hats, and sunscreen.

Oct 18: Art Opening

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

Oct 18: Amaro Dubois

Brazilian violist Amaro Dubois has dazzled audiences with his passion for music. He and his accompanist will be performing in the PAC starting at 6:00 pm.

Oct 21: Smith Jewelers

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

Oct 21: 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.

Oct 21: European Travel Series

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

Oct 22: The Book Baggers

Our own Mary Lee Boggs will be leading us in a lively discussion of "Wrong Place, Wrong Time" by Gillian McAllister. This month's read is different than we have selected in the past but it is perfect for an October read. Tuesday, October 22, at 9:30 am in the chapel is the place to be, to share your thoughts as we come together to some challenges with this "reverse-time" novel.

Oct 22: Aloha

A celebrated military contractor returns to the site of his greatest career triumphs and reconnects with a long-ago love while unexpectedly falling for the hard-charging Air Force watch dog assigned to him. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 22: Annual Fall Festival

Bluff City Balloons will be here, live Blue Grass with "Grass Fire". Awesome Dogs and Yippie Trippie & The Porkstars will be on site selling food. Invite your friends and family. Balloon rides are only \$5 per guest and free for residents. All proceeds will go to the National Breast Cancer Foundation. Don't miss out on the fun from 4:00 pm - 6:00 pm.

Oct 23: Works of Mozart

Join the Travelers at Theatre Memphis for Works of Mozart. Joined by a small ensemble from the Memphis Symphony Orchestra, Opera Memphis will collaborate with music from the acclaimed movie, Amadeus. We'll eat at Hopdoddy Burger Bar prior to the performance, so don't forget your lunch money. Meet in the lobby at 11:15 am. Tickets are \$7 and transportation is \$5.

Oct 23: The Rundown

A tough aspiring chef is hired to bring home a mobster's son from the Amazon but becomes involved in the fight against an oppressive town operator and the search for a legendary treasure. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 24: Bake Sale

See details on page 4, all proceeds will be donated to the Alzheimer's Association.

Oct 25: Ovente Magsby

Ovente Magsby is a Memphis native and graduated from Berklee College of Music where he studied piano, voice, and songwriting. He will be serenading our community with jazz, gospel, and R&B classics. Begins at 6:00 pm in the PAC.

Oct 28: Elmwood Cemetery

Join the Travelers to tour Elmwood Cemetery. It is the most historic ground in this part of the world. It has become the final resting place to over 75,000 inhabitants including mayors, governors, madams, blues singers, suffragists, martyrs, generals, civil rights leaders, holy men and women, outlaws and millionaires. Lunch will be from Jasons Deli, delivered for you to enjoy during the presentation. Lobby time 10:00 am. Ticket price (which includes lunch) \$25 and transportation fee \$5. Sign up in resident programs.

Oct 29: 6 Underground

It follows a group of people who fake their deaths and decide to form a vigilante team in order to stage a coup d'etat against a ruthless dictator. Showtime at 1:30 pm in the Theatre.

Oct 29: Alzheimer's Walk

See details on page 4, all proceeds will be donated to the Alzheimer's Association.

Oct 29: Girls' Night Out

Calling all Kirby Ladies, join us in the theatre for Airport. This 1970's epic disasterfilm stars Burt Lancaster and Dean Martin. Movie begins at 6:30 pm.

Oct 30: Hocus Pocus

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Oct 31: Halloween Costume & Pumpkin Contest

Grab your pointy hats and face paint cause it's time for our annual Halloween costume contest. Also don't forget to pick up a pumpkin to enter in the pumpkin decorating/ carving contest. We will meet in the lobby at 2:30 pm to show off all our costumes and to judge our pumpkins. Whether it's homemade or store bought, single or a whole group, all are welcome to attend and participate in this fun-filled afternoon.

SUDOKU IS EASY TO PLAY AND THE RULES ARE SIMPLE.

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

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

Sudoku solutions on page 21

PICTURING LIFE AT KIRBY PINES

CAROUSEL OF SHOPPES AND MORE



Graeme Gee with Sheryl & Mark Maxwell at their booth for Carousel of Shoppes.



Looks like Pat Rutland found something to buy while shopping.



Laura Leuenberger peruses items from Marita's Kitchen.



Jody & John Sosh are on hand selling some of Jody's beaded jewelry.



Janet Reeves looks to be getting ready for fall with some pops of color.



Shelvy Mayhew appears to have won the golden ticket with a bar of Dinstuhl's chocolate.



Susie & Bobby Thompson share some popcorn in the Movie Theater.



Members of the Kirby Pines Line Dancers break out their moves while entertaining residents in The Villa.

PICTURING LIFE AT KIRBY PINES

KIRBY GROUPS, LUNCH BUNCH & PATRIOT DAY



Jeannie Valentine and Sue Elder were September's bridge winners. Photo by Steve Martin.



The Book Baggers discussed "The Baker's Secret" this month. L-R; Mark Maxwell, Carolyn Hladky, Jerry Dunnam, Marty Kocman & Janice Wall.



Jim Stanley gets ready to toss a bag as a member of the Cornhole Club.



Jody Sosh, Sheryl Maxwell, Ann Peyton, Diane Talarico and Marilyn Wray enjoy a friendly game of Mahjongg in the Large Card Room.



The Lunch Bunch headed to midtown to check out the new Mexican steakhouse, Tekila. L-R; Christine Martin, Don Meiners and Betty Terry.



Marilynn Garzione gives a heartfelt speech on Patriot Day.

PICTURING LIFE AT KIRBY PINES

CELEBRATING KIRBY PINES 41ST ANNIVERSARY



Pat Simmons poses with members of The Memphis Wind Symphony.



Carolyn Hladky at the reception for the Wind Symphony with one of its members.



Jane Longfield also gets a chance to chat with a Wind Symphony member.



U of Memphis ROTC at our Flag Raising. Photo by Connie Carter.



Darnell Podgorski was our speaker at the Flag Raising.



Alice Petty enjoying some hors d'oeuvres after Lighting of the Lake.



Peggy Hogan looking fabulous in her shades of green.



Marketing's Randy Peace and resident Barbara Worrell are all smiles at the party.



Marilyn & Leon Sanderson cozy up to enjoy the LOTL reception.



Guy & Connie Carter represented the year 2008, when they moved to Kirby Pines.

KIRBY PINES PHOTO CLUB



Wild Teasle - Photo by Dale Jones



Icy Pink Vinca - Photo by Carolin Thomason

**Join Us October 15th
at 3:00 pm in the
Large Card Room!**

**This month our
Photo Club members
pulled random
assignments from a hat.**



Rainbow in Contrast
Photo by Fred Dabrowski



Alice Wherry at Carousel of Shoppes
Photo by Arrena Cheek



Frances Mason Abelia
Photo by Jane Longfield



Harvest Moon
Photo by Stuart Eyman



Curious Cat
Photo by Ginger Blount



Interesting Leaf?
Photo by Hugh Wilson



Memphis Pipe Band
Photo by Connie Carter



Pop of Color Contrast
Photo by Fran Gentry



Hey, Buddies!
Photo by Sheryl Maxwell



Terry Burke in the Library
Photo by Sydney Wagner



End of Summer Harvest
Photo by Mary Ann Thurmond

Memorials, Honorariums & Gifts

In Memory Of

RUTH ANN WEATHERINGTON

Donation by KP Resident Association
to the Entertainers

Donation by Sydney Wagner
to the Book Baggers

BILLY COLEMAN

Donation by KP Resident Association
to the Hamateurs

Donation by Sydney Wagner
to the Book Baggers

Donation by Barbara Hanrahan
to the Entertainers

Donation by Mary Lee & Carl Boggs
to the Book Baggers

PATTYE RHODES

Donation by Betty Terry
to the Employee Fund

ERIC WIGG

Donation by Alice Wherry
to the Garden Gro'ers

BOBBY BASKIN

Donation by KP Resident Association
to the Library

NANCY ALBONETTI

Donation by Joan Gilliland
to the Library

JENINE RIDDLE

Donation by Felix Vazquez
to the Entertainers

In Honor Of

MARK MAXWELL

Donation by Barbara Fell
to the Hobby Shop

Donation by Sue Elder
to the Hobby Shop

Donation by Richard Fraley
to the Hobby Shop

Donation by Carousel of Shoppes
to the Hobby Shop

JOAN DODSON

Donation by Felix Vazquez
to the Entertainers

MIKE HUFNAGEL

Donation by Gloria Buckaloo
to the Hobby Shop

THE HOBBY SHOP

Donation by Martha Walker

SUDOKU NUMBER GAME

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

CHRISTIE'S COIFFURES

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Lighting of the Lake 2024



To show our support for
**BREAST CANCER
AWARENESS MONTH**
the Kirby Pines community
stands together as survivors.

Let's Show
OUR
UNITY

