

the PINECONE

The Magazine of Kirby Pines LifeCare Community • January 2025 | V. 43 | I.1

HAPPY NEW Year

**BILL &
KATY
DORSEY**
*ring in 2025 in
their beautiful
Garden Home
at Kirby Pines!*

Be More Flexible | Implementing Mindfulness | Our Pilgrimage | Resident Spotlight: Jan Thomson

Ready for Another Great Year

We have concluded the year 2024 and I pray your holiday season was very special. I want to highlight a few Kirby Traditions from 2024 which will show the strong future for 2025.

Our Annual Coat Drive for 2024 showed, again, how generous everyone at Kirby Pines is. In 2023, we collected a total of 373 garments against a goal of 200! In 2024, we collected 374 garments!

On Monday, December 16th, our residents celebrated their annual Employee Holiday Appreciation Event. This event is solely dedicated to our wage earners who make \$24.00 or less. In 2024, our residents graciously raised over \$45,000.00. This was the most raised in over 7 years. This amount was also accomplished with a lower census. This clearly demonstrates "resident satisfaction."

On Friday, December 20, 2024, we celebrated our annual Employee Longevity Awards Event. We celebrated 2 years (2022 & 2023.) We celebrated 38 recipients whose tenure ranged from 3 years to 40 years of service. We celebrate those who achieve 3 years of service then increments of 5 years. In 2024, we celebrated every increment from 5 – 25 years plus one individual who has over 40 years of service. To these very special individuals, we awarded a total of \$40,389.82 in gifts.

at Kirby Pines

So, with these snapshots in our 2024 album, you can assume these things:

1) We demonstrate our faith-based mission drive tenets as illustrated by our coat drive. 2) There is a strong degree of customer satisfaction. Our residents would not have given with such passion if they were not satisfied. 3) We have a truly dedicated, professional core staff. This allows us to continue to deliver at a consistent level, which helps set us apart from the competition.

Now, ask me what my New year's Resolution is for Kirby Pines?????

To have a bigger, better, more successful and more joyful year for all of Kirby Pines!



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

ON THE PINECONE COVER

Celebrating the New Year at Kirby Pines!

Hard to believe it's a brand New Year again, but we are all in for 2025! I hope everyone has put up their new Photo Club Calendar from our talented group taking pictures year round for you to enjoy. Here are some upcoming dates to be sure to mark.

January 7th, Lunch Bunch is dining at River Oaks and the 15th is another opportunity to see local performer Almost Elton John. Travelers are busy this month with a "Reinvention Party" on the 16th, the Civil Rights Museum on the 22nd, the Pompeii Exhibit on the 27th and a visit to the Amazon based on Janice Wall's recent trip on the 30th. There is a Resident Association meeting on the 9th and a Book Sale on the 16th and 17th. We wrap up the month with our Art Studio Presentation on the 31st. And make sure to check out some of the new programs and entertainers that have been added for the new year.

Our front cover features fun-loving couple Bill and Katy Dorsey, who opened up their home to share some New Year cheer. These two are simply as delightful as they are adorable and we enjoyed every minute we spent with them.

Our back cover has become a tradition for the January Pinecone, taking a look back at some of the moments that make our community so special. Kirby Pines has the best parties, the best programs, the best clubs, the best employees, the best classes, the best grounds, the best food and more. But the thing that separates us from the rest, is our people - Simply the BEST!



Having Fun with Bill & Katy



Retirement Companies of America

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Get to know Kirby Pines'

NEW RESIDENTS



Lynn Allison

Lynn Allison was born in Shreveport, Louisiana, and moved to Kirby Pines from Oakland, Tennessee with her dog, Jessie. She and her late husband of nearly 16 years, Viktor Tretiaker, were missionaries in Ukraine where they taught both children and adults and visited with orphans.

Lynn graduated from Harding College in 1968. She also attended Fordham University in New York. She has a masters in business and worked as an office administrator for Hertz and office manager at Midsouth Casters.

Lynn enjoys reading, cooking and church work. Her favorite author is Jane Austen and her favorite song is "Be With Me Lord", written by our own Leon Sanderson's father. She is a fan of the New York Yankees and loves ice cream. Her favorite family tradition was singing together with her parents and siblings.

Lynn has traveled to all 50 states, Russia, Ukraine and New Zealand. She collects postcards, and with that kind of travel, I'm sure she has a beautiful collection.

Her friends would describe her as loyal and helpful and her proudest accomplishment is working for the Lord.

Lynn is excited to join the Kirby Pines community and is looking forward to joining some exercise classes and walking her dog to stay active.

Let's give Lynn a warm Kirby welcome and perhaps join her on a walk or in the dining room and make her feel right at home.



Jim & Joy Coleman

Jim and Joy Coleman were born right here in Memphis, Tennessee and moved to Kirby Pines from their home in East Memphis. They have been married for 62 years.

Jim attended Memphis State, Union University and Southern Seminary in Louisville. He studied history, voice and seminary. He has been a teacher, worked in sales and as a sales manager and has been a choir director and minister of music. Joy also attended Memphis State where she received a bachelor degree in mathematics in 1960 and received her masters in the same in 1971. She spent her career teaching and as a data analyst and SE analyst.

Jim's hobbies consist of golf, singing with the Gary Beard Chorale and Lindenwood Christian Choir, flying and traveling. The two of them have been to all of the US states except Alaska. Joy likes to sing, read, work with children and adults through church and travel as well - both enjoy elder-hostels.

To stay active, Joy enjoys exercise classes and yoga. She collects books, butterfly jewelry, paper dolls and Belleek porcelain. Her friends describe her as sociable and caring and she is a deacon and elder at Lindenwood Christian. Jim does a cardiac rehab routine using a treadmill and exercycle. He collects kaleidoscopes and music CDs and his proudest accomplishment is marrying Joy!

Let's give this accomplished couple a big hearty hello and welcome them with open arms. I'm sure they will quickly make new friends and join in all we offer.

BE MORE FLEXIBLE **STRETCH!**



Stretching helps ease joint pain and muscle aches and also improves mobility, flexibility, coordination, and circulation. On top of the physical benefits, it also reduces stress and boosts mood. Chair exercises like stretching are perfect for seniors because they can be adapted for physical limitations, minimize the risk of injury due to falls, and still give health benefits. The only equipment needed is a sturdy, non-slip chair. Chair Yoga, Strength Training and Yoga Stretch are classes led by Kim Roberts and use a variety of stretches to help with flexibility.

Gaining flexibility takes time. Go slowly, and listen to your body. One stretch doesn't fit everyone, but there are many variations. For example, if you can't sit on the floor to stretch your thighs, try a standing thigh exercise. As you improve flexibility, you'll be able to reach farther with the same stretch—or try different stretches for the same muscle.

Other tips to keep in mind:

Warm up by walking in place for five minutes. This will prepare your heart, muscles, and joints for activity.

Never force a stretch. Don't bounce or jerk to get deeper into a stretch. Smooth, gentle movements are safer.

Don't lock your joints. Your arms and legs can be straight while stretching, but they shouldn't be stiff. If it's more comfortable, bend your elbows and knees slightly.

Keep breathing. Like your movements, your breath should be slow and steady. Hold your stretch for 30-45 seconds.

Aim to stretch every day. Try it for 10 to 15 minutes a day, at least three days a week. Stretch each muscle group three to five times each session.

Ultimately, flexibility is about enjoying your life. By increasing your range of motion, you'll be less prone to injury while exercising, traveling, or playing with your grandkids. You'll feel less stiff and more comfortable going about everyday activities like walking, lifting, bending, and even driving. You'll improve your posture, circulation, and balance while relieving pain and stress.

“It does not matter how slowly you go as long as you do not stop.” – Confucius



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





Mindfulness is the capacity to perceive our world clearly, without adulteration or manipulation.

BRR | BROAD RIVER REHAB

Mindfulness: an active awareness of the present moment, acknowledging feeling, thoughts, and body sensations. Mindful activities can improve brain health, reduce anxiety, and improve overall wellbeing. Mindfulness has 3 elements intention, attention, and attitude.

Mindful Walking

Use all your senses to provide you information when walking. When we are able to slow our movements and become more aware of our environment we can reduce the likelihood of falls and injury.

What are you seeing as you walk. This could be uneven surface, bumps, thresholds, various items that have fallen or been dropped on the ground. Being aware of your surroundings can prevent slips, trips, and falls.

What do you hear when walking. Other people, machine equipment, animals, cars, etc. Often time sudden movements in our pathway may startle us and cause us to lose our balance, being aware of various sounds can help you prepare for incoming movements needed to stay safe.

What do you smell when you are walking. Is something burning, are fresh cookies being made, can you

smell a rainstorm starting. Using our sense of smell can alert us to dangers when walking or lead us to a place where activities are being done at.

What do you feel when walking. Does your balance feel like its not the same, do you feel lightheaded or dizzy when you are walking, when you step can you feel your foot making contact with the ground. What you feel when walking, moving or changing position is called proprioception. This occurs when are sensory and motor neurons in the muscle, joints, and tendons are activated and provide as information on our movement. If our sensory system does not match the motor demands, we are at higher risk for falls.

Role of Therapy

Vision – occupational therapists can provide environmental modifications to help with low vision and reduce falls and help to retrain your eye movements to enhance your visual scanning abilities.

Proprioception – physical and occupational therapists can provide retraining of your sensory and motor systems to enhance your ability to stabilize and move within your environment.

EXQUISITE CUISINE

Thursday, January 23, 2025



FRUTTI DI MARE – "FRUIT OF THE SEA"

Your choice of Pan-Seared Scallops or Parmesan Crusted Halibut served with Mushroom Risotto, Roasted Green Beans, Cherry Tomatoes and Herbs.



LOBSTER BISQUE

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



RAW BAR SALAD

Lump Crab, Shrimp and Oyster with Lettuce, Cucumber & Cheeses. With choice of Dressing.



TROPICAL PINEAPPLE CAKE

Light and refreshing Tropical Pineapple Cake to end the evening on a perfect sweet note.

CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7302



Resident Spotlight: Marjorie "Jan" Thomson

Jan entered Bessie Tift College for women in Forsyth, Georgia, majoring in English as well as Speech and Drama. Midway during her junior year, she transferred to the University of Tennessee (UT) in Knoxville. On a Christmas break in 1951, Jan returned to El Paso to visit relatives. She was excited to be wearing an engagement ring she had just acquired from "Mr. Georgia." A former high school friend intervened and introduced Jan to "Mr. Right." According to Jan, "After four days, I was 'sunk' and decided to return the ring." After returning to Knoxville, she and her new love, Dudley Thomson, had a long distance romance with only a few weekends together before their wedding. They were married in 1952 as soon as Jan graduated from UT.

The newly married couple's first move was to New York for Dudley's job on Wall Street. During their 47 years of marriage, they lived in 14 different cities due to Dudley's auditing business. Jan and Dudley became parents to four children, Teri, Tim, Tobin, and Traci, all of whom have had successful lives and careers. The "Terrific T's" have also blessed Jan with 12 grandchildren and 12 great grandchildren. Sadly, following a long illness, Dudley passed away in 1999.

While living in Nashville, Tennessee, and with all the children in school, Jan decided to re-enter college for a master's degree in Library Science at George Peabody College, a part of Vanderbilt University. Finally, the last move was to Memphis in 1962. Jan became employed by the Memphis School System, teaching classes for 28 years; retiring in 1999. Since moving to Memphis, Jan has been a member of the Presbyterian Church. Currently, she is a member of Germantown Presbyterian.

Throughout all her moves, Jan has found a way to be involved in theater groups and organizing speech and drama with children and adults. In Memphis, she discovered church drama and has worked in that capacity for several years.

Following retirement and the death of Dudley, Jan began to think of finding a place to live before her children were required to care for her. "My friend Mary Blanch Scott lived at Kirby Pines," recalls Jan. "I visited and found a wonderful library, theater for movies, hand work, bridge, entertainment, wonderful people and staff. I saw here a way to combine all the things I love." Jan and her church friends who live at Kirby have a strong bond and are affectionally known as "the Presbyterian Ladies."

The need to create seems to be embedded in the DNA of people, seemingly stronger in some more than others. When a creative surge is directed toward activities that will please or entertain others, it comes from the heart rather than a selfish endeavor. Such would describe Jan Thomson's talent and creativity.

Written by Joan Dodson, Resident of Kirby Pines

BORN TO TAKE THE STAGE

She was taken to Hollywood when she was five years old to audition for the movies. When told that "Shirley Temples were a dime a dozen," she returned home but never lost her love of drama. Wherever she has lived, Jan Thomson has found ways to be involved in creative works.

Following her move to Kirby Pines in 2015, Jan became involved in creating "off-Broadway" productions for the entertainment of others. Originally, she and several friends took "shows" to the medical areas of Kirby Pines. Eventually, she combined her creative ideas with the music of the Entertainers Chorus. Together, they are known as "Theatre in the Pines." Jan has written and produced three versions of Broadway shows as well as three large Christmas programs. Her scripts sometimes involve as many as 20-30 actors along with the chorus.

Marjorie Ann (Jan) Neely was born in a hospital in El Paso, Texas, in 1931. Her grandfather objected to her name, and it became Marjan and eventually Jan. Her family lived on a remote homestead ranch, along with other relatives, 87 miles from El Paso. According to Jan, Texas was still "wild and wooly" at that time, but life was good despite the depression the country was experiencing. "All of our supplies had to be transported over the 87 miles on a largely dirt road," recalls Jan. "We had no electricity until 1945, and eventually one house acquired a telephone. But as children, we would grow up free and unsupervised." School life was difficult after completion of the eighth grade in a one room school house. The nearest high school was in El Paso. One of the mothers on the ranch would rent an apartment in El Paso for Jan and her cousins to live in for them to attend school during the week. They would return to the ranch for week-ends and holidays.

During the war years, Jan's father was in Navy intelligence, and the family moved often, requiring a frequent change of schools. When the war was over, the family was living in a small town in Georgia. Due to a re-alignment in that school from 11 to 12 grades, and having just moved there, Jan became the only 12th grade student. That was a lucky break as she was declared valedictorian and was awarded a scholarship to college!



Jan At Age 4

10 Ideas for New Year's Resolutions for Seniors.

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

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

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

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

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

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

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

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

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

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

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

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

Kirby Pines offers many options to help achieve your New Year's goals. Whether it's a new exercise class, dancing, playing cards, wood-working, cornhole, billiards, art class, volunteering, etc. or joining a club; book baggers, garden gro'ers, writer's group, photo club and more, there are ways to meet new people, learn new things and enrich your life in 2025 - **HAPPY NEW YEAR!**

Congratulations to our **CHAMPION of the Month**

Executive Assistant

PAM SHATRAW

Describe Your Family: Very close knit - loving and sports minded.

Describe yourself in five words: Caring, sincere and humorous at times.

What do you do for fun: Shopping, gardening in the summer & baking. **Pets:** 2 dogs, Max & Teddy.

Do you have any hobbies: I collect cookie jars, really enjoy baking & love the Pittsburgh Steelers!

What is your favorite thing about your job: Helping in different areas of the community & learning.

Your favorite food: I love Italian. **Your favorite song:** Freebird by Lynyrd Skynyrd.

What is something you are proud of: My sons and step-children. All are college grads & doing well!

What would you like people to know about you: I enjoy being busy and helping others.



Aside from being the most dedicated and efficient Executive Assistant I have ever worked with, she has...Dedicated a huge amount of personal time and energy to updating and supplying the Gift Shop. Volunteers her personal time to volunteer for all special events. Acts as MOD. Her decision making skills are commensurate with a Director. She provides support to All Departments. She engages with Residents and families well. She has been able to defuse conflict between Residents. And she's a great caring person!

- Michael Brown, Executive Director

REFLECTIONS

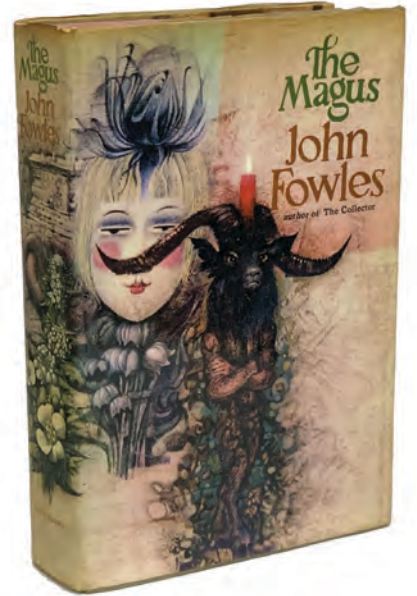
By
Maxie Dunnam



AUTHOR JOHN FOWLES

“The most important questions in life can never be answered by anyone except oneself.”

- John Fowles,
The Magus



OUR PILGRIMAGE: A NEW RACE

It poured rain the day I left. But I was filled with excitement, a strange exuberant sense of taking wing. I didn't know where I was going, but I knew what I needed. I needed a new land, a new race, a new language; and although I couldn't have put it into words then, I needed a new mystery.

These are the words of a young man named Nicholas in *The Magus*, a novel by John Fowles. Nicholas is starting out on what is to be a totally new life, and this is the expression of his feeling.

His words have become a kind of theme song for my spiritual pilgrimage. It burrowed its way into my soul not long ago when I had to make a vocational decision.

It happens. As Christians, we are not permanent residents. We are pilgrims. Paul made that clear to the Galatians. They were arguing about doctrine and Christian practice. Paul spared no word: *“Circumcision is nothing; uncircumcision is nothing; the only thing that counts is a new creation”* (Ga.6:15 NEB).

Let's claim it and live it more intentionally this new year.



From the 1968 film, **The Magus**, starring Anthony Quinn, Michael Caine and Candice Bergen

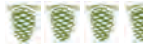
January Vesper Services | 6:30pm | Performing Arts Center

January 2 Leon Sanderson Hymnal Dedication Retired Church of Christ	January 9 Jonathan Matthews Minister of Worship Redeemer Evangelical	January 16 Rev Dennis Neenan Congregational Care Minister St. Luke's UMC	January 23 Rev Chris Hodges Pastoral Care Minister Bellevue Baptist	January 30 Rev Dr Birgitte French Senior Pastor Colonial Park UMC
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MEET ME AT



SINGIN' IN THE RAIN (1952)



Friday, January 3 | 1:30 pm
Saturday, January 4 | 6:30 pm
Sunday, January 5 | 6:30 pm

Cast: Gene Kelly, Debbie Reynolds, Donald O'Connor, Jean Hagen

When the transition is being made from silent films to `talkies', everyone has trouble adapting. Don and Lina have been cast repeatedly as a romantic couple, but when their latest film is re-made into a musical, only Don has the voice for the new singing part. After a lot of practice with a diction coach, Lina still sounds terrible, and Kathy, a bright young aspiring actress, is hired to record over her voice.

THE SUM OF ALL FEARS (2002)



Saturday, January 4 | 1:30 pm
Cast: Ben Affleck, Morgan Freeman, Bridget Moynahan, Liev Schreiber

The Sum of All Fears is a 2002 American spy thriller film directed by Phil Alden Robinson, based on Tom Clancy's 1991 novel of the same name. The film, which is set in the Jack Ryan film series, is a reboot taking place in 2002.

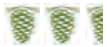
DANNY COLLINS (2015)



Sunday, January 5 | 1:30 pm & 4:00 pm
Cast: Al Pacino, Annette Bening, Bobby Cannavale, Jennifer Garner

An aging rocker decides to change the course of his life after receiving a long-undelivered letter from the late John Lennon.

HANOVER STREET (1979)



Friday, January 10 | 1:30 pm
Saturday, January 11 | 6:30 pm
Sunday, January 12 | 6:30 pm
Cast: Harrison Ford, Lesley-Anne Down, Christopher Plummer, Richard Masur

David Halloran, a US pilot, finds himself in the arms of nurse Margaret Sellinger. Although she's married, the pair start an affair. Then, Halloran is given a mission - to fly secret agent Paul Sellinger, Margaret's husband, on a mission into the heart of Oc-

cupied France. Neither knows of the other's love for Margaret until, downed and on the run, Paul learns of the affair and must choose between his wife and his mission.

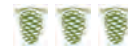
RED (2010)



Saturday, January 11 | 1:30 pm
Cast: Bruce Willis, John Malkovich, Helen Mirren, Morgan Freeman

After surviving an assault from a squad of hit men, retired CIA agent Frank Moses reassembles his old team for an all-out war. Frank reunites with old Joe, crazy Marvin and wily Victoria to uncover a massive conspiracy that threatens their lives. Only their expert training will allow them to survive a near-impossible mission -- breaking into CIA headquarters.

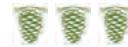
OLIVER TWIST (2005)



Sunday, January 12 | 1:30 pm & 4:00 pm
Cast: Ben Kingsley, Barney Clark, Harry Eden, Mark Strong

An adaptation of the classic Dickens tale, in which an orphan meets a pickpocket on the streets of London. From there, he joins a household of boys who are trained to steal for their master.

VIVA LAS VEGAS (1964)



Friday, January 17 | 1:30 pm
Saturday, January 18 | 6:30 pm
Sunday, January 19 | 6:30 pm
Cast: Elvis Presley, Ann-Margaret, Cesare Danova, William Demarest

All musically gifted race-driver Lucky Jackson wants in Las Vegas is to score enough money for a new car motor so he can win the Grand Prix. When he encounters sexy swimming instructor Rusty, he considers staying around longer. After Lucky loses his winnings in the hotel pool, he's forced to remain in Vegas long enough to win back his dough -- but now he also wants to win the Rusty's heart. Unfortunately, so does his slick racing enemy, Elmo.



THE MOVIES



PARADISE ROAD (1997)



Saturday, January 18 | 1:30 pm

Cast: Glenn Close, Cate Blanchett, Frances McDormand, Pauline Collins

A group of foreign women -- including an educated British musician, an Australian nurse and an American socialite -- leave Singapore during World War II. When their boat is attacked, they wash up in Japanese-occupied Sumatra and end up in a POW camp. Conditions there are grim, with prisoners brutally punished for minor violations. But the captives soon decide to form a singing group that just may lift these very different women out of misery.

HOMETOWN LEGEND (2002)



Sunday, January 19 | 1:30 pm & 4:00 pm

Cast: Nick Cornish, Lacey Chabert, Terry O'Quinn, Ian Bochen

A teenage drifter finds an opportunity to turn his life around when he joins a high-school football program in Alabama with a legendary coach. Together they help bring the team back to glory along with pride and tradition back to the town.

THE DOLLMAKER (1984)



Friday, January 24 | 1:30 pm

Saturday, January 25 | 6:30 pm

Sunday, January 26 | 6:30 pm

Cast: Jane Fonda, Nikki Creswell, Geraldine Page, Levon Helm

During World War II, hard-luck farmer Colvis Nevels leaves his rural Kentucky home to take a factory job in bustling Detroit. Reluctantly accompanying Colvis is his long-suffering wife, Gertie, a talented woodcarver set in her traditional ways. When the perils of city life and Colvis' reckless squandering of money send the Nevels into precarious financial straits, Gertie starts a business making hand-carved dolls in order to provide for her family.

HOLLYWOOD HOMICIDE (2003)



Saturday, January 25 | 1:30 pm

Cast: Harrison Ford, Josh Hartnett,

Ron Shelton, Isaiah Washington

After music mogul Antoine Sartain's rappers are murdered, Sgt. Joe Gavilan and police Detective K.C. Calden start to investigate. Initially distracted -- Joe by his real estate transactions, K.C. by his acting aspirations -- the partners pull together when internal affairs officer Bennie Macko starts hounding Joe. The two men prove skilled at police work, but they'll also need help from Joe's psychic gal pal.

IN LOVE AND WAR (1996)



Sunday, January 26 | 1:30 pm & 4:00 pm

Cast: Sandra Bullock, Chris O'Donnell, Margot Steinberg, Mackenzie Astin

In 1918, 18-year-old Ernest Hemingway signs up for service in World War I. After a bomb goes off on the front line, filling his leg with shrapnel, Hemingway is transported to a hospital, where he begs Dr. Domenico Caracciolo not to amputate. Under the care of 26-year-old Austrian nurse Agnes von Kuroswky, Hemingway slowly recovers. The two begin an affair, but Agnes is torn between the immature young man and the more stable Caracciolo.

THE MANCHURIAN CANDIDATE (1962)



Friday, January 31 | 1:30 pm

Saturday, February 1 | 6:30 pm

Sunday, February 2 | 6:30 pm

Cast: Frank Sinatra, Laurence Harvey, Angela Lansbury, Janet Leigh

Near the end of the Korean War, a platoon of U.S. soldiers is captured by communists and brainwashed. Following the war, the platoon is returned home, and Sergeant Raymond Shaw is lauded as a hero by the rest of his platoon. However, the platoon commander, Captain Bennett Marco, finds himself plagued by strange nightmares and, together with fellow soldier Allen Melvin, races to uncover a terrible plot.

KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= GREAT

= PERFECT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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) **5**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: Danny Collins (Thtr)
 4:00 pm ● Movie: Danny Collins (Thtr)
 4:15 pm ● *Evensong at Calvary Episcopal (Trans)*
 6:30 pm ● Movie: Singin' In the Rain (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **6**
 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)
 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) **7**
 9:00 am ● Dr. M Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Women's Bible Study (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 10:45 am ● *Lunch Bunch: River Oaks (Trans)*
 1:00 pm ● Billards Group (Billard Room)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: Count of Monte Cristo (Thtr)
 1:30 pm ● Bunko (SCR)
 6:30 pm ● Movie Count of Monte Cristo (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **8**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 10:30 am ● Garden Gro'ers (Greenhouse)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● 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: Hidden in Silence (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Hidden in Silence (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **9**
 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)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Man on the Inside (Thtr)
 2:00 pm ● *Resident Association Meeting (PAC)*
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **10**
 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: Hanover Street (Thtr)
 6:00 pm ● *Music: Oscar Sueing (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **11**
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Advanced Line Dancing (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Red (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:15 pm ● Trivia Group (Ante Room)
 6:30 pm ● Movie: Hanover Street (Thtr)

8:00 am ● Church of Christ Service (Chapel) **12**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: Oliver Twist (Thtr)
 4:00 pm ● Hymn Sing with Leon (Chapel)
 4:00 pm ● Movie: Oliver Twist (Thtr)
 6:30 pm ● Movie: Hanover Street (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **13**
 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) **14**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Chronic Disease Management (Ante)
 10:00 am ● Women's Bible Study (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: Reagan (Thtr)
 1:30 pm ● Bunko (SCR)
 3:45 pm ● Birthday Dinner (Dining)
 6:30 pm ● Movie: Reagan (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **15**
 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)
 11:00 am ● Chair Yoga (PAC)
 11:00 am ● *Almost Elton John (Trans)*
 11:30 am ● Episcopal Service (Chapel)
 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: The Straight Story (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: The Straight Story (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **16**
 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)
 10:30 am ● *Book Sale (Library)*
 1:00 pm ● Walmart, Costco, & Banks (Trans)
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Dr. Abutineh MD (WC)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● *Travelers Reinvented Party (LCR)*
 1:30 pm ● TV Series: Man on the Inside (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **17**
 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)
 10:30 am ● *Book Sale (Library)*
 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: Viva Las Vegas (Thtr)
 6:00 pm ● *Music: Brazil (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **18**
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Advanced Line Dancing (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Paradise Road (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 6:30 pm ● Movie: Viva Las Vegas (Thtr)

8:00 am ● Church of Christ Service (Chapel) **19**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: Hometown Legend (Thtr)
 4:00 pm ● Movie: Hometown Legend (Thtr)
 6:30 pm ● Movie: Viva Las Vegas (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **20**
 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 ● Travel Series: The Alps (Thtr)
 6:00 pm ● Mexican Train Dominos (LCR)
 6:00 pm ● BINGO (PAC)

8:30 am ● Men's Water Aerobics (Pool) **21**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Chronic Disease Management (Ante)
 10:00 am ● Women's Bible Study (Chapel)
 10:30 am ● Cardio Move & Strength (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● Movie: Worlds Fastest Indian (Thtr)
 1:30 pm ● Bunko (SCR)
 3:00 pm ● KP Photo Club (LCR)
 6:30 pm ● Movie: Worlds Fastest Indian (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **22**
 9:00 am ● *Travelers: Civil Rights Museum (Trans)*
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● 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: It Ends with Us (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: It Ends with Us (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **23**
 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)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Man on the Inside (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **24**
 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)
 12:30 pm ● *Blues City Thrift Store (Trans)*
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm ● Movie: The Dollmaker (Thtr)
 6:00 pm ● *Music: Davy Ray Bennett (PAC)*

8:00 am ● Men's Christian Fellowship (LCR) **25**
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Advanced Line Dancing (PAC)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: Hollywood Homicide (Thtr)
 2:30 pm ● Ballroom Dancing (PAC)
 5:00 pm ● *Burns Night (PAC)*
 6:15 pm ● Trivia Group (Ante Room)
 6:30 pm ● Movie: The Dollmaker (Thtr)

8:00 am ● Church of Christ Service (Chapel) **26**
 10:00 am ● Worship Service (PAC)
 1:00 pm ● Billards Group (Billard Room)
 1:30 pm ● Movie: In Love and War (Thtr)
 4:00 pm ● Movie: In Love and War (Thtr)
 6:30 pm ● Movie: The Dollmaker (Thtr)

8:00 am ● Get Physical with Kim (Oasis) **27**
 9:00 am ● *Travelers: Pompeii Exhibition (Trans)*
 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) **28**
 9:00 am ● Dr. Abutineh MD (WC)
 9:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Book Baggers: (Chapel)
 9:30 am ● Chronic Disease Management (Ante)
 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: Mary (Thtr)
 1:30 pm ● Bunko (SCR)
 6:30 pm ● Girls Night: Driving Miss Daisy (Thtr)

9:00 am ● Get Physical with Kim (Oasis) **29**
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Pinecone Painters (A&C)
 11:00 am ● Chair Yoga (PAC)
 1:00 pm ● 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: Secretariat (Thtr)
 2:00 pm ● Ballroom Dancing (PAC)
 6:00 pm ● Wednesday Bridge Group (LCR)
 6:30 pm ● Movie: Secretariat (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **30**
 9:30 am ● Advanced Water Aerobics (Pool)
 10:00 am ● Bible Study with Dave Phillips (Chapel)
 10:00 am ● Kroger & Banks (Trans)
 10:30 am ● Cardio Move & Strength (PAC)
 11:00 am ● *Travelers: Janice Wall Amazon (Chapel)*
 1:00 pm ● Walmart, Costco, & Banks (Trans)
 1:00 pm ● Billards Group (Billard Room)
 1:00 pm ● Dr. Abutineh MD (WC)
 1:15 pm ● Line Dancing (PAC)
 1:30 pm ● TV Series: Man on the Inside (Thtr)
 6:30 pm ● Vespers (PAC)

8:00 am ● Get Physical with Kim (Oasis) **31**
 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: Manchurian Candidate (Thtr)
 2:00 pm ● *Art Opening (PAC)*
 6:00 pm ● *Music: Graham Winchester (PAC)*



January 2025 EVENTS

Jan 1: Get Physical with Kim

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

Jan 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.

Jan 1: Group Exercise

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

Jan 1: Catholic Services

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

Jan 1: 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.

Jan 1: Chair Yoga

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

Jan 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!

Jan 1: Needle Arts Group

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

Jan 1: Mah Jongg

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

Jan 1: 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.

Jan 1: Game Play Group

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

Jan 1: The Mummy

Serving in the French Foreign Legion accidentally awakens a mummy who begins to wreak havoc as he searches for the reincarnation of his long-lost love. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 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.

Jan 1: 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.

Jan 2: Bible Study with Dave Phillips

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

Jan 2: Cardio Move & Strength

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

Jan 2: Medical Director Dr. Mike Abutineh MD

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

Jan 2: 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!

Jan 2: Series: Man on the Inside

A retired professor gets a new lease on life when a private investigator hires him to go undercover inside a San Francisco retirement home. Series will play every Thursday in the Theatre starting at 1:30 pm.

Jan 3: Strength Training

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

Jan 3 & 17: Cornhole Club

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

Jan 3: 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.

Jan 3: Alex Nollan

We are excited to welcome back the very talented pianist, Alex Nollan. From composing the music for his own albums to playing with the grandson of famous pianist Sergei Rachmaninoff, Alex has garnered many opportunities and accolades in his young career. He is well known for his renditions of both classical and jazz. Please join us in the PAC starting at 6:00 pm.

Jan 4: Men's Christian Fellowship

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

Jan 5: Church of Christ Service

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

Jan 5: Worship Service

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

Jan 5: Evensong at Calvery Episcopal Church

Join us as we head to the Cavalry Episcopal Church to join in their monthly Evensong. Hear a traditional Anglican choral liturgy and hear a service following the Book of Common Prayer. Please sign up with Resident Programs, transportation is \$5. We will gather in the lobby at 4:15 pm.

Jan 6: Hobby Pines Group

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

Jan 6: Poetry & Writing Club

The Writing and Poetry Group meets the first Monday of every month at 10:00 am in the LCR. For this month's assignment has 2 prompts. "You arrive at work to find all the items in your cube packed up in a box. There is no note, and you have no idea what is going on", write this scene. "You are riding in a elevator when the power goes out. The situation takes a turn when the pregnant woman next to you goes into labor", write this scene. We will meet for an hour and share our writings with everyone.

Jan 6: 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.

Jan 7: 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.

Jan 7: Lunch Bunch: River Oaks

The Lunch Bunch is starting out the new year by having Lunch at River Oaks Restaurant on Tuesday, January 7th. 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!

Jan 7: BUNKO

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

Jan 7: Count of Monte Cristo

A young man, falsely imprisoned by his jealous 'friend', escapes and uses a hidden treasures to exact his revenge Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 8: Garden Gro'ers

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

Jan 8: Hidden In Silence

Based on a true story, a courageous Catholic teenager risks her life to hide 13 Jews from the Nazis in 1940s Poland. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 9: Resident Association Meeting

The Kirby Pines Residents' Association will meet on January 9, 2025 from 2:00 pm until 3:00 pm in the Performing Arts Center. Speaker: Dr. Scott Morris, Founder and former CEO of Church Health.

Jan 10: Oscar Sueing

Please join us in the PAC at 6:00 pm for a night of music with the wonderful Oscar Sueing. You will be delighted by his renditions of gospel and jazz with his accompanying talent with the saxophone.

Jan 11 & 25: 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.

Jan 12: 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.

Jan 14: Chronic Disease Management Program

We are bringing back the Chronic Disease Management Program to Kirby. This free 6-week workshop will help adults who suffer from chronic illnesses and or their caregivers in how to navigate care and day-to-

day management. All those who finish the course are rewarded with a gift card, place may vary. The classes will begin Tuesday, January 14th in the Ante Room starting at 9:30 am. If you are interested, please sign up with Resident Programs.

Jan 14: 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.

Jan 14 & 28: Afternoon Bridge

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

Jan 14: Reagan

The life story of President Ronald Reagan from childhood to stardom to the oval office. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 15: Caregiver Support Group

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

Jan 15: Almost Elton John

Let's go to Theatre Memphis to see "Almost Elton John" on Wednesday, January 15th. We will enjoy lunch at Soul Fish Café, prior to the performance. Lobby time is 11:15 am. Tickets are \$7 and the transportation fee is \$5. Sign up in resident programs. Don't forget your lunch money!

Jan 15: 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.

Jan 15: The Straight Story

Alvin Straight, a 73-year-old, learns that his estranged brother, Lyle, is critically ill. Unable to drive, Alvin embarks on a journey to Mt. Zion by riding a lawn mower. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 16 & 17: Book Sale

Come one, come all to our Kirby Pines Book Sale! This 2-day event will be set up outside of the Library on January 16th & 17th. Times are from 10:30 am - 1:00 pm & 2:30 pm - 4:30 pm. See Marsha Greiner if you have any questions.

Jan 16: Travelers Reinvention

Hello Traveler's! We are having a party to reinvent our travelers group! Bring your fresh ideas, love of learning, and desire for adventure. We are asking the questions "Where do YOU want to go?" & "What do YOU want to do?". Join us for an afternoon of fun in the LCR on Thursday, January 16th at 1:30 pm. Can't wait to see you there to start planning 2025.

Jan 17: Brazil

The man with the hat is back. Beloved amongst our residents we are delighted to have the talented Brazil back to perform. Brazil is well known for his covers of many of our favorite artists from Elvis to Sinatra. You don't want to miss out on this talented musician. He will begin the PAC at 6:00 pm.

Jan 20: Smith Jewelers

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

Jan 20: Tech Time

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

Jan 20: European Travel Series

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

Jan 21: World's Fastest Indian

The story of New Zealander Burt Munro, who spent years rebuilding a 1920 Indian Motorcycle, which helped him set the land speed record at Utah's Bonneville Salt Flats in 1967. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 21: 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!

Jan 22: Travelers: Civil Rights

Hop on board, the travelers are going to the National Civil Rights Museum. Built

out of the Lorraine Motel and other local historic buildings, the museum holds a trove of information about the complex history of Civil Rights in America from the 17th century to the present. After we will enjoy some southern cooking at Sugar Grits. Tickets for the museum are \$18 and transportation is \$5. Lobby time is 9:00 am.

Jan 22: It Ends With Us

A florist falls for a seemingly charming heart surgeon as her past and present collide. Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 24: Blues City Thrift Store

After many requests, we are setting up transportation to shop at Blue City Thrift Store. Let's shop til we drop (or until you are ready to come home) on Friday, January 24th. Lobby time is at 12:30 pm. Sign up in Resident Programs. Transportation fee is \$5. Don't forget your wallet.

Jan 24: Davy Ray Bennett

Join us in the PAC for an evening of guitar and classic rock-n-roll with Davy Ray Bennett. He's been involved in the music scene in Memphis for many years, playing at some of the hottest spots in town including The Peabody Hotel and Lafayette's Music Room. He'll have you swinging and a singing starting at 6:00 pm.

Jan 25: Burns Night

More than 2500 Burns Night supers will be celebrated around the world. The Memphis Scottish Society will celebrate their dinner in the PAC on January 25th from 5:00 pm to 9:00 pm. Included will be a four-course dinner, including Haggis. Main course is a choice of salmon or beef. There will be lots of entertainment: bag pipes, Scottish dancers, toasts to the Lads and Lassies, and a tribute to Robert Burns. Cost including tax and tips is \$80 per person. Reservation forms are at the front desk or call Jeanette Martin (901)351-5230.

Jan 27: Travelers: Pompeii

The Graceland Exhibition Center is hosting a one-of-a-kind exhibit about the history and destruction of the city of Pompeii. Join us for this fascinating trip through history and get an up-close look into the lives of the citizens through preserved artifacts including a cast of some of the victims. After we will have lunch nearby at Vernon's Smokehouse. Tickets will be \$22.50 and transportation is \$5. Sign up with Resident Programs. We will

meet in the lobby at 9:00 am.

Jan 28: The Book Baggers

Join us Tuesday, January 28th at 9:30 am, in the Chapel as we settle into another year of discovering new books and revisiting our favorites. Our own Phyllis Petersen will be sharing information regarding "The Lion, The Witch, and the Wardrobe" written by C. S. Lewis. Along with our read, you might be interested in seeing the 1998 movie, "Shadowlands" which deals with the life of C. S. Lewis. Check the calendar in the Pinecone for show times.

Jan 28: Mary

The Journey leading to Jesus' birth unfolds through his mother's eyes in this rousing biblical epic. Showtime is at 1:30 pm in the Theatre.

Jan 28: Girls' Night Out

Calling all KP women: Come join the "girls" enjoying a night together watching the classic, "Driving Miss Daisy". No matter how many times we see this movie it brings laughter and tears. We gather in the theater at 6:15 PM for a time just for "girls" to share an evening.

Jan 29: Secretariat

A housewife becomes the unlikely owner of a racehorse, then risks it all to make him a champion Showtimes are 1:30 pm & 6:30 pm in the Theatre.

Jan 30: Travelers: The Amazon

Kirby Pine's own Janice Wall will be giving a presentation on her recent adventure to the Amazon Rain Forest. Please join us in the chapel starting at 11:00 am for this fascinating lecture.

Jan 31: Art Opening

Join us in the PAC at 2:00 pm to hear from our local artists here at Kirby, see their new work. Refreshments will be served throughout.

Jan 31: Graham Winchester

Memphis native Graham Winchester has had a hand in many facets of the music community here in Memphis. From being a tour guide at Sun Studio, to playing with a multitude of local bands, to even co-owning his own record label, music is an integral part of who he is. Be he playing vintage country on the guitar or classic 50s music on the piano, he is sure to be a delight here at Kirby. Join us in the PAC starting at 6:00 pm for this talented performer.

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

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS, BREAKFAST, ART & LINE DANCING



Elsie Booker celebrates her first birthday at Kirby Pines.



Pat Meiners enjoys her celebration with husband, Don.



Ray Tanner with his wife, Margaret, and friends Marian Gray, Jim Bampffield and Graeme & Anne Gee.



L-R; Marilyn Sanderson, Christine Martin and Susan Flake enjoy their biscuit breakfast, courtesy of Charlie Trammell.



John Sosh with his colorful artwork for the Art Wall.



Walter Overbey with his beautiful Christmas painting.



The Kirby Pines Line Dancers are busy, but looking forward to the holiday season.
Photo by Stuart Eyman.

PICTURING LIFE AT KIRBY PINES

CONCERT, COOKIES, BRIDGE, BOOKS & PARADE



Marty Kocman entertains.
Photo by Stuart Eyman



Sydney Wagner and Janice Wall
decorate Christmas cookies in Jackson, Tennessee.



Pat Meiners and Jo Ann Palmer win
bridge again! Photo by Steve Martin



The Book Baggers held their Christmas party and had a special guest. L-R; Jane Longfield and Phyllis Petersen, Marsha Greiner and Janice Wall with author of 1666, Lora Chilton, and Janet Reeves.



L-R; Marilyn Wray - always looking great! Ginger Blount, Judy DeShaies and Bankie McCarty all lit up. Caroline Thomas with her decorated bike complete with lights, sound and garland for the Christmas Parade.

PICTURING LIFE AT KIRBY PINES

THEATER IN THE PINES CHRISTMAS SHOW



Jody Sosh lights up the menorah.
Photo by Stuart Eyman



Steve and Linda Tittle do a little dance.
Photo by Stuart Eyman



Carol Stowell & Genenne Wilson with their snowman. Photo by Stuart Eyman



David Stowell as Santa with Laura Leuenberger center stage, backed up by the Rhythm Band during their rehearsal for "The Gifts of Music" presentation. Photo by Stuart Eyman



Phyllis Petersen, Marcia Fraley and Anne Carter perform in the show together.



Genenne Wilson helps Mazie open up gifts on stage.
Photo by Stuart Eyman.

KIRBY PINES PHOTO CLUB



Bright Lights - Photo by Mary Ann Thurmond



Christmas Cactus - Photo by Jane Longfield

**Join Us January 21st
at 3:00 pm in the
Large Card Room!**

This month our
Photo Club members
were asked to take pics
of all things Christmas!



White Poinsettia
Photo by Arrena Cheek



Cruise Ship Christmas
Photo by Fred Dabrowski



Twas the Night Before Christmas
Photo by Marsha Greiner



Which List Are You On?
Photo by Diane Mullins



A Kirby Tradition
Photo by Fran Gentry



Shiny Reflections
Photo by Sheryl Maxwell



What's That In The Sky?
Photo by Carolin Thomason



View From Above
Photo by Connie Carter



Christmas Disco Ball
Photo by Sydney Wagner



White Christmas
Photo by Dale Jones



Lava Lights
Photo by Sylvia Statham

Memorials, Honorariums & Gifts

In Memory Of

MARKANNA SMALL

Donation by Mary Lee & Carl Boggs
to the Line Dancers

Donation by Bob Small
to the Line Dancers

In Honor Of

MARK MAXWELL

Donation by Kent Blake
to the Hobby Shop

Donation by Heather Hatke
to the Hobby Shop

THE LINE DANCERS

Donation by Bob Small
to the Line Dancers

Gifts To

HOBBY SHOP

Donation by Jim & Susan Flake

SUDOKU NUMBER GAME

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

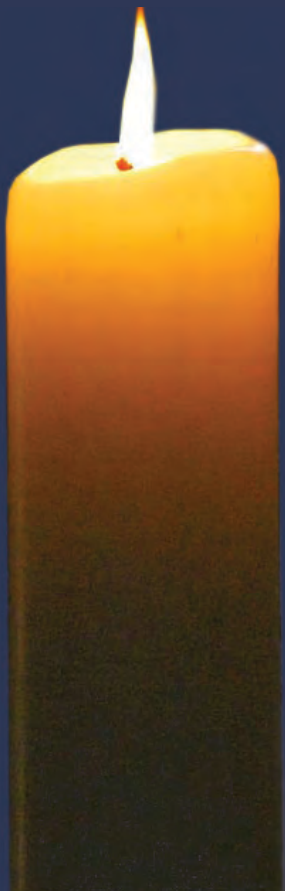
PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

ANSWERS TO PUZZLE CHALLENGE ON PAGE 17



CHRISTIE'S COIFFURES

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GOODBYE
2024

Kirby Pines
LifeCare Community

HELLO
2025



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER

