

### **Everyone Here is Family**

What a terrific car show and Father's Day Celebration. I am sorry I missed this year, but Joshua treated me to a wonderful "Beach Vacation" in South Carolina. Joshua understands that I am a true car nut and won't miss the car show again. Special thanks to Kayla for the love and passion she puts into the car show. It is truly a hallmark event for Kirby Pines.

There was another event that occurred on June 12th that I must mention. Our annual Employee Summer Bash! We took time out of our busy day to celebrate three very special employees.

- 1. Lavonica Brown (LB) Environmental Services April Champion of the Month
- 2. Keith Langston Dining Services May Champion of the Month
- 3. Sophia Mills Caring in Place June Champion of the Month

Each department was challenged to a "Dance Off" and boy did we see some real dance moves!! But who was the winner you asked?????? Medical was top notch, Dining Services was

### at Kirby Pines

great, Caring in Place had a lot of talent, but, MARKETING!!! They had a montage of songs ending with "We are Family" by Sister Sledge. That last song invited the whole body of Staff and even a few Residents to get up on the dance floor and DANCE!! What an amazing scene of food, joy, and love for one another!!

So, who won you still ask?????

WE ALL DID, BECAUSE WE ALL ARE FAMILY!

Happy July and see ya around campus.



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

### ON THE PINECONE COVER

### It's Always Independence Day at Kirby Pines

We are halfway through the year and it is time to celebrate our freedom and independence by participating in our Annual 4th of July Parade. It is a chance to break out your red, white and blue and join in the holiday fun with your friends and family as we march to the beat of our own drum.

There is a lot going on this month, starting on the 1st when Lunch Bunch hits up Jerry's Sno Cones to cool the summer heat. Our Photo Club has their wall reveal on the 1st, as well. The Travelers are hitting the road heading to Freedom Fest in Lakeland on the 5th, going to AutoZone Park for the Redbirds on the 6th, checking out the Nostalgic Tea Room on the 12th and then to everyone's favorite Backermann's Market on the 16th. There is also a Health Fair at the Benjamin Hooks Library on the 18th, a Mojo Blues Tour on the 22nd, visiting the historic Mallory-Neely House on the 25th and touring the National Weather Service station at

the Agricenter on the 31st. Another event to mention is the Resident Association Meeting on the 10th, featuring Cliff Reyle, Chief of Staff from Youth Villages. Peter Jones continues his travel series with a presentation on Easter Island and we have an Art Wall presentation on the 18th. Make sure you mark your calendars so you don't miss out!

Our front cover features Rhetta Watkins and her sweet dog, Ladybug, ramping up for the 4th of July. We asked our residents to show us their patriotism and we were not disappointed. Such a great group came out, including our most creative pair - Janie & Marty Kocman - see photo at right. So much talent and joyous spirit.

On our back cover, you will see the rest of the wonderful folks who heeded our call to action and went all in for America. But as we always say, "That's Kirby Pines for you"! God Bless and Happy 4th of July!



Janie & Marty Kocman go all out for the 4th of July!



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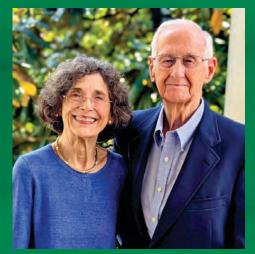
Electronic version of The Pinecone is available at www.kirbypines.com



# NEW RESIDENTS







**Anne & Jack Miller** 



**Carol Morse** 

Everette and Jane Hatcher moved to Kirby Pines from their home in Piperton, Tennessee. They have been married 65 years - next month - have four children, 14 grandchildren and 12 great grands with another five on the way!

Jane attended Ole Miss and Memphis State, getting an education degree in 1961. Everette went to Memphis State and UT Martin. He studied business, graduating in 1963, and went on to own Chickasaw Broom Company and Little Rock Broom Works, which manufactured brooms and mops.

Everette, whose "heart was alway in the country", loves horses. His faith is very important to him and he enjoys golf. Jane likes being with family and Bible studies. The Hatchers have been to the Holy Land twice, Europe and Hawaii, but a favorite tradition was going to Orange Beach with the family for 31 years.

Jane would be described as spiritual, the key of the family, intuitive and caring, while Everette is a man of honor, a hard worker and a faithful friend.

These two are no strangers to Kirby Pines, however. Both of their parents lived right here and they visited over the years. So let's give them a big huge welcome so they know they made the right decision to rejoin the Kirby family!

Jack and Anne Miller have been married 64 years and have come to Kirby Pines from Warren, Arkansas - where Anne was born. They have three children and five grandchildren.

Jack and Anne both attended Conway Arkansas University - now University of Central Arkansas. Anne also went to Hendricks College and graduated in 1960 with a degree in science and education. She was a 3rd grade teacher at West Memphis Elementary and a homemaker. Jack, who was a private in the US Army, earned his degree in physical education and minored in math. He was a high school coach in West Memphis for 5 years and became president of a heavy equipment sales company for 30 years as well.

Jack likes to golf, fish and hunt and Anne enjoys painting, sewing and reading. Jack was previously on the board at Chickasaw Country Club and Anne was President of the Midsouth Performing Arts Guild and Women of Faith Circle's Woman of the Year.

Jack would be described as loyal, dependable and strong, while Anne is thoughtful, intelligent and loving.

These two sound like a well-rounded couple with interests that will make them a perfect fit for our community. Make sure you say hello and make them feel at home!

Carol Morse was born in Columbia, South Carolina and comes to Kirby Pines from her home in Memphis, Tennessee, with her dog, Betsy.

Carol received her bachelors degree in history from Arkansas State and her masters at Auburn. She was the Vice President of Media Planning at Archer Malmo - a local advertising agency and worked in the business a total of 42 years.

She enjoys gardening, classical music and learning about different cultures, foods and religions. Her favorite author is Barbara Kingsolver and her favorite singer is Andrea Bocelli. Carol stays active walking her dog.

She as traveled to Mexico, England, France, Austria and Germany, however, Italy was her favorite.

Carol is organized, outspoke, funny and kind. She compared herself to *Mary Tyler Moore*, in that she has been able to live her life on her own with no husband or children. She is a strong, independent woman.

We are delighted Carol decided to make the move to Kirby Pines. Her thirst for knowledge and strong sense of self will allow her to meet many new people who share the same. Welcome home, Carol, we are excited to get to know you.



Indoor exercises for seniors can be a safe and effective way to maintain fitness and health. Activities like walking, cycling, chair yoga, strength training with light weights, and balance exercises can all be done indoors. These exercises can improve strength, flexibility, balance, and cardiovascular health, all while minimizing the risk of falls or injuries.

#### Here are some specific indoor exercises:

#### Walking:

*Benefits:* Improves cardiovascular health, increases stamina, and can be done at a comfortable pace.

How to: Walk around the house, in a hallway or even in place.

Tips: Use handrails for support if needed, and ensure good posture.

#### **Chair Yoga:**

*Benefits:* Improves flexibility, balance, and strength, especially in the upper body and core.

*How to:* Sit in a chair and perform gentle stretches and poses, such as arm raises, seated twists, and leg extensions.

*Tips:* Focus on controlled movements and breathing, and modify poses as needed.

#### **Strength Training:**

Benefits: Builds muscle mass, improves bone density, and helps with daily activities.

*How to:* Use light weights, resistance bands, or bodyweight exercises like chair squats, wall push-ups or seated leg lifts.

Tips: Start with low weight and repetitions and gradually increase as strength improves.

#### **Balance Exercises:**

Benefits: Reduces the risk of falls, improves stability and enhances coordination.

*How to:* Stand with feet hip-width apart and hold for a few seconds, gradually increasing the hold time.

*Tips:* Use a chair or wall for support if needed and focus on maintaining a steady posture.

#### **Cycling:**

Benefits: Improves cardiovascular health, strengthens leg muscles and is low-impact.

*How to:* Use a stationary bike or a recumbent bike, adjusting the resistance and speed to your fitness level.

Tips: Ensure proper bike fit and posture and take breaks as needed.

#### **Other Options:**

Dancing: Fun and engaging, improving coordination and mood.

Swimming or Water Aerobics: Low-impact, full-body workout, especially beneficial for joint pain.



#### **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



#### **Activty Tips for**

# SUMMER WELLNESS



As summer warms the air and brings longer, sunnier days, it's the perfect time to get moving and enjoy the season. But for older adults, it's important to balance physical activity with smart choices to stay safe in the heat. Here's how to make the most of summer while keeping wellness a top priority.

#### **The Importance of Staying Active**

Regular physical activity is key to maintaining mobility, independence, and overall health. It can reduce the risk of chronic illnesses like heart disease, diabetes, and arthritis, and even help boost mood and mental clarity. Summer offers great opportunities to move more—just be sure to do it safely.

#### **Summer Safety: Beat the Heat**

As temperatures rise, so do the risks of dehydration, heat exhaustion, and sunburn. Here's how to stay safe while staying active:

- Avoid peak heat hours: Aim for early mornings or later evenings when it's cooler.
- Wear light, breathable clothing: Light colors reflect heat better.
- *Use sunscreen:* Apply SPF 30 or higher, and reapply every two hours.
- *Stay cool:* Find shaded areas or bring a hat and a handheld fan if needed.

#### **Hydration is Key**

Seniors are more prone to dehydration, especially in the heat.

- Drink water regularly, even if you're not thirsty.
- Add electrolyte-rich drinks if you're exercising or sweating a lot.
- Eat hydrating snacks like watermelon, cucumber, or oranges.

#### **Suggested Summer Activities**

Here are safe and enjoyable ways to stay active during the summer months:

- Walking in shaded parks or nature trails
- Water aerobics or swimming great for joints and cooling down
- Tai Chi or gentle yoga ideal for balance and flexibility
- Gardening light, enjoyable, and grounding
- Chair exercises great for indoors during hot days
- Always check with your healthcare provider before starting a new fitness routine.

#### Warm-Up & Cool-Down Essentials

Every activity session should begin and end with gentle stretches to prevent injury and improve flexibility.

Warm-Up (5–10 minutes):

- March in place or walk slowly
- Arm circles or shoulder rolls
- Gentle neck and ankle rotations

Stretching (after warm-up and post-workout):

- Calf stretch against a wall
- Seated hamstring stretch
- Overhead reach and side stretches

#### Cool-Down:

- Slow your pace, breathe deeply
- Gentle stretching to relax muscles and prevent soreness

Staying active during summer brings both health benefits and joy. With a little preparation, older adults can enjoy the sunshine safely and comfortably. So grab your hat, your water bottle, and a friend—summer is calling!

#### Stay well, stay cool, and keep moving!





Saturday, July 26 5:00 pm in the Formal Dining Room Choice of Salad:
Kirby Salad, Caesar Salad or
Wedge with Blue Cheese and Bacon

Choice of Entree:
Coffee Rubbed Porterhouse Pork Chop,
8 oz. Filet Mignon with Bearnaise Sauce,

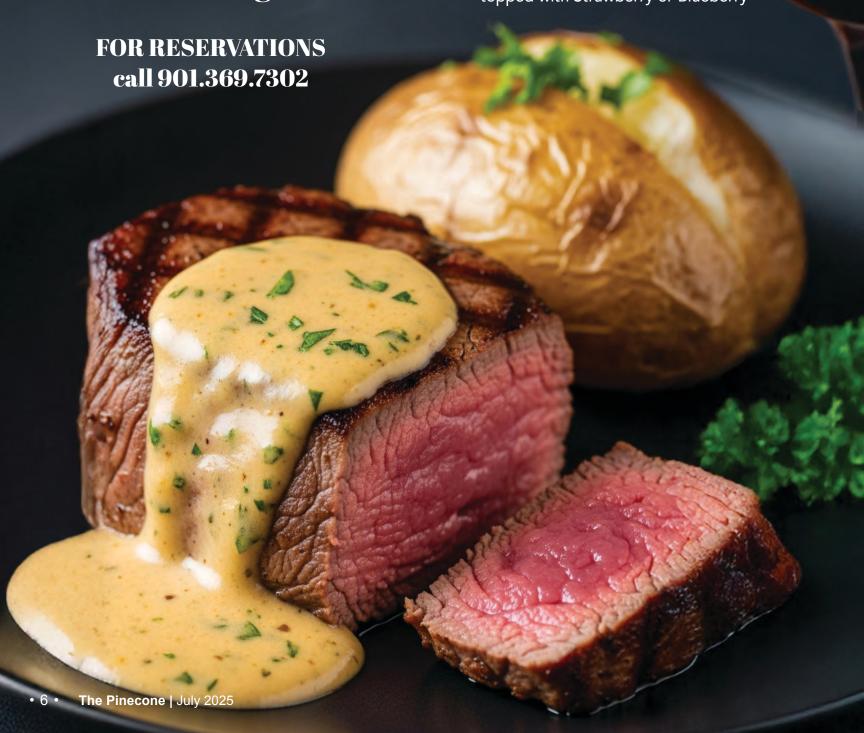
14 oz. T-Bone Steak or Sea Bass

Choice of Two Sides:

Creamed Spinach, Baked Mac n Cheese,
Baked Potato, Parmesan Roasted Asparagus

Dessert:

New York Style Cheesecake
topped with Strawberry or Blueberry





### JUST FOR THE RECORD

The ability to communicate information accurately by the written word is a skill set that is not easily acquired. Most of Christine Martin's professional life was spent using special skills to record and transcribe in judicial/legal settings. Now, as a resident of Kirby Pines, she has the role of transcribing and circulating minutes of the Advisory Committee which meets weekly. These minutes have become one of the most important communication tools for Kirby residents! While adept at recording, Christine admits, "I'm not particularly 'tech' savvy. While it has been a challenge from that standpoint, I've learned more about computers than I ever dreamed I needed to know, and I'm thankful for that-as I love learning new things."

Christine Fisher began her life in 1947 in Quantico, Virginia. Her father was stationed there as a member of the Marine Corps. She had an older brother and was later joined by three more siblings. After moving several times, the family finally settled in Millington, Tennessee, when her father was assigned to the Naval Air Station. Although Christine was able to attend first grade in Millington, she was uprooted again when her father was sent to Korea in 1952. Christine and her family moved to Phoenix, Arizona, to be near her mother's family. "There were terrifying 'things' there like Gila monsters, scorpions and jumping cacti," remembers Christine. "There is nothing there that would ever entice me to return!"

In 1953, Christine's father returned from Korea, and the family returned to Millington where Christine was able to continue her education, graduating from high school in 1965. Her favorite activity in high school was reporting for their newspaper and photography-even sporting events. Despite her academic excellence in school (Beta Club member), further education was delayed when she married soon after graduation and became the mother of son, Bill, and daughter, Becky. "I learned to appreciate my mother more for caring for five children when I had two," states Christine. "Child rearing is rewarding but quite a challenge!" Christine now has six grandchildren (one deceased) and two greatgrandchildren.

In 1968, Christine's marriage ended in a divorce. She began employment in an insurance agency and became the first woman desk adjuster in the agency. Two years later, she enrolled in the Memphis Court Reporting School where she learned the special skills required in using a stenographic shorthand machine, achieving the two-year graduation speed of 200

### **Resident Spotlight: Christine Martin**

words per minute (wpm). Learning to record and transcribe levels up to 280 wpm could be achieved through practice, continuing education, and further testing. Christine reached the second level with a speed of 240 wpm, earning accreditation as a Registered Merit Reporter.

The special stenographic machine consists of three rows of keys which allow the transcriber to "short-hand" by hitting keys that produce beginning and ending sounds of words and vowels. It sounds easy, doesn't it? To become licensed, one is required to pass tests which include a written test on punctuation, spelling, medical and technical terms, plus a 3-part speed test transcribed with 95% accuracy.

In 1973, Christine moved to Jackson, Tennessee, when she was hired as a freelance reporter by a court reporting firm. However, she soon started her own firm. She eventually evolved into working as an official State of Tennessee reporter and in 1986 began employment as an official Federal Government court reporter until her retirement in 2011. "I never regretted the choice I made to become a court reporter," declares Christine. "I learned a little bit about a lot of things during my career." While in her early days of working freelance, Christine tells of being called to a motel to take a deposition involving an interstate auto theft ring. Guns were brandished by the individuals being deposed. She managed to escape after the proceedings but feared she was being followed on the long trip home. "That was the scariest thing I've experienced," admits Christine. "I still shake when I think of it!"

In 1980, Christine married Patrick Martin, an attorney she met in court. They had 42 plus years together before his death in 2022. Unfortunately, Patrick was diagnosed with Parkinson's disease in 1996, so they both retired in 2011 to spend more time together.

In 2019, Patrick and Christine moved to Kirby Pines so that either would be cared for in the event one could not take care of the other. During the COVID pandemic, Patrick's condition deteriorated rapidly, and he passed away soon after. "I'm sorry the people at Kirby didn't have the opportunity to know the intelligent, funny and mischievous man I knew, and he never got to know the community I've come to cherish," states Christine.



**A Younger Christine** 

Following a period of mourning, Christine became more involved in the activities available at Kirby. "I enjoy card games, Mah Jongg, word puzzles and 'very much' being the current Communication Advisor. I've always loved to travel, but Patrick refused to fly anywhere, so that limited visits to mostly the Gulf Coast in Florida, conferences and families. Now, my daughter and I are making plans to visit some of the places I have always wanted to visit," declares Christine. "Look out, world, we're coming!"

According to Christine, "The decision, to move to Kirby was primarily for my well-being. Thanks to God and to the wonderful, beautiful, supportive, and caring friends here at Kirby-being here is like living with love and laughter every day. Who wouldn't want that?"

Written by Joan Dodson, Resident of Kirby Pines













- Where was the first celebration of Independence Day held?
- 2. Every Independence Day, how many times does the **Liberty Bell ring?**
- 3. Which American president was born on July 4th?
- 4. What is the location of the nation's oldest Fourth of July parade?
- 5. What was the total number of people who signed the Declaration of Independence?
- 6. Every July 4th, what food is most commonly consumed?
- 7. What was The Statue of Liberty's official name?
- 8. Where is the Liberty Bell currently located?
- 9. On the Declaration of Independence, who had the largest signature?
- 10. Which 3 presidents of the United States died on July 4th?
- 11. Why did American colonists dump tea into the harbor during the Boston Tea Party?
- 12. In what year were fireworks first used to celebrate the Fourth of July?
- 13. Who is the author of the Pledge of Allegiance?
- 14. During World War II, where was the Declaration of **Independence stored?**

- 15. What year was the 4th of July declared a national holiday?
- 16. What were the first battles of the American Revolution?
- 17. How many original copies of the Declaration of Independence are believed to have been printed?
- 18. Which six men are considered the core Founding **Fathers of America?**
- 19. Samuel Adams founded which revolutionary group that was responsible for the Boston Tea Party?
- 20. Alexander Hamilton died in a duel on July 11, 1804. Who was he dueling?

19. The Sons of Liberty 20. Aaron Burr Alexander Hamilton Benjamin Franklin, James Madison and 18. George Washington, John Adams, Thomas Jefferson, 16. The battles of Lexington and Concord 17. 200 12. 1777 3. Francis Bellamy 34. Fort Knox 35. 1870 "taxation without representation." II. As a way to protest British rule over them, including 10. John Adams, Thomas Jefferson and James Monroe 8. Philadelphia, Pennsylvania 9. John Hancock 7. Liberty Enlightening the World 4. Bristol, Rhode Island 5. 56 6. Hot Dogs 3. Calvin Coolidge, born on July 4, 1872 7. Philadelphia in 1777 2. 13

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

**Medical Dietary Aide** 

### **TRACIE SHANNON**

Describe Your Family: Externely nice and caring.

Describe yourself in five words: Nice, easy-goin, family-oriented, hard-working and caring.

What do you do for fun: Going out to eat and seeing movies with my family.

Do you have any hobbies: Reading and puzzles.

What is your favorite thing about your job: Serving our residents and being with them.

Favorite food: Fried Chicken. Favorite song: Any gospel or jazz.

What is something you are proud of: Myself and the person I have become.

What would you like people to know about you: I am a good person with a good heart.



Tracie consistently has gone above and beyond in her dedication to our team and our residents. She has stepped in on numerous occasions to work extra hours and cover shifts when we are short staffed. No matter how tired she may be, she never complains. Employees could learn from her discipline and consistent attendance. She is loyal and she truly enjoys serving our residents their meals.

# REFLECTIONS BY Maxie Dunnam



When I was the pastor of a congregation, preparing sermons every Sunday, I paid close attention to culture and timing... what was going on in the world, and particularly in my city and community. The Gospel is relevant not only to a religious calendar...Christmas, Lent, Easter...but also, the civil one... civic holidays.

That awareness and practice came strongly to mind as I began to share my REFLECTIONS for this July issue of The Pinecone. Who has not thought about it... July "the Fourth"?

So, what about "the Fourth"? Since I'm not writing a book, only a brief article...FREEDOM is a core principle in Christian living. Paul made that clear in his directions to the early Christian communities. In his Letter to the Galations he wrote, "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery". (Gal. 5:1 NIV)

Stay centered. Freedom requires discipline.

Actually, the freedom Christ gives us, is a freedom to be responsible. Paul made that clear: "For you were called to freedom, brethren; only do not use your freedom as an opportunity for the flesh, but through love, be servants of one another." (Gal. 5:13) He knew that if freedom was interpreted merely as the removal of restraint, sin would seize the opportunity, and use the weakness of human nature to launch attack against the spirit.

Stay centered. The freedom of Christ is a freedom to be responsible. The clanking chains of slavery loosed by Christ as we are forgiven and accepted. We are then free from the sins that burden us down, free from meaninglessness guilt, and the threat of death —— set loose to become the unique sons and daughters God created us to be. If we realize that our freedom requires discipline then that freedom will set the stage and provide the power for us to be all that God intends us to be, and live as he calls us to live.

### July Vesper Services | 6:30pm | Performing Arts Center

July 3

Rev Michael Pence Celebrate July 4th Rossville Methodist July 10

**Rev David Love** Seniors Minister Ridgeway Baptist **July 17** 

Rainey Seagars Chaplain St. Mary's Girls School July 24

Ron Wade
Director
Hope Works

July 31

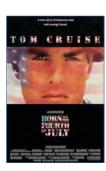
Rev Kevin Presley Minister of Music Emmanuel UMC

# MBBT MB AT



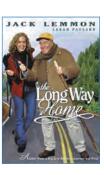












#### **NEWS OF THE WORLD (2020)**

#### Tuesday, July 1 | 1:30 pm & 6:30 pm

#### Cast: Tom Hanks, Helena Zengel, Tom Astor

A Civil War veteran agrees to deliver a girl taken by the Kiowa people years ago to her aunt and uncle against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.

#### **ME BEFORE YOU** (2016)

#### Wednesday, July 2 | 1:30 pm & 6:30 pm

#### Cast: Emilia Clarke, Sam Clafin, Janet McTeer

A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of.

#### **TRADE WINDS** (1938)

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

#### Cast: Fredric March, Joan Bennett, Ralph Bellamy

Kay Kerrigan commits a murder and then changes her hair color, assumes a new identity and flees the country by ship. She's unaware that she's being followed by Sam Wye, a skirt chasing detective. The two soon develop a shipboard romance.

#### **BORN ON THE FOURTH OF JULY (1990)**

#### Saturday, July 5 | 1:30 pm

#### Cast: Tom Cruise, Bryan Larkin, Raymond J. Barry

The biography of Ron Kovic. Paralyzed in the Vietnam war, he becomes an anti-war and pro-human rights political activist after feeling betrayed by the country for which he fought.

#### **ANNIE** (1982)

#### Sunday, July 6 | 1:30 pm & 4:00 pm

#### Cast: Aileen Quinn, Albert Finney, Carol Burnett

A spunky young orphan is taken in by a rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.

#### **JERSEY BOYS** (2014)

#### Tuesday, July 8 | 1:30 pm

#### Cast: John Lloyd Young, Erich Bergen

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

#### **THE LONG WAY HOME (1998)**

#### Wednesday, July 9 | 1:30 pm & 6:30 pm

#### Cast: Jack Lemmon, Sarah Paulson, Kristin Griffith

A glum widower meets a 21-year-old free spirit and the unlikely pair become friends and hitchhike across the country. They learn to respect each other's differences, and encourage each other to embrace new beginnings and face their fears.

#### **THE UNFORGIVEN (1960)**

Friday, July 11 | 1:30 pm Saturday, July 12 | 6:30 pm Sunday, July 13 | 6:30 pm

#### Cast: Burt Lancaster, Audrey Hepburn, Audie Murphy

The neighbors of a frontier family turn on them when it is suspected that their adopted daughter was stolen from the local Kiowa tribe.

#### **CHICAGO** (2002)

#### **Saturday, July 12 | 1:30 pm**

#### Cast: Renée Zellweger, Catherine Zeta-Jones

Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention.

#### **DANCES WITH WOLVES (1990)**

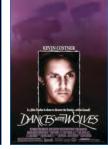
#### Sunday, July 13 | 1:30 pm & 4:00 pm

#### Cast: Kevin Costner, Mary McDonnell

A lieutenant assigned to a remote Civil War outpost starts questioning his purpose after making contact with a neighboring Sioux settlement.

# BURT AUDREY LANCASTER - HEPBURN The Unforgiven WARREN WARREN







#### **CHARLIE WILSON'S WAR (2007)**

#### Tuesday, July 15 | 1:30 pm & 6:30 pm

Cast: Tom Hanks, Julia Roberts
A drama based on Texas congressma

A drama based on Texas congressman Charlie Wilson's covert dealings in Afghanistan, where his efforts to assist rebels in their war with the Soviets have some unforeseen and long-reaching effects.

# THE MOVIES

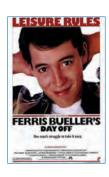














#### **WHERE HOPE GROWS (2014)**

### Wednesday, July 16 | 1:30 pm & 6:30 pm Cast: Kristoffer Polaha, David DeSanctis

A baseball player whose professional career was cut short due to his personal problems is suddenly awakened and invigorated by a young-man with Down syndrome who works at the local grocery store.

#### **PEOPLE WILL TALK (1951)**

Friday, July 18 | 1:30 pm Saturday, July 19 | 6:30 pm Sunday, July 20 | 6:30 pm

#### Cast: Cary Grant, Jeanne Crain, Finlay Currie

Dr. Noah Praetorius falls in love with Deborah, a student who discovers that she is pregnant by her old boyfriend.

#### **BECAUSE OF WINN-DIXIE** (2005)

#### Saturday, July 19 | 1:30 pm

#### Cast: AnnSophia Robb, Jeff Daniels

A mischievous dog befriends a lonely young girl in a new town and helps her make new friends.

#### **BLUE STEEL (1934)**

#### Sunday, July 20 | 1:30 pm & 4:00 pm

#### Cast: John Wayne, Eleanor Hunt, Gabby Hayes

U.S. marshal John Carruthers observes a robbery and Sheriff Jake thinks he may be the culprit. Meanwhile the town's leading citizen is planning to rob everybody blind.

#### **RUDY** (1993)

#### Tuesday, July 22 | 1:30 pm & 6:30 pm

#### Cast: Sean Astin, Jon Favreau, Ned Beatty

Rudy has always been told that he was too small to play college football. But he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

#### **FERRIS BUELLER'S DAY OFF (1986)**

#### Wednesday, July 23 | 1:30 pm & 6:30 pm

#### Cast: Matthew Broderick, Mia Sara, Alan Ruck

A brash, cocky high school senior, tired of skipping school to spend a boring day at home, is determined to enjoy an epic day roaring around his favorite Chicago sites, enlisting his best friend and girlfriend to join him on the adventure.

#### **THROUGHLY MODERN MILLIE** (1967)

Friday, July 25 | 1:30 pm

#### Saturday, July 26 | 6:30 pm Sunday, July 27 | 6:30 pm

#### Cast: Julie Andrews, James Fox, Mary Tyler Moore

In New York City during the Roaring Twenties, would-be flapper Millie Dillmount's self-appointed mission to marry her boss is complicated by white slavers and true love.

#### **SANTA FE TRAIL (1940)**

#### Saturday, July 26 | 1:30 pm

#### Cast: Errol Flynn, Olivia de Havilland

In 1854, Jeb Stuart, George Custer and other graduates from West Point are posted to Kansas to help pacify the territory before railroad construction to Santa Fe can resume.

#### **THE DAWN RIDER (1935)**

#### Sunday, July 27 | 1:30 pm & 4:00 pm

#### Cast: John Wayne, Marion Burns, Dennis Moore

Just as John travels to visit his father, he witnesses his death and suffers a gun wound - a beautiful woman is kind enough to help him bring the killers to justice, but jealousy from another man may cause problems.

#### **THE PEANUT BUTTER FALCON (2019)**

#### Tuesday, July 29 | 1:30 pm & 6:30 pm

#### Cast: Zack Gottsagen, Dakota Johnson, Ann Pierce

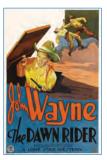
Zak, a man with Down syndrome, runs away from a residential nursing home to pursue his dream of becoming a wrestler. Later, he meets with an outlaw who becomes his friend and coach.

### THE CURIOUS CASE OF BENJAMIN BUTTON (2008)

#### Wednesday, July 30 | 1:30 pm & 6:30 pm Cast: Brad Pitt, Cate Blanchett, Tilda Swinton

Benjamin Button, born in 1918 with the physical state of an elderly man, ages in reverse. He experiences love and break-ups, ecstasy and sorrow, and timelessness by the time he dies in 2003 as a baby.









**SUNDAY MONDAY TUESDAY** WEDNESDAY **THURSDAY** FRIDAY **SATURDAY** 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 7:30 am • Men's Christian Fellowship (LCR) 9:30 am • Basic Water Aerobics (Pool) 9:00 am • Farmers Market (Lobby) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Basic Water Aerobics (Pool) 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 1:00 pm • Advanced Line Dancing (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Bible Study with Dave Phillips (Chape 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans 1:30 pm ● Game Play (LCR) 10:00 am • Pinecone Painters (A&C) 10:00 am • Kroger & Banks (Trans) 11:00 am • Lunch Bunch: Jerry's Sno Cones (Trans) 10:00 am • Annual 4th of July Parade (Lobby) 1:30 pm • Movie: Born on the 4th of July (Thtr) 11:00 am • Chair Yoga (PAC) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Billiards Group (Billiard Room) 10:15 am • Strength Training (PAC) 1:00 pm • Billiards Group (Billiard Room) 2:30 pm • Ballroom Dancing (PAC) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:00 pm • Needle Arts Group (Sunroom) 1:15 pm • Line Dancing (PAC) 10:45 am • Yoga Stretch (PAC) 5:30 pm • *Travelers: Freedom Festival (Trans)* 1:15 pm • Mah Jongg (LCR) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: News of the World (Thtr) 1:00 pm • Billiards Group (Billiard Room) 6:30 pm • Movie: Trade Winds (Thtr) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Dr. Abutineh MD (WC) 1:30 pm • Bunko (SCR) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 1:30 pm • Game Play (LCR) 1:15 pm • Line Dancing (PAC) 3:00 pm • KP Photo Club: Photo Wall (Bistro) 1:30 pm • Movie: Trade Winds (Thtr) 1:30 pm • Movie: Me Before You (Thtr) 1:30 pm • TV Series: The Americas (Thtr) 6:30 pm • Movie: News of the World (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Music: Johnson & Johnson (PAC) 2:00 pm • Wellness Talk with Susan (Sunroom) 6:00 pm ● Wednesday Bridge Group (LCR) 6:30 pm • Vespers (PAC) 6:30 pm • Movie: Me Before You (Thtr) 7:30 am • Men's Christian Fellowship (LCR) 12 8:30 am • Men's Water Aerobics (Pool) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Church of Christ Service (PAC) 9:00 am • Get Physical with Kim (Oasis) 8:00 am • Get Physical with Kim (Oasis) 8:00 am • Get Physical with Kim (Oasis) 9:30 am • Basic Water Aerobics (Pool) 9:00 am • Farmers Market (Lobby) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Basic Water Aerobics (Pool) 11:00 am • Travelers: Nostalgic Tea Room (Trans 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 12:00 pm • Travelers: Memphis Redbirds (Trans) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Group Exercise (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Bible Study with Dave Phillips (Chapel 1:00 pm • Billiards Group (Billiard Room) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 1:00 pm • Advanced Line Dancing (PAC) 10:00 am • Hobby Pines Group (Hobby Shop) 10:00 am • Women's Bible Study (Chapel) 10:00 am • Pinecone Painters (A&C) 10:00 am • Kroger & Banks (Trans) 10:30 am • Garden Gro'ers (Greenhouse) 1:30 pm • Movie: Annie (Thtr) 10:30 am • Cardio Move & Strength (PAC) 10:00 am ● Cornhole Club (LCR) 1:30 pm • Game Play (LCR) 10:00 am ● Poetry & Writing Club (LCR) 10:30 am • Cardio Move & Strength (PAC) 11:00 am 🌘 Chair Yoga (PAC) 4:00 pm • Movie: Annie (Thtr) 10:30 am • Beginners Billiards (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) 10:15 am • Strength Training (PAC) 1:30 pm • Movie: Chicago (Thtr) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Walmart, Costco, & Banks (Trans) 6:30 pm • Movie: Trade Winds (Thtr) 10:30 am • Chair Yoga (PAC) 1:00 pm ● Duplicate Bridge (LCR) 1:00 pm • Needle Arts Group (Sunroom) 10:45 am • Yoga Stretch (PAC) 2:30 pm • Ballroom Dancing (PAC) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Line Dancing (PAC) 1:00 pm • Billiards Group (Billiard Room) 6:15 pm • Trivia Group (Ante) 1:00 pm • Dr. Abutineh MD (WC) 1:30 pm • Movie: Jersey Boys (Thtr) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 6:30 pm • Movie: The Unforgiven (Thtr) 1:30 pm ● Game Play (LCR) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: The Long Way Home (Thtr) 1:15 pm • Line Dancing (PAC) 1:30 pm • Bunko (SCR) 1:30 pm • Movie: The Unforgiven (Thtr) 6:00 pm ● Mexican Train Dominos (LCR) 1:30 pm • TV Series: The Americas (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:15 pm • Girls Night Out: Little Women (Thtr) 6:00 pm • Music: Rob Haynes (PAC) 2:00 pm • Residents Association Meeting (PAC) 6:00 pm • BINGO (PAC) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Vespers (PAC) 6:30 pm • Residents Choice Movie Night (Thtr) 6:30 pm • Movie: The Long Way Home (Thtr) 7:30 am • Men's Christian Fellowship (LCR) 19 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 13 14 15 18 16 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:00 am • Farmers Market (Lobby) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Basic Water Aerobics (Pool) 1:00 pm • Billiards Group (Billiard Room) 9:00 am • Travelers: Peter Jones "Easter Island" (PA 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Advanced Water Aerobics (Pool) 1:00 pm • Advanced Line Dancing (PAC) 9:30 am • Group Exercise (PAC) 9:30 am • Group Exercise (PAC) 10:00 am • Cathòlic Service's (Chapel) 9:30 am • Advanced Water Aerobics (Pool) 1:30 pm • Movie: Dances with Wolves (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Pinecone Painters (A&C) 10:00 am • Walmart, Kroger, Aldi, & Banks (Trans 1:30 pm ● Game Play (LCR) 10:00 am • Caregiver Support Group (SCR) 10:00 am • Bible Study with Dave Phillips (Chapel 10:30 am • Beginners Billiards (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) 10:15 am • Strength Training (PAC) 1:30 pm • Movie: Because of Winn-Dixie (Thtr) 4:00 pm • Movie: Dances with Wolves (Thtr) 10:15 am • *Travelers:* 10:00 am • Kroger & Banks (Trans) 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 • Came Blay (LCR) 4:00 pm • Hymn Sing with Leon (Chapel) 10:30 am • Chair Yoga (PAC) 1:15 pm • Line Dancing (PAC) 10:45 am • Yoga Stretch (PAC) 2:30 pm • Ballroom Dancing (PAC) 10:30 am • Cardio Move & Strength (PAC) 6:30 pm • Movie: People Will Talk (Thtr) 6:30 pm • Movie: The Unforgiven (Thtr) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Charlie Wilsons War (Thtr) 10:45 am • Travelers: Senior Health Fair (Trans) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:30 pm • Game Play (LCR) 1:30 pm • Bunko (SCR) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) 6:00 pm • Mexican Train Dominos (LCR) 6:30 pm • Movie: Charlie Wilsons War (Thtr) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:30 pm • Game Play (LCR)
1:30 pm • Movie: Where Hope Grows (Thtr)
2:00 pm • Ballroom Dancing (PAC)
6:00 pm • Wednesday Bridge Group (LCR)
6:30 pm • Movie: Where Hope Grows (Thtr) 1:00 pm • Dr. Abutineh MD (WC) 6:00 pm • BINGO (PAC) 1:30 pm • Movie: People Will Talk (Thtr) 1:15 pm • Line Dancing (PAC) 6:30 pm ● Residents Choice Movie Night (Thtr) 2:00 pm • Art Opening (PAC) 1:30 pm • TV Series: The Americas (Thtr) 6:00 pm • Music: Cecil Yancy & John Albertson (PAC) 6:30 pm • Vespers (PAC) 7:30 am • Men's Christian Fellowship (LCR) 26 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 21 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 1:00 pm • Billiards Group (Billiard Room) 10:00 am • Worship Service (PAC) 9:00 am • Dr. Abutineh MD (WC) 9:00 am • Farmers Market (Lobby) 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Group Exercise (PAC) 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 1:00 pm • Advanced Line Dancing (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:00 am • Bible Study with Dave Phillips (Chape 1:30 pm ● Game Play (LCR) 1:30 pm • Movie: Blue Steel (Thtr) 9:30 am • Book Baggers (Chapel) 10:00 am • Travelers: Mallory-Neely Tour (Trans) 10:00 am • Pinecone Painters (A&C) 10:30 am • Beginners Billiards (Billiard Room) 3:00 pm • Music: Marty Kocman & Liz Parsons (PAC 10:30 am • Cardio Move & Strength (PAC) 11:00 am • Chair Yoga (PAC) 10:00 am • Kroger & Banks (Trans) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 1:30 pm • Movie: Santa Fe Trail (Thtr) 10:30 am • Chair Yoga (PAC) 1:00 pm • Billiards Group (Billiard Room) 4:00 pm • Movie: Blue Steel (Thtr) 10:30 am • Cardio Move & Strength (PAC) 10:00 am ● Cornhole Club (LCR) 2:30 pm • Ballroom Dancing (PAC) 12:45 pm • *Travelers: MOJO Tour (Trans)* 10:30 am • Tech Time (Sunroom) 1:00 pm • Needle Arts Group (Sunroom) 6:30 pm • Movie: People Will Talk (Thtr) 1:00 pm • Duplicate Bridge (LCR) 1:00 pm • Walmart, Costco, & Banks (Trans) 10:15 am • Strength Training (PAC) 6:15 pm • Trivia Group (Ante) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) 10:45 am • Yoga Stretch (PAC) 6:30 pm • Movie: Thoroughly Modern Millie (Thtr) 1:30 pm ● Game Play (LCR) 1:30 pm • Game Play (LCR) 1:15 pm • Line Dancing (PAC) 1:00 pm • Dr. Abutineh MD (WC) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Travel Series: National Parks (Thtr) 1:30 pm • Movie: Ferris Bueller's Day Off (Thtr) 1:30 pm • Movie: Rudy (Thtr) 1:15 pm • Line Dancing (PAC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 6:00 pm ● Mexican Train Dominos (LCR) 2:00 pm • Ballroom Dancing (PAC) 1:30 pm • Bunko (SCR) 1:30 pm • TV Series: The Americas (Thtr) 1:30 pm • Movie: Thoroughly Modern Millie (Thtr) 6:00 pm • BINGO (PAC) 6:00 pm ● Wednesday Bridge Group (LCR) 6:00 pm • Music: David Virone (PAC) 6:30 pm • Residents Choice Movie Night (Thtr) 6:30 pm • Movie: Rudy (Thtr) 6:30 pm • Movie: Ferris Bueller's Day Off (Thtr) 6:30 pm • Vespers (PAC) 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 28 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 31 **ABBREVIATIONS KEY** 9:30 am • Basic Water Aerobics (Pool) 9:00 am • Farmers Market (Lobby) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Group Exercise (PAC) 9:30 am • Travelers: NWS Tour (Trans) 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Catholic Services (Chapel) 9:30 am • Advanced Water Aerobics (Pool) 1:30 pm • Movie: The Dawn Rider (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Pinecone Painters (A&C) 10:00 am • Bible Study with Dave Phillips (Chapel) SCR - Small Card Room Thtr - Theater 11:00 am • Chair Yoga (PAC) 4:00 pm • Movie: The Dawn Rider (Thtr) 10:30 am • Beginners Billiards (Billiard Room) 11:45 am • Birthday Lunch (Dining) 10:00 am • Kroger & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Billiards Group (Billiard Room) FDR - Formal Dining Room A&C - Arts & Crafts Studio 6:30 pm • Movie: Thoroughly Modern Millie (Thtr) 10:30 am • Chair Yoga (PAC) 1:00 pm • Needle Arts Group (Sunroom) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Billiards Group (Billiard Room) 1:15 pm • Line Dancing (PAC) PAC - Performing Arts Center
 LCR - Large Card Room 1:15 pm ● Mah Jongg (LCR) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:30 pm ● Game Play (LCR) 1:30 pm • Movie: Peanut Butter Falcon (Thtr) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Billiards Group (Billiard Room) BR - Billiard Room WC - Wellness Clinic 6:00 pm ● Mexican Train Dominos (LCR) 1:30 pm • Bunko (SCR) 1:30 pm • Game Play (LCR) 1:00 pm • Dr. Abutineh MD (WC) 1:30 pm • Movie: Benjamin Button (Thtr) Trans - Transportation Pool/Oasis 6:00 pm • BINGO (PAC) 3:45 pm • Birthday Dinner (Dining) 1:15 pm • Line Dancing (PAC) 2:00 pm • Ballroom Dancing (PAC) 6:30 pm • Residents Choice Movie Night (Thtr) 6:30 pm • Movie: Peanut Butter Falcon (Thtr) 1:30 pm • TV Series: The Americas (Thtr) HS - Hobby Shop 6:00 pm • Wednesday Bridge Group (LCR) Sunroom 6:30 pm • Vespers (PAC) 6:30 pm • Movie: Benjamin Button (Thtr)

# July 2025 **EVENTS**

#### Jul 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.

#### **Jul 1:** Medical Director Dr. Mike Abutineh MD

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

#### Jul 1: Cardio Move & Strength

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

#### Jul 1: Lunch Bunch: **Jerry's Sno Cones**

Join the Lunch Bunch as we go to Jerry's Sno Cones. Jerry's Sno Cones, the cozy and iconic "burger shack", is renowned for a multicolored menu of close to 100 varieties of ice cream-infused snow cones. Jerry's has become a popular Memphis food stop for both locals and tourists. It all started around 1960. A couple bought a Sinclair Gas Station and turned it into a carwash/snow cone shack, calling it Jerry's Sno Cones. We will meet in the Lobby at 11:00 am. Transportation is \$5 paid to Resident Programs.

#### **Jul 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!

#### Jul 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!

#### Jul 1: BUNKO

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

#### Jul 1: Photo Club Wall Reveal

If you love our Photo Club page in the Pinecone, come join us at 3:00 pm, near the Bistro for our Photo Wall Presentation! Refreshments will be served throughout. Hope to see you there!

#### Jul 2: Get Physical with Kim

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

#### **Jul 2:** Group Exercise

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

#### Jul 2: Catholic Services

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

#### **Jul 2:** Pinecone Painters

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

#### Jul 2: Chair Yoga

Chair yoga is a gentle form of yoga that can done be 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.

#### Jul 2: Needle Arts Group

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

#### Jul 2: Mah Jongg

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

#### Jul 2: Mexican Train **Dominoes**

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

#### Jul 2: Game Play Group

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

#### Jul 2: Ballroom Dancing

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

#### **Jul 2:** Bridge Group

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

#### Jul 3: Farmer's Market

The Farmer's Market is back! Come to the Lobby every Thursday from 9:00 am to 1:00 pm to get your fresh produce.

#### Jul 3: Bible Study with Dave Phillips

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

#### **Jul 3:** Series: The Americas

Explores the wonders, mysteries, and fragilities of the Americas, the largest landmass on Earth, as well as extraordinary, untold wildlife tales that will resonate with millions of people all over the world. Showtimes are every Thursday at 1:30 pm.

#### Jul 3: Wellness Talk with Susan

Join Susan, the Therapy Director, in the Sunroom at 2:00 pm, for her monthly "Wellness talk with Susan". This month's topic is Safety! This includes safety in your apartment & safety when using your assistive devices. Just for fun Susan will also be giving away patriotic decorations for your assistive devices to help you get ready for the upcoming Annual 4th of July Parade.

#### Jul 4: Strength Training

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

#### Jul 4: 4th of July Parade

Show your patriotism and community spirit! Don your red, white, & blue, put on your marching shoes, decorate a cart, and meet us in the Lobby at 10 AM. Help us parade and spread our Patriotism and joy all around Kirby. Children, dogs, and guests are encouraged to march with us. The parade will exit the Lobby at 10:30 am.

#### Jul 4: Yoga Stretch

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

### **Jul 4:** Music: Johnson & Johnson

Kirby is excited to welcome back the music stylings of the Johnson & Johnson duo. Enjoy an evening of Gospel and Vintage Standards as we celebrate the birth of our nation. The music will begin in the PAC at 6:00 pm.

### **Jul 5:** Men's Christian Fellowship

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

#### **Jul 5:** Travelers: Freedom Fest

The City of Lakeland has announced its inaugural Freedom Festival, a brandnew community celebration set for Saturday, July 5th, from 6:00 pm to 9:00 pm at the Lakeland Prep Annex Complex. This event promises an evening of family-friendly fun and patriotic celebration. Attendees can look forward to live music by Landslide, a popular Fleetwood Mac tribute band, a variety of food trucks, a spectacular fireworks show to close out the night and much more. Lobby Time is 5:30 pm. Sign up in Resident Programs. Transportation Fee \$5.

#### Jul 6: Church of Christ Service

Our service will be every Sunday at 8:00

am in the Chapel. All are welcome and encouraged to attend.

#### **Jul 6: Worship Service**

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

#### Jul 6: Travelers: Redbirds Game

The Travelers are going to see The Memphis Redbirds vs. The Nashville Sounds. Come along with Kirby Pines to cheer on our local minor league baseball team. Tickets are \$18. Tickets include a hot dog and a soda. Our seats are accessible, shaded, dugout seating. Sign up in Resident Programs. Transportation fee is \$5 and we will meet in the Lobby at 12:00 pm.

#### **Jul 7:** Hobby Pines Group

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

#### **Jul 7:** Poetry & Writing Club

The Writing and Poetry Group meets the first Monday of every month at 10:00 am in the LCR. We will meet for an hour and share our writings with everyone. This month's writing prompt is to write about your father. New Members encouraged and welcome to join in.

#### Jul 7: Bingo

Who dones'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.

### **Jul 7:** Resident's Choice Movie Night

Resident's choice movie night is going to be held every Monday night at 6:30 pm. Here is your chance to pick the movie. Whether you missed a movie that was shown previously or you have a movie you would like to see on the big screen, this is for you! Let Sally Cook know the week before what movie you want to see.

#### Jul 8: Women's Bible Study

Ladies, come join our new women's bible study organized by Germantown Presbyterian Church. We meet the 2nd Tuesday of the month at 10:00 am in the Chapel.

#### **Jul 8 & 22:** Duplicate Bridge

Duplicate Bridge will begin at 1:00 pm on the 2nd and 4th Tuesday of every month. If you would like to join, come out to the LCR.

#### **Jul 8:** Girls' Night Out

Join us for this month's Girl's Night Out Movie, "Little Women". In 19th century Massachusetts, the March sisters--Meg, Jo, Beth, and Amy--on the threshold of womanhood, go through many ups and downs in life and endeavor to make important decisions about their futures. The movie will start at 6:15 pm.

#### Jul 9: Garden Gro'ers

Gardening adds years to your life and life to your years. 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.

### **Jul 10:** Resident Association Meeting

The Kirby Pines Residents' Association will meet on July 10, 2025 from 2:00 pm until 3:00 pm in the Performing Arts Center. Cliff Reyle, Chief of Staff, Youth Villages will be the speaker.

#### Jul 11 & 25: 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.

#### Jul 11: Music: Rob Haynes

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

### **Jul 12:** Travelers: Nostalgic Tea

Hop on board as the Travelers go to Nostalgic Tea Room for a classic tea party which will include tasty finger sandwiches and delicious desserts. The Tea Room is located in Sheffield's antique mall if you would like to go shopping after. Lobby Time is 11:00 am on Saturday, July 12th. Tickets are \$21 and Transportation Fee is \$5. Sign up in Resident Programs. Rumor has is that Pamela Shatraw will be joining the Travelers on this wonderful outing.

#### **Jul 12 & 26:** Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. The theme this month will be Movies and/or TV Shows, however, trivia ques-

tions can be presented on any topic. Join us at 6:15 pm in the ante room.

#### **Jul 13:** Hymn Sing with Leon

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

#### **Jul 16:** Caregiver Support Group

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

#### Jul 16: Travelers: Backermann's

Let's go shopping with the Travelers at Backermann's Country Market in Whiteville, TN. We will meet in the Lobby 10:15 am. Transportation will be \$5 and can be paid to Resident Programs.

#### **Jul 17:** Travelers: Peter Jones **Easter Island**

Peter Jones will give a PowerPoint presentation on Easter Island (Rapa Nui), on July 17, 2025 at 9:00 am in the PAC with live streaming on in house TV. Part of the Polynesian Triangle, Easter Island is the most isolated, inhabited place in the world and is famous for its large stone statues or Moai. Explore Easter Island with Peter, view some of the Moai statues, and consider some of the mysteries of the island, even today.

#### **Jul 18:** Travelers: Health Fair

Join the Travelers to the Benjamin L. Hooks Central Library for their Senior Health Fair Event. This event is aimed at informing, educating, and providing health care resources and health information to seniors. Admission is free. We will meet in the Lobby at 10:45 am. After the Health Fair we will enjoy lunch at Central BBQ. Transportation will cost \$5 dollars paid to Resident Programs. Don't forget your lunch money.

#### Jul 18: 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. We hope to see you there!

#### Jul 18: Music: Cecil Yancy and John Albertson

What happens when a storyteller with a guitar on his back joins forces with a multi-instrumentalist? Cecil Yancy's "A

History of Bluegrass Music Through the Eyes of Bill Monroe, featuring John Albertson" takes you on a tour of the Scottish Highlands, the Appalachian Mountains and the blues. Along the way, you'll clap your hands, stomp your feet, sing the songs and experience music that combines all three forms into a gumbo of sounds that folks started calling bluegrass shortly after Bill Monroe and His Bluegrass Boys brought the sound to the stage of the Grand Ole Opry. The performance starts at 6:00 pm in the PAC.

#### Jul 20: Music: Marty Kocman and Liz Parsons

Marty Kocman and piano accompanist, Liz Parsons, will play a flute recital in the PAC starting at 3:00 pm. The performance will feature music from the movies. It promises to be an enjoyable afternoon.

#### **Jul 21:** Tech Time

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

#### Jul 21: Travel Series

Join us in the theater on the 3rd Monday every month to enjoy a documentary about a new location. This month we will be taking a trip to learn about "Intro to National Parks". Program will begin at 1:30 pm in the Theatre.

#### **Jul 22:** The Book Baggers

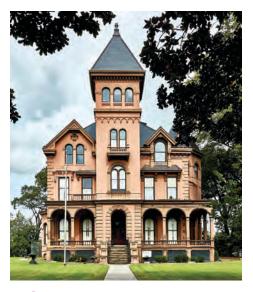
Jackie Flaum will be joining us to discuss her book, "The Yellow Fever Revenge" on July 22nd at 9:30 am in the Chapel. Although fiction, this book may make you aware of events in Memphis during the vellow fever epidemic in 1878. Be sure to invite some of our new neighbors and friends to enjoy our time together while we share our reading experiences.

#### **Jul 22:** Travelers: Mojo Tour

Join the Travelers on the MOJO bus tour. The Home of the Blues comes alive on this city tour aboard the nation's only music bus. All of the guides on this tour are professional Beale Street musicians who play and sing selections from the city's rich musical heritage, while entertaining you with comedy, history, and behind-thescenes stories of your favorite Memphis personalities. The tour is 90 minutes with a bathroom stop halfway. Sign up in Resident Programs. Lobby time is 12:45 pm on Tuesday, July 22nd. Tickets are \$33 and transportation fee is \$5.

#### Jul 25: Travelers: **Mallory-Neely Tour**

Join the Travelers on Friday, July 25th for a tour of the Mallory-Neely House. Listed on the National Register of Historic Places and located in the Victorian Village Historic District, the Mallory-Neely House is one of Memphis's treasured historic sites. It is all the more special in that it retains all of the original historic interiors, furniture, and artifacts almost exclusively. It offers a visceral experience walking through the home and lives of a family from over one hundred years ago. On the way back we will enjoy lunch at Formosa Chinese Restaurant. Sign up in Resident Programs. Tickets are \$16. Lobby time 10:00 am. Transportation fee is \$5.



#### Jul 25: Music: David Virone

David is a charismatic performer, with 20 years of guitar playing & singing experience. He specializes in traditional American Folk music, Country, Gospel and good ol' Rock n' Roll. His sets include a range from the Carter Family to Chuck Berry. Come to the PAC at 6:00 pm to enjoy this performance.

#### **Jul 29:** 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.

#### Jul 31: Travelers: **National Weather Station**

Join the Travelers on Thursday, July 31st as the tour the National Weather Station at the Agricenter. If you're interested in learning about weather, science, and more, then this is the trip for you. Sign up in Resident Programs. Lobby time 9:30 am. Transportation fee is \$5.

### PUZZLE CHALLENGE | Sudoku Number Game

### 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**

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

### **PUZZLE 3: MEDIUM**

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

### **PUZZLE 2: MEDIUM**

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

### **PUZZLE 4: HARD**

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

# **PICTURING LIFE AT KIRBY PINES**

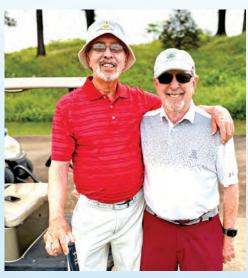
### **OUT AND ABOUT WITH THE TRAVELERS**



The Travelers took a trip downtown to the Belz Museum of Asian & Judaic Art.



A great time was had on the links at Miramichi Golf Course in Millington. L-R: Graeme Gee, Hugh Wilson, John Elli and Michael Gilbert.







A group headed down to Merigold, Mississippi to McCarty Pottery. Pictured are Mary Lee Boggs and Ronny & Betty Copeland.



The Lunch Bunch headed to Libro - the cafe inside of Novel Bookstore. On the left is Clay Shaw with her purchase and Paula Cwikeil checks out a local author.









A group of ladies headed to The Women's Exchange for lunch and a little shopping. L-R: Flo Seward, Joan Gilliland and Pat Simmons.



Nancy Wark grabs some nachos at the Memphis Redbirds game.

## **PICTURING LIFE AT KIRBY PINES**

### **CARNIVAL, BRIDGE, THEATRE IN THE PINES & LUAU**







Carnival Memphis stopped by for their annual visit to Kirby Pines. L-R: Marcia Fraley with King George Sousoulas, Barbara Worrell and one of the pesky Boll Weevils and Jean Mauney with Queen Claiborne Collier.

Dan Moffett and Diane Mullins have been racking up wins at Bridge Club. 4th straight month!



Theatre in the Pines had quite a cast, complete with great scenery and incredible costumes for their presentaion of "Once Upon A Time". Photo by Stuart Eyman.









Everyone seemed to enjoy themselves at the Summer Luau! Pictured are Gerry Beckley and Cheryl Wood; Brenda and Andy Sippel; Bill Crosby; and Alice Wherry with Bob Shears on the dance floor.

# **PICTURING LIFE AT KIRBY PINES**

### ANNUAL FATHER'S DAY CLASSIC CAR SHOW



Pat and Don Meiners enjoy the Father's Day Cookout with their son and daughter-in-law.



Jimmy Latimer follows family tradition with three generations at the cookout.



Suzanne & Mike Hufnagel celebrate Flag Day, too!









Such a great turnout, considering the early rain. L-R: Terry Cooper and Martha Howe; Susan and Jim Flake; Lee Todd and his daughter; and Lyle Hendrix with his daughter.



Jeanie and Fritz Crombie with their beautiful Corvette at the Car Show.



Katy & Bill Dorsey are surrounded by family to celebrate Father's Day at Kirby Pines.

# KIRBY PINES PHOTO CLUB



**Photo by Stuart Eyman** 

### Join Us July 1 at 3:00 pm outside The Bistro for our Photo Wall Reveal!

This month our Photo Club members were assigned to cover our Classic Car Show.



**Photo by Sydney Wagner** 



**Photo by Connie Carter** 



Photo by Sylvia Statham



**Photo by Carolin Thomason** 



Photo by Mary Ann Thurmond



Photo by Sheryl Maxwell



Photo by Jane Longfield



Photo by Hugh Wilson



Photo by Dale Jones



**Photo by Arrena Cheek** 



Photo by Marsha Greiner

### **TO SEE MORE** PHOTOS

AND HAPPENINGS

**CHECK OUT OUR FACEBOOK PAGE!** 

Simply go to facebook.com and search **Kirby Pines!** 



**CHECK OUT OUR CHANNEL FOR ALL OF OUR VIDEOS!** 

Simply go to youtube.com and search **Kirby Pines!** 



**SCAN ME!** 



# SUDOKU NUMBER GAME

**PUZZLE 1: EASY** 

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

	Pl	JZZ	LĘ.	<b>3</b> : l	MEI	DIU	М
3	9	5	6	1	3	4	2
,	2	1	7	4	0	-	-

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

8 9 2 3 4 1 5

**PUZZLE 2: MEDIUM** 

	6	8	3	5	2	4	1	9	7
	2	4	7	3	9	1	6	5	8
١	9	1	5	6	7	8	2	3	4
7	4	9	8	7	5	2	3	6	1
	1	3	6	4	8	9	5	7	2
	7	5	2	1	3	6	8	4	9
	8	2	4	9	6	5	7	1	3
	3	6	1	2	4	7	9	8	5
	5	7	9	8	1	3	4	2	6
								1	_

**PUZZLE 4: HARD** 

	4	7	1	5	8	2	6	9	3
	5	8	3	6	7	9	1	2	4
ĺ	2	9	6	1	3	4	5	7	8
	1	3	5	8	9	6	2	4	7
l	6	2	8	7	4	5	3	1	9
۱	7	4	9	2	1	3	8	5	6
ļ	8	5	7	4	6	1	9	3	2
	9	1	4	3	2	8	7	6	5
	3	6	2	9	5	7	4	8	1

ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

## **CHRISTIE'S COIFFURES**

Manicures | Pedicures | Facials Women's Haircuts **Shampoo & Sets Perms & Coloring Separate Barber Shop** 

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### Memorials, Honorariums & Gifts

#### **In Memory Of**

#### **JERRY BUCKALOO**

Donation by Irene Baker to the Employee Fund

#### **ALICE WALTON**

Donation by KP Resident Association to the Employee Fund

Donation by Carol Odom *to the Library* 

#### **BARBARA LOGAN**

Donation by Sydney Wagner to the Book Baggers

Donation by Sylvia Statham to the General Fund

Donation by Donna Griffin to the Library

Donation by Barbara Hanrahan to the Entertainers

Donation by Janice Wall to the Book Baggers

Donation by Carol Odom *to the Library* 

Donation by Ann Peyton to the Library

#### **ELOISE BELLERJEAU**

Donation by KP Resident Association to the Employee Fund

#### **DORIS BENTLY**

Donation by KP Resident Association to the Employee Fund

#### **CONNIE OAKES**

Donation by KP Resident Association to the Employee Fund

#### **BECKY LEATHERWOOD**

Donation by Sylvia Statham to the Employee Fund

#### **SHARON OVERMAN**

Donation by Barbara Hanrahan to the Entertainers

#### **JOYCE PERKINS**

Donation by Barbara Hanrahan to the Entertainers

#### **SUE JACKSON**

Donation by KP Resident Association to the Employee Fund

#### **In Memory Of**

#### **CATHY WHERRY LAUGHLIN**

Donation by Lisa, Nancy & Tinian to the Ballroom Dancers

#### **BILL SAYLE**

Donation by Christine Martin to the Employee Fund

#### In Honor Of

#### **MARTY & JANIE KOCMAN**

Donation by Sydeny Wagner to the Book Baggers

#### **MARK MAXWELL**

Donation by Lyle Hendrix to the Hobby Shop

Donation by Richard Fraley to the Hobby Shop

Donation by Mary Blanche Scott to the Hobby Shop

#### **DENNIS RENICK**

Donation by Ann Peyton to the Garden Gro'ers

#### **SYDNEY WAGNER**

Donation by Anonymous to the Book Baggers

#### **JANICE WALL**

Donation by JoAnn Ginn to the Book Baggers



# PICTURED ON THE BACK:

Jody & John Sosh

**Jeanette & Steve Martin** 

Mary Lou & Jim Shannon

**Jean Mauney** 

**Arrena & Richard Cheek** 

Lois Dazey with Jim & Susan Flake

**Hugh Wilson** 

**Sylvia Statham** 

**John & Sally Coleman** 

Sarah McCallum

**Diane Mullins** 

**Phyllis Mitchell** 

Barbara Phillips & Jane Longfield

**Carolyn Hladky** 

**Barbara Hanrahan** 

**Stuart & Bonnie Eyman** 

Joan Dodson

**Marcia & Richard Fraley** 

Dale Jones & Alma Crone

Christine Martin & Alice Petty

Bankie & Pat McCarty with Judy DeShaies

**Jim Stanley** 

**Cheryl Johnson** 

**Guy & Connie Carter** 

The Pinecone | July 2025



























































