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The Magazine of Kirby Pines LifeCare Community • September 2025 | V. 43 | I.9



Walking Strategies | What Is Early Dementia? | Going On To Salvation | Resident Spotlight: Pat Brand

Everyone Calls It Home

Oh, put your bathing suits and sunscreen away. September has arrived! The grandkids (and greats) are back in school. There is coolness to our morning air, and there is FOOTBALL! September means something else to us here at Kirby Pines.

This year, we have completed 43 years of being HOME to some of the nicest, friendliest, most accomplished and Godly residents known. We honor our residents, past and present, in a very special way. During this first week of September, we have several traditional events culminating into our Lighting of the Lake Ceremony.

I have had a few residents and staff mention that they may not attend this year because of the sadness that is stirred in our hearts when we think of those who have left us and gone on to find their new HOME in heaven. I have a different take on this that I would like to share.

Kirby Pines is currently HOME to over 400 seniors today. Everyone calls it home. The architecture is not what makes it home, the people do. It did not just start. It started 43 years ago, and it simply continues by the Residents that we attract and serve. It's the employees who don't just come to work; they come to serve! I

at Kirby Pines

look back to those who have passed this year. There were great smiles and laughter on that list. I happened to share moments with a few on that list. I do not remember any sadness in their voice. There was peace, happiness, and gratefulness.

See you around campus!



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

ON THE PINECONE COVER

Celebrating 42 Years of Kirby Pines Living

September is always special at Kirby Pines. It is the month we celebrate our anniversary as a community. We come together to remember those before us during our annual Lighting of the Lake ceremony and we enjoy the changing of the weather and our beautiful campus.

With the cooler weather, you may choose to venture off campus a bit more and we have loads to offer. Lunch Bunch heads to Ciao Bella on the 2nd and the Travelers are dining at the Calvary Rescue Mission on the 9th. Trips include the Woodruff-Fontaine House on the 12th, the Hummingbird Festival on the 13th, the Blues Hall of Fame the 19th, Old Dominick Distillery on the 23rd and the Nostalgic Tea Room the 27th. We have a Resident Association Meeting on the 11th, which is also Patriot Day. Resident activities include an Art Opening on the 12th, a Line Dancers Welcome on the 18th and the Entertainers are back on the 26th. Diane Mullins has a special presentation on the 15th, and don't miss Peter Jones' travel series on the 25th. So check your calendars - and your email - to not miss out!

Our front cover features garden home residents, John and Elora Elli. They moved to Kirby in 2021 with their dog, Kiera, looking for the perfect place to call home and we are so glad they chose to live here.

Our back cover, taken in The Bistro, has Charlie and Kate Foster, enjoying a glass of wine together to announce our new Happy Hour every Friday from 4-6. For college football fans, games will be broadcast and specials will be served every Saturday. The Bistro is open Monday-Saturday 7:00 am to 7:00 pm and Sunday 7:00 am to 10:00 am.



Paula Cwikiel and Lee Todd having iced tea and snacks in The Bistro.



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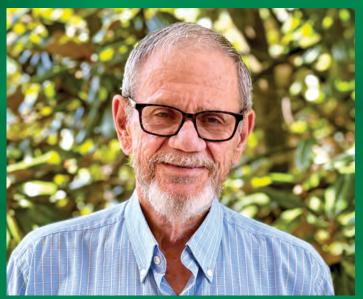
Kayla Holland

Director of Resident Programs

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Get to know Kirby Pines' NEW RESIDENTS



Bill Hemphill

Bill Hemphill was born in Mobile, Alabama and moved to Kirby Pines from his home in Barton, Mississippi. He has two children, Shelley and William Jr. (Buster).

Bill attended Mississippi State University from 1963-1967. He later became a spokesperson for the many students who did not receive degrees after attending MSU for 4 years because many courses offered did not count toward graduation they did not receive degrees. After an investigation by the college board, Bill received his degree in Industrial Technology in 2013.

He had a long career as a Process Engineer with Packard Electric, a division of General Electric. After retiring from Packard, Bill started several small businesses and did contract work for the government.

Wood working, fixing things, fishing and boats are Bill's hobbies. He also collects key chains and he started collecting stamps in the 7th grade, when he went off to college his sister acquired his collection.

Bill enjoys the John Grisham books. Since his son, Buster, is the bass player for the group, Blood Sweat, and Tears, he likes their music. He is also a Dallas Cowboys fan.

His travels have included a vacation through the Amish Country, Niagara Falls, The Smoky Mountains and all of Florida.

Welcome to Kirby Pines, Bill! You're going to be glad you made the move to Kirby Pines Retirement Community.



Sharon Sharrow

We are pleased to welcome Sharon Sharrow to Kirby Pines from her previous residence in Memphis. She and her late husband, Ed, were married for over 38 years. When making her move to Kirby, the movers found a note from Ed in the entertainment center saying, "I love you Sharon."

A graduate of The University of Memphis with a BBA in Business Administration, Sharon had a secretarial career. She became a desktop publishing specialist with TBC Private Brands and retired after 20 years.

Sharon and Ed traveled to all 50 states and 12 countries. She combined her 2 passions, photography and travel, by publishing travel photo books. She also enjoys reading, sewing and square dancing. She and Ed met while square dancing and continued to dance together for 37 years.

A collector of paper weights, she has 69 in her new Kirby home. Many of them are from Scotland. To stay active, Sharon does water aerobics, lifts weights and continues to square dance.

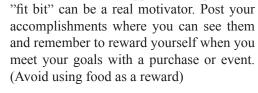
Sharon is definitely a good fit for our Kirby Pines lifestyle. Her friends describe her as fun to be around, organized and optimistic.

Get to know Sharon and give her a warm welcome. With her interests and talents, she will find she made the correct decision for this chapter of her life.

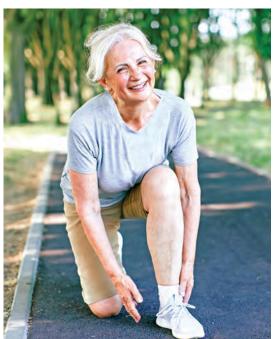


Are you ready to start walking for fitness? Follow these fitness tips to help you be successful. Walking is good medicine for any age, especially folks with arthritis. Walking has been proven to help with weight loss, stress control, increasing strength, and balance, as well as reducing pain. To improve your chances of success, try these five walking strategies.

- **1. Find a walking buddy.** To maintain your program find someone to walk with. A walking buddy adds accountability and safety.
 - Make a walking date with your spouse. It could even be your four-legged best friend.
 - Join a walking group. (Walk with Ease program starts here at Kirby Pines in September).
 - Schedule your walks like you would a doctor's appointment on your busy calendar.
- **2.** Add variety to your walk. Don't let it become routine. Take a different route at a different time of day. Pay attention to the wildlife and flowers. Walk with music to keep in step.
- **3. Get good shoes.** The only equipment you really need for walking is the right pair of shoes. Look for deep and wide shoe forms made of cloth or smooth leather that are not so tight as to not rub your skin. A good quality running shoe is best. (You can walk in running shoes, but you can't run in walking shoes). Select shoes without thick treads to prevent catching the bottom of your foot. Make sure shoes are proper width and roomy. Wear high-top athletic shoes for weak ankles. Flexible shoes help reduce stress on the knee while walking
- **4. Keep a record.** Record your accomplishments in a journal or calendar. Keeping track of how far, long, when and where you walk can be a real motivator. Begin with an attainable goal like 10 minutes for 3 days each week, then add 5 minutes to each walk the next week, and change your goals as you meet them. A pedometer or walking app on your phone or



5. Throw out the excuses. The first excuse for not exercising is lack of time. If walking is made a priority, people can find the time. Other barriers like bad weather can be solved by walking the halls of Kirby or using the treadmill in the Oasis. If tiredness or achy joints are the problem, be determined to walk; just walk a shorter easier route. Even a 5 minute walk is better than no walk and may even give you energy to go longer. Have a backup plan, if you can't walk on your usual schedule, make a plan B and reschedule. The more you walk, the more energy and strength you have and feel like walking.





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





5 Things to Know About

EARLY DEMENTIA

"Remember that caregiving teaches you patience and love that you never knew was possible."



1. Early Diagnosis and Medical Care

Early diagnosis helps in understanding the type of dementia (e.g., Alzheimer's, vascular dementia) and allows for the implementation of treatments or medications that can slow the progression or manage symptoms. Regular medical check-ups with a healthcare provider who specializes in dementia can ensure proper monitoring, medication, and cognitive support. Cognitive testing and neuroimaging can help confirm the diagnosis and rule out other conditions.

2. Safety and Environmental Modifications

Cognitive changes can affect memory, judgment, and coordination, which increases the risk of accidents, such as falls or getting lost. Make the living environment safer by eliminating tripping hazards, installing grab bars, and improving lighting. Consider using technology (e.g., GPS trackers or smart home systems) to assist with daily activities and ensure the person's safety.



3. Cognitive and Emotional Support

Dementia affects both cognitive and emotional health, and people may feel frustration, confusion, or anxiety about their symptoms. Engage in cognitive exercises to maintain mental function, such as puzzles, reading, or memory games. Emotional support through therapy, support groups, or counseling is also important to help manage feelings of isolation or depression.

4. Routine and Structure

A consistent daily routine helps minimize confusion and anxiety, providing a sense of stability and control. Stick to a regular schedule for activities like eating, sleeping, and medication. Create a simple, organized daily plan that's easy to follow, and consider using calendars or reminder systems to reinforce structure.



5. Support Network and Caregiver Assistance

Caring for someone with early dementia can be challenging, and caregivers need emotional, physical, and sometimes financial support. Build a support system that includes family, friends, or professional caregivers. Consider respite care or joining a caregiver support group to share experiences and strategies for managing caregiving stress. It's also important to plan for the future, including legal and financial matters, while the person can still participate in decisions.

If you or someone you know is experiencing symptoms of early dementia, please contact the Broad River Rehab Team for guidance.





LIFE'S MISSION: HELPING OTHERS

When high school or early romances result in marriage, life's patterns and career goals are usually altered. In today's world, it is not unusual for a woman to make a career move once her children become less dependant on her. Such was the case of Pat Brand, who, at the age of 30, entered the nursing program at Memphis State University (now, University of Memphis), graduating with an A.D. in Nursing in 1970. Fueled by her nurturing nature, Pat later sought a broader preparation for helping others by obtaining a B.S. in Psychology with a minor in Bible at Creighton College, graduating at the age of 44.

In 1940, Patricia Brand (nee Stewart) was born in Charleston, South Carolina. Her father, an officer in the Army, was stationed there. Because Pat and her younger brother were military "brats," there were frequent moves resulting in Pat living on seven different bases and attending 12 different schools before high school.

In 1941, when Pat was 18 months old, her father was transferred to Santa Ana, California, arriving there just after the attack on Pearl Harbor. In 1947, Pat's father was sent to Fukuoka, Japan. Pat, her mother and new-born brother were living in Decatur, Mississippi, at that time. To get to Japan, her mother drove them to California in a car without air conditioning and power steering! The trip to Japan on a military ship lasted 12 days, and they experienced a typhoon which nearly capsized their ship. However, living in Japan was one of Pat's most interesting life experiences. For third grade, she attended a one-room school located on the base; her teacher was a volunteer. Following the war, Japan was struggling to recover from the destruction of the bombing. Poverty was evident and many Japanese housekeepers were available to the base families. In later life, Pat would learn that she was part of one of the largest experiments ever conducted by the U.S. Government to "westernize" another country. The purpose of having the Army base there was to promote socialization of the Japanese to American culture and improve the image of America. The family left Japan in 1950.

When Pat was 13 years old, her parents divorced. Pat, her brother and mother moved back to Decatur to live with her grandmother. As a new girl in this small town, she attracted the attention of Charlie Brand who was three years older. This mutual attraction would continue even though Pat moved to Meridian, Mississippi, to attend high school. In 1958, Pat graduated from high school, and she and Charlie were married two months later. Pat says, "My goal at that time was to marry Charlie. College was

Resident Spotlight: Pat Brand

not an option economically, so I was very happy to 'capture' Charlie." The couple soon moved to Memphis when Charlie was offered a job, and Memphis became their permanent home.

In 1960, Pat and Charlie welcomed their daughter, Shari. Their son, Eric, was added in 1963. Pat enjoyed being a stay at home mom until her former desire to become a nurse surfaced, and she enrolled in the nursing program at Memphis State University. Following graduation Pat worked at Baptist Memorial Hospital for 10 years. Pat's husband, Charlie, had become successful in starting and owning Industrial Parts and Electric Motors, so Pat decided to leave nursing and enjoy the "grandmother experience" with her five grandchildren. However, to qualify to better help others, Pat enrolled in the five year Bible Study Fellowship program as well as in Creighton College, graduating in 1984 with a B.S. in Psychology and a minor in Bible.

Following graduation from Creighton, Pat was asked to volunteer in the Biblical Guidance program at Bellevue Baptist Church. This was a family counseling service in which she served two days a week for 13 years. Charlie served as teacher of one of Bellevue's largest Bible classes for 30 years!

During their 50's, Pat and Charlie were free to travel, including trips to Europe, China and several cruises. According to Pat, "We just enjoyed life, especially our time at Pickwick Lake in Mississippi. In 2012, Charlie was diagnosed with Parkinson's disease and because of other medical issues, our traveling ended along with many other lifestyle changes."

By 2019, Charlie's Parkinson's and dementia had progressed significantly, and Pat knew it was time to seek help. Pat remembers, "After much research and prayer, I decided we should move to Kirby Pines. I felt the sense of the Holy Spirit when I first drove onto the beautiful campus." They soon moved into a garden home.

Charlie succumbed to his illnesses in January 2021. Pat says she became pretty much a recluse, grieving her loss for three years. She gradually became involved in the life of Kirby Pines, and realized there was a need for residents who are care givers or have suffered the loss of a loved one. Pat organized a Caregiver Support Group which meets monthly. She believes it is her mission to



Wedding Day August 1958

support those in her group and others and is available for one-on-one conversations. Pat also volunteers with the Marketing Department. In 2023, Pat and her daughter, Shari, visited Japan. Pat exclaims, "Things have really changed!"

Asked for thoughts of Kirby Pines, Pat responded, "While Kirby does many things well, it is the people who are the crowning jewel! We have the good, the gracious and the 'goofy' but we are still our own small town with faith, family and fulfillment."

Written by Joan Dodson, Resident of Kirby Pines



Congratualtions PAT CALHOUN & JERRY TODD

Kirby Pines enjoyed helping resident Pat Calhoun celebrate her recent marriage to Jerry Todd. The two have known each other for many years through Bellevue Baptist Church. 60 friends from their Sunday school class and Kirby Pines shared in wishing the newlyweds well at a reception on August 8th in the Performing Arts Center.

> We wish them well in their new life together.



Congratulations to our

CHAMPIONS of the Month

Nursing Assistant

COLESHA CROSS

Culinary Receiving

PARNELL POLK



Describe Your Family: We are a loving, affectionate and supportive family.

Describe yourself in five words: Kind, compassionate, helpful, dependable, energetic.

What do you do for fun: Enjoy moments with grandkids, travel, play games, watch movies, etc.

Do you have any hobbies: Crossword puzzles and biking.

What is your favorite thing about your job: I enjoy being a part of this team, knowing I can provide work ethic and care.

Favorite food: Pasta Pets: A pomeranian and a rottweiler

Favorite song: Goodness of God by Ce Ce Winans

What is something you are proud of: Thankful and blessed for the success and years I have been at Kirby Pines.

What would you like people to know about you: I put God first, I am a hard working, responsible, caring person, down to earth and full of life.

Colesha has worked for Kirby Pines 19 years with perfect attendance and loyalty to residents. She is willing to help even when it's outside of her scope of duties. She often picks up shifts, just to help others. Colesha loves the residents with compassion and care, we are lucky to have her on our team.

- Anna Bradford, Healthcare Administrator

Describe Your Family: Married 16 years, have three sons, one daughter and a grandchild.

Describe yourself in five words: Nice, helping, responsible, reliable, dedicated.

What do you do for fun: Go on outings with my kids.

Do you have any hobbies: I like watching TV.

What is your favorite thing about your job: My coworkers. They make my day.

Favorite food: Hamburgers

Favorite song: I Think I Love Her by Gucci Mane

What is something you are proud of: I'm proud of my kids. I think they are special.

What would you like people to know about you: That I might look mean sometimes, but I'm actually a very caring and helping soul if I can.

Parnell never says no. He is quick to jump in and help whenever and wherever and he does it with a smile. The guy is always moving and working hard. He has been dependable and loyal after 18 years with Kirby Pines and he is still going strong! His unbelieveable work ethic is something to be admired.

- Chef Harold Morris, Director of Culinary

REFLECTIONS

By Maxie Dunnam

GOING ON TO SALVATION

Salvation is more than a one-time event. As Christians we do not emerge full-grown. To see salvation see it in its fullness, we talk about "going on to salvation. John Wesley began his sermon on The New Birth, "If any doctrines within the whole compass of Christianity may be properly termed fundamental, they are doubtless these two—the doctrine of justification, and that of the new birth: the former relating to that great work which God does for us, in forgiving our sins; the latter, to the great work which God does in us, in renewing our fallen nature" (Fifty-Three Sermons, p. 567, emphasis mine).

Though distinctive, the doctrines of justification and new birth belong together. God acts for us to forgive us, and at the same time begins the restoration of the divine image within us. As our physical birth is the momentous beginning of our physical life on earth, our new life in Christ is the beginning of a life of our souls for spiritual growth. We are by God's grace redeemed from sin, justified in relation to him. We are also born of the Spirit.

Wesley defined the nature of the new birth in this fashion: "It is that great change which God works in the soul when he brings it into life; when he raises it from the death of sin to the life of righteousness. It is the change wrought in the whole soul by the almighty Spirit of God when it is 'created anew in Christ Jesus'; when it is 'renewed after the image of God, in righteousness and true holiness'; when the love of the world is changed into the love of God; pride into humility; passion into meekness; hatred, envy, malice, into a sincere, tender, disinterested love for all mankind" (Fifty-Three Sermons, "The New Birth," page 573).

Even here, in the description of these elements of salvation—justification and new birth---there is the dynamic of growth, going on to salvation. We may be justified by grace through faith and be converted to Christ in the miracle of a moment, but the making of a saint is the task of a lifetime. As Jesus talked about being "born again," Paul in his Epistle to the Ephesians calls us to no longer be infants, but to "grow up in Christ."

Spend some time reflecting on your spiritual journey. Can you recall a time, or a time frame, when you definitely claimed the Christian faith and named yourself a Christian? How did you experience what we refer to as justification by grace through faith? Or "new birth"?

September Vesper Services
6:30pm | Performing Arts Center

September 4: Dr Jimmy Latimer Redeemer Evangelical

September 11: Mark Barton *Hospice Chaplain*

September 18: Rainey Seagers
Chaplain | St. Mary's Episcopal School

September 25: Dr Maxie Dunnam *Christ Church*

Poetry & Writing Club



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Club members were asked to choose a picture from several on a table. That would be their illustration to write about.

Ken Carver

JOIN US SEPTEMBER 1ST AT 9:30 AM IN THE LCR

Been thinking about trains - specifically, about the songs they inspire. Train songs are an important part of the American music scene. They make a perfect metaphor for life's experiences.

"I hear the train a comin' It's rolling round the bend.."

Johnny Cash released "Folsom Prison Blues" in 1957. I smile every time I hear its guitar intro. Can you hear it? Seven strong twangs, and I'm ready to sing along. "I'm stuck in Folsom prison, and time keeps draggin' on," well describes the plight of the prisoner. "But that train keeps a rollin' on down to San Antone." For me "Folsom Prison Blues" is the iconic American train song.

But there are others that I want to mention. Undoubtedly, you'll have a different list, but please indulge me.

"Midnight Train to Georgia" is another all-time favorite of mine. Gladys Knight and the Pips crooned the chart-topping song in 1973. It speaks of frustration and of hope for a do-over in life. "L.A. proved too much for the man. So he's leaving a life he's come to know. He said he's going back to find what's left of his world, the world he left behind not so long ago." It was written by a young Mississippi man, Jimmy Weatherly, a star quarterback at Ole Miss and a talented musician. Did he write it about himself?

Then there's "City of New Orleans," written by Steve Goodman in 1971 and first sung by Arlo Guthrie. "Good morning America, how are you? Said don't you know me; I'm your native son. I'm the train they call the City of New Orleans. I'll be gone 500 miles when the day is done."

When I was a child growing up in Jackson, Mississippi, there was a rail crossing not far from my house. A passenger train we called the City of New Orleans passed through there regularly en route from New Orleans to Memphis, St. Louis, Chicago, etc. I was mesmerized watching the pullman cars whizzing by and wondered what it would be like to ride that speedster.

Fans of Southern Gospel music (I'm one!) would probably include Josh Turner's "Long Black Train" in their list of favorite train songs. Turner wrote the song in 2003 while a student at Belmont University in Nashville, Tennessee. The song is a metaphor for the sinful temptations we face along life's journey.

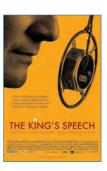
Turner advises, "But you know there's victory in the Lord, I say, Victory in the Lord. Cling to the Father and his Holy name, And don't on ridin' on that long black train."

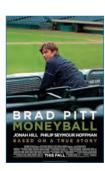
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HIDDEN FIGURES (2017)

Tuesday, September 2 | 1:30 pm & 6:30 pm

Cast: Taraji P. Henson, Octavia Spencer

Three female African-American mathematicians play a pivotal role in astronaut John Glenn's launch into orbit while dealing with racial and gender discrimination.

THE LAST RIFLEMAN (2023)

Wednesday, September 3 | 1:30 pm & 6:30 pm

Cast: Pierce Brosnan, Clémence Poésy

A WWII veteran escapes his care home in Northern Ireland and embarks on an arduous but inspirational journey to France to attend the 75th anniversary of the D-Day landings, finding the courage to face the ghosts of his past.

THE MAN WHO CAME TO DINNER (1941)

Friday, September 5 | 1:30 pm Saturday, September 6 | 6:30 pm Sunday, September 7 | 6:30 pm

Cast: Bette Davis, Ann Sheridan, Monty Woolley

An acerbic critic wreaks havoc when a hip injury forces him to move in with a Midwestern family.

THE KING'S SPEECH (2010)

Saturday, September 6 | 1:30 pm

Cast: Colin Firth, Geoffrey Rush

The story of King George VI, his unexpected ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.

MONEYBALL (2011)

Sunday, September 7 | 1:30 pm & 4:00 pm Cast: Brad Pitt, Robin Wright, Jonah Hill

Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players.







THE DOCTOR (1991)

Tuesday, September 9 | 1:30 pm

Cast: William Hurt. Christine Lahti

When a self-centered doctor is diagnosed with cancer, he becomes better able to empathize with his patients and appreciate a life outside his career.

THE AMATEUR (2025)

Wednesday, September 10 | 1:30 pm & 6:30 pm

Cast: Rami Malek. Rachel Brosnahan

When his supervisors at the CIA refuse to take action after his wife is killed in a London terrorist attack, a decoder takes matters into his own hands.

ADVANCE TO THE REAR (1964)

Friday, September 12 | 1:30 pm Saturday, September 13 | 6:30 pm

Sunday, September 14 | 6:30 pm

Cast: Glenn Ford, Stella Stevens, Jack Schaefer

When A Union Army outfit of misfits and rejects is sent to the Western territory, Southern spies try to figure out what they're doing there.

SEABISCUIT (2003)

Saturday, September 13 | 1:30 pm

Cast: Tobey Maguire, Jeff Bridges, Elizabeth Banks

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



PEGGY SUE GOT MARRIED (1986)

Sunday, September 14 | 1:30 pm & 4:00 pm

Cast: Kathleen Turner, Nicolas Cage, Barry Miller

Peggy Sue, on the verge of a divorce, faints at her 25th high school reunion, and wakes up to find herself back in 1960, leading her to try to spot and correct the mistakes that led to disappointments and an unhappy marriage.

THE MOVIES















NOW YOU SEE ME (2013)

Tuesday, September 16 | 1:30 pm & 6:30 pm

Cast: Jessie Eisenberg, Mark Ruffalo, Common

An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money.

A DOG'S WAY HOME (2019)

Wednesday, September 17 | 1:30 pm & 6:30 pm Cast: Ashley Judd, Jonah Hauer-King

A female dog travels four hundred miles in search of her owner throughout a Colorado wilderness.

HOBSON'S CHOICE (1954)

Friday, September 19 | 1:30 pm Saturday, September 20 | 6:30 pm Sunday, September 21 | 6:30 pm

Cast: Charles Laughton, John Mills

Widower Henry Hobson refuses to let his three daughters get married because he doesn't want to pay settlements, so they'll just have to outsmart him.

WALK THE LINE (2005)

Saturday, September 20 | 1:30 pm

Cast: Joaquin Phoenix, Reese Witherspoon

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis, where he recorded alongside Elvis Presley, Jerry Lee Lewis, and Carl Perkins.



WISH MAN (2019)

Sunday, September 21 | 1:30 pm & 4:00 pm

Cast: Andrew Steel, Kirby Bliss Blanton

One boy's wish changed a man. One man's wish changed the world.

THE FIGHTER (2010)

Tuesday, September 23 | 1:30 pm & 6:30 pm Cast: Mark Wahlberg, Christian Bale

Based on the story of Micky Ward, a fledgling boxer who tries to escape the shadow of his more famous but troubled older boxing brother and get his own shot at greatness.

POINT BREAK (1991)

Wednesday, September 24 | 1:30 pm & 6:30 pm Cast: Patrick Swayze, Keanu Reeves, Gary Busey

An F.B.I. Agent goes undercover to catch a gang of surfers who may be bank robbers.

HANG 'EM HIGH (1968)

Friday, September 26 | 1:30 pm Saturday, September 27 | 6:30 pm Sunday, September 28 | 6:30 pm

Cast: Clint Eastwood, Inger Stevens, Pat Hingle

When an innocent man barely survives a lynching, he returns as a lawman determined to bring the vigilantes to justice.

THREE AMIGOS! (1986)

Saturday, September 27 | 1:30 pm

Cast: Steve Martin, Chevy Chase, Martin Short

Three actors accept an invitation to a Mexican village to perform their onscreen bandit fighter roles, unaware that it is the real thing.

WHAT ABOUT BOB? (1991)

Sunday, September 28 | 1:30 pm & 4:00 pm

Cast: Bill Murray, Richard Dreyfuss, Julie Hagerty

A successful psychotherapist loses his mind after one of his most dependent patients, an obsessive-compulsive neurotic, tracks him down during his family vacation.

SPLASH (1984)

Tuesday, September 30 | 1:30 pm & 6:30 pm

Cast: Tom Hanks, Daryl Hannah, Eugene Levy

A young man is reunited with a mermaid he briefly encountered as a boy and falls in love with her without knowing her secret.









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 2025	8:00 am • Get Physical with Kim (Oasis) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Poetry & Writing Club (LCR) 10:00 am • Hobby Pines Group (Hobby Shop) 10:30 am • Beginners Billiards (Billiard Room) 10:30 am • Chair Yoga (PAC) 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) 10:30 am • Cardio Move & Strength (PAC) 10:30 am • Beginners Mah Jongg (LCR) 10:45 am • Lunch Bunch: Ciao Bella (Trans) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: Hidden Figures (Thtr) 1:30 pm • Bunko (SCR) 3:00 pm • KP Photo Club (Ante) 6:30 pm • Movie: Hidden Figures (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) 11:00 am • Chair Yoga (PAC) 1:00 pm • Needle Arts Group (Sunroom) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Mexican Train Dominos (Ante) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: The Last Rifleman (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: The Last Rifleman (Thtr)	8:30 am • Men's Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Bible Study with Dave Phillips (Chape 10:00 am • Pinecone Painters (A&C) 10:00 am • Kroger & Banks (Trans) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:00 pm • Dr. Abutineh MD (WC) 1:15 pm • Line Dancing (PAC) 1:30 pm • TV Series: The Chosen (Thtr) 3:00 pm • Wellness Talk with Susan (Sunroom) 3:00 pm • Billiards Group (Billiard Room) 6:30 pm • Flag Blessing (PAC) 6:30 pm • Vespers (PAC)	8:00 am • Get Physical with Kim (Oasis) 9:30 am • Flag Raising Ceremony (Out Front) 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 • Walmart, Kroger, Superlo, & Banks (Trans) 1:30 pm • Movie: Man Who Came to Dinner (Thtr) 4:00 pm • Happy Hour (Bistro) 6:00 pm • Music: Al Mahan (PAC)	7:30 am • Men's Christian Fellowship (LCR) 11:00 am • College Football Saturday's (Bistro) 1:00 pm • Advanced Line Dancing (PAC) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: The Kings Speech (Thtr) 2:30 pm • Ballroom Dancing (PAC) 5:00 pm • 42nd Lighting of the Lake (Grounds) 6:30 pm • Movie: Man Who Came to Dinner (Thtr)
8:00 am • Church of Christ Service (PAC) 10:00 am • Worship Service (PAC) 1:30 pm • Movie: Moneyball (Thtr) 4:00 pm • Movie: Moneyball (Thtr) 6:30 pm • Movie: Man Who Came to Dinner (Thtr)	8:00 am • Get Physical with Kim (Oasis) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Hobby Pines Group (Hobby Shop) 10:30 am • Beginners Billiards (Billiard Room) 10:30 am • Chair Yoga (PAC) 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) 10:00 am • Women's Bible Study (Chapel) 10:00 am • Travelers: Calvary Rescue Mission Luncheon (Trans) 10:30 am • Cardio Move & Strength (PAC) 10:30 am • Beginners Mah Jongg (LCR) 1:00 pm • Duplicate Bridge Group (LCR) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: The Doctor (Thtr) 1:30 pm • Bunko (SCR) 6:15 pm • Girls Night Out Movie: Dreamer (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) 10:30 am • Garden Gro'ers (Greenhouse) 10:30 am • Alterations (Guest Suite) 11:00 am • Chair Yoga (PAC) 11:45 am • Recipe Wednesday (Dining) 1:00 pm • Needle Arts Group (Sunroom) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Mexican Train Dominos (Ante) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: The Amateur (Thtr) 2:00 pm • Ballroom Dancing (PAC) 3:45 pm • Recipe Wednesday (Dining) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: The Amateur (Thtr)	8:30 am • Men's Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Patriot Day Salute (Porte Cochere) 10:00 am • Bible Study with Dave Phillips (Chape 10:00 am • Pinecone Painters (A&C) 10:00 am • Kroger & Banks (Trans) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:00 pm • Dr. Abutineh MD (WC) 1:15 pm • Line Dancing (PAC) 1:30 pm • TV Series: The Chosen (Thtr) 2:00 pm • Resident Association (PAC) 3:00 pm • Billiards Group (Billiard Room) 6:30 pm • Vespers (PAC)	9:30 am • Basic Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 10:00 am • Cornhole Club (LCR) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:30 pm • Movie: Advance to the Rear (Thtr) 1:30 pm • Travelers: Woodruff & Fontaine (Trans) 2:00 pm • Art Opening (PAC) 4:00 pm • Happy Hour (Bistro) 6:00 pm • Music: Taylor Orr (PAC)	7:30 am • Men's Christian Fellowship (LCR) 8:00 am • Travelers: Hummingbird Festival (Trans) 11:00 am • College Football Saturday's (Bistro) 1:00 pm • Advanced Line Dancing (PAC) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: Seabiscuit (Thtr) 2:30 pm • Ballroom Dancing (PAC) 6:15 pm • Trivia Group (Ante) 6:30 pm • Movie: Advance to the Rear (Thtr)
8:00 am • Church of Christ Service (PAC) 10:00 am • Worship Service (PAC) 1:30 pm • Movie: Peggy Sue Got Married (Thtr) 4:00 pm • Hymn Sing with Leon (Chapel) 4:00 pm • Movie: Peggy Sue Got Married (Thtr) 6:30 pm • Movie: Advance to the Rear (Thtr)	8:00 am • Get Physical with Kim (Oasis) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Hobby Pines Group (Hobby Shop) 10:30 am • Beginners Billiards (Billiard Room) 10:30 am • Chair Yoga (PAC) 10:30 am • Tech Time (Sunroom) 1:30 pm • Game Play (LCR) 1:30 pm • Travel Series: Musical Journeys (Thtr) 6:00 pm • Mexican Train Dominos (LCR) 6:00 pm • BINGO (PAC) 6:30 pm • Diane Mullins Presents "An Evening with Diane Mullins" (Thtr)	8:30 am • Men's Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:00 am • Flu Shots (LCR) 9:30 am • Advanced Water Aerobics (Pool) 10:30 am • Cardio Move & Strength (PAC) 10:30 am • Beginners Mah Jongg (SCR) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: Now You See Me (Thtr) 1:30 pm • Bunko (SCR) 6:30 pm • Movie: Now You See Me (Thtr)	9:00 am • Get Physical with Kim (Oasis) 9:00 am • Flu Shots (LCR) 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Caregiver Support Group (SCR) 11:00 am • Chair Yoga (PAC) 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: A Dog's Way Home (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: A Dog's Way Home (Thtr)	8:30 am • Men's Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Bible Study with Dave Phillips (Chape 10:00 am • Pinecone Painters (A&C) 10:00 am • Kroger & Banks (Trans) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:00 pm • Dr. Abutineh MD (WC) 1:15 pm • Line Dancing Welcome Party (PAC) 1:30 pm • TV Series: The Chosen (Thtr) 3:00 pm • Billiards Group (Billiard Room) 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) 10:00 am • Cornhole Club (LCR) 10:00 am • Travelers: Blues Hall of Fame (Trans) 10:15 am • Strength Training (PAC) 10:45 am • Yoga Stretch (PAC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:30 pm • Movie: Hobson's Choice (Thtr) 4:00 pm • Happy Hour (Bistro) 6:00 pm • Music: Steve McGregory (PAC)	7:30 am • Men's Christian Fellowship (LCR) 11:00 am • College Football Saturday's (Bistro) 1:00 pm • Advanced Line Dancing (PAC) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: Walk the Line (Thtr) 2:30 pm • Ballroom Dancing (PAC) 6:30 pm • Movie: Hobson's Choice (Thtr)
8:00 am • Church of Christ Service (PAC) 10:00 am • Worship Service (PAC) 1:30 pm • Movie: Wish Man (Thtr) 4:00 pm • Movie: Wish Man (Thtr) 6:30 pm • Movie: Hobson's Choice (Thtr)	8:00 am • Get Physical with Kim (Oasis) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Hobby Pines Group (Hobby Shop) 10:30 am • Chair Yoga (PAC) 10:30 am • Beginners Billiards (Billiard Room) 1:30 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) 10:30 am • Beginners Mah Jongg (SCR) 11:30 am • Travelers: Old Dominick Distillery (Trans) 1:00 pm • Duplicate Bridge Group (LCR) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: The Fighter (Thtr) 1:30 pm • Bunko (SCR) 6:30 pm • Movie: The Fighter (Thtr) 6:30 pm • Music: Memphis Wind Symphony (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 • Alterations (Guest Suite) 11:00 am • Chair Yoga (PAC) 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: Point Break (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: Point Break (Thtr)	8:30 am • Men's Water Aerobics (Pool) 9:00 am • Peter Jones: Tibet (PAC) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Bible Study with Dave Phillips (Chape 10:00 am • Pinecone Painters (A&C) 10:00 am • Kroger & Banks (Trans) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:00 pm • Dr. Abutineh MD (WC) 1:15 pm • Line Dancing (PAC) 1:30 pm • TV Series: The Chosen (Thtr) 3:00 pm • Billiards Group (Billiard Room) 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) 10:00 am • Cornhole Club (LCR) 10:15 am • Strength Training (PAC) 10:45 am • Yoga Stretch (PAC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:30 pm • Movie: Hang'Em High (Thtr) 4:00 pm • Happy Hour (Bistro) 6:30 pm • Music: Entertainer's Chorus (PAC)	7:30 am • Men's Christian Fellowship (LCR) 11:00 am • College Football Saturday's (Bistro) 11:00 am • Travelers: Nostalgic Tea Room (Trans) 1:00 pm • Advanced Line Dancing (PAC) 1:30 pm • Game Play (LCR) 1:30 pm • Movie: The Three Amigos (Thtr) 2:30 pm • Ballroom Dancing (PAC) 6:15 pm • Trivia Group (Ante) 6:30 pm • Movie: Hang'Em High (Thtr)
8:00 am • Church of Christ Service (PAC) 10:00 am • Worship Service (PAC) 1:30 pm • Movie: What About Bob? (Thtr) 4:00 pm • Movie: What About Bob? (Thtr) 6:30 pm • Movie: Hang'Em High (Thtr)	8:00 am • Get Physical with Kim (Oasis) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Hobby Pines Group (Hobby Shop) 10:30 am • Chair Yoga (PAC) 10:30 am • Beginners Billiards (Billiard Room) 1:30 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) 10:30 am • Cardio Move & Strength (PAC) 10:30 am • Beginners Mah Jongg (LCR) 11:45 am • Birthday Lunch (Dining) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: Splash (Thtr) 1:30 pm • Bunko (SCR) 3:45 pm • Birthday Dinner (Dining) 6:30 pm • Movie: Splash (Thtr)			ABBREVIATIONS K Thtr - Theater Dining Room PAC - Performing Arts Center BR - Billiard Room Trans - Transportation HS - Hobby Shop	SCR - Small Card RoomA&C - Arts & Crafts Studio

September 2025 **EVENTS**

Sept 1: 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.

Sept 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.

Sept 1: Group Exercise

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

Sept 1: 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.

Sept 1: Hobby Pines Group

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

Sept 1: Billiards Group

Social Beginners Billiards for men and women! Beginners Billiards Group meets on Mondays at 10:30 am in the Billiard Room. All skill levels are welcome to come on Thursdays at 3:00 pm. Come out and just have some fun with us!

Sept 1: 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.

Sept 1: Game Play Group

Like to play games? Bring your own to

share or join in with someone already there! Meets in the LCR every Monday, Wednesday, and Saturday at 1:30 pm.

Sept 1: Mexican Train Dominoes

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

Sept 1: 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.

Sept 1: 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.

Sept 2: Medical Director Dr. Mike Abutineh MD

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

Sept 2: Cardio Move & Strength

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

Sept 2: Beginners Mah Jongg

Want to learn a new game? Join the group for Beginners Mah Jongg each Tuesday at 10:30 am in the LCR. Sign up in Resident Programs. Slots are limited.

Sept 2: Lunch Bunch: Ciao Bella

Join the Lunch Bunch as we go to Ciao Bella Italian Grill. We will meet in the Lobby at 10:45 am. Transportation fee is \$5. Don't forget your lunch money!

Sept 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!

Sept 2: BUNKO

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

Sept 2: 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!

Sept 3: 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.

Sept 3: Needle Arts Group

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

Sept 3: Mah Jongg

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

Sept 3: 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.

Sept 3: 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.

Sept 4: 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.

Sept 4: 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.

Sept 4: Series: The Chosen

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.

Sept 4: Wellness Talk w/Susan

Falls are the leading cause of injury among older adults — but they don't have to be part of aging. This September, we'll host an engaging and interactive session on Fall Prevention, sharing practical tips, balance-boosting exercises, and home safety strategies to help residents stay confident on their feet. Participants will have the opportunity to learn from experts, ask questions, and take steps toward a safer, stronger future. Be in the Sunroom at 2:00 pm for this session.

Sept 4: Flag Blessing Ceremony

Please join us in the PAC at 6:30 pm for a special Vespers. As part of the Lighting of the Lake festivities, we will begin Vespers with Maxie Dunnam Blessing the flag.

Sept 5: Flag Raising Ceremony

Join us under the Porte Cochere at 9:30 am for our 42nd Anniversary flag raising ceremony featuring the University of Memphis ROTC Color Guard and The City of Memphis Pipe Band.

Sept 5: 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.

Sept 5: 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.

Sept 5: 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!

Sept 5: Music: Al Mahan

A man and his guitar! Come join Al Mahan for a wonderful evening of music in the PAC. The performance kicks off at 6:00 pm.

Sept 6: 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.

Sept 6: Football Saturdays

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

Sept 6: Lighting of the Lake

Join us for our 42nd Anniversary Lighting of the Lake ceremony. Our theme this year is "Home" and the color is Apricot & Butterfly Whispers. The festivities will begin at 5:00 pm by Lake Latimer. We will then adjourn to the Lobby and Dining Room for a reception featuring music by Violinist Ariel Subbers.

Sept 7: Church of Christ Service

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

Sept 7: 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.

Sept 9: 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.

Sept 9: Travelers: Calvary Rescue Mission Luncheon

Join the Travelers to the Calvary Rescue Mission Luncheon for their \$5 all you can eat fried chicken on Tuesday, September 9th. They will have special guest speaker, Albert Edwards – Exec. Director of Alpha Omega Veteran Services. Sign up in Resident Programs. Lobby time is 10:00 am. Transportation fee is \$5. Don't forget your lunch money!

Sept 9 & 23: 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.

Sept 9: Girls' Night Out

Come join the "girls" for an evening of popcorn and a great movie, "Dreamer". Based on a true story of a rescued horse and a father/daughter relationship. It is sure to be a hit with everyone.

Showtime is at 6:15 pm. Don't be late!

Sept 10: 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.

Sept 10 & 24: Alterations

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

Sept 10: 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"!

Sept 11: Patriot Day Salute

Let us meet under the Porte Cochere at 9:30 am for a prayer and moment of silence in remembrance of the tragic events that occurred on this day 24 years ago.

Sept 11: Resident Association Meeting

The Kirby Pines Residents' Association will meet on September 11, 2025 from 2:00 pm until 3:00 pm in the Performing Arts Center. Dana Miller from St. Jude Children's Research Hospital will be the speaker.

Sept 12: 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 10:00 am every Friday for a fun time.

Sept 12: Travelers: Woodruff & Fontaine Home Tour

Join the Travelers to the Woodruff & Fountain Historic Home Tour. Built in 1871, along "Millionaires Row," this French Victorian mansion was home to two prominent Memphis families, Amos Woodruff, and Noland Fontaine. The house was vacant until 1961, when the Association for the Preservation of Tennessee Antiquities restored the mansion and it opened its doors as a historic house museum. Lobby Time is 1:30 pm. Sign up in Resident Programs. Tickets are \$13. Transportation Fee \$5.

Sept 12: 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!

Sept 12: Music: Taylor Orr

ready for a tour through the history of Memphis Music, including the blues, 50's Country music, and old school Rock n Roll. The music begins in the PAC at 6:00 pm. Don't be late.

Sept 13: Travelers: Hummingbird Festival

Hop on the Kirby bus and enjoy the first ever North Mississippi Hummingbird Festival on Saturday, September 13, at the new Hummingbird Park inside Snowden Grove. Attendees will enjoy a full day of engaging talks, monarch banding, butterfly education, master gardeners, beekeepers, and a wide variety of local artisan and craftsman vendors. Lobby Time is 8:00 am. Sign up in Resident Programs. Transportation Fee \$5.

Sept 13 & 27: Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. There will not be a THEME for September. Join us at 6:15 pm in the ante room.

Sept 14: 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.

Sept 15: 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.

Sept 15: 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 "Musical Journeys Through National Parks". Program will begin at 1:30 pm in the theatre.

Sept 15: Diane Mullins

Back by popular demand, "An Evening with Diane Mullins". This will be in place of Resident's Choice Movie Night, for all of those who didn't get to enjoy her presentation in June. Be in the Theatre at 6:30 pm. Seats are limited, so make sure to arrive early to secure your spot.

Sept 16 & 17: Flu Shots

The Rx Shoppe will be returning to administer Influenza and Pneumococcal

Vaccines for the 2025-26 season to the Independent Residents. They will be set up in the LCR from 9:00 am until 4:00 pm on Tuesday, September 16th & from 9:00 am until 12:00 pm on Wednesday, September 17th. Make certain to bring all of your insurance cards when you present for your vaccination. If there are any further questions, contact the Wellness Center at (901)369-7309.

Sept 17: 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.

Sept 18: Line Dancers Welcome Party

The Line Dancers would like to welcome new members to join them for a fun filled afternoon. If you have ever wanted to test out those dancing shoes in the back of your closet, this is for you. There will be fun giveaways and great music to tap your toes to. Party starts at 1:15 pm in the PAC!

Sept 19: Travelers: Blues Hall of Fame

The Travelers are going to the Blues Hall of Fame. The Blues Foundation's Blues Hall of Fame Museum is a Memphis gem for both serious blues fans and casual visitors. After the museum we will enjoy lunch at Rendezvous. Lobby Time is 10:00 am. Sign up in Resident Programs. Tickets are \$15. Transportation Fee \$5.

Sept 19: Music: Steve McGregory

Welcome back to the Kirby Pines stage solo singer & pianist, Steve McGregory. His performance ranges from Jerry Lee Lewis-style on the piano to old-fashioned country, gospel and rock-and-roll. Steve also enjoys sing-a-longs and is an expert at inspiring audience participation. He is happy to take requests. Be in the PAC at 6:00 pm.

Sept 23: The Book Baggers

Tuesday, September 23 is the day we will gather to share our thoughts on "James". One of our favorite presenters, Michelle Betts, will coordinate our discussion of this powerful, thought-provoking book. The chapel is the place to be at 9:30 am. Bring a friend and a new neighbor.

Sept 23: Travelers: Old Dominick Distillery Tour

The Old Dominick Distillery tour is an hour-long sensory journey that begins with the history of Old Dominick and our founder Domenico Canale, an up-close view of our extensive grain to glass craft distilling facility and ends with a curated tasting of Old Dominick's portfolio of spirits. Pack your lunch because after the distillery, we will enjoy a picnic lunch at Tom Lee Park. Lobby Time is 11:30 am. Sign up in Resident Programs. Tickets are \$17. Transportation Fee \$5.

Sept 23: Music: Memphis Wind Symphony

Enjoy this evening performance in the PAC at 6:30 pm with the Memphis Wind Symphony. There will be a reception to follow. This is a show you don't want to miss!

Sept 25: Peter Jones

Peter Jones will give a PowerPoint presentation on Tibet, "The Rooftop of the World" on September 25, 2025 at 9:00 am in the PAC with live streaming on in house TV. He will show the timeless, ethereal land of Buddhist monks, Monasteries, Podrangs (Palaces), Dzongs (Forts) and Mountains.

Sept 26: Music: Entertainers A Little Bit Of Everything

Please join the Entertainers Chorus as they sing some of your favorite songs. You can expect a variety of songs including several solos, a quartet and a piano duet—maybe even a dance step or two! Program starts at 6:30 in the PAC.

Sept 27: Travelers: Notstalgic Tea Room

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, September 27th. Tickets are \$21 and Transportation Fee is \$5. Sign up in Resident Programs.

Sept 30: Birthday Meal

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

PUZZLE CHALLENGE | Giant Crossword

ACROSS

- 1. Dull pain
- 5. Doesn't go
- 10. Computer symbol
- 14. Snakes
- 15. Snouts
- 16. Zero
- 17. Orchestra member (see photo for hint)
- 19. Enclosed conduit
- 20. Play a role
- 21. Stupendous
- 22. Songs
- 23. Bombarded
- 25. Long stories
- 27. "I agree"
- 28. Dissipates
- 31. Certain coniferous trees
- 34. Naked people
- 35. Fifth sign of the zodiac
- 36. Lyric poems
- 37. Golden king (mythology)
- 38. Anthracite
- 39. Kitten's cry
- 40. Nursery rhyme farm animal
- 41. Planet
- 42. Hodgepodge
- 44. Which person?
- 45. Perspiration
- 46. Pertaining to earthquakes
- 50. Absolute
- 52. Nickel or steel
- 54. American Dental Association
- 55. Horse color
- 56. Wildlife protector
- 58. Lady's escort
- 59. Bay window
- 60. Pleased
- 61. Countercurrent
- 62. Fruit on a bush
- 63. Colloids

DOWN

- 1. Old Jewish scholars
- 2. Manager
- 3. Undue speed
- 4. S

1	2	3	4		5	6	7	8	9		10	11	12	13
14		T			15			T			16			T
17	+	+		18		+		T			19		+	T
20	+	+		21	\vdash		+	+		22				+
23			24					25	26					
			27	+			28		+				29	30
31	32	33		+		34						35		T
36	+				37		+				38			T
39	+			40			+			41				T
42	+		43				+		44		\vdash			
		45		+				48		\vdash		47	48	49
50	51			+		52	53			\vdash		54		T
55					56		+		+		57			+
58	+				59		+	+			60			+
61	+	+	+		62	+	+	+	+		63	+	+	+

- 5. Breathes noisily while sleeping
- 6. In shape
- 7. Largest continent
- 8. The day before today
- 9. Supersonic transport
- 10. Admit as a member
- 11. Advisor
- 12. One single time
- 13. Trawling equipment
- 18. Looks at lustfully
- 22. Small songbirds
- 24. Strong cleaners
- 26. Types of dessert
- 28. Chocolate treat
- 29. Genuine
- 30. Traded
- 31. Ceremonial splendor
- 32. Thought
- 33. Newspaper vendor
- 34. Bad dream
- 37. Isinglass
- 38. Whispers sweet nothings
- 40. Jetty

- 41. During
- 43. Two times ten
- 44. Feebly
- 46. Direct
- 47. A tree, leaf or syrup
- 48. Utopian
- 49. 52 in a deck
- 50. Desire
- 51. Pigeon-___
- 53. Arab ruler
- 56. Hunk
- 57. Ovum



Puzzle Solution - page 22

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS AND TRAVELERS



Barbara Worrell cheers to another trip around the sun at her birthday celebration.



Pat Brand is surounded by friends, Carolyn Hladky, Jane Longfield, Sally Cook, JoAnn Ginn, Janice Wall, Sydney Wagner and Mary Ann Thurmond.









Our birthday celebrations are always a great time! L-R: Judy Edmands enjoys her July birthday with friend, Sara; Jerry Dunnam celebrates with husband, Maxie; Bob Westcot is all smiles for his big day; and Roylyn Parks looks adorable with husband, Bill.



Some of the Travelers visit the historic Mallory-Neely House.





Another Travelers trip was to the National Weather Service Station at the Agricenter. Sheryl Maxwell points out a storm on the radar with one of the meteorologists.

PICTURING LIFE AT KIRBY PINES

HAPPY HOUR, OUTINGS AND ELVIS







Happy Hour has begun at Kirby Pines every Friday in the Bistro from 4:00 tp 6:00. Come join the fun! L-R: Jeanette Martin and Jeanie Crombie say cheers; new resident, Sue Binnie, is the life of the party; Andy Sippel sips on a glass of red.







The Lunch Bunch headed downtown to The Lookout located at the top of the Bass Pro Pyramid. L-R; Ginger Blount enjoys lunch; Alice Wherry, Pat & Don Meiners and Gary Winfield with the Mississippi River view; Clay & Jim Shaw enjoying the beautiful day.



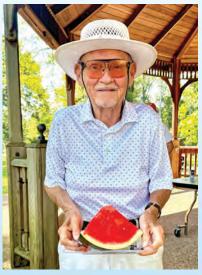
Judy DeShaies gets a quick pic with "Chef Alton Brown" at Wiseacre Brewing.



The Line Dancers pay tribute to The King during Elvis Week in Memphis.

PICTURING LIFE AT KIRBY PINES

WATERMELON, FAMILY RECIPES AND FUN









The Garden Gro'ers enjoyed their annual Watermelon Party L-R; Jim Shannon, Pat Meiners, and Richard Colditz. John Blount and Janice Wall were our winner at the Annual Watermelon Seed Spitting Contest (Photo by Mary Ann Thurmond).



Jane Longfield and Cindy Dabrowski gather zinnias they grew to deliver to brighten residents' day with color.



Our first "Recipe Wednesday" was a big hit! Carolyn Hladky, Janie Kocman, Sally Coleman and Sydney Wagner with Chef, Harold Morris. (Photo by Arrena Cheek). Irene Baker, Pat Kelly and Carolyn Hladky also had featured recipes this month.





There is so much talent at Kirby Pines, it truly is a gift! A couple of our wonderful piano playing regulars, Janie Smith in the Chapel and Marilynn Garzione at the Calhoun reception.



Brenda Sippel and Claw Shaw have great taste! Photo by Mary Ann Thurmond.

KIRBY PINES PHOTO CLUB



Photo by Marsha Greiner



Photo by Jane Longfield

Join Us September 2nd at 3:00 pm in the Large Card Room

This month our Photo Club members were asked to take **Simple Pictures** close-ups, fill the frame, objects, empty space, etc.



Photo by Ginger Blount



Photo by Arrena Cheek



Photo by Fred Dabrowski



Photo by Sylvia Statham



Photo by Carolin Thomason



Photo by Sheryl Maxwell



Photo by Hugh Wilson



Photo by Mary Ann Thurmond



Photo by Fran Gentry



Photo by Dale Jones



Photo by Nancy Wark

Memorials, Honorariums & Gifts

In Memory Of

JANET TURNER

Donation by KP Resident Association to the Employee Fund

Donation by Wiliam & Kathryn Dorsey to the Employee Fund

MERLE TODD

Donation by Jane & Bob Longfield to the Employee Fund

MAX HARRIS

Donation by KP Resident Association to the Employee Fund

JIMMY WELCH

Donation by Leon & Marilyn Sanderson to the Entertainers

In Honor Of

MARK MAXWELL

Donation by Mary Lou Shannon to the Hobby Shop

Donation by Marsha Badgett to the Hobby Shop

MIKE HUFNAGEL

Donation by Barbara Lipsey to the Employee Fund

HUGH GREGORY

Donation by Jim & Susan Flake to the Hobby Shop

GRAEME GEE

Donation by Mary Lou Shannon to the Hobby Shop

Donation by Jeanette Martin to the Hobby Shop

Donation by Jean Mauney to the Hobby Shop



GIANT CROSSWORD



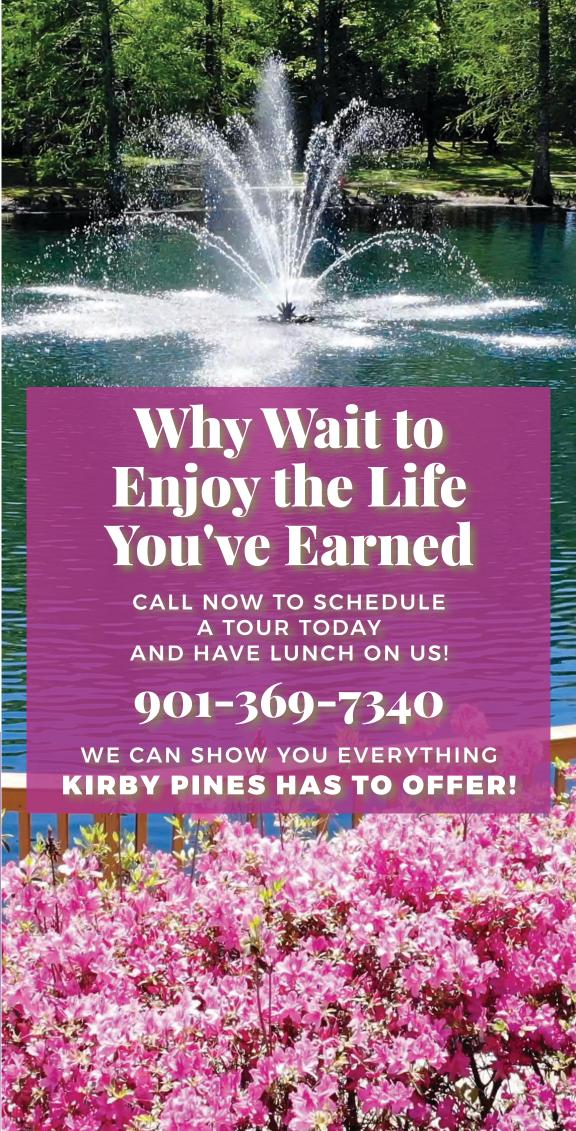
ANSWERS TO PUZZLE
CHALLENGE ON PAGE 17

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