

Good Friends Make Great Neighbors

I first heard that line 20 years ago when I was an Executive Director of a community in Great Neck, NY. That particular building had never been fully occupied until a new philosophy was introduced by leadership.

But more importantly, there was a culture shift in that building that was embraced by residents and staff alike. And, before long (8 short months) this building was fully occupied. What was that culture shift you ask? It was turning the power of our residents loose! Letting them be our ambassadors, telling their story of their newfound life adventure and happiness.

Kirby Pines is very different. It doesn't need a culture shift. Our "Great Residents" have always been our loudest fans and provided us with consistent referrals to join our Lifecare Community. You are living proof that Good Friends do make Great Neighbors.

In fact, this runs far deeper here where we have so many family members living here, and in some cases 2 and 3 generations of the same family represented here.

So here is what we are asking! We want you to help us find your next "Great Neighbor." We would like to offer you the opportunity to invite

at Kirby Pines

your friends or organizations to experience Kirby Pines. A lunch or dinner on me is never a problem. We would also encourage you to invite your Sunday School Class for lunch, your Car Club for "Breakfast & Bumpers." Maybe your outside Bridge Club would like catered refreshments and a change in venue.

Also, tell your friends that there are over 200 scheduled activities and no less than 5 excursions that you can invite your friends to attend with you.

Don't forget, when you do have your friends move in, a \$3,000 credit is yours.

See you around campus.



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

ON THE PINECONE COVER

Maintaining Our Health at Kirby Pines

August is here and the summer is in full swing, including the heat and humidity. Fortunately for us, we have plenty of things to do inside to keep our minds sharp, our spirits charged, our interactions enjoyable and our bodies active.

The month begins with a newly added Happy Hour in The Bistro every Friday from 4 to 6. Other monthly additions include Recipe Wednesday on the 13th and Football Saturdays starting the 23rd. Lunch Bunch is going to The Lookout at the Pyramid on the 5th and we are having our Annual Watermelon Seed Spitting Contest on the 8th. The Travelers are going to Wiseacre Brewing on the 7th, seeing "Something Rotten" on the 13th, heading to the Edge Motor Museum on the 14th, Brad Birkedahl plays Elvis on the 20th, shopping at Blue City Thrift on the 22nd and rounding out the month at the Pink Palace the 28th. We also have a special three part Wine 101 class starting on the 19th. Make sure you sign up in Resident Programs because space is limited.

Our front cover features Barbara Hanrahan in the recently reopened pool in the Oasis. This means water aerobic classes have started back, and there is no better time to dive in. Our back cover highlights Nancy Wark working out with free weights to encourage daily activity. Even small steps can make a big difference in building muscle and bone density.

To prove our point, John Coleman - below, had been having balance issues and had fallen more than once. He began exercising every day in the Oasis and has been steadier and stronger than ever. The time is now to get physical!



John Coleman works out in the Oasis to stay strong & healthy.



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EWRESIDENTS



Sue Binnie Sue Binnie was born in Corina, California and recently moved from her home in Raleigh, Tennessee.

Sue earned her degree in mid-management logistics from Southwest Tennessee Community College. Her career path included drafting, design work, tech writing, warehouse manager, human resources and 10 years as a Medicaid Agent. She retired in December 2024.

To stay active, Sue likes to volunteer where she is needed. She has interests in classic cars, photography, sports, and theatre. Her friends describe her as dependable, loyal, fun, adventurous and diverse. Sue is a good fit for our Kirby Pines lifestyle.

When you get acquainted with Sue, you will immediately make a new friend if you ask her about the spelling of her last name. She has an interesting story about a "famous comic" of yesteryears.

Sue has traveled to Washington state, Utah, throughout California and cruised from Florida to the Panama Canal. Her favorite travel experience is one when a travel group included a chef who convinced them to go to dinner and each person ordered a different entree, then they shared the many dishes.

We are pleased to welcome Sue to our Kirby Pines community. She is a welcome addition to our list of volunteers with her work experience and commitment to helping others. Get acquainted with Sue soon, she is anxious to make new friends.



Margaret & Charles Hubbert

Charles and Margaret Hubbert moved to Kirby Pines from their home in Memphis and have been married for 55 years.

Charles has multiple degrees from Mississippi College, University of Mississippi, University of Mississippi Med School, University of Memphis, and Memphis Theological Seminary. He is definitely a lifetime learner, earning his Medical Degree and a Bachelor's Degree in Music.

He has had a 62 year career as a physician. Margaret graduated from Millsaps College with a major in Elementary Education. She taught in several schools.

Together, the Hubberts traveled to Israel, Egypt and the Middle East with a knowledgeable minister. They spent 3 months in Zambia, Africa and made other trips to Europe, Galapagos Islands, Ecuador, the Philippines and Honduras.

Collectors, they have Kachina dolls and Native American everything, such as jewelry, pots, and pans.

Charles won the "Bent Needle" award and graduate Cum Laude in his multiple degrees. Margaret earned an award for her work in a prison ministry. She has volunteered in the WKNO auctions and served as a volunteer with the Johnson Auxiliary at the MED.

Charles' friends describe him as empathetic, ethical, and dependable while Margaret is described as funny, kind and has a great sense of humor. They sound like a perfect Kirby Pine's couple. If you see the Hubberts around Kirby, be sure to welcome them.



Jerry & Beverly Kirkscey

The Kirksceys moved to Kirby Pines from their former home in Germantown, Tennessee. They will celebrate their 57th wedding anniversary in August and they have 2 children, Elizabeth and Jonathan.

Jerry earned his degrees in science and accounting from the University of Tennessee and Washington University in St. Louis, Missouri. His 43 year professional career included being an electrical engineer with McDonald Aircraft Company and a CPA with Price Waterhouse. Beverly had a career in education after graduating from the University of Missouri in Columbia, Missouri.

Traveling created many lasting memories for the Kirksceys. Their destinations included England, Scotland, Ireland, The Netherlands, Belgium, France, Italy, Turkey and other interesting places.

Jerry's love of music led him to start the "band" in 1974. The name has changed from Germantown Summer Band to River City Community Band to Memphis Wind Symphony to River City Concert Band. A highlight from Jerry's time with the "band" was going to London to play in the New Year's parade.

Beverly served as PEO president. She loved being a mother and raising her children and teaching. She has followed many of her former students become successful in their careers and life choices.

We are happy Jerry and Beverly chose Kirby Pines for their new home. So if you see them out and about, give them a big Kirby hello and get to know them.



Why Would I Bother To EXERCISE?

Get energized, control weight, improve balance, strengthen muscles, soothe nerves, reduce pain and improve health are just a few of the reasons to add exercise into your regular routine.

Each session of exercise stimulates some form of change in every body system including reducing the negative effects of arthritis and protection from symptoms of other chronic diseases. The CDC recommends 150 minutes a week of moderate level exercise like brisk walking to benefit your health and help prevent disease. Dr. Zhen Yan, professor of medicine reports that his research shows exercise can prevent and even reverse the damage of Type 2 Diabetes and heart disease as well as arthritis. Exercise improves circulation and removes cellular waste; essentially "Exercise takes out the trash." Exercise reduces levels of proteins in the blood that cause inflammation that result in painful swollen joints, improving function and reducing pain.

Exercise actually does produce more energy by increasing the cells that create energy at the individual cell level, improving circulation and empowering brain and muscle cells. So on those days when you feel so-o-o tired, walking, yoga and water aerobics are gentle to moderate exercises that can boost your energy level.

Exercise improves balance by improving communication between joints and brain. Yoga's slow controlled movements promote "motor learning" improving smooth and precise motions. Strengthening core muscles helps improve balance.

Aerobic Exercise (vigorous walking and water aerobics) strengthens the heart muscle and keeps the circulation flowing through healthier veins and arteries. Better circulation means better oxygen flow to cells in the brain, organs, and muscles. Stronger muscle cells help the heart to pump more powerfully and more efficiently. Keeping arteries and veins more elastic will prevent arterial stiffening and lower the risk of heart attack or stroke.

Weight-Bearing Exercise (walking and strength training) keeps joints healthy: In other words, the muscle acts as a natural brace. Strengthening core muscles helps support the back, reducing back pain. Stronger muscles absorb the normal jarring of weight bearing exercise by nourishing and thickening the cartilage inside the joints.

Rhythmic Exercises (line dancing and walking) soothe the nerves while producing natural hormones called endorphins that give a happy feeling which helps relieve depression, anxiety, and chronic pain.

Prove it for yourself. Join one of the many exercise classes or use the equipment in the Oasis available here at Kirby Pines. It is worth the bother.



Weekly Fitness Classes

Get Physical with Kim

8:00 am | Mon & Fri | Oasis 9:00 am | Wed | Oasis

Advanced Water Aerobics with Kim Roberts

9:30 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

Group Exercise 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





EYE EXAMINATION



Top 5 Eye Diseases In The Senior Community

Cataracts: Clouding of the eye's lens, leading to blurred vision, glare, difficulty with color perception, and night vision issues.

Age-related Macular Degeneration (AMD):

Degeneration of the macula, which impairs central vision (reading, recognizing faces). Includes both dry and wet forms.

Glaucoma: A group of diseases damaging the optic nerve, often via increased intraocular pressure; peripheral vision is lost first, often painlessly.

Diabetic Retinopathy: Damage to the retina from diabetes-related blood vessel changes; can cause floaters, blurred vision, and vision loss

Presbyopia & Dry Eye Presbyopia: The agerelated stiffening of the eye's lens, causing difficulty focusing on close objects (very common after age 40). Dry Eye Syndrome: Tear production declines with age, affecting up to 70% of older adults—leads to irritation and visual discomfort.

Top 5 Adaptations A Person Can Do In Their Home If They Have Low Vision

Enhance Lighting: Use bright, uniform lighting throughout the home - aim for 60-100 W (or equivalent LED) bulbs and consistent illumination to reduce glare and shadows.

Install task lighting and motion-activated or night lights in key areas: kitchens, bathrooms, stairs, and hallways.

Increase Color & Contrast: Use high-contrast color schemes: dark furniture against light walls or vice versa, colorful tape on light switches, doorframes, stairs, and outlets to distinguish them easily.

Contrast in daily objects: using white plates for dark food, colored mugs for drinks, cutting boards with contrasting sides, etc.

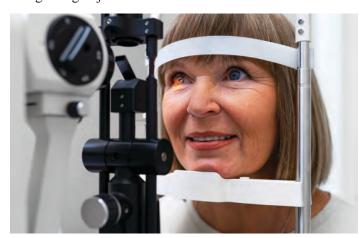
Remove Hazards & Improve Navigation:

Declutter and open up walkways, push chairs under tables, and tape down or remove rugs to eliminate trip risks Mark edges of stairs and steps with bright, contrasting tape or paint to help with depth perception and reduce falls

Labels & Tactile Features: Use large-print labels and color-coded systems for drawers, cabinets, toiletries, and appliance controls so items can be identified more easily by sight. Include tactile cues like bump-dots or textured stickers on buttons, dials, or appliance controls for those with minimal or no vision

Assistive Tech & Voice Controls: Smart home devices—voice assistants (Alexa, Siri), automatic lighting, talking thermostats—can reduce reliance on sight for routine tasks

Low-vision aids like illuminated handheld magnifiers, magnifying domes, glasses-mounted telescopes, electronic readers, and accessibility apps can help with reading and recognizing objects or text



Occupational Therapy & Low Vision

Occupational therapy (OT) plays an essential role in vision rehabilitation—with a strong focus on maximizing existing vision, adapting environments, and empowering individuals to live safely and independently. They create individual plans of care to assess and treat a person's unique low vision needs to maximize their functional ability within their home. If you are having trouble with your vision in any way, please contact the Broad River Rehab Team for guidance.





A FAMILY AFFAIR FOR THE AGES

Pat and Bankie McCarty are in the unique position of having three other family members join them as residents of Kirby Pines. Since moving to Kirby in 2022, the McCartys have welcomed two of Pat's sisters, Judy Deshaies and Kate Foster, and her husband, Charlie. According to Bankie, "We have the pleasure of our natural family as well as our Kirby family!"

Self-described as "Delta River Rats," the McCartys have always lived in towns on the Mississippi River. On a personal note, Pat and Bankie have always been "the one and only" for each other. How unique is that?

Mary Banks Wood and Charles Patrick McCarty, Jr., were born in Helena, Arkansas, in 1942. When Bankie was 13, her father died, and her mother moved with Bankie and her two siblings to live with their grandfather. This placed Bankie near the same street as Pat and his four younger siblings —which meant that not only did they attend the same schools, there were always occasions for contact in church and community activities. As teenage years occurred, swimming, baseball, fishing and water skiing were high priority.

In earlier years, the town of Helena, Arkansas, was an idyllic, small town. It was unique in that it prided itself on having many dances. So, everyone was expected to be proficient in dance. When they were in the eighth grade, Pat and Bankie enrolled in a dance class. They both fell in love with dancing, and according to Bankie, "That's when we took 'a liking' to each other." However, after eighth grade, Pat enrolled in St. Paul's School in Concord, New Hampshire. When asked about the school, Pat replied, "I liked it very much; I made many good friends there."

According to Pat, he was teased about his southern accent and told, "You're the only person we know who makes the word 'red' into four syllables!" Although separated for five years, Pat and Bankie continued their courtship during summers and holidays.

At Helena Central High School, Bankie was a cheerleader, played in the band and took music lessons. Graduating in 1960, she enrolled in Southwestern (now Rhodes) College in Memphis; Pat enrolled in Vanderbilt University to study pre-med. After two years of separation, as well as a desire to change majors, both decided to transfer to the University of Arkansas in Fayetteville. They married in 1963 while remaining in school. Bankie wanted to eventually teach, so she majored in education, earning a B.S. in Education in 1964. Following her graduation, the

Resident Spotlight:Pat & Bankie McCarty

decision was made to move to Memphis. Pat had changed his major to Accounting, so, it was necessary for him to transfer to Memphis State University to complete requirements for a B.S. in Business Administration.

When re-locating to Memphis in 1964, Bankie could not find a teaching job, so she became employed at the Highland branch of the public library. However, it wasn't long until she was called to teach Special Education at Bellevue Junior High. Their first child, Charles Patrick III, arrived in 1965. He was followed four years later by another son, John Hudson; a year later, daughter Mary Banks ("Sissy") joined the family. Pat had passed his CPA examination and was employed by a local accounting firm. While managing family life, Bankie took a leave from teaching but worked part-time for Happi-Hands—a fun job!

In 1978, the McCarty family moved back to Helena where Bankie taught at Desoto Academy, and Pat practiced private accounting. In 1983, Pat accepted a job as Chief Financial Officer for a company in Osceola, Arkansas, and the family remained there for 20 years. The McCartys will be remembered in Osceola for introducing soccer! During this time, all three children were graduating from high school and college. While Pat worked in accounting, Bankie taught English and Adult Education, which included administering the GED test.

In 2000, both Pat and Bankie retired, and they moved back to Memphis. In 2002, Pat was diagnosed with cancer of the parotid gland. Following surgery, he began long and extensive treatments. Today, while Pat is fortunate to have survived, he is experiencing the results of that treatment and must maintain nutrition with PEG intervention. He is doing well and remains active.

Prior to moving to Kirby Pines, Pat and Bankie enjoyed many wonderful cruises, trips to Europe, Canada and Kauai. Pat was an avid hunter of game in his younger years and was always a sports

fan. Bankie loves antiques, collecting cookbooks and recipes, doing handcrafts and cross-stitching. Both have good reason to be big fans of Arkansas Razorbacks! For 25 years they have been members of Second Presbyterian Church where Pat is an Elder Emeritus. Both continue in Bible studies there.

Since moving to Kirby, Pat enjoys bridge, Saturday morning Men's Christian Fellowship, and he and Bankie enjoy the yoga classes, Garden Gro'ers,



Wedding Day 1963

Vespers and the wide variety of entertainment provided. "When we moved here," remembers Bankie, "we did not know anyone, but God directed us here. The last three years have been a happy time in our lives as we have made many new friends. We found Kirby Pines to be a community of faith where we feel we belong."

The McCarty family includes not only three educated and well-established children who are close by, but they are also "blessed" to have seven grandchildren, three great-grandchildren with two more on the way. A legacy to be admired!

Written by Joan Dodson, Resident of Kirby Pines



THE POOL IS OPEN!

Join a Water Aerobics Class TODAY!

See schedule of classes on page 4

Water exercises for seniors have long been recognized as one of the most effective ways to stay active while aging. While traditional exercise can be challenging for older adults with joint pain or mobility issues, aquatic exercises offer a gentle vet effective alternative. Whether the goal is to improve balance, build strength, or recover from injury, aquatic therapy benefits make it an ideal choice for staying active.

Key Aquatic Therapy Benefits for Older Adults:

Fall Prevention Through Better Balance: Using the sides of the pool for support, seniors can safely practice exercises to improve balance. The water's constant resistance helps strengthen core muscles essential for stability. Exercises like leg lifts and flutter kicks in the shallow end of the pool help build the strength needed for daily activities while minimizing fall risks.

Safe Exercise for Those With Bone Health Concerns: For older adults with osteoporosis, aquatic exercises provide a safe environment for building strength. The warm water supports gentle

movements that improve range of motion without risking injury. Using water weights and working against the water's natural resistance helps build bone density and muscle strength while staying active in a protected environment.

Effective Weight Management: Water aerobics for seniors is particularly effective for weight management. Exercises performed in deep water can burn significantly more calories than similar land-based activities. Simple activities like water walking in the shallow end of the pool or performing leg lifts while holding the sides of the pool provide excellent cardiovascular benefits and help maintain a healthy heart rate.

Enhanced Overall Health Outcomes: Regular aquatic exercises contribute to better health outcomes for older adults. The combination of cardio activities and resistance training in warm water helps manage conditions like heart disease and diabetes. Flutter kicks, water walking, and other aquatic therapy benefits include improved circulation and enhanced immune system function.

Natural Pressure Benefits: The hydrostatic pressure of water, especially in deep water exercises, naturally reduces joint pain and inflammation. When performing aquatic exercises in warm water, seniors experience improved joint mobility and better circulation. This makes it easier to increase their range of motion while staying comfortable throughout their workout.

Improved Mental Health: Many older adults find that water aerobics for seniors provides more than just physical benefits. The social aspect of group classes, combined with the ability to exercise without joint pain, creates a positive environment. Regular participation in aquatic exercises helps maintain both physical and mental well-being, leading to better overall quality of life.

Enjoyable Fitness Experience: Unlike traditional exercise programs that might cause discomfort, water exercises for seniors offer a fun, social way to staying active. From water walking to upper body strengthening exercises using water weights, the variety of activities keeps participants engaged. The warm water environment makes it comfortable to exercise year-round, encouraging consistent attendance and better fitness outcomes.

Congratulations to our **CHAMPION of the Month**

Environmental Services Supervisor

ROBERTO CALVO

Describe Your Family: I have a very good family.

Describe yourself in five words: Hard working, disciplined, respectful, dedicated and nice.

What do you do for fun: I like to go fishing.

Do you have any hobbies: Football and exercise.

What is your favorite thing about your job: My team.

Favorite food: Tacos. *Favorite song:* I don't have a favorite

What is something you are proud of: My family.

What would you like people to know about you: I'm a very nice person.



Roberto gets the job done. He receives the request and owns the objective, then follows up and communicates the outcome. The residents know him by name and respect his dedication, hard work and great attitude. He is a model employee who takes action when an issue has been identified and quickly finds a resolution.

REFLECTIONS

By Maxie Dunnam



A SECOND LANGUAGE

Two mice out for a stroll were discussing the merits of various kinds of cheeses. When they rounded a corner, they were confronted by a huge cat!

"Ah, lunch," thought the cat as he spied the mice.

Just as the cat was about to pounce, one of the mice barked at the cat! The cat was so startled that he immediately turned and ran off.

At that point, the mouse that had barked turned back to his companion and said, "That's' my second language."

People of faith, those of us in the Judeo-Christian commitment, have a second language. It's the language of hope over despair, caring over apathy, service over selfishness, love over hate. Let's make our language prominent in our Kirby Community.

It's the language of humankind at its best. The problem is that too often we forget our second language.

August Vesper Services
6:30pm | Performing Arts Center

August 7: Rev Dr Terry Minter

Advent Presbyterian

August 14: Pastor Wes Selecman

Harvest Church

August 21: Rev Dr Scott Alford
Executive Pastor, Germantown UMC

August 28: Summer Hymn Sing

Poetry 8 Writing Club



Marilyn McCormick

Club members were asked to write a story using certain words like; Mexico, expense, substitute, claim, knew, private, however, open, unless, never, breathe, merchant.

JOIN US AUGUST 4TH AT 9:30 AM IN THE LARGE CARD ROOM

I was very surprised to receive a phone call from my sister Debbie one afternoon. I thought she would be at work and had not expected to hear from her.

"Sis, I've got the most exciting news!" she exclaimed. "I just got a call from someone at Pepsi who said I had won an all expense paid trip for two to Mexico. A jingle I wrote may appear in a commercial they plan to use for the Super Bowl in 2026. I wrote the jingle on a whim. I never really expected it to win."

She went on to tell me the trip must be taken in March. Her husband was a Marine on active duty. There was no way he could accompany her. She wanted me to go with her. I could substitute for Mark, her husband.

The caller from Pepsi told her she would receive the official offer for the trip by mail within five days. Then she had 14 days to claim the prize. She just knew the two of us would have a blast. Debbie and I chatted frequently on the phone and our excitement grew.

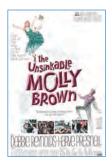
Surely enough on the fifth day a package arrived for her in the mail. It contained two vouchers for airfare to Miami where we would be met at the airport and carried by private car to the port where we would embark on a five-day cruise stopping at three ports.

All that day Debbie and I were on cloud nine thinking about the exotic things we would see, what we would take to wear and the food we would eat. We had heard you could eat almost constantly on a cruise. We had been told that the entertainment on board ship was wonderful. We hoped we could use the spa. What an amazing time we would have!

However, when Mark came home, he read the fine print on our vouchers. In our excitement neither Debbie nor I had bothered to read the fine print on the document. We discovered we must each pay \$1,500 before we could go. We could not claim the prize unless we paid first. We would be reimbursed when we returned home. The fine print never said free. It only implied it.

I could hardly breathe as it sunk into my brain that nothing in life is really free. Some merchant would make a profit. After a little research we discovered that we could book the trip ourselves for less than the \$3,000 they asked from us. If we didn't send the \$3,000, Pepsi would be released from the contract. The whole thing was a scam. We did not go. We did not send our money. I know now it was just a way for somebody else to profit.

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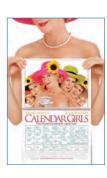












THE UNSINKABLE MOLLY BROWN (1964)

Friday, August 1 | 1:30 pm Saturday, August 2 | 6:30 pm Sunday, August 3 | 6:30 pm

Cast: Debbie Reynolds, Harve Presnell, Ed Begley

A poor, uneducated mountain girl leaves her cabin in search of respect, a wealthy husband, and a better life in this fictionalized biopic of Margaret "Molly" Brown, who survived the 1912 sinking of the RMS Titanic.

THE THREE STOOGES (2012)

Saturday, August 2 | 1:30 pm

Cast: Sean Hayes, Will Sasso, Chris Diamantopoulos While trying to save their childhood orphanage, Moe, Larry, and Curly inadvertently stumble into a murder plot and wind up starring in a reality television show.

BEAUTIFUL DREAMER (2006)

Sunday, August 3 | 1:30 pm & 4:00 pm

Cast: Brooke Langton, Colin Egglesfield

A pilot gets shot down and gets amnesia; later on his griefstricken wife finds him in a small town and is shocked that he doesn't remember her.

ROCKETMAN (2019)

Tuesday, August 5 | 1:30 pm & 6:30 pm

Cast: Taron Egerton, Jamie Bell, Richard Madden

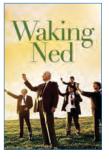
The musical fantasy about Elton John's breakthrough years, from his time as a prodigy at the Royal Academy of Music through his influential and enduring musical partnership with Bernie Taupin.

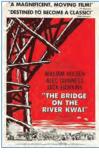
GREEN BOOK (2018)

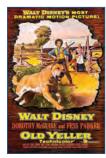
Wednesday, August 6 | 1:30 pm & 6:30 pm

Cast: Viggo Mortensen, Mahershala Ali

A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South.









CURLY TOP (1935)

Friday, August 8 | 1:30 pm Saturday, August 9 | 6:30 pm Sunday, August 10 | 6:30 pm

Cast: Shirley Temple, John Boles, Rochelle Hudson

Wealthy Edward Morgan becomes charmed with a curly-haired orphan and her pretty older sister Mary and arranges to adopt both under the alias of "Mr. Jones." As he spends more time with them, he soon finds himself falling in love with Mary.

CALENDAR GIRLS (2003)

Saturday, August 9 | 1:30 pm

Cast: Helen Mirren, Julie Walters, Penelope Wilton

Best friends Chris and Annie are members of a charitable institute. When Annie's husband succumbs to leukemia, the friends decide to pose nude for a calendar to raise funds for a local hospital.

WAKING NED DEVINE (1998)

Sunday, August 10 | 1:30 pm & 4:00 pm

Cast: Ian Bannen, David Kelly, Fionnula Flanagan

When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

THE BRIDGE ON THE RIVER KWAI (1957)

Tuesday, August 12 | 1:30 pm

Cast: William Holden, Alec Guinness, Jack Hawkins

British POWs are forced to build a railway bridge across the river Kwai for their Japanese captors in occupied Burma, not knowing that the allied forces are planning a daring commando raid through the jungle to destroy it.

OLD YELLER (1957)

Wednesday, August 13 | 1:30 pm & 6:30 pm

Cast: Dorothy McGuire, Fess Parker, Tommy Kirk

A teenage boy grows to love a stray yellow dog while helping his mother and younger brother run their Texas homestead while their father is away on a cattle drive. First thought to be good-fornothing mutt, Old Yeller is soon beloved by all.

THE HARVEY GIRLS (1946)

Friday, August 15 | 1:30 pm Saturday, August 16 | 6:30 pm Sunday, August 17 | 6:30 pm

Cast: Judy Grland, Ray Bolger, John Hodiak

On a train trip West to become a mail-order bride, Susan Bradley meets a cheery crew of young women travelling out to open a "Harvey House" restaurant at a remote whistle-stop.

THE MOVIES















THE SANDLOT (1993)

Saturday, August 16 | 1:30 pm

Cast: Tom Guiry, Mike Vitar, Art LaFleur

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

THE PRINCESS BRIDE (1987)

Sunday, August 17 | 1:30 pm & 4:00 pm

Cast: Cary Elwes, Mandy Patinkin, Robin Wright

A bedridden boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies and allies in his quest to be reunited with his true love.

HAMILTON (2020)

Tuesday, August 19 | 1:30 pm & 6:30 pm

Cast: Lin manuel Miranda, Leslie Odom Jr.

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater.

THE STING (1973)

Wednesday, August 20 | 1:30 pm & 6:30 pm

Cast: Paul Newman, Robert Redford, Robert Shaw Two grifters team up to pull off the ultimate con.

THE MUSIC MAN (1962)

Friday, August 22 | 1:30 pm Saturday, August 23 | 6:30 pm

Sunday, August 24 | 6:30 pm

Cast: Robert Preston, Shirley Jones, Buddy Hackett

Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town.

ALL ABOUT STEVE (2009)

Saturday, August 23 | 1:30 pm

Cast: Sandra Bullock, Bradley

Cooper

Convinced that a CCN cameraman is her true love, an eccentric crossword puzzler trails him as he travels all over the country, hoping to convince him that they belong together.

THE GREATET GAME EVER PLAYED (2005)











Sunday, August 24 | 1:30 pm & 4:00 pm

Cast: Shia LaBeouf, Elias Koteas

In the 1913 U.S. Open, twenty-year-old Francis Ouimet played golf against his idol, 1900 U.S. Open champion, Englishman Harry Vardon.

HEADS OF STATE (2025)

Tuesday, August 26 | 1:30 pm & 6:30 pm

Cast: Idris Elba, John Cena, Priyanka Chopra Jonas

When the U.K. Prime Minister and U.S. President become the targets of a foreign adversary, they're forced to rely on one another to thwart a global conspiracy.

MIRACLES FROM HEAVEN (2016)

Wednesday, August 27 | 1:30 pm & 6:30 pm

Cast: Jennifer Garner, Martin Henderson

Based on the incredible true story of the Beam family.

PAINT YOUR WAGON (1969)

Friday, August 29 | 1:30 pm Saturday, August 30 | 6:30 pm

Sunday, August 31 | 6:30 pm

Cast: Lee Marvin, Clint Eastwood, Jean Seberg

Two unlikely prospector partners share the same wife in a California gold rush mining town.

EMMA (2020)

Saturday, August 30 | 1:30 pm

Cast: Anya Taylor-Joy, Johnny Flynn, Mia Goth

In 1800s England, a well-meaning but selfish young woman meddles in her friends' love lives.

JUST GETTING STARTED (2017)

Sunday, August 31 | 1:30 pm & 4:00 pm

Cast: Morgan Freeman, Tommy Lee Jones

An ex-F.B.I. Agent and an ex-mob lawyer in the Witness Protection Program have to put aside their petty rivalry on the golf course to fend off a mob hit.

SUNDAY MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY **SATURDAY** 7:30 am • Men's Christian Fellowship (LCR) 9:30 am • Basic Water Aerobics (Pool) ABBREVIATIONS KEY 9:30 am • Group Exercise (PAC) 1:00 pm • Billiards Group (Billiard Room) August 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 1:00 pm • Advanced Line Dancing (PAC) 10:00 am • Cornhole Club (LCR) 1:30 pm • Game Play (LCR) • Thtr - Theater SCR - Small Card Room 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Three Stooges Movie (Thtr) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 2:30 pm • Ballroom Dancing (PAC) A&C - Arts & Crafts Studio Dining Room 1:30 pm • Movie: Unsinkable Molly Brown (Thtr 6:30 pm • Movie: Unsinkable Molly Brown (Thtr) PAC - Performing Arts Center
 LCR - Large Card Room 4:00 pm • Happy Hour (Bistro) BR - Billiard Room WC - Wellness Clinic 6:00 pm • Music: Beverly Brothers (PAC) Pool/Oasis • Trans - Transportation HS - Hobby Shop Sunroom 8:00 am • Church of Christ Service (PAC) 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 8:00 am • Get Physical with Kim (Oasis) 7:30 am • Men's Christian Fellowship (LCR) 8:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 9:30 am • Basic Water Aerobics (Pool) 9:00 am • Farmer's 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) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 1:00 pm • Advanced Line Dancing (PAC) 9:30 am • Group Exercise (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Bible Study with Dave Phillips (Chape 1:00 pm • Music: Marilynn Garzione 9:30 am • Poetry & Writing Club (LCR) 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 1:30 pm • Game Play (LCR) 10:00 am • Alterations (Guest Suite) 10:00 am • Pinecone Painters (A&C) 10:30 am • Lunch Bunch: The Lookout (Trans) 11:00 am • Chair Yoga (PAC) 10:00 am • Kroger & Banks (Trans) 10:00 am • Watermelon Seed Spitting (Grounds) 1:30 pm • Movie: Calendar Girls (Thtr) Sing-A-Long (Lobby) 10:00 am ● Hobby Pines Group (Hobby Shop) 1:00 pm • Billiards Group (Billiard Room) 10:30 am • Cardio Move & Strength (PAC) 1:30 pm • Movie: Beautiful Dreamer (Thtr) 1:00 pm • Billiards Group (Billiard Room) 10:15 am • Strength Training (PAC) 2:30 pm • Ballroom Dancing (PAC) 10:30 am • Beginners Billiards (Billiard Room) 1:00 pm • Needle Arts Group (Sunroom) 12:30 pm • Travelers: Wiseacre Brewing (Trans) 4:00 pm • Movie: Beautiful Dreamer (Thtr) 10:30 am • Chair Yoga (PAC) 1:15 pm • Line Dancing (PAC) 10:45 am • Yoga Stretch (PAC) 6:15 pm • Trivia Group (Ante) 1:15 pm • Mah Jongg (LCR) 1:00 pm • Walmart, Costco, & Banks (Trans) 6:30 pm • Movie: Unsinkable Molly Brown (Thtr) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Movie: Rocketman (Thtr) 1:00 pm • Billiards Group (Billiard Room) 6:30 pm • Movie: Curly Top (Thtr) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Mexican Train Dominos (Ante) 1:30 pm • Bunko (SCR) 1:30 pm • Game Play (LCR) 1:00 pm • Dr. Abutineh MD (WC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 1:30 pm • Game Play (LCR) 1:15 pm • Line Dancing (PAC) 1:30 pm • TV Series: The Chosen (Thtr) 1:30 pm • Movie: Green Book (Thtr) 3:00 pm ● KP Photo Club (LCR) 1:30 pm • Movie: Curly Top (Thtr) 6:00 pm ● Mexican Train Dominos (LCR) 2:00 pm • Ballroom Dancing (PAC) 6:30 pm ● Movie: Rocketman (Thtr) 4:00 pm • Happy Hour (Bistro) 6:00 pm • BINGO (PAC) 6:00 pm ● Wednesday Bridge Group (LCR) 2:00 pm • Wellness Talk with Susan (Súnroom) 6:00 pm • Music: Rob Haynes (PAC) 6:30 pm • Residents Choice Movie Night (Thtr) 6:30 pm • Movie: Green Book (Thtr) 6:30 pm • Vespers (PAC) 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) 10:30 am • Garden Gro'ers (Greenhouse) 11:00 am • Chair Yoga (PAC) 11:45 am • Recipe Wednesday (Dining) 7:30 am • Men's Christian Fellowship (LCR) 16 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 10 11 12 15 9:00 am • Farmers Market (Lobby) 9:30 am • Basic Water Aerobics (Pool) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 1:00 pm • Billiards Group (Billiard Room) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 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) 10:00 am • Pinecone Painters (A&C) 10:00 am • Walmart, Kroger, Aldi, & Banks (Trans 1:30 pm • Movie: Waking Ned Devine (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:00 am • Women's Bible Study (Chapel) 1:30 pm • Game Play (LCR) 10:00 am • Bible Study with Dave Phillips (Chape 10:00 am • Cornhole Club (LCR) 4:00 pm • Hymn Sing with Leon (Chapel) 10:30 am • Beginners Billiards (Billiard Room) 10:30 am • Cardio Move & Strength (PAC) 1:30 pm • Movie: The Sandlot (Thtr) :45 am 🏻 *Re* Bam • Recipe Wednesday (Dining)
Opm • Billiards Group (Billiard Room)
Opm • Needle Arts Group (Sunroom)
Spm • Mah Jongg (LCR)
Opm • Mexican Train Dominos (Ante) 10:00 am • Kroger & Banks (Trans) 10:15 am • Strength Training (PAC) 1:00 pm • Billiards Group (Billiard Room) 4:00 pm ● Movie: Waking Ned Devine (Thtr) 10:30 am • Chair Yoga (PAC) 2:30 pm • Ballroom Dancing (PAC) 10:00 am • Travelers: Edge Motor Museum (Trai 10:45 am • Yoga Stretch (PAC) 6:30 pm • Movie: The Harvey Girls (Thtr) 6:30 pm • Movie: Curly Top (Thtr) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Duplicate Bridge (LCR) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Billiards Group (Billiard Room) 1:30 pm • Game Play (LCR) 1:15 pm • Line Dancing (PAC) 1:00 pm • Walmart, Costco, & Banks (Trans)) pm ● Game Play (LCR)) pm ● Movie: Old Yeller (Thtr)) pm ● Ballroom Dancing (PAC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room) 6:00 pm • Mexican Train Dominos (LCR) 1:30 pm • Movie: Bridge on the River Kwai (Thtr 1:30 pm • Movie: The Harvey Girls (Thtr) 1:00 pm • Dr. Abutineh MD (WC) 6:00 pm • BINGO (PAC) 1:30 pm • Bunko (SCR) 4:00 pm • Happy Hour (Bistro) 1:15 pm • Line Dancing (PAC) :00 pm • Wednesday Bridge Group (LCR) 6:30 pm ● Residents Choice Movie Night (Thtr) 3:00 pm • JP Goble Presentation (PAC) 6:00 pm • Music: Jim Cornfoot, Patrick Jones, & 1:30 pm • TV Series: The Chosen (Thtr) 6:15 pm • Girls Night Out Movie: E.T. (Thtr) Bethann Easterly (PAC)

8:00 am • Church of Christ Service (PAC) 10:00 am • Worship Service (PAC) 1:00 pm • Billiards Group (Billiard Room)

8:00 am • Get Physical with Kim (Oasis) 18 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: Capturing the Parks (Thtr) 6:00 pm ● Mexican Train Dominos (LCR)

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: Hamilton (Thtr) 1:30 pm • Bunko (SCR) 4:30 pm • Wine 101 (FDR) 6:30 pm • Movie: Hamilton (Thtr)

1:00 pm • Billiards Group (Billiard Room)

1:30 pm • Movie: Heads of State (Thtr)

6:30 pm • Movie: Heads of State (Thtr)

1:00 pm • Duplicate Bridge (LCR)

3:45 pm • *Birthday Dinner (Dining)*

1:15 pm • Line Dancing (PAC)

1:30 pm • Bunko (SCR)

6:00 pm • Travelers: Something Ro 6:30 pm • Movie: Old Yeller (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 ● Alterations (Guest Suite) 10:00 am • Caregiver Support Group (SCR) 10:00 am • Travelers: Brad Birkedahl Band (Trans 11:00 am • Chair Yoga (PAC) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Needle Arts Group (Sunroom) 5 pm • Mah Jongg (LCR) 0 pm • Mexican Train Dominos (Ante) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: The Sting (Thtr) 2:00 pm • Ballroom Dancing (PAC)

6:30 pm • Vespers (PAC) 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Farmers Market (Lobby) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Pinecone Painters (A&C) 10:00 am • Bible Study with Dave Phillips (Chape 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) 1:15 pm • Line Dancing (PAC) 1:30 pm • TV Series: The Chosen (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

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 Princess Bride (Thtr)

4:00 pm • Movie: The Princess Bride (Thtr)

6:30 pm • Movie: The Harvey Girls (Thtr)

1:30 pm ● Movie: Greatest Game Ever Played (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) 4:00 pm ● Movie: Greatest Game Ever Played (Thtr) 10:30 am ● Chair Yoga (PAC) 6:30 pm • Movie: The Music Man (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: Just Getting Started (Thtr) 4:00 pm • Movie: Just Getting Started (Thtr) 6:30 pm • Movie: Paint Your Wagon (Thtr)

6:30 pm • Residents Choice Movie Night (Thtr) 8:00 am • Get Physical with Kim (Oasis)

6:00 pm • BINGO (PAC)

9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (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) 6:30 pm • Residents Choice Movie Night (Thtr)

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)

6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: The Sting (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 • Alturas Ministry Presentation (Thtr) 10:00 am • Catholic Servicés (Chapel) 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: Miracles from Heaven (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Wednesday Bridge Group (LCR)

8:30 am • Men's Water Aerobics (Pool) 9:00 am • Farmers Market (Lobby) 9:00 am • Peter Jones: Mongolia & the Gobi Desert (PAC 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Pinecone Painters (A&C) 10:00 am • Bible Study with Dave Phillips (Chape 10:00 am • Kroger & Banks (Trans) 10:15 am • Travelers: Pink Palace (Travelers) 10:30 am • Cardio Move & Strength (PAĆ) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:00 pm • Billiards Group (Billiard Room)

1:00 pm • Dr. Abutineh MD (WC)

1:30 pm • TV Series: The Chosen (Thtr)

1:15 pm • Line Dancing (PAC)

6:30 pm • Vespers (PAC)

1:30 pm • Travelers: Blue City Thrift (Trans) 4:00 pm • Happy Hour (Bistro) 6:00 pm • Music: Brazil (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 (A&C) 10:45 am • Yoga Stretch (A&C) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans

1:30 pm • Movie: Paint Your Wagon (Thtr)

4:00 pm • Happy Hour (Bistro)

6:00 pm • Music: Double D (PAC)

1:30 pm • Movie: The Music Man (Thtr)

7:30 am • Men's Christian Fellowship (LCR) 11:00 am • College Football Saturday's (Bistro) 1:00 pm • Billiards Group (Billiard Room) 1:00 pm • Advanced Line Dancing (PAC) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: All About Steve (Thtr) 2:30 pm • Ballroom Dancing (PAC) 6:15 pm • Trivia Group (Ante) 6:30 pm • Movie: The Music Man (Thtr)

7:30 am • Men's Christian Fellowship (LCR)

1:00 pm • Billiards Group (Billiard Room)

6:30 pm • Movie: Paint Your Wagon (Thtr)

1:00 pm • Advanced Line Dancing (PAC)

1:30 pm • Game Play (LCR)

1:30 pm • Movie: Emma (Thtr)

2:30 pm • Ballroom Dancing (PAC)

11:00 am • College Football Saturday's (Bistro)

6:30 pm • Movie: Miracles from Heaven (Thtr)

August 2025 **EVENTS**

Aug 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.

Aug 1: Group Exercise

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

Aug 1 & 15: 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.

Aug 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!

Aug 1: Happy Hour

Come to the Bistro from 4:00 pm to 6:00 pm every Friday to enjoy a Happy Hour Menu & Prices. This is a wonderful way to start your weekend off right!

Aug 1: Music: Beverly Brothers

The Beverly Brothers perform harmony based, songs ranging from classic country to classic rock and roll favorites. This 2 guitar duo always delivers a spirited, high energy show that invites and incites audience participation. In the PAC at 6:00 pm.

Aug 2: 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.

Aug 2: Line Dancing

Line Dancing will be held every Tuesday

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

Aug 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.

Aug 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.

Aug 3: Church of Christ Service

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

Aug 3: 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.

Aug 3: Marilynn Garzionne

Be in the Lobby at 1:00 pm to enjoy music from our very own Marilynn Garzione. This is a delightful Sing-A-Long you don't want to miss out on!

Aug 4: 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.

Aug 4: Poetry & Writing Club

The Writing and Poetry Group meets the first Monday of every month at 9:30 am in the LCR. We will meet for an hour and share our writings with everyone. New Members encouraged and welcome to join in, even if it is just to listen in.

Aug 4: Hobby Pines Group

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

Aug 4: 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.

Aug 4: 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.

Aug 4: 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.

Aug 4: 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. Let Sally Cook know the week before what movie you want to see.

Aug 5: 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.

Aug 5: 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.

Aug 5: Lunch Bunch: The Lookout at the Pyramid

Join the Lunch Bunch as we go to The Lookout at the Pyramid. After taking a ride up the country's tallest free-standing elevator, enjoy the views of Memphis with a delicious meal at The Lookout. After we will take some time to explore Bass Pro Shop located on the ground floor. We will meet in the Lobby at 10:30 am. Tickets are \$8 which covers the ride up the elevator. Transportation fee is \$5.

Aug 5: BUNKO

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

Aug 5: Photo Club

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

Aug 6: 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.

Aug 6 & 20: Alterations

Come to the Guest Suite: Home Sweet Home on the 1st & 3rd Wednesday at 10:00 am for all of your alteration needs.

Aug 6: Needle Arts Group

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

Aug 6: Mah Jongg

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

Aug 6: 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.

Aug 7: 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.

Aug 7: 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.

Aug 7: Pinecone Painters

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

Aug 7: Travelers: Wiseacre Brewing

Located at the corner of BB King Blvd & Butler Ave, just a few blocks from the legendary Beale Street, our downtown taproom is a huge, art-forward space offering 30 different beers on tap & featuring a top-notch pizza kitchen, Little Bettie. We will meet in the Lobby at 12:30 pm.

Transportation is \$5 paid to Resident Programs. Don't forget your lunch money!

Aug 7: Series: The Chosen

The Chosen portrays the life of Christ through the perspectives of individuals who encountered him. This series offers a unique narrative approach by exploring the stories of biblical figures whose lives were transformed by their interactions with Jesus. Showtimes are every Thursday at 1:30 pm.

Aug 7: Wellness Talk w/Susan

Movement is Medicine. In this interactive session, we'll explore how simple stretches & short walks can keep your joints feeling good, your balance steady, & your energy up. Don't miss this chance to learn easy ways to stay active, feel better, and take charge of your wellness-one small movement at a time. This session will take place in the sunroom at 2:00 pm.

Aug 8: Watermelon Spitting

What is more refreshing than an ice-cold watermelon on a hot day? Come and join us for the return of this memorable event at 10:00 am just outside of the C/D Hall door. Compete for the seed spitting Championship of 2025. (No dentures were harmed in the 2024 competitions)

Aug 8: 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.

Aug 8: 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.

Aug 8: Music: Rob Haynes

Rob Haynes is a Memphis-based musician who has performed all over the country in many well-renowned venues. As a special treat to kick off Elvis week, he will be performing many hits from The King of Rock'n Roll. Music begins in the PAC at 6:00 pm.

Aug 9 & 23: 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 Astronomy & Space Exploration, however, trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

Aug 10: 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.

Aug 12: 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.

Aug 12 & 26: 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.

Aug 12: JP Goble Presentation

We will take a look at the New Law, to discover how the new Tax Code affects you. We will discuss the following: No Taxes on Social Security, Making Tax Cuts Permanent, Enhanced Tax Deductions for Seniors, Changes to Social Security, Medicare, and Medicaid. Join JP Goble in the PAC at 3:00 pm to learn more.

Aug 12: Girls' Night Out

Join us while we share with our fellow "girlfriends" an evening at the movies. This month we will be indulging in a "feel good" movie from our past, "E.T."! No matter how many times you have seen this movie, it is always a good "lift me up" & "walk down memory lane" movie. Showtime is at 6:15 pm. Don't be late!

Aug 13: Garden Gro'ers

The beauty of a garden lies not just in its blooms, but in the creative journey from seed to splendor. 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.

Aug 13: Recipe Wednesday

We are starting a new tradition in the Dining Room. Every month on the 2nd Wednesday, Chef Harold will be making your treasured family recipes! Recipes can be submitted to Carolyn Hladky or any member of the Food Committee. Can't wait to see "What YOU Bring to the Table"!

Aug 13: Travelers: Something Rotten

Join the Travelers to Theatre Memphis to watch "Somethings Rotten". Welcome

to the Renaissance and the outrageous. Something Rotten features large song and dance numbers, and a wacky cast of overthe-top characters, each with their own moment to shine. Lobby Time is 6:00 pm. Sign up in Resident Programs. Tickets are \$13. Transportation Fee \$5.

Aug 14: Travelers: Edge Motor Museum

See more than a dozen iconic sports cars from post-war United States to the 1970s, and track the cultural, economic, political, and technological trends that helped mold them into reflections of the era. After the museum we will enjoy lunch at the Arcade Restaurant. Lobby Time is 10:00 am. Sign up in Resident Programs. Tickets are \$10. Transportation Fee \$5.

Aug 15: Music: Jim Cornfoot, Patrick Jones & Bethany Easterly

Welcome back to the Kirby Pines stage, local musicians Jim Cornfoot & Patrick Jones. Joining their performance is flutist Bethann Easterly. Their performance features an eclectic mix of solo piano pieces, art songs, jazz standards, and chamber music for piano and flute. In the PAC at 6:00 pm.

Aug 18: 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.

Aug 18: 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 "Capturing the Parks". Program will begin at 1:30 pm in the theatre.

Aug 19: Wine 101

Join us Tuesday August 19 in the Formal Dining room, as we taste 4 wines and explore a variety of wine regions, grape varietals, terroir, wine making techniques, wine etiquette, presented by Memphis Wine Society founder and Sommelier, Norbert Mede. The course will begin at 4:30 pm. Space is limited so make sure you sign up in Resident Programs.

Aug 20: Caregiver Support

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.

Aug 20: Travelers: Brad Birkedahl Band

Join the Travelers to hear the musical stylings of Brad Birkedahl at Theatre Memphis. Enjoy the sounds of 50's and 60's rock 'n roll with a healthy dose of Elvis! Lobby Time is 10:00 am. After we will enjoy lunch at Soul Fish Cafe. Sign up in Resident Programs. Tickets are \$9. Transportation Fee \$5.

Aug 22: Travelers: Blue City Thrift

The Travelers are going shopping at Blue City Thrift. Blues City Thrift opened in 2013 with visions of impacting Memphis through its support of local charities & ministries. Since then, they have partnered with several local organizations, big & small, to give back to our community & give Memphis love. Lobby Time is 1:30 pm. Sign up in Resident Programs. Transportation Fee \$5.

Aug 22: Music: Brazil

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

Aug 23: Football Saturdays

Attention College Football Fans! Come to the Bistro to cheer on your favorite college football teams beginning Saturday, August 23rd. Every Saturday during the College Football Season, the game will be on in the Bistro & your favorite tailgating foods will be on the menu. Make sure to wear your teams' colors to show your support!

Aug 26: The Book Baggers

We have a special treat for August 26th Book Baggers! Let's give a warm welcome to Candace Echols, author and journalist. Candace is new to the world of writing, but it has become a world of hidden treasures for her. In this talk, she will tell the story of her journey with the pen and what it has revealed to her about God and his good gifts. Ms Echols is a special friend of Sydney Wagner which speaks for itself! Join Sydney and other fellow Kirby Pines residents Tuesday, at 9:30 am, in the chapel. As always, you are welcome to invite friends from within our community

as well as friends from outside.

Aug 26: Birthday Meal

Attention birthday folks! We want to celebrate YOU with a very special day in the dining room! Dress to impress in "Your Sunday Best" on this day as we celebrate all our August Birthdays. For those celebrating a birthday this month, be sure to RSVP with Kayla Holland by returning your personalized invitation you received.

Aug 27: Amy Speake

Join us in the theater on Wednesday, August 27th at 10:00 am. Amy, the daughter of Bettye and Tracy Speake, grew up in Germantown United Methodist Church. God spoke to her on a trip to Costa Rica some 28 years ago when she saw the plight of many women and children living in the Lomas Del Rio, Pavas slums in San Jose, the capital city. Women and children are especially vulnerable in a male dominated society. These are the forgotten people living in an ugly part of a beautiful country. Come hear her story and learn about the ministry she has worked so hard to build.

Aug 28: Peter Jones

Peter Jones will give a PowerPoint presentation on August 28, 2025 at 9:00 am in the PAC with live streaming on in house TV. Travel by mini-bus on "roads" across the Mongolian Steppe or by air to Ger camps in the mountains, lakes, and in the Gobi Desert. Visit nomad families and view yaks and yows, Bactrian camels, reindeer Mongolian horses and much more.

Aug 28: Travelers: Pink Palace

Join the Travelers as the explore the New Featured Exhibits at the Pink Palace Museum. "Landshaping" which explores the effects of the Mississippi Embayment on this region's natural and human history. "Ernest Withers: I AM MAN" which is a collection of his famous photographs of the 1968 Memphis Sanitation Workers strike illustrate the dignity of workers' activism. As well as many other featured exhibits. We will have lunch at Wangs Mandarin House after. Lobby Time is 10:15 am. Sign up in Resident Programs. Tickets are \$21. Transportation Fee \$5.

Aug 29: Music: Double D

Come to the PAC at 6:00 pm to enjoy Double D. This musical duo is no stranger to the Kirby Pines Stage. Come listen as they perform all of your favorites from the 50's. This is a performance you don't want to miss!

PUZZLE CHALLENGE | Giant Word Search

N B E G В X E S C G G Z G R C S X A C S C Q X U D S S S Ε G D Q D В S S R R X K 0 K Е B Д 0 D C R R G Е O S A А Ε G X X S 0 A 0 0 C 0

I LOVE HOT DOGS! Find the Words hidden in the grid of letters.

ALL BEEF
BACON
BARBECUE
BRATWURST
BUN
CHEDDAR
CHILI
CLASSIC
CONDIMENTS
FOOD CART
FRANKFURTER
FUSION
GOURMET
GRILLED

JALAPENOS
KETCHUP
MUSTARD
ONIONS
PICKLES
PICNIC
RELISH
SAUERKRAUT
SAUSAGE
SNACK
STADIUM
TOPPINGS
WIENER









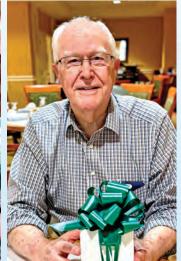
Puzzle Solutions page 22

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS, JERRY'S SNO CONES & 4TH OF JULY









Our birthday celebrations are always a great time! Here are some of our folks who were born in June. L-R: Ricky Burk; Lynn Carver with her husband, Ken; Larry McKenzie; and Jeanie Crombie with her husband, Fritz.



Sandra Overbey also had a wonderful birthday with her husband, Walter.



The Travelers took a trip to local favorite, Jerry's Sno Cones, for some good food and sweet treats. Pictured are Jim Stanley and Ernie & Laura Leuenberger.











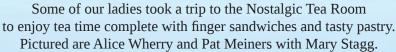
Our Annual 4th of July Parade was bigger and better than ever with people going all out to show their patriotic spirit! L-R: Mary Lou Shannon; John & Jody Sosh; Caroline & Neil Lloyd; and Jim Gordon.

PICTURING LIFE AT KIRBY PINES

TEA ROOM, ART SHOW AND MORE









When great men have great taste in jackets, you have to snap a photo! By Arrena Cheek



John Blount and Peter Jones after Peter's presentation about Easter Island in the PAC.







We have so much talent at Kirby Pines and our Art Wall Presentation always reveals just how amazing our residents are. Pictured L-R; Suzanne Hufnagel with her gorgeous quilt; Janet Reeves and her beautiful painting; and Leora Elli with a Lego Van Gogh.



Jane Longfield enjoys a delicious salad in The Bistro.



Alterations are back at Kirby Pines. Seamstress, Lon Nguyen, helps Susan Flake with a pair of pants.



Mary Lee Boggs with author, Jackie Ross Flaum, at Book Baggers.

PICTURING LIFE AT KIRBY PINES

ANNUAL FATHER'S DAY CLASSIC CAR SHOW



Marsha Greiner volunteers at The Gift Shop where Carolyn Hladky purchases some milk. Stop by and see all the goods on hand.



What do you do when you check the mail? You add a few pieces to the puzzle table like Charlie and Kate Foster did.



Liz Parsons and Marty Kocman after their performance in the PAC. Photo by Stuart Eyman



Jim Remur enjoys spending some time with his daughter, Julie, who came to visit. Photo by Sydney Wagner



Water Aerobics fun with Laura Parrott, Jan Thomson and Nancy Douglas. Try a class today!



The Travelers have been busy and here is Marcia Fraley enjoying her visit to the Metal Museum.



It was men's day out on the Mojo Memphis Blues Tour, with John Blount, Hugh Wilson and their tour guide on Beale Street.

KIRBY PINES PHOTO CLUB



Photo by Connie Carter

Join Us August 5th at 3:00 pm in the Large Card Room

This month our Photo Club members were asked to take **Summer Pictures** using shadows, color, water, food and during golden hour.



Photo by Jane Longfield



Photo by Fred Dabrowski



Photo by Marsha Greiner



Photo by Dale Jones



Photo by Sylvia Statham



Photo by Stuart Eyman

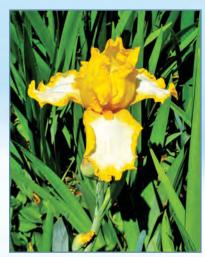


Photo by Fran Gentry



Photo by Sydney Wagner



Photo by Arrena Cheek



Photo by Jeannie Valentine



Photo by Sheryl Maxwell

Memorials, Honorariums & Gifts

In Memory Of

G.A. SMITH

Donation by KP Resident Association to the Library/Large Print Books

Donation by Ann Peyton to the Library

JERRY BUCKALOO

Donation by Christine Martin to the Employee Fund

MERYL STEWART

Donation by Sylvia Statham to the Employee Fund

SHARON OVERMAN

Donation by KP Resident Association to the Employee Fund

BARBARA LOGAN

Donation by Merry LeShane to the Library

JANET TURNER

Donation by Sylvia Statham to the Employee Fund

In Honor Of

MARK MAXWELL

Donation by Randy Peace to the Hobby Shop

Donation by Carolin Thomason to the Hobby Shop

Donation by Bob Shears to the Hobby Shop

Donation by Flo Seward to the Hobby Shop

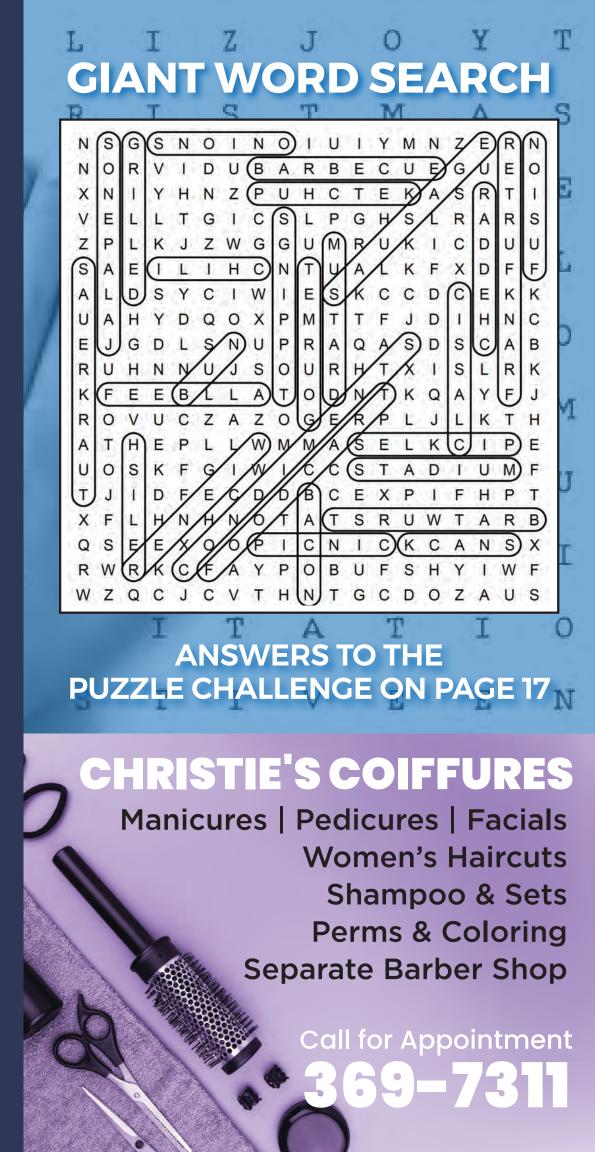
MIKE HUFNAGEL

Donation by Gloria Buckaloo to the Hobby Shop

Donation by Irene Baker to the Employee Fund

DONNA GRIFFIN

Donation by Merry LeShane to the Library



TO SEE MORE PHOTOS

AND HAPPENINGS

CHECK OUT OUR FACEBOOK PAGE!

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CHECK OUT OUR CHANNEL FOR ALL OF OUR VIDEOS!

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



SCAN ME!

Or use your QR Code **Reader or Smart Phone Camera and Scan this Code to Get There!**





Your financial life is complexbut your financial planning doesn't have to be.

Why Choose the Platinum Package?

One Advisor. One Strategy. Total Confidence. The Platinum Package is our most No more juggling CPAs, attorneys, and financial advisors - we become your single point of contact for all your financial matters.

Seamless Integration Across All Services

Our team coordinates every piece of your financial puzzle, so your wealth plan works as

Time Back in Your Hands

We remove the burden of managing multiple professionals - and replace it with peace of

What's Included in The Platinum Package?

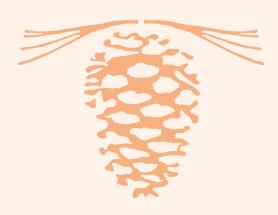
- Personalized Financial Plan.
- ▼ Tax Planning & Tax Preparation
- ✓ Insurance Planning & Risk Management
- Estate & Legacy Planning
- Ongoing Investment Advisory

comprehensive solution yet - a fully integrated wealth advisory service designed for families seeking simplicity, security, and strategic growth, all under one roof!

BOOK YOUR APPOINTMENT TODAY! LET'S BUILD A LASTING LEGACY!



2025 LIGHTING OF THE LAKE



THEME: HOME **COLOR: APRICOT**

SEPTEMBER 6, 2025 5:00 PM | LAKE LATIMER

"My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest."

- Isaiah 32:18 NIV

