

# the PINECONE

The Magazine of Kirby Pines LifeCare Community • March 2025 | V. 43 | I.3



## **PATRICIA LATIMER**

*supporting the home  
team at FedEx Forum.*

**GO GRIZZ!!!!**

# Our Residents in the "KNOW"

Random thought, how many people remember how I started my article last month? "It's great to get the snow & cold behind us...SHOOT ME NOW!!"

Today, I want to share with you one aspect of my job that gives me great satisfaction and keeps me in the "Know!" It's meeting with the Resident Advisory Committee each week. Because this group meets weekly, we discuss the hottest topics on the minds of our Residents, as well as Management. This is one of my most productive meetings of the week! Let me take a moment to introduce our Advisory Committee Members: Chairman, Don Meiners; Communications, Christine Martin; Healthcare, Charlie Foster; Culinary, Carolyn Hladky; Resident Programs, Jody Sosh; Marketing, Linda Tittle; Move-Ins, Sydney Wagner.

Another one of the important aspects of this group is there is representation from the PSALMS Board, RCA, & Kirby leadership in every meeting. This allows direct communication which allows for quicker action or discussion.

The Resident Advisory Committee is designed to bring residents and administration together, fostering and supporting a living environment that promotes well-being, personal growth, and

## at Kirby Pines

community engagement among residents. These residents work together to help shape the lifestyle and activities at the community. A simple way to explain the role of resident volunteers is....They put their life skills to work by serving others.

Our Wing Leaders are an extension of the Advisory Committee and are a valuable part of the Resident Advisory Committee. It is through the effort of every Wing Leader, member of the Advisory committee, and management that we keep up with the pulse of the community, respond to the needs of the community, and co-participate with keeping the at large community well informed.

Let's give these people a well-deserved round of applause! Have a great March!



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

## ON THE PINECONE COVER

### March Is Full Of Opportunities at Kirby Pines!

March is such an exciting month, with spring on the way, Mardi Gras, St. Patrick's Day, March Madness, Daylight Saving Time and much more.

March 4th is Fat Tuesday and Lunch Bunch is heading to Cafe Palladio to dine. The Entertainers pay Tribute to Ireland on the 7th. Charlie Day is the 11th, featuring his famous biscuits. The Resident Association brings in a local historian on the 13th. The Travelers are busy with several outings and a presentation this month, so check the calendar for details.

Our front cover was taken downtown at FedEx Forum - home of the Grizzlies and Tigers - featuring Patricia Latimer, drumming up support for our local team. The Grizzlies are playing very well, so make sure you check the schedule on page 16, and cheer them on. Our Memphis Tigers are also playing well and fans, Andy & Barbara Sippel - on our back cover - are hoping for a strong showing in this year's NCAA Basketball Tournament. It's an exciting time for Memphis sports and Kirby Pines fans.



Andy and Barbara Sippel with Patricia Latimer in downtown Memphis by the FedEx Forum.



Retirement Companies of America

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Get to know Kirby Pines'

# NEW RESIDENTS



**Mike Semore**

Mike Semore was born in Centerville, Tennessee and moved to Kirby Pines from his home on Quince Road in Memphis. He and his late wife, Melanie were married 46 years. She passed in 2021.

Mike graduated from Freed Hardeman University in 1976 with a bachelors in arts, English, speech and music. He went on to teach for the Shelby County and Memphis City Schools for 42 years.

Mike's interests include music, singing, reading, traveling and theatre. His favorite book is Eudora Welty's "One Writer's Beginnings" and his favorite singer is Luther Vandross. Mike's interest in music came early as he was taught by his grandfather who attended the original Stamps Baxter School of Music.

Mike was honored over the years as he was recognized a Teacher of Excellence, was a member of Kappa Delta Pi and he graded AP exams in Daytona Beach for 13 years, acting as Table Leader the last three.

He collects books, enjoys walking and on a trip to Romania, he went to Transylvania and toured Dracula's Castle. His friends would describe him as studious, creative and dramatic, which makes him a perfect fit for our community.

So give Mike a big Kirby Pines welcome and invite him to sit with you at dinner or have him join one of our many entertainment groups. We couldn't be happier you chose to be part of our family.



**Jim & Mary Lou Shannon**

Jim and Mary Lou Shannon moved to Kirby Pines from their home in Oakland, Tennessee. They have been married 60 years, have two children and four grandchildren.

Jim was a Staff Sergeant in the US Army and worked as a customer service representative for MLGW for 26 years. Mary Lou got her degree in early childhood education from Memphis State in 1974. She went on to teach in the Memphis City School System for 39 years.

Jim enjoys fishing and hunting and Mary Lou likes to read and make blankets. Her favorite author is John Grisham. Both evidently are fans of John Wayne with their favorite movies being "True Grit" and "The Quiet Man". They also follow Ole Miss football & basketball.

They have traveled extensively including trips to Ireland, Scotland, Italy, a River Cruise down the Danube, New Zealand and they even won a sweepstakes at the Lakeland Outlet Mall to Australia!

Jim collects knives and Memphis in May souvenirs from the different countries. Mary Lou collects Beanie Babies and dolls. She would be described as sweet, kind, loyal, caring and a great story teller. He would be described as "Mr. Patience", but you will have to ask him why.

This outgoing couple is sure to fit in here at Kirby Pines, so if you see them out and about, give them a big hello. And when you run into Jim, don't forget to ask about his nickname.



# IMPROVE YOUR HEALTH WITH WATER AEROBICS

Staying fit is a challenge at any age. Finding the right exercise routine for your body can be a challenge, too. Balance, strength, endurance, and flexibility are key components to a good exercise program. Dealing with balance issues, osteoarthritis and knee and hip issues can make exercising difficult. A solution may be right down the hall... Water Aerobics. Here are some good reasons to join the water aerobics classes:

**Low impact:** Water places an upward force on a person. This principle known as 'buoyancy' means that you can experience as much as 90 percent less weight when in the water. This makes water exercises an ideal activity for a low impact water workout. Water aerobics allows you to perform exercises while placing very little weight on the joints opening up a new opportunity for people of all ages, and varying levels of fitness.

**Improves physical and mental health:** The natural resistance of water increases strength while keeping you cool and comfortable. Just 150 minutes of a pool workout per week can help decrease your risk of chronic illness, according to the Centers for Disease Control and Prevention. Water aerobics can improve your cardiovascular and respiratory system in the same ways as cycling or running. Water is about 800 times denser than air, so it provides about 12 times more resistance. That means the moves you do in the pool can work your entire body, particularly your arms, legs, shoulders, and core.

**Boost confidence:** Pool exercise can boost your confidence if you are intimidated by conventional exercise routines. In the water, you are mostly submerged, so no one can see if you get the moves wrong. If you are a beginner, you can build a level of fitness that you can then carry over to feel more confident when exercising on land.

**Water is naturally supportive.** If you lose your footing on land, gravity will take over and you will most likely fall and injure yourself. In water there is no need to worry about falling, water will not allow you to, and it will support you throughout all your exercises.

**Increase calorie burn.** Water also has greater resistance than air, which means walking in water requires more effort and ultimately burns more calories than walking on land. Expect to burn between 400 and 500 calories per hour in a water aerobics class, according to the Aquatic Exercise Association.

**It's a FUN way to exercise.** Being in a pool is always splashy fun. Participating in a water aerobics class not only makes you happier and healthier, it is also a great social experience where new friends are made. The forgiving water environment is effective for exercising and enjoyable. You won't get your hair or face wet. People are friendly.

Check our schedule for classes Monday through Friday and join us.



## 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





Men's health awareness is important because men often face unique health challenges and are less likely to seek medical help compared to women. Raising awareness can lead to early detection and prevention of serious health issues, ultimately improving quality of life and longevity.

## Here are some key reasons why it matters:

### Higher Risk of Certain Diseases

Men are more likely to suffer from conditions such as heart disease, prostate cancer, and high blood pressure. Awareness encourages regular check-ups and early detection.

### Mental Health Matters

Men are less likely to talk about mental health struggles, leading to higher rates of untreated depression and suicide. Promoting awareness can break stigmas and encourage seeking help.

### Preventative Care Saves Lives

Routine screenings, healthy lifestyle choices, and early intervention can prevent major illnesses. Many men avoid doctors until a condition is severe, which can be life-threatening.

### Breaking Cultural Barriers

In many cultures, masculinity is linked to toughness and self-reliance, discouraging men from prioritizing health. Awareness helps redefine strength as taking care of oneself.

### Impact on Families & Communities

When men take care of their health, they set positive examples for their families and reduce the burden on loved ones. A healthier male population benefits society.

Promoting men's health awareness can encourage proactive health management, reduce premature deaths, and foster a culture of well-being.

## How can I take charge of my health?

- Schedule regular screenings and check-ups for both physical and mental health
- When you sense there is a problem reach out to a healthcare professional
- Make healthy lifestyle modifications
  1. Eat a balanced diet and exercise for at least 150 min per week.
  2. Get adequate sleep of 7 to 9 hours per night.
  3. Stay on top of and manage your chronic conditions.
- How can therapy help?
 

*Therapist designed programs focused on*

  - a. Hydration
  - b. Sleep hygiene
  - c. Fall prevention
  - d. Heart health
  - e. Medication management
  - f. Pain management
  - g. Management of chronic conditions



If you are looking to take charge of your health, please contact the Broad River Rehab Team for guidance.

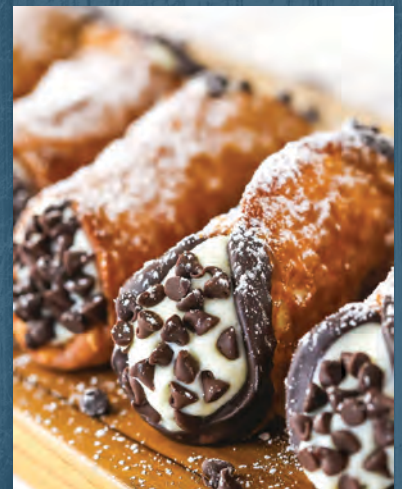
# EXQUISITE CUISINE

Thursday, March 27, 2025



## ITALIAN KITCHEN NIGHT

Your choice of Linguine topped with a classic Bolognese Sauce (meat based sauce associated with the city of Bologna) or Veal Parmigiana (breaded and fried Veal Cutlets with Tomato Sauce and Cheese). Perfectly paired Wines are available.



### MINISTRONE SOUP

A rustic Italian Soup with Vegetables, Beans & Pasta.

### PIZZA BITES & RAVIOLI

Get your taste buds going with these Italian based appetizers.

### CAPRESE SALAD

Tomatoes, Mozzarella, Fresh Basil and a Balsamic Reduction.

### CHOCOLATE CHIP CANNOLI

Fried Pastry Dough, filled with sweet, creamy Ricotta and Chocolate Chips.

**CALL FOR RESERVATIONS | SPACE IS LIMITED | 901.369.7302**



## Resident Spotlight: Terry Burke

22 years. The job involved a lot of travel as he gathered statistical data for the Neilson reports. This was great for his bachelor lifestyle.

That bachelor lifestyle would come to an end when he began to pay special attention to a beautiful red-headed widow he kept seeing at various social gatherings. Her name was Barbara Espy, and she had two children— Donna, age 11 and Michael, age 4. Terry and Barbara began a courtship and married in 1968. Together, they would have a son, Patrick. Terry says his life-style changed dramatically, but the relationship between him and his step-children was great. “They both were very loving and accepting of me,” admits Terry. Unfortunately, both Donna and Michael died prematurely of heart disease.

However, in the early years, because of financial need, Terry thought he needed to find a way to increase the family income. He first tried a restaurant, but it was a failure. He then started a dry cleaning business, Kirby Parkway Cleaners, which offered many challenges and was near failure when a friend advised Terry and encouraged him with suggestions. Fortunately, with adjustments, and with family members as staff, the business succeeded and provided a good income for the next 40 years! Terry retired from the business in 2017.

The Burke’s were able to travel extensively, even prior to retirement. “Since it was a family business, Barbara and I felt comfortable taking time away; leaving everything in competent hands,” remembers Terry. One of their more memorable trips included a submarine ride that took them down 100 feet. “It was unbelievably beautiful to see the creatures of the deep,” states Terry. However, their most memorable trip was being in New York City and, on their last night there, dining in a restaurant under the Brooklyn Bridge. That was on September 10, 2001. The next day, not knowing about the events that occurred earlier that day, they packed to leave but were, of course, unable to leave New York. Terry and Barbara walked to 42nd and 5th streets and witnessed the destruction of the twin towers amid the smoke and dust. They happened to stand next to a gentleman who was very distraught. “My father was on the 32nd floor of that building,” cried the man. “I was at a loss for words,” admits Terry. “And, it was certainly something I will never forget.”

When Barbara began to have falls and memory problems, Terry realized he would need to find a suitable place for her care. With their son’s suggestion, they investigated Kirby Pines and made the decision to move here in 2021. A short time later, it was necessary to move Barbara to the Manor. Sadly, she died in 2023. Terry says, “She had good care there.”



**Barbara & Terry**

Terry loves to read and enjoys the weekly visits with son, Patrick. He has three grandchildren who are also close by. He is a member of St. Louis Catholic Church and attends the weekly Catholic service at Kirby Pines. He also takes advantage of the exercise and yoga classes offered here. “We made the right choice to move here,” states Terry. “I am happy!”

*Written by Joan Dodson, Resident of Kirby Pines*

### PROUD TO BE AN IRISHMAN

“I’m 50 percent Irish,” proudly proclaims Terry Burke. Like many European Americans, Terry’s ancestry is rooted in Ireland; his father and paternal grandparents were 100% Irish. Also, according to genealogy research, the name Burke is associated with nobility in 12th century Ireland, so Terry has reason to be proud.

Terry was born in 1928 in Cedar Rapids, Iowa, at the beginning of the Great Depression. His brother joined the family six years later. Terry started kindergarten at age four and remembers a happy childhood, spending a great deal of time on his grandparent’s farm. This farm also provided a good food source for the family during the Depression years. The one hardship Terry recalls is that between his first and eighth grades of school, his parents moved to eight different cities in Iowa due to his father’s employment in the hotel business. However, for his high school years, Terry attended Immaculate Conception in Cedar Rapids. During high school, Terry did not get involved with many school activities. Rather, he concentrated on being a good student and working as a caddy on the golf course, having learned this job at age 12! He “felt” rich earning 65 cents each time he caddied. Terry admits, “I finally found a game I could play.”

Terry completed high school requirements early by attending classes in the summer. He immediately joined the Army and spent the next 18 months (1946-47) in El Paso, Texas. Three months into his service, the war ended. Terry says he was able to play and improve his golf game during this time – enough that he played for the base championship, but he lost to the Colonel!

Leaving the Army, Terry enrolled in Loras College, a Catholic private school in Dubuque, Iowa, majoring in Accounting. On week-ends he would hitch-hike to home and then “hitch” back to school on Sunday afternoon. After two years, Terry transferred to the University of Iowa in Iowa City and completed requirements for a B.S. in Business Administration, graduating in 1951.

Terry’s first employment was with Neilson Marketing Service. He spent six months in Chicago in orientation, followed by another six months in Minneapolis, Minnesota. He was assigned to the Drug and Food Division and chose Memphis, Tennessee, as his home base, a position he held for



## CELEBRATING ST. PATRICK'S DAY!

St. Patrick's Day celebrates the life of Saint Patrick—the patron saint of Ireland. This influential missionary has been credited with bringing Christianity to Ireland. St. Patrick's Day takes place on March 17 each year because St. Patrick's death is believed to have been on March 17, 461. The Church began observing a special feast to honor him on this day starting in 1631. The Irish have observed this day as a religious holiday for over 1,000 years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage. Sláinte!

**Question:** What's another name for St. Patrick's Day?

**Answer:** The Feast of Saint Patrick.

**Question:** Where was Saint Patrick actually born?

**Answer:** Roman Britain (What is now either England, Scotland or Wales).

**Question:** What color was originally associated with St. Patrick?

**Answer:** Blue. It wasn't until 1798 (the year of the Irish Rebellion), it changed

**Question:** How many pounds of green vegetable dye are now used to turn the Chicago River green?

**Answer:** 40 pounds.

**Question:** What do some historians believe was St. Patrick's real name?

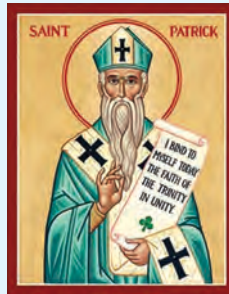
**Answer:** Maewyn Succat.

**Question:** According to legend, what happened during one of St. Patrick's sermons on the Irish hillside?

**Answer:** Legend has it that while he was speaking, all of the snakes were driven out into the sea.

**Question:** According to legend, what did St. Patrick use to describe the Holy Trinity?

**Answer:** The shamrock.



# WE WANT YOU!

## Make new memories with old friends.



## It's time to refer your friends to Kirby Pines.

### OUR RESIDENT REFERRAL PROGRAM REWARDS YOU.

Stay tuned for more details coming your way from the marketing team!

## Congratulations to our **CHAMPION of the Month**

**LPN - Job's Way Unit Manager**

# KIMBERLY WILEY

**Describe Your Family:** 2 sons, Tyrome, 30 (accounting/math) and Channing, 22 (welding program).

**Describe yourself in five words:** Hardworking, dependable, trustworthy, strong, team player.

**What do you do for fun:** Spending time with family, cooking with Mom, watching movies.

**Do you have any hobbies:** Listening to jazz. **Your favorite food:** Stuffed Bell Peppers.

**What is your favorite thing about your job:** The residents and have a great management team.

**Your favorite song:** Sometimes It Snows In April by Prince.

**What is something you are proud of:** Both of my sons are polite and respectful young men.

**What would you like people to know about you:** I am loyal to my loved ones.



Kim Wiley is a team player and does what it takes to offer our residents the best possible care. She gets the job done and believes in getting it done quickly and efficiently. You can tell how much she loves and appreciates her residents in the quality of her care. Congratulations to Kim!

- Rhonda Nelson, Director of Nursing



# REFLECTIONS

By  
Maxie Dunnam



## A Crucial Moment in Human Civilization

*Maxie Dunnam is just another old man, turning 90, seeking to make a redemptive difference in a needy world.*

As I write that, it is difficult not to suspect that some people might sometimes be saying it.

These are tough, trying days. I believe we have reached a crucial moment in human civilization. The institutions upon which we have become dependent, around which our lives have been ordered--education, business, medical services, the penal system, organized religion, government -- have each in some ways been revealed as inadequate, a few of them perhaps beyond renewal and repair. In any case, they have not been equal to their promise.



We are dissatisfied with things as they are. And while dissatisfaction is as old as the human race, I believe we have reached a crucial moment in human civilization. Atomic bombs are not just more powerful weaponry. Electronic computers are not just more complex adding machines. Neil Armstrong was more than a latter-day Columbus setting foot on the moon.



At the deepest level of our beings there is a gnawing yearning. The institutions upon which we have become dependent, around which our lives have been ordered - have each in some way been gradually revealed as inadequate. They have not been equal to their promise; they cannot fill the need and longing in us. We are dissatisfied with things as they are, we have reached a crucial moment in human civilization.



Dare I even think it? *Maxie Dunnam is not just another old man turning 90, seeking to make a redemptive difference in a needy world.* What can I do? What must I do? What will I do?

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

**March 6**

Tom Sauer  
Lay Pastor Senior Adults  
Germantown Presbyterian

**March 13**

Dr Rob Martin  
Lead Pastor  
Emmanuel UMC

**March 20**

Pastor Les Helton  
Senior Adult Pastor  
Collierville First Baptist

**March 27**

Dave Phillips  
Pulpit Minister  
G-Town Church of Christ

# MEET ME AT



## MISS POTTER (2006)

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

**Cast:** *Renee Zellweger, Ewan McGregor, Emily Watson*

The story of Beatrix Potter, the author of the beloved and best-selling children's book, "The Tale of Peter Rabbit", and her struggle for love, happiness, and success.

## THE WEDDING PLANNER (2001)

**Sunday, March 2 | 1:30 pm & 4:00 pm**

**Cast:** *Jennifer Lopez, Matthew McConaughey*

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

## SMOKEY & THE BANDIT (1977)

**Sunday, March 2 | 6:30 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.

## THE HIGH NOTE (2020)

**Tuesday, March 4 | 1:30 pm & 6:30 pm**

**Cast:** *Dakota Johnson, Tracee Ellis Ross*

A superstar singer and her overworked personal assistant are presented with a choice that could alter the course of their respective careers.

## REAGAN (2024)

**Wednesday, March 5 | 1:30 pm**

**Cast:** *Dennis Quaid, Penelope Ann Miller, Jon Voight*

A drama based on the life of Ronald Reagan, from his childhood to his time in the oval office.

## OUT OF AFRICA (1985)

**Friday, March 7 | 1:30 pm**

**Saturday, March 8 | 6:30 pm**

**Cast:** *Meryl Streep, Robert Redford*

In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.

## THE BOOK THIEF (2013)

**Saturday, March 8 | 1:30 pm**

**Cast:** *Geoffrey Rush, Emily Watson, Sophie Nélisse*

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being protected by her adoptive parents.

## O BROTHER, WHERE ART THOU? (2000)

**Sunday, March 9 | 1:30 pm & 4:00 pm**

**Cast:** *George Clooney, John Turturro*

In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.

## OPPENHEIMER (2023)

**Tuesday, March 11 | 1:30 pm**

**Cast:** *Cillian Murphy, Emily Blunt, Matt Damon*

A dramatization of the life story of J. Robert Oppenheimer, the physicist who had a large hand in the development of the atomic bombs that brought an end to World War II.

## OLIVER TWIST (2005)

**Wednesday, March 12 | 1:30 pm & 6:30 pm**

**Cast:** *Barney Clark, Ben Kingsley, Jeremy Swift*

An adaptation of the classic Dickens tale, where 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.

## DEATH OF A PROPHET (1981)

**Friday, March 14 | 1:30 pm**

**Sunday, March 16 | 6:30 pm**

**Cast:** *Morgan Freeman, Yolanda King*

After breaking ties with the Nation of Islam, Malcolm X became a man marked for death and it was just a matter of time before his enemies closed in. But despite death threats and intimidation, Malcolm marched on.

## WICKED (2024)

**Saturday, March 15 | 1:30 pm**

**Cast:** *Cynthia Erivo, Ariana Grande, Jeff Goldblum*

Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.



# THE MOVIES



**A MAN CALLED OTTO (2022)**  
**Sunday, March 16 | 1:30 pm & 4:00 pm**

**Cast: Tom Hanks, Mariana Treviño, Rachel Keller**  
 Grumpy widower, Otto, has given up on life. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

**WONDER (2017)**  
**Tuesday, March 18 | 1:30 pm & 6:30 pm**

**Cast: Julia Roberts, Owen Wilson, Jacob Tremblay**  
 Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.



**THE JACKAL (1997)**  
**Wednesday, March 19 | 1:30 pm & 6:30 pm**  
**Cast: Bruce Willis, Richard Gere, Sidney Poitier**  
 An imprisoned I.R.A. fighter is freed to help stop a brutal, seemingly “faceless” assassin from completing his next job.

**DESTINATION TOKYO (1943)**  
**Friday, March 21 | 1:30 pm**  
**Saturday, March 22 | 6:30 pm**  
**Sunday, March 23 | 6:30 pm**  
**Cast: Cary Grant, John Garfield, Alan Hale**  
 In order to provide information for the first air raid over Tokyo, a U.S. submarine sneaks into Tokyo Bay and places a spy team ashore.

**BACK IN ACTION (2025)**  
**Saturday, March 22 | 1:30 pm**  
**Cast: Jamie Foxx, Cameron Diaz**  
 Former CIA spies Emily and Matt are pulled back into espionage after their secret identities are exposed.

**PATRIOTS DAY (2016)**  
**Sunday, March 23 | 1:30 pm & 4:00 pm**

**Cast: Tom Hanks, Denzel Washington**  
 The story of the 2013 Boston Marathon bombing and the aftermath, which includes the city-wide manhunt to find the terrorists responsible.

**LONDON HAS FALLEN (2016)**  
**Tuesday, March 25 | 1:30 pm & 6:30 pm**  
**Cast: Gerard Butler, Aaron Eckhart**

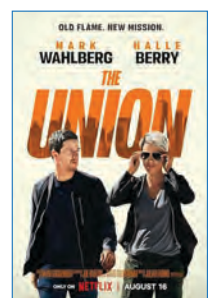
In London for the Prime Minister’s funeral, Mike Banning is caught up in a plot to assassinate all the attending world leaders.

**THE FROZEN GROUND (2013)**  
**Wednesday, March 26 | 1:30 pm & 6:30 pm**  
**Cast: Nicolas Cage, Vanessa Hudgens, John Cusack**  
 An Alaska State Trooper partners with a young woman who escaped the clutches of serial killer Robert Hansen to bring the murderer to justice. Based on actual events.

**SHOW BOAT (1951)**  
**Friday, March 28 | 1:30 pm**  
**Sunday, March 30 | 6:30 pm**  
**Cast: Kathryn Grayson, Ava Gardner, Howard Keel**  
 The daughter of a riverboat captain falls in love with a charming gambler, but their fairy tale romance is threatened after his luck turns sour.

**MI: DEAD RECKONING (2023)**  
**Saturday, March 29 | 1:30 pm**  
**Cast: Tom Cruise, Hayley Atwell, Ving Rhames**  
 Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands.

**THE UNION (2024)**  
**Sunday, March 30 | 1:30 pm & 4:00 pm**  
**Cast: Mark Wahlberg, Halle Berry, J.K. Simmons**  
 Construction worker Mike is thrust into the world of espionage when his high school sweetheart, Roxanne, recruits him for a high-stakes intelligence mission.



# March 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 ● Men's Christian Fellowship (LCR)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Advanced Line Dancing (PAC)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Movie: Miss Potter (Thtr)
- 2:30 pm ● Ballroom Dancing (PAC)

- 8:00 am ● Church of Christ Service (PAC)
- 10:00 am ● Worship Service (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:30 pm ● Movie: The Wedding Planner (Thtr)
- 4:00 pm ● Movie: The Wedding Planner (Thtr)
- 6:30 pm ● Movie: Smokey and the Bandit (Thtr)

- 8:00 am ● Get Physical with Kim (Oasis)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 9:30 am ● Group Exercise (PAC)
- 10:00 am ● Hobby Pines Group (Hobby Shop)
- 10:30 am ● Chair Yoga (PAC)
- 10:30 am ● Beginners Billiards (Billiard Room)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:30 pm ● Game Play (LCR)
- 6:00 pm ● Mexican Train Dominos (LCR)
- 6:00 pm ● BINGO (PAC)

- 8:30 am ● Men's Water Aerobics (Pool)
- 9:00 am ● Dr. Abutineh MD (WC)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 10:30 am ● Cardio Move & Strength (PAC)
- 10:45 am ● Lunch Bunch: Café Palladio (Trans)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● Movie: The High Note (Thtr)
- 1:30 pm ● Bunko (SCR)
- 6:30 pm ● Movie: The High Note(Thtr)

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

- 8:30 am ● Men's Water Aerobics (Pool)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 10:00 am ● Bible Study with Dave Phillips (Chapel)
- 10:00 am ● Kroger & Banks (Trans)
- 10:30 am ● Cardio Move & Strength (PAC)
- 1:00 pm ● Walmart, Costco, & Banks (Trans)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Dr. Abutineh MD (WC)
- 1:00 pm ● Beginners Mah Jongg (LCR)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● TV Series: Pride and Prejudice (Thtr)
- 6:30 pm ● Vespers (PAC)

- 8:00 am ● Get Physical with Kim (Oasis)
- 9:00 am ● Travelers: Spring Market (Trans)
- 9:30 am ● Basic Water Aerobics (Pool)
- 9:30 am ● Group Exercise (PAC)
- 10:00 am ● Walmart, Kroger, Aldi, & Banks (Trans)
- 10:15 am ● Strength Training (PAC)
- 10:30 am ● Cornhole Club (LCR)
- 10:45 am ● Yoga Stretch (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
- 1:30 pm ● Movie: Out of Africa (Thtr)
- 6:30 pm ● Entertainers: Tribute to Ireland (PAC)

- 8:00 am ● Men's Christian Fellowship (LCR)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Advanced Line Dancing (PAC)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Movie: The Book Thief (Thtr)
- 2:30 pm ● Ballroom Dancing (PAC)
- 6:15 pm ● Trivia Group (Ante Room)
- 6:30 pm ● Movie: Out of Africa (Thtr)

- 8:00 am ● Church of Christ Service (PAC)
- 10:00 am ● Worship Service (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:30 pm ● Movie: O Brother, Where Art Thou? (Thtr)
- 4:00 pm ● Hymn Sing with Leon (Chapel)
- 4:00 pm ● Movie: O Brother, Where Art Thou? (Thtr)

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

- 8:30 am ● Men's Water Aerobics (Pool)
- 9:00 am ● Dr. 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)
- 11:45 am ● Charlie's Day (Dining)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Afternoon Bridge (LCR)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● Movie: Oppenheimer (Thtr)
- 1:30 pm ● Bunko (SCR)
- 3:00 pm ● Financial & Security Presentation (PAC)
- 3:45 pm ● Charlie's Day (Dining)
- 6:30 pm ● Girls Night Out (Thtr)

- 9:00 am ● Get Physical with Kim (Oasis)
- 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)
- 10:15 am ● Travelers: Earth Matters (Trans)
- 10:30 am ● Sarah McCallum's Watercolors (A&C)
- 10:30 am ● Garden Grocers (Ante)
- 11:00 am ● Chair Yoga (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Needle Arts Group (Sunroom)
- 1:15 pm ● Mah Jongg (LCR)
- 1:30 pm ● Mexican Train Dominos (Ante)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Movie: Oliver Twist (Thtr)
- 2:00 pm ● Ballroom Dancing (PAC)
- 6:00 pm ● Wednesday Bridge Group (LCR)

- 8:30 am ● Men's Water Aerobics (Pool)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 10:00 am ● Bible Study with Dave Phillips (Chapel)
- 10:00 am ● Kroger & Banks (Trans)
- 10:30 am ● Cardio Move & Strength (PAC)
- 1:00 pm ● Walmart, Costco, & Banks (Trans)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Dr. Abutineh MD (WC)
- 1:00 pm ● Beginners Mah Jongg (LCR)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● TV Series: Pride and Prejudice (Thtr)
- 2:00 pm ● Resident Association Meeting (PAC)
- 6:30 pm ● Vespers (PAC)

- 8:00 am ● Get Physical with Kim (Oasis)
- 9:30 am ● Basic Water Aerobics (Pool)
- 9:30 am ● Group Exercise (PAC)
- 10:00 am ● Travelers: Steve Martin, The Med (Thtr)
- 10:00 am ● Walmart, Kroger, Aldi, & Banks (Trans)
- 10:15 am ● Strength Training (PAC)
- 10:45 am ● Yoga Stretch (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
- 1:30 pm ● Movie: Death of a Prophet (Thtr)
- 6:00 pm ● Music: Taylor Orr (PAC)

- 8:00 am ● Men's Christian Fellowship (LCR)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Advanced Line Dancing (PAC)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Movie: Wicked (Thtr)
- 2:30 pm ● Ballroom Dancing (PAC)

- 8:00 am ● Church of Christ Service (PAC)
- 10:00 am ● Worship Service (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:30 pm ● Movie: A Man Called Otto (Thtr)
- 4:00 pm ● Movie: A Man Called Otto (Thtr)
- 6:30 pm ● Movie: Death of a Prophet (Thtr)

- 8:00 am ● Get Physical with Kim (Oasis)
- 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 Billiards (Billiard Room)
- 10:30 am ● Tech Time (Sunroom)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Travel Series: Scandinavia (Thtr)
- 6:00 pm ● Mexican Train Dominos (LCR)
- 6:00 pm ● BINGO (PAC)

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

- 9:00 am ● Get Physical with Kim (Oasis)
- 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 ● Sarah McCallum's Watercolors (A&C)
- 11:00 am ● Chair Yoga (PAC)
- 11:30 am ● Travelers: Tribute to Diana Ross (Trans)
- 11:30 am ● Episcopal service (Chapel)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Needle Arts Group (Sunroom)
- 1:15 pm ● Mah Jongg (LCR)
- 1:30 pm ● Mexican Train Dominos (Ante)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Movie: The Jackal (Thtr)
- 2:00 pm ● Ballroom Dancing (PAC)
- 6:00 pm ● Wednesday Bridge Group (LCR)
- 6:30 pm ● Movie: The Jackal (Thtr)

- 8:30 am ● Men's Water Aerobics (Pool)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 10:00 am ● Bible Study with Dave Phillips (Chapel)
- 10:00 am ● Kroger & Banks (Trans)
- 10:30 am ● Cardio Move & Strength (PAC)
- 1:00 pm ● Walmart, Costco, & Banks (Trans)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Dr. Abutineh MD (WC)
- 1:00 pm ● Beginners Mah Jongg (LCR)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● TV Series: Pride and Prejudice (Thtr)
- 6:30 pm ● Vespers (PAC)

- 8:00 am ● Get Physical with Kim (Oasis)
- 9:30 am ● Basic Water Aerobics (Pool)
- 9:30 am ● Group Exercise (PAC)
- 10:00 am ● Walmart, Kroger, Aldi, & Banks (Trans)
- 10:15 am ● Strength Training (PAC)
- 10:30 am ● Cornhole Club (LCR)
- 10:45 am ● Yoga Stretch (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
- 1:15 pm ● Travelers: The Shell Museum (Trans)
- 1:30 pm ● Movie: Destination Tokyo (Thtr)
- 6:00 pm ● Music: The Boomers (PAC)

- 8:00 am ● Men's Christian Fellowship (LCR)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Advanced Line Dancing (PAC)
- 1:30 pm ● Game Play (LCR)
- 1:30 pm ● Movie: Back in Action (Thtr)
- 2:30 pm ● Ballroom Dancing (PAC)
- 6:15 pm ● Trivia Group (Ante Room)
- 6:30 pm ● Movie: Destination Tokyo (Thtr)

- 8:00 am ● Church of Christ Service (PAC)
- 10:00 am ● Worship Service (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:30 pm ● Movie: Patriots Day (Thtr) 23rd
- 4:00 pm ● Movie: Patriots Day (Thtr) 23rd
- 6:30 pm ● Movie: Destination Tokyo (Thtr) 23rd
- 1:30 pm ● Movie: The Union (Thtr) 30th
- 4:00 pm ● Movie: The Union (Thtr) 30th
- 6:30 pm ● Movie: Show Boat (Thtr) 30th

- 8:00 am ● Get Physical with Kim (Oasis)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 9:30 am ● Group Exercise (PAC)
- 10:00 am ● Travelers: Backermann's (Trans) 24th
- 10:00 am ● Hobby Pines Group (Hobby Shop)
- 10:30 am ● Chair Yoga (PAC)
- 10:30 am ● Beginners Billiards (Billiard Room)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Afternoon Bridge (LCR)
- 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)
- 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 ● Billiards Group (Billiard Room)
- 1:00 pm ● Afternoon Bridge (LCR)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● Movie: London has Fallen (Thtr)
- 1:30 pm ● Bunko (SCR)
- 3:45 pm ● Birthday Dinner (Dining)
- 6:30 pm ● Movie: London has Fallen (Thtr)

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

- 8:30 am ● Men's Water Aerobics (Pool)
- 9:30 am ● Advanced Water Aerobics (Pool)
- 10:00 am ● Bible Study with Dave Phillips (Chapel)
- 10:00 am ● Kroger & Banks (Trans)
- 10:30 am ● Cardio Move & Strength (PAC)
- 1:00 pm ● Walmart, Costco, & Banks (Trans)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Dr. Abutineh MD (WC)
- 1:00 pm ● Beginners Mah Jongg (LCR)
- 1:15 pm ● Line Dancing (PAC)
- 1:30 pm ● TV Series: Pride and Prejudice (Thtr)
- 6:30 pm ● Vespers (PAC)

- 8:00 am ● Get Physical with Kim (Oasis)
- 9:30 am ● Basic Water Aerobics (Pool)
- 9:30 am ● Group Exercise (PAC)
- 10:00 am ● Walmart, Kroger, Aldi, & Banks (Trans)
- 10:15 am ● Strength Training (PAC)
- 10:45 am ● Yoga Stretch (PAC)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)
- 1:30 pm ● Movie: Show Boat (Thtr)
- 2:00 pm ● Art Opening (PAC)
- 6:00 pm ● Music: Henry Booker (PAC)

- 8:00 am ● Men's Christian Fellowship (LCR)
- 1:00 pm ● Billiards Group (Billiard Room)
- 1:00 pm ● Advanced Line Dancing (PAC)
- 1:30 pm ● Movie: MI Dead Reckoning (Thtr)
- 2:30 pm ● Game Play (LCR)
- 2:30 pm ● Ballroom Dancing (PAC)

# March 2025 EVENTS

## Mar 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.

## Mar 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!

## Mar 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!

## Mar 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.

## Mar 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.

## Mar 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.

## Mar 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.

## Mar 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.

## Mar 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.

## Mar 3: Group Exercise

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

## Mar 3: Hobby Pines Group

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



## Mar 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.

## Mar 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.

## Mar 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.

## Mar 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.

## Mar 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.

## Mar 4: Lunch Bunch: Cafe Palladio

The Lunch Bunch is going to Cafe Palladio on Tuesday, March 4th. 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!

## Mar 4: BUNKO

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

## Mar 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.

## Mar 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.

## Mar 5: Needle Arts Group

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

## Mar 5: Mah Jongg

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

## Mar 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.



### **Mar 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.

### **Mar 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.

### **Mar 6: Series: Pride & Prejudice**

Pride and Prejudice is a six-episode 1995 British television drama, adapted by Andrew Davies from Jane Austen's 1813 novel of the same name. Showtimes are every Thursday at 1:30 pm.

### **Mar 7: Travelers: Spring Market**

Spring Market is making plans once again to fill the Agricenter International of Memphis with more of what you love! More food, more home decor, and more trendy fashion and accessories to help you get ready for the Spring! This year, more than 200 merchants will gather for a day of fun and shopping! There are even several restaurants to choose from for Lunch. Sign up in Resident Programs. Transportation fee is \$5. Tickets are \$10. Lobby Time 9:00 am.

### **Mar 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.

### **Mar 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.

### **Mar 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.

### **Mar 7: Entertainers: Ireland**

Wear something green as you join the ENTERTAINERS CHORUS, as they honor our Irish ancestors in "A Tribute to Ireland." Come early for the Prelude featuring our master flutist, Marty Kocman, who will entertain you with Irish

jigs along with our "Irish" dancers. The Chorus will be singing your favorite Irish songs with a few extras added for fun. The performance begins in the PAC at 6:30 pm.

### **Mar 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 Science and Nature, however, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

### **Mar 9: 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.

### **Mar 10: Poetry & Writing Club**

The Writing and Poetry Group meets the 2nd Monday this month at 10:00 am in the LCR. This month's assignment is to write using as many of the following words you choose (no you don't have to use them all): Mexico, however, never, release, unless, merchant, private, open, five, substitute, expensive, claim, bald, breathe, bird, know. New Members encouraged and welcome to join in.

### **Mar 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.

### **Mar 11: Charlie Day**

Join us in the Dining Room for a special Charlie Day Breakfast at lunch and dinner, featuring his famous biscuits and jam. You will need to bring your updated Face Sheet as your entry ticket for the meal.

### **Mar 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.

### **Mar 11: Financial & Internet Security Presentation**

Join Kirby Pines, Randy Peace, & Certified Public Accountant, J.P. Globe, for an informative presentation that will cover financial and internet security. They will go over topics such as what to look for, how to avoid, and what you can do to protect yourself from financial risks, scams, identity theft and fraud. Join us in the PAC at 3:00 pm.

### **Mar 11: Girls' Night Out**

Join us for this month's Girl's Night Out movie. "The Ultimate Gift" is based on the best-selling book by Jim Stovall. The story follows Jason Stevens, a trust fund baby, who is assigned twelve tasks called "gifts" by his wealthy grandfather. These tasks challenge him to discover the relationship between wealth and happiness. Showtime is at 6:30 pm.

### **Mar 12: Travelers: Earth Matters**

Join the travelers at the Pink Palace Museum's Earth Matters "Rethink the Future" Exhibit. Get ready to explore our changing planet through a different lens, immerse yourself in incredible ecosystems, and learn how the smallest actions can have a big impact on our natural world. After the museum we will enjoy lunch at Bain Barbecue. Sign up in Resident Programs. Transportation fee is \$5. Tickets are \$21. Lobby Time 10:15 am.

### **Mar 12: Garden Gro'ers**

"The garden suggests there might be a place where we can meet nature halfway." 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 Ante at 10:30 am.

### **Mar 12: Sarah McCallum's Intro to Watercolors**

The painting class is to be taught by Sarah McCallum. This free 2-week class will go over the basics of painting with watercolors. This is a small class, with only 5 slots available. Sign up in Resident Programs. Class begins at 10:30 am in the A&C Studio.

### **Mar 13: Resident Association Meeting**

The Resident Association will meet at 2:00 pm in the PAC. Dick Cockrell, a life-long Memphian and tour guide will present: The Historic Homes of Memphis.

### **Mar 14: Travelers: Steve Martin's Mediterranean**

The Martins took a 32-night cruise in and out of London. They experienced many different ports: Lisbon, Gibraltar, Malta, Athens, Istanbul, Kusadasi, Cairo, Sicily, Rome, Naples, Oporto. Come to the Theatre at 10:00 am to enjoy this presentation on their fabulous adventure.

### Mar 14: Taylor Orr

Taylor Orr is just the artist many of you have been waiting to hear. Get ready for a tour through the history of Memphis Music, including the blues, 50's Country music, and old school Rock n Roll. The music begins in the PAC at 6:00 pm. Don't be late.

### Mar 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.

### Mar 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.

### Mar 17: 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.

### Mar 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!

### Mar 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.

### Mar 19: Travelers: Tribute to Diana Ross

A tribute to the Diva, this performance extends the music into the various sounds of a 20-piece orchestra with a special one-of-a-kind visual presentation. The Jazz Masters Orchestra features a genuinely diverse group of exciting instrumentalists who offer fiery and inspiring solos, paying tribute to the legacy of Diana Ross. Prior to the show, we will enjoy lunch at Huey's. Lobby time is 11:30 am. Sign up in Resident Programs. Tickets are \$7. Transportation is \$5.

### Mar 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 Episco-

pal Church will serve communion or in their absence Lay Eucharistic Ministers will substitute. Lunch will follow for those who are interested.

### Mar 21: Travelers: Overton Park Shell Museum Tour

Experience the spaces where Elvis Presley forever changed the world of live rock and roll, where The Allman Brothers Band relaxed with Sweet Connie & Friends, and where Furry Lewis egged on newcomers ZZ Top to rock The Shell all night long. The Backstage Experience Tour presented by Huey's covers Midtown Memphis's deep live music history - from the W.C. Handy days to the amazing 'modern' music still happening at this historic venue today. Lobby time is 1:15 pm. Tickets are \$16. Transportation Fee is \$5. Sign up in Resident Programs.

### Mar 21: The Boomers

Put your hands together to welcome back The Boomers to Kirby Pines. This talented troupe always puts on a great show. Performance begins at 6:00 pm in the PAC.

### Mar 24: Travelers: Backermann's Market

Let's go shopping with the travelers at Backermann's Country Market in Whiteville, TN. We will meet in the Lobby 10:00 am. Transportation will be \$5 and can be paid to Resident Programs.

### Mar 25: The Book Baggers

Join us in the chapel Tuesday, March 25th, for New York Times best-selling author, Kristina McMorris who will be joining us via zoom to discuss one of her many popular books, "Sold on a Monday". Set during the depression years, this story will grab your interest from the first page. Bring a friend to experience our zoom meeting at 9:30 am in the chapel.

### Mar 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 Kayla Holland @ 901-488-9019 to reserve your table.

### Mar 28: Art Opening

Join us in the PAC at 2:00 pm to hear from our local artists here at Kirby, see their new work. We will also feature artwork by the students from the Madonna Learning Center. Refreshments will be served throughout. We hope to see you there!

### Mar 28: Henry Booker

Kirby is excited to welcome back the wonderful pianist Henry Booker, also known as Sir Henry to his many fans across the Midsouth. His range on the piano runs from classical to faith-based to jazz and blues. The performance begins at 6:00 pm in the PAC.



#### WATCH LIVE GAMES IN THE MOVIE THEATER

Saturday, Mar 1 | 7:00 pm  
Grizz vs Spurs

Monday, Mar 3 | 7:00 pm  
Grizz vs Hawks

Wednesday, Mar 5 | 7:00 pm  
Grizz vs Thunder

Friday, Mar 7 | 6:30 pm  
Grizz vs Mavericks

Sunday, Mar 9 | 6:00 pm  
Grizz vs Pelicans

Monday, Mar 10 | 7:00 pm  
Grizz vs Suns

Wednesday, Mar 12 | 7:00 pm  
Grizz vs Jazz

Friday, Mar 14 | 7:00 pm  
Grizz vs Cavaliers

Saturday, Mar 15 | 7:00 pm  
Grizz vs Heat

Monday, Mar 17 | 9:00 pm  
Grizz vs Kings

Wednesday, Mar 19 | 9:00 pm  
Grizz vs Trailblazers

Friday, Mar 21 | 9:30 pm  
Grizz vs Clippers

Tuesday, Mar 25 | 8:00 pm  
Grizz vs Jazz

Thursday, Mar 27 | 7:00 pm  
Grizz vs Thunder

Saturday, Mar 29 | 7:00 pm  
Grizz vs Lakers

Monday, Mar 31 | 7:00 pm  
Grizz vs Celtics

**MEMPHIS  
GRIZZLIES**

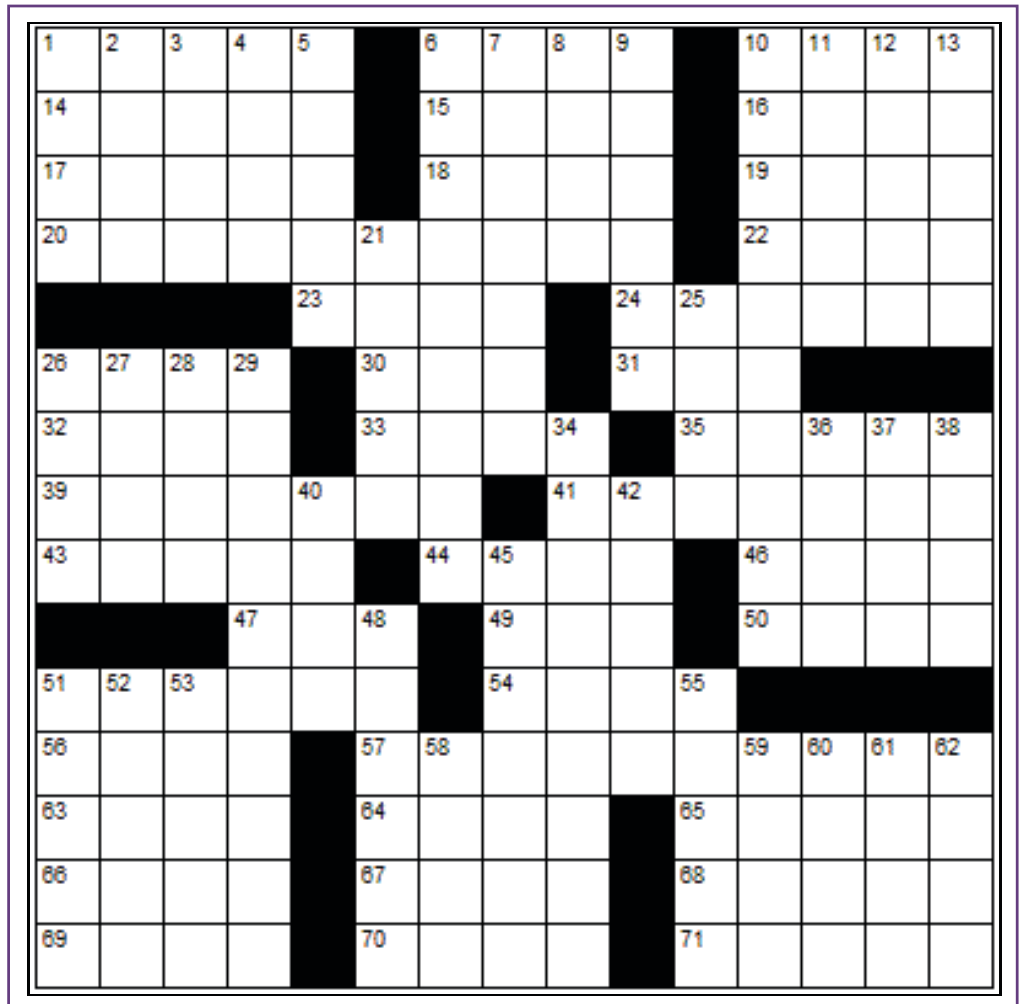
# PUZZLE CHALLENGE | Giant Crossword

## ACROSS

1. Adhere
6. Steals
10. Type of fruit
14. Neighborhood
15. Type of sword
16. Person, place or thing
17. Love intensely
18. Bridge
19. Puts on
20. Untruthful
22. Border
23. Clutter
24. Compensate for
26. Food
30. Consumed
31. Caviar
32. Bygone era
33. Indian dress
35. Goes ballistic
39. Dampen
41. Examination
43. Glide over ice
44. Outstanding
46. Lack of difficulty
47. Scarlet
49. Buddy
50. Illustrated
51. Sausage (see photo for hint)
54. Any thing
56. Trudge
57. Cleaning
63. Peel
64. French cheese
65. Abstain from
66. Cain's brother
67. Long, long time
68. Signed
69. Rubber wheel
70. Tirade
71. Donkeys

## DOWN

1. Burrowing marine mollusk
2. Prospector's find
3. Computer symbol
4. Aromatic ointment



5. Shine
6. Immune
7. Antagonist
8. Boyfriend
9. Detector
10. Unbeaten
11. Merchandise
12. Thrust
13. A picture-in-picture
21. Stop
25. Car company
26. Workout rooms
27. Hornswoggle
28. Murre
29. Bestride
34. Restive
36. Equipment
37. Celtic language
38. Type of duck
40. Abound
42. A small island
45. Belief
48. Disqualify
51. Brisling
52. Excuse
53. Hermit
55. Organized crime group
58. District
59. Units of 2000 pounds
60. Bothers
61. Curved molding
62. Silent assents





# PICTURING LIFE AT KIRBY PINES

## LUNCH BUNCH, BRIDGE, TRAVELERS AND MORE



Laura Leuenberger at The Beauty Shop restaurant with the Lunch Bunch.



Alice Wherry, Bankie McCarty and Donna Griffin at The Beauty Shop.



Steve and Jeanette Martin are the February Bridge Champs.



Had a full house for Janice Wall's travel presentation on the Amazon.



Beverly & Richard Colditz at the Art & Speed Classic Car Gallery.



Bobby Thompson seems to be fond of the classic Shelby Cobra.



Susie Thompson, of course, checks out one of the larger vehicles on hand.



Gary Winfield greets members from the Madonna Learning Center.



Bonnie Eyman and Dennis Renick attend the Lunar New Year Fair.

# PICTURING LIFE AT KIRBY PINES

## ALL THE LOVE ON VALENTINE'S DAY



Sydney Wagner and Merry LeShane show off their Valentine treats!



Jerry & Maxie Dunnam are always happy to snuggle up.



Barbara & Maury Phillips are a picture perfect couple.



Don & Opal Winfield still holding hands on Valentine's Day.



Walter & Sandra Overbey look great hugged up together.



Charlie & Kate Foster make time to celebrate the love.



Marcia & Richard Fraley enjoy their Valentine's meal on this special day.



Susan Flake and Lois Dazey always dazzling on the holidays.



Marilyn & Bill Crosby are absolutely adorable.

# PICTURING LIFE AT KIRBY PINES

## SWEETHEART DANCE AND PARTY



Gerry Beckley and Bankie McCarty get photobombed by culinary's Chris Griffin.



Katy & Bill Dorsey enjoying the Sweetheart Celebration.



Bob Shears is the perfect guy to steal your heart at the dance.



Genenne Wilson and Marian Gray taking in all the activity around.



Jane Longfield and Pat Brand are all heart at the dance.



Peter & Dale Jones are all smiles celebrating love.



Leora & John Elli are always up for a dance.



Mark & Sheryl Maxwell always take the cutest pics together.



Jeanette and Steve Martin look stunning in their red outfits.

# KIRBY PINES PHOTO CLUB



Photo by Stuart Eyman



Photo by Carolin Thomasond

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

**This month our  
Photo Club members  
were asked to take pics  
of anything GREEN!**



Photo by Arrena Cheek



Photo by Mary Ann Thurmond



Photo by Dale Jones



Photo by Marsha Greiner



Photo by Fred Dabrowski

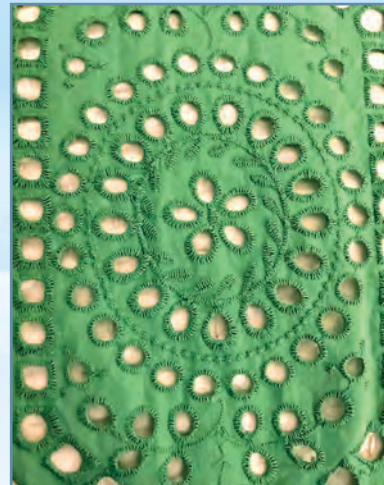


Photo by Sydney Wagner



Photo by Ginger Blount



Photo by Connie Carter



Photo by Jane Longfield



Photo by Sylvia Statham



Photo by Sheryl Maxwell



## BROAD RIVER REHAB TESTIMONIAL

"My wife (Dale Jones) had hip replacement surgery on January 9, 2025.

She was initially evaluated by Monica on January 13 and subsequently began Physical Therapy with Narah on January 17.

Initially the PT sessions were in our Garden Home but after 2 weeks the sessions were in the Rehab Center and will continue in this location.

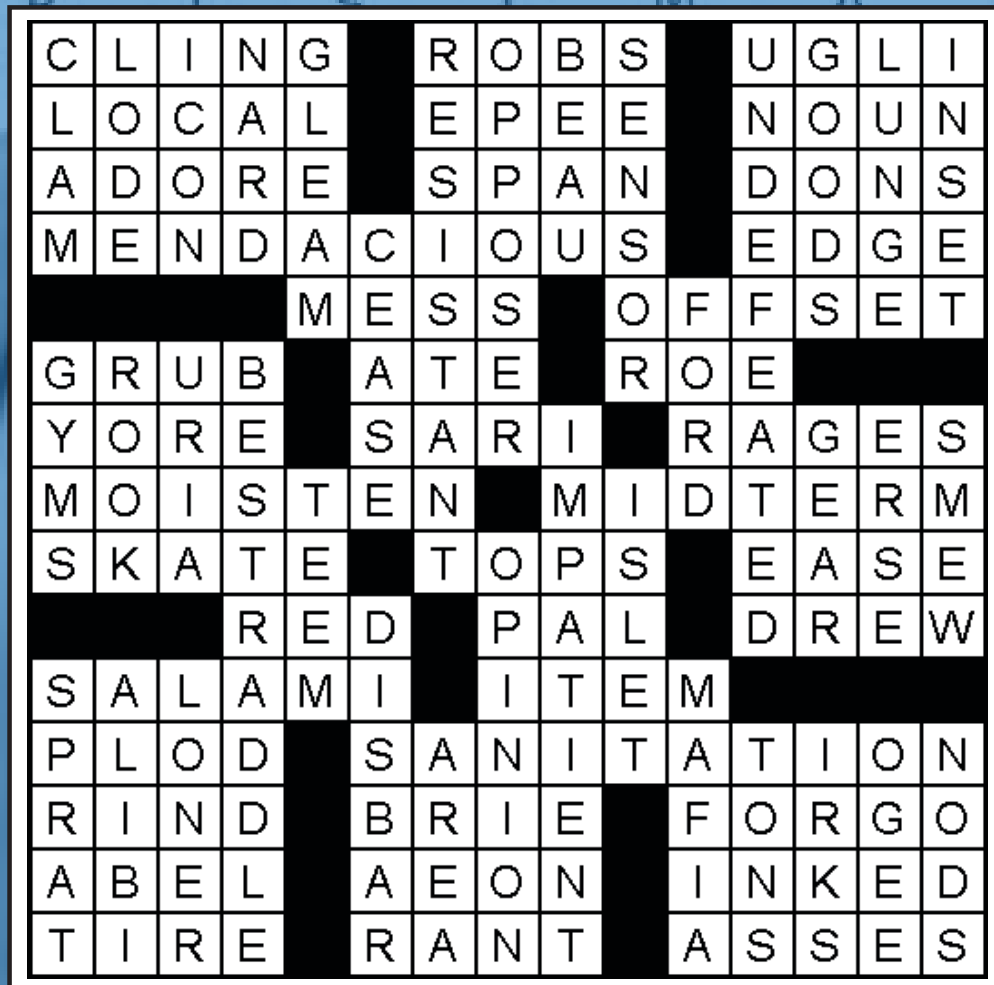
Dale has made remarkable progress and is now able to walk normally and unaided for short distances.

We are extremely pleased with the services provided by Broad River Rehab at Kirby Pines and highly recommend their services."

*Kirby resident, Peter Jones*



# GIANT CROSSWORD



## ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

## CHRISTIE'S COIFFURES

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Women's Haircuts

Shampoo & Sets

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# Memorials, Honorariums & Gifts

## In Memory Of

**DORSEY FAULKNER**  
**ELOISE HARDY**  
**IRMA WILLIFORD**  
**KEN LEWIS**  
**DIANE SHORT**  
**ANNA BREWER**  
**PATTYE RHODES**  
**DONN SCHROEDER**

Donations by KP Resident Association  
to the Employee Fund

### **HAROLD PETTY**

Donation by Sydney Wagner  
to the Book Baggers

### **PHIL CLEMENTS**

Donation by Bill & Ellen Sayle  
to the Employee Fund

Donation by Marilyn Wray  
to the Employee Fund

## In Memory Of

### **MAL MAUNEY**

Donation by Joan Gilliland  
to the Library

Donation by Martha Walker  
to the Library

Donation by Marsha Greiner  
to the Library/Large Print Books

Donation by KP Resident Association  
to the Employee Fund

Donation by Barbara Logan  
to the Book Baggers

Donation by Sydney Wagner  
to the Book Baggers

Donation by Janice Wall  
to the Book Baggers

Donation by Mike & Jan Jaeger  
to the Garden Gro'ers

## In Memory Of

### **MAL MAUNEY**

Donation by Bill & Ellen Sayle  
to the Employee Fund

Donation by Carol Odom  
to the Library

Donation by Marilyn Wray  
to the Employee Fund

Donation by Linda Thompson  
to the Employee Fund

### **HELEN GAINES**

Donation by KP Resident Association  
to the Pinecone Painters & Fabric Artists

### **SUE POSTLETHWAITE**

Donation by Janice Wall  
to the Book Baggers

Donation by Jean Mauney  
to the Library

Donation by Linda Thompson  
to the Employee Fund

## In Honor Of

### **HUGH GREGORY**

Donation by Sarah McCallum  
to the Hobby Shop

### **MARK MAXWELL**

Donation by Gary Winfield  
to the Hobby Shop

### **MARY STAGG**

Donation by Janice Wall  
to the Book Baggers

### **MARY ANN THURMOND**

Donation by Janice Wall  
to the Book Baggers



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Kirby Pines

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**ANDY & BRENDA SIPP** cheering on their Memphis Tigers during March Madness.

