

the PINECONE

The Magazine of Kirby Pines LifeCare Community • July 2026 | V. 44 | I.7



U.S. ARMY VETERAN MAURY PHILLIPS & HIS WIFE BARBARA
wearing the good 'ol red, white & blue to cheer on the semiquincentennial of this great country at Kirby Pines.

America 250 & What It Means to Me

America 250, officially known as the semiquincentennial, marks the 250th anniversary of the signing of the Declaration of Independence. As the nation approaches this historic milestone on July 4th, the question of “What it means to me” has sparked a massive nationwide dialogue.

Today, I want to give you my impression of what it means to our residents and staff here at Kirby Pines.

We celebrate the diversity of our cultures, yet come together as a United Community, where varying opinions can be shared openly and respected. We live in an imperfect city, state and nation, but our country is the best by far. We pray for it every day.

We proudly display our flag. Naturally. Respectfully. It is part of who we are. There are things that concern us, we are uncomfortable with the level of public discord between the parties yet support the right of everyone’s opinion.

We celebrate all of our Veterans, especially

at Kirby Pines

those 78 who live at Kirby Pines. We support our law enforcement and first responders, in all sizes, shapes, and uniforms. On July 1st through July 5th, we will all be wearing red, white, and blue.

On Friday, July 3rd, at 6:00 pm, please consider joining us for a night of “Jubilation Jazz!” Reservations are required, but what a way to kick off this “Once in a Lifetime Celebration!”

Even if you cannot join us, please find a moment to wish this GREAT, yet imperfect nation of ours a very “Happy Birthday!!”



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

INSIDE THIS MONTH’S PINECONE

Kirby Pines Celebrates Independence

This month, the United States will commemorate the 250th anniversary of the signing of the Declaration of Independence, first adopted in Philadelphia on July 4, 1776. Known as America 250, this historic milestone honors the nation’s founding principles of liberty and self-government while also reflecting on how those ideals have evolved over two and a half centuries. Through exhibitions, public programs, and community initiatives across the country, the semiquincentennial will serve as both a celebration of American history and an invitation to consider the nation’s continuing pursuit of a more perfect Union.

Independence is the ability to care for your own needs, make your own decisions, and accept responsibility for those decisions while remaining mindful of the people and environment around you.

Living in a community like Kirby Pines, however, reminds us that even independent people rely on others. We depend on friends, family, and staff for companionship, entertainment, and care. We also rely on one another as neighbors, creating a community where everyone looks out for each other so that we can all feel safe, happy, and loved.

Our front cover features Maury and Barbara Phillips proudly showing their patriotic spirit during our America 250 photoshoot. As you can see, they have a deep love for the United States. We also extend our sincere thanks to Maury for his service in the U.S. Army.

Our back covers reflect the tremendous pride and loyalty that our residents share for both their community and their country. In America We Trust - God Bless the USA!



John & Jody Sosh are ready for the 4th of July!



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REFLECTIONS ON PATRIOTISM AT KIRBY PINES



MICHAEL BROWN

Air Force Veteran and Kirby Pines Executive Director

"In 1975, patriotism did not lead me to serve, opportunity did. I needed help paying for college and soon a young bride. ROTC gave me a path, some money in my pocket, and could be paid back over time. I had no idea what that decision was going to do for me.

In 1977, I entered Active Duty Air Force. During the next ten years, I saw the difference between the U.S. and other countries. I saw how we were there when other nations called. I learned teamwork, leadership, and commitment. A commitment I was willing to die for, if called upon. I still salute my flag, I say the Pledge of Allegiance, I still love my country and I would still serve if I could. I am a proud American."



RANDY BROWN

Marine Veteran and Kirby Pines Resident since 2026

"I joined the United States Marine Corps on 20th February 1957 and served until 19th February 1965. I was a rifleman O3 E-4. I was an MP in the 3rd Battalion 8th Marines. I received an honorable discharge. Like all service members, we signed the same papers to support and defend The Constitution of the United States of America from all enemies, both foreign and domestic. This meant up to and including the forfeiting of our lives. So, help us God! On this very day, I can barely hold back the tears when I pledge to the flag. I have known many Marines who were required to give their lives.

This is what Patriotism is to me. It was a profound honor to serve my country along with those who perished in battle. We can never forget their sacrifice. Semper Fi. Always Faithful."

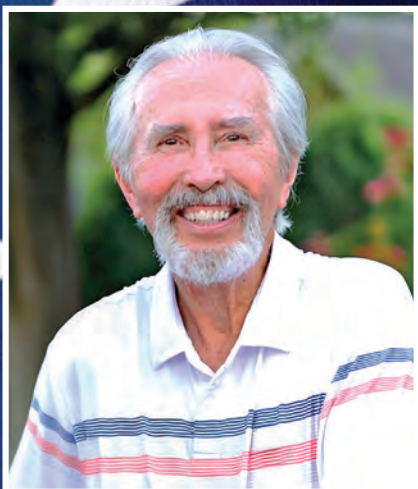


CAROLINE THOMAS

Army Veteran and Kirby Pines Resident since 2015

"When I graduated from high school, I decided that I would go into the Army. When I finished boot camp my company cadre asked me if I would go to Airborne School. I was then assigned to the 101st Airborne/Air Assault Division at Ft. Campbell, Kentucky. Once there I was asked to go to Air Assault School. Air Assault School teaches you how to jump out of a helicopter. After 3 years at the 101st, I was transferred to Korea and was stationed with the 2nd Infantry Division.

Patriotism means loving your country and being committed to its growth. It is more than blind loyalty, but a dedication to the continuous improvement, a respect for fellow citizens, and a strong belief in the country's core principles. Patriotism is loyalty. It's a devotion to the place and the way of life it affords us. It is loving our freedom."



JOHN ELLI

Air Force and Navy Veteran and Kirby Pines Resident since 2022

"The United States is celebrating it's 250th birthday. I am a retired veteran of two branches; the Air Force and the Navy. Today, this country is totally different than 60 years ago when I joined the Air Force. At that time, there was a sense of obligation to defend this country against all enemies foreign and domestic (from the oath taken at enlistment).

Patriotism for me is that sense of obligation to do exactly that, defend this country and its way of life from those who are determined to tear down what has taken 250 years



How Strength Training Adds Years to Life – and Life to Your Years

Strength training isn't just for athletes or the young — it's one of the most powerful longevity tools available to older adults. In fact, research consistently shows that maintaining and building muscle after 60 can dramatically improve healthspan, independence, and overall quality of life. The goal isn't to "bulk up." It's to stay strong enough to keep living life on your own terms.

Strength Training Protects Your Body as You Age

After age 40, adults naturally lose 3–8% of muscle mass per decade, a process called sarcopenia. Without intervention, this loss accelerates in the senior years — affecting balance, metabolism, mobility, and even the ability to perform daily tasks. Strength training slows this decline and can even reverse it. When seniors lift weights, use resistance bands, or perform bodyweight exercises, they stimulate muscle fibers, strengthen bones, and improve joint stability. This reduces fall risk, supports healthy weight, and keeps the body resilient.

Strong Muscles, Strong Mind

Muscle isn't just physical — it's neurological. Strength training increases blood flow to the brain, supports memory, and enhances cognitive function. Studies show that older adults who engage in regular resistance training experience improvements in executive function, focus, and mood. Movement that challenges the body also challenges the brain, creating new neural pathways that support long-term brain health.

Longevity Through Strength

One of the most compelling benefits of strength training is its impact on longevity. Seniors who maintain muscle mass have lower rates of chronic disease, better cardiovascular health, and significantly reduced mortality risk. Muscle acts like a metabolic engine — improving insulin sensitivity, reducing inflammation, and supporting overall vitality. Simply put: strong muscles help you live longer and live better.

Fitness That Builds Community

Group strength classes, partner workouts, and community fitness programs give seniors more than physical benefits — they create connection. Social engagement reduces loneliness, boosts emotional well-being, and keeps people motivated. Many older adults find that strength training becomes a joyful part of their routine because it's shared with others who encourage and uplift them.

The Bottom Line

Strength training is one of the most effective ways for seniors to stay independent, energized, and mentally sharp. It supports every system in the body, protects against age-related decline, and adds meaningful years to life. Aging is inevitable — but how you age is powerfully influenced by how you move.

Kirby Pines provides fitness classes Monday - Friday! Join us! - 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

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





Summer is a wonderful time to enjoy the outdoors. Whether you're taking a stroll through the community, relaxing on the patio, gardening, or attending outdoor events, spending time in the sunshine can boost mood and encourage physical activity. However, older adults should take extra precautions to protect themselves from the sun and heat.

As we age, our skin becomes thinner and more fragile, making it more susceptible to sunburn, injury, and skin damage. Certain medications commonly prescribed to older adults can also increase sensitivity to sunlight. Even on cloudy days, harmful ultraviolet (UV) rays can reach the skin and cause damage over time. If you notice a new skin lesion, a mole that changes in appearance, a sore that does not heal, or unusual skin discoloration, notify your healthcare provider promptly. Early detection is one of the best defenses against skin cancer and other skin conditions.



Before heading outdoors, apply a broad-spectrum sunscreen with an SPF of at least 30 to all exposed skin. Don't forget areas that

are often missed, such as the ears, neck, scalp, and tops of the feet. Reapply sunscreen every two hours outdoors and more frequently if sweating. Wearing lightweight long sleeves, sunglasses, and a wide-brimmed hat can provide additional protection.

Hot weather can also increase the risk of heat-related illness. Older adults may not feel thirsty as quickly as younger individuals, making dehydration a common concern during the summer months. Signs of dehydration can include dry mouth, headache, dizziness, fatigue, dark-colored urine, or confusion. To stay hydrated, drink water regularly throughout the day—even if you don't feel thirsty. Whenever possible, plan outdoor activities during the cooler morning or evening hours. Take frequent breaks in shaded or air-conditioned areas and avoid prolonged exposure to direct sunlight during the hottest part of the day, typically between 10:00 am and 4:00 pm.

Physical, Occupational, and Speech Therapists often help residents recognize changes that may affect safety during the summer months. Therapists can recommend strategies to conserve energy, improve endurance for outdoor activities, identify signs of heat intolerance, and promote safe participation in community events and exercise programs.

With a few simple precautions, you can enjoy all the benefits of summer while protecting your skin, staying hydrated, and remaining active. Stay safe, stay cool, and enjoy the sunshine responsibly!





Come Celebrate
***America's 250th Birthday
with Lunch at Kirby Pines***

Saturday, July 4th, 2026 | 11:00 am
In the Dining Room

**BBQ Ribs | Burgers | Hotdogs | Devilish Eggs
Baked Beans | Potato Salad | Coleslaw | Corn on the Cob
Watermelon | Novelty Ice Cream | Cookies**



Resident Spotlight: Andy Sippel

ALWAYS STAYING ACTIVE

Residents who are involved in the activities of Kirby Pines are extremely important and appreciated. Many of the entertainment and social events as well as staffing of areas such as the library, hobby and gift shops are available due to the time and talents of the residents. Kirby was truly blessed when Andy and Brenda Sippel moved to Kirby Pines. Andy soon began volunteering and participating in several activities. According to Andy, “I like to become involved wherever I am. I don’t enjoy being idle.”

Andrew Anthony Sippel is a true Memphian. He was born at St. Joseph’s Hospital (St. Francis) in 1939. His parents had moved here earlier from St. Louis, Missouri, to start a business, Western Textile Products Company (WTPC). Andy became a “big brother” when Thomas (Tommy) was born three years later. By the time Andy was ready to start school, his father had built the family a new home in the developing east Memphis area.

In 1944, when he was five years old, Andy was enrolled in the Memphis State University Campus School. This school, which trained teachers in a university setting, was known as an excellent school. Andy recalls, “It was frequently referred to as a ‘training school,’ which raised a few eyebrows!” For his last three years of high school, Andy transferred to Christian Brothers High School to better prepare for his future in engineering. Fortunately, he was accepted to Georgia Technical Institute and graduated in 1962 with a B.S. in Textile Engineering which prepared him to begin work in the business his father had established.

While in high school, and following his father’s death, Andy’s mother transferred their church membership to the newly formed Christ Methodist Church which was nearer to them. It was there that Andy met Pat Noel, a student at East High. They began dating, and although Pat enrolled in the University of Mississippi, their friendship blossomed, and they were married prior to Andy’s graduation from Georgia Tech. They returned to Memphis, and Andy began employment in the business his father had started twenty years earlier. Two children, Drew and D’anne, were added to the family. However, in 1978, Andy and Pat decided to end their marriage. Andy said the next few years were focused on getting Drew and D’anne through “Ole Miss!”

In 1985, Andy met Brenda Tate when she transferred membership to Christ Methodist Church and joined the Lamplighter class. They began dating, and together they attended the church retreat known as

Emmaus Walk. They soon decided to get married which necessitated that they move to a large home to accommodate five children. Brenda had three children from a previous marriage—Stephanie, Patrick and Jason. Brenda began teaching in the school at Christ Methodist and soon became beloved as a favorite teacher to many. She remained there until her retirement.

Andy worked at WTPC as an engineer for 13 years. During this time, he was the leader in setting up three new manufacturing plants in other states. He made the decision to start his own business as an independent sales representative and eventually partnered with his brother, Tommy, to form Andrew Sippel and Associates (ASA). They extended their business to include warehousing and distribution. Eventually, the business was sold, and Andy continued his career in work involving the sale of packaging materials. His first employment was with the Sternberger Company. “This was the first time I was not my own boss,” recalls Andy, “but, it was a good move.” However, Sternberger eventually sold to the Americraft Carton Company which later sold to a larger company, Graphic Packaging International, with operations in the United States and Europe. Andy remained employed through these transitions until his retirement in 2024.

Andy has always been an avid sports participant and supporter. In high school and college, he played baseball and basketball. Following college, he remained active in various sports. He continues to be a strong supporter of the University of Memphis sports and those involving his grandchildren. He also became heavily involved in duck hunting during the season. For several years, he and Tommy owned property which was managed for deer and waterfowl hunting. Now, Andy says he enjoys an occasional round of golf.

Prior to his retirement, Andy and Brenda decided they wanted to stay in Memphis near their family and friends. They wanted to remain independent so their children would not be burdened, and they wanted a home with less responsibility which would allow them to travel. According to Andy, “Our decision came quickly when we saw the beautiful grounds, the wide variety of activities, and met the friendly people at Kirby Pines. We always left with a warm and friendly feeling after every visit.” They moved to Kirby Pines in December 2024. Unfortunately, Brenda was diagnosed with a fast developing cancer and passed away in January 2026. Andy says, “Being at Kirby has been a blessing with the support given me since her death.”



Andy’s Graduation 1962

Andy is an asset to any community. He continues to be active in his adult Bible group at church and serves on several church council teams. He is very proud of his large number of grandchildren and great grandchildren and loves spending time and watching them develop. At Kirby, Andy is currently serving as the Marketing representative on the Advisory Committee; he plays bridge and belongs to the Garden and Photo Clubs. According to Andy, “I expect to become involved in other activities as time allows in the future.”

Written by Joan Dodson, Resident, Kirby Pines

REFLECTIONS

By
Maxie Dunnam



GROWTH IS NOT ACCIDENTAL

Growth is not accidental - it is intentional, purposeful. There are leaps which we make unconsciously, and great strides in development often come as by-products. Primarily, however, we make the decision to grow. This is not to say that we manufacture growth. We don't, no more than a doctor manufactures healing. We simply become persons open to the possibility and give ourselves to the conditions in which growth takes place. What are these conditions?

Most of us will probably have to begin by changing the focus of our life. We have lived either in the past or in the future. The past drags us down and fear of the future immobilizes us. Many are able to free themselves of the past. The forgiveness of God becomes a reality and they are able to leave the burdensome yesterdays behind. They look freshly to the future, but the uncertainty of it petrifies them.

There may be an even more common problem than either of these. Not a morbid memory of the past which drains our energies, or a fear of tomorrow which paralyzes us, but anticipating the future as the time of real possibility this is the false focus. It is as though we were saying, "I'll begin to live tomorrow!" Tomorrow can look so inviting, so challenging, so alluring. We are seduced by distant horizons that beckon us, and life is never really lived.

We need to change our focus to today, to now. This is the moment God has given us. It is the only moment over which we have any control. The past is history. We cannot affect it or change it. What is written is written! The future is unreal, because it is not yet ours. Today is the only real time.

July Vesper Services 6:30pm | Performing Arts Center

July 2: Dr. Jimmy Latimer
Senior Pastor, Redeemer Evangelical Church

July 9: Jerry Roberts
Lay Speaker, Second Presbyterian Church

July 16: David Love
Senior Adult Pastor, Ridgeway Baptist Church

July 23: Matthew Mitchell
Pulpit Minister, Woodland Hills Church of Christ

July 30: Hal Hall
Care Ministries Pastor, Christ Methodist Church

Congratulations to our **CHAMPION of the Month**

Medical Housekeeper - Environmental Services

MARY HERNANDEZ

Describe Your Family: My family is loving and caring.

Describe yourself in five words: Friendly, hardworking, respectful, honest and a team player.

Your favorite thing about your job: I like helping everyone.

Do you have any hobbies: I love to cook.

What do you do for fun: Take my kids to the movies.

Favorite food: Tacos and Rice. **Favorite song:** We Are The World by Michael Jackson.

What is something you are proud of: My kids.

What would you like people to know about you: I'm friendly, nice and enjoy helping people.



Mary is always a team player and she gets along with her coworkers very well. She is dependable, loyal and does a great job. She is very friendly and is always asking what she can do to help me and everyone else. We are very happy to have Mary on our team.

- Lavonica Brown, Supervisor, EVS

Poetry & Writing Club



Ken Carver

TOPIC OF THE MONTH:

Writer's Choice -
You choose the topic.



Flo Seward

COME JOIN THE CLUB

Monday, July 6th

at 9:30 am in the LCR

ODE TO THE SONGWRITER IN ME

Poem by Ken Carver

I don't think I shall ever see
Come to light, the song writer in me.
It's a talent quite elusive,
One I wasn't granted, so sad, so exclusive.



What kind of song would I write
Were the ability mine?
A song about Jesus
In strong tender rhyme.



I'm a child of the sixties,
Spent many hours rocking with
The Beatles, The Stones, The Animals, and others.
Glorifying God wasn't one of my druthers.

But God has changed me in the years since then.
Thankfully, I'm not what I might have been.
A new genre of song He's put in my heart.
It's all about Him, I declare from the start.



So, what kind of song would I write
Were the ability mine?
Praise and thanksgiving
Would fill every line.



Believers of every stripe would sing
Its verses with joy,
Heaping glory, and honor
Upon Jesus, their King.

But it seems the ability is not mine to claim,
Ability to write songs praising His Name.
But I don't question what might have been.
What counts is He saved me from my sin.

MEMORIES

Poem by Flo Seward

Our memories are gifts from God.
Helping us choose the path we trod.
Now that I've lived nearly a century, I know,
Those old memories seem to come and go.

It is in the evening when I retire,
Pull up the cover and close my eyes,
That those memories come rushing back.
Some feel like a bitter attack.

I've tried to live a Christ-like life,
Endured a long marriage full of strife.
But with faith in Your promises, I have endured,
Rearing five children who live Godly and pure.

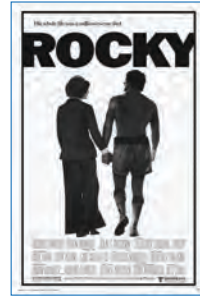
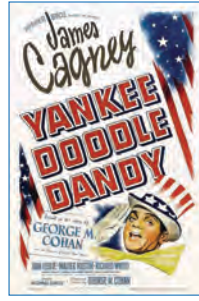
Your love has protected me all through these years.
Happiness has been mine. I've shed few tears.
Take me soon. I am weary and gray.
Though it is not my will. You have the final say.

I'll not bring my body, all old and wrinkled.
My ashes I leave for family to sprinkle.
Take me and use me for Your purpose each day.
To bring faith to the living as they find their way.

Then we'll all be united in Your kingdom above,
Doing Your will in a place filled with love.



MEET ME AT



CAPTAIN AMERICA: THE FIRST AVENGER (2011)

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

Cast: Chris Evans, Hugo Weaving, Samuel L. Jackson

Steve Rogers, a rejected military soldier, transforms into Captain America after taking a dose of a “Super-Soldier serum”. But being Captain America comes at a price as he attempts to take down a warmonger and a terrorist organization.

JAWS (1975)

Friday, July 3 | 1:30 pm

Saturday, July 4 | 6:30 pm

Sunday, July 5 | 6:30 pm

Cast: Roy Scheider, Robert Shaw, Richard Dreyfuss

When a massive killer shark unleashes chaos on a beach community off Long Island, it's up to the local police chief, a marine biologist, and an old seafarer to hunt the beast down.

FLAGS OF OUR FATHERS (2006)

Saturday, July 4 | 1:30 pm

Cast: Kathy Bates, Jessica Tandy

Evelyn, an ordinary housewife, visits a nursing home and befriends the old lady Ninny. Together, they bond over stories from the past about two intrepid women of Whistle Stop Cafe.

YANKEE DOODLE DANDY (1942)

Sunday, July 5 | 2:30 pm

Cast: Ryan Phillippe, Barry Pepper, Joseph Cross

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

ROCKY (1976)

Tuesday, July 7 | 1:30 pm & 6:30 pm

Cast: Sylvester Stallone, Talia Shire, Burt Young

A small-time Philadelphia boxer gets a supremely rare chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect.

INDEPENDENCE DAY (1996)

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

Cast: Will Smith, Bill Pullman, Jeff Goldblum

The aliens are coming and their goal is to invade and destroy Earth. Fighting superior technology, mankind's best weapon is the will to survive.

GREASE (1978)

Friday, July 10 | 1:30 pm

Saturday, July 11 | 6:30 pm

Sunday, July 12 | 6:30 pm

Cast: John Travolta, Olivia Newton-John

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

THE AVIATOR (2004)

Saturday, July 11 | 1:30 pm

Cast: Leonardo DiCaprio, Cate Blanchett

A biopic depicting the early years of legendary director and aviator Howard Hughes' career from the late 1920s to the mid 1940s.

THE SANDLOT (1993)

Sunday, July 12 | 2:30 pm

Cast: Tom Guiry, Mike Vitar, Art LaFleur

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

REMEMBER THE TITANS (2000)

Tuesday, July 14 | 1:30 pm & 6:30 pm

Cast: Denzel Washington, Will Patton, Wood Harris

In 1971, Virginia high-school football was everything to the people of Alexandria, but when the school board was forced to integrate an all-Black school with an all-White one, the foundation of football's tradition was put to the test.



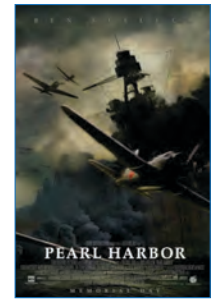
NO COUNTRY FOR OLD MEN (2007)

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

Cast: Tommy Lee Jones, Javier Bardem, Josh Brolin

Violence and mayhem ensue after a hunter stumbles upon the aftermath of a drug deal gone wrong and over two million dollars in cash near the Rio Grande.

THE MOVIES



HOW THE WEST WAS WON (1962)

Friday, July 17 | 1:30 pm

Saturday, July 18 | 6:30 pm

Sunday, July 19 | 6:30 pm

Cast: James Stewart, John Wayne, Gregory Peck

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

MISSION IMPOSSIBLE (1996)

Saturday, July 18 | 1:30 pm

Cast: Tom Cruise, John Voight, Emmanuelle Béart

An American agent, under false suspicion of disloyalty, must discover and expose the real spy without the help of his organization.

LITTLE MISS SUNSHINE (2006)

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

Cast: Steve Carell, Toni Collette, Greg Kinnear

A family determined to get their young daughter into the finals of a beauty pageant take a cross-country trip in their VW bus.

HARRIET (2019)

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

Cast: Cynthia Erivo, Janelle Monáe, Leslie Odom Jr.

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroines, whose courage, ingenuity and tenacity freed hundreds of slaves and changed the course of history.

YOUNG AT HEART (1954)

Friday, July 24 | 1:30 pm

Saturday, July 25 | 6:30 pm

Sunday, July 26 | 6:30 pm

Cast: Frank Sinatra, Doris Day, Gig Young

The life of the youngest of three sisters in a musical family is complicated by the separate arrivals of a charming composer and a cynical music arranger.

SECONDHAND LIONS (2003)

Saturday, July 25 | 1:30 pm

Cast: Michael Caine, Robert Duvall

Fourteen-year-old Walter Caldwell's irresponsible mother Mae sends him to live with his bachelor uncles, Hub and Garth, so that she can go on yet another husband-hunting trip.

PEARL HARBOR (2001)

Sunday, July 26 | 2:30 pm

Cast: Ben Affleck, Kate Beckinsale, Josh Hartnett

A tale of war and romance mixed in with history. The story follows two lifelong friends and a beautiful nurse who are caught up in the horror of an infamous Sunday morning in 1941.

RAY (2004)

Tuesday, July 28 | 1:30 pm

Cast: Jamie Foxx, Regina King, Kerry Washington

The story of the life and career of the legendary rhythm and blues musician Ray Charles, from his humble beginnings in the South, where he went blind at age seven, to his meteoric rise to stardom during the 1950s and 1960s.

REMARKABLY BRIGHT CREATURES (2026)

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

Cast: Sally Field, Lewis Pullman, Colm Meaney

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

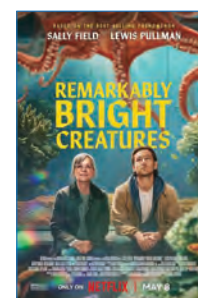


MOONSTRUCK (1987)

Friday, July 31 | 1:30 pm

Cast: Cher, Nicolas Cage, Olympia Dukakis

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

July 2026

ABBREVIATIONS KEY

- Thtr - Theater
- FDR - 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

<p>8:00 am ● Church of Christ Service (PAC) 5</p> <p>10:00 am ● Worship Service (PAC)</p> <p>2:30 pm ● Movie: Yankee Doodle Dandy (Thtr)</p> <p>6:30 pm ● Movie: Jaws (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 6</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>9:30 am ● Poetry & Writing Club (A&C)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Beginners Billiards (Billiard Room)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:00 pm ● Mexican Train Dominos (Ante)</p> <p>6:00 pm ● BINGO (PAC)</p> <p>6:30 pm ● Residents Choice Movie Night (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 7</p> <p>9:00 am ● Dr. Abutineh MD (WC)</p> <p>9:00 am ● Walking Club (Porte Cochere)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>10:30 am ● Travelers: <i>Davies Plantation</i> (Trans)</p> <p>1:00 pm ● Entertainer's Chorus Practice (Chapel)</p> <p>1:00 pm ● Duplicate Bridge Group (FDR)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Movie: Rocky (Thtr)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>3:00 pm ● KP Photo Club (Ante)</p> <p>6:30 pm ● Movie: Rocky (Thtr)</p>	<p>9:30 am ● Basic Water Aerobics (Pool) 1</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&C)</p> <p>11:00 am ● Travelers: <i>Dixon Art Gallery</i> (Trans)</p> <p>1:00 pm ● Needle Arts Group (Sunroom)</p> <p>1:00 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Mexican Train Dominos (Ante)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Captain America (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (PAC)</p> <p>6:00 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: Captain America (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 2</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger & Banks (Trans)</p> <p>1:00 pm ● Walmart, Costco, & Banks (Trans)</p> <p>1:00 pm ● Dr. Abutineh MD (WC)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● TV Series: The Crown (Thtr)</p> <p>2:00 pm ● Wellness Talk with Angela (Sunroom)</p> <p>3:00 pm ● Billiards Group (Billiard Room)</p> <p>6:30 pm ● Vespers (PAC)</p>	<p>9:00 am ● <i>Flag Raising Ceremony</i> (Front) 3</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</p> <p>10:00 am ● Cornhole Club (LCR)</p> <p>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</p> <p>1:30 pm ● Movie: Jaws (Thtr)</p> <p>2:30 pm ● Cribbage (SCR)</p> <p>4:00 pm ● Happy Hour (Bistro)</p> <p>6:00 pm ● Jubilation Jazz "Happy 250th USA Birthday Celebration" (PAC)</p>	<p>7:30 am ● Men's Christian Fellowship (LCR) 4</p> <p>10:00 am ● <i>4th of July Parade</i> (Lobby)</p> <p>11:00 am ● <i>4th of July Lunch</i> (Dining Room)</p> <p>1:00 pm ● Advanced Line Dancing (PAC)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Flags of Our Fathers (Thtr)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:30 pm ● Movie: Jaws (Thtr)</p> <p>6:30 pm ● Travelers: <i>Freedom Festival</i> (Trans)</p>
<p>8:00 am ● Church of Christ Service (PAC) 12</p> <p>10:00 am ● Worship Service (PAC)</p> <p>2:30 pm ● Movie: The Sandlot (Thtr)</p> <p>4:00 pm ● <i>Hymn Sing with Leon</i> (Chapel)</p> <p>6:30 pm ● Movie: Grease (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 13</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Beginners Billiards (Billiard Room)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>10:30 am ● Tech Time (Sunroom)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:00 pm ● Mexican Train Dominos (Ante)</p> <p>6:00 pm ● BINGO (PAC)</p> <p>6:30 pm ● Residents Choice Movie Night (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 14</p> <p>9:00 am ● Dr. Abutineh MD (WC)</p> <p>9:00 am ● Walking Club (Porte Cochere)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:00 am ● Women's Bible Study (Chapel)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>10:45 am ● Travelers: <i>Metal Museum</i> (Trans)</p> <p>1:00 pm ● Entertainer's Chorus Practice (Chapel)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Movie: Remember the Titans (Thtr)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>6:30 pm ● Movie: Remember the Titans (Thtr)</p>	<p>9:00 am ● Get Physical with Kim (Oasis) 15</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&C)</p> <p>10:00 am ● Caregiver Support Group (Ante)</p> <p>11:00 am ● Chair Yoga (PAC)</p> <p>1:00 pm ● Needle Arts Group (Sunroom)</p> <p>1:00 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Mexican Train Dominos (Ante)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: No Country for Old Men (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (PAC)</p> <p>6:00 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: No Country for Old Men (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 16</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger & Banks (Trans)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>11:00 am ● <i>Early Voting</i> (PAC)</p> <p>1:00 pm ● <i>Caring in Place Open House</i> (CIP)</p> <p>1:00 pm ● Walmart, Costco, & Banks (Trans)</p> <p>1:00 pm ● Dr. Abutineh MD (WC)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● TV Series: The Crown (Thtr)</p> <p>3:00 pm ● Billiards Group (Billiard Room)</p> <p>6:30 pm ● Vespers (PAC)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 17</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</p> <p>10:00 am ● Cornhole Club (LCR)</p> <p>10:15 am ● Strength Training (PAC)</p> <p>10:45 am ● Yoga Stretch (PAC)</p> <p>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</p> <p>1:30 pm ● Movie: How the West was Won (Thtr)</p> <p>2:00 pm ● <i>Art Opening</i> (PAC)</p> <p>2:30 pm ● Cribbage (SCR)</p> <p>4:00 pm ● Happy Hour (Bistro)</p> <p>6:00 pm ● <i>Music: Anthony & Pam Bollinger</i> (PAC)</p>	<p>7:30 am ● Men's Christian Fellowship (LCR) 18</p> <p>1:00 pm ● Advanced Line Dancing (PAC)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Mission Impossible (Thtr)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:30 pm ● Movie: How the West was Won (Thtr)</p>
<p>8:00 am ● Church of Christ Service (PAC) 19</p> <p>10:00 am ● Worship Service (PAC)</p> <p>11:00 am ● <i>July Birthday Brunch</i> (Dining Room)</p> <p>2:00 pm ● <i>FIFA World Cup Championship</i> (Thtr)</p> <p>6:30 pm ● Movie: How the West was Won (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 20</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Beginners Billiards (Billiard Room)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>10:30 am ● Tech Time (Sunroom)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:00 pm ● Mexican Train Dominos (Ante)</p> <p>6:00 pm ● BINGO (PAC)</p> <p>6:30 pm ● Residents Choice Movie Night (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 21</p> <p>9:00 am ● Dr. Abutineh MD (WC)</p> <p>9:00 am ● Walking Club (Porte Cochere)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>1:00 pm ● Entertainer's Chorus Practice (Chapel)</p> <p>1:00 pm ● Duplicate Bridge Group (FDR)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Movie: Little Miss Sunshine (Thtr)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>6:30 pm ● Movie: Little Miss Sunshine (Thtr)</p>	<p>9:00 am ● Get Physical with Kim (Oasis) 22</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&C)</p> <p>11:00 am ● Chair Yoga (PAC)</p> <p>1:00 pm ● Needle Arts Group (Sunroom)</p> <p>1:00 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Mexican Train Dominos (Ante)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Harriet (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (PAC)</p> <p>6:00 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: Harriet (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 23</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger & Banks (Trans)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>1:00 pm ● Walmart, Costco, & Banks (Trans)</p> <p>1:00 pm ● Dr. Abutineh MD (WC)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● TV Series: The Crown (Thtr)</p> <p>3:00 pm ● Billiards Group (Billiard Room)</p> <p>6:30 pm ● Vespers (PAC)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 24</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</p> <p>10:00 am ● Cornhole Club (LCR)</p> <p>10:15 am ● Strength Training (PAC)</p> <p>10:45 am ● Yoga Stretch (PAC)</p> <p>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</p> <p>1:30 pm ● Movie: Young at Heart (Thtr)</p> <p>2:30 pm ● Cribbage (SCR)</p> <p>4:00 pm ● Happy Hour (Bistro)</p> <p>5:00 pm ● Travelers: <i>Paint & Dip</i> (Trans)</p> <p>6:00 pm ● <i>Music: Rob Haynes</i> (PAC)</p>	<p>7:30 am ● Men's Christian Fellowship (LCR) 25</p> <p>1:00 pm ● Advanced Line Dancing (PAC)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Secondhand Lions (Thtr)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:15 pm ● Trivia Group (Ante)</p> <p>6:30 pm ● Movie: Young at Heart (Thtr)</p>
<p>8:00 am ● Church of Christ Service (PAC) 26</p> <p>10:00 am ● Worship Service (PAC)</p> <p>2:30 pm ● Movie: Pearl Harbor (Thtr)</p> <p>6:30 pm ● Movie: Young at Heart (Thtr)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 27</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Hobby Pines Group (Hobby Shop)</p> <p>10:30 am ● Beginners Billiards (Billiard Room)</p> <p>10:30 am ● Chair Yoga (PAC)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>3:00 pm ● Euchre (SCR)</p> <p>6:00 pm ● Mexican Train Dominos (Ante)</p> <p>6:00 pm ● BINGO (PAC)</p> <p>6:30 pm ● Residents Choice Movie Night (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 28</p> <p>9:00 am ● Dr. Abutineh MD (WC)</p> <p>9:00 am ● Walking Club (Porte Cochere)</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>9:30 am ● Book Baggers (Chapel)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>1:00 pm ● Entertainer's Chorus Practice (Chapel)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● Movie: Ray (Thtr)</p> <p>1:30 pm ● Bunko (SCR)</p> <p>6:15 pm ● Girls Night Out: The Glass Castle (Thtr)</p>	<p>9:00 am ● Get Physical with Kim (Oasis) 29</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Catholic Services (Chapel)</p> <p>10:00 am ● Pinecone Painters (A&C)</p> <p>11:00 am ● Chair Yoga (PAC)</p> <p>1:00 pm ● Needle Arts Group (Sunroom)</p> <p>1:00 pm ● Mah Jongg (LCR)</p> <p>1:30 pm ● Mexican Train Dominos (Ante)</p> <p>1:30 pm ● Game Play (LCR)</p> <p>1:30 pm ● Movie: Remarkably Bright Creatures (Thtr)</p> <p>2:00 pm ● Ballroom Dancing (PAC)</p> <p>6:00 pm ● Wednesday Bridge Group (LCR)</p> <p>6:30 pm ● Movie: Remarkably Bright Creatures (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 30</p> <p>9:30 am ● Advanced Water Aerobics (Pool)</p> <p>10:00 am ● Bible Study with Dave Phillips (Chapel)</p> <p>10:00 am ● Kroger & Banks (Trans)</p> <p>10:30 am ● Cardio Move & Strength (PAC)</p> <p>11:00 am ● Travelers: <i>Bass Pro Pyramid</i> (Trans)</p> <p>1:00 pm ● Walmart, Costco, & Banks (Trans)</p> <p>1:00 pm ● Dr. Abutineh MD (WC)</p> <p>1:15 pm ● Line Dancing (PAC)</p> <p>1:30 pm ● TV Series: The Crown (Thtr)</p> <p>3:00 pm ● Billiards Group (Billiard Room)</p> <p>6:30 pm ● Vespers (PAC)</p>	<p>8:00 am ● Get Physical with Kim (Oasis) 31</p> <p>9:30 am ● Basic Water Aerobics (Pool)</p> <p>9:30 am ● Group Exercise (PAC)</p> <p>10:00 am ● Walmart, Kroger Aldi, & Banks (Trans)</p> <p>10:00 am ● Cornhole Club (LCR)</p> <p>10:15 am ● Strength Training (PAC)</p> <p>10:45 am ● Yoga Stretch (PAC)</p> <p>1:00 pm ● Walmart, Kroger, Superlo, & Banks (Trans)</p> <p>1:30 pm ● Movie: Moonstruck (Thtr)</p> <p>2:30 pm ● Cribbage (SCR)</p> <p>4:00 pm ● Happy Hour (Bistro)</p> <p>6:00 pm ● <i>Music: Candace Mache</i> (PAC)</p>	

July 2026 EVENTS

July 1: Water Aerobics

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

July 1: Group Exercise

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

July 1: Catholic Services

The Church of the Holy Spirit will be holding Catholic services in the Chapel every Wednesday at 10:00 am. The 3rd Wednesday of each month is mass & communion. The Rosary will be offered all other weeks.

July 1: 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.

July 1: Travelers: Dixon Gallery

Join the Travelers to the Dixon Art Gallery for Munch and Learn: Washington Crossing the Delaware. Ellen Daugherty holds a PhD in art history from the University of Virginia. Her specialties include American art, modernism, the history of photography, and public monuments. Before joining the Dixon in 2023, Ellen taught for many years at local colleges and universities, including 14 years at the Memphis College of Art. We will enjoy food from Park & Cherry by Pre-Order. Make sure you fill out your order in the resident programs office when you sign up. The learning part is free. Transportation fee is \$5.

July 1: Needle Arts Group

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

July 1: Mah Jongg

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

July 1: 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.

July 1: Game Play Group

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

July 1: Ballroom Dancing

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

July 1: Bridge Group

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

July 2: Bible Study with Dave Phillips

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

July 2: Medical Director Dr. Mike Abutineh MD

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

July 2: Line Dancing

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

July 2: Series: The Crown

The Crown chronicles the life of Queen Elizabeth II, exploring her political rivalries, personal relationships, and the national events that defined Britain across the latter half of the 20th century. Showtimes are every Thursday at 1:30 pm.

July 2: Wellness Talk with Angela

Celebrating Independence: More Than a Holiday! As we celebrate Independence Day this July, we are reminded that independence is about much more than fireworks and flags. It is also about maintaining the freedom to enjoy the activities we love,

make our own choices, and continue living life on our terms. In therapy, independence means having the strength, balance, mobility, and confidence to safely participate in daily activities. Whether it's walking to the dining room, attending social events, gardening, shopping, or spending time with family and friends, every step toward improved health supports greater independence. Join us in the sunroom at 2:00 pm to learn more.

July 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!

July 3: Flag Raising Ceremony

Please join us under the Porte Cochere on Friday July 3rd at 9:00 am for a Flag Raising Ceremony to celebrate the 250th anniversary of our beautiful country.

July 3: Cornhole Club

Come out and join us for our newest trending game, cornhole. Whether you're new to playing, or an expert, everyone is welcome. Join us in the LCR at 10:00 am every Friday for a fun time.

July 3: 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!

July 3: 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!

July 3: Music: Jubilation Jazz

Join us in the PAC at 6:00 pm to celebrate the 250th USA Birthday! This is more than a Big Band Jazz Performance of many Patriotic Tunes. It's a celebration of the historic moments of America's 250 years—where we've been, who we are, & the enduring hope that still leads us forward. This is a one of a kind performance that your don't want to miss!



July 4: Men's Christian Fellowship

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

July 4: 4th of July Parade

Show your patriotism and community spirit! Don your red, white, & blue, put on your marching shoes, decorate a cart, and meet us in the Lobby at 10:00 am where the entertainers chorus will be kicking off the parade with a few patriotic tunes. Help us parade and spread our Patriotism and joy all around Kirby. Children, dogs, and guests are encouraged to march with us. As a special treat, The Memphis Majorette's will be joining us this year. The parade will exit the Lobby at 10:15 am.

July 4: Euchre

Come learn to play Euchre, Kirby Pines Newest Game! We play every Monday & Saturday at 3:00 pm in the SCR. Everyone is welcome & invited to join in on this fun game. If you have any questions, feel free to contact John Maxson.

July 4: Travelers: Freedom Festival

Celebrate Independence Day with the City of Lakeland at their 2nd annual Freedom Festival Saturday, July 4th. This event promises an evening of family-friendly fun and patriotic celebration. Attendees can look forward to live music, a variety of food trucks, a spectacular fireworks show to close out the night and much more. Lobby Time is 6:30 pm. Sign up in Resident Programs. Transportation Fee \$5.

July 5: Church of Christ Service

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

July 5: 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.

July 6: 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.

July 6: Poetry & Writing Club

The Poetry & Creative Writing Club meets on the 1st Monday of July at 9:30 am in the A&C Studio. This month's prompt "Write about a family trip or adventure." Be sure to check our stories in the Pinecone. They are sure to entertain & get your creativity flowing.

July 6: Hobby Pines Group

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

July 6: 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.

July 6: 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.

July 6: Resident's Choice Movie Night

Resident's choice movie night is going to be held every Monday night at 6:30 pm. Here is your chance to pick the movie. Let Sally Cook know the week before what movie you want to see.

July 7: Walking Club

Come walk with us! Kirby Pines walking group welcomes you to join in every Tuesday morning at 9:00 am. We meet under the Porte Cochere. When the weather is nice, we walk around outside and when it's raining we walk through the halls of Kirby Pines. No matter what your speed or pace is we encourage you to walk with us.

July 7: 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.

July 7: Travelers: Davies Plantation

Join the Travelers to tour the historic Davies Plantation Manor in Lakeland, TN. The Davies Manor log-house museum is Shelby County's oldest home & among the

oldest surviving structures in West Tennessee. After our tour we will enjoy lunch at Rotolo's Pizza. Lobby time is 10:30 am. Tickets are \$8 and transportation fee is \$5. Don't forget your lunch money!

July 7: Entertainer's Practice

If you enjoy singing, come join the Entertainers Chorus. We meet every Tuesday in the Chapel at 1:00 pm. Hope to see you there!

July 7 & 21: 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 FDR.

July 7: BUNKO

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

July 7: Photo Club

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

July 8: Garden Gro'ers

A garden is a friend you can visit anytime. 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.

July 9: Lunch Bunch: The Commissary

The Lunch Bunch is going to The Germantown Commissary on Thursday, July 9th. They are known for their homemade, slow cooked, Memphis-style BBQ. The transportation fee is \$5. Lobby time is at 11:00 am. Don't forget your lunch money!



July 9: Resident Association Meeting

Kirby Pines Residents Association meeting will be held on Thursday, July 9th at 2:00 pm in the PAC. We will welcome Dr. Jonathan Jones as our speaker.

July 10: 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.

July 10: 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.

July 10: Music: Wyndie Oh!

Let's give a warm Kirby Pines welcome to Wyndie Oh! Bringing you soulful sounds from the heart, Wyndie Oh & her skilled accompanist are sure to deliver a performance that will get you moving to the beat. Music begins at 6:00 pm.

July 11 & 25: Trivia Group

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

July 12: Hymn Sing with Leon

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

July 14: Women's Bible Study

Ladies, come join our new women's bible study organized by Germantown Presbyterian Church. We meet the 2nd Tuesday of the month at 10:00 am in the Chapel.

July 14: Travelers: Metal Museum

Join the Travelers to tour the Metal Museum in Downtown Memphis. Tours include a walkthrough of the buildings and sculpture garden, while learning about the history of the Metal Museum and the artwork currently on display. We make a stamped copper keychain before departing for lunch at the Green Beetle. Sign up in Resident Programs. Lobby time is 10:45 am. Tickets are \$20 and transportation fee is \$5.

July 15: Caregiver Support

Are you caring for a loved one? Our support group meets the 3rd Wednesday of every month in the Small Card Room at 10:00 am. We find support as well as comforting suggestions for unique problems. Caregiving is very difficult. Come be a part of our group.

July 16: Early Voting

Primary and General Election early voting will be held on Thursday, July 16th in the PAC at 11:00 am. The election commission group will stay after lunch and remain on site until 3:00 pm.

July 16: Caring In Place Open House

Join us for a special Open House on July 16th from 1:00 pm -2:00 pm! Enjoy refreshments & hors d'oeuvres while meeting our new Director, Brandy Pitman, & visiting with wonderful members of our Caring In Place team. We look forward to sharing how we can support you & your loved ones!

July 17: 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!

July 17: Music: Anthony & Pam Bollinger

Anthony & Pam Bollinger are original cast members & co-owners of The Bollinger Family Theatre, playing with other family members in a Branson Style variety show. Anthony plays keys and guitars, Pam plays percussion and both sing & harmonize. Join us in the PAC at 6:00 pm for this wonderful duo.

July 19: 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. For everyone else, make sure to fill out on RSVP form that can be found at the front desk.

July 19: FIFA World Cup

Join us in the Theatre at 2:00 pm to watch the World Cup Championship Game!



July 20: Tech Time

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

July 24: Travelers: Paint & Dip

Join the travelers for an evening of painting, snacks, and fun at our Adult Paint & Dip Night at IH Managerial Park in Lakeland, TN! No experience needed. Just come ready to relax and create something fun. Tickets are \$10 which includes all supplies & snacks. Transportation fee is \$5. Lobby time is 5:00 pm. Make sure to sign up in Resident Programs before July 15th to reserve your spot.

July 24: 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!

July 28: Book Baggers

Jeannette Walls has written a powerful memoir called The Glass Castle, which we will be discussing at our meeting. Mary Lee Boggs will be the leader of the discussion. She will be telling us about the author's successful career overcoming such a challenging childhood. Grab a friend or new neighbor and join us in the chapel at 9:30 am on Tuesday, July 28th.

July 28: Girls' Night Out

Come join the "girls" for an evening of popcorn & a great movie, "The Glass Castle". It is sure to be a fun night for everyone. Showtime is at 6:15 pm. Don't be late!

July 30: Travelers: Bass Pro

Let's go shopping with the Travelers at Bass Pro Shop located in the Memphis Pyramid. We will enjoy time to shop and have lunch at the Wahlburgers Wild. We will even take a trip up the elevator to the overlook of our beautiful city. Tickets are \$8 and transportation fee is \$5. Lobby time is 11:00 am. Hope to see you there!

July 31: Music: Candace Mache

Join us in the PAC to hear Candace Mache at 6:00 pm. Steeped in classic blues and Jazz, Candace Mache has the sultriness of Peggy Lee and the soul of Nina Simone. Candace is equally at home in an intimate New York nightclub or setting the tempo for the Swing dance set in New Orleans. Experience her dynamic and soulful approach to classic American songs.

SUDOKU IS EASY TO PLAY AND THE RULES ARE SIMPLE.

**Fill in the blanks so that each row, each column,
and each of the nine 3x3 grids contain
one instance of each of the numbers 1 through 9.**

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

PICTURING LIFE AT KIRBY PINES

RIVERBOAT CRUISE AND CARNIVAL MEMPHIS



The Travelers headed downtown to catch a ride on The Mississippi Queen for a riverboat cruise on the Mighty Mississippi. On the trip were Diane Mullins, Lynn Allison, Lee Todd, Barbara Frantz, Ronnie Copeland, Mike Jaeger, Mary Stagg, Katy & Bill Dorsey and Bankie McCarty. Pictured at right is Mike Jaeger at the concessions area on the boat.



Carnival Memphis made it's annual trip to Kirby Pines with everyone's (well, not everyone's) favorites, the pesky Boll Weevils. Pictured L-R: Peggy Gatlin with Carnival Queen, Eliza Hussey; Carnival King, Met Crump, with Caroline Thomas; Nancy Wark and Janet Stephens surrounded by some Weevils.



Originally formed to bring mischievous fun to the old Memphis Cotton Carnival, the Boll Weevils have evolved into a year-round charity organization, partnered with the Memphis Police Department and various non-profits. Pictured L-R with members are Marianne Schadrack, Sally Cook and Margaret Hubbert.

PICTURING LIFE AT KIRBY PINES

BIRTHDAYS, OUTINGS AND MORE!



Having a birthday at Kirby Pines is the best! Our staff, family and friends make sure everyone's day is special. Pictured from L-R: Warner Dickerson celebrates with friend, Jean Saunders; Martha & Ronald MacDonald have June birthdays, surrounded by friends Jim & Mary Lou Shannon and Geneva Jackson; Steve Tittle enjoys his day with wife, Linda.



Pictured L-R; Sylvia Statham and her son, Kevin, join the Lunch Bunch at the Arcade Restaurant; Mary Blanche Scott gets a visit from her grandson with his family - Photo by Sydney Wagner; Hugh Wilson, Graeme Gee, Fred Dabrowski and Jim Stanley (not pictured) participated in the Bartlett 5K. Fred & Graeme were #1 & #2 ages 75-79 and Hugh and Jim were #2 & #3 in the over 80 group!



The Travelers took a trip to Bluff City Thrift where Susie Thompson and Irene Baker checked out some styles and goofed around a bit while they were there.

Jim Stanley is visited by his daughter from North Carolina. Photo by Sydney Wagner

Alice Petty and Joan Dodson were feeling the red gingham together. Photo by Arrena Cheek.

PICTURING LIFE AT KIRBY PINES

FATHER'S DAY CAR SHOW

HEAD TO OUR FACEBOOK PAGE FOR EVEN MORE PHOTOS!



Our 7th Annual Father's Day Car Show was a big success! Beautiful weather, great food, wonderful music, spectacular cars and the best people. Pictured L-R: Pat & Bankie McCarty with family; Jane Longfield checking out cars; Genenne Wilson enjoying some lunch.



Pictured L-R: Mark Seay cools off with a popsicle that happens to match his shirt; friends and fathers, Jimmy Latimer, Rudy Herzke and Don Meiner; Bill Dorsey is joined by his kids, their spouses and his lovely wife, Katy.



Pictured L-R: Cindy & Fred Dabrowski get a closer look at a Ford Mustang convertible; Marcia & Richard Fraley enjoy the day; Peter Claverie and his wife, Rebecca, are awarded fan favorite by Executive Director, Michael Brown. Peter has a beautiful 1923 Model T.

KIRBY PINES PHOTO CLUB

Come Join Us Tuesday, July 7th at 3:00 pm in the Ante Room

June's Topic Was Summer Photos: Shadows, Reflections, Colors, Still Life and Foods!



Photo by Fred Dabrowski



Photo by Dale Jones



Photo by Mary Ann Thurmond



Photo by Connie Carter



Photo by Sylvia Statham



Photo by Sydney Wagner



Photo by Jane Longfield



Photo by Sheryl Maxwell



Photo by Arrena Cheek



Photo by Hugh Wilson



Photo by Carolin Thomason



Photo by Stuart Eyman



Photo by Janet Stephens



Photo by Marsha Greiner

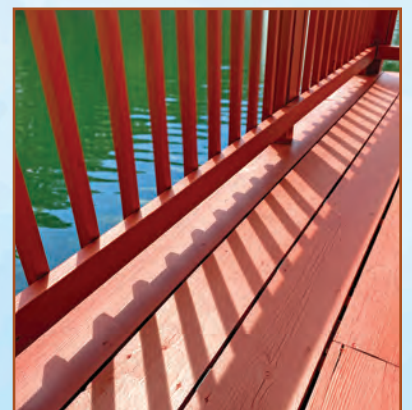


Photo by Nancy Wark

SUDOKU NUMBER GAME

PUZZLE 1: EASY

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

PUZZLE 2: MEDIUM

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

PUZZLE 3: MEDIUM

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

PUZZLE 4: HARD

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

ANSWERS TO PUZZLE CHALLENGE ON PAGE 17

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On July 4, 2026, our nation will commemorate and celebrate the 250th anniversary of the signing of the Declaration of Independence. The journey toward this historic milestone is an opportunity to pause and reflect on our nation's past, honor the contributions of all Americans, and look ahead toward the future we want to create for the next generation and beyond.





Kirby Pines
 LifeCare Community
**Celebrating America's
 250th Birthday!**

