

the PINECONE

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JIM & CLAY SHAW

celebrate their first Valentine's Day at Kirby Pines and 42 years of marriage!

There Is So Much To Love

It is great to get the snow and cold weather in our rearview mirror and looking down the road towards an early Spring!

February is Here! Valentine's Day, Mardi Gras, and the Super Bowl all in one month! Every one of them will be celebrated right here at Kirby Pines. Please be sure to look over the calendar so you don't miss your favorite activities coming up!

February means "Love is in the air." Here is my favorite Kirby Pines "LOVES."

I love working with all of my Staff! They are truly the most dedicated staff I have had the privilege to work with.

Next, I love "LAUGHING" with our Residents! They keep a smile on my face with their stories and comments. I love helping with the Marketing Events. It is exciting to

at Kirby Pines

see current Residents showing off their home with such pride to new prospects. And then, to see new prospects turn into new Residents.

I love feeling the "ENERGY" of all the various activities permeate the entire community.

To sum it all up...
I LOVE KIRBY PINES!!



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

ON THE PINECONE COVER

Sharing Is Caring at Kirby Pines!

Though there is still a chill in the air this February, things heat up with all the activities planned this month.

Join the Lunch Bunch on the 3rd as they head to midtown for a delightful meal at The Beauty Shop. If you love history, take a trip to Sun Studio on the 7th, the Classic Car Gallery on the 13th and learn the Legend of the Ducks at the Peabody on the 21st. If your heart desires culture and shopping, check out the Lunar New Year Fair on the 8th, visit Charlene's Colony of Shoppes on the 11th and discover Patagonia through the eyes of our own Peter Jones on the 27th. If your passion is sport, enjoy the Superbowl on the 9th, or join fellow Grizzlies fans in the Movie Theater for live games all month - (see schedule page 16). Of course, the hottest day of the month falls on the 18th with our Valentine's Dance to get your heart pumping with your sweetheart or closest friends.

Our front cover features new residents Jim and Clay Shaw enjoying a little Valentine decadence crafted by Harold Morris, our Culinary Director. These two are simply adorable together and just happen to be celebrating their 42nd wedding anniversary this month. Seems cupid knew exactly what he was doing when his arrow struck this pair.

Because love knows no bounds, we decided to emphasize the relationship humans have with their pets on our back cover. Jean Harvell and her dog, Precious, have been the best of friends for 7 years. They keep each other company and highly entertained.

So what is love? It is a noun meaning, "an intense feeling of deep affection". Or "a great interest and pleasure in something". It can also mean, "a person or thing that one loves". With many definitions of just a single word, there is plenty to go around, so make sure you share your love this Valentine's Day!



Jim & Clay Shaw Celebrate Love



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Get to know Kirby Pines'

NEW RESIDENTS



Ron Crizer

Ron Crizer, a lifetime Memphian recently moved to Kirby Pines from his former home in Cordova.

At The University of Memphis, Ron earned a Bachelor of Science degree. He had a 40 year career as an ICU nurse at Methodist University Hospital. He is proud to have followed multiple generations of his family since the 1920's to work as nurses in the hospital where he was born.

A veteran of the United States Army Reserve, Ron earned the rank of 3rd Class Quarter Master and served on the USS Forrester.

In his younger days, Ron was an avid cyclist, he has slowed down and now enjoys contact bridge and billiards. He should find some new resident friends that share these mutual pastime activities.

Ron has traveled to Italy where he has a special memory of seeing "The Statue of David". He visited The Czech Republic and Germany. The favorite sight in Germany was The Bavarian Alps.

To stay active, Ron enjoys taking walks. He should find much enjoyment exploring the beautiful Kirby Pines campus.

We hope Ron finds moving to Kirby Pines was a good decision. He should make new friends quickly and meet them for a bridge or pool game. Also, he should find someone to cheer on the Chiefs and Cubs with him. Make sure you find Ron and give him a warm Kirby welcome!

New Resident Bios written by resident, Peggy Reynolds Gatlin



Kathleen Cruzen

We are pleased to welcome Kathleen Cruzen, moving from her previous home in Germantown. She and her late husband, Phillip, had three children and five grandchildren.

After graduating from The University of Mississippi with a Home Economics degree, Kathleen had a successful career as a mother and homemaker. Being a mother and a "good shot" - she is an avid duck hunter - are her proudest accomplishments.

Kathleen has many hobbies and interests such as needle arts, reading, gardening, water skiing and she and Phillip collected antique hand carved duck decoys. She follow the Ole Miss Rebels and her favorite band is the Grateful Dead.

She has made trips Europe and to the countries of Brazil and Germany. She "loved the Food" in Germany, making it her favorite spot. In the U.S.A. Kathleen has visited the states of California, New York and Florida.

The Junior League, Le Bonheur Club and Ducks Unlimited are groups in which Kathleen has participated. To stay active, she walks a mile everyday and is looking forward to joining water aerobics.

Kathleen's friends describe her as fun loving and adventurous. No joke she is a real duck hunter. She says she never misses. You will want to get to know Kathleen, her many interests and enthusiasm make her a perfect fit for our Kirby lifestyle. WELCOME KATHLEEN!!

THE POWER OF DEEP BREATHING



Practicing regular deep diaphragmatic or belly breathing has many health benefits, and is one of the hidden keys to optimum wellness. In fact, people who practice deep belly breathing as little as 10 minutes a day have a much less chance of developing cancer and heart disease, handle stress more effectively and generally have better overall health and well-being. Deep diaphragmatic breathing is one of the simplest yet most effective ways of improving one's health with the least amount of cost and time investment.

To help you realize the importance of deep diaphragmatic breathing, here are 12 benefits to regularly practicing this healthy habit:

Reduces the risk factors for heart disease by lowering bad cholesterol (LDL), raising good cholesterol (HDL), lowering blood pressure and stabilizing blood sugars.

Cuts chances of cancer by as much as 400%.

Reduces negative stress by lowering the stress hormone cortisol.

Helps reduce cravings for processed carbohydrates (junk food).

Cuts chances of diabetes by strengthening the insulin beta receptor sites.

Improves quality of sleep by improving stage 1 and stage 4 sleep cycles.

Lengthens the cells' life span by cleansing the cells more thoroughly through increase lymphatic flow.

Slows the aging process by increasing the secretion of human growth hormone (anti-aging hormone).

Optimizes the immune system by strengthening T-cell formation and improving Lymphocyte production.

Improves your mood by elevating the "feel good" hormone, serotonin, and other positive endorphins.

Improves mental focus and concentration by increasing blood flow to the Pre-Frontal Cortex of the brain.

Improves the quality and effectiveness of meditation by changing brain wave activity from the more stressful beta wave activity to a more relaxing and healthier alpha and theta brain wavelengths.

Here's how to reap the amazing benefits of deep diaphragmatic breathing: Sit in a comfortable chair with your eyes closed and inhale very slowly through your nose using your diaphragm (your belly should expand while you inhale with little or no chest movement). Once your lungs are full and your belly has expanded, hold your breath for about 6 to 12 seconds. Then slowly exhale through your mouth making sure you use your belly to push the air out. Once your lungs are empty and your belly is contracted, repeat the cycle. Your goal is to complete 10 cycles (inhale, hold, exhale) for 8 to 10 minutes of deep diaphragmatic breathing a day.

The best time to practice this type of deep breathing is first thing in the morning and right before you go to bed. To enhance the benefit of deep breathing, I suggest visualizing your goals or picturing your ideal life while practicing this habit. Personally, I pray while practicing deep diaphragmatic breathing.

For the next 30 days, take the challenge to practice deep breathing for at least 10 minutes a day every day. This is one of the best prescriptions for improving your health and optimizing your wellness.



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



8 Dimensions of Wellness



PHYSICAL



ENVIRONMENTAL



FINANCIAL



INTELLECTUAL



SPIRITUAL



OCCUPATIONAL



EMOTIONAL



SOCIAL

Wellness Dimensions are how we as humans define our quality of life. The Wellness dimensions consist of emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social. Each person defines their wellness differently. Ideally, a person should have a balance between all 8 dimensions.



How can Rehabilitation help you when you have an imbalance in your wellness dimensions?

Occupational therapists are trained on emotion, spiritual, intellectual, physical, environment, occupational, and social dimensions.

- Do you find that it is harder doing tasks in your home?
- Do you feel nervous when going to take a shower and worry about falling?
- Have you stopped participating in activities that you enjoy?
- Do you have a hard time reach high and low to grab things within your home?
- Do you find it difficult being around people?

Physical therapists are trained in physical, environmental, and occupational dimensions.

- Are you having difficulty moving around in your environment?
- Is it getting hard to get to the bathroom at speed that prevents incontinence?
- Do you have a hard time getting in and out of your car?

Speech therapists are trained in intellectual, occupational, and social dimensions.

- Do you find that you are not remembering things like you used to?
- Do you find it difficult at times to get your words out when with other people?
- Do you find that you are having a hard time swallowing and/or eating and drinking foods and liquids?



If you said yes to any of the questions asked in this article, or want to learn more about the Dimensions of Wellness, please contact the Broad River Rehab Team for guidance.

EXQUISITE CUISINE

Thursday, February 27, 2025



CHOP HOUSE STEAK NIGHT

Your choice of a Coffee Rubbed Pork Porterhouse with Red Wine Sauce or a traditional T-Bone Steak with Button Mushrooms, fresh Thyme & Rosemary in a Red Wine Sauce. Served with Baked Potato, Creamed Spinach and Roasted Carrots. Perfectly paired Wines are available.



CAPRESE SALAD

Heirloom Tomatoes, Buffalo Mozzarella, Fresh Basil and a Balsamic Reduction.



CHOCOLATE LAVA CAKE

Rich and decadent Chocolate Lava Cake served with Vanilla Ice Cream.

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7302



Resident Spotlight: Parker & Ruth Nilsen

Following graduation from high school, Ruth remained in Teaneck and entered secretarial school while living with an aunt and cousins. During this time, she found part-time employment in a law firm and remained in the legal field for 13 years, eventually becoming the office manager.

Parker Nilsen was born in Jersey City, New Jersey, in 1941. He had an older brother and was later joined by a younger one. Parker and his brothers were First Generation Americans as their parents and grandparents came to America from Norway. When he was four years old, Parker's family moved to Maywood, N.J., where he attended school through the ninth grade. It was necessary for him to ride public transportation through two towns to reach a school for the remaining high school years. Parker began work at 12 years of age as a stock clerk in a gift shop. "Because my family was lower middle class economically," recalls Parker, "it was necessary for me to begin work two years before I could actually get work papers!"

RECONNECTED FOR LIFE

Sometimes in life, circumstances occur which lead to a seemingly providential conclusion. According to Parker, his marriage to Ruth was "arranged" due to the fact that their families were closely associated from the time of their births. Although contact with each other was sporadic in their youth, a reconnection as adults would unite them forever. In March of 2025, Ruth and Parker will celebrate 56 years of marriage.

The primary circumstance that would eventually bring Ruth and Parker together occurred when their parents met while attending an Evangelical Free Church in Jersey City, New Jersey. The families became very close, and when Ruth's mother, who had enrolled in Nyack Missionary Institute, was having financial difficulty, Parker's family helped to support her so that she could remain in school. This is their story:

Born in 1942, Ruth Nilsen (Knopp) describes herself as "double trouble" as she was both a preacher's and missionary's kid (PK/MK). Ruth and her parents lived in Holiday Cove, West Virginia, where her father was pastor of a church. The family later moved to Dearborn, Michigan, and while there, Ruth's brother was born, and her parents were "called" to become missionaries to Columbia, South America. Unfortunately, Ruth's father died of typhoid two and one-half years after their arrival in Columbia, but her mother remained there in missionary work for 28 years. However, Ruth's family always returned to Teaneck, New Jersey, when her mother had a "leave" from her missionary work; that would always put Ruth and Parker's families in close contact.

Ruth would call Columbia her home base from 1948 until 1960. The family lived in seven different parts of Columbia while Ruth lived there. To attend an appropriate school, it was necessary for Ruth to spend nine months of each year in a boarding school for missionary children in Quito, Ecuador. Except for the two weeks at Christmas, and the two and one-half months of summer break, Ecuador was her "home." Because of limited communications during school, each student was expected to have a letter written to their parents every Sunday, or they would not be allowed to eat supper! Ruth had her 6th and 12th grades in the United States when her mother was on "leave" from her missionary work. Her 12th grade was in Teaneck, New Jersey, where the number of students was over 600. That was cultural shock as Ruth's previous school had 12!

The work and family examples were influential in molding a strong work ethic in Parker. His desire for a better life led him to enroll in Taylor University in Upland, Indiana. He arrived on campus and experienced cultural shock—coming from a metropolitan area near New York City to a small town surrounded by corn fields! Parker graduated in 1964 with degrees in Mathematics and Chemistry. He entered the Army military service and served three years in what Parker calls an "interesting assignment"—military intelligence. He was assigned to a field office in Karlsruhe, Germany, and served in civilian clothes the entire time.

Returning to Maywood after his military service, Parker and Ruth reconnected at a church activity. Ruth was still working for the law firm, and Parker took a position with SAFECO Insurance Company. The couple began dating in 1968, became engaged in three months, and married in March 1969. Four years later, their son, Thomas Allen, was born; three years later, their daughter, Kristin, joined them. Unfortunately, at the age of 25, Tom developed Ewings sarcoma and passed away after 17 months of treatment. Parker recalls, "Tom had a great faith, and from the time he received the diagnosis, he said, 'I am in God's hands—there is no better place to be.'" It was during this time that Ruth was diagnosed with breast cancer.



March of 1969

The Nilsens were living in St. Louis, Missouri, but after retirement, they wanted to be closer to their daughter, Kristin, and her family. They believed that their ministry was to help Kristin and their son-in-law, Alex. At Easter in 2022, they visited Kirby Pines and made the decision to move here. They babysit their granddaughter, Kayleigh, at least two days a week while Kristin works as a nurse at St. Jude's. They attend First Baptist Church in Collierville with Kristin's family.

Ruth and Parker say, "We are thankful for our move to Kirby Pines as we have met a wonderful group of loving and caring people

Written by Joan Dodson, Resident of Kirby Pines



Valentine Jokes!

- Question:** What Valentine's message can you find in a honeycomb?
Answer: "Bee mine."
- Question:** Why are artichokes so beloved?
Answer: They're known for their hearts.
- Question:** What did the love-obsessed candle say when it was lit?
Answer: "I found the perfect match!"
- Question:** Why did the magnet hit on the refrigerator?
Answer: He found her to be very attractive.
- Question:** What's the best recipe for a perfect morning on February 14?
Answer: A hug and a quiche.
- Question:** What's the most romantic ship?
Answer: Courtship.
- Question:** What did the pickle say to the other on Valentine's Day?
Answer: "You're a big dill to me."
- Question:** How did the cashew share its feelings with the almond?
Answer: "I'm nuts about you."
- Question:** How did the two prunes confirm dinner plans?
Answer: They said it was a date.
- Question:** Why do air fresheners love Valentine's Day?
Answer: They're so scent-imental.
- Question:** How did one drum tell the other about its feelings?
Answer: "My heart beats for you."

- Question:** How can you save money on Valentine's gifts?
Answer: Become single.
- Question:** What kind of flowers shouldn't you gift your girlfriend?
Answer: Cauliflowers.
- Question:** What did the baker say to his wife on Valentine's Day?
Answer: "Gimme some sugar!"
- Question:** Why was the canoe considered a heartthrob?
Answer: He was so row-mantic.
- Question:** Which type of flower is the best at giving smooches?
Answer: Tulips.
- Question:** What can get you in trouble with the law on Valentine's?
Answer: Stealing too many hearts.
- Question:** Why shouldn't you fall in love with a pastry chef?
Answer: He'll dessert you.
- Question:** Did you hear about the two radios that got married?
Answer: The reception was amazing.
- Question:** What kind of dinner does Cupid eat?
Answer: A hearty one.
- Question:** What did the light bulb say to the switch?
Answer: "You turn me on."
- Question:** What did the omelet say to the toast on Valentine's Day?
Answer: "You're eggs-actly my type."
- Question:** Why are my feet cold on Valentine's Day?
Answer: Because you knocked my socks off.



THANK YOU TO THE KIRBY PINES TRANSPORTATION DEPARTMENT!

CHAMPIONS OF THE MONTH

The transportation team, led by Latanya Bailey, continues to shine day in and day out. More importantly, during our winter storm on January 10th, the team came together and worked around the clock to shuttle employees from both Kirby and the Farms to work and home.

Bailey's leadership skills with coordinating and communicating with her transportation team make her an amazing leader!

THANK YOU TO BAILEY AND HER TEAM FOR A JOB WELL DONE!

REFLECTIONS

By
Maxie Dunnam



Childish or Childlike

With many of you here at Kirby I've had fear that someday people, talking behind my back, would accuse me of being *childish*. The dictionary defines *childish* as having "immaturity and lack of poise." As an 90 year old, I certainly didn't want to appear "immature." And goodness knows, I have privately considered myself as having poise.

Being a "person of the Book," I remember that, when he became an ardent follower of Jesus, Paul said, *I put away childish ways*. However, I was forced into putting that in sharper perspective when I remembered Jesus' word: "Let the little children come to me, for to such belongs the Kingdom of heaven."

I've had to conclude that there is a difference between *childish* and *childlike*... Rather than having "immaturity and lack of poise" as the dictionary defines *childish*, "*childlike* is "marked by innocence, trust, and simplicity."

No wonder I like Eric Marshall and Stuart Hamphill's *Children's Letters to God*. One little boy prayed, "Dear God, I'm sorry I was late for Sunday School, I couldn't find my underwear." And another little boy prayed, "Dear God, please tell me where everybody came from, and I hope you explain it better than my daddy did." Children are open and alive. They have a perception that we adults seem to have lost. Best of all they have the capacity of what I call living lightly. They're not burdened down

by preconception. Their lives are not predetermined by force of habit. They're not closed to others because of sour experiences. They don't keep grudges.

So for God's sake, and for our community's sake, let's not be *childish*. Let's pray and work hard at being *childlike*.

THANK YOU, LEON & MARILYN!



At 90 years young, Leon Sanderson is needing to adjust activities and slow down a bit. One activity in particular is going on his hospital visits, which requires a great deal of walking.

The last few years, as soon as Leon has been made aware of a Kirby Pines resident in the hospital, he's there (often accompanied by his wife, Marilyn) with words of encouragement and prayer. There is no telling how many people he has visited since Berry Terry asked him to take over that part of the Chaplain's responsibilities.

Once back at Kirby, Leon would write a brief report with copies to Sydney Wagner, Chris Palmer and myself - Cheryl Johnson. This has enabled us to share with other residents through Sydney's timely emails and weekly on our Prayer List what is happening, which has greatly reduced mis-information & speculation.

But that is only a part of what Leon does. He also regularly visits our Medical Units reading to them from the Bible. He and Marilyn are Wing Leaders and are active in the 8 o'clock Church of Christ Worship Service. They both attend the Thursday morning Bible Study Class and often Leon leads the singing. They are also members of Joan Dodson's Chorus, not to mention Leon's once a month Sing-A-Long in the Chapel. So a big Thank You to both Leon and Marilyn for going above and beyond for Kirby Pines!

DON'T MISS THE MIRACLES FEBRUARY 27TH

The Miracles are a select group of singers chosen from the most musically-gifted members who live at The Baddour Center. They travel across the United States to express their faith through music, bridge attitudinal barriers that may exist towards adults with intellectual disabilities, and share the mission and ministry of The Baddour Center.

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

February 6

Dr Everett Huffard
Retired Harding
School of Theology Consultant

February 13

Pastor Jack Moore
Interim Minister
Forest Hill Baptist

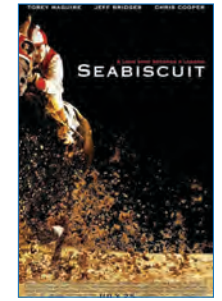
February 20

Rev Chaz Williams
Grace
Anglican Church

February 27

The Miracles
Baddour Center Choir
Senatobia, MS

MEET ME AT



THE IMPORTANCE OF BEING EARNEST (2002)

Saturday, February 1 | 1:30 pm

Sunday, February 2 | 6:30 pm

Cast: Rupert Everett, Colin Firth, Frances O'Connor

In 1890s London, two friends use the same pseudonym ("Ernest") for their on-the-sly activities. Hilarity ensues.

THE MANCHURIAN CANDIDATE (1962)

Saturday, February 1 | 6:30 pm

Cast: Frank Sinatra, Laurence Harvey, Janet Leigh

An American POW in the Korean War is brainwashed as an unwitting assassin for an international Communist conspiracy.



GROUNDHOG DAY (1993)

Sunday, February 2

1:30 pm & 4:00 pm

Cast: Bill Murray, Andie MacDowell, Chris Elliott

A narcissistic, self-centered weatherman finds himself in a time loop on Groundhog Day.

APOLLO 13 (1995)

Tuesday, February 4 | 1:30 pm & 6:30 pm

Cast: Tom Hanks, Bill Paxton, Kevin Bacon

NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy.

GHOST (1990)

Wednesday, February 5 | 1:30 pm

Cast: Patrick Swayze, Demi Moore, Whoopi Goldberg

After a young man is murdered, his spirit stays behind to warn his lover of impending danger, with the help of a reluctant psychic.

THE POWER OF ONE (1992)

Friday, February 7 | 1:30 pm

Sunday, February 9 | 6:30 pm

Cast: Stephen Dorff, Morgan Freeman

An English boy, living in Africa during World War II, through his boxing prowess, becomes a symbol of hope, in a time of war.

SEABISCUIT (2003)

Saturday, February 8 | 1:30 pm

Cast: Tobey Maguire, Jeff Bridges, Elizabeth Banks

True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.

THE PERFECT BRIDE (2017)

Sunday, February 9 | 1:30 pm & 4:00 pm

Cast: Pascale Hutton, Kavan Smith, Leanne Lapp

She's a bridal boot camp leader, he's a wedding photographer. They meet and have fun talking, she doesn't know he's engaged, he doesn't realize she thinks he's available. His fiancée joins her class.

FLORENCE FOSTER JENKINS (2016)

Tuesday, February 11 | 1:30 pm

Cast: Meryl Streep, Hugh Grant, Simon Helberg

The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.

JERRY AND MARGE GO LARGE (2022)

Wednesday, February 12 | 1:30 pm & 6:30 pm

Cast: Bryan Cranston, Annette Bening

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.



SPENCER'S MOUNTAIN (1963)

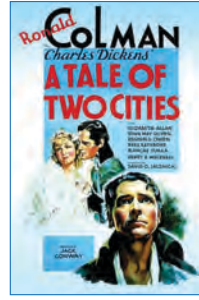
Friday, February 14 | 1:30 pm

Saturday, February 15 | 6:30 pm

Cast: Henry Fonda, Maureen O'Hara

Grand Teton quarryman and family patriarch carefully navigates issues of religion and education in order to eke out a brighter future for his family.

THE MOVIES



THE AGE OF ADALINE (2015)

Saturday, February 15 | 1:30 pm

Cast: Blake Lively, Michiel Huisman, Harrison Ford

A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into.

NATURE OF LOVE (2020)

Sunday, February 16 | 1:30 pm & 4:00 pm

Cast: Emilie Ullerup, Christopher Russell

City girl Katie is writing a magazine feature on a glamping resort. Far from sporty, she faces her fears trying the camp's activities with help from Will, a rugged outdoorsman and nature guide.

HIDALGO (2004)

Tuesday, February 18 | 1:30 pm & 6:30 pm

Cast: Viggo Mortensen, Omar Sharif

In 1890, a down-and-out cowboy and his horse travel to Arabia to compete in a deadly cross desert horse race.

ACCIDENTAL TEXAN (2023)

Wednesday, February 19 | 1:30 pm & 6:30 pm

Cast: Thomas Haden Church, Carrie-Anne Moss

Erwin finds himself stranded in Texas, where he's taken under the wing of a nearly bankrupt oil driller Merle. They set off on a wild adventure to outwit a corrupt oil company to hit pay dirt before Merle's dreams are foreclosed.

A TALE OF TWO CITIES (1935)

Friday, February 21 | 1:30 pm

Saturday, February 22 | 6:30 pm

Sunday, February 23 | 6:30 pm

Cast: Ronald Coleman, Elizabeth Allan

A pair of lookalikes, one a former French aristocrat and the other an alcoholic English lawyer, fall in love with the same woman amidst the turmoil of the French Revolution.

PEARL IN PARADISE (2018)

Saturday, February 22 | 1:30 pm

Cast: Jill Wagner, Kristoffer Polaha

An adventurous photographer and a less-than-adventurous novelist search for a mysterious pearl in the Paradise of Fiji.

PHILADELPHIA (1993)

Sunday, February 23 | 1:30 pm & 4:00 pm

Cast: Tom Hanks, Denzel Washington

When a man with HIV is fired by his law firm because of his condition, he hires a homophobic small-time lawyer as the only willing advocate for a wrongful dismissal suit.

THE PEARL (2004)

Tuesday, February 25 | 1:30 pm & 6:30 pm

Cast: Lifefoot, Ryan James, Claudine Sosa

A poor Mexican diver finds a priceless pearl that will change his impoverished family's future, if he can fend off his own greed and the people trying to take advantage of him.

HORIZON: AN AMERICAN SAGA

CHAPTER 1 (2024)

Wednesday, February 26 | 1:30 pm & 6:30 pm

Cast: Kevin Costner, Sienna Miller, Sam Worthington

Chronicles a multi-faceted, 15-year span of pre-and post-Civil War expansion and settlement of the American west.



SMOKEY AND THE BANDIT (1977)

Friday, February 28 | 1:30 pm

Cast: Burt Reynolds, Sally Field, Jerry Reed

The Bandit is hired on to run a tractor-trailer full of beer over state lines, in hot pursuit by a pesky sheriff.



February 2025



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) **2**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● *Music: Marilynn Garizone (Lobby)*
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: Groundhog Day (Thtr)
 4:00 pm ● Movie: Groundhog Day (Thtr)
 6:30 pm ● Movie: Manchurian Candidate (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **3**
 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 Billards (Billards Room)
 11:00 am ● *Lunch Bunch: The Beauty Shop (Trans)*
 1:00 pm ● Billards Group (Billard 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) **4**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:30 am ● *Madonna Learning Center (Lobby)*
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: Apollo 13 (Thtr)
 1:30 pm ● Bunko (SCR)
 6:30 pm ● Movie: Apollo 13 (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **5**
 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 ● Don Meiners Art Class (A&C)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● Billards Group (Billard 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: Ghost (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)

8:30 am ● Men's Water Aerobics (Pool) **6**
 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 ● Billards Group (Billard Room)
 1:00 pm ● Dr. Abutineh MD (WC)
 1:00 pm ● Beginners Mah Jongg (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Matlock (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **7**
 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 ● Billards Group (Billard Room)
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
 1:00 pm ● *Travelers: Sun Studio Tour (Trans)*
 1:30 pm ● Movie: The Power of One (Thtr)
 6:00 pm ● *Music: Rob Haynes (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **8**
 12:00 pm ● *Travelers: Lunar New Year Fair (Trans)*
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Advanced Line Dancing (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Seabiscuit (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Trivia Group (Ante Room)

8:00 am ● Church of Christ Service (Chapel) **9**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: The Perfect Bride (Thtr)
 4:00 pm ● *Hymn Sing with Leon (Chapel)*
 4:00 pm ● Movie: The Perfect Bride (Thtr)
 5:00 pm ● *Superbowl Party (PAC)*
 6:30 pm ● Movie: The Power of One (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **10**
 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 Billards (Billards Room)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Travel Series: Scandinavia (Thtr)
 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) **11**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● *Charlene's Colony of Shoppes (Trans)*
 10:00 am ● Women's Bible Study (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Afternoon Bridge (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: Florence Foster Jenkins (Thtr)
 1:30 pm ● Bunko (SCR)
 6:30 pm ● Girls Night Out (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **12**
 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 ● Don Meiners Art Class (A&C)
 10:30 am ● Garden Grocers (Ante)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● Billards Group (Billard 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: Jerry & Marge Go Large (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Jerry & Marge Go Large (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **13**
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● *Art & Speed Classic Car Gallery (Trans)*
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Walmart, Costco, & Banks (Trans)
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Dr. Abutineh MD (WC)
 1:00 pm ● Beginners Mah Jongg (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Matlock (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **14**
 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 ● Billards Group (Billard Room)
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm ● Movie: Spencer's Mountain (Thtr)
 6:00 pm ● *Music: Hank & Nora (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **15**
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Advanced Line Dancing (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: The Age of Adaline (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:15 pm ● *GSO ft Evan Solomon (Trans)*
 6:30 pm ● Movie: Spencer's Mountain (Thtr)

8:00 am ● Church of Christ Service (Chapel) **16**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: Nature of Love (Thtr)
 4:00 pm ● Movie: Nature of Love (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **17**
 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 ● Chair Yoga (PAC)
 10:30 am ● Beginners Billards (Billards Room)
 10:30 am ● Tech Time (Sunroom)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● *Daytona 500 (Thtr)*
 6:00 pm ● Mexican Train Dominos (LCR)
 6:00 pm ● BINGO (PAC)

8:30 am ● Men's Water Aerobics (Pool) **18**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: Hidalgo (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● KP Photo Club (LCR)
 6:00 pm ● *Valentine's Dance (PAC)*
 6:30 pm ● Movie: Hidalgo (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **19**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Caregiver Support Group (SCR)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● Don Meiners Art Class (A&C)
 11:00 am ● Chair Yoga (PAC)
 11:30 am ● Episcopal service (Chapel)
 12:45 pm ● *Mighty Souls Brass Band (Trans)*
 1:00 pm ● Billards Group (Billard 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: Accidental Texan (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Accidental Texan (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **20**
 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 ● Billards Group (Billard Room)
 1:00 pm ● Dr. Abutineh MD (WC)
 1:00 pm ● Beginners Mah Jongg (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Matlock (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **21**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)
 10:00 am ● *"Legend of the Ducks" (Trans)*
 10:15 am ● Strength Training (PAC)
 10:30 am ● Cornhole Club (LCR)
 10:45 am ● Yoga Stretch (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm ● Movie: Tale of Two Cities (Thtr)
 6:00 pm ● *Music: Memphis Opera (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **22**
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Advanced Line Dancing (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Pearl in Paradise (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Trivia Group (Ante Room)
 6:30 pm ● Movie: Tale of Two Cities (Thtr)
 6:30 pm ● *Ballet Memphis Winter Mix (Trans)*

8:00 am ● Church of Christ Service (Chapel) **23**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: Philadelphia (Thtr)
 4:00 pm ● Movie: Philadelphia (Thtr)
 6:30 pm ● Movie: Tale of Two Cities (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **24**
 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 Billards (Billards Room)
 1:00 pm ● Billards Group (Billard 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) **25**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Book Baggers: (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 11:45 am ● *Birthday Lunch (Dining)*
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Afternoon Bridge (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: The Pearl (Thtr)
 1:30 pm ● Bunko (SCR)
 3:45 pm ● *Birthday Dinner (Dining)*
 6:30 pm ● Movie: The Pearl (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **26**
 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 ● Don Meiners Art Class (A&C)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● Billards Group (Billard 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: Horizon: An American Saga (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Horizon: An American Saga (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **27**
 9:00 am ● *Travelers: Peter Jones Patagonia (PAC)*
 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 ● Billards Group (Billard Room)
 1:00 pm ● Dr. Abutineh MD (WC)
 1:00 pm ● Beginners Mah Jongg (LCR)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Matlock (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **28**
 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 ● Billards Group (Billard Room)
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm ● Movie: Smokey and the Bandit (Thtr)
 6:00 pm ● *Music: Oveante Magsby(PAC)*



February 2025 EVENTS

Feb 1: Men's Christian Fellowship

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

Feb 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!

Feb 1: Line Dancing

Line Dancing will be held every Tuesday & Thursday at 1:15 pm in the PAC. Come join for some fun exercise and a great way to make new friends. Advanced Line Dancing is held on Saturdays at 1:00 pm. Everyone is welcome!

Feb 1: Game Play Group

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

Feb 1: 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.

Feb 2: Church of Christ Service

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

Feb 2: Worship Service

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

Feb 2: Marilyn Garzione

Come one, Come all, to enjoy a musical performance by our very own Marilyn Garzione. Performance will be in the lobby at 1:00 pm. Don't be late!

Feb 3: 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.

Feb 3: 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.

Feb 3: Group Exercise

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

Feb 3: Hobby Pines Group

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

Feb 3: Poetry & Writing Club

The Writing and Poetry Group meets the first Monday of every month at 10:00 am in the LCR. We will meet for an hour and share our writings with everyone. New Members encouraged and welcome to join in.

Feb 3: 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.

Feb 3: Lunch Bunch: The Beauty Shop

The Lunch Bunch is going to The Beauty Shop on Monday, February 3rd. Sign up in the Resident Programs Office. The transportation fee is \$5. Lobby time is at 10:45 am. Don't forget your lunch money!



Feb 3: 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, reach out to Paula Hanson or Phyllis Mitchell.

Feb 3: 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.

Feb 4: Medical Director Dr. Mike Abutineh MD

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

Feb 4: Madonna Learning Center

Join us in the lobby on your way to lunch for a short performance by the students from the Madonna Learning Center. The Madonna Learning Center provides a nurturing, faith-based, educational, and social environment that empowers children and adults with special needs to reach their full potential while offering support to their families. The performance will begin at 10:30 am.

Feb 4: Cardio Move & Strength

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

Feb 4: BUNKO

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

Feb 5: Catholic Services

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

Feb 5: Pinecone Painters

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

Feb 5: Don Meiner's Art Class

The painting class to be taught by Don Meiners will be held in the A&C Studio every Wednesday in February, at 10:30 am. The course covers, drawing and painting basics plus topics like painting equipment and materials, how to add depth to a scene, and color theory and color mixing. This is a basic course that can be helpful for all mediums and subjects to be painted. The class will be limited to 12. Sign up sheet is located in Resident Programs.



Feb 5: Needle Arts Group

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

Feb 5: Mah Jongg

Join the group for Mah Jongg play each Wednesday at 1:15 pm in the LCR.

Feb 5: Bridge Group

The Bridge Group meets every Wednesday at 6:00 pm in the LCR and is open to all residents. Bring a partner and come join us. There is a sign-up binder in the hallway near the Bistro.

Feb 6: Bible Study with Dave Phillips

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

Feb 6: Beginners Mah Jongg

Want to learn a new game? Join the group for Beginners Mah Jongg each Thursday at 1:00 pm in the LCR. Sign up in Resident Programs.

Feb 6: Series: Matlock

Madeline Matlock rejoins the work force at a prestigious law firm, where she uses her wily tactics to win cases and expose wrongdoing. Showtimes are every Thursday at 1:30 pm.

Feb 7: Strength Training

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

Feb 7 & 21: Cornhole Club

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

Feb 7: Yoga Stretch

Gentle yoga can be very effective for seniors in preventing or slowing down the loss of bone density, and relieving bone and joint pain. Come on out and join Ms. Kim every Friday at 10:45 am in the PAC.

Feb 7: Travelers: Sun Studio

Sun Studio is known worldwide as "The Birthplace of Rock'n'roll". It is the discovery location of musical legends and genres of the 50's from B.B. King and Elvis Presley to Johnny Cash and Jerry Lee Lewis; from Blues and Gospel to Country and Rock'n'roll. Sign up in Resident Programs. Transportation fee is \$5. Tickets are \$20. Lobby Time 1:00 pm.

Feb 7: Rob Haynes

Rob Haynes is a Memphis-based musician who has performed all over the country in many well-renowned venues. Whether he's performing from the great American songbook or rock 'n roll he is sure to get you moving and a grooving. Music begins in the PAC at 6:00 pm.

Feb 8: Travelers: Lunar New Year Fair

The Memphis Lunar Festival & Market Fair is a vibrant celebration of Asian culture, bringing the spirit of Lunar New Year to the Mid-South. The event showcases traditional Lion and Dragon dances, live performances, Asian arts and crafts, and a variety of delicious foods. Lobby time 12:00 pm. Tickets are \$15. Transportation fee \$5. Sign up in Resident Programs.

Feb 8 & 22: Trivia Group

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

Feb 9: Hymn Sing with Leon

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

Feb 9: Super Bowl Party

Join us in the PAC for Superbowl LIX be-

tween the Kansas City Chiefs and Philadelphia Eagles. Party starts at 5:00 pm with kickoff at 5:30 pm. We will have a wonderful tailgate spread for all to enjoy.

Feb 10: European Travel Series

This month our travel documentary series will be taking a trip to Scandinavia which includes Copenhagen, Denmark, & Norway. Program will begin at 1:30 pm in the theatre.

Feb 11: Travelers: Charlene's Colony of Shoppes

Join us on this unique shopping experience in Halls, TN, which includes an antique store, located in a former World War II U.S. Army base hospital building, and a tearoom, housed in a 1950s church structure. We will enjoy lunch at Just Devine Tea room. Sign up in Resident Programs. Lobby time is 9:30 am. Transportation fee is \$5. Don't forget your lunch money!

Feb 11: Women's Bible Study

Ladies, come join our new women's bible study organized by Germantown Presbyterian Church. We will meet every Tuesday at 10:00 am in the Chapel.

Feb 11 & 25: Afternoon Bridge

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

Feb 11: Girls' Night Out

Calling all KP women: Come join the "girls" enjoying a night together watching the classic, "The Inn of Sixth Happiness". We gather in the theater at 6:15 PM for a time just for "girls" to share an evening.

Feb 12: Garden Gro'ers

We might believe we are nurturing our garden, but of course its our gardens that nurture 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.

Feb 13: Travelers: Art & Speed Classic Car Gallery

Join the Travelers as we venture through this amazing gallery of classic and antique vehicles. This exceptional company restores classic car and markets them to people all over the world. After taking a stroll through the gallery, we will enjoy lunch at Dyers Collierville. Lobby time is at 10:00 am. Transportation fee is \$5. Sign up in Resident Programs.

Feb 14: Hank & Nora

Hank and Nora enjoy performing many of the classics you've come to know and love from Elvis to Patsy Cline. This Valentine's they'll be here to serenade your ears and hearts. Music begins in the PAC at 6:00 pm.

Feb 15: GSO: Evan Solomon

Experience a night of musical passion and drama as the Germantown Symphony presents masterpieces from the Romantic period. Pianist Evan Solomon will perform Camille Saint-Saëns' Piano Concerto. The concert also includes March of the Princesses from Cinderella by Massenet which offers a touch of fairy-tale magic. The performance will be at the Germantown Performance Arts Center. Sign up in Resident Programs. Lobby Time 6:15 pm. Tickets are \$21. Transportation fee is \$5.

Feb 17: Smith Jewelers

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

Feb 17: Tech Time

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

Feb 18: KP Photo Club

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

Feb 18: Valentine Dance

Happy Valentines Kirby Pines. After you enjoy a special dinner in the dining room, join us upstairs in the PAC for dessert at the Valentines Dance. Jim Mannah will be performing all your favorites this evening. Dessert will be served at 6:00 pm. Music starts at 6:30 pm. Don't miss out on the fun!

Feb 19: Caregiver Support Group

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

Feb 19: Episcopal Service

All are invited to attend an Episcopal Service the 3rd Wednesday, every month, at 11:00 am in the Chapel. Residents will

lead Morning Prayer followed by communion. Clergy from St. John's Episcopal Church will serve communion or in their absence Lay Eucharistic Ministers will substitute. Lunch will follow for those who are interested.

Feb 19: Mighty Souls Brass Band

Mighty Souls Brass Band, a Memphis-based rotating collective of composer-players versed in a multitude of musical traditions, isn't a soul band, nor is it a funk band, a marching band, or a swing band, and yet, you'll hear all of those influences and more. Transportation Fee is \$5. Tickets are \$7. Sign Up in Resident Programs.

Feb 21: Travelers: Legend of the Ducks - Peabody Memphis

Join us as we go and experience a staple of Memphis history, the Peabody Ducks. We will be going to the famous Peabody Hotel and watch as the ducks make their daily walk through the lobby. Join us in the Lobby at 10:00 AM as we set out. The event is free, and transportation is \$5. Afterwards we will enjoy lunch at Tugs Casual Grill. Sign up in Resident Programs.

Feb 21: Opera Memphis

It will be an evening of opera's greatest hits performed by Opera Memphis. The show will begin the PAC at 6:00 pm. This is a performance you don't want to miss!

Feb 22: Ballet Memphis

Let's go to Playhouse on the Square for "Ballet Memphis Presents Winter Mix". If you would like to enjoy this performance sign up in Resident Programs. Only 10 spots available. Lobby time is at 6:30 pm for this 7:00 pm show. The tickets are \$37. Transportation fee is \$5.

Feb 25: The Book Baggers

Join us in the chapel Tuesday, February 25, to hear Marty Kocman lead the discussion on John Steinbeck's classic, "The Pearl". Marty will be doing his usual excellent job in bringing music into the discussion and pointing out things which we would not normally see. Check the Pinecone calendar to see when the movie will be shown. Invite a new neighbor to experience our time together as we enjoy what Marty brings to us at 9:30 am - 10:30 am.

Feb 25: 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.

Feb 27: Travelers: Patagonia

Patagonia is a specific geographic region that encompasses the southern end of South America, and is governed by both Argentina and Chile. The region comprises the southern section of the Andes Mountains and is bounded by the Pacific Ocean to the west and the Atlantic Ocean to the east. It contains the Southern Ice Field, the third largest after Antarctica and Greenland. Peter Jones will give a PowerPoint presentation on Patagonia on February 27 at 9:00 am in the PAC with live streaming on inhouse TV.

Feb 28: Oveante Magsby

Kirby is excited to welcome back the wonderful pianist Oveante Magsby. Oveante is heavily inspired by that of Stevie Wonder, Jazz, and gospel. Come out to the PAC at 6:00 pm to be swooned by this terrific artist.



WATCH LIVE GAMES IN THE MOVIE THEATER

Sunday, Feb 2 | 7:30 pm
Grizz vs Bucks

Monday, Feb 3 | 7:00 pm
Grizz vs Spurs

Wednesday, Feb 5 | 6:30 pm
Grizz vs Raptors

Saturday, Feb 8 | 7:00 pm
Grizz vs Thunder

Tuesday, Feb 11 | 9:00 pm
Grizz vs Suns

Wednesday, Feb 12 | 9:30 pm
Grizz vs Clippers

Sunday, Feb 16 | 7:00 pm
NBA All Star Game

Thursday, Feb 20 | 6:00 pm
Grizz vs Pacers

**MEMPHIS
GRIZZLIES**



CELEBRATE FEBRUARY Find the Words hidden in the grid of letters.

- | | |
|---------------|----------------|
| AQUARIUS | LOVE |
| CANDLELIGHT | MARDI GRAS |
| CARNATION | PINK |
| CHOCOLATE | PISCES |
| COZY | PRESIDENTS DAY |
| CUPID | RED |
| FEBRUARY | ROMANCE |
| FIREPLACE | ROSES |
| FRIENDSHIP | SKIING |
| GROUNDHOG DAY | SNOW |
| HEART | SWEETHEART |
| HUG | VALENTINE |
| KISS | WINTER |
| LEAP YEAR | |



Puzzle Solutions page 22

PICTURING LIFE AT KIRBY PINES

NEW YEAR'S EVE CELEBRATION



Arrena and Richard Cheek are ready for 2025!



Geneva Jackson looking festive for the New Year.



Jeannie Valentine, Marilyn Garziona and Diane Mullins having fun at the party.



Ginger and John Blount make a toast, "Cheers"!



Sylvia Statham, Martha Howe and Terry Cooper enjoy.



Sarah McCallum and Phyllis Petersen with sweet treats.



Joe and Shirley Brooks ring in the New Year.



Paula Cwikiel and Caroline Thomas celebrate in style.



Pat Simmons, Flo Seward and Jane Hodge share in the festivities



Linda and Steve Tittle hit the dance floor at the New Year's party.

PICTURING LIFE AT KIRBY PINES

BIRTHDAY NIGHT DINNER PARTIES



Marc Fell and his wife, Barbara, celebrate his first birthday at Kirby with family.



Patricia Latimer celebrates with friends, Shirley Anderson, Jane Hodge, Diane Mullins, Phyllis Mitchell, Hugh Wilson and Flo Seward.



Marilyn McCormick is surrounded by friends, Jane Longfield, Jeannie Hutchinson, Marsha Greiner, Doris Boyd and Pat & Paul Nave.



Carol Stowell enjoys her birthday with husband, David, and friends Leora & John Elli.



Freda Clements with Ruth, Parker & Kayleigh Nilsen, Keith & Judy Weathers, Sarah & Roland Maddox, Charlie Burns, Vollie Sanders, Ruth Wigg and Pat Tinsley.



Don Winfield with his wife, Opal, have a nice time at the birthday celebration.

PICTURING LIFE AT KIRBY PINES

SNOW, BOOK SALE AND GENERAL FUN



Barbara Flack & Gerry Beckley try to stay warm in the snow.



Mary Ann Thurmond creates a Snow Angel. Photo by Roy Thurmond



Lee Todd is ready to play in the snow that got dumped in Memphis overnight.



Alice Petty, Joan Gilliland and Paula Hanson check out the Book Sale. Photo by Marsha Greiner



Judy Edmonds finds something special at the Book Sale.



Barbara Pender enjoys her time in the Kirby Pines Library.



Bagpiper at Burns Night. Photo by Steve Martin



Pat Simmons has a fabulous lunch at River Oaks.



Mary Lou Shannon returns to Kirby after the Pompeii Exhibit.



Kay Sears takes some time to work at the puzzle table.

KIRBY PINES PHOTO CLUB



Photo by Sylvia Statham

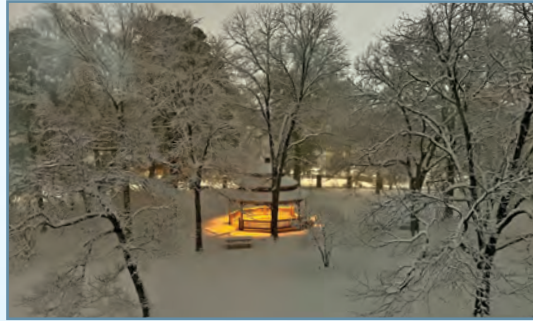


Photo by Mary Ann Thurmond

**Join Us February 18th
at 3:00 pm in the
Large Card Room!**

**This month our
Photo Club members
were asked to take pics
during our Big Snowfall!**



Photo by Fred Dabrowski



Photo by Arena Cheek



Photo by Sydney Wagner



Photo by Ginger Blount



Photo by Carolin Thomason

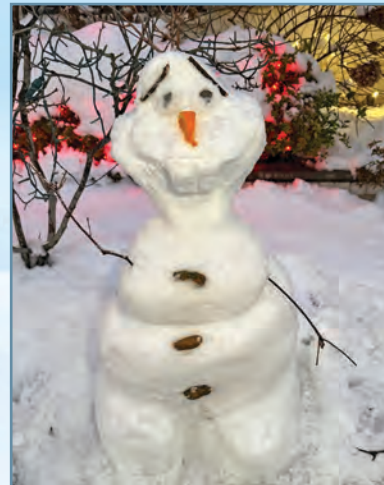


Photo by Jane Longfield

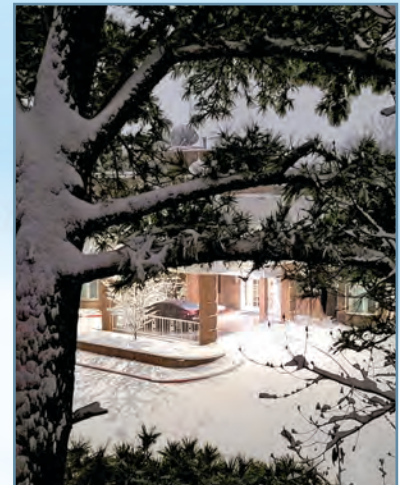


Photo by Connie Carter



Photo by Jeannie Valentine



Photo by Stuart Eyman



Photo by Fran Gentry

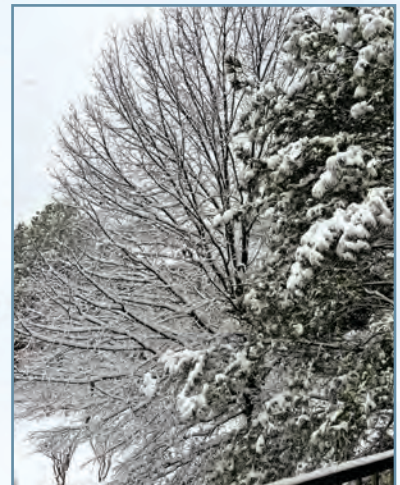


Photo by Marsha Greiner

Memorials, Honorariums & Gifts

In Memory Of

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to the Employee Fund

Donation by Mary Stagg
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to the Hobby Shop

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to the Employee Fund

Donation by Joy Wernet
to the Employee Fund

MARGARET BIVENS

Donation by KP Resident Association
to the Employee Fund

VES TINSLEY

Donation by Joan Gilliland
to the Library

Donation by Bill & Katy Dorsey
to the Employee Fund

RAY ALBONETTI

Donation by KP Resident Association
to the Hobby Shop

Donation by Joan Gilliland
to the Library

KEN LEWIS

Donation by Joy Wernet
to the Employee Fund

Donation by Marilyn Wray
to the Hamateurs

In Honor Of

MARK MAXWELL

Donation by Ernie Luenberger
to the Hobby Shop

Donation by Christine Martin
to the Hobby Shop

JODY SOSH

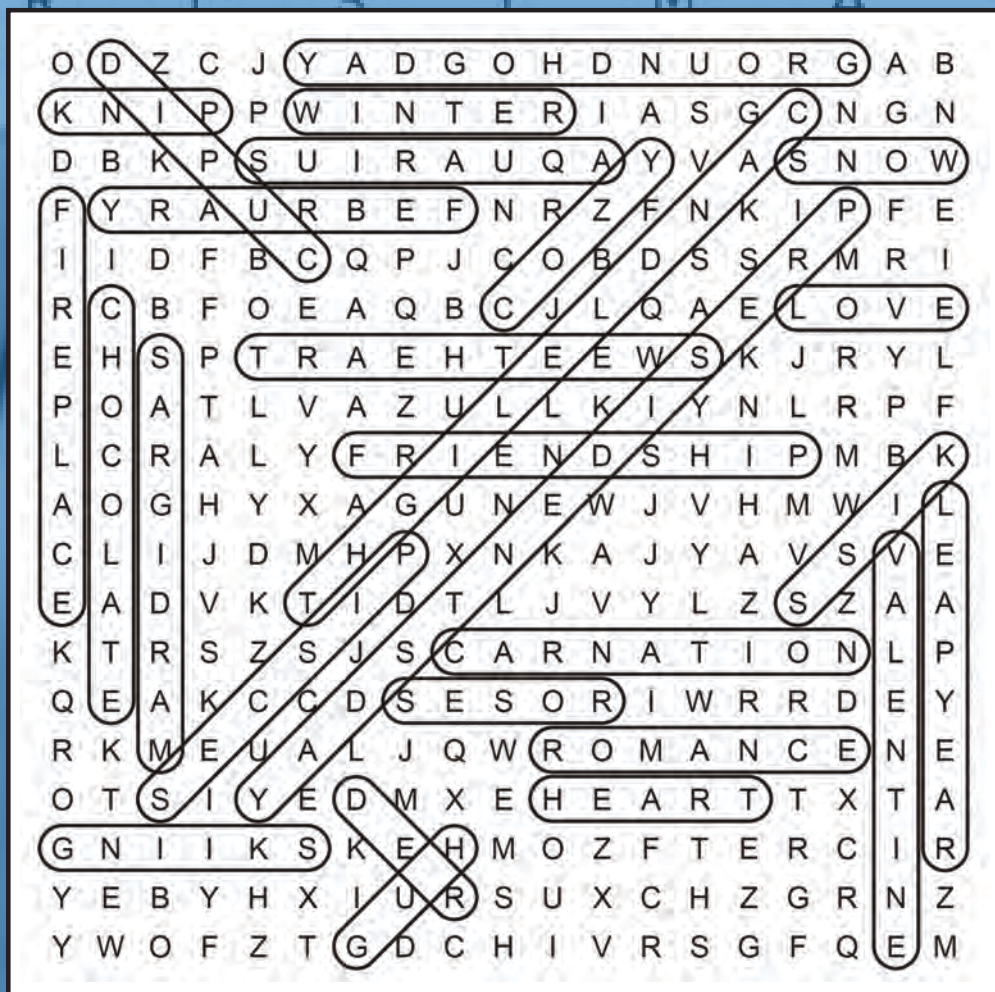
Donation by Jacob & Hannah Weltman
to the Line Dancers

Gifts To

HOBBY SHOP

Donation by Carol Lee

GIANT WORD SEARCH



ANSWERS TO THE PUZZLE CHALLENGE ON PAGE 17

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A WIN - WIN EFFORT

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

DONATIONS

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

FOR MORE INFORMATION

Contact Tim Cox at tc Cox@retirementcompanies.com

Happy
Valentine's
Day

**JEAN HARVELL
& PRECIOUS** wish
you love and happiness
this Valentine's Day.

