PINECONE

The Magazine of Kirby Pines LifeCare Community • October 2025 | V. 43 | I.10

CAROL MORSE celebrates National Book Shop Day at

Book Shop Day at Burke's Book Store in midtown Memphis.

Alzheimer's Awareness | Physical Therapy Month | The Support We Need | Resident Spotlight: Michael Semore

MEMPHIS,

SINCE 1875

Blessings Are Abundant

After our wonderful "Lighting of the Lake" ceremony, I was asked several times if the prayer said that evening was an original and if residents and guests could have a copy. So, I thought this month's Pinecone was a great way to make it available to all.

The prayer was a collaboration of Stephanie and myself, although she said she did not recognize anything that I recited. I hope the prayer is enjoyable and meaningful to you.

Gracious & Almighty God.

We gather before you today here at Kirby Pines with our hearts full of gratitude and joy. You are the creator of our earthly home and the keeper of our eternal one.

We thank you for the gift of life here at Kirby Pines. We thank you for family and friends, for daily bread, for work and rest, for laughter and tears, and for the many blessings that make Kirby Pines a place of beauty and belonging. These moments remind us that even here, we are never far from your presence.

Yet we also lift our eyes towards the promise of heaven, our everlasting home with you. In that place, there will be no sorrow, no parting,

at Kirby Pines

and no fear, but only joy unending. May the hope of that future guide our steps, comfort our hearts, and strengthen us for every season.

Teach us Lord, to live with joy in both dwellings, in the home you have entrusted us here at Kirby Pines, where we serve and love one another and, in the home, you are preparing above, where we will rejoice in your glory forever.

Bless this gathering. Bless each person here and let your peace dwell richly in our hearts and our home at Kirby Pines until we are fully at home with you.

AMEN.



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

ON THE PINECONE COVER

Many Reasons to Celebrate at Kirby Pines

October is a special time of year at Kirby Pines, the grounds are painted with color and the cooler temperatures allow for getting outside and staying active. After all, who doesn't love sweater weather?

This month we have a lot of opportunities to get out, starting with the Travelers trip to the Zoo on the 1st and the Bartlett Fall Fest & Car Show on the 4th. There are several plays off campus, Murders of 1940 on the 15th, Much Ado About Nothing on the 22nd, Frankenstein on the 26th and fans of Downton Abbey can see the grand finale on the 13th at the movie theater. We head back to the Calvary Rescue Mission for lunch on the 7th and to get in the Halloween spirit, take the Elmwood Cemetery "Souls of the City" tour on the 17th.

A bit closer to home, Recipe Wednesday is back on the 8th and we are having a fall dance featuring The Memphis Knights on the 14th. On Halloween, the 31st, we will hold our Pumpkin & Costume Contest, so get those creative juices flowing. And finally, October is Alzheimer's Awareness Month, so we will be having a Bake Sale on the 24th and our Annual Walk on the 30th. We know this disease and finding a cure is important to so many of us to support.

As previously mentioned, October is the perfect time to get off campus and enjoy our cities offerings and for our covers we did just that.

Our front cover features Carol Morse, a member of the Book Baggers, checking out Memphis' oldest book store for National Book Shop Day, which is on the 4th. That same day, is National Taco Day, which leads us to our back cover, where Janet Reeves and Leon Sanderson enjoy lunch at Maciel's Tacos & Tortas. You can try them out after the Zoo on the 1st, or enjoy Taco Day in the dining room the 4th!



Leon Sanderson, Carol Morse & Janet Reeves in midtown Memphis.



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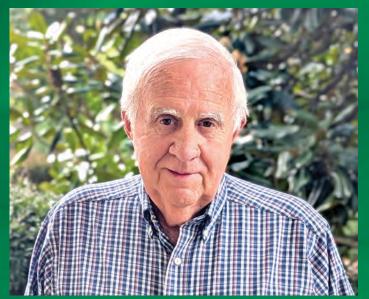
Director of Resident Programs

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Get to know Kirby Pines'

NEW RESIDENTS





Bruce Batt was born in England and comes to Kirby Pines with Riley, his beautiful black lab, from his home a few blocks away on Kirby Parkway. He and his late wife, Liz, were married 53 years and had two children, Carolynn (Deceased) and Alison. He also has four grandchildren.

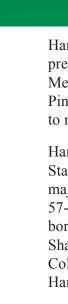
Bruce earned degrees from The University of Manitoba, The University of Florida and Michigan State University. His degrees include Zoology, Forestry, Fisheries and Wildlife. Bruce had a 45-year career in waterfowl research, science and administration with Delta Waterfowl and Ducks Unlimited.

Hunting, fishing, bird watching and collecting Arctic books keep Bruce busy in his retirement.

Bruce's traveling has included 49 states, Canada, Greenland, England, Ireland, Scotland, parts of Africa, New Zealand and many other destinations. He and Liz planned trips in the Spring to somewhere in Europe for many years.

Friends describe Bruce as determined, intelligent, and hardworking. Michigan State University has honored Bruce with two outstanding alumni awards. As a mentor to young professionals in waterfowl conservation, Bruce has enjoyed observing them having remarkable careers.

If you haven't met Bruce, hopefully you will soon. His interesting life experiences and expertise in his field make him an asset and true fit for our retirement community. Welcome Bruce and enjoy each day as you make new friends and enjoy our beautiful Kirby Pines.





Harry & Kathy Smith

Harry and Kathy Smith come to Kirby Pines from their previous residence just two miles from our campus in Memphis. Kathy's Mom was an early resident at Kirby Pines and was very happy, this influenced their decision to make the move.

Harry was born in Memphis. After attending Memphis State (U of M) he went to Memphis Tech School and majored in printing and graphic design followed by a 57-year career in the graphic arts business. Kathy was born in a very small town in Arkansas named Evening Shade. She went to Lindenwood University and Rhodes College majoring in political science. Kathy assisted Harry in the printing business.

Married for 56 years, the Smiths had three children (one is deceased) and they have two grandchildren to dote

Harry and Kathy enjoy doing volunteer work and traveling. Harry helps at Hope Works, Church Health Center, and The Salvation Army while Kathy is active in The Josephine Circle and The Juvenile Diabetes Association.

Their travels have included National Parks, The Caribbean Islands, California Greece Turkey and The Baltic States. Their favorite destination is Machu Picchu in Peru.

Friends describe Harry as talkative and fun and they say Kathy is "the life of the party." Sounds like a perfect combination for our Kirby Pines' lifestyle. So, please welcome Harry and Kathy with open arms and a big Kirby smile.

Can exercise prevent memory loss and improve cognitive function?



Possibly. Exercise has many known benefits for both physical and mental health, including reducing the risk of cardiovascular disease and diabetes, strengthening the bones and muscles, and reducing stress.

It also appears that regular physical activity benefits the brain. Studies show that people who are physically active are less likely to experience a decline in their mental function and have a lowered risk of developing Alzheimer's disease. Physical activity is one of the known modifiable risk factors for dementia. Plus, regular exercise helps combat other Alzheimer's disease risk factors, such as depression and obesity.

Exercising several times a week for 30 to 60 minutes may:

- Keep thinking, reasoning and learning skills sharp for healthy individuals.
- Improve memory, reasoning, judgment and thinking skills (cognitive function) for people with mild Alzheimer's disease or mild cognitive impairment.
- Delay the start of Alzheimer's for people at risk of developing the disease or slow the progress of the disease.
- Increase the size of the part of the brain that's associated with memory formation (hippocampus).

Physical activity seems to help your brain not only by keeping the blood flowing but also by increasing chemicals that protect the brain. Physical activity also tends to counter some of the natural reduction in brain connections that occurs with aging.

More research is needed to know how — and how much — adding physical activity may improve memory or slow the progression of cognitive decline. Nonetheless, regular exercise is important to stay physically and mentally fit. And for older adults, even leisurely physical activity offers health benefits.



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

October is Alzheimer Awareness Month.

We are so blessed to have an amazing memory care facility like Job's Way. We want to show our support to the Alzheimer's Association through financial donations so they may continue their mission to educate and research to end Alzheimer's and dementia while enhancing care for those living with the disease.

A Bake Sale will be held on Friday, October 24 from 10:00 am to 2:00 pm in the Lobby. We need your help to bake goods, help with sales and/or purchase items. All proceeds will be donated to the Alzheimer's Association. Check with Kayla Holland in Resident Programs for more details on how you can participate.

Then join the team and purchase the Kirby Pines "#ENDALZ" T-shirt for \$5. Be sure to wear it on Thursday, October 30 to show your support. We will gather in the Lobby at 9:00 am to get our Walk to End Alzheimer's on the way as we take a fun stroll around Kirby Pines. Dogs on leashes are welcome to join us. Help us raise awareness and financial support for our local Alzheimer's Association.

alzheimer's To association







Every October, we celebrate National Physical Therapy Month, a tradition first launched by the American Physical Therapy Association (APTA) in the early 1980s. National Physical Therapy Month recognizes the dedication and expertise of physical therapists across the country highlighting their role in restoring mobility, reducing pain, and improving quality of life.

This year's APTA theme, "The Value of PT," emphasizes how physical therapists deliver evidence-based care that addresses the whole person—helping individuals regain independence and preventing avoidable health declines.

In the long-term care setting, physical therapists are vital members of the interdisciplinary team. They assess residents' mobility, develop individualized treatment plans, and provide interventions that promote strength, balance, and endurance. PTs help residents remain as independent as possible, which improves not only physical health but also emotional well-being. Their work supports reduced rehospitalizations, enhances participation in daily activities, and fosters dignity and safety for older adults.

One of the most critical contributions physical therapists make in long term care is reducing the risk of falls. Through balance training, gait re-education, strength building, and environmental assessments, therapists create comprehensive fall-prevention programs. Education for residents, families, and staff ensures that strategies extend beyond the therapy gym into daily routines. This proactive approach saves lives, prevents serious injuries, and supports overall quality of life.

If you are in need of physical therapy or assessment, please contact the Broad River Rehab Team for guidance.



BASIC CHAIR EXERCISES



ARM RAISES ift both arms overhead, lower slowly



SHOULDER ROLLS roll shoulders forward and backward



LEG EXTENSIONS extend one leg, hold, then switch



MARCHING lift knees one at a time as if walking



OVERHEAD REACH reach one arm up, then the small circles forward other, like reaching for the



ARM CIRCLES and backward



lift heels while toes stay on the floor



lift toes while heels stay down



SIDE STEPS step one foot to the side, return, alternate



SIDE STRETCH raise one arm and lean to the side



FORWARD BEND lean forward over thighs, relax shoulders



lift foot and rotate ankle both directions





TO TEACH AND SERVE OTHERS

There are several ways by which one can serve his country; to serve as a teacher of the children and young people in our country is one of the greatest. Without question, we all owe a great deal of gratitude to those who taught us. Michael Semore, from a young age, planned to teach. His life has also been centered on involvement in church activities, music and drama. A full life indeed!

Michael Semore was born on January 5, 1953, in Centerville, Tennessee, the oldest of three children. When he was 13 years old, the family moved to Waverly, Tennessee, and Michael would attend junior and senior high school there.

In 1971, Michael graduated third in his high school class of 174 students. He played French horn in the school band and, during his junior year, accompanied the band to Washington, D.C. to march in the Cherry Blossom Festival. During his junior and senior years, and during evening hours and weekends, he was a local radio station disc jockey, known as Mike Sea, playing country music. "It was good money," remembers Michael, "but it all went to college savings."

In the fall of 1971, Michael enrolled in Freed-Hardeman College (now University) in Henderson, Tennessee, as a speech and English major. During his first week of school, he joined the A Cappella singers, which would become a major part of his college days. Small wonder, as the group would travel to sing in 30 states and spend three weeks in Europe. One of the highlights was being invited to sing in the Mormon Tabernacle. "We felt swallowed up, as there were 55 of us, and their choir space was for 300," remembers Michael. It was during chorus practice that Michael became "intrigued" by a brunette alto singer in the group named Melanie Pogue, and they soon became a "campus item."

Another "bug that bit" in college was for theatre, and from his sophomore year until graduation, Michael performed or was involved, in every theatre production—from Dracula to Charlie Brown! In fact, his involvement with Charlie Brown resulted in performing it with future students and at West Memphis Playhouse.

In 1976, Michael graduated from Freed-Hardeman with honors and with a license to teach English, speech, drama, Bible and music. And this he did–until he retired in 1998. Melanie graduated from college in1976 and was prepared to teach History. Michael and Melanie were married in August of 1976, when they were hired to teach in the same school. Their

Resident Spotlight: Michael Semore

first teaching job was with Christian Academy of Greater St. Louis in St. Louis, Missouri. "We taught five classes each, cleaned restrooms and walked to school. We were incredibly poor, but I don't think we knew it," recalls Michael.

The next year, Michael and Melanie moved back to Memphis to teach at Harding Academy, and both continued their education earning a M.Ed. from the University of Memphis. Soon, Michael was teaching English 12, and Melanie became an administrator. While touring with students in England, Michael developed a love for all things Shakespeare. In addition to classroom teaching, Michael received an invitation to a position as Reader for Advanced Placement to grade exams in English language and composition. This involved spending 12 days in Daytona Beach, Florida, during the summer for 13 years.

At Harding, Michael taught, but, he was also involved with the school's musical and drama events. According to Michael, "I taught at Harding for 28 years. Besides receiving the Betty Bates Teaching Award, I was voted by the senior class, eight different times, to be their commencement speaker. What an honor!" Melanie served Harding for 42 years before succumbing to inoperable brain cancer in 2021.

After resigning from Harding, Michael taught 19 years in the Shelby County School System, both as a teacher of honors classes and recipient of awards for his contributions. One extraordinary position was with Renaissance Academy in Millington, a school for problem students in Shelby County. His most vivid memory there was teaching an eighth grade student how to read!

Church and music have always been important parts of Michael's life. As a fourth generation song director in Churches of Christ, Michael served as minister of music in several churches and was involved with various quartets and alumni singing groups. The alumni group of A Cappella Singers traveled to Romania and Bulgaria to sing and work as missionaries. One group they worked with was an orphanage for Gypsy children.

After retirement, Michael remained active in church and singing. When Melanie became ill, he along with help was able to care for her so that she could remain at home until her passing. Michael continued to live in their home for four years. He admits, "I grew tired of preparing meals, doing laundry and buying groceries. I was essentially alone all week, except for church and grocery store. I decided to visit Kirby Pines. According to Michael, "On my visit to Kirby Pines, I met at least 50 people I knew. I signed up that day!"



Michael Shakespeare

Since moving to Kirby Pines in December 2024, Michael has become involved in many activities, and his beautiful voice and drama experience is very much in demand!

Michael has had many diverse experiences in a life spent in service to others. He says this quote by Chaucer sums up his career: "And gladly would he learn and gladly teach."

Written by Joan Dodson, Resident of Kirby Pines

OCTOBER 4TH IS NATIONAL BOOK SHOP & TACO DAY

National Bookshop Day will take place on October 4 this year. October is a good time for new books to come out in the runup to Christmas. For Bookshop Day and the start of the important fall selling season, bookshop owners are encouraged to hold parties, events, and book signings in their stores. Every year, more than a thousand bookshops across the country participate in Bookshop Day. They hold special events, make unique window displays, and so on. It's part of the Books Are My Bag campaign, which is run by the Booksellers Association.

National Taco Day, October 4 every year, is considered a concentrated and intensified version of the "Taco Tuesdays" many restaurants offer in a bid to bring in Happy Hour-like crowds. Come to think of it, to further whet your appetite for the subject, get this: the phrase "Taco Tuesday" was actually trademarked across the country in 1989 by a Wyoming-based fast-food chain called Taco John's, except in New Jersey, where the trademark had already been claimed by Gregory's Restaurant & Bar back in '82.

However, nobody needs to worry about the legality of what their dinner is called. On National Taco Day, we only need to grab some tortillas and stuff them with savory fillings, from the traditional carne asada, cheese, tomato, lettuce and sour cream, to more exotic gustatory delights like fish, chorizo, even tongue, to name only a few of the "meat component" alternatives. Even the word "stuff" is no accident; many believe that the word taco derives from the Spanish "ataco," meaning "to stuff."









YOU'RE INVITED TO THE **BATTLE OF THE WINGS!**

MONDAY, OCTOBER 6TH Bingo | 50 Points

TUESDAY, OCTOBER 7TH Scavenger Hunt | 50 Points

WEDNESDAY, OCTOBER 8TH Chair Yoga | 50 Points

THURSDAY, OCTOBER 9THDecorate Your Door | 50 Points

FRIDAY, OCTOBER 10TH
Games | 10 Points Each

The winning wing will get to plan a party with Kayla Holland to celebrate victory!

LOOK FOR DETAILS TO COME



Congratulations to our **CHAMPION of the Month**

Security Supervisor

CARL WALKER

Describe Your Family: I have a loving wife, five kids and 18 grandkids.

Describe yourself in five words: Happy, polite, caring, respectful, honest.

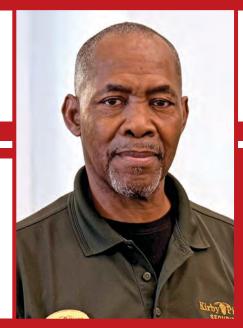
What do you do for fun: Watch sports. Do you have any hobbies: Cooking.

What is your favorite thing about your job: The residents, coworkers and management.

Favorite food: Ribs. Favorite song: Lets Get It One by Marvin Gaye

What is something you are proud of: My family.

What would you like people to know about you: I can get along with anyone.



Carl has taken his supervisory skills to heart and has lead his team to success by minimizing attendance issues. His team praises his leadership and he works alongside of them with a smile. He is hard working and has a great work ethic. Carl is a true believer of "family first" and will pick up any shift to allow family time for his staff. We are glad to have him here at Kirby Pines.

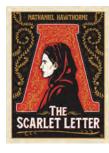
REFLECTIONS

By Maxie Dunnam



THE SUPPORT WE NEED

Everybody needs someone to hold them up and to encourage them when they face pain and adversity.



When Nathaniel Hawthorne came home in utter despair and failure after losing his job in the Customs House, his wife responded, "Now you can write that book you have always wanted to write." Under that kind of uplifting support, Hawthorne wrote The Scarlet Letter, one of the greatest pieces of literature the world has known.

The truth is there is someone there, for each of us, who will perform that saving work in our life—if we will get beyond our self-sufficient pride and share with another who is willing to listen and to care.

The way to get help is to ask for it—at least let someone know we need it. Also, each of us can be that needed source of encouragement for another.

October Vesper Services
6:30pm | Performing Arts Center

October 2: Senior Pastor Bob Turner
White Station Church of Christ

October 9: Hickman Ewing Lay Leader First Evangelical

October 16: Rev Jim McKinney
St. Luke's UMC

October 23: Director Butch Odom Church Health Center Wellness Program

October 30: Remembrance of Residents
A Celebration of Saints

Poetry 8 Writing Club



Each month we meet for an hour and share our writings with everyone. Please enjoy these poems written by Steve Tittle.

JOIN THE CLUB
OCTOBER 6TH AT
9:30 AM IN THE LCR

ODE TO A BISCUIT

Today, the fragrant healing scent of coffee brewing helped to coax these tired and sleepy lids apart, that I might look upon a new day now in progress, be encouraged by its goodness, and take on a gladdened heart!

As I sipped, and nursed with care that cup of kindness, a gentle rapping at my door, as I recall bid me scan with anxious eyes, the corridor, and quite surprised, I saw this spritely figure waving as it scurried down the hall.

The proof that she was here lay at my doorway.

Atop the table there were biscuits, golden brown!

Each tantalizing tart exemplified this baker's art.

It sure surpassed the best of all the bakers of renown!

My portion opened up, like a steamy buttered cup to be adorned, I felt, with scrumptious jams or jelly. Conversation put to rest, I then consumed my treat with zest, and afterwords, I thought I heard a joyful singing in my belly!

Yes, that biscuit did me good, made my coffee twice as good! It was the kind you'd think you'd find in a mansion or a palace! No magic here, though it might seem, this morning's culinary dream came from the kitchen of the sweet and loving soul we know as "Alice"!

HUMMINGBIRDS

On our balcony soon, in the middle of June, we'll suspend our red vessels of nectar, see the hummingbirds gather, work themselves in a lather, each claiming our porch as their personal sector.

Much like "king of the hill", they exert their own will, but ownership lasts just a moment or two.

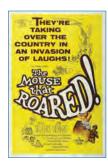
Unusual I think, they get more than one drink, ere the next claimant's there for attempting his coup.

In the small maple tree just a few feet away, they perch to rest up from their most recent duel. Shiny feathers they preen 'till they're neatened and clean, then it's back to the feeders to drink and refuel.

Like bees from a hive, they constantly dive, and not one can find rest 'til the fading of light. But, so wonderfully sweet is that sugary treat that, if not for the darkness, they'd go it all night!

MIDET ME AT















IRON WILL (1994)

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

Cast: Mackenzie Astin, Kevin Spacey

A brave young man is thrust into adulthood as he and his courageous team of sled dogs embark on a grueling and treacherous cross-country marathon

THE MOUSE THAT ROARED (1959)

Friday, October 3 | 1:30 pm Saturday, October 4 | 6:30 pm Sunday, October 5 | 6:30 pm

Cast: Peter Sellers, Jean Seberg, William Hartnell

A tiny, impoverished European nation declares war on the United States of America, planning to lose in order to collect post-war compensation, but things don't go according to plan.

WAITING FOR ANYA (2020)

Saturday, October 4 | 1:30 pm

Cast: Noah Schnapp, Thomas Kretschmann

During the harrows of WWII, Jo, a young shepherd along with the help of the widow Horcada, helps to smuggle Jewish children across the border from southern France into Spain.

WHAT DREAMS MAY COME (1998)

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

Cast: Robin Williams, Cuba Gooding Jr.

Chris Nielsen dies in an accident, and enters Heaven. But when he discovers that his beloved wife Annie has killed herself out of grief over the loss, he embarks on an afterlife adventure to reunite with her.

THE THURSDAY MURDER CLUB (2025)

Tuesday, October 7 | 1:30 pm

Cast: Hellen Mirren, Pierce Brosnan, Ben Kingsley

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.









THE PENGUIN LESSONS (2024)

Wednesday, October 8 | 1:30 pm & 6:30 pm

Cast: Steve Coogan, Jonathan Pryce, Bruno Blas

A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach.

SAN FRANCISCO (1936)

Friday, October 10 | 1:30 pm Saturday, October 11 | 6:30 pm Sunday, October 12 | 6:30 pm

Cast: Clark Gable, Jeanette MacDonald

A Barbary Coast saloonkeeper and a Nob Hill impresario are rivals for the affections of a beautiful singer, both personally and professionally, in 1906 San Francisco.

IT'S A WONDERFUL WORLD (1939)

Saturday, October 11 | 1:30 pm

Cast: Claudette Colbert, James Stewart

When a tycoon is accused of murder, the private eye tracking him finds himself roped in as an accessory and attempts to evade police, kidnapping a poetess along the way.

YESTERDAY (2019)

Sunday, October 12 | 1:30 pm & 4:00 pm

Cast: Hamesh Patel, Lily James, Sophia Di Martino

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.

THE MIRACLE CLUB (2023)

Tuesday, October 14 | 1:30 pm

Cast: Maggie Smith, Laura Linney, Kathy Bates

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes.

THE CLIENT (1994)

Wednesday, October 15 | 1:30 pm & 6:30 pm

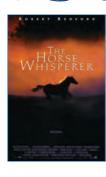
Cast: Susan Sarandon, Tommy Lee Jones

A young boy who witnessed the suicide of a mafia lawyer hires an attorney to protect him when the District Attorney tries to use him to take down a mob family.

HB MOVIB

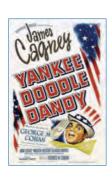














GOING MY WAY (1944)

Friday, October 17 | 1:30 pm Saturday, October 18 | 6:30 pm Sunday, October 19 | 6:30 pm

Cast: Bing Crosby, Barry Fitzgerald

When young Father O'Malley arrives at St. Dominic's, old Father Fitzgibbon doesn't think much of his new assistant.

THE PERSONAL HISTORY OF **DAVID COPPERFIELD (2019)**

Saturday, October 18 | 1:30 pm

Cast: Dev Patel, Hugh Laurie, Tilda Swinton

A modern take on Charles Dickens's classic tale of a young orphan who is able to triumph over many obstacles.

THE HORSE WHISPERER (1998)

Sunday, October 19 | 1:30 pm & 4:00 pm

Cast: Robert Redford, Kristin Scott Thomas

The mother of a severely traumatized daughter enlists the aid of a unique horse trainer to help the girl's equally injured horse.

WRATH OF MAN (2021)

Tuesday, October 21 | 1:30 pm & 6:30 pm

Cast: Jason Statham, Holt McCallany

A mysteriously stoic character is hired as a security guard by a cash truck company responsible for transporting a lot of money around Los Angeles each week.

WITNESS (1985)

Wednesday, October 22 | 1:30 pm & 6:30 pm

Cast: Harrison Ford, Kelly McGillis, Lukas Haas

While protecting an Amish boy - the sole witness to a brutal murder - and his mother, a Philadelphia police detective is forced to seek refuge within their rural community when his own life is threatened.

YANKEE DOODLE DANDY (1942)

Friday, October 24 | 1:30 pm Saturday, October 25 | 6:30 pm Sunday, October 26 | 6:30 pm

Cast: James Cagney, Joan Leslie, Walter Huston The life of the renowned musical composer, playwright,

actor, dancer, and singer George M. Cohan.

CITY SLICKERS (1991)

Saturday, October 25 | 1:30 pm

Cast: Billy Crystal, Jack Palance, Daniel Stern

On the verge of turning 40, an unhappy Manhattan yuppie is roped into joining his two friends on a cattle drive in the southwest.

LADIES IN LAVENDER (2004)

Sunday, October 26 | 1:30 pm & 4:00 pm

Cast: Judi Dench, Maggie Smith, Daniel Bruhl

Two sisters befriend a mysterious foreigner who washes up on the beach of their 1930s Cornish seaside village.

SCHINDLER'S LIST (1993)

Tuesday, October 28 | 1:30 pm & 6:30 pm

Cast: Liam Neeson, Ralph Fiennes, Ben Kingsley

In German-occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis.

MRS. DOUBTFIRE (1993)

Wednesday, October 29 | 1:30 pm & 6:30 pm

Cast: Robin Williams, Sally Field, Pierce Brosnan

After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

THE LITTLE SHOP OF HORRORS (1960)

Friday, October 31 | 1:30 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, forcing him to kill to feed it.



SUNDAY MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY **SATURDAY** 7:30 am • Men's Christian Fellowship (LCR) 9:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 9:30 am • Basic Water Aerobics (Pool) **ABBREVIATIONS KEY** 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Travelers: Bartlett Fall Festival October 9:30 am • Group Exercise (PAC) 10:00 am • Bible Study with Dave Phillips (Chapel) 9:30 am • Group Exercise (PAC) & Car Show (Trans) 9:30 am • *Travelers: Senior Safari (Trans)* 10:00 am • Pinecone Painters (A&C) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 1:00 pm • Advanced Line Dancing (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Kroger & Banks (Trans) SCR - Small Card Room 10:00 am ● Cornhole Club (LCR) Thtr - Theater 1:30 pm • Game Play (LCR) 11:00 am • Chair Yoga (PAC) 10:30 am • Cardio Move & Strength (PAC) 10:15 am • Strength Training (PAC) 1:30 pm • Movie: Waiting for Anya (Thtr) 1:00 pm • Needle Arts Group (Sunroom) A&C - Arts & Crafts Studio Dining Room 1:00 pm • Walmart, Costco, & Banks (Trans) 10:45 am • Yoga Stretch (PAC) 1:15 pm • Mah Jongg (LCR) 2:30 pm • Ballroom Dancing (PAC) PAC - Performing Arts Center
 LCR - Large Card Room 1:00 pm • Dr. Abutineh MD (WC) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 6:30 pm • Movie: The Mouse that Roared (Thtr) 1:15 pm • Line Dancing (PAC) 1:30 pm • Game Play (LCR) BR - Billiard Room • WC - Wellness Clinic 1:30 pm • Movie: The Mouse that Roared (Thtr) 1:30 pm • TV Series: Castle (Thtr) 1:30 pm • Movie: Iron Will (Thtr) 3:00 pm • Happy Hour (Bistro) Pool/Oasis • Trans - Transportation 2:00 pm • Wellness Talk with Susan (Sunroom) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • Music: David Virone (PAC) 6:00 pm ● Wednesday Bridge Group (LCR) 3:00 pm • Billiards Group (Billiard Room) HS - Hobby Shop Sunroom 6:30 pm • Movie: Iron Will (Thtr) 6:30 pm • Vespers (PAC) 9:00 am • Get Physical with Kim (Oasis) 9:30 am • Basic Water Aerobics (Pool) 8:30 am • Men's Water Aerobics (Pool) 7:30 am • Men's Christian Fellowship (LCR) 11 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 8:00 am • Get Physical with Kim (Oasis) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Basic Water Aerobics (Pool) 1:00 pm • Advanced Line Dancing (PAC) 9:30 am • Group Exercise (PAC) 10:00 am • Bible Study with Dave Phillips (Chapel 1:00 pm • Music: Marilynn Garzione (Lobby) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 1:30 pm • Game Play (LCR) :00 am • Catholic Service's (Chapel) 10:00 am • Pinecone Painters (A&C) :30 am • Garden Gro'ers (Greenhouse) 1:30 pm • Movie: It's a Wonderful World (Thtr) 1:30 pm • Movie: What Dreams May Come (Thtr) 9:30 am • Poetry & Writing Club (LCR) 10:00 am • Travelers: Calvary Rescue Mission 10:00 am ● Cornhole Club (LCR) 10:30 am • Alterations (Guest Suite) 11:00 am • Chair Yoga (PAC) 10:00 am • Kroger & Banks (Trans) 4:00 pm ● Movie: What Dreams May Come (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) Luncheon (Trans) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 2:30 pm • Ballroom Dancing (PAC) 11:00 am • Chair roga (FAC)
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 Penguin Lessons (Thtr)
2:00 pm • Ballroom Dancing (PAC)
3:45 pm • Recipe Wednesday (Dining) 10:30 am • Cardio Move & Strength (PAC) 10:30 am • Beginners Billiards (Billiard Room) 6:30 pm • Movie: The Mouse that Roared (Thtr) 10:30 am • Cardio Move & Strength (PAC) 10:15 am • Strength Training (PAC) 6:15 pm • Trivia Group (Ante) 1:00 pm • Walmart, Costco, & Banks (Trans) 10:30 am • Chair Yoga (PAC) 1:15 pm • Line Dancing (PAC) 10:45 am • Yoga Stretch (PAC) 6:30 pm • Movie: San Franciso (Thtr) 1:00 pm • Dr. Abutineh MD (WC) 1:30 pm ● Game Play (LCR) 1:30 pm • Movie: Thursday Murder Club (Thtr) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 1:15 pm • Line Dancing (PAC) 6:00 pm • Mexican Train Dominos (LCR) 1:30 pm • Bunko (SCR) 1:30 pm • Movie: San Franciso (Thtr) 1:30 pm • TV Series: Castle (Thtr) 6:00 pm • BINGO (PAC) 3:00 pm • KP Photo Club (Ante) 3:00 pm • Happy Hour (Bistro) 3:00 pm • JP Goble "Fraud Prevention" (PAC) 3:45 pm • Recipe Wednesday (Dińing) 6:00 pm • Wednesday Bridge Group (LCR) 6:30 pm • Movie: The Penguin Lessons (Thtr) 6:30 pm • Residents Choice Movie Night (Thtr) 6:30 pm • Movie: Thursday Murder Club (Thtr) 6:00 pm • Music: Rob Haynes (PAC) 3:00 pm • Billiards Group (Billiard Room) 6:30 pm • Vespers (PAC) 7:30 am ● Men's Christian Fellowship (LCR) 18 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 13 8:30 am • Men's Water Aerobics (Pool) 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 8:00 am • Get Physical with Kim (Oasis) 12 14 **15** 16 **17** 9:00 am • Covid Vaccines (LCR) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Basic Water Aerobics (Pool) 1:00 pm • Advanced Line Dancing (PAC) 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 10:00 am • Bible Study with Dave Phillips (Chape 1:30 pm • Game Play (SCR) 1:30 pm • Movie: Yesterday (Thtr) 9:30 am • Group Exercise (PAC) 9:30 am • Group Exercise (PAC) 9:30 am • Group Exercise (PAC) 4:00 pm • Movie: Yesterday (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:00 am • Women's Bible Study (Chapel) 10:00 am • Catholic Services (Chapel) 10:00 am • Pinecone Painters (A&C) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans 1:30 pm • Movie: The Personal History of David 10:00 am • Caregiver Support Group (SCR) 10:30 am • Beginners Billiards (Billiard Room) 4:00 pm ● Hymn Sing with Leon (Chapel) 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Kroger & Banks (Trans) 10:00 am • Cornhole Club (LCR) Copperfield (Thtr) 11:00 am • Chair Yoga (PAC) 10:30 am • Chair Yoga (PAC) 10:15 am • Strength Training (PAC) 6:30 pm • Movie: San Franciso (Thtr) 1:00 pm • Duplicate Bridge Group (LCR) 10:30 am • Cardio Move & Strength (PAC) 2:30 pm • Ballroom Dancing (PAC) 1:00 pm • Needle Arts Group (Sunroom) 1:15 pm • Mah Jongg (SCR) 1:30 pm • Mexican Train Dominos (Ante) 12:15 pm • Travelers: Downton Abbey -1:15 pm • Line Dancing (PAC) 1:00 pm • Walmart, Costco, & Banks (Trans) 10:45 am • Yoga Stretch (PAC) 6:30 pm • Movie: Going My Way (Thtr) The Grand Finale (Trans) 1:30 pm • Movie: The Miracle Club (Thtr) 1:00 pm • Dr. Abutineh MD (WC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans 1:30 pm • Game Play (SCR) 1:30 pm • Movie: The Client (Thtr 1:30 pm ● Game Play (LCR) 1:30 pm • Bunko (SCR) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: Going My Way (Thtr) 6:00 pm • Mexican Train Dominos (LCR) 6:00 pm • Fall Dance (PAC) 2:00 pm • Ballroom Dancing (PAC) 1:30 pm • TV Series: Castle (Thtr) 3:00 pm • Happy Hour (Bistro) 6:00 pm • Wednesday Bridge Group (LCR) 6:00 pm • *Travelers: Murders of 1940 (Trail* 6:30 pm • Movie: The Miracle Club (Thtr) 6:00 pm • BINGO (PAC) 3:00 pm • Billiards Group (Billiard Room) 5:15 pm • Travelers: Souls of the City (Trans) 6:30 pm • Vespers (PAC) 6:00 pm • Music: Todd Derstine (PAC) 6:30 pm ● Residents Choice Movie Night (Thtr) 6:30 pm • Movie: The Client (Thtr) 8:00 am • Church of Christ Service (PAC) 8:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 9:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 7:30 am • Men's Christian Fellowship (LCR) 20 21 9:30 am • Basic Water Aerobics (Pool) 9:00 am • Peter Jones: "Africa Pt 1" (PAC) 1:00 pm • Advanced Line Dancing (PAC) 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 1:30 pm • Movie: The Horse Whisper (Thtr) 9:30 am • Group Exercise (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 1:30 pm ● Game Play (LCR) 10:00 am • Catholic Services (Chapel) 10:00 am • Bible Study with Dave Phillips (Chape 4:00 pm • Movie: The Horse Whisper (Thtr) 10:00 am • Hobby Pines Group (Hobby Shop) 1:30 pm • Movie: City Slickers (Thtr) 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Walmart, Kroger, Aldi, & Banks (Trans 10:30 am • Alterations (Guest Suite) 10:00 am • Pinecone Painters (A&C) 10:30 am • Beginners Billiards (Billiard Room) 6:30 pm • Movie: Going My Way (Thtr) 1:15 pm • Line Dancing (PAC) 11:00 am • Chair Yoga (PAC) 10:00 am ● Cornhole Club (LCR) 2:30 pm • Ballroom Dancing (PAC) 10:00 am • Kroger & Banks (Trans) 11:00 am • *Travelers: Mùch Ádo About Nothing (Tran* 10:30 am • Chair Yoga (PAC) 1:30 pm • Movie: Wrath of Man (Thtr) 10:00 am • Alzheimer's Awareness Bake Sale (Lobby 6:15 pm • Trivia Group (Ante) 10:30 am • Cardio Move & Strength (PAC) 1:00 pm • Needle Arts Group (Sunroom) 10:30 am • Tech Time (Sunroom) 1:30 pm • Bunko (SCR) 10:15 am • Strength Training (PAC) 6:30 pm • Movie: Yankee Doodle Dandy (Thtr) 1:15 pm • Mah Jongg (LCR) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Walmart, Costco, & Banks (Trans) 1:30 pm • Game Play (LCR) 6:15 pm • Girls Night Out (Thtr) 10:45 am • Yoga Stretch (PAC) 1:00 pm • Dr. Abutineh MD (WC) 1:30 pm • Game Play (LCR) 1:30 pm • Travel Series: National Parks (Thtr) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:15 pm • Line Dancing (PAC) 1:30 pm • Movie: Witness (Thtr) 6:00 pm • Mexican Train Dominos (LCR) 1:30 pm • Movie: Yankee Doodle Dandy (Thtr) 1:30 pm • TV Series: Castle (Thtr) 2:00 pm • Ballroom Dancing (PAC) 6:00 pm • BINGO (PAC) 3:00 pm • Happy Hour (Bistro) 3:00 pm • Billiards Group (Billiard Room) 6:00 pm ● Wednesday Bridge Group (LCR) 6:30 pm • Residents Choice Movie Night (Thtr) 6:30 pm • Movie: Witness (Thtr) 6:30 pm • Vespers (PAC) 6:00 pm • Music: Nancy Apple (PAC) 8:00 am • Get Physical with Kim (Oasis) 8:00 am • Church of Christ Service (PAC) 8:30 am • Men's Water Aerobics (Pool) 28 9:00 am • Get Physical with Kim (Oasis) 8:30 am • Men's Water Aerobics (Pool) 8:00 am • Get Physical with Kim (Oasis) 31 9:30 am • Basic Water Aerobics (Pool) 9:00 am • Alzheimer's Awareness Walk (Lobby 10:00 am • Worship Service (PAC) 9:30 am • Advanced Water Aerobics (Pool) 9:00 am • Dr. Abutineh MD (WC) 9:30 am • Basic Water Aerobics (Pool) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 9:30 am • Group Exercise (PAC) 1:15 pm • Travelers: Frankenstein (Trans) 9:30 am • Advanced Water Aerobics (Pool) 9:30 am • Group Exercise (PAC) 10:00 am • Catholic Services (Chapel) 10:00 am • Bible Study with Dave Phillips (Chapel 1:30 pm • Movie: Ladies in Lavender (Thtr) 10:00 am • Hobby Pines Group (Hobby Shop) 9:30 am • Book Baggers (Chapel) 10:00 am • Walmart, Kroger Aldi, & Banks (Trans) 11:00 am • Chair Yoga (PAC) 10:00 am • Pinecone Painters (A&C) 10:30 am • Chair Yoga (PAC) 10:30 am • Cardio Move & Strength (PAC) 10:00 am • Cornhole Club (LCR) 4:00 pm • Movie: Ladies in Lavender (Thtr) 1:00 pm • Needle Arts Group (Sunroom) 10:00 am • Kroger & Banks (Trans) 10:30 am • Beginners Billiards (Billiard Room) 6:30 pm • Movie: Yankee Doodle Dandy (Thtr) 10:15 am • Strength Training (PAC) 11:45 am • Birthday Lunch (Dining) 10:30 am • Cardio Move & Strength (PAC) 1:15 pm • Mah Jongg (SCR) 1:30 pm • Game Play (LCR) 10:45 am • Yoga Stretch (PAC) 1:00 pm • Duplicate Bridge Group (LCR) 1:30 pm • Mexican Train Dominos (Ante) 1:00 pm • Walmart, Costco, & Banks (Trans) 6:00 pm ● Mexican Train Dominos (LCR) 1:15 pm • Line Dancing (PAC) 1:00 pm • Walmart, Kroger, Superlo, & Banks (Trans) 1:30 pm • Game Play (SCR) 1:00 pm • Dr. Abutineh MD (WC) 6:00 pm • BINGO (PAC) 1:30 pm • Movie: Schindler's List (Thtr) 1:30 pm • Movie: Little Shop of Horrors (Thtr) 1:30 pm • Movie: Mrs. Doubtfire (Thtr) 1:15 pm • Line Dancing (PAC) 6:30 pm • Residents Choice Movie Night (Thtr) 1:30 pm • Bunko (SCR) 2:00 pm • Pumpkin & Costume Contest (Lobby) 2:00 pm • Ballroom Dancing (PAC) 1:30 pm • TV Series: Castle (Thtr) 3:45 pm • *Birthday Dinner (Dining)* 3:00 pm • Happy Hour (Bistro) 6:00 pm ● Wednesday Bridge Group (LCR) 3:00 pm • Billiards Group (Billiard Room) 6:30 pm ● Movie: Schindler's List (Thtr) 6:00 pm • Music: Joe Oser (PAC) 6:30 pm • Movie: Mrs. Doubtfire (Thtr) 6:30 pm • Vespers (PAC)

October 2025 EVENTS

Oct 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.

Oct 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.

Oct 1: Group Exercise

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

Oct 1: Travelers: Senior Safari

Join the Travelers to the Memphis Zoo for their annual Senior Safari Day. There will be a large information fair with 100+ sponsors and vendors for you to peruse along with free tram rides, live entertainment, & more. We will meet in the Lobby at 9:30 am. Sign up in Resident Programs. Transportation fee is \$5.

Oct 1: 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.

Oct 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.

Oct 1: Needle Arts Group

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

Oct 1: Mah Jongg

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

Oct 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.

Oct 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.

Oct 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.

Oct 1: 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.

Oct 2: 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.

Oct 2: 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.

Oct 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.

Oct 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.

Oct 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.

Oct 2: Series: Castle

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

Oct 2: Wellness Talk w/Susan

October is Physical Therapy month. We would like to celebrate by introducing Linda Gibbs, a new physical therapist with Broad River Rehab. Linda will discuss the benefits of physical therapy, and treats will be served. Join us for this informative and lively discussion. Be in the Sunroom at 2:00 pm.

Oct 2: 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!

Oct 3: 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.

Oct 3: 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.

Oct 3: 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.

Oct 3: 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!

Oct 3: Music: David Virone

Returning to the Kirby Pines stage this evening is David Virone. The performance kicks off at 6:00 pm. Don't be late.

Oct 4: 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.

Oct 4: Travelers: Bartlett Fall Festival & Car Show

Join the Travelers to Freeman Park in Bartlett, TN for the Annual Bartlett Fall Festival & Car Show. Enjoy local music, arts & crafts, classic cars, concessions & much, much more. The perfect place to spend an autumn weekend. We will meet in the Lobby at 9:30 am. Sign up in Resident Programs. Transportation fee is \$5.

Oct 5: Church of Christ Service

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

Oct 5: 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.

Oct 5: Music: Marilynn Garzionne

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

Oct 6: 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.

Oct 6: Hobby Pines Group

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

Oct 6: 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.

Oct 6: 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.

Oct 7: 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, October 7th. Sign up in Resident Programs. Lobby time is 10:00 am. Transportation fee is \$5. Don't forget your lunch money!

Oct 7: BUNKO

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

Oct 7: Photo Club

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

Oct 8: Garden Gro'ers

Gardening adds years to your life & life to your years. If you enjoy gardening as much as we do, we would love for you to become a member of our gardening community. Join us in the Greenhouse at 10:30 am.

Oct 8 & 22: Alterations

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

Oct 8: Recipe Wednesday

Attention Kirby Pines Resident's! Every month on the 2nd Wednesday, Chef Harold is 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!"

Oct 9: JP Gobel: Fraud Prevention Presntation

Today's Fraudsters are becoming more Bold, more Aggressive, and more Creative. The scams are becoming more "personal" and increasingly elaborate. Our presentation is intended to be different. We want to point out the "Rules of the Road" for avoiding scams. We want to frame the discussion within the context of how these scams and schemes can be recognized and avoided – before we become victims of the latest trends. Please join us on October 9th at 3:00 pm in the PAC to hear more.

Oct 10: Music: Rob Haynes

Let's welcome Rob Haynes back to our stage! The music begins in the PAC at 6:00 pm. This is a performance you don't want to miss.

Oct 11 & 25: 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 October. Join us at 6:15 pm in the ante room.

Oct 12: 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.

Oct 13: Travelers: Downton Abbey The Grand Finale

Join the travelers to the movie theatre to see Downton Abbey: The Grand Finale. We will meet in the Lobby at 12:15 pm. Sign up in Resident Programs to see the movie that everyone is talking about. Tickets are \$10 & transportation fee is \$5.

Oct 14: 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.

Oct 14 & 28: 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.

Oct 14: Fall Dance

The Memphis Knights Big Band has been playing swing jazz for almost 20 years. Their 17-piece orchestra (plus two popular local vocalists) features jazz standards and pbeloved hits in driving arrangements punctuated by exciting solos and cohesive ensemble passages. You are invited to listen and relax or escape to the dance floor for a fall evening filled with music, fun and fellowship in the PAC! Desserts will also be served in the LCR at 6:00 pm.

Oct 15: Covid Vaccines

The most recently updated version of the Covid-19 vaccine will be available for Independent Residents on October 15, in the LCR from 9:00 am -2:00 pm with a scheduled lunch break. Any Resident wishing to be vaccinated will need to register a minimum of 48 hours in advance of the vaccination date. Information regarding this process is available in the Wellness Center or by calling (901)369-7309.

Oct 15: 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.

Oct 15: Travelers:

Musical Comedy Murders of 1940

Join the travelers to Theatre Memphis' production of The Musical Comedy Murders of 1940. This charming, chaotic, non-musical comedy is a roller coaster whodunit homage to 1940's murder mysteries. If you enjoy an over-the-top, slapstick, hilariously good time, then this is the show for you! It's an ingenious and wildly comic romp, poking antic fun at the more ridiculous aspects of "show biz" and the corny thrillers of Hollywood's heyday. We will meet in the Lobby at 6:00 pm. Sign up in Resident Programs. Tickets are \$13 & transportation fee is \$5.

Oct 17: Travelers: Souls of the City

Join the Travelers to Elmwood Cemetery for the Soul of the City Tour. For more than twenty years, the gates of Elmwood have opened once a year to allow our storied residents to return from beyond and share their tales. But this fall, they're not just telling stories. They're revealing secrets. We will meet in the Lobby at 5:15 pm. Sign up in Resident Programs. Tickets are \$25 and transportation fee is \$5.

Oct 17: Music: Todd Derstine

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

Oct 20: 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.

Oct 20: 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 Outtakes". Program will begin at 1:30 pm in the theatre.

Oct 21: Girls' Night Out

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

Oct 22: Travelers: Much Ado **About Nothing**

Join the Travelers to Theatre Memphis for Much Ado About Nothing. Get ready for a battle of wits woven together with two captivating love stories with one of the oldest and most popular comedies in the English Language. The professional company members with Tennessee Shakespeare Company will bring the world of Messina to the Theatre Memphis stage. This condensed version of Shakespeare's classic will leave you delighted and wanting more. We will meet in the Lobby at 11:00 am. Sign up in Resident Programs. Tickets are \$9 & transportation fee is \$5.

Oct 23: Peter Jones

Peter Jones will give a PowerPoint presentation on October 23rd at 9:00 am in the PAC with live streaming on in-house TV. He will take you on Safari in Kenya and Tanzania to find the "Big Five" - cape buffalos, elephants, leopards, lions, and rhinoceroses. Later, on November 20th, he will show some of the other animals typical of Africa, the "Lesser Five" - giraffes, zebras, cheetahs, warthogs, hippopotamuses, wildebeest, and various species of antelopes.

Oct 24: Bake Sale

Break out the flour and mixing bowls because we are having our Alzheimer's Awareness bake sale in the Lobby from 10:00 am to 2:00 pm. You may drop off your baked goods with Resident Programs. You may price your goods yourself or allow them to be assigned a price. All proceeds will be donated to the Alzheimer's Association.

Oct 24: Music: Nancy Apple

Let's welcome Nancy Apple to the Kirby Pines Stage. Dubbed the reigning "Queen of Country in Memphis" by Memphis Magazine's City Guide, and the "Princess of Twang" by Memphis' daily paper the Commercial Appeal, Nancy Apple is a Memphis, Tennessee musician, songwriter, producer, radio personality, TV Show hostess, and owner of the independent record label Ringo Records. Show starts at 6:00 pm in the PAC.

Oct 26: Travelers: Frankenstein

Join the Travelers to the Germantown Community Theatre to see Frankenstein. Just in time for Halloween, the original monster Mary Shelley's FRANKEN-

STEIN was adapted to the stage by Nick Dear, famously performed by Benedict Cumberbatch in 2011. Director, Kevin Cochran takes on this thrilling and dark exploration of the humanity in this "creature". We will meet in the Lobby at 1:15 pm. Sign up in Resident Programs. Tickets are \$16 & transportation fee is \$5.

Oct 28: The Book Baggers

Phyllis Petersen, one of our favorite presenters, will be helping us to visit the historical novel, "Follow the River" by James Alexander Thom. The novel is based on the true ordeal of Mary Ingles, a 23-yearold mother of 2 living in Virginia in 1755. Mary was kidnapped by members of the Shawnee tribe. The novel follows her escape and finding her way home. We meet at 9:30 am on October 28th, in the Chapel. Join us and bring a friend!

Oct 28: 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 October Birthdays. For those celebrating a birthday this month, be sure to RSVP with Kayla Holland by returning your personalized invitation you received.

Oct 30: Alzheimer's **Awareness Walk**

Please join us in the Lobby for our annual walk in support of the Alzheimer's Association. We will begin our walk at 9:00 am and we will walk the grounds. The walk will be moved inside to the weather. All are welcome to attend.

Oct 31: Pumpkin & Costume **Contest**

Grab your pointy hats and face paint cause it's time for our annual Halloween costume contest. Also don't forget to pick up a pumpkin to enter the pumpkin decorating/ carving contest. We will meet in the lobby at 2:00 pm to show off all our costumes and to judge our pumpkins. Whether it's homemade or store bought, single or a whole group, all are welcome to attend and participate in this fun-filled afternoon.

Oct 31: Music: Joe Oser

Welcome Joe Oser to the Kirby Pines Stage. Joe performs on guitar, banjo, and dobro, singing country, blues, bluegrass, big band, and novelty songs as he invites the audience to sing along! Performance begins at 6:00 pm in the PAC.

PUZZLE CHALLENGE | Sudoku Number Game

SUDOKU IS EASY TO PLAY AND THE RULES ARE SIMPLE. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

PUZZLE 1: EASY

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

PUZZLE 3: MEDIUM

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

PUZZLE 2: MEDIUM

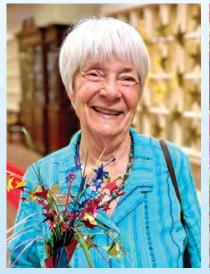
9						1		
7	2	3				8		
		4		8	9	2		3
2			9			5		
		8		3		6		
	5	1			8		4	2
5			3	9	7			
8	3			4	6			
	4						2	

PUZZLE 4: HARD

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

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS, LUNCH, HAPPY HOUR & FLAG RAISING









August Birthdays L-R: Janice Wall looks like she is ready to celebrate; Cheryl Wood enjoys her first Kirby birthday party; Cindy & Fred Dabrowski are simply adorable with both having birthdays; and Anne Gee snuggles up with husband Graeme at her dinner.



Pat Simmons & Marianne Schadrack join Lunch Bunch at Ciao Bella Italian Grill.



Betty Terry shows off her beautiful bowl of pasta.



Ginger Blount and Beverly Kirkscey share a glass of vino at the Bistro Happy Hour.





Our Annual Flag Raising was a hit with Lyle Hendrix, Bankie McCarty and Jim Gordon joining the Memphis Pipe Band. Also pictured is Peggy Hogan with members of the University of Memphis ROTC.

PICTURING LIFE AT KIRBY PINES

LIGHTING OF THE LAKE RECEPTION & MORE

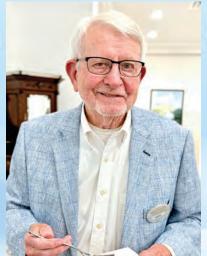






Everyone seemed to enjoy the reception after this year's Lighting of the Lake. Pictured L-R Jack & Anne Miller are all smiles, Gerry Beckley gets some dessert and new residents Charles & Inge Clark at their first LOTL.









The evening was full of fun, food and a celebration of spirit.

L-R are Flo Seward, Andy Jordan, Jeanette Martin and Lee Todd. See the inside back cover for photos from the event.



Director of Grounds & Landscaping, Mike Rayder, shows off his artistry painting butterflies for LOTL.



Sydney Wagner joins Pat Brand, with her daughter, Shari Ray and her granddaughter, Rainey Segars.



Mary Lee Boggs is joined by Dana Miller from St. Jude, who spoke at our Resident Association Meeting.

PICTURING LIFE AT KIRBY PINES

PATRIOT DAY, ART WALL, LINE DANCERS & MWS



Kate Foster and Jean Mauney out front on Patriot's Day.

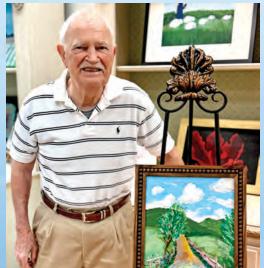


Jody Sosh with speaker, Memphis Fire Chief, John Barry O'Neill on 9/11.



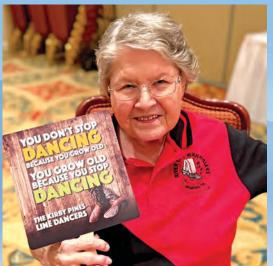
Phyllis Petersen shows off her beautiful crocheted artwork for Art Wall.







So much talent here at Kirby Pines! From L-R are Jerry Dunnam, Walter Overbey and Marilyn McCormick who participated in this month's art wall presentation with their gorgeous paintings.



The Line Dancers had a party to show off their moves and recruit some new members. Pictured here are new resident, Sharon Sharrow, and Kathleen Cruzen with Jan Thomson.





LifeCare Advisor, Randy Peace and resident, Jerry Kirkscey, perform in the PAC with the Memphis Wind Symphony.

KIRBY PINES PHOTO CLUB



Photo by Ginger Blount



Photo by Sylvia Statham



This month our Photo Club members learned how to set a self-timer for photos and asked to take

Pictures of Anything



Photo by Arrena Cheek



Photo by Marsha Greiner



Photo by Jane Longfield



Photo by Graeme Gee



Photo by Mary Ann Thurmond



Photo by Sydney Wagner



Photo by Connie Carter



Photo by Dale Jones



Photo by Fred Dabrowski

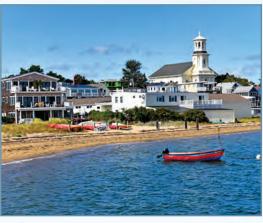


Photo by Stuart Eyman

Memorials, **Honorariums** & Gifts

In Memory Of

ANN WISEMAN

Donation by Jim Morrow to the General Fund

Donation by Bob & Jane Longfield to the General Fund

ELSIE BLOODWORTH

Donation by KP Resident Association to the Employee Fund

JIMMY WELCH

Donation by Bill & Katy Dorsey to the Employee Fund

In Honor Of

MARK MAXWELL

Donation by Jean Mauney to the Hobby Shop

MIKE HUFNAGEL

Donation by Jim Gordon to the Garden Gro'ers

ROY THURMOND

Donation by Jack & Anne Miller to the Hobby Shop



SUDOKU NUMBER GAME

PUZZLE 1: EASY

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

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

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

PUZZLE 2: MEDIUM

	9	8	5	4	2	3	1	6	7
	7	2	3	1	6	5	8	9	4
l	1	6	4	7	8	9	2	5	3
١	2	7	6	9	1	4	5	3	8
	4	9	8	5	3	2	6	7	1
J	3	5	1	6	7	8	9	4	2
	5	1	2	3	9	7	4	8	6
	8	3	9	2	4	6	7	1	5
	6	4	7	8	5	1	3	2	9

PUZZLE 4: HARD

	7	2	4	8	1	5	9	3	6
	9	6	5	2	3	4	8	1	7
i	8	1	3	9	6	7	2	4	5
	5	8	6	7	2	3	1	9	4
ı	1	9	7	4	8	6	3	5	2
۱	3	4	2	5	9	1	6	7	8
ļ	4	3	8	6	7	9	5	2	1
	6	7	9	1	5	2	4	8	3
	2	5	1	3	4	8	7	6	9

ANSWERS TO PUZZLE **CHALLENGE ON PAGE 17**

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Lighting of the Lake 2025













