

the PINECONE

The Magazine of Kirby Pines LifeCare Community • March 2026 | V. 44 | I.3

*If you play your cards right,
you can live it up with resident*
MICHAEL GILBERT &
*Director of Hospitality and
Life Enhancement,*
KAYLA HOLLAND



Show Up for Your Health | Daylight Savings Safety | Your Christian Life | Resident Spotlight: Sue Binnie

March Madness Is Here

We have survived winter. Bring on SPRING!! As the weather begins to change and daylight lingers longer, it is time to start enjoying our beautiful campus once again. I encourage each one of us to find time each and every day to go outside. Fresh air, exercise and a healthy diet are the key to staying young. I challenge each of you to do this:

1. Spend 30 minutes every day outside. If you can tolerate walking safely during this time, then do it!
2. Have you visited one of Kim's exercise classes? You really should. Kim offers exercise for all levels. Our residents who go, not only benefit, but have a great time too!
3. Have you ever visited the Oasis? Whether it's using the machines to exercise or water aerobics, there is something for you!

Not sure what you are capable of? Please consult your physician. You may also consider physical therapy. Physical therapy is not just for post-surgical recovery. Physical therapy can help you with your walking, balance, and just keeping up with all the activities of daily life here at Kirby Pines. Broad River is an outstanding Therapy

at Kirby Pines

Group. They will be extremely helpful in assessing your needs and determining whether you may benefit from therapy.

My last suggestion is trying to eat from the Heart Healthy Menu 3 times a week. Good nutritional balance is important as we attempt to live an independent lifestyle with vigor and vitality. We want you to be Happy & Healthy!

So as we enter basketball tournament time, let's win this together and have fun doing it!

See you around campus.



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

ON THE PINECONE COVER

Celebrating Staff and Laughs at Kirby Pines

March is a month that always finds us full of renewed energy, excitement and good times. It is the month where we first see the signs of spring and we celebrate the Luck of the Irish on St. Patrick's Day.

The changes in the weather and the landscape lifts the spirit and motivates involvement. With that in mind, we have a lot happening, beginning with trips to Calvary Episcopal's Lenten Lunch Series on the 5th and 25th. We are bringing back Recipe Wednesday on the 11th and have a Resident Association Meeting on the 12th. Opera Memphis will be here the 13th and the Entertainers will perform their previously postponed show on the 27th. Our talented artists have a presentation on the 20th and Lunch Bunch is going back to Novel Bookstore and dining at Libro the 18th. Enjoy Charlie Day on the 24th featuring Charlie Trammell's famous biscuits and jam for both meals in the dining room, always a special treat.

Our front cover features resident, Michael Gilbert with our Director of Hospitality and Life Enhancement, Kayla Holland, in recognition of National Employee Appreciation Day, March 6th and National Let's Laugh Day, March 19th

(see page 8). The relationships between residents and employees is uniquely Kirby Pines and one of the many reasons we call ourselves a family.

On our back cover, Executive Assistant Pam Shatraw jokes around with resident, Irene Baker in the Gift Shop. Happiness and laughter are abundant at Kirby Pines and another example of why we enjoy and appreciate each other, every day.



Sheryl Maxwell volunteers in the Gift Shop and practices for Let's Laugh Day, March 19th.
Photo by Carolin Thomason.



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Get to know Kirby Pines'

NEW RESIDENTS



Allen Childress

Born in Everett, Washington and moving from Austin, Texas, Allen has moved to our Kirby Pines community, bringing many interesting talents and unique qualities.

Allen graduated from Louisiana Tech University in 1984 with a BS Degree in Computer Science. As a Senior Technical Architect, Allen has had a 45-year career with various employers.

Computers have been the center of his career, but his hobbies and interests have been influenced by computers such as programming, AI, computer gaming, stock trading, stock algorithms, Tesla and Space X.

Travel destinations include England, Scotland, France, Germany, Holland, Mexico, Canada and 36 states.

Allen began getting honors in High School such as 1st place in a calculator competition and becoming an Eagle Scout. Some other awards he received are Texaco Presidential Award for Automation, Computer Sciences-Technical Excellence X2 and 5 Software Patents. At Liberty Mutual, he won the Silver Medallion for Software Automation. The Federal Reserve Bank of St. Louis presented him the President's Award.

To stay active Allen walks, hikes, participates in Python Programming Meetups and computer conferences. His proudest accomplishment is the raising of three sons to care about others.

Our new neighbor is a computer expert. We need to welcome him warmly so he can help us improve our computer skills. We may not become experts, but a little improvement goes a long way. His friends say he is helpful, loyal and unique. Sounds like he will be a good fit for Kirby Pines.

New Resident Bios written by resident, Peggy Reynolds Gatlin



Bruce & LuEllen Childress

Recently Bruce and LuEllen Childress (with their cat Tigger) moved to Kirby Pines from their previous home in Aberdeen, Mississippi. The Childress' met in college, and they have been married for 61 years. They are the proud parents of two sons and five grandchildren.

After graduating from The University of Memphis with degrees in Physical Science, History and Math, Bruce had a long career as a EOD Bomb Expert with the United States Air Force and as a safety engineer with Lake Shore Engineering. LuEllen graduated with degrees in Chemistry and Math and is continuing her career in Medical Research. She is currently working on a research dissertation in her field.

A Veteran, Bruce was responsible for destroying rocket motors, inspecting nuclear weapons, disarming explosives and bomb systems worldwide. While serving in the Air Force, Bruce earned the rank of Second Lieutenant and Major. With his long career in the world of disarming bombs, he is happy he has all of his fingers and toes.

While in the military, Bruce traveled to Japan, Thailand, Korea, The Philippines, Germany, Holland and Turkey.

Bruce served as a church deacon and was a scout master for 10 years. He collects stamps and coins, and he is looking forward to finding new ways to stay active.

LuEllen has worked with non-profit groups, Monroe County Vision Center and started the Ohio Wesleyan. She is a collector of porcelains, angels and antiques and to stay active she takes care of everyone.

You will want to find Bruce and LuEllen soon and give them a warm Kirby Pines welcome. We are thrilled they chose our retirement community for this chapter in their life.



SHOW UP FOR YOUR HEALTH!

Every January brings a wave of resolutions, but this year, our clients did something truly remarkable — they didn't just make a resolution, they showed up for it. They walked through the doors of our fitness community with courage, determination, and a commitment to their well-being that deserves to be celebrated.

Choosing to prioritize health is never a small decision. For many, it means stepping outside of comfort zones, trying new movements, meeting new people, and trusting the process. And yet, our Kirby Pines embraced it with strength and grace.

A Commitment That Inspires

By joining fitness classes and recommitting to their goals, our residents have demonstrated:

- Resilience:** proving that age is not a barrier to growth or strength
- Courage:** taking that first step, even when it feels intimidating
- Consistency:** showing up, even on the days when motivation is low
- Community Spirit:** encouraging one another and building connections

Their dedication sets the tone for everyone around them. They remind us that wellness is a lifelong journey, and every day is an opportunity to invest in ourselves.

The Power of Movement at Every Age

Fitness is not just about physical strength — it's about confidence, independence, energy, and joy. Our residents are experiencing:

- **Better mobility and balance**
- **Increased stamina and strength**
- **Improved mood and mental clarity**
- **A renewed sense of purpose**
- **A supportive community that cheers them on**

These wins matter. They add up. And they deserve to be recognized.

Here's to the Journey Ahead

As we move deeper into the year, we want to congratulate every resident who made the decision to join us — and encourage them to keep going. Your commitment inspires others. Your presence strengthens our community. And your progress proves that it's never too late to choose yourself.

This year is yours. Keep showing up. Keep moving. Keep believing in what your body and mind can do.

We're proud of you, and we're honored to be part of your journey.



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

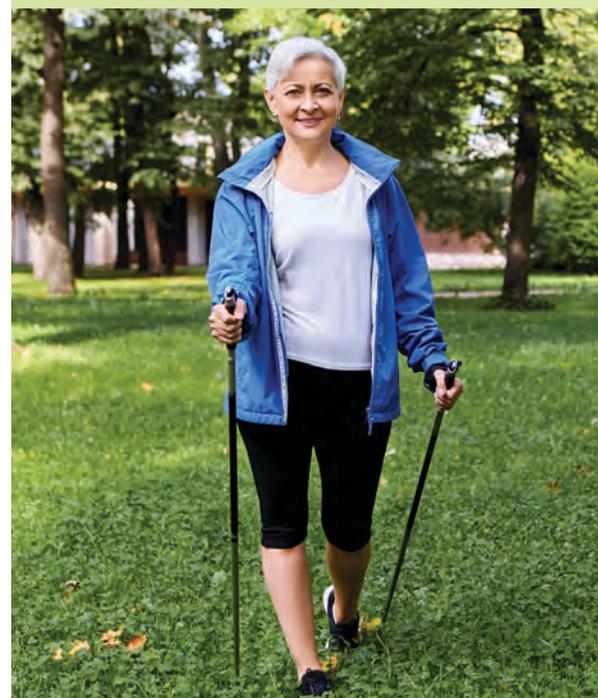
Group Exercise Resident Led
9:30 am | Mon, Wed & Fri | PAC/Live TV

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



Spring Forward!

Time will **Spring Forward** one hour at **2:00 am** on **Sunday, March 8th**.

Please set your clocks

AHEAD ONE HOUR

before you go to bed Saturday night or when you wake up Sunday Morning.



As we “spring forward” for Daylight Saving Time, we gain an extra hour of evening light—but we also lose an hour of sleep. That seemingly small shift can have a bigger impact than many realize. Even one hour of sleep disruption can affect alertness, balance, reaction time, mood, and overall cognitive function. Research has shown temporary increases in workplace errors, motor vehicle accidents, and even cardiovascular events in the days following the time change. For older adults, particularly those in skilled nursing or assisted living settings, sleep disruption and fatigue can significantly increase the risk of falls and related injuries.

The risk is especially concerning because fatigue affects gait speed, judgment, coordination, and safety awareness. Residents who are already managing weakness, medications, visual impairments, or orthostatic hypotension may be even more vulnerable during this transition week. Staff members are not immune either—sleep deprivation can reduce attention to environmental hazards, safe transfer techniques, response times, increasing the potential for accidents across the care setting.

To reduce risk during the time change, preparation is key. Gradually adjusting bedtime by 15–20 minutes earlier for several nights before the shift can ease the transition. Encouraging consistent sleep routines, limiting caffeine late in the day, promoting hydration, and ensuring proper lighting during early morning hours can improve alertness and safety. Therapy and nursing teams should remain especially vigilant with fall prevention strategies—reinforcing proper footwear, ensuring assistive devices are within reach, monitoring for dizziness, and reviewing high-risk residents. A proactive, team-based approach during this seasonal change can help protect both residents and staff while maintaining a safe environment of care.

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



YOU'RE IN FOR A REAL TREAT!

Wednesday, March 11th | Formal Dining Room

Recipe Wednesday!

Join us as Chef Harold recreates
your treasured family recipes!

Featured Menu

Cranberry Relish Salad
by Janie Kocman

Little Traveler's Vegetable Soup
by Janie Kocman

Baked Salmon
by Michael Brown

Eden Isle Chicken
by Sydney Wagner

Mixed Rice
by Pat Kelly

Carrot Souffle
by Jean Saunders

Spinach Madeleine
by Joy Wernet

Banana Pudding
by Janie Kocman

Sopapilla Cheesecake
by Laura Leuenberger

Your recipes can be submitted
to Carolyn Hladky or any
member of the Food Committee





Resident Spotlight: Sue Binnie

from the drafting board to Senior Tech Writer. She also obtained an Associate Degree in Mid-Management and Warehousing, was a volunteer for non-profits, a sports official in various disciplines and classifications, became a certified SCUBA diver, and, when dating a cross-country truck driver, learned to drive a semi truck.

In 1986, Sue moved to Memphis when her employer sold to a local company, Layne Pumps. While she continued to develop and work in the field of drafting, she maintained a vigorous schedule with part-time work, caring for her 12-year-old nephew as well as continuing her sports officiating and volunteering for her many interests.

Sue's 20-year employment with Layne ended when they sold their business back to the previous owner, Layne and Bowler, which had relocated in Illinois. Sue chose to remain in Memphis. Needless to say, with her qualifications, she had no difficulty finding employment with similar companies which offered new opportunities. A by-product was learning a new skill—how to operate several different-sized forklifts!

In 1999, her employer, International Paper, offered her a retirement package which she accepted. At age 45 and needing to re-invent herself, Sue returned to school to become a certified Life and Health Insurance Agent. "As a Broker, I was required to re-certify each year through AHIP, the national association representing the health insurance industry. I had to re-test for each company and for each of their individual products," states Sue. "I enjoyed helping Medicare recipients to understand and select their health coverage. I stayed busy as a licensed Broker." During this time, Sue also became the caretaker for her mother who passed away in 2015.

In 2023, following an injury and surgery to her left wrist and arm, Sue decreased her work schedule. She made the decision to retire in 2024 from her 54 years of corporate work. It did not take much discussion for Sue's friends to convince her that living alone was not the best option for her—especially after turning a riding mower over while mowing. In January 2025, Sue met a representative of Kirby Pines at a Senior Expo. She reviewed the options with friends and her financial advisor. The decision came easily, and Sue moved into a Garden Home in May 2025.



Sue (center) & Family

Sue loves to travel. She has been on several cruises and plans to do more travel. Even in retirement, she keeps a busy schedule. Sue enjoys theater and during the season, sees several plays each week. She takes art classes at various locations including Brooks Museum and Creative Aging. She continues to volunteer when time permits and is involved with several activities since moving to Kirby.

"Moving to Kirby Pines was the right decision for me," acknowledges Sue. "I have just what I need—more to do! And, the residents here are great."

Written by Joan Dodson, Resident of Kirby Pines

FORGING THE PATHWAY

Sue Binnie has the distinction of paving the road for women into the professional work of drafting and sports officiating which were once considered for men only. She has also acquired and utilized those skills necessary to engage in a vocation which few people would attempt—medical insurance management. Sue has spent her professional life in those essential and basic activities which are fundamental to our quality of life.

Frances Sue Binnie was born in Covina, California, in 1954. She was the oldest of three girls, all born within two and one-half years following their parents' marriage. Sue says she was born into a "hard working, middle class family" and both parents worked outside the home. Sue's parents always supported her in her educational and personal choices.

Sue excelled in school, attending public schools in Covina until graduation from high school in 1972. She was academically at the top of her class with pre-vocational preparation in Medical Drafting. "I was so busy I was seldom home," remembers Sue. "I took extra-curricular courses such as band and drafting, and I was active in sports. Keeping a busy schedule and maintaining my interests have been a constant with me through the years!"

On graduating from high school, a friend jokingly offered Sue a position as an attendant at a self-serving gas station, which she accepted. "For a 17 year old, the pay and schedule were good," remembers Sue. However, Sue's interest in drafting remained, and through the encouragement of family and her friend, Diane, Sue began plans to pursue it.

In 1972, the fields of engineering and drafting were closed to women. Her first interview for a position in drafting was arranged. "Needless to say," recalls Sue, "I did not get the job. The interviewer 'short-circuited' my interview by eliminating the usual Q&A as well as declining to review my portfolio. Determined, I accepted a second interview with Layne & Bowler Pump Company located in the City of Industry, California. At that interview, I was asked if I planned to marry and have children. I said 'no' and received an offer. I learned later that the interviewer was impressed with my portfolio and was looking to place a woman in his engineering department. I was in the right place at the right time!"

Drafting is the initial work to draw, either on a "drafting board" or using software, to convert the designs into technical drawings necessary to produce a product. During her 13 years with L&B, Sue was promoted

March 6th is

EMPLOYEE APPRECIATION DAY

THANK YOU

Kirby Pines is proud to have some of the very best team members anywhere!

Their kindness, compassion, hard work and positive spirit make a difference every single day. Be sure to show your appreciation on March 6th and throughout the year!



NATIONAL LET'S LAUGH DAY IS THURSDAY, MARCH 19TH!

HISTORY OF NATIONAL LET'S LAUGH DAY

Every year, on National Let's Laugh Day, we are reminded to keep things light and pep things up with a little humor. If you have been in the doldrums for a while now, or haven't been feeling too good, then you need to laugh the worries away and take it easy. Laughter is, after all, the best medicine, and it is just what the doctor prescribed for March 19!

Jokes have long been the best way to provide comic relief. The world's oldest joke can be traced back to 1900 B.C. Laughter can also be contagious. This is why laugh tracks were added to television shows to cue when the audience is supposed to laugh and to indicate when a comedic scene happens. The first American television show to use a laugh track was in 1950, in "The Hank McCune Show."

Where frowns cause wrinkles, laughing creates adorable crinkles that are good for the muscles. 'Laughter yoga' is now quite a popular activity, in which muscles of the face, abdomen, and lungs are engaged using laughter as the core exercise. Laughter also releases endorphins and lowers the stress hormone, cortisol, in the body. Make someone's day, by making them laugh!

 **Many studies have found that laughter really can be good for your health.** 

 **95% of Americans say laughter is a stress reliever.** 

 **Laughter is one of the most popular ways to interact with other people.** 

 **96% of Americans like to make others laugh**

77% think they are funny 

60% say they are funnier than their spouse

Congratulations to our **CHAMPION of the Month**

Culinary Purchasing / Utility Manager

TRAMAINE JONES

Describe Your Family: I've been married 22 years and have three girls, ages 21, 23 and 28.

Describe yourself in five words: Loyal, faith-based, humble, easy-going, happy.

What is your favorite thing about your job: I love the residents, coworkers & different opportunities.

Do you have any hobbies: Sports & church. **Do you have any pets:** Two dogs, Q-Tip and Rico.

What do you do for fun: Video games, read, go outside, time with family and travel.

Favorite food: Anything that tastes good. **Favorite song:** We Are One by Frankie Beverly & Maze

What is something you are proud of: Being a father, husband and man of God.

What would you like people to know about you: I promote positivity and love helping people.

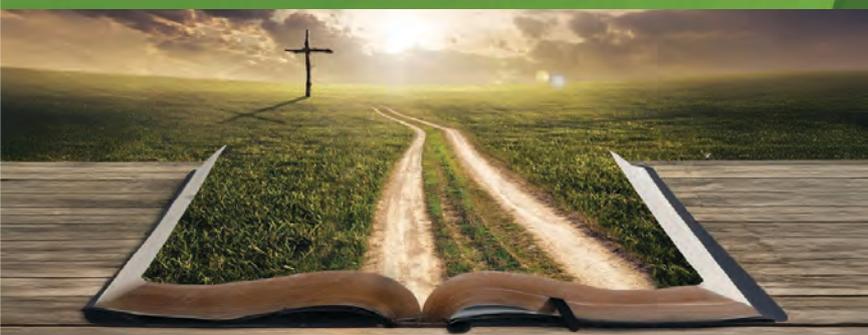


On Valentine's Day, Tramaine demonstrated exceptional dedication and leadership, ensuring our residents had everything they needed to enjoy a truly memorable celebration. His strategic thinking, flexibility and willingness to go above and beyond were instrumental in making the event a complete success. His commitment to excellence and his ability to anticipate needs always makes a meaningful impact on both residents and staff.

- Harold Morris, Director of Culinary

REFLECTIONS

By Maxie Dunnam



Where Are You In Your Christian Life?

I remember a time in my life back in the early 60s when I was confronted with this shocking conviction: I am as holy as I want to be. I was a young Methodist preacher in Mississippi. I was the organizing pastor of a congregation, which had known amazing growth and success. The fellowship of that congregation was splintered by my involvement in the civil rights movement. I didn't think there was anything radical about my involvement, but many folks in the church could not understand my commitment and participation. I couldn't understand their lack of understanding. The Gospel seemed clear.

The pressure, stress, and tension wore me out. I was physically, emotionally, and spiritually exhausted and ready to throw in the towel, when I went to a weeklong retreat conference – a Christian Ashram – led by the world-famous missionary evangelist, E. Stanley Jones. I will never forget going to the altar one evening, to have Brother Stanley lay hands on and pray for me. He knew my story, and as I knelt, he asked, "Do you want to be whole? Do you want to be holy?"



E. Stanley Jones

That was a signal sanctifying experience in my life – changing forever the direction of my ministry. Through the years since that time, I have constantly asked myself. Do you want to be holy? And I have constantly reminded myself that I am as holy as I want to be.

I ask you, friends in our blessed community, are you as holy as you want to be? Better...you ask yourself, "Am I as holy as I want to be?" **Are you happy where you are in your Christian Life?**

March Vesper Services 6:30pm | Performing Arts Center

March 5: Eric Brand

Lay Teacher, Advent Presbyterian Church

March 12: Rev Will Jones

Pastor, Germantown Presbyterian Church

March 19: Ronnie Stephens

Lay Speaker, Harvest Church

March 26: Ellis Haguewood

Elder, White Station Church of Christ

Poetry & Writing Club



Flo Seward

TOPIC: Write about **Anonymous Gifts** using words: **teenager, camouflage, birch, harmony, rifle, screen door, wrinkle, dive, pickup & sticker.**

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

MOTIVATING TEENAGERS

Story by Flo Seward

The faculty and principal of George Town High School decided there was not enough *harmony* among the *teenagers* nor participation in school activities. So they planned a rewards program by starting Honor Student Week.

Imagine my surprise when a *pickup* truck stopped at my home. A young man wearing a *camouflage* jacket and slamming our *screen door*, dropped off a small package and left. I found a *sticker* on the top marked "Teenager of the Week."

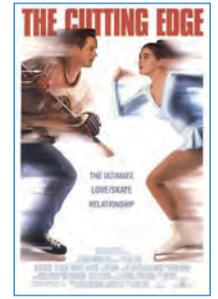
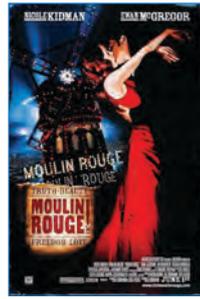
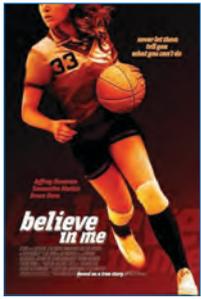
I took a *dive* into the box and *rifled* through mostly *wrinkled* paper. However, at the very bottom I found a small chain bracelet just the right size for my wrist. It made me happy to find an attachment engraved with my name printed below the words "Teenager of the Week."

Imagine how much more surprised I was when each afternoon of that week I got a follow-up package. Each package contained a gold charm to add to my bracelet. One of my teachers' names was engraved on each charm.

What a wonderful gift they gave me, one I will wear with pride! Hopefully, the charm bracelet will create more participation in school activities and increase harmony among the student body.



MEET ME AT



BELIEVE IN ME (2006)

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

Cast: Jeffrey Donovan, Samantha Mathis

In a conservative small town, a young man's wish to coach high school basketball are tweaked by a school board decision that makes him the new coach of the girls' team.

DOCTOR ZHIVAGO (1965)

Sunday, March 1 | 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.

OCTOBER SKY (1999)

Tuesday, March 3 | 1:30 pm

Cast: Jake Gyllenhaal, Chris Cooper, Laura Dern

The true story of Homer Hickam, a coal miner's son who was inspired by the first Sputnik launch to take up rocketry against his father's wishes.

MOULIN ROUGE! (2001)

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

Cast: Nicole Kidman, Ewan McGregor

A poor Bohemian poet in 1890s Paris falls for a beautiful courtesan and nightclub star coveted by a jealous duke.

THE LONG HOT SUMMER (1958)

Friday, March 6 | 1:30 pm

Saturday, March 7 | 6:30 pm

Sunday, March 8 | 6:30 pm

Cast: Paul Newman, Joanne Woodward

Accused barn burner and conman Ben Quick arrives in a small Mississippi town and quickly ingratiates himself with its richest family, the Varners.

THE MATRIX (1999)

Saturday, March 7 | 1:30 pm

Cast: Keanu Reeves, Laurence Fishburne

When a beautiful stranger leads computer hacker Neo to a forbidding underworld, he discovers the shocking truth—the life he knows is the elaborate deception of an evil cyber-intelligence.

THE CUTTING EDGE (1992)

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

Cast: D.B. Sweeney, Moira Kelly

A temperamental figure skater and an arrogant former hockey player attempt to win the Olympic Gold Medal as a figure skating pairs team.

THE LAST LAUGH (2019)

Tuesday, March 10 | 1:30 pm

Cast: Chevy Chase, Richard Dreyfuss

When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.

THE RIP (2026)

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

Cast: Matt Damon, Ben Affleck

A group of Miami cops discovers a stash of millions in cash, leading to distrust as outsiders learn about the huge seizure, making them question who to rely on.

AMERICAN DREAMER (1984)

Friday, March 13 | 1:30 pm

Saturday, March 14 | 6:30 pm

Sunday, March 15 | 6:30 pm

Cast: JoBeth Williams, Tom Conti

A frustrated housewife/writer ghostwrites a story about Rebecca Ryan, a dashing international spy, and wins a trip to Paris. While there, she is involved in an accident, and awakens in the hospital believing she IS Rebecca Ryan.



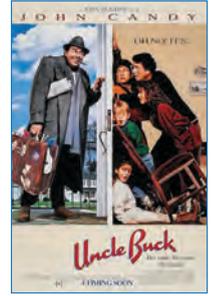
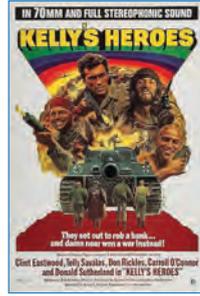
SLING BLADE (1996)

Saturday, March 14 | 1:30 pm

Cast: Billy Bob Thornton, Dwight Yoakam

Karl Childers, a simple man hospitalized since his childhood murder of his mother and her lover, is released to start a new life in a small town.

THE MOVIES



GET SMART (2008)

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

Cast: Steve Carell, Anne Hathaway

Maxwell Smart, a highly intellectual but bumbling spy working for the CONTROL agency, is tasked with preventing a terrorist attack from rival spy agency KAOS.

SAVING MR. BANKS (2013)

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

Cast: Emma Thompson, Tom Hanks

P. L. Travers, a London author who is financially broke, visits Los Angeles to meet Walt Disney, who is keen to adapt her Mary Poppins books for the cinema. However, his methods do not meet her approval.

THE BUCKET LIST (2007)

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

Cast: Jack Nicholson, Morgan Freeman

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

KELLY'S HEROES (1970)

Friday, March 20 | 1:30 pm

Saturday, March 21 | 6:30 pm

Sunday, March 22 | 6:30 pm

Cast: Clint Eastwood, Telly Savalas, Don Rickles

A group of U.S. soldiers sneaks across enemy lines in WWII France to get their hands on a secret stash of Nazi treasure.

THE SECRET: DARE TO DREAM (2020)

Saturday, March 21 | 1:30 pm

Cast: Katie Holmes, Josh Lucas

A feature film adaptation of the self-help book, 'The Secret', which focuses on the power of positive thinking.

CHANGING HABITS (1997)

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

Cast: Tom Cruise, Penelope Cruz

An artist decides to put her troubles with men and evictions behind her by moving to a convent, so she can work for her keep. Is her art an opportunity for the sisters to save the convent from closure?

THE BALLAD OF BUSTER SCRUGGS (2018)

Tuesday, March 24 | 1:30 pm

Cast: Tim Blake Nelson, Willie Watson

Six tales of life and violence in the Old West, following a

singing gunslinger, a bank robber, a traveling impresario, an elderly prospector, a wagon train and a perverse pair of bounty hunters.

UNCLE BUCK (1989)

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

Cast: John Candy, Macaulay Culkin

Laid back commitment-phobe Buck babysits his brother's rebellious teenage daughter and her cute younger brother and sister.

SNOW WHITE & THE THREE STOOGES (1961)

Friday, March 27 | 1:30 pm

Saturday, March 28 | 6:30 pm

Sunday, March 29 | 6:30 pm

Cast: Moe Howard, Larry Fine, Carol Heiss

An ice-skating Snow White finds refuge from the Wicked Queen with the Three Stooges.

WAITRESS (2007)

Saturday, March 28 | 1:30 pm

Cast: Keri Russell, Nathan Fillion

Jenna is a pregnant, unhappily married waitress in the deep south. She meets a newcomer to her town and falls into an unlikely relationship as a last attempt at happiness.

ONE FINE DAY (1996)

Sunday, March 29 | 1:30 pm & 4:00 pm

Cast: Michelle Pfeiffer, George Clooney

The lives of two strangers and their young children unexpectedly intersect on one hectic, stressful day in New York City.

RETRIBUTION (2023)

Tuesday, March 31 | 1:30 pm & 6:30 pm

Cast: Liam Neeson, Noma Dumezweni

A bank executive receives a bomb threat while driving his children to school that his car will explode if they stop and get out.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 am Church of Christ Service (PAC) **1**
 10:00 am Worship Service (PAC)
 1:00 pm Music: Marilyn Garziona (Lobby)
 1:30 pm Movie: Believe in Me (Thtr)
 4:00 pm Movie: Doctor Zhivago (Thtr)
 6:30 pm

8:00 am Get Physical with Kim (Oasis) **2**
 9:30 am Advanced Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 9:30 am Poetry & Writing Club (A&C)
 10:00 am Hobby Pines Group (Hobby Shop)
 10:30 am Beginners Billiards (Billiard Room)
 10:30 am Chair Yoga (PAC)
 1:30 pm Game Play (LCR)
 6:00 pm Mexican Train Dominos (Ante)
 6:00 pm BINGO (PAC)
 6:30 pm Residents Choice Movie Night (Thtr)

9:00 am Dr. Abutineh MD (WC) **3**
 9:30 am Advanced Water Aerobics (Pool)
 10:00 am Travelers: Calvary Luncheon (Trans)
 10:30 am Cardio Move & Strength (PAC)
 1:00 pm Duplicate Bridge Group (LCR)
 1:15 pm Line Dancing (PAC)
 1:30 pm Movie: October Sky (Thtr)
 1:30 pm Bunko (SCR)
 3:00 pm KP Photo Club (Ante)
 6:30 pm Movie: October Sky (Thtr)

9:00 am Get Physical with Kim (Oasis) **4**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Catholic Services (Chapel)
 10:00 am Pinecone Painters (A&C)
 11:00 am Chair Yoga (PAC)
 1:00 pm Needle Arts Group (Sunroom)
 1:15 pm Mah Jongg (LCR)
 1:30 pm Mexican Train Dominos (Ante)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: Moulin Rouge (Thtr)
 2:00 pm Ballroom Dancing (PAC)
 6:00 pm Wednesday Bridge Group (LCR)
 6:30 pm Movie: Moulin Rouge (Thtr)

9:30 am Advanced Water Aerobics (Pool) **5**
 10:00 am Bible Study with Dave Phillips (Chapel)
 10:00 am Kroger & Banks (Trans)
 10:00 am Travelers: Episcopal Lenten Series (Trans)
 10:30 am Cardio Move & Strength (PAC)
 1:00 pm Walmart, Costco, & Banks (Trans)
 1:00 pm Dr. Abutineh MD (WC)
 1:15 pm Line Dancing (PAC)
 1:30 pm TV Series: Downton Abbey (Thtr)
 2:00 pm Wellness Talk with Angela (Sunroom)
 3:00 pm Billiards Group (Billiard Room)
 6:30 pm Vespers (PAC)

8:00 am Get Physical with Kim (Oasis) **6**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Cornhole Club (LCR)
 10:00 am Walmart, Kroger Aldi, & Banks (Trans)
 10:15 am Strength Training (PAC)
 10:45 am Yoga Stretch (PAC)
 1:00 pm Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm Movie: The Long Hot Summer (Thtr)
 2:30 pm Cribbage (SCR)
 4:00 pm Happy Hour (Bistro)
 6:00 pm Music: Al Mahan (PAC)

7:30 am Men's Christian Fellowship (LCR) **7**
 9:45 am Travelers: Women in the Arts (Trans)
 1:00 pm Advanced Line Dancing (PAC)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: Matrix (Thtr)
 6:30 pm Movie: The Long Hot Summer (Thtr)

8:00 am Church of Christ Service (PAC) **8**
 10:00 am Worship Service (PAC)
 1:30 pm Movie: The Cutting Edge (Thtr)
 4:00 pm Movie: The Cutting Edge (Thtr)
 4:00 pm Hymn Sing with Leon (Chapel)
 6:30 pm Movie: The Long Hot Summer (Thtr)

8:00 am Get Physical with Kim (Oasis) **9**
 9:30 am Advanced Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Hobby Pines Group (Hobby Shop)
 10:15 am Alterations (Ante)
 10:30 am Beginners Billiards (Billiard Room)
 10:30 am Chair Yoga (PAC)
 1:30 pm Game Play (LCR)
 6:00 pm Mexican Train Dominos (Ante)
 6:00 pm BINGO (PAC)
 6:30 pm Residents Choice Movie Night (Thtr)

9:00 am Dr. Abutineh MD (WC) **10**
 9:30 am Advanced Water Aerobics (Pool)
 10:00 am Women's Bible Study (Chapel)
 10:30 am Cardio Move & Strength (PAC)
 1:15 pm Line Dancing (PAC)
 1:30 pm Movie: The Last Laugh (Thtr)
 1:30 pm Bunko (SCR)
 6:30 pm Movie: The Last Laugh (Thtr)

9:00 am Get Physical with Kim (Oasis) **11**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Catholic Services (Chapel)
 10:00 am Pinecone Painters (A&C)
 10:30 am Garden Grocers (Greenhouse)
 11:00 am Chair Yoga (PAC)
 11:45 am Recipe Wednesday (Dining Room)
 1:00 pm Needle Arts Group (Sunroom)
 1:15 pm Mah Jongg (LCR)
 1:30 pm Mexican Train Dominos (Ante)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: The Rip (Thtr)
 2:00 pm Ballroom Dancing (PAC)
 3:45 pm Recipe Wednesday (Dining Room)
 6:00 pm Wednesday Bridge Group (LCR)
 6:30 pm Movie: The Rip (Thtr)

9:30 am Advanced Water Aerobics (Pool) **12**
 10:00 am Bible Study with Dave Phillips (Chapel)
 10:00 am Kroger & Banks (Trans)
 10:30 am Cardio Move & Strength (PAC)
 1:00 pm Walmart, Costco, & Banks (Trans)
 1:00 pm Dr. Abutineh MD (WC)
 1:15 pm Line Dancing (PAC)
 1:30 pm TV Series: Downton Abbey (Thtr)
 2:00 pm Resident Association Meeting (PAC)
 3:00 pm Billiards Group (Billiard Room)
 6:30 pm Vespers (PAC)

8:00 am Get Physical with Kim (Oasis) **13**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Walmart, Kroger Aldi, & Banks (Trans)
 10:00 am Cornhole Club (LCR)
 10:15 am Strength Training (PAC)
 10:45 am Yoga Stretch (PAC)
 1:00 pm Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm Movie: American Dreamer (Thtr)
 2:30 pm Cribbage (SCR)
 4:00 pm Happy Hour (Bistro)
 6:00 pm Opera Memphis "A Fond Fairwell" (PAC)

7:30 am Men's Christian Fellowship (LCR) **14**
 1:00 pm Advanced Line Dancing (PAC)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: Sling Blade (Thtr)
 1:45 pm Travelers: Daffodil Show (Trans)
 6:15 pm Trivia Group (Ante)
 6:30 pm Movie: American Dreamer (Thtr)

8:00 am Church of Christ Service (PAC) **15**
 10:00 am Worship Service (PAC)
 11:00 am Birthday Day (Dining Room)
 1:30 pm Movie: Get Smart (Thtr)
 4:00 pm Movie: Get Smart (Thtr)
 6:30 pm Movie: American Dreamer (Thtr)

8:00 am Get Physical with Kim (Oasis) **16**
 9:30 am Advanced Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Hobby Pines Group (Hobby Shop)
 10:30 am Beginners Billiards (Billiard Room)
 10:30 am Chair Yoga (PAC)
 10:30 am Tech Time (Sunroom)
 1:30 pm Game Play (LCR)
 6:00 pm Mexican Train Dominos (Ante)
 6:00 pm BINGO (PAC)
 6:30 pm Residents Choice Movie Night (Thtr)

9:00 am Dr. Abutineh MD (WC) **17**
 9:30 am Advanced Water Aerobics (Pool)
 10:30 am Cardio Move & Strength (PAC)
 1:00 pm Duplicate Bridge Group (LCR)
 1:15 pm Line Dancing (PAC)
 1:30 pm Movie: Saving Mr.Banks (Thtr)
 1:30 pm Bunko (SCR)
 6:30 pm Movie: Saving Mr.Banks (Thtr)

9:00 am Get Physical with Kim (Oasis) **18**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Catholic Services (Chapel)
 10:00 am Pinecone Painters (A&C)
 10:00 am Caregiver Support Group (Ante)
 10:30 am Lunch Bunch: Libro at Novel (Trans)
 11:00 am Chair Yoga (PAC)
 1:00 pm Needle Arts Group (Sunroom)
 1:15 pm Mah Jongg (LCR)
 1:30 pm Mexican Train Dominos (Ante)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: The Bucket List (Thtr)
 2:00 pm Ballroom Dancing (PAC)
 6:00 pm Wednesday Bridge Group (LCR)
 6:30 pm Movie: The Bucket List (Thtr)

9:30 am Advanced Water Aerobics (Pool) **19**
 10:00 am Bible Study with Dave Phillips (Chapel)
 10:00 am Kroger & Banks (Trans)
 10:30 am Cardio Move & Strength (PAC)
 1:00 pm Walmart, Costco, & Banks (Trans)
 1:00 pm Dr. Abutineh MD (WC)
 1:15 pm Line Dancing (PAC)
 1:30 pm TV Series: Downton Abbey (Thtr)
 3:00 pm Billiards Group (Billiard Room)
 6:30 pm Vespers (PAC)

8:00 am Get Physical with Kim (Oasis) **20**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Walmart, Kroger Aldi, & Banks (Trans)
 10:00 am Cornhole Club (LCR)
 10:15 am Strength Training (PAC)
 10:45 am Yoga Stretch (PAC)
 1:00 pm Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm Movie: Kelly's Heroes (Thtr)
 2:00 pm Art Opening (PAC)
 2:30 pm Cribbage (SCR)
 4:00 pm Happy Hour (Bistro)
 6:00 pm Music: Rob Haynes (PAC)

7:30 am Men's Christian Fellowship (LCR) **21**
 1:00 pm Advanced Line Dancing (PAC)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: The Secret Dare to Dream (Thtr)
 3:00 pm Encore "Springtime Serenade" (PAC)
 6:30 pm Movie: Kelly's Heroes (Thtr)

8:00 am Church of Christ Service (PAC) **22**
 10:00 am Worship Service (PAC)
 1:30 pm Movie: Changing Habits (Thtr)
 4:00 pm Movie: Changing Habits (Thtr)
 6:30 pm Movie: Kelly's Heroes (Thtr)

8:00 am Get Physical with Kim (Oasis) **23**
 9:30 am Advanced Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Hobby Pines Group (Hobby Shop)
 10:15 am Alterations (Ante)
 10:30 am Beginners Billiards (Billiard Room)
 10:30 am Chair Yoga (PAC)
 1:30 pm Game Play (LCR)
 6:00 pm Mexican Train Dominos (Ante)
 6:00 pm BINGO (PAC)
 6:30 pm Residents Choice Movie Night (Thtr)

9:00 am Dr. Abutineh MD (WC) **24**
 9:30 am Advanced Water Aerobics (Pool)
 9:30 am Book Baggers (Chapel)
 10:30 am Cardio Move & Strength (PAC)
 11:45 am Charlie Day (Dining Room)
 1:15 pm Line Dancing (PAC)
 1:30 pm Movie: Ballard of Buster Scruggs (Thtr)
 1:30 pm Bunko (SCR)
 3:00 pm J.P. Goble "Estate Planning" (PAC)
 3:45 pm Charlie Day (Dining Room)
 6:15 pm Girls Night Out (Thtr)

9:00 am Get Physical with Kim (Oasis) **25**
 9:30 am Tax Prep Services (LCR)
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Catholic Services (Chapel)
 10:00 am Pinecone Painters (A&C)
 10:00 am Travelers: Episcopal Lenten Series (Trans)
 11:00 am Chair Yoga (PAC)
 1:00 pm Needle Arts Group (Sunroom)
 1:15 pm Mah Jongg (LCR)
 1:30 pm Mexican Train Dominos (Ante)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: Uncle Buck (Thtr)
 2:00 pm Ballroom Dancing (PAC)
 6:00 pm Wednesday Bridge Group (LCR)
 6:30 pm Movie: Uncle Buck (Thtr)

9:30 am Advanced Water Aerobics (Pool) **26**
 10:00 am Bible Study with Dave Phillips (Chapel)
 10:00 am Kroger & Banks (Trans)
 10:30 am Cardio Move & Strength (PAC)
 1:00 pm Walmart, Costco, & Banks (Trans)
 1:00 pm Dr. Abutineh MD (WC)
 1:15 pm Line Dancing (PAC)
 1:30 pm TV Series: Downton Abbey (Thtr)
 3:00 pm Billiards Group (Billiard Room)
 6:30 pm Vespers (PAC)

8:00 am Get Physical with Kim (Oasis) **27**
 9:30 am Basic Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Walmart, Kroger Aldi, & Banks (Trans)
 10:00 am Cornhole Club (LCR)
 10:15 am Strength Training (PAC)
 10:45 am Yoga Stretch (PAC)
 1:00 pm Walmart, Kroger, Superlo, & Banks (Trans)
 1:30 pm Movie: Snow White & 3 Stooges (Thtr)
 2:30 pm Cribbage (SCR)
 4:00 pm Happy Hour (Bistro)
 6:30 pm Entertainer's "A Love Story" (PAC)

7:30 am Men's Christian Fellowship (LCR) **28**
 1:00 pm Advanced Line Dancing (PAC)
 1:30 pm Game Play (LCR)
 1:30 pm Movie: Waitress (Thtr)
 6:15 pm Trivia Group (Ante)
 6:30 pm Movie: Snow White & the Three Stooges (Thtr)

8:00 am Church of Christ Service (PAC) **29**
 10:00 am Worship Service (PAC)
 1:30 pm Movie: One Fine Day (Thtr)
 4:00 pm Movie: One Fine Day (Thtr)
 6:30 pm Movie: Snow White & the Three Stooges (Thtr)

8:00 am Get Physical with Kim (Oasis) **30**
 9:30 am Advanced Water Aerobics (Pool)
 9:30 am Group Exercise (PAC)
 10:00 am Hobby Pines Group (Hobby Shop)
 10:30 am Beginners Billiards (Billiard Room)
 10:30 am Chair Yoga (PAC)
 1:30 pm Game Play (LCR)
 6:00 pm Mexican Train Dominos (Ante)
 6:00 pm BINGO (PAC)
 6:30 pm Residents Choice Movie Night (Thtr)

9:00 am Dr. Abutineh MD (WC) **31**
 9:30 am Advanced Water Aerobics (Pool)
 10:30 am Cardio Move & Strength (PAC)
 1:15 pm Line Dancing (PAC)
 1:30 pm Movie: Retribution (Thtr)
 1:30 pm Bunko (SCR)
 3:00 pm Allen Childress Presents "Preventing Online Fraud" (PAC)
 6:30 pm Movie: Retribution (Thtr)



ABBREVIATIONS KEY

- Thtr - Theater
- Dining Room
- PAC - Performing Arts Center
- BR - Billiard Room
- Trans - Transportation
- HS - Hobby Shop
- SCR - Small Card Room
- A&C - Arts & Crafts Studio
- LCR - Large Card Room
- WC - Wellness Clinic
- Pool/Oasis
- Sunroom

March 2026 EVENTS

Mar 1: Church of Christ Service

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

Mar 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.

Mar 1: Music: Marilyn Garziona

Please join us in the Lobby at 1:00 pm to enjoy a performance by our very own Marilyn Garziona. This is an afternoon you don't want to miss.

Mar 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.

Mar 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.

Mar 2: Group Exercise

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

Mar 2: Poetry & Writing Club

The Poetry & Creative Writing Club meets on the 1st Monday of every month at 9:30 am in the A&C Studio. This month's prompt "It began to snow about 4 O'Clock in the afternoon...". Be sure to check our stories in the Pinecone. They are sure to entertain and get your creativity flowing.

Mar 2: Hobby Pines Group

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

Mar 2: Billiards Group

Beginners Billiards Group meets on Mon-

days 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!

Mar 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.

Mar 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.

Mar 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.

Mar 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.

Mar 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.

Mar 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.

Mar 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, March 3rd. Sign up in Resident Programs. Lobby time is 10:00 am. Transportation fee is \$5. Don't forget your lunch money!

Mar 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.

Mar 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.

Mar 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.

Mar 3: BUNKO

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

Mar 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!

Mar 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.

Mar 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.

Mar 4: Needle Arts Group

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

Mar 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!

Mar 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.

Mar 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.

Mar 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.

Mar 5: Travelers: Calvary Episcopal Lenten Series

Join the travelers to Calvary Episcopal for their 103rd Lenten Preaching Series, on Thursday, March 5th. Drew Jackson, the speaker, is a poet, speaker, public theologian, and Managing Director of Formation at the Center for Action and Contemplation. He is the author of *God Speaks Through Wombs*, a finalist for the Christian Book Award, and *Touch the Earth*, named one of Sojourners' Best Books of 2023. His work blends poetry, theology, and social reflection, inviting readers into embodied, justice-rooted spirituality. Before listening to Mr. Jackson, we will enjoy lunch at The Waffle Shop. Sign up in Resident Programs. Transportation fee is \$5. Lobby Time 10:00 am. Don't forget your lunch money.

Mar 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.

Mar 5: Wellness Talk with Angela

March is National Nutrition Month, established by the Academy of Nutrition and Dietetics, and it reminds us that the foods we eat are not just meals, they are medicine for movement. In therapy, we often talk about function (your ability to perform activities of daily living, like dressing, bathing, cooking, and walking to the dining room). In therapy, our goal is not just exercise, it is INDEPENDENCE. Nutrition is not just about eating, it is about strengthening your function, protecting your independence, and improving your quality of life. Join us in the Sunroom on Thursday March 5th, at 2:00 pm to learn more.

Mar 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.

Mar 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.

Mar 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.

Mar 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!

Mar 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!

Mar 6: Music: Al Mahan

Just a man and his guitar, Pastor Al Mahan loves to entertain his audiences with classics, stories, and impersonations. He will have you laughing & your toes tapping during his performance. Music begins in the PAC at 6:00 pm.

Mar 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.

Mar 7: Women in the Arts

Join the Travelers for a vibrant day honoring the creativity, talent, and voices of women artists at the Dixon Art Gallery & Gardens! Enjoy inspiring talks, musical performances, and an artist market featuring one-of-a-kind works. Don't miss special guest speaker, author of *Memphis*, Tara M. Stringfellow. Celebrate art of all forms while connecting with a community

that uplifts and empowers women in the arts. Lobby time 9:45 am. Sign up in Resident Programs. Transportation fee is \$5.

Mar 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.

Mar 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.

Mar 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.

Mar 11: Garden Gro'ers

March is the gateway to spring. 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.

Mar 11: Recipe Wednesday

Attention Kirby Pines Residents! Every month on the 2nd Wednesday, Chef Harold makes 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!"

Mar 12: Resident Association Meeting

The Kirby Pines Resident's Association will meet March 12 at 2:00 pm in the PAC. Our speaker will be our own Executive Director, Michael Brown. He will be speaking on current conditions and updates here at Kirby.

Mar 13: Music: Opera Memphis: A Fond Farewell

Join us as we sing some of opera's greatest hits and celebrate our three 2025-2026 Handorf Company Artists before they embark on their next musical journey. This is a performance you don't want to miss. Showtime is 6:00 pm in the PAC.

Mar 14: Travelers: Daffodil Show

Join the Travelers to 14th annual Daffodil Show hosted by the Dixon and the Mid-South Daffodil Society. This is the best way to see the many different varieties of daffodils that can be successfully grown

in our area. See the many colors (white, green, yellow, pink, orange, and red), shapes and forms available. Nothing beats seeing all the different blooms! Sign up in Resident Programs. Transportation Fee is \$5, & don't forget your lunch money.

Mar 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 March will be Science & Nature. However, Trivia questions can be presented on any topic. Join us at 6:15 pm in the ante room.

Mar 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.

Mar 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.

Mar 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.

Mar 18: Lunch Bunch: Libro in Novel Bookstore

Join the Lunch Bunch to Libro located inside Novel. Libro offers an intimate, relaxed atmosphere paired with a refined dining experience (the perfect setting for nourishing mind and body). After lunch, we will shop at Novel which is a well loved bookstore in the heart of East Memphis. Sign up in Resident Programs. Transportation fee is \$5. Don't forget your lunch money!

Mar 20: Art Opening

Join us in the PAC at 2:00 pm to hear from our local artists here at Kirby, see their new work. Refreshments will be served throughout. We hope to see you there!

Mar 20: Music: Rob Haynes

Join us in the PAC for the one & only Rob Haynes. With a style like none other, come listen & enjoy this wonderful performance. Music begins at 6:00 pm in the PAC. This is a crowd favorite that you don't want to miss!

Mar 21: Music: Encore Springtime Serenade

Encore is a curated group of instrumental musicians from Briarcrest Christian School who share their talents through solo performances and special events. Spanning multiple styles and composers, the program highlights the individuality and artistry of each performer. Like spring in full bloom, the music will unfold in a variety of colors and textures, offering an afternoon of beauty and renewed energy for all in attendance. Be in the PAC at 3:00 pm for this uplifting performance.

Mar 24: Book Baggers

"Theo of Golden" is the first novel by Allen Levi. This novel seems to be on everyone's "must read" list! Wendy Humphries, daughter of Sydney Wagner, will be coming from her home in Arkansas to lead the discussion. You won't want to miss this opportunity to invite a friend or new neighbor. Join us in the chapel Tuesday, March 24, at 9:30 am. We will be gather to share insights from this new book on the market.

Mar 24: Charlie Day

Join us in the Dining Room for a special Charlie Day Breakfast at lunch & dinner, featuring his famous biscuits & jam. You will need to bring your updated Face Sheet as your entry ticket for the meal.

Mar 24: J.P. Goble: Estate Planning Strategies

Join us in the PAC at 3:00 pm to hear J.P. Goble {CPA and CFP} with "Your Family Matters, LLC" discuss effective estate planning and gifting strategies in light of the recently passed "Big Beautiful Bill". J.P will discuss ways to reduce taxable estates, avoid future estate taxes, and manage the transfer of wealth. He will also field your questions regarding how this new legislation will affect you during the coming years.

Mar 24: Girls' Night Out

Come join the "girls" for an evening of popcorn and a great movie, "The Last Word". It is sure to be a fun night for ev-

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

Mar 25: Tax Prep Services

We have a wonderful group of tax prep volunteers coming to Kirby Pines to assist with your taxes. Spots are limited. Sign up in resident programs to reserve your time slot. When you sign up, make sure to pick up your intake form which will be located next to the sign-up sheet. The time slots are from 9:00 am - 12:00 pm in the LCR.

Mar 25: Travelers: Calvary Episcopal Lenten Series

Join the travelers to Calvary Episcopal for their 103rd Lenten Preaching Series, on Wednesday March 25th. The Rev. Barbara Brown Taylor, the speaker, is a New York Times bestselling author, Episcopal priest, and teacher. After serving congregations in urban and rural Georgia, she became the first Butman Professor of Religion and Philosophy at Piedmont College, where she taught until 2017. She is the author of numerous beloved books on faith, doubt, and spiritual life and is a sought-after speaker at gatherings across the country. Before listening to Barbara, we will enjoy lunch at The Waffle Shop. Sign up in Resident Programs. Transportation fee is \$5. Lobby Time 10:00 am. Don't forget your lunch money.

Mar 27: 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.

Mar 31: Allen Childress: Preventing Online Fraud

"Preventing Computer Fraud" Provides practical knowledge to recognize and avoid common online scams like phishing, tech support fraud, and impersonation calls. It stresses the importance of staying in control by hanging up on suspicious contacts and verifying independently using official numbers from your card or trusted sources. Attendees will leave empowered with simple, confidence-building strategies to navigate the digital world more safely. Join us in the PAC at 3:00 pm for this informative presentation.

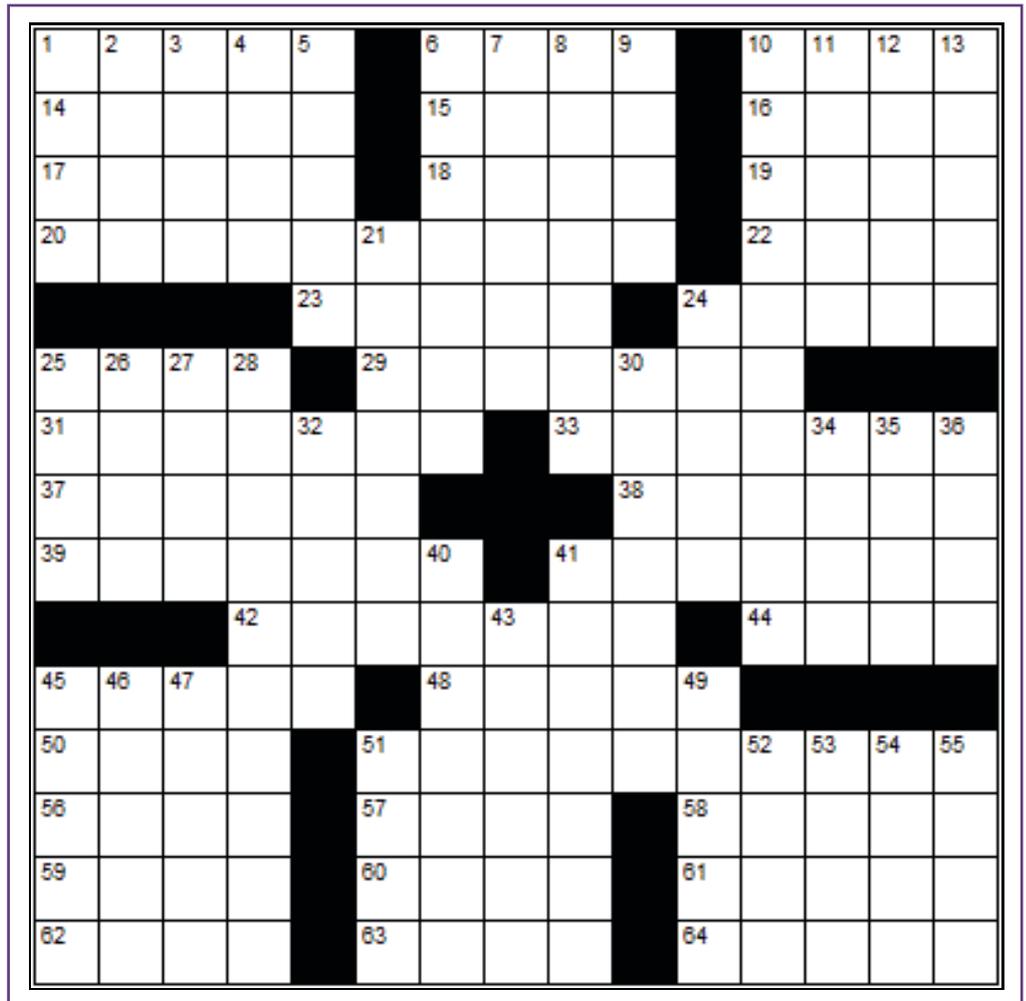
PUZZLE CHALLENGE | Giant Crossword

ACROSS

1. Old Jewish scholars
6. Naked
10. Epic fail
14. Hush
15. Ardent
16. Molten rock
17. Extreme
18. Adhesive strip
19. Ends a prayer
20. Soaking up
22. Encircle or bind
23. Dogs wag these
24. Defeats
25. Harbor
29. Set up
31. Worshipful
33. Be like
37. Rat or mouse
38. Prepared for a shock
39. Hairdos
41. Striking
42. Nearest orbital point
44. Countercurrent
45. Delicacy
48. Lower part of the abdomen
50. Bankrolls
51. Encouraging
56. Mid-month days
57. Anagram of "Neat"
58. Formula 1 driver
59. Citrus fruit
60. Frosts, as a cake
61. Love intensely
62. Burden
63. Dregs
64. Confectionery

DOWN

1. Blue shade
2. Onion or tulip or light
3. Morsels
4. Pertaining to flight
5. Begin
6. Clobbering
7. Services
8. Comeback



9. Biblical garden
10. Whip
11. Female demon
12. Blatant
13. Trousers
21. Artist who paints
24. Say impulsively
25. Role
26. Fragrance
27. Was a passenger
28. Transgressed
30. Of the surrounding area
32. A picture-in-picture
34. Caustic
35. Be inclined
36. Jittery
40. Absolute quiet
41. A female heir
43. A small chin beard
45. Ribbed fabric
46. Audio communication device (see photo for hint)
47. Swelling

49. Glacial ice formation
51. Salute
52. Nil
53. Computer symbol
54. Geek
55. Between black and white



Puzzle Solution - page 22

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS AND GROUNDHOG DAY



Mary Stagg celebrates her birthday with friends Rhetta Watkins, Donna Griffin, Sarah McCallum and Jeannie Valentine.



Michael Semore is surrounded by his friends, Lynn Allison, Janie Smith and Joan Dodson for his birthday.



Jean Harvell is joined, in honor of her 90th birthday, by her family.



Charlie Parrott celebrates another trip around the sun at Kirby Pines.



Barbara Burk is accompanied by her husband, Rick, at her birthday bash.



Kirby Pines celebrated Groundhog Day in style by wearing animal prints all day! Pictured L-R: Our Groundhog Twins, Susan Flake and Lois Dazey; Clay Shaw in the Library, Barbara Worrell in a safari sweater; and Paula Cwikiel with Paula Hanson ready for lunch in their spots.

PICTURING LIFE AT KIRBY PINES

SUPERBOWL AND VALENTINE'S DAY



Super Bowl Sunday is always a good time at Kirby Pines with our own version of a tailgate party. Pictured L-R: Marcia Fraley grabbing a hot dog; Jeanette Martin and Jane Longfield; Ginger Blount and Mary Lee Boggs; Janice Wall and Katy Dorsey.



So much love at our Valentine's Dance, looks like a good time was had by all. Pictured L-R, John & Jody Sosh; Nancy Wark and Janet Stephens; Jeanne Griffis and Sharon Sharrow



More fun from our Valentine's Dance. Pictured L-R: Jack & Anne Miller, Frank Brown and Cheryl Wood; Martha & Ron MacDonald

PICTURING LIFE AT KIRBY PINES

FAT TUESDAY AND GOOD TIMES



Laissez les bons temps rouler - Let the Good Times Roll! Celebrating Fat Tuesday at Kirby Pines. Pictured L-R: Colleen Thompson and Nancy Pickett; Gloria Holman; Ronny Copeland.



Nothing like some Mardi Gras fun to put smiles on your face. Pictured L-R: Don & Pat Meiners; Bonnie Nowlin; Marcy Pugh and Kate Foster.



Our puzzle table is always a great place to socialize. Sydney Wagner and Bruce Batt sort through the pieces. Photo by Carolin Thomason.



The Travelers headed down the Mississippi River to Tunica. Pictured here are Jane Hodge, Maury & Barbara Phillips and Marcia & Richard Fraley outside the museum.

KIRBY PINES PHOTO CLUB

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

We decided to have fun for National Employee Appreciation Day and Laughter Day - ENJOY!



Photo by Ginger Blount



Photo by Sydney Wagner



Photo by Fred Dabrowski



Photo by Stuart Eyman

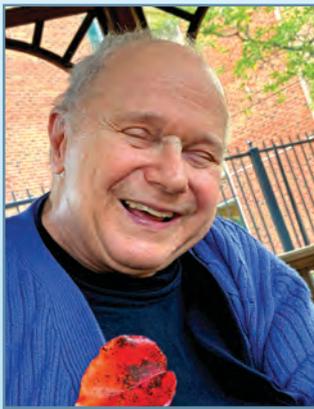


Photo by Jane Longfield



Photo by Sylvia Statham



Photo by Mary Ann Thurmond



Photo by Anne Miller



Photo by Dale Jones



Photo by Hugh Wilson



Photo by Arrena Cheek



Photo by Janet Stephens



Photo by Sheryl Maxwell



Photo by Carolin Thomason



Photo by Diane Mullins

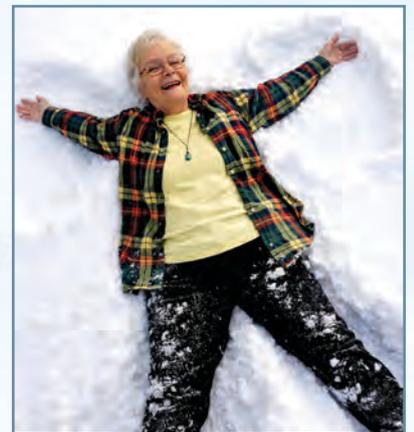


Photo by Nancy Wark

GIANT CROSSWORD

Y T O T H E W O R
A R T E F L O R
G O T O R I L M

A	B	B	A	S		B	A	R	E		F	L	O	P
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L	I	M	E		I	C	E	S		A	D	O	R	E
L	O	A	D		L	E	E	S		C	A	N	D	Y

ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

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to the Garden Gro'ers

Donation by Sydney Wagner
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Donation by Jim & Joy Coleman
to the Employee Fund

Donation by Mary Lee & Carl Boggs
to the Book Baggers

Donation by Mike Jaeger
to the Garden Gro'ers

LEOTA CRANFORD

Donation by the
Kirby Pines Resident Association
to the Employee Fund

In Memory Of

JOYCE CASADA

Donation by Barbara Hanrahan
to the Entertainers

Donation by Jim & Joy Coleman
to the Entertainers

In Honor Of

MARK MAXWELL

Donation by the Kirby Pines
Library Committee
to the Hobby Shop

Donation by Nancy Wark
to the Hobby Shop

Donation by Mary Lee & Carl Boggs
to the Hobby Shop



THE KIRBY PINES FOUNDATION

A WIN - WIN EFFORT

The Kirby Pines Foundation's mission is to provide philanthropic support and assistance to residents who may need the help of others through no fault of their own.

DONATIONS

Anyone can make a donation directly through Kirby Pines
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FOR MORE INFORMATION

Contact Tim Cox at tcx@retirementcompanies.com

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**Executive Assistant and Gift Shop Manager, Pam Shatraw,
with Resident, Volunteer and Friend, Irene Baker.
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