

the PINECONE

The Magazine of Kirby Pines LifeCare Community • February 2026 | V. 44 | I.2

*Happy
Valentine's
Day*

BE MINE
VALENTINE

FLICKY & AL HARTMAN
*celebrate their first Valentine's
Day at Kirby Pines. We know
they'll LOVE their new home!*

Switching Things Up & Moving Forward

Well, we all survived the "SNOW." Winter in Memphis can be interesting to say the least. It is time now to get back to business. A couple of things we want to mention. Looking at your calendar of events, you will see that our "Birthday Day Celebration" meal has been moved to "Third Sunday." We hope this allows for more family participation with your birthdays. This is a permanent change going forward, at least through 2026. To discuss more ways to make your special day unique or more personal, please contact Kayla Holland.

Isn't it nice to have Kayla expand her role with us to now include overseeing Dining Services? Kayla brings much experience and training expertise from her many years with Houston's Steakhouse. Now with the dynamic duo of Harold Morris and Kayla Holland together, we expect great things to continue to happen from the Culinary department.

I also wanted to mention that we will have a special Valentine's Dinner on Friday, February 13th. This will be an elegant, Fine Dining Experience. We would like to see everyone in their elegant "Best Attire." Reservations will be necessary. This special offering is only for dinner. Lunch will be our traditional

at Kirby Pines

"Catfish Menu." So, you will have two (2) distinct options to choose from. This will be a real treat!

And last but not least....we will be introducing the new "Green Book" during an expanded Wing Leaders Meeting on March 11, 2026. This meeting will be held in our PAC to allow for greater attendance as well as simulcast to your apartments. You will receive this newest version prior to the meeting.

I look forward to seeing you all there as well as around campus! For "Everyone" reading this... Be My Valentine!



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

ON THE PINECONE COVER

What's Not To LOVE at Kirby Pines?

When you think of February, you most likely think of Valentine's Day. At Kirby Pines, we agree. With the icy, cold temperatures, Valentine's Day simply warms the heart.

We also know a Valentine is more than a spouse or a significant other. A Valentine can be a friend, a pet, an employee, a member of your church, a sibling, a grandchild or anyone or thing worthy of your affection. Everyone should feel the love on Valentine's Day!

We have a few special Valentine treats this month including a Valentine's Dance on the 10th, a Special Dinner on the 13th and the Entertainer's Chorus is back the same night with their "Love Story" performance. We are starting a game of Cribbage each Friday at 2:30 for those interested in something new. Birthday Day is switching to the third Sunday of the month in hopes to encourage those celebrating to invite their friends and family. And Super Bowl Sunday is February 8th with the game on the big screen and plenty of football food on hand.

Our front cover features wonderful new residents, Al and Flicky Hartman. Many at Kirby already know them through the Lamplighters and Christ Methodist, but they are sure to make many new friends.

Our back cover, inside and out, shows the love we have for Kirby Pines and for each other in celebration of Valentine's Day and throughout the year. ❤️



Friends celebrating Valentines:
Jean Mauney and Alma Crone
with John & Sally Coleman.



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Get to know Kirby Pines'

NEW RESIDENTS



Frank Brown

Born in Remmel County Arkansas, Frank moved to Kirby Pines from his home in Munford, Tennessee. Married for almost 69 years, he and his late wife, Marlene, had two children and now have four grandchildren and four great grands.

Frank worked at Dupont for over 26 years. After retiring from Dupont, he earned his real estate license and worked in land development sales.

A veteran, Frank earned an E3 rank in the United States Army.

Frank has traveled to Egypt, Greece, Africa, France, Holland, and Hawaii. His Israel trip was his favorite destination.

In Munford, Frank started the Exchange Club and served as President. He was also a board member of The Carl Perkins Child Abuse Prevention Center.

His interests have centered around church activities so he should find opportunities here at Kirby to participate in services such as Vespers and Sunday morning church. Frank is also looking forward to participating in the fitness programs and checking out The Oasis.

His favorite food happens to be Strawberry Blue Bell Ice Cream and he's a big fan of the St. Louis Cardinal baseball team.

You won't want to miss getting to know Frank, his friends say he is fun loving and caring. So, please give a big Kirby welcome to Frank and make him happy to be our new neighbor and friend!



Ken & Brenda Stalls

Ken and Brenda come to Kirby Pines from their previous home in Collierville with their dog, Pip. A lifetime Memphian, Ken was born in Memphis and Brenda was born in Gillett, Arkansas. Married for 56 years, they have three children, nine grandchildren and two great grands.

After attending Ole Miss where he played baseball, Ken transferred to The University of Memphis and earned a degree in accounting. He worked with computers until he opened his own accounting firm, Stalls and Dewise LLC.

Brenda became a nurse after graduating from Baptist Memorial nursing school and later became a "stay at home Mom" to raise their family.

Ken is a veteran of The United States Army and the Army Reserve.

To stay active, Ken plays golf and Brenda enjoys water aerobics. As members of Covenant Baptist Church in Collierville, they already have friends from church living at Kirby Pines. Ken served on the building committee and is a Deacon.

Ken is a coin collector, gold and silver. Brenda collects everything: oddities, what-nots and art.

Their friends describe them both as easy going and fun to be with. Some even say Ken is a "decent golfer".

Sounds like this busy couple will enjoy life at Kirby Pines with all the entertainment and activities offered. Make sure you introduce yourself and make some new friends. Welcome Ken and Brenda!



SENIOR FITNESS:

The Power of Movement, Connection, and a Sharper Mind

Staying active in our later years is about so much more than exercise — it's about staying connected, confident, and mentally strong. Senior fitness creates a powerful ripple effect that touches every part of life, from physical health to emotional well-being to brain vitality.

Movement That Builds Health

Regular exercise helps us maintain strength, balance, and mobility, reducing the risk of falls and chronic conditions, especially as we age. Even gentle activities like walking, chair yoga, or low-impact strength training support heart health, joint function, and overall energy levels. The body thrives when it's in motion.

Fitness as a Social Lifeline

Group classes, walking clubs, and community fitness programs offer something just as valuable as physical benefits — connection. Socializing during exercise helps combat loneliness, boosts mood, and creates a sense of belonging. Many people find that fitness becomes a joyful routine because it's shared with others who encourage, laugh, and grow alongside them.

A Strong Body Supports a Strong Brain

Movement is one of the most powerful tools for brain health. Exercise increases blood flow to the brain, supports memory, sharpens focus, and may even slow cognitive decline. Activities that combine movement with coordination — like yoga, dance, or balance training — stimulate neural pathways and keep the mind engaged.

The Bottom Line

Senior fitness isn't just about staying in shape. It's about staying connected, staying sharp, and staying empowered. When older adults move their bodies, they strengthen their health, enrich their social lives, and support long-term brain vitality — creating a lifestyle that helps people thrive at every age. Kirby Pines has many options for you to start, maintain or increase your fitness goals that will suit your individual needs. - Coach Kim



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



A Heart to Heart About **HEART HEALTH**

BRR | BROAD
RIVER
REHAB

**“A healthy heart
is the main
source of your
strength.”**

Knowing the warning signs of heart trouble can save lives—especially when symptoms aren’t always obvious. Classic signs of a heart attack include chest discomfort or pressure lasting more than 15 minutes, pain that radiates to the arms, back, neck, jaw, or upper abdomen, and symptoms such as cold sweats, nausea, lightheadedness, or shortness of breath. However, many people—particularly women and older adults—may experience more subtle or atypical signs. These can include unusual fatigue or weakness, discomfort in the jaw, back, shoulders, or throat, digestive issues like indigestion or nausea, anxiety, sleep disturbances, or clammy skin.

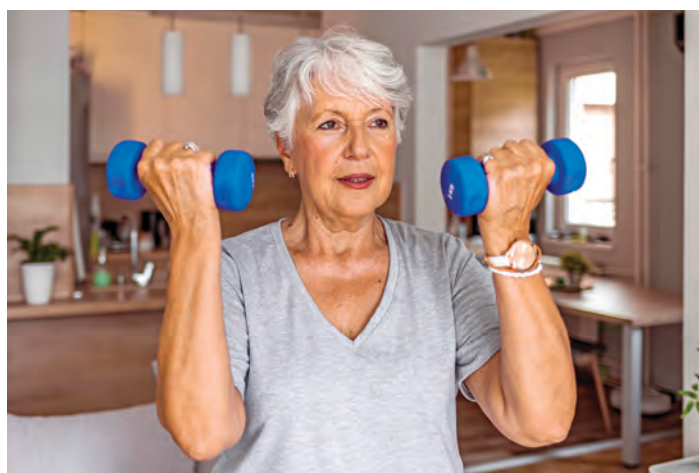


Protecting your heart also means prioritizing daily lifestyle habits. A heart-healthy diet rich in fruits, vegetables, whole grains, legumes, nuts, and lean proteins such as fish can make a significant difference, while limiting saturated fats, trans fats, added sugars, and excess salt. Regular physical activity is equally important—aim for at least 150 minutes per week of moderate movement, such as brisk walking, chair

yoga, swimming, or light strength training. Managing stress through deep breathing, meditation, gentle movement, hobbies, and social connection helps reduce strain on the heart, while routine medical care ensures blood pressure, cholesterol, and blood sugar stay in healthy ranges. Quality sleep (7–9 hours per night) and moderation with alcohol—up to one drink per day for women—also support heart health.

Finally, sharing awareness with friends and family can make a powerful difference, as early recognition of symptoms saves lives. Consider joining heart health programs or support groups in the community for education, encouragement, and accountability. Small, sustainable habits—like taking the stairs, walking after meals, reducing salt in recipes, or adding heart-smart ingredients to your meals—can add up to meaningful, long-term benefits for your heart. Your heart works hard for you every day. Take small steps now through a few mindful choices to protect your heart health for years to come.

If you need have questions or concerns about your heart health, please contact the Broad River Rehab Team for guidance.



Join us for Valentine's Dinner

Friday, February 13th | 4:00 pm | Formal Dining Room

Special Menu

*Lamb Chop with creamy
Dijon Mustard and Balsamic Glaze*

Jumbo Shrimp

Garlic Mashed Potatoes

*Yardlong Green Beans sauteed
in pure Olive Oil with Tomatoes,
Red Onions, and Herbs*

*Chocolate Covered
Strawberry Mousse
and other Delicious Desserts*



FOR RESERVATIONS call 901.369.7302



Resident Spotlight: Maury & Barbara Phillips

Maury received a football scholarship to the University of Chattanooga. During his two years there, he met his future wife; they married in 1959 and moved back to Memphis. Because Maury was in the Army reserves, he was called to active duty from 1961-1962. He served state-side and was ranked as Sp5. He was selected to drive a two and one-half ton truck, driving other service men to their destinations.

Following his service, Maury was employed at Kellogg Cereal Plant and worked in various positions there for 38 years. During this time, Maury and his wife had two sons, Barry and Brad. Barry is deceased, and Maury also lost his wife in 1995 to Parkinson's disease.

After several years of being single, Barbara was content with life. She had started attending a Singles Bible Class at a former church. To bring her up-to-date on other members, it was mentioned that Maury Phillips was looking for a wife. Barbara announced, "Well, he shouldn't look at me because I am definitely not looking for a husband!" However, Maury remembers, "When Barbara walked into class that first time I knew that she was the one for me!" So, with Maury in pursuit, and with both attending Bible classes and church activities, their friendship grew and dating began with Sunday dinners and church outings. Gradually, they became friends, and although Cupid's bow had been aimed by Maury for sometime, it took Barbara longer to allow the arrow to enter her heart. Following a lengthy courtship, Barbara and Maury were married in Gatlinburg, Tennessee in September 2002. They were greeted by seven of Barbara's cousins, their spouses and Barbara's sister. The wedding took place in the "Heart of Gold Wedding Chapel." "The little chapel was completely full," remembers Barbara.



Wedding Day 2002

Maury had already retired and encouraged Barbara to do likewise so they could travel—and travel they did! They could construct a travel log from the several cruises to Hawaii and Alaska, bus tours and road trips they enjoyed. In 2012, Barbara traveled with her sister and friends on an educational trip to Fiji, New Zealand, Australia and Hawaii. Barbara says that they visited all of the historical venues of each country, plus they all took a mud bath in "Hell's Gate" in New Zealand. "It was supposed to be good for the skin and make us look younger!" recalls Barbara. "I'm not sure I stayed in the bath long enough!"

In 2022, Barbara and Maury decided to move to Kirby Pines. In addition to church activities at Collierville Church of Christ, they have become involved with many of the activities at Kirby Pines. Maury says, "We are both fans of bowling and bowled in two leagues until we moved to Kirby. With all the activities here, we now only bowl in one." Both enjoy Bingo night. Barbara joined the Line Dancers, plays Mexican Train, participates in the Theater Group and is currently a Wing Leader.

Barbara says, "We have so much fun here. Maury and I wonder why we waited so long, and wish that we had moved here sooner!"

Written by Joan Dodson, Resident of Kirby Pines

LOVE: THE 2ND TIME AROUND

Both Barbara and Maury Phillips had successful first marriages with children but lost their spouses to illnesses. For several years they were single; but as mature adults, they found each other, and Cupid's bow struck once again. Sometimes, love is just as sweet the second time around. They have been happily married for 23 years. However, they had fulfilling lives before they met:

Barbara Smith was born in Walnut, Mississippi, and lived there until graduation from high school. She was the fifth daughter in the family and nine years younger than the previous one. She excelled in school, belonged to the Beta Club, performed in plays, was a class officer and played basketball for four years. It is not surprising that she was voted "Best All-Around" her senior year.

Following graduation in 1958, Barbara moved to Memphis and enrolled in Miller-Hawkins Business School. Her first job was with an insurance company where she met her first husband. Their first child, Allen, was born in 1960. He was followed in 1963 by a sister, Cathy. Shortly after Cathy's birth, Barbara returned to work, choosing International Harvester for the next 12 years. Following her years there, Barbara became employed at True Temper Sports for 23 years, serving as Executive Secretary to three different presidents of the company.

While the children were in grade school, the family moved to Germantown where they had some acreage and owned quarter horses. The children rode in Western Horse Shows until they were grown. As grownups, the children became parents, and currently, Barbara is a great-grandmother of four! Sadly, her husband passed away early in 1998 from a stroke, ending a 37 year marriage.

Maury Phillips has the distinction of being born and raised in Memphis. His parents owned a dry cleaning business, so Maury was helping out on weekends and summers from the time he was in the fourth grade. He and his two younger sisters had an unusual problem. How do you live with Santa Claus all year long? Yes, their father was the Santa Claus at Sears Crosstown from 1952-1972.

Maury attended elementary school at Mallory Heights and made "All Memphis Peewee Football" in seventh and eighth grades. Enrolled in Southside High School, he also excelled in sports and was named "Coaches All Memphis Defensive Tackle" and was the Heavy Weight Wrestling Champion.

A BRIEF VALENTINE'S DAY HISTORY

Valentine's Day is best known as a celebration of love in all its forms. Pink hearts, red roses, and cute greeting cards adorn every surface you see. What many people don't realize is that the modern Valentine's Day celebration arose from a religious holiday.

St. Valentine's Day was originally celebrated as a religious feast day in honor of early Christian martyrs. Three martyrs named Valentine were honored: a priest in Rome, the persecuted bishop of Interamna (a town in central Italy), and a saint martyred in Africa. This saint's day was celebrated throughout Christendom, although it was removed from the Roman Catholic Calendar of Saints in 1969.

The origin of Valentine's Day as a holiday for lovers began with Geoffrey Chaucer in his 1382 poem "Parlement of Foules." Chaucer wrote, "For this was on Saint Valentine's Day, when every bird cometh there to choose his mate," and the modern romantic holiday was born. William Shakespeare and other writers mentioned Valentine's Day as a day of love.

Valentine's Day as we know it came about in the early 19th century. In Victorian England, printers began manufacturing small numbers of cards with romantic verses, lace, ribbons, and other frills. Anonymous Valentine's Day cards were a popular way for young lovers to exchange romantic sentiments in an otherwise prudish time. As the 19th century progressed, printers began mass manufacturing Valentine's Day cards. People in the United States give an estimated 190 million valentines every year, and up to one billion if you count children exchanging cards at school! With the

rise of the Internet, Valentine's Day e-cards have become a popular mode of communication, with millions of e-cards sent each year.

The other items associated with Valentine's Day include chocolate and flowers. The tradition of giving chocolates has been around for decades, and Richard Cadbury created the first box of Valentine's Day chocolates nearly 150 years ago. Today, purchases of chocolate total over \$1 billion in the United States alone, with 35 million heart-shaped boxes sold each year. Loved ones also exchange flowers, with red roses being associated with Aphrodite, the Greek goddess of love. On Valentine's Day itself, florists sell nearly 200 million stems of roses.

Although many people dismiss Valentine's Day as a commercialized "Hallmark holiday," it is beloved to couples and romantics across the United States and other countries. Kirby Pines wants to remind everyone that no matter what your celebratory plans, February 14th can be a wonderful day to celebrate all the loved ones in your life.



Happy Valentine's Day Everybody!

Congratulations to our **CHAMPION of the Month**

Culinary Sous Chef

PERCRYSTAL SWIFT

Describe Your Family: I have a daughter and a son, and also have a granddaughter.

Describe yourself in five words: Kind person.

What is your favorite thing about your job: Helping people.

Do you have any hobbies: Cooking. **Do you have any pets:** A dog named Greedy.

What do you do for fun: Go the Grizzlies games.

Favorite food: Pizza **Favorite song:** We Are One by Frankie Beverly

What is something you are proud of: My children.

What would you like people to know about you: I am a loving person.



Percystal is one of the star standouts in the Culinary Department, due to her strong work ethic and longevity with the company. She shines in her dedication and has been such a loyal employee for almost 20 years. We can all learn a lot from her and we are grateful she is part of the Kirby Pines staff and family.

REFLECTIONS

By Maxie Dunnam



THE SUPPORT WE NEED

The way to get help is to ask for it. 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 ever 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.



February Vesper Services 6:30pm | Performing Arts Center

February 5: Eric Brand
Lay Teacher, Advent Presbyterian

February 12: The Miracles
Baddour Center Choir - Amy Twilley, Director

February 19: Michael Pence
Lead Pastor, Rossville Church

February 26: Ronnie Rowe
Associate Pastor, Independent Presbyterian

Poetry & Writing Club



Ken Carver

TOPIC:

Write a poem or story about
A Letter I Received
Story by Ken Carver

JOIN THE CLUB
February 2nd at
9:30 am in the LCR

THE DREADED LETTER

When Casey arrived in South Vietnam in July, the weather was dry and quite hot, as he had expected. Dust covered everything, and mosquitoes thrived where enough water stood to support them. They loved the rice paddies!

But now it was November, and the dust was mud. The monsoon season had arrived in September and wouldn't leave until late December. It was a surprise to Casey, a shock really.

In short, the weather was miserable. Persistent, cold rain was interrupted by brief periods of cold drizzle. And the constant high humidity subjected his clothes to mold and mildew, not to mention his bedding.

Mail call was a pleasant diversion from this mood-dampening environment. Casey was blessed with parents who wrote regularly and occasionally sent "care packages" filled with food and other treats not otherwise available there.

But what he looked forward to most were the letters from his fiancé, always SWAK'ed (sealed with a kiss) on the glue flap and the postage upside down, code for, "I love you!" They exchanged letters once a week.

With the monsoon though, the aircraft that brought the mail were sometimes grounded. It wasn't unusual for a letter to be delayed for a few days, even a week. So, Casey didn't worry when a week went by without a letter. But two weeks? Now, that was strange.

Finally, her letter arrived the day his chow hall was serving Thanksgiving dinner, a real treat and morale booster. But Casey couldn't eat a bite. His stomach turned bitter and literally hurt. He couldn't deal with the joy that pervaded the chow hall conversation.

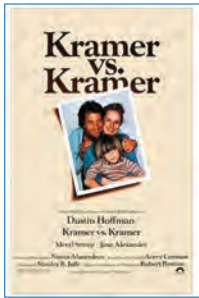
It was a "Dear John" letter. Unbelievable! They were in love, pledged their fidelity to each other, planned to wed when he came home, planned to have a family and live happily ever after.

Now, she had cast all of that aside. To say Casey was crushed would be an understatement. He was devastated! Why?

As He lay on his cot, literally writhing in agony, someone began shaking him. "Lieutenant, wake up, grab your gear!" they shouted. Casey could hear the midnight wail of the alert siren signaling a rocket or mortar attack. Instantly, he did as instructed, so unbelievably happy to hear that siren.

Casey wasn't happy about the attack. He was happy to realize that he'd been having a nightmare, a dream more frightening than his scramble to a bunker.

MEET ME AT



KRAMER VS KRAMER (1979)

Sunday, February 1 | 6:30 pm

Cast: *Dustin Hoffman, Meryl Streep*

After his wife leaves him, a work-obsessed Manhattan advertising executive is forced to learn long-neglected parenting skills, but a heated custody battle over the couple's young son deepens the wounds left by the separation.

LAST CHANCE HARVEY (2008)

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

Cast: *Dustin Hoffman, Emma Thompson*

In London for his daughter's wedding, a rumpled man finds his romantic spirits lifted by a new woman in his life.

MAUDIE (2016)

Tuesday, February 3 | 1:30 pm

Cast: *Sally Hawkins, Ethan Hawke*

An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

SERENDIPITY (2001)

Wednesday, February 4 | 1:30 pm & 6:30 pm

Cast: *John Cusack, Kate Beckinsale*

A couple search for each other years after the night they first met, fell in love, and separated, convinced that one day they'd end up together.

MY BEST FRIEND'S WEDDING (1997)

Friday, February 6 | 1:30 pm

Saturday, February 7 | 6:30 pm

Sunday, February 8 | 6:30 pm

Cast: *Julia Roberts, Dermot Mulroney*

When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, with only days before the wedding.

JUST LIKE HEAVEN (2005)

Saturday, February 7 | 1:30 pm

Cast: *Reese Witherspoon, Mark Ruffalo*

A lonely architect finds an amazing apartment, only to discover it's haunted by the spirit of the previous tenant, an overachieving doctor.



I STILL BELIEVE (2020)

Sunday, February 8 | 1:30 pm & 4:00 pm

Cast: *KJ Apa, Britt Robertson, Nathan Parsons*

The true-life story of Christian music star Jeremy Camp and his journey of love and loss that proves that there is always hope.

EVER AFTER (1998)

Tuesday, February 10 | 1:30 pm

Cast: *Drew Barrymore, Anjelica Huston*

The Brothers Grimm arrive at the home of a wealthy Grande Dame who speaks of the many legends surrounding the fable of the cinder girl before telling the "true" story of her ancestor.

MY GIRL (1991)

Wednesday, February 11 | 1:30 pm & 6:30 pm

Cast: *Anna Chlumsky, Macaulay Culkin*

Vada is obsessed with death. Her mother is dead, and her father runs a funeral parlor. When Vada's father hires Shelly, a makeup expert, and begins to fall in love, Vada is outraged and does everything in her power to split them up.

THE PRINCESS BRIDE (1987)

Friday, February 13 | 1:30 pm

Saturday, February 14 | 6:30 pm

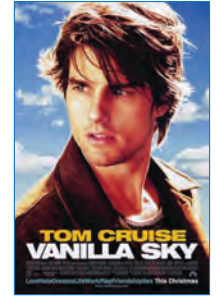
Sunday, February 15 | 6:30 pm

Cast: *Cary Elwes, Robin Wright, Mandy Patinkin*

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



THE MOVIES



GIRL WITH A PEARL EARRING (2003)

Saturday, February 14 | 1:30 pm

Cast: *Scarlett Johansson, Colin Firth*

A young peasant maid working in the house of painter Johannes Vermeer becomes his talented assistant and the model for one of his most famous works.

P.S. I LOVE YOU (2007)

Sunday, February 15 | 1:30 pm & 4:00 pm

Cast: *Hilary Swank, Gerard Butler, Harry Connick Jr*

A young widow discovers that her late husband has left her 10 messages intended to help ease her pain and start a new life.

MICHAEL JACKSON UNGLOVED (2024)

Tuesday, February 17 | 1:30 pm & 6:30 pm

Cast: *Michael Jackson*

From modest childhood beginnings to international fame, this is the journey of the 'King of Pop,' Michael Jackson's complicated world. Unquestioned talent transcends years of scrutiny over the real superstar wearing the symbolic glove.

JACK (1996)

Wednesday, February 18 | 1:30 pm & 6:30 pm

Cast: *Robin Williams, Diane Lane*

Because of an unusual disorder that has aged him four times faster than a typical human being, a boy looks like a 40-year-old man as he starts fifth grade at public school after being homeschooled.

DRIVING MISS DAISY (1989)

Friday, February 20 | 1:30 pm

Saturday, February 21 | 6:30 pm

Sunday, February 22 | 6:30 pm

Cast: *Morgan Freeman, Jessica Tandy*

An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

SHALL WE DANCE (2004)

Saturday, February 21 | 1:30 pm

Cast: *Richard Gere, Jennifer Lopez*

A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons.

VANILLA SKY (2001)

Sunday, February 22 | 1:30 pm & 4:00 pm

Cast: *Tom Cruise, Penelope Cruz*

A self-indulgent and vain publishing magnate finds his privileged life upended after a vehicular accident with a resentful lover.

THE CLIMB (2002)

Tuesday, February 24 | 1:30 pm & 6:30 pm

Cast: *Jason George, Ned Vaughn*

Two professional solo climbers form an uneasy partnership after a successful rescue mission grants them the gift of a lifetime.

TURNER & HOOTCH (1989)

Wednesday, February 25 | 1:30 pm & 6:30 pm

Cast: *Clint Eastwood, Bee Vang*

A detective must adopt a rambunctious dog in order to help him find a killer.

DOCTOR ZHIVAGO (1965)

Friday, February 27 | 1:30 pm

Saturday, February 28 | 6:30 pm

Cast: *Omar Sharif, Julie Christie*

The life of a Russian physician and poet who, although married to another, falls in love with a political activist's wife and experiences hardship during World War I and then the October Revolution.

1941 (1979)

Saturday, February 28 | 1:30 pm

Cast: *John Belushi, Dan Aykroyd*

Hysterical Californians prepare for a Japanese invasion in the days after Pearl Harbor.



<div>February</div> <div>2026</div>				<div>ABBREVIATIONS KEY</div> <div><div><div>●</div>Thtr - Theater</div><div><div>●</div>Dining Room</div><div><div>●</div>PAC - Performing Arts Center</div><div><div>●</div>BR - Billiard Room</div><div><div>●</div>Trans - Transportation</div><div><div>●</div>HS - Hobby Shop</div></div> <div><div>●</div>SCR - Small Card Room</div> <div><div>●</div>A&C - Arts & Crafts Studio</div> <div><div>●</div>LCR - Large Card Room</div> <div><div>●</div>WC - Wellness Clinic</div> <div><div>●</div>Pool/Oasis</div> <div><div>●</div>Sunroom</div>
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February 2026 EVENTS

Feb 1: Church of Christ Service

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

Feb 1: Worship Service

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

Feb 1: Travelers: Italy to England

Join the Travelers to see "From Italy to England: a Brief History of the Viol". This will be of special interest to music lovers! This is the debut concert for Oxford Viols, though these players, including Ron Vernon (director, Germantown Symphony) have performed frequently in Memphis. Lobby time is 2:00 pm. Admission is free & transportation fee is \$5. Sign up in Resident Programs.

Feb 2: Get Physical with Kim

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

Feb 2: 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.

Feb 2: Group Exercise

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



Feb 2: Poetry & Writing Club

The Writing and Poetry Group meets on the 1st Monday of every month at 9:30 am in the A&C Studio. This month's prompt is to use the 10 words that were provided at the last meeting & write a story about a mysterious package arriving at your doorstep. Be sure to check our stories in the Pinecone. They are sure to entertain and get your creativity flowing.

Feb 2: Hobby Pines Group

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

Feb 2: Billiards Group

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!

Feb 2: 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.

Feb 2: Game Play Group

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

Feb 2: Mexican Train Dominoes

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

Feb 2: 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.

Feb 2: 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.

Feb 3: 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.

Feb 3: Travelers: Calvary Rescue Mission

Join the Travelers to the Calvary Rescue Mission Luncheon for their \$5 all you can eat fried chicken on Tuesday, February 3rd. Sign up in Resident Programs. Lobby time is 10:00 am. Transportation fee is \$5. Don't forget your lunch money!



Feb 3: 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.

Feb 3: 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.

Feb 3 & 17: Duplicate Bridge

Duplicate Bridge will begin at 1:00 pm on the 1st & 3rd Tuesday of every month. If you would like to join, come out to the LCR.

Feb 3: BUNKO

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

Feb 3: 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!

Feb 4: 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.

Feb 4: Pinecone Painters

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

Feb 4: Needle Arts Group

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

Feb 4: Mah Jongg

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

Feb 4: 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.

Feb 4: 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.

Feb 5: 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.

Feb 5: Series: Downton Abbey

Downton Abbey is a British historical drama television series set in the early 20th century. Showtimes are every Thursday at 1:30 pm.



Feb 5: Wellness Talk with Angela

Love Your Heart, Love Your Life: February is recognized nationwide as Heart Health Month, a time to focus on caring for one of the most important muscles in your body — your heart. Join us in the Sunroom at 2:00 pm, as we invest in knowledge, movement, & healthy habits, because a healthy heart leads to a healthier, more independent life. Please wear RED to support heart health awareness!

Feb 6: 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.

Feb 6: 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.

Feb 6: 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.

Feb 6: Cribbage

Come and play cribbage with us. This brand-new resident led game group meets every Friday at 2:30 pm in the SCR. Hope to see you there!



Feb 6: Happy Hour

Attention Kirby Residents! Come to the Bistro from 4:00 pm to 5:00 pm every Friday to enjoy a Happy Hour Specials. This is a wonderful way to start your weekend off right!

Feb 6: Music: Jim Cornfoot & Patrick Jones

Welcome to the Kirby Pine stage, local musicians Jim Cornfoot & Patrick Jones. Their performance features art songs and opera arias of Schubert, Brahms, Benjamin Britten, along with a collection of British folk songs. In the PAC at 6:00 pm. Don't be late!

Feb 7: 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.

Feb 8: 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.

Feb 8: Superbowl Party

Join us in the PAC for Superbowl LX featuring the Seattle Seahawks vs the New England Patriots. Party starts at 5:00 pm with kickoff at 5:30 pm. We will have a wonderful tailgate spread for FREE. Make sure to sign up outside of the dining room. Can't wait to see you there.



Feb 9 & 23: Alterations

Please welcome, our new seamstress, Sharon. She will be assisting with all of your alteration needs. She will be at Kirby Pines on the 2nd & the 4th Monday each month at 10:15 AM in the Ante Room.

Feb 10: 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.

Feb 10: Valentine's Dance

Happy Valentines Kirby Pines! Join us in the PAC for dessert at the Valentines Dance. Jim Mannah will be performing all your favorites this evening. Dessert will be served at 5:30 pm. Music starts at 6:00 pm. Don't miss out on the fun!

Feb 11: Garden Gro'ers

God made rainy days so gardeners could get the housework done. 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 Ante Room at 10:30 am.

Feb 13: Entertainers Chorus: A Love Story

The Entertainers Chorus and soloists will tell the story of love with songs about looking for love, finding love, & ever-lasting love. Special resident guests are: Marty Kocman with a flute solo & pianist, Marilyn Duke, will provide a 15 minute prelude. Your presence is our inspiration. Program time is 6:30 p.m. in the PAC.

Feb 14 & 28: Trivia Group

All residents are welcome to attend this noncompetitive activity, and are encouraged to participate, or just listen and enjoy. The THEME for February will be Art & Literature. However, Trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

Feb 15: Birthday Day

Attention birthday folks! We want to celebrate YOU with a very special day in the dining room! Whether you are celebrating your special day, joining friends in celebration, or enjoying Birthday Day at your usual table, we invite you to dress up and partake in what this extra special day has in store. For those celebrating a birthday, be sure to RSVP with Kayla Holland by returning your personalized invitation you received.

Feb 16: 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.



Feb 18: Travelers: Tunica River Park Museum & Aquarium

Join the Travelers to the Tunica River Park Museum & Aquarium. The museum is currently featuring a new traveling gallery with the Delta Artists Exhibit. This is a collection inspired by life in the Mississippi Delta. Afterwards, we will enjoy lunch at Jason's Deli. Sign up in Resident Programs. Lobby time is 9:00 am. Tickets are \$11 & transportation fee is \$5.

Feb 18: 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.

Feb 20: Lunch Bunch: The Bar-B-Q Shop

Join the Lunch Bunch to The BBQ Shop on Madison. The BBQ Shop, voted #1 ribs in America by the Food Network's "Top Five Restaurants", is a local Memphis bar-

becue eatery that opened in November of 1987. It is a place known for real-pit barbecue with old fashioned barbecue sauces and coleslaw that are made from scratch. Lobby time is 10:45 am. Sign up in Resident Programs. Transportation Fee is \$5, & don't forget your lunch money.



Feb 20: 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.

Feb 21: Burns Nicht

Burns Nicht is the Scottish celebration of the poet Robert Burns. It will be Saturday, February 21st, in the PAC, from 5:00 pm to 9:00 pm. A full dinner & auction plus entertainment. The cost is \$80 per person. Please sign up with Jeanette Martin at (901) 351-5230 by February 5th.

Feb 22: Travelers: The Sound of Music

Join the Travelers to the Orpheum Theatre to see The Sound of Music. Experience the beloved story of Maria and the von Trapp family live on stage. Don't forget to purchase your tickets online at www.orpheum-memphis.com for Sunday, February 22nd. Lobby time is 11:45 am for this 1:00 pm show. Sign up in Resident Programs. Transportation fee is \$5.

Feb 24: Book Baggers

Alice Faye Duncan is a National Board educator who taught for 30 years in the Memphis Schools. Alice says, "Books are the gifts that make like-long learners." Ms. Duncan will be with us February 24th to share her story as an educator and author. We appreciate our local authors and are eager to welcome Ms. Duncan with open arms. Join us in the chapel at 9:30 am. As always, we encourage you to bring a friend & a new neighbor to hear what this author has to share with us.

Feb 24: Girls' Night Out

Come join the "girls" for an evening of popcorn and a great movie, "Secret Life of Walter Mitty". It is sure to be a fun night for everyone. Showtime is at 6:15 pm. Don't be late!

Feb 25: Travelers: Mamma Mia

Hop on the Kirby bus with the Travelers to see Mamma Mia! at Theatre Memphis. Enjoy hits from ABBA with this sunny and funny tale unfolding on a Greek island paradise. Lobby time is 6:00 pm. Tickets are \$10 & transportation fee is \$5. Sign up in Resident Programs.

Feb 25: Peter Jones: Antarctica

Peter Jones will give a PowerPoint presentation on Antarctica, the White Continent at 1:00 pm on Friday, February 27 in the PAC. Sail on the M/V Andrea from Ushuaia (the city at the end of the world), Argentina down the Beagle Channel and cross the Drake Passage to the Antarctic Peninsula. Walk among colonies of Gentoo, Adelie, & Chinstrap penguins. Join the group at 1:00 pm in the PAC or watch on in-house TV for this informative presentation.

Feb 27: Music: Jeff Tallant

Let's give a warm Kirby Pines welcome to Jeff Tallant. Jeff puts on a show of hand clapping, finger snapping, toe tapping good old Gospel Bluegrass music that's sure to please. Music begins at 6:00 pm in the PAC.

DID YOU KNOW Kirby Pines offers FREE dance classes?

No dance experience
is necessary to enjoy.

Classes are taught by a
professional who sees to it
all interested have
an opportunity to join in.

Each month a new dance
is taught. Tango, Cha-Cha,
Rhumba, Foxtrot, Waltz
and Swing are some
of the many styles.

It's a wonderful
opportunity to practice for
the dances here at Kirby.

Couples, as well as singles are
welcome. Come have fun,
exercise and meet new
friends. Join us at 2:00 pm
each Wednesday in the PAC.

Hope to see you there!

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

VALENTINE'S DAY Find the Words hidden in the grid of letters.

ADORE
 AFFECTION
 ARROW
 BE MINE
 BELOVED
 BOYFRIEND
 CANDY
 CHAMPAGNE
 CHERUB
 CHOCOLATE
 CUPID
 DARLING
 DEAREST
 FLOWERS

GIFTS
 GIRLFRIEND
 HEARTS
 HUG
 I LOVE YOU
 KISS
 LOVE
 PINK
 POEM
 RED
 ROMANCE
 ROSES
 SWEETHEART
 VALENTINE



Puzzle Solutions page 22

PICTURING LIFE AT KIRBY PINES

ANNUAL NEW YEAR'S EVE BASH



Kirby Pines rang in the New Year with music, fellowship and fun! Pictured L-R: Richard & Arrena Cheek toast another year at Kirby; Lynn & Ken Carver also raise a glass for 2026; and Marilyn & Leon Sanderson always quick with a smile for 2026.



What better way to say Happy New Year than with desserts and champagne.
Pictured L-R: Flo Seward; Carol Odom; Jane Hodge; and Anne Miller



Walter & Sandra Overbey share a snuggle for the camera.



Members of the Ballroom Dance Crew were on hand, too. Front Row: Diane Mullins, Leora Elli, Marilynn Garziona, Alice Wherry and Marian Gray. Back Row: Marty Kocman, John Elli, Bob Shears and Hugh Wilson.

PICTURING LIFE AT KIRBY PINES

ART PRESENTATION & COACH KIM OUTING



We held our bi-monthly Art Presentation, which is always a reminder of how many talented people we have at Kirby Pines. Pictured L-R: Jerry Dunnam; Nancy Pickett; Sarah MacCallum; and Phyllis Mitchell.



Our Travelers came out in full force at Tavern 018 for lunch before heading to Coach Kim's Studio. Pictured L-R; Bonnie Eyman; Sue Binnie and Dale Jones; and Janet Stephens with Ginger Blount. The food looks delicious!



After Tavern 018 the crew headed to our own Coach Kim Roberts new workout studio. You can tell she is so loved by our residents. Pictured are Rhett Watkins, Barbara Phillips, Nancy Wark, Judy Deshaies, Bankie McCarty, Mary Stagg, Coach Kim, Sue Binnie, Nancy Douglas and Dale Jones. Coach Kim and Genenne Wilson share a smile, too.

PICTURING LIFE AT KIRBY PINES

PINK PALACE AND RANDOM GOOD TIMES



The Travelers also went to the Pink Palace Museum for their Steamboat Stories exhibit. Stuart Eyman checks out a display and Mary Stagg stands with a massive ship's wheel.



Hello? Can you hear me? Pat Tinsley plays around in the Gift Shop.



Bob Fowler checks out the sweet treats available in the Gift Shop.



New Residents, Ken and Brenda Stalls, are joined by family to celebrate the New Year. Photo by Sydney Wagner.



Reverend Dan Johnson, one of our Kirby regulars, is surrounded with love - Susan Flake and Lois Dazey. Photo by Ginger Blount.



Diane Mullins and Paula Cwikiel check out the New Resident Directory. Diane took the cover photo featured throughout. Photo by Arrena Cheek.

KIRBY PINES PHOTO CLUB

Join Us Tuesday, February 3rd at 3:00 pm in the Ante Room



Photo by Arrena Cheek



Photo by Carolin Thomason

We discussed the
Psychology of Color
in Photography.
Here are some photos
for you to decide what
emotions they reflect.



Photo by Mary Ann Thurmond



Photo by Sydney Wagner



Photo by Sheryl Maxwell



Photo by Ginger Blount



Photo by Connie Carter



Photo by Janet Stephens



Photo by Fred Dabrowski



Photo by Nancy Wark



Photo by Stuart Eyman



Photo by Dale Jones



Photo by Sylvia Statham

Memorials, Honorariums & Gifts

In Memory Of

GEORGE PENCE

Donation by Hugh Wilson
to the Entertainers

ELIZABETH PELL

Donation by KP Resident Association
to the Employee Fund

VIRGINIA HERRIN

Donation by KP Resident Association
to the Employee Fund

DARRELL SANDERS

Donation by KP Resident Association
to the Employee Fund

BRENDA SIPPEL

Donation by Katy & Bill Dorsey
to the Employee Fund

Donation by Jim Gordon
to the Garden Gro'ers

In Honor Of

HUGH GREGORY

Donation by Jim & Susan Flake
to the Hobby Shop

JANICE WALL

Donation by Sally Cook
to the Book Baggers

JOAN DODSON

Donation by Sally Cook
to the Entertainers

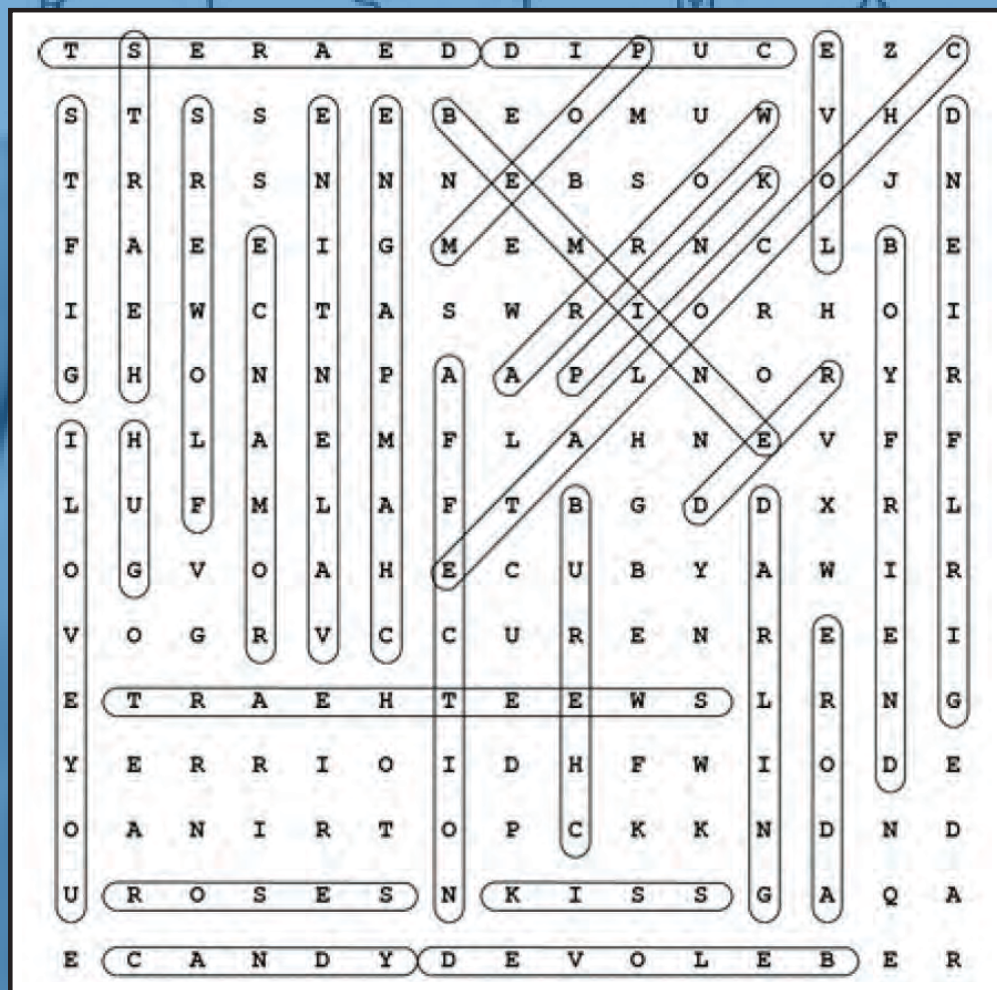
ALICE PETTY

Donation by Jim Gordon
to the Garden Gro'ers

MIKE HUFNAGEL

Donation by Jim Gordon
to the Garden Gro'ers

GIANT WORD SEARCH



ANSWERS TO THE PUZZLE CHALLENGE ON PAGE 17

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Manicures | Pedicures | Facials

Women's Haircuts

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Separate Barber Shop

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FEBRUARY

♥ **SPECIAL** ♥

**20%
OFF**

**HAIR OR
NAIL SERVICE**



We asked and you delivered - Your Valentines!

**We love a chance for group participation,
and are never disappointed by our residents!**

**You showed up with friends, pets, photos of someone special,
prized possessions and of course, your sweethearts.**

We Thank You from the Bottom of our Hearts - Nikki & Karen.

Celebrating Life, Love & Friendship



Kirby Pines
LifeCare Community

Happy Valentine's Day

