

the PINECONE

The Magazine of Kirby Pines LifeCare Community • November 2025 | V. 43 | I.11



**DALE & PETER
JONES** *feeling grateful
for choosing to live their
best life at Kirby Pines.*

Fit for the Holidays | Living Well with Diabetes | God's One More Thing | Resident Spotlight: Jim & Clay Shaw

Celebrating Anna Bradford

I cannot believe it is November already. The weather has changed and the holidays are coming upon us quickly. That, however, is not the subject of my comments today. Our subject today is far more important, but just as joyous, yet bittersweet. For the last 19 years, our Health Center has been led by Anna Bradford, our Nursing Home Administrator. On November 21, she concludes her career with Kirby Pines.

There is so much to say about Anna's impact upon Kirby Pines. Let me start by speaking of my personal experience of working with Anna over the last 2½ years. Her knowledge of the regulatory environment is second to none. This has led to our receiving and maintaining a "5 Star Rating" with our Department of Health. This is not easy to achieve. The fact that we continue to maintain this status for the third year in a row is a testimony to her leadership as well as coaching, encouragement, and holding her team to the highest standards. And her team.... will follow her anywhere! Do anything for her! And strive to provide their absolute best resident care!

In a workforce environment where recruiting is hard and retention is even harder, Anna has

at Kirby Pines

built a dynamic team...many are tenured, and applicants are always hoping to be selected to join "Anna's Army" of Healthcare Professionals.

On the personal side, I love working with Anna. She is sincere, compassionate, and loving towards her staff, residents and families. We do not always agree, but I love her passion, openness, and quick-witted humor. She is the best nurse and Nursing Home Administrator I have even been teamed up with!

Please join us on November 20th at 2:00 pm in the PAC, as we celebrate this storied career and wish Anna a fond farewell.



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

ON THE PINECONE COVER

Kirby Pines Is Ready For The Holiday Season

November is just the beginning of that special time of year in all of our lives. Decorations come out, sweaters are gathered and we begin to reflect on all of the things we have to be thankful for.

The holiday season is definitely a busy time, especially at Kirby Pines. We start the month off with our annual Coat Drive on the 3rd and a Culinary Celebration on the 12th. Both of these special events show our thanks to our wonderful employees by giving back. We have an Artist Presentation on the 7th, a Resident Association Meeting on the 13th, the Entertainers are back on the 14th and Peter Jones continues his travel series on the 21st. We will salute our veterans on the 11th with a full day of activities and get some Christmas shopping done on the 19th at our Carousel of Shoppes. The Travelers are busy with trips to the Woodruff/Fontaine House on the 6th, a Music & Storytelling Festival the 8th, the Lewis Ranch on the 19th, St. Jude the 21st and Old Dominick Distillery on the 22nd.

Our front cover this month features, Peter and Dale Jones, who have been active members in the Kirby community since 2019. Peter

has served as President of the Resident Association this past year and both are involved in groups, clubs and activities of all kinds. They also happen to be some of the nicest people, and for that, we are thankful they are here.

Our back cover is another special piece of the Kirby pie, Jeannie Valentine with her precious, Vella. Her laugh is infectious, her personality is lively and her friendship is true.

It's a fact, Kirby Pines residents are the greatest!



Vella Valentine has called Kirby Pines home for almost 10 years.



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Get to know Kirby Pines'

NEW RESIDENTS



Charles & Inge Clark

The Clarks recently moved to Kirby Pines from their former home in Germantown, Tennessee. Charles was born in Rocky Mountain, North Carolina and Inge was born in Munich, Germany.

Married for 60 years, Charles and Inge have two children and two grand-children.

After earning degrees from Guilford College, University of South Carolina and Harvard Business School, Charles had a 40 year career with International Chemical Company and W.R. Grace. Inge was a travel agent with International Tours and served as a librarian at the Germantown library.

A veteran of the United States Army, Charles was a 1st Lieutenant. His assignment was playing basketball. (He should have some stories to tell.)

Charles and Inge are already participating in Kirby's activities. Besides playing basketball, Charles is a pickle-ball player and swimmer. Inge enjoys needle arts. Charles also does volunteer work. He helps the homeless and teaches reading to the intercity youth.

Together they have traveled throughout the world. Destinations include S.E. Asia, China, Yugoslavia, Germany, Switzerland and many more places.

If you haven't gotten acquainted with Charles and Inge, do so soon. They have many life experiences to share. We are so happy they chose Kirby Pines for their new home. Welcome!



Janet Stephens

Janet Stephens was born in Little Rock, Arkansas, grew up in Virginia and moved to Kirby Pines from her home in Olive Branch, Mississippi. She has two children and two grandchildren, her proudest accomplishments.

After completing her studies in Radiologic Technology at Medical College of Virginia, the medical college of Virginia Commonwealth University in 1995, Janet had a career as a Radiology Technician at Ortho Memphis.

Janet enjoys having lunch, going to movies and shopping with friends. She used to play tennis (won a club championship) and plays Bridge. To stay active Janet continues to travel to visit family and friends.

Her favorite author is David Baldacci, and while living in Virginia, David's father came into her place of work. After learning she was a fan, he invited her to his home where David was having a book signing.

She has visited 41 states, England, Scotland and cruised to Barcelona, Italy, Spain, and France. Going to estate sales and collecting Fiesta Dishes and Toby Mugs keep Janet busy.

A people person, this friendly lady is looking forward to making new friends and getting involved in our many Kirby activities. Extend Janet a warm welcome and let her know how happy we are to have her as part of the Kirby Pines' family.

8

Simple Ways to Stay Fit During the Holidays



Don't wait until January 1. Stay on track during this tempting season with these simple tips. 'Tis the season of staying fit, said no one ever. Busy schedules, holiday parties, and endless culinary temptations combine to make it especially difficult to stick to your fitness routine this time of year. Chances are, you're going to fall off the workout wagon. That's okay—we all do. Use these strategies to get right back on.

Stay-Fit Strategy #1: Remember Why You're Doing It

When a client loses his or her motivation, corrective exercise specialist Kendra Fitzgerald prescribes a mental workout. What's your motivation? To feel better, have more energy, be more productive at work, or age gracefully, it's easier to commit the time and stick to it once you identify why you are working out."

Stay-Fit Strategy #2: Start Small and Be Realistic

If your goal is to exercise daily, begin with one or two days a week. Pick days where you can easily fit it in. Add another day as each week goes by. Even if you can't get to your favorite class or the Oasis, remember that 15 minutes of movement is better than no movement at all.

Stay-Fit Strategy #3: Picture Your Success

Write down your goal in a few simple words, and post it where you'll see it every day. A visual reminder may strengthen your resolve. If you want to get back to your "fighting weight" of five years ago, put up a photo of yourself from that time.

Stay-Fit Strategy #4: Make It Mandatory

Time management is important for accomplishing any goal, and fitness is no exception. Even if it's just 10 minutes, put it on your calendar. Call it your "feel better session," and make that time nonnegotiable. You'll boost your mood and health, and it will become a key part of your routine.

Stay-Fit Strategy #5: Track Your Progress Daily

Record your achievements daily or weekly: how many steps you walked, number of exercise reps, pounds lost, and so on. A pen and paper and a calendar will work just fine, or you can schedule and log your workouts on a free exercise app *Stay-Fit*.

Strategy #6: Recruit Someone to Hold You Accountable

Maintaining an ongoing schedule with the same person can help you stay accountable. You'll want to hold up your part of the bargain. Plus, you can get a great workout while having a great time. Think about it: The more fun your workouts are, the more you're going to look forward to and be committed to them over the long term. And consistency and longevity are necessary for achieving your goals.

Stay-Fit Strategy #7: Hold Yourself Accountable Too

Put your money where your mouth is: Pay a penalty for missing your workouts. Drop a dollar in a money jar, and then donate the dough to a favorite cause.

Stay-Fit Strategy #8: Savor Every Success

There's no better feeling than finishing a challenging workout. Let the feeling of accomplishment wash over you, so that you'll remember the feeling when it's time for your next workout.

And make no mistake: This is a big deal! You've just rewarded yourself with better health this winter—and a happier, fuller, and potentially longer life.



THE OASIS

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





**"Diabetes
may slow me
down at
times, but it
will never
stop me"**

– Brittany Steen

Diabetes occurs when the body has trouble using sugar for energy, leading to higher blood sugar levels. This occurs because the body either doesn't make enough insulin or can't use it properly. There are two main types of diabetes. Type 1 Diabetes is usually diagnosed earlier in life. The body does not make insulin, so insulin injections or a pump are needed. Type 2 Diabetes is the most common type in adults. The body makes insulin but does not use it effectively. Over time, this can affect the heart, kidneys, eyes, and nerves—but with the right daily habits and support, it's possible to stay healthy and active. Many older adults manage diabetes successfully through balanced meals, regular activity, and working closely with their care team.

Healthy Habits That Help

Eating well and staying active are key to keeping blood sugar steady. Choose balanced meals with lean protein, whole grains, fruits, and vegetables, and try to eat at regular times each day. Gentle exercise—like walking, chair exercises, or stretching—can help the body use insulin more effectively. Residents should also take medications as prescribed and report symptoms such as dizziness, shakiness, or blurred vision, which may signal changes in blood sugar.

Daily Care and Support

Foot care and routine monitoring are important parts of diabetes management. Check feet daily for any sores or redness and wear comfortable, well-fitting shoes. By making small, steady choices and leaning on your care team for support, you can live well and feel your best every day with diabetes.

If you need diabetic advice or a blood sugar check, please contact the Broad River Rehab Team for guidance.





THINGS ARE HAPPENING AT THE BISTRO!

**Happy Hour
every Friday at 3pm**

Ice Cream Socials

**Daily Breakfast and
Lunch Specials**

**Check your Email each day or
the Bistro Sandwich Board
for all the latest deals!**

HOURS:

**Monday - Friday:
7am - 7pm**

**Saturday:
7am - 5pm**

**Sunday:
7am - 10am
and 4pm - 6pm**

**Make sure you get a
Punch Card in the Bistro.
Purchase 6 Meals
and the 7th is FREE!**



Resident Spotlight: Jim & Clay Shaw

THANKFUL, BLESSED & GRATEFUL

Jim and Clay Shaw are thankful they were born in America, found each other, had successful careers and are now living in their chosen home of Kirby Pines. They are grateful that their lives have been so blessed.

Both Jim and Clay were military “brats,” but in a different context. Jim was born in Hamlet, N.C., in 1938, one of four children. Hamlet was a hub for the Seaboard Railroad Company which played an important role in our country’s defense in World War II. Hamlet was located near Ft. Bragg, where many were trained for the war. Jim, in his young age, was part of the “war games” conducted by the military in their town. Troops passing through Hamlet were always a treat for the children.

Jim attended the schools in Hamlet and was active in the Cub Scouts, eventually becoming an Eagle Scout. A good student, he excelled in sports, especially football, achieving honors as MVP and All State recognition. Sadly, Jim’s father passed away when Jim was 13 years old. This affected Jim greatly, and he says it altered his life experiences “going forward.”

In 1956, after graduation, Jim joined the Air Force. He spent two years in Japan as a Gunner on an Air Force Douglas B-66 bomber flying night reconnaissance over North Korea. Once, his plane was approached by a South Korean plane and escorted to the ground. “They thought,” according to Jim, “that the in-air fueling device was a new defense weapon on the plane!” Jim also played football for the Air Force team and was named MVP at the end of the season.

Following his discharge from the Air Force in 1959, Jim began work as a claims adjuster for an insurance company. He soon married, and had two children, but the marriage ended after five years. Sometime later, Jim was offered a promotion as a Claims Manager in Memphis. In 1981, he met Clay Hillard and a new chapter in his life began.

In 1944, Clay Rose Hillard was born in Humboldt, Tennessee. Her mother was 17 years old, and her father was in the Navy, serving in the South Pacific. She was named Clay for her father and grandfather.

When Clay’s father returned from the Navy, he joined the Air Force, which meant frequent moves for the family. Clay was an only child for four years, and then a sister and a brother were added. To say Clay was “accident prone” is an understatement. While living in Nebraska, she fell twice from an unlocked window screen – two stories to the ground! Once

holding a shovel and pail, she fell down the stairs, removing half of one of her tonsils with the sharp handle of the shovel. Somehow, she survived childhood! When her father’s time in the Air Force ended, the family moved to Oakfield, Tennessee, near family.

Clay attended her first eight years of school in Oakfield, a four room school house where grade levels were combined. She was a good student, but sometimes, she was dispatched to the cloak closet for “talking too much in class.” For high school, Clay attended North Side High School which combined several schools; it was a good blend of different backgrounds. Clay was very active in high school and was involved with and president of many clubs, including the Beta Club. She sang in the school chorus, and was selected to sing with the All West Tennessee Chorus in Memphis and All State Chorus, performing in Nashville. She graduated in 1962, fifth in a class of 95 students.

Following high school, Clay enrolled in business school. Her first full- time job was as a service representative with Southern Bell in Jackson, Tennessee, for a salary of \$ 49.50 per week. Clay says that her fear at 19 years of age of becoming an “old maid” caused her to marry the first boy who asked her. They were soon divorced, and according to Clay, “there are worse things than being unmarried.”

After three years with Southern Bell in Jackson, Clay was promoted to a supervisory position and continued in upward promotions until she was finally promoted to a management position at the headquarters, now South Central Bell, in Birmingham, Alabama. Following her first promotion to Memphis, Clay met Jim Shaw on a blind date in 1981. In 1983, they “eloped” to Reno, Nevada, and honeymooned in Lake Tahoe. Clay and Jim remained in Memphis for several years before Clay was promoted to the headquarters office in Birmingham. Following this move, Jim returned to his first love of building things and eventually became Project Manager of a construction company, building luxurious custom homes. They lived in Birmingham for 40 plus years. They soon joined in Alabama’s “football religion” and loved every minute of it.



Jim & Clay Shaw in 1983

After one year in Birmingham, Clay resigned because of added travel requirements. Not ready to really retire, she began work for Proassurance Corporation, setting up a Human Resources Department. Both Jim and Clay were retired by 2015. Although they had traveled extensively in their jobs, their favorite trip was visiting Hawaii –four times!

As health problems began to occur, Jim and Clay wanted to be closer to family. With the help of Clay’s siblings, Kirby Pines was selected. “Leaving our home in Alabama was the hardest thing we’ve ever done,” say the Shaws, “but we are happy here in our beautiful apartment, and the people here are fantastic. We are back in Tennessee where we started!”

Written by Joan Dodson, Resident of Kirby Pines



Question: Which side of a turkey has more feathers?

Answer: The outside.

Question: What do you call a turkey the day after Thanksgiving?

Answer: Lucky!

Question: Why did they let the turkey join the band?

Answer: Because he had his own drumsticks.

Question: Why did the turkey cross the road?

Answer: He wanted people to think he was a chicken.

Question: What do you get if you cross a turkey with a ghost?

Answer: A poultry-geist.

Question: Why did the turkey get detention at school?

Answer: He used fowl language.

Question: What's a turkey's favorite Thanksgiving food?

Answer: Nothing—it's already stuffed.

Question: What did the leftover turkey say?

Answer: Make me a sandwich!

Question: What kind of music did the pilgrims listen to?

Answer: Plymouth Rock.

Question: What kind of turkey requires ID?

Answer: Wild Turkey.

Question: Why do pilgrims' pants always fall down?

Answer: Because they wear their buckles on their hats!

Question: What do you wear to Thanksgiving dinner?

Answer: A har-vest.

Question: Why didn't the cook season the Thanksgiving turkey?

Answer: There was no thyme!

Question: Why did the cranberry blush?

Answer: It saw the turkey dressing.

Question: What kind of weather does a turkey like?

Answer: Fowl weather.

Question: What did the turkey say when he met the president?

Answer: Pardon me.

Question: What do you get when you drop a pumpkin?

Answer: Squash.

Question: How many bakers does it take to make a pie?

Answer: 3.14

Question: What did one pumpkin pie say to the other?

Answer: You wanna piece of me?

Question: How do Pilgrims kick a bad habit?

Answer: They stop cold turkey.

Congratulations to our **CHAMPION of the Month**

Resident Programs Activity Coordinator

PATRICIA IRBY-VENZANT

Describe Your Family: Loving, fun, close, caring and understanding.

Describe yourself in five words: Humble, caring, compassionate, loving and inspirational.

Do you have any hobbies: Singing and cooking.

What is your favorite thing about your job: Helping residents and making them smile. I enjoy making residents feel special and incorporating things they enjoy into our activities.

Favorite food: Greens and meatloaf **Favorite song:** Never Too Much by Luter Vandross

What is something you are proud of: Raising my nephew by myself, he is now studying at Xavier.

What would you like people to know about you: I am mindful of people's feelings before mine.



Pat always puts our residents first, while continuing to support our team. She is always willing to help and goes out of her way to help others. She is the definition of a team player. When one of our team members was out for an extended period of time, Pat stepped up and stepped in to ensure things were taken care of. Pat serves our residents and this community as if they are her family and this is their home.

- Kayla Holland, Resident Programs Director

REFLECTIONS

By Maxie Dunnam



ME...AND GOD'S ONE MORE THING

What a time to be alive as a Christian! What's going on?

What a time to be alive as an ordained minister, joyful in the privilege of serving in clergy leadership for over 70 years

Though 91, My praying and pondering seems to focus more on the future. My feeling that revival is coming has intensified. Added to that is the conviction that I am not finished. There is more, one more thing God has in store for me. I don't know anyone who has had a richer, more rewarding ministry. I have served as pastor of a three congregation rural appointment and a 3000 member suburban church. I have planted three churches, and served as the World Editor of The Upper Room, and President of Asbury Theological Seminary. So what is going on?

I was diagnosed with multiple myeloma back in January. Being 91 added to the death dimension that I had begun to ponder. My weekly treatments for cancer have been reduced to monthly because I am in remission.

What's going on? I'm praying and waiting, not too patiently! for God's one more thing. Please pray that when it comes I will recognize it, and partner with God for its full expression.

November Vesper Services
6:30pm | Performing Arts Center

November 6: Mark Matheney
Retired Methodist Minister

November 13: Keith Weathers
Resident & Member of Bellevue Baptist

November 20: Rev Chris Hodges
Assistant Minister, Bellevue Baptist

November 27: No Vespers
HAPPY THANKSGIVING, EVERYONE!

Poetry & Writing Club



Flo Seward

TOPIC: "What changes have you experienced the most during the years from when you were a young adult until now." *Story by Flo Seward*

JOIN THE CLUB
November 3rd at
9:30 am in the LCR

OUR WORLD

This world in which we live is a beautiful place. As I sit on my balcony a butterfly just flew by. One of God's creatures reminds me of the miracles we see every day.

Scientists are telling us that our earth is getting warmer due to exhaust from our many inventions, using coal and oil. Many animals are near extinction and our oceans are polluted with man's disposals.

What are we to do?

When I was born WWI had ended and in less than fifteen years we were right back into WWII. Since then, the USA has engaged in war in Korea and Vietnam. At the present time four countries in Europe are in an all-out war, killing hundreds of innocent people and destroying their cities.

During my lifetime many inventions have made our lives easier and safer. Refrigerators, microwave ovens, central air condition, television, cell phones, computers, and AI are just a few of the inventions we enjoy daily.

Many drugs have been developed that help to cure most of our infectious diseases such as polio, yellow fever, malaria, smallpox, and pneumonia.

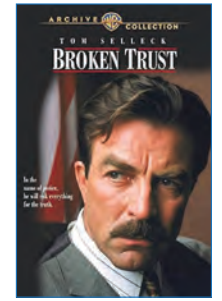
Yet aside from the helpful inventions, man has developed atomic weapons strong enough to kill us all, yet available to many countries.

So where is man? Are we going to stay divided and destroy this beautiful world, or are we going to learn to work together to make our world a safe, happy and healthy place where all its inhabitants can enjoy life as they work together to solve our problems?

I pray daily that our world leaders, with God's help, will work together to solve our many problems and together we can make our world a safer, healthier, and joyous place in which to live.



MEET ME AT



HOCUS POCUS (1993)

Saturday, November 1 | 1:30 pm

Cast: *Bette Midler, Sarah Jessica Parker*

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

THE LITTLE SHOP OF HORRORS (1960)

Saturday, November 1 | 6:30 pm

Sunday, November 2 | 6:30 pm

Cast: *Jonathan Haze, Jackie Joseph, Mel Welles*

A clumsy young man working at an impoverished flower shop discovers that the strange plant he has been nurturing has an insatiable appetite for blood.

AMAZING GRACE (2006)

Sunday, November 5 | 1:30 pm & 4:00 pm

Cast: *Ioan Gruffudd, Benedict Cumberbatch*

The idealist William Wilberforce maneuvers his way through Parliament, endeavoring to end the British transatlantic slave trade.

O BROTHER, WHERE ART THOU? (2000)

Tuesday, November 4 | 1:30 pm & 6:30 pm

Cast: *George Clooney, John Turturro*

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

KNIVES OUT (2019)

Wednesday, November 5 | 1:30 pm & 6:30 pm

Cast: *Daniel Craig, Chris Evans, Ana de Armas*

When renowned crime novelist Harlan Thrombey is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc is mysteriously enlisted to investigate.

THE FIVE PENNIES (1959)

Friday, November 7 | 1:30 pm

Saturday, November 8 | 6:30 pm

Sunday, November 9 | 6:30 pm

Cast: *Danny Kaye, Louis Armstrong*

The movie follows Red through his career as a great jazz trumpeter who gives up music for family. Based on a true story.

BROKEN TRUST (1995)

Saturday, November 8 | 1:30 pm

Cast: *Tom Selleck, Elizabeth McGovern*

Justice Department investigators recruit a municipal judge to expose corrupt members of the bench.

THE BLIND SIDE (2009)

Sunday, November 9 | 1:30 pm & 4:00 pm

Cast: *Sandra Bullock, Tim McGraw*

The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

1917 (2019)

Tuesday, November 11 | 1:30 pm

Cast: *Dean-Charles Chapman, George MacKay*

April 6th, 1917. As an infantry battalion assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap.

FLAGS OF OUR FATHERS (2006)

Wednesday, November 12 | 1:30 pm & 6:30 pm

Cast: *Ryan Phillippe, Barry Pepper, Joseph Cross*

The life stories of the six men who raised the flag at the Battle of Iwo Jima, a turning point in World War II.

HOW THE WEST WAS WON (1962)

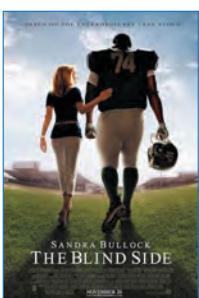
Friday, November 14 | 1:30 pm

Saturday, November 15 | 6:30 pm

Sunday, November 16 | 6:30 pm

Cast: *James Stewart, John Wayne, Gregory Peck*

A family saga covering several decades of Westward expansion in the 19th century, including the Gold Rush, the Civil War, and the building of the railroads.



AMERICAN DREAMER (1984)

Saturday, November 15 | 1:30 pm

Cast: *JoBeth Williams, Tom Conti*

An Ohio housewife/mystery writer wins a trip to Paris, where a bump on the head brings adventure.

THE MOVIES



WE WERE SOLDIERS (2002)

Sunday, November 16 | 1:30 pm & 4:00 pm

Cast: Mel Gibson, Madeleine Stowe, Greg Kinnear

The story of the first major battle of the American phase of the Vietnam War, and the soldiers on both sides that fought it.

QUEEN BEES (2021)

Tuesday, November 18 | 1:30 pm & 6:30 pm

Cast: Ellen Burstyn, Jane Curtain, James Caan

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.



MR. MOM (1983)

Wednesday, November 19 | 1:30 pm & 6:30 pm

Cast: Michael Keaton, Terri Garr

After he's suddenly laid off, a husband switches roles with his wife. She returns to the workforce, and he becomes a stay-at-home dad.

ABSENCE OF MALICE (1981)

Friday, November 21 | 1:30 pm

Saturday, November 22 | 6:30 pm

Sunday, November 23 | 6:30 pm

Cast: Paul Newman, Sally Field, Bob Balaban

When prosecutor Elliot Rosen leaks to naive, but well-meaning, Miami reporter Megan Carter that liquor wholesaler Mike Gallagher is suspected in the murder of the local longshoreman union president, Gallagher's life begins to unravel.

SABRINA (1995)

Saturday, November 22 | 1:30 pm

Cast: Harrison Ford, Julia Ormond, Greg Kinnear

An ugly duckling having undergone a remarkable change, still harbors feelings for her crush: a carefree playboy, but not before his business-focused brother has something to say about it.

THE GATHERING STORM (2002)

Sunday, November 23 | 1:30 pm & 4:00 pm

Cast: Albert Finney, Vanessa Redgrave

Winston Churchill's wilderness years prior to World War II, when only he could see the threat that Adolf Hitler and a rearmed Germany posed to Europe.

CLOSE ENCOUNTERS OF THE THIRD KIND (1977)

Tuesday, November 25 | 1:30 pm & 6:30 pm

Cast: Richard Dreyfuss, Teri Garr

An Indiana electric lineman finds his quiet and ordinary daily life turned upside down after a close encounter with a UFO.

HOMEWARD BOUND (1993)

Wednesday, November 26 | 1:30 pm & 6:30 pm

Cast: Don Alder, Ed Bernard, Kevin Chevalia

A fun-loving American bulldog pup, a hilarious Himalayan cat, and a wise old golden retriever embark on a long trek through the rugged wilderness.

THE SHAGGY DOG (1959)

Friday, November 28 | 1:30 pm

Saturday, November 29 | 6:30 pm

Sunday, November 30 | 6:30 pm

Cast: Fred MacMurray, Jean Hagen, Tommy Kirk

A teenage boy is cursed with periodically turning into a sheepdog.

GOSFORD PARK (2001)

Saturday, November 29 | 1:30 pm

Cast: Maggie Smith, Ryan Phillippe

A murder mystery set in a country house where the guests are wealthy, servants are loyal and everyone is a suspect.

MONA LISA SMILE (2003)

Sunday, November 30 | 1:30 pm & 4:00 pm

Cast: Julia Roberts, Kirsten Dunst, Julia Stiles

An art history teacher in 1953, at the respectable all-female Wellesley College, encourages her conservative students to question and disregard the outdated societal mores for women.



November2025	Happy Thanksgiving	ABBREVIATIONS KEY ● Thtr - Theater ● Dining Room ● PAC - Performing Arts Center ● BR - Billiard Room ● Trans - Transportation ● HS - Hobby Shop ● SCR - Small Card Room ● A&C - Arts & Crafts Studio ● LCR - Large Card Room ● WC - Wellness Clinic ● Pool/Oasis ● Sunroom
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November 2025 EVENTS

Nov 1: Men's Christian Fellowship

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

Nov 1: Line Dancing

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

Nov 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.

Nov 1: Ballroom Dancing

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

Nov 2: Church of Christ Service

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

Nov 2: Worship Service

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

Nov 3: 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.

Nov 3: Water Aerobics

We have a Water Aerobics class for everyone! Advanced Water Aerobics classes will be held on Mondays, Tuesdays, & Thursdays at 9:30 am. Spots are limited so, be sure to sign up in the Oasis. Basic

and Beginning Water Aerobics classes are held on Wednesdays & Fridays at 9:30 am. Men's Water Aerobics is held on Tuesdays & Thursdays at 8:30 am.

Nov 3: Group Exercise

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

Nov 3: 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.

Nov 3: Hobby Pines Group

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

Nov 3: 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!

Nov 3: Chair Yoga

Chair yoga is a gentle form of yoga that can be done while sitting. Many poses can also be done standing while using a chair. The benefits of yoga are improving flexibility, improving concentration, reducing stress, and joint pain. Join us in the PAC at 10:30 am each Monday & 11:00 am on Wednesdays.

Nov 3: Coat Drive Kickoff

It is that time of year again for Kirby Pines Annual Coat Drive. Join us for this fun-filled party where you can donate your coats from past seasons. All donations are given to our wonderful staff who make Kirby Pines our home. The fun begins at 1:30 pm in the PAC.



Nov 3: Mexican Train Dominoes

Join us in the LCR every Monday at 6:00 pm, or the Ante Room every Wednesday at 1:30 pm to play Mexican Train Dominoes. If you have any questions or want to join a session, please reach out to Paula Hanson or Phyllis Mitchell.

Nov 3: Bingo

Who doesn't love Bingo? You're sure to make a new friend or catch up with some old friends. Join us in the PAC every Monday night at 6:00 pm. Cards are \$1 to play, limit 2 cards per person.

Nov 3: 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.

Nov 4: Medical Director Dr. Mike Abutineh MD

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

Nov 4: 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, November 4th. Sign up in Resident Programs. Lobby time is 10:00 am. Transportation fee is \$5. Don't forget your lunch money!

Nov 4: Cardio Move & Strength

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

Nov 4: BUNKO

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

Nov 4: Photo Club

There will be NO Photo Club this month, but look for an assignment to come.

Nov 5: Assistive Device Inspection

Will be held in the Wellness Clinic on Wednesday, November 5th from 9:00 am to 11:00 am for assistive device inspections. Information regarding this process is available in the Wellness Center or by calling (901)369-7309.

Nov 5: Catholic Services

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

Nov 5: Needle Arts Group

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

Nov 5: Mah Jongg

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

Nov 5: Bridge Group

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

Nov 6: Bible Study with Dave Phillips

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

Nov 6: 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.

Nov 6: Travelers: Woodruff & Fontaine Historic House 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 1:00 pm. Sign up in Resident Programs. Tickets are \$13. Transportation Fee \$5.

Nov 6: Series: Castle

An author teams up with a detective to solve crimes. Showtimes are every Thursday at 1:30 pm in the Theater.



Nov 6: Wellness Talk w/Susan

November is Healthy Aging Month. Susan will discuss several Health and Wellness topics including nutrition, social interaction, mental health and physical activity. Healthy treats will be served. Be in the Sunroom at 2:00 pm.

Nov 7: 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.

Nov 7: Strength Training

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

Nov 7: Yoga Stretch

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

Nov 7: 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!

Nov 7: Happy Hour

Attention Kirby Residents! Come to the Bistro from 3:00 pm to 5:00 pm every Friday to enjoy a Happy Hour Menu & Prices. This is a wonderful way to start your weekend off right!

Nov 7: Music: The Boomers

Returning to the Kirby Pines stage this evening is one of your favorite groups, The Boomers. The performance kicks off at 6:30 pm. Don't be late.

Nov 8 & 22: Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. The THEME for November will be Food & Drink. Join us at 6:15 pm in the ante room.

Nov 8: Travelers: Balmoral Presbyterian Storytelling Fest

Enjoy the renowned storytelling telling of Donald Davis. Donald was born in a Southern Appalachian Mountain world rich in stories. While he heard many tra-

ditional stories about Jack and other heroic characters, he was most attracted to the stories of his own family and places of origin. Lobby time is 6:15 pm. Sign up in Resident Programs. Transportation fee is \$5.

Nov 9: Hymn Sing with Leon

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

Nov 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.

Nov 11 & 25: 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.

Nov 11: Veterans Day Salute

Attention all Veterans, join us for a day of celebration for your service starting with breakfast in the Dining Room at 9:30 am. Then, we will continue the celebration with a tribute performance by the talented Jim Mahannah Band in the PAC at 2:00 pm. Finally to close our day of events, there will be a social hour with refreshments that will be held in the Bistro at 3:30 pm.

Nov 11: Girls' Night Out

Come join the "girls" for an evening of popcorn and a great movie, "The Firm". It is sure to be a hit with everyone. Showtime is at 6:15 pm. Don't be late!



Nov 12: Garden Gro'ers

Autumn is the 2nd spring when every leaf is a flower. 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.

Nov 12: Food Committee Culinary Celebration

Join us in the PAC to celebrate and show our appreciation to our Dietary staff. The food committee will be serving the employees who work so hard every day to serve our community. The celebration be-

gins at 1:00 pm. Donations can be made. Donation box is located in the Resident Services Office (Tiffany's Office).

Nov 13: Resident Association

The Kirby Pines Residents Association will meet on November 13, 2025 from 2:00 pm until 3:00 pm in the PAC. Capt. (Ret.) Roy Cash will be the speaker.

Nov 14 & 18: Alterations

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

Nov 14: Entertainers Chorus: Music Unlimited

The Entertainers present a variety of music by guests and resident soloists. The guests include Marcus King, Jonathan Matthews and Chip Houston. Your attendance will be greatly appreciated at this once-a-year presentation. Performance begins at 6:30 pm in the PAC.

Nov 17: Tech Time

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

Nov 17: 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 "National Parks: This Is America". Program will begin at 1:30 pm in the theatre.

Nov 18: The Book Baggers

Join us in the chapel where Amy Lauren Miller will be with us to share her book, "Blue Bruce the Christmas Spruce". Amy is the daughter of our fellow residents, Jack and Ann Miller. You will have an opportunity to purchase a copy of this sweet story for your young family members as a special Christmas present. Come at 9:30 am ready to hear Amy as she reads the book and tells of her inspiration to write.



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

Nov 19: Carousel of Shoppes

Come and enjoy a day of fun and shopping at our 11th annual Kirby Pines Carousel of Shoppes. We will have a wide variety of vendors in attendance, with a great variety of merchandise for you to choose from. Doors will open at 10AM in the PAC.

Nov 19: 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.

Nov 19: Travelers: The Lewis Ranch Experience

Discover the legendary former home of music icon Jerry Lee Lewis with this exclusive tour. Experience the stunning estate grounds, including the remarkable, one of a kind Grand piano pool, and get up close to his iconic car, clothing, and awards. Lobby time is 10:00 am. Tickets are \$25 & transportation fee is \$5.



Nov 21: Travelers: St. Jude Tour

Join the travelers to tour St. Jude Children's Research Hospital. The campus brings together cutting-edge science in state-of-the-art research labs, compassionate care in world-class treatment centers, and a connected community in shared gathering spaces. Every area is thoughtfully designed to foster discovery, collaboration, and well-being, propelling our mission to advance cures, and means of prevention, for pediatric catastrophic diseases. Lobby time is 9:30 am. Sign up in Resident Programs. Transportation fee is \$5.

Nov 21: Peter Jones

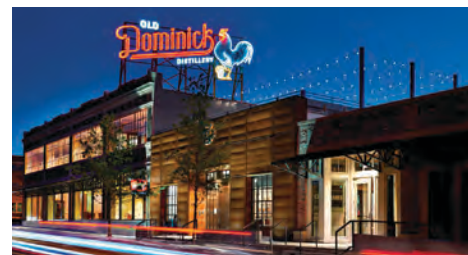
Peter Jones will give a PowerPoint presentation at 1:00 pm in the PAC with live streaming on in-house TV. He continues his presentation on Africa and will show some of the other animals typical of Africa, the "Lesser Five" - giraffes, zebras, cheetahs, warthogs, hippopotamuses, wildebeest, and various species of antelopes.

Nov 21: Music: Steve McGregory

Welcome back to Kirby Pines stage Steve McGregory. Be in the PAC at 6:00 pm for a memorable performance.

Nov 22: Travelers: Old Dominick Distillery

Join the Travelers as they tour the Old Dominick Distillery. 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 1:30 pm. Sign up in Resident Programs. Tickets are \$17. Transportation Fee \$5.



Nov 22: Miss Sofya's Students

Kirby is excited to welcome back the Miss Sofya's piano students to perform. Please come out to the Lobby starting at 2:30 pm to listen to these wonderful students and enjoy their showcases.

Nov 27: Travelers: Orpheum - Romeo & Juliet

Join the Travelers to the Orpheum Theatre to see Romeo & Juliet. Don't forget to purchase your tickets online at www.orpheum-memphis.com for Tuesday, November 25th. Lobby time is 6:30 pm for this 7:30 pm show. Sign up in Resident Programs. Transportation fee is \$5.

Nov 28: Music: Oscar Sueing

Let's welcome back to the Kirby Pines Stage, Oscar Sueing. Show starts at 6:00 pm in the PAC. You don't want to miss this performance.

PUZZLE CHALLENGE | Giant Word Search

Z Z R A E P Y O C C G C D B J J G
 C A R D A M O M E D E E N Q X C E
 V B B E I E G W H F T T I T N R M
 C I N N A M O N J Q T A U D I P T
 M A S A L A C H A I Q N T B Z C U
 H D R X V R Y S H P L A L O J Q N
 C N J O P G I N G E R R I U K V N
 T O V U H L Z B Z U P G T R E O R
 O F L A D N S A K T E E U B C X N
 C C H E O M H G K X L M L O O I N
 S T E V O L C G C L P O W N K E E
 R S S H E P A I C V A P N P H K L
 E H I P Y Y R F W I M P M Y X H P
 T S D Z I O A D U M D U V J W T P
 T Z J B R C M J J V P E C A N H A
 U V Y Y R R E B N A R C R A S M W
 B K H M R J L A A L U I S X N G K

FLAVORS OF FALL Find the Words hidden in the grid of letters.

APPLE	GINGER
BOURBON	HAZELNUT
BUTTERSCOTCH	MAPLE
CARAMEL	MASALA CHAI
CARDAMOM	NUTMEG
CIDER	PEAR
CINNAMON	PECAN
CLOVE	POMEGRANATE
CRANBERRY	PUMPKIN
FIG	SPICE



Puzzle Solutions page 22

PICTURING LIFE AT KIRBY PINES

TRAVEL, ENTERTAINMENT, BIRTHDAYS & MORE



The Travelers took a trip to the first North Mississippi Hummingbird Festival. Pictured are Jane Longfield and Charles & Inge Clark.



Leon Sanderson, Michael Semore, Richard Fraley and Joan Dodson perform with the Entertainers Chorus. Photo by Stuart Eyman.



We had a big birthday celebration for those born in September. Pictured from L-R; Ron Crizer, Jo Ann Ginn with friend, Pat Brand, Carol Morse and Martha Howe, with husband, Terry Cooper. Love seeing all the happy faces!



Betty Terry celebrated her 90th with daughter, Laura Leuenberger.



Mary Lee Boggs and Sharon Sharrow attend Happy Hour in the Bistro.



Janie Kocman had one of the featured family recipes for this month's special meal.

PICTURING LIFE AT KIRBY PINES

MEMPHIS ZOO, ICE CREAM & BATTLE OF THE WINGS



We had a wonderful turnout for this year's Senior Safari at the Memphis Zoo. The weather was spectacular and a good time was had by all.



Lynn Allison and Patricia Latimer relaxing at the Senior Safari.



Marcia & Richard Fraley get a photo in the Zoo courtyard, along with Nancy Wark and Jean Mauney by the big totem pole.



Pat Cavender enjoys an ice cream sundae, while Jerry & Maxie Dunnam sip on root beer floats. Look for ice cream socials during the month in the Bistro.



Kirby Pines' Battle of the Wings took competition to a new level, featuring friendly games of skill and creativity to reign supreme. L-R; Ginger Blount and Marsha Greiner at the shuffle board table. John Blount and Marilyn Garzienne try popping the balloon between them with all their might. Ken Carver steadies his hand at Giant Jenga and Don Meiners shows off his paper airplane folding skills.

PICTURING LIFE AT KIRBY PINES

WE WEAR PINK & THE FALL DANCE



In October, we wear pink! Battle of the Wings participants were encouraged to support Breast Cancer Awareness and they showed out. L-R; Bankie McCarty, Doris Boyd, Sally Coleman & Kathy Smith and Barbara Phillips.



Hugh Gregory catches up on events in the Library, reading the paper.



The Fall Dance, featuring the Memphis Knights Swing Band, was a big hit for everyone! Pictured are Bill & Katy Dorsey and Mike & Suzanne Hufnagel.



Also attending the dance are new comers, Margaret & Charles Hubbert, and not so new comers, Charles & Laura Parrott and Roy and Mary Ann Thurmond. What a great looking bunch!

KIRBY PINES PHOTO CLUB



Photo by Ginger Blount



Photo by Sydney Wagner

**This month our
Photo Club members
discussed taking
Fall Photos
How did they do?**

**We Will Not Be
Meeting in November.
See you in December!**



Photo by Connie Carter



Photo by Jane Longfield



Photo by Mary Ann Thurmond



Photo by Diane Mullins

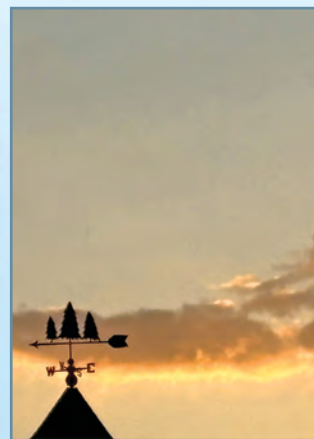


Photo by Hugh Wilson



Photo by Arrena Cheek



Photo by Stuart Eyman



Photo by Sylvia Statham



Photo by Fred Dabrowski



Photo by Graeme Gee



Photo by Nancy Wark



Photo by Carolin Thomason



Photo by Marsha Greiner



Photo by Dale Jones



Photo by Sheryl Maxwell

Memorials, Honorariums & Gifts

In Memory Of

ANITA FRUZZETTI

Donation by KP Resident Association
to the Employee Fund

CATHERINE PREWETT

Donation by KP Resident Association
to the Hamateurs

In Honor Of

GRAEME GEE

Donation by Dale Jones
to the Hobby Shop

MIKE HUFNAGEL

Donation by Barbara Lipsey
to the Employee Fund

Donation by Doug & Donna Paine
to the Painters & Fiber Arts

HUGH GREGORY

Donation by Mary Slautterback
to the Hobby Shop

CHARLIE & KATE FOSTER

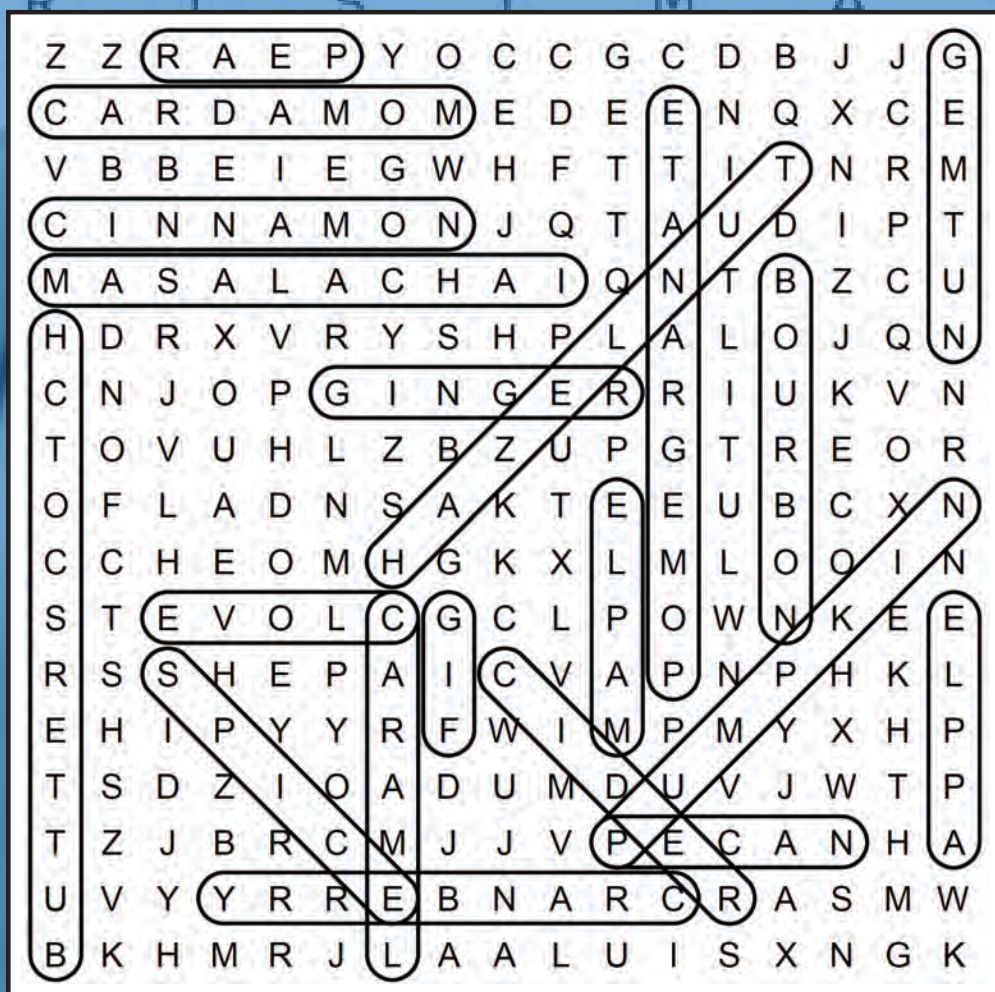
Donation by Doug & Donna Paine
to the Entertainers

BETTY TERRY

Donation by Lois Dazey
to the General Fund



GIANT WORD SEARCH



ANSWERS TO THE PUZZLE CHALLENGE ON PAGE 17

CHRISTIE'S COIFFURES

Manicures | Pedicures | Facials

Women's Haircuts

Shampoo & Sets

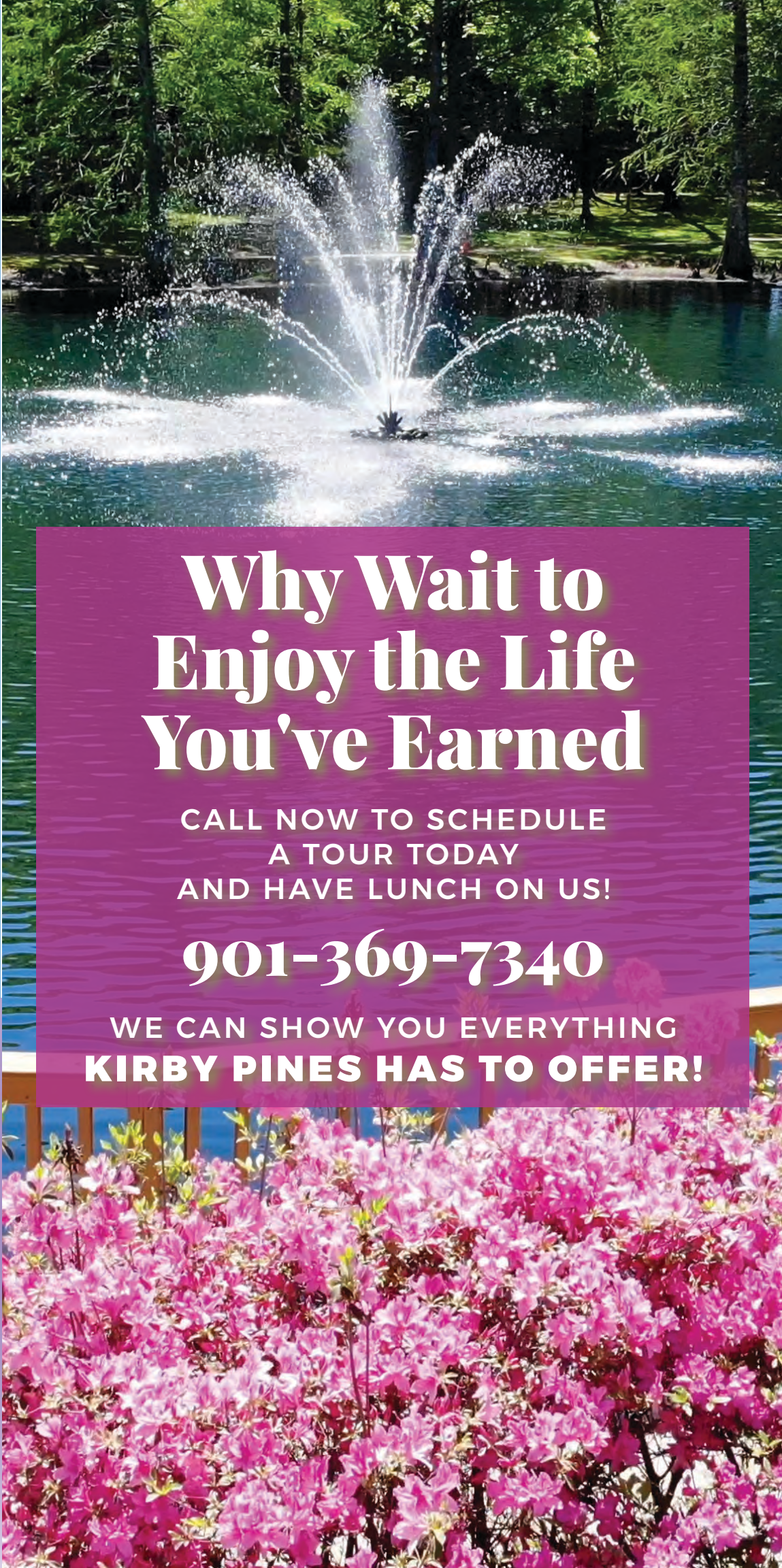
Perms & Coloring

Separate Barber Shop

Call for Appointment

369-7311





Why Wait to Enjoy the Life You've Earned

CALL NOW TO SCHEDULE
A TOUR TODAY
AND HAVE LUNCH ON US!

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WE CAN SHOW YOU EVERYTHING
KIRBY PINES HAS TO OFFER!

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PHOTOS
AND HAPPENINGS
CHECK OUT OUR
FACEBOOK PAGE!**

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facebook.com
and search
Kirby Pines!



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

Simply go to
youtube.com
and search
Kirby Pines!



SCAN ME!





Jeannie Valentine & Vella
put the "Fun In Fall", living
at Kirby Pines since 2017.

Kirby Pines

LifeCare Community



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