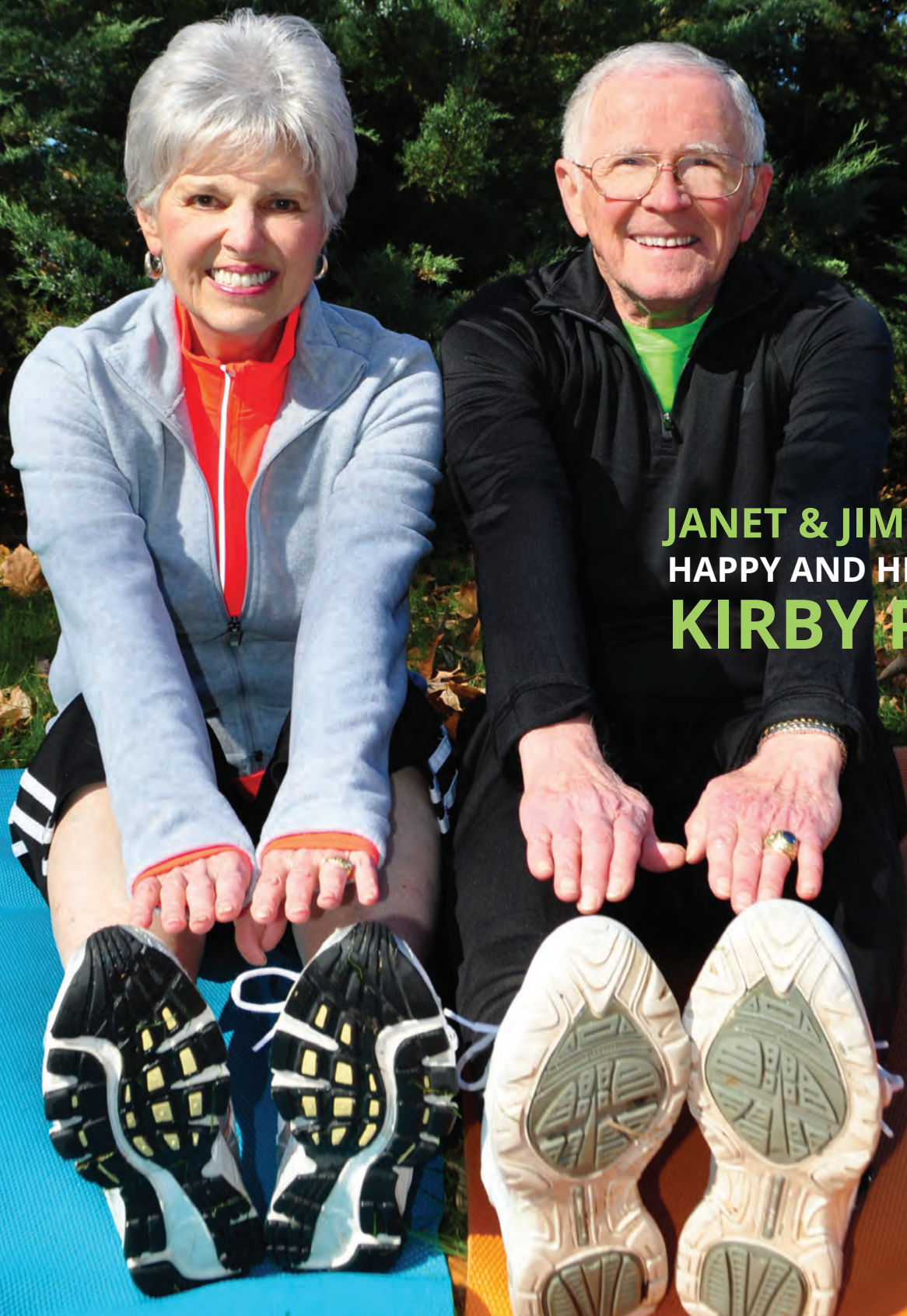


the PINECONE

The Magazine of Kirby Pines Retirement Community • January 2017 | V. 35 | I. 01



JANET & JIM TURNER
HAPPY AND HEALTHY AT
KIRBY PINES

Improve Your Health | Winning In The New Year | Auld Lang Syne | Kirby Pines SnapShots

It's A New Year at Kirby Pines

Happy New Year! This year make it point to log onto our website, Facebook page or YouTube channel to see more photos and aerial videos filmed using a drone. Of course activities and events will continue to be available to you in print form, but just imagine being able to direct family and friends miles away to see more about Kirby Pines on the world wide web. It will be possible to view more photos than the Pinecone can publish, or to learn interesting facts about the city and museums we visit each year, or to watch a video taken on our 60 acre campus.

Speaking of our campus, many construction projects will be completed in 2017. Such as the new entrance off of Kirby Parkway along with a guard-house, video surveillance and closure to the campus off of Kirby Road. The renovation of the "I" building will continue during 2017, and should be fully completed by summer. New residents began occupying the building

the first of the year.

Also undergoing some changes is the Bistro which opened in May of 2016. This year look for changes to the menu and service hours that better meet your desires. In addition to the new and improve Marketing suite completed in 2016, remodeling of Providence Place should be completed in 2017, and the Gallery Manor and Jobs Way are getting an uplift as well.

Yes, 2017, will be a big year for Kirby Pines. As we begin the New Year, please take time to remember those residents and employees who made a difference to the community but are no longer with us. Happy New Year!



Michael Escamilla,
*Executive Director,
Kirby Pines*

ON THE PINECONE COVER

Kirby Pines Focuses On Staying Fit and Healthy!

January is the time to regroup, refresh and renew. The holiday season, though wonderful, can also be quite taxing on a person's regular routine. With a calendar full of parties, activities and performances, we tend to over do it and lose focus of the things that keep us going.

With the new year, we can slow down on all the festivities and speed up on eating healthier, getting more exercise and trying new things to revive our minds, bodies and spirits.

Kirby Pines offers a multitude of classes and activities that encourage physical, social and mental health. So with the new year, make a plan to take a walk on our beautiful campus, join the Travelers on one of their outings, sit in with the Poetry Group, or even try your hand at Bunco. The main thing is to stay active and enjoy life!

This month's covers emphasize just that; being healthy, active and having fun! Jim and Janet Turner get out and do a little stretching in the brisk air on our front cover, while our back cover features Carol Yount, Discovery Club Member, Joyce Casada, and Connie Oakes during one of Mary Hand's water aerobics classes in the Oasis!



Janet and Jim Turner enjoying the sunshine!

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is managed by:



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is available at www.kirbypines.com*

welcome to

Kirby Pines



Will King

Married for 52 years, Will and Georgia King's family consists of 3 children, 6 grandchildren, and 8 great grands. Georgia passed away in 2009. Will joined the Kirby Pines Retirement Community from his previous home in Lakeland, TN. In 1979, Will graduated from the State Technical Institute of Memphis, having earned an Associate of Science Degree in Mid-Management. From 1963-1998, he was employed by General Motors Corporation, holding the title of Area Manager of 13 GM Training Centers in the Southern half of the U.S.

Clubs, honors and Special Recognitions bestowed on Will include The Edwin Dalstram Distinguished Service Award, the Melvin Jonas Fellow for Dedicated Humanitarian Services, and Lions International Foundation. Will and Georgia's love of travel took them to national parks in the Dakotas and Utah, to the Grand Canyon that included hot air balloon festival, and tours of Germany, Switzerland, Holland and the New England States. Will's interests include gardening, woodworking, sports, and old Western movies. His music preferences include New Orleans jazz piano and Easy Listening.

Welcome to the Kirby Pines Retirement Community, Will. We are pleased to include you as one of our own.



Betty Pruett

Married for 42 years to Bill Pruett, Betty comes to the Kirby Pines Retirement Community from their previous home in Memphis. The family consists of 3 children and 6 grandchildren. Bill passed away in 2000.

The University of Mississippi awarded Betty a Bachelor of Science Degree; and Memphis State awarded Betty a Masters Degree in Education. She taught 33 years at the Christ Methodist Day School, starting with pre-school children and rising to 6th grade math and science, with Social Studies added along the way. Bill's military service was a Paratrooper in the U.S. Army. Their travels included Europe, Egypt, and Africa. Betty enjoys cooking, bridge, and canasta.

Welcome, Betty. We are pleased that you've joined our retirement community and hope that you find your new home satisfactory in every way.



Grace Williams

Grace Williams joins the Kirby Pines Retirement Community from her previous home in Memphis. Married 63 years to William J. Williams, they have 5 children, 3 grandchildren, and 2 great grands. William passed away in 2016.

In 1948 Tuskegee University awarded Grace a BS Degree, and in 1960, Memphis State awarded her a M.S. Degree. She had a dual professional career, as a Nutritionist and Scientist. Employed for 30 years by Memphis City Schools, she held positions of both Teacher and Administrator. Clubs and Honors include Alpha Kappa Alpha Sorority, Service to Senior Leaders, and the Madonna Guild. Grace has traveled to Jamaica, Canada, and Europe. Jazz and Classical music are preferred and her leisure time is taken with crafts, reading, and volunteer community service.

Grace, you made a wise decision to join our retirement community; and we are quite pleased to count you as one of us.

Are you or a family member ready to enjoy the Kirby Pines difference in retirement living? Call a Kirby Pines Retirement Living Advisor at 901.369.7340 and join our family today!

Keep Your Resolution and **IMPROVE YOUR HEALTH**

Happy New Year! The Oasis is a great place to begin your New Year's resolution to feel better. Diet, rest, and exercise are keys to better health. Kirby Pines offers many opportunities to improve strength, endurance, balance and cardio-vascular health. Our four exercise classes supported by the Arthritis Foundation include Tai Chi, Arthritis Exercise (Stand and Sit), Water Aerobics, and Walk with Ease (a six week class that will be offered in the spring). We also offer a Yoga Stretch class. These classes are tailored to your needs and having arthritis is not a requirement to take a class. A resident led class that has been together for years meets three times a week in the PAC.

If group exercise is not your forte, Kirby Pines has an amazing variety of equipment for a small gym to exercise upper body, lower body and improve cardiovascular functions. The Oasis is open 24 hours/7days a week. For training to operate the equipment, make an appointment with Mary Hand.



LET'S WALK ACROSS AMERICA!

Remember to sign up for the Walk Across America Program that Oasis will be offering this month. Participants may begin registering January 2. The program will run from January 9 through March 6 for 8 weeks. Every week, we will track how many miles each participant walks, or completes on the Nu-Step or treadmill on their time schedule. (Get credit for 1 mile for each exercise class you participate in) If you use your pedometer, on average, 2000 steps equals one mile. Everyone's mileage will be kept up individually and as a group total to see how far we can walk; pointing out interesting landmarks along the Appalachian Trail, 2185 miles of trail from Georgia to Maine. We'll have photos along the hike and follow our progress on a map. Helpful tips, awards and surprises for everyone will be handed out along the "trail". *Weekly door prizes and a Grand Prize at the end will be awarded for the most miles.* Make plans to join our Walk across America Program in 2017.



Exercise is a key to a strong and healthy lifestyle boosting energy levels, lifting spirits, improving balance, enhancing immune system and aiding weight loss programs. With such a variety of exercise options, how could you resist resolving to visit the Oasis more often in 2017? Mary Hand will be available to assist you in the Oasis and for medical concerns, call on the competent staff in the Ready for Rehab Center.



Advanced Water Aerobics
Monday & Wednesday
8:30 am-9:30 am in the Pool

Exercise in the PAC
Monday, Wednesday & Friday
9:30 am in the PAC

Tai Chi
Monday
2:00 pm in the PAC

Yoga Stretch
Wednesday
10:30 am in the PAC

Men's Only Water Aerobics
Tuesday & Thursday
8:30 am - 9:15 am in the Pool

**Arthritis Foundation
Water Aerobics**
Tuesday & Thursday
9:30 am - 10:15 am in the Pool

**Arthritis Foundation
Sit/Stand Class**
Tuesday & Thursday
11:00 am - 11:45 am in the A&C



What usually happens in the winter? We have shorter days with less sunshine, cooler temperatures, more germs spreading, slicker surfaces and more holidays with food. All of these side effects of winter can affect our health. So how can we stay healthy during the winter season?

According to Centers for Disease Control and Prevention, older individuals live more independently, have fewer health costs, and remain healthy if they engage in preventative services and practice healthy behaviors. Five preventative services and/or healthy behaviors include:

1. Soak Up The Sunshine

To help avoid the winter blues, soak up 10-15 minutes of sunshine a day. Winter has limited daylight, so try to sit next to a window to get sunlight when it is available. Though it might be too cold to go outside, it is still important to get some sunshine. The sun is a great source of vitamin D which helps decrease inflammation, depression, and illness while promoting bone growth. The sun also helps to enhance your mood by increasing your serotonin levels. Serotonin is known to positively affect your mood and behavior.

2. Get Your Flu Shot

The winter time brings dryer air and colder temperatures, thus creating an environment for germs to live longer. To prevent disease, get vaccinated. As we age, our immune systems become weaker and therefore we become more susceptible to become ill. People 65 and older are 90 percent of flu-related deaths and 60 percent of flu-related hospitalizations. Once vaccinated, it takes two weeks for our body to develop an immune response which means, ideally, we should get vaccinated in mid-October.



3. Healthy Eating Habits

What comes with the winter season? Many holidays with great food! While we eat, we should be mindful of the amount and types of food we are putting into our bodies. Remember these simple phrases:

“Out of sight, out of mind”

This philosophy teaches you to place your food on your plate and then walk away from the food. Many times individuals consume food just because it is right in front of them. However, if we adopt the “out of sight, out of mind” philosophy, we will remove ourselves from having easy access to food.

“Smaller plate, smaller portion”

Were you taught to clean your plate? Sometimes this can cause us to overeat even when our body tells us to stop. To help avoid overeating, use a smaller plate. The smaller the plate, the less food we will eat and if we have the “out of sight, out of mind” philosophy, we will not go back for several servings.

“Colorful plate, healthy weight”

What are the most colorful foods? Fruits and vegetables. According to the World Health Organization, insufficient consumption of fruit and vegetables have caused 1.7 million deaths worldwide. Eating colorful foods can prevent obesity as well as heart disease, diabetes, and cancer. Fruits and vegetables contain adequate amounts of vitamins and fiber.



4. Safety

What else can occur in the winter season? Slippery walking surfaces and occasional outings. Walking outdoors can be more difficult than walking inside our homes. There are sidewalk cracks, curbs, and changes in walking surfaces. Now place some wintery mix on those sidewalks and it can create even more safety hazards. To prevent slipping, always ensure you have someone with you and try walking flat footed. We also have to be mindful of safety in our family and friends homes during the holiday season.

Items to consider in homes other than your own:

Are there throw rugs? Are there steps? Is there room to navigate with my walker, wheelchair, or cane? Do their chairs have arms to aid with standing? Is their toilet raised or have grab bars to aid with standing?

5. Physical Activity

Cooler temperatures are brought on by high air pressure which increases our blood pressure and can trigger thickness in the fluid around our joints causing joint pain. Cold weather also thickens our blood which can cause more heart complications. For this reason, it is important to stay active all year around. Exercise can help reduce blood pressure, arthritis pain, and heart disease.

If you feel ill and weak this winter season, therapy can help. Therapy can assist in developing a wellness plan that will help prevent loss of strength, range of motion, and falls so you can continue living an independent and active lifestyle. Let's be preventative this winter season and not wait until something happens for us to take action.



DIRECTOR OF DINING SERVICES,
MARK SIMPSON

Enjoy a taste of Italy...

DON'T MISS THE NEXT KIRBY PINES EVENING OF

EXQUISITE CUISINE

THURSDAY, JANUARY 19, 2017



Pasta Fagioli:

Translated, this means "pasta and beans" and is a hearty filling soup

Grilled Eggplant Roulade:

A lightly seasoned and grilled piece of eggplant with fresh mozzarella and a slice of Prosciutto de Parma stuffed inside and finished with a Basil infused Marinara

Bistecca alla Fiorentina with Red Pepper Tagliatelle and Grilled Asparagus:

A lightly seasoned, grilled 8 ounce Strip Steak served with freshly made Red Pepper Pasta and finished with Grilled Asparagus

Tiramisu with Orange Biscotti:

The traditional Italian classic with a twist: Coffee flavored Ladyfingers inside a creamy Marscarpone filling and finished with a crunchy Orange Biscotti



Happy New Year! welcome 2017!

A brief history of “Auld Lang Syne”

In 1788, Robert Burns sent the poem ‘Auld Lang Syne’ to the Scots Musical Museum, indicating that it was an ancient song but that he’d been the first to record it on paper. The phrase ‘auld lang syne’ roughly translates as ‘for old times’ sake’, and the song is all about preserving old friendships and looking back over the events of the year.

It is sung all over the world, evoking a sense of belonging and fellowship, tinged with nostalgia.

It has long been a much-loved Scottish tradition to sing the song just before midnight. Everyone stands in a circle holding hands, then at the beginning of the final verse (‘And there’s a hand my trusty friend...’) they cross their arms across their bodies so that their left hand is holding the hand of the person on their right, and their right hand holds that of the person on their left. When the song ends, everyone rushes to the middle, still holding hands, and probably giggling.

Most Scots know the first verse and the chorus but if you want to sing along, here is the full modern English version.

Auld Lang Syne:

*Should old acquaintance be forgot,
and never brought to mind?
Should old acquaintance be forgot,
and old lang syne?*

CHORUS:

*For auld lang syne, my dear,
for auld lang syne,
we’ll take a cup of kindness yet,
for auld lang syne.*

*And surely you’ll buy your pint cup!
And surely I’ll buy mine
And we’ll take a cup o’ kindness yet,
for auld lang syne.*

CHORUS:

*For auld lang syne, my dear,
for auld lang syne,
we’ll take a cup of kindness yet,
for auld lang syne.*

*We two have run about the slopes,
and picked the daisies fine;
But we’ve wandered many a
weary foot,
since auld lang syne.*

CHORUS:

*For auld lang syne, my dear,
for auld lang syne,
we’ll take a cup of kindness yet,
for auld lang syne.*

*We two have paddled in the stream,
from morning sun till dine;
But seas between us broad have roared
since auld lang syne.*

CHORUS:

*For auld lang syne, my dear,
for auld lang syne,
we’ll take a cup of kindness yet,
for auld lang syne.*

*And there’s a hand my trusty friend!
And give me a hand o’ thine!
And we’ll take a right good-will
draught,
for auld lang syne.*

CHORUS:

*For auld lang syne, my dear,
for auld lang syne,
we’ll take a cup of kindness yet,
for auld lang syne.*



KIRBY PINES 2017 CRUSADE FOR CHRIST

OUR ANNUAL CRUSADE FOR CHRIST AT KIRBY PINES WILL BE JANUARY 18, 19, 20, 6:30 PM EACH EVENING. THEME THIS YEAR IS “GLORIA IN EXCELSIS DEO” (GLORY TO GOD IN THE HIGHEST).



On Thursday we will host a music concert by BRUCE AND LISA, remarkable artists from Nashville, TN. Bruce is a Grammy-nominated violinist/composer who has played for Michael W. Smith, Natalie Grant, Michael English, Josh Grobin, Alan Jackson, Natalie Cole, Ray Charles and Michael Jackson. He was first violinist for the Florida Philharmonic Orchestra. His performances have carried him to Europe, Australia, New Zealand and across the United States. Lisa is a renowned flutist formerly with Florida International University. She has excelled both in music and illness recovery through multiple brain surgeries over fourteen years and a life-threatening stroke four years ago. She and Bruce have played in New York’s Carnegie Hall and Italy’s La Scala Opera House. They have held special prayer services at the Pentagon. This superb duo with their music and testimony will provide an evening you’ll never forget. Plan to attend the Crusade Services Wednesday, Thursday and Friday, January 18,19,20. Come early to get a good seat.

Congratulations employee of the month | Donovan Burton

Donovan is a kind-hearted, caring CNA. He is well liked by the residents, families and his coworkers and is known as a team player. Donovan is always more than willing to assist any resident in the Manor and does so with a smile and a good attitude. He has more than once been called to come in at the last minute when needed. Donovan is not only a great CNA, but he is also a warm and caring person that brings a smile to the residents on a daily basis.

- Stormy Brigance, Director of Nursing



CHAPLAIN'S CORNER

from Don Johnson, Kirby Pines Chaplain

WINNING IN THE NEW YEAR



Chuck Swindoll

A New Year always comes with opportunities...and potential problems. In reaching new goals we may make decisions that hinder progress. Chuck Swindoll, syndicated radio teacher, practical theologian, Christian writer, former President of Dallas Theological Seminary and now pastor in the Dallas area, deals with this issue in a very unique way. What he describes are matters all of us face. Swindoll describes

possible points of failure in the remarkable story of the leader Moses.

First, no matter what may be before us we can be sidetracked by "Intensity." This comes by "running before we're sent." Turning from his royal upbringing and potential inheritance of leadership in the ancient Egyptian Empire, Moses faced the needed task of bringing freedom to his birth-origin family, the Israelites. He had not yet been told how to do this, but he moved to action before it should have started. While we need to be swift to respond to need, we must also be sure we have the right marching orders. Moses did God's work his way. We also may "run before we're sent." The promise of Isaiah 40:31 is "Those who wait upon the Lord shall renew their strength: They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint."

Second, whatever happens we can be gripped by "Insecurity." This happens from "retreating after we've failed." Moses' misdeed was seen by some but would be known by all. His life seemed to hang in the balance. What better path than to get far away. Moses at age 40 made his way to a place far across the barren desert. This retreat would keep him away for the next 40 years. Only then, at the senior age of 80, was he ready for the revelation of God's plan. When we personally fail, we think we

must run. Retreat is the ultimate solution. It seems to be the only way. Our fleeing takes us far away.

Third, we are overwhelmed by "Inferiority." What else could come when we're "resisting after we've been called." In the event of a flaming bush whose fire would not go out Moses learned what his mission would involve and how it would be accomplished. Instead of embracing this task quickly and joyfully he began to make excuses. After so long who would know him? With staggering speech who would understand him? With no intrinsic power how could he complete the mission? He could not... he was unable...he had never done this before. We are so like Moses. Our excuses are many. But one thing we must remember: God may call us to attempt something we are unable to do, but He will never call us to anything He can't do. Whatever our weaknesses and inabilities, God will overcome and empower.



Moses by Michelangelo

As we step into today and tomorrow let's not be controlled by "Intensity," "Insecurity," or "Inferiority." Let's act when and how we should, not retreat when failure comes, and let's refuse to make excuses when we're called to attempt the impossible. "As your days, so shall your strength be." Deuteronomy 33:25 It's been said: "We cannot go back and make a new start, but we can start now to make a new ending."

Till next time, Don Johnson KP Chaplain

January Vesper Services • 6:30pm • Performing Arts Center

January 5th

Ken Joines
Church
of Christ

January 12th

Butch Odom
Director of
Behavioral Health

January 19th

Crusade
for Christ
(see page 8)

January 26th

Dr. Sam Brassell
Covenant
Baptist Church

M E E T

M E

A T



AUGUST RUSH



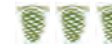
**Sunday, January 1
at 1:30 pm and 4:00 pm**

*(2007) Cast: Freddie Highmore,
Keri Russell, Jonathan Rhys Meyers*

A musically gifted orphan, Evan, runs away from his orphanage and searches New York City for his birth parents. On his journey, he's taken under the wing of the Wizard, a homeless man who lives in an abandoned theater. After discovering his talent, the Wizard gives Evan the name "August Rush" and devises a plan to profit from his talent. Little does Evan know that his parents, Lyla and Louis, are searching for him, too.

Jane Goodale has everything going for her. She's a producer on a popular daytime talk show, and is in a hot romance with the show's dashing executive producer Ray. But when the relationship goes terribly awry, Jane begins an extensive study of the male animal, including her womanizing roommate Eddie. Jane puts her studies and romantic misadventure to use as a pseudonymous sex columnist -- and becomes a sensation.

THE MEDDLER



**Saturday, January 14
at 10:00 am and 2:00 pm**
*(2015) Cast: Susan Sarandon,
Rose Byrne, J.K. Simmons*

With a new iPhone, an apartment near the Grove, and a comfortable bank account left to her by her beloved late husband, Marnie Minervini has happily relocated from New Jersey to Los Angeles to be near her daughter Lori, a successful (but still single) screenwriter, and smother her with motherly love. But when the dozens of texts, unexpected visits, and conversations dominated by unsolicited advice force Lori to draw strict personal boundaries, Marnie finds ways to channel her eternal optimism and forceful generosity to change the lives of others - as well as her own - and find a new purpose in life.

PEOPLE LIKE US



**Sunday, January 8
at 1:30 pm and 4:00 pm**
*(2012) Cast: Chris Pine,
Elizabeth Banks, Michelle Pfeiffer*

On the day his latest deal collapses, fast-talking-salesman Sam receives the news that his father has died. Reluctantly, Sam returns home to settle the estate of his father. In the course of carrying out the man's last wishes, Sam is surprised to learn of the existence of a 30-year-old sister, named Frankie. As the sister and brother get to know each other, Sam must re-examine both his perceptions about his family and the life choices that he has made.

HOLIDAY INN



**Saturday, December 31 at 6:00 pm &
Sunday, January 1 at 6:30 pm**
*(1942) Cast: Bing Crosby,
Fred Astaire, Marjorie Reynolds*

In this Irving Berlin musical, Jim and Lila are members of a performing trio who plan to quit and run a country hotel. When Lila says she has fallen in love with Ted, the dancer in the act, Jim leaves town with a broken heart. After turning the inn into a holidays-only live entertainment venue, Jim winds up booking -- and falling for -- Linda. But when Ted shows up at the place after being dumped by Lila, he too sets his sights on beautiful Linda.

REAP THE WILD WIND



**Saturday, January 7 at 6:00 pm
& Sunday, January 8 at 6:30 pm**
*(1942) Cast: Ray Milland,
John Wayne, Paulette Goddard*

Florida ship salvager, Loxi, falls for Jack, captain of a ship wrecked on the Key West shore. However, their romance is complicated by the arrival of another suitor, and eventually leads to tragedy.

MAVERICK



**Sunday, January 15
at 1:30 pm and 4:00 pm**
*(1994) Cast: Mel Gibson,
Jodie Foster, James Garner*

This film update of the "Maverick" TV series finds the title cardshark hoping to join a poker contest with an impressive payoff. In order to enter, Maverick must first put up a large cash sum. He scams hopeful contestants Annabelle and Angel in a preliminary card game to win the money he needs, making enemies of both players. While trying to evade Annabelle and Angel, the crafty Maverick realizes a cunning Marshall is also on his tail.

SOMEONE LIKE YOU



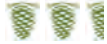
**Saturday, January 7
at 10:00 am and 2:00 pm**
*(2001) Cast: Ashley Judd,
Greg Kinnear, Hugh Jackman*

T H E

M O V I E S



BAND OF ANGELS



**Saturday, January 14 at 6:00 pm
& Sunday, January 15 at 6:30 pm**
(1957) *Cast: Clark Gable,
Yvonne DeCarlo, Sidney Poitier*

Mantha Starr grows up as a privileged southern Belle in the ante-bellum South but after her father dies broke, her world is destroyed when she discovers her mother was actually a slave and her father's mistress. When she and the plantation are sold to pay off the debts, she realizes where her future actually lies.

THE LEGEND OF TARZAN



**Saturday, January 21
at 10:00 am and 2:00 pm**
(2016) *Cast: Alexander Skarsgard,
Margot Robbie, Christoph Waltz*

It has been years since the man once known as Tarzan left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife, Jane at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament, unaware that he is a pawn in a deadly convergence of greed and revenge, masterminded by the Belgian, Captain Leon Rom. But those behind the murderous plot have no idea what they are about to unleash.

MR. CHURCH



**Sunday, January 22
at 1:30 pm and 4:00 pm**
(2016) *Cast: Eddie Murphy,
Britt Robertson, Natascha McElhone*
When a young girl and her dying



MY FAVORITE SPY



**Saturday, January 21 at 6:00 pm &
Sunday, January 22 at 6:30 pm**
(1951) *Cast: Bob Hope,
Hedy Lamarr, Francis L. Sullivan*

Comedian Peanuts White is certainly not a spy -- he just happens to look like one. Nabbed by FBI agents at an airport, he's mistaken for Eric Augustine, an actual international spy. Peanuts clears his name but is convinced to visit Africa and impersonate Eric in order to steal an important piece of microfilm. He meets up with Lily Dalbray, Eric's lovely girlfriend, but it turns out she is also on the hunt for the microfilm, further complicating the situation.

SULLY



**Saturday, January 28
at 10:00 am and 2:00 pm**
(2016) *Cast: Tom Hanks,
Aaron Eckhart, Laura Linney*

The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.



FLORENCE FOSTER JENKINS



**Sunday, January 29
at 1:30 pm and 4:00 pm**
(2016) *Cast: Meryl Streep,
Hugh Grant, Simon Helberg*
In the 1940s, New York socialite



Florence Foster Jenkins dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.

FOR ME AND MY GAL



**Saturday, January 28 at 6:00 pm &
Sunday, January 29 at 6:30 pm**
(1942) *Cast: Judy Garland,
George Murphy, Gene Kelly*

Jo Hayden and Harry Palmer are a struggling vaudeville act with hopes of making it big. When success seems right around the corner, Palmer is drafted into the army at the advent of World War I. Thinking quickly, Palmer injures his hand to avoid being called to duty, but Hayden -- whose brother died in the war -- finds his action cowardly and breaks up the duo. Now, Palmer must figure out a way to bring them back together, even if it means going to war.



KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= EXCELLENT

= OUTSTANDING

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

8:00 am ● Church of Christ Service (Chapel) **1**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **2**
 9:00 am ● Smith Jewelers (SCR)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Alterations (A&C)
 10:00 am ● First Monday Poetry Group (Ante)
 10:00 am ● Focus on Color (A&C)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Tai Chi (PAC)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **3**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)

8:30 am ● Advanced Water Aerobics (Pool) **4**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:00 am ● Kirby Pines Travelers Meeting (LCR)
 10:30 am ● Yoga Stretch (PAC)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)

8:30 am ● Men's Water Aerobics (Pool) **5**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study w/Dave Phillips (Chapel)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● Bunko (LCR)
 1:30 pm ● Beginners Line Dancing (PAC)
 1:30 pm ● Magnum PI: From Moscow to Maui (Thtr)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers

9:30 am ● Group Exercise (PAC) **6**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Movie: Reap The Wild Wind (Thtr)
 6:00 pm ● Music with Hank & Nora (Lobby)
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (LCR) **7**
 10:00 am ● Weekend Movie (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Weekend Movie (Thtr)
 2:30 pm ● Line Dancing (PAC)
 4:00 pm ● Shuffleboard (PAC)
 6:00 pm ● Classic Movie (Thtr)
 6:30 pm ● Memphis Symphony: Elvis at the Movies (Trans)

8:00 am ● Church of Christ Service (Chapel) **8**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 3:30 pm ● Hymn Sing with Matthew (PAC)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **9**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Alterations (A&C)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Tai Chi (PAC)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **10**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 1:30 pm ● Planet Earth: Seasonal Forest (Thtr)
 2:30 pm ● Advanced Line Dancing (PAC)
 7:00 pm ● Birthday Night with Breeze Cayolle (PAC)

8:30 am ● Advanced Water Aerobics (Pool) **11**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Travelers Outing to RMH (Trans)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Memphis Hearing Aid (A&C)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Yoga Stretch (PAC)
 10:30 am ● Garden Gro'ers Club (Greenhouse)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Movie: High Noon (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● Movie: High Noon (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **12**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study w/Dave Phillips (Chapel)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● Magnum PI: Memories Are Forever (Thtr)
 1:30 pm ● Bunko (LCR)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:00 pm ● Resident Association Meeting (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers

9:30 am ● Group Exercise (PAC) **13**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 10:00 am ● Journey's Through Grief (Ante)
 11:00 am ● Oak Court Mall (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Movie: Band of Angels (Thtr)
 6:00 pm ● Music with Phillip Joyner (Lobby)
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (LCR) **14**
 10:00 am ● Weekend Movie (Thtr)
 10:30 am ● Bible Study "Thru the Bible" (Chapel)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Weekend Movie (Thtr)
 2:30 pm ● Line Dancing (PAC)
 4:00 pm ● Shuffleboard (PAC)
 6:00 pm ● Classic Movie (Thtr)

8:00 am ● Church of Christ Service (Chapel) **15**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **16**
 9:00 am ● Smith Jewelers (SCR)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:00 am ● Focus on Color (A&C)
 10:30 am ● Billiard Group (BR)
 10:45 am ● Episcopal Eucharist (Chapel)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Planet Earth: Ocean Deep (Thtr)
 2:00 pm ● Tai Chi (PAC)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **17**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 1:30 pm ● Magnum PI: Tropical Madness (Thtr)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Dance with The Sturgess Daley Band (PAC)

8:30 am ● Advanced Water Aerobics (Pool) **18**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Service (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Yoga Stretch (PAC)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Smart Moves: Winter Health (PAC)
 2:00 pm ● Virtual Tour (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● Crusade for Christ (PAC)

8:30 am ● Men's Water Aerobics (Pool) **19**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study w/Dave Phillips (Chapel)
 10:30 am ● A Walk In The Woods (Thtr)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● A Walk In The Woods (Thtr)
 1:30 pm ● Bunko (LCR)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Crusade for Christ (PAC)

9:30 am ● Group Exercise (PAC) **20**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Movie: My Favorite Spy (Thtr)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● Crusade for Christ (PAC)

7:30 am ● Men's Christian Fellowship (LCR) **21**
 10:00 am ● Weekend Movie (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Weekend Movie (Thtr)
 2:30 pm ● Line Dancing (PAC)
 4:00 pm ● Shuffleboard (PAC)
 6:00 pm ● Classic Movie (Thtr)

8:00 am ● Church of Christ Service (Chapel) **22**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:00 pm ● Jerald Walker Symphony (PAC)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **23**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Tai Chi (PAC)
 6:00 pm ● Concerts International presents: Dali Quartet (Lobby)
 7:00 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **24**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 9:30 am ● The Book Baggers (Chapel)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 1:30 pm ● Movie: Clear and Present Danger (Thtr)
 2:00 pm ● Ladies Interdenominational Meeting "The Uplifters" (Chapel)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Movie: Clear and Present Danger (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **25**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Service (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Yoga Stretch (PAC)
 11:00 am ● Lunch Bunch @ Jim's Place (Trans)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● Movie: In Love and War (Thtr)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● Movie: In Love and War (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **26**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study w/Dave Phillips (Chapel)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● Bunko (LCR)
 1:30 pm ● Magnum PI: Wave Goodbye (Thtr)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● The Orpheum: The Body Guard (Trans)
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **27**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 10:00 am ● Journey's Through Grief (Ante)
 1:00 pm ● Superlo & Bank (Trans)
 1:30 pm ● Movie: For Me and My Gal (Thtr)
 6:00 pm ● Music with Julianne Thomas and Dom Fosco (Lobby)
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (LCR) **28**
 10:00 am ● Weekend Movie (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Weekend Movie (Thtr)
 2:30 pm ● Line Dancing (PAC)
 4:00 pm ● Shuffleboard (PAC)
 6:00 pm ● Classic Movie (Thtr)

8:00 am ● Church of Christ Service (Chapel) **29**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **30**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Tai Chi (PAC)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **31**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 11:00 am ● Arthritis Sit/Stand Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 1:30 pm ● Magnum PI: Mad Buck Gibson (Thtr)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Rhythm Band presents Get Your Rhythm Goin' for 2017 (PAC)

January 2017



ABBREVIATIONS KEY

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

January 2017 EVENTS

Jan 2: Focus on Color

Coloring books are incredibly simple, portable, easy to pick up and put down, and a colored-in page takes up almost no space at all. So come to the Arts and Crafts Room the first and third Monday at 10:00 am. All you need to bring besides yourself is your coloring book and utensils to color with. Some of these supplies are offered for sale in the Blossom Shop.

Jan 2: First Monday Poetry Group

Come to listen; come to read; come to recite from memory. Share a favorite verse or two as others share their verse with you. Everyone is welcome. Check out "The Poet's Corner" on the post office bulletin board where a residential poet will be featured each month. We meet the first Monday of every month at 10:00 am in the Ante Room.

Jan 2: Tai Chi

If you're looking for a way to reduce stress, consider Tai Chi (TIE-CHEE). Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Under the instruction of Sheila Raye, Tai Chi meets in PAC every Monday at 2:00 pm.

Jan 2: Bingo Night

Join us for a fun filled evening of BINGO! Entry costs only \$1 per card, with an opportunity to win up to two prizes. Every Monday night at 6:30 pm in the PAC. For Monday, January 23rd Bingo will not start until 7:00 pm, due to a concert in the Lobby.



Jan 3: Medical Director Dr. Mike Abutineh MD

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

Jan 4: Kirby Pines Travelers Meeting

Don't miss this first meeting of the year. You will meet your new travel committee and discuss the information that was turned in on the survey sheets. Monthly trips will be planned based on your feedback. Is your interest Art, History, Music, Nature? Transportation; be it FedEx or Mississippi River. Our options are many and the committee is anxious to set trips based on your interest-so let them know, turn in a survey. The Travel Committee will be networking with other Travel Groups for multi-day excursions such as New Orleans by Paddleboat and Noah's Ark Encounter, as well. Join this fun loving group of folks! Meetings are the first of every month in the LCR at 10:00 am.

Jan 4: Virtual Wii Bowling

Come join the fun every Wednesday afternoon at 2:00 pm in the Large Card Room. No skill required. It is set up on the TV. All you have to do is check out the remotes from the Front Desk and return them whenever your game is over.



Jan 5: Group Bible Study with Dave Phillips

Join Germantown Church of Christ's Dave Phillips as he leads group Bible Study every Thursday at 10:00 am in the Chapel. Dave is a great teacher and speaker.

Jan 5: Magnum PI: From Moscow to Maui

A defected Russian pilot named Yuri Dolgof hires Magnum to get his fiancée Nina, a member of the Soviet track team to defect as well. Movie theater at 1:30 pm.

Jan 6: Reap the Wild Wind

Every Friday we will play the weekend Classic movie for those that don't come out in the evening in the Theater at 1:30 pm.

Jan 6: Music with Hank & Nora

Hank and Nora sing classic country, vintage standards, and Memphis music accompanying themselves on guitars. They enjoy performing gospel numbers, 1940's

Frank Sinatra and Texas swing, classic country such as Hank Williams and Patsy Cline, Beatles, songs of the 1960's, and Memphis music including Elvis and Johnny Cash. Some of their material is fun and humorous. Don't miss this great duo, on Friday January 6th at 6:00 pm in the Lobby.

Jan 7: Men's Christian Fellowship

The Men's Christian Fellowship meets every Saturday morning in the Large Card Room at 7:30 am. There is a rotating list of resident speakers who give a devotion at each meeting. Come enjoy coffee and fellowship with us each week.

Jan 7: Game Play Group

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

Jan 7: Memphis Symphony: Elvis at the Movies

Fan favorite Terry Mike Jeffery, returns to join Memphis Symphony Orchestra for the smash hits from your Elvis film favorites. Call the box office for tickets @ 537-2525. Sign up in transportation bus leaves at 6:30 pm.



Jan 8: Hymn Sing with Matthew

Join Matthew for song and worship on Sunday, January 8th, in the PAC at 3:30 pm.

Jan 9: Get Fit with Oasis Coordinator Mary Hand

Advanced Water Aerobics classes will be held on Mondays & Wednesdays at 8:30 am. Basic and Beginning Water Aerobics is on Tuesdays & Thursdays at 9:30 am. Men's Water Aerobics is held on Tuesdays & Thursdays at 8:30 am. Arthritis Sit/Stand classes are on Tuesdays & Thursdays at 11:00 am in the Arts & Crafts Room.

Jan 10: Planet Earth: Seasonal Forests

From the evergreen forests of the frozen North to the deciduous dry forests of the tropics, these woodlands illustrate the intense seasonality of the Earth. The tallest, largest and oldest organisms on the planet, they are home to a fascinating range of wildlife. Showtime 1:30 pm.

Jan 10: Birthday Night with Breeze Cayolle & Bob Sunda

Join saxophonist/vocalist Breeze Cayolle and pianist Bob Sunda for some soulful blues, jazz and some of your favorite oldies. Performing Arts Center 6:30 pm.

Jan 11: Travelers Outing to Ronald McDonald House

Join the Travelers group and head downtown to tour Ronald McDonald House and have lunch there at the St Jude Pavilion. Sign up in transportation or the Travelers Meeting on Wednesday, January 4th at 10:00 am in the LCR. Bus leaves at 9:30 am on Wednesday, January 11.

Jan 11: Memphis Hearing Aid Service

On the second Wednesday of every month, at 10:00 am in the Arts & Crafts Room, Dr. Rena C Booth will be offering: Free Hearing Evaluation, Free Hearing Aid Consultation, Free Hearing Aid Clean, Check, and Adjustment. Please call 682-1529 for more information or to schedule a visit.

Jan 11: Garden Gro'ers Club Meeting

All residents are welcome to participate in the Garden Gro'ers activities. Remember, give a tomato and make a friend. Share yourself and make a blessing. Come on down to the Greenhouse every 2nd Wednesday of every month at 10:30 am rain or shine and dig in! Dr. Charles Parrott NEEDS TO KNOW YOUR CHOICE of garden plot or trestle for the 2017 season. Please sign the book in the Greenhouse. Plots will be assigned in January. Our seed order for 2017 is practically completed. The tomato selection is Early Girl, Roma, Cherry and Better Boy. The remaining seeds are now being selected. The irrigation system has been removed and stored for winter. The garden greens are ready for picking and the savoy cabbage will be ready in January. We plan to fertilize all garden sights again this year therefore you will not need to fertilize your plants. The next meeting in Wednesday, Jan 11th at 10:30 in the Greenhouse.



Jan 11: Yoga Stretch

Yoga is known to have a wide range of benefits- maybe you're sleeping better or getting fewer colds, your balance is improving. If you have not yet joined this class, come and see what benefits it might have for you. This is not advanced, so don't worry about getting on the floor and not being able to get up. You will be sitting in a chair or standing. Class is every Wednesday at 10:30 am in the PAC.

Jan 11: High Noon

As if managing a high-pressure career as a police hostage negotiator and caring for both her young daughter and her agoraphobic mother weren't enough, Lt. Phoebe McNamara also becomes the target of a mysterious killer. As the madman closes in, McNamara must pull out all the stops to save herself and other potential victims. Theater 1:30 pm and 6:30 pm.

Jan 12: Magnum PI: Memories are Forever (Parts 1 & 2)

Magnum thinks he's spotted his one true love Michelle, the woman he married six years earlier during his last tour in Vietnam and thought to have been lost in a bombing raid. As he becomes more and more desperate to find her, he is suddenly and suspiciously recalled for active Navy duty and ordered to testify in Washington. Theater, 1:30 pm.

Jan 13: Journeys Thru Grief

Losses bring pain and disruption to our lives. Like a fog, we cannot fight it, change it, or remove it. We simply move through it one step at a time. There is no single, correct way to grieve. These twelve conversations for grief and loss will facilitate your journey and connect you with kindred spirits in healing broken hearts. Provided by Harding School of Theology Staff. We meet the 2nd and 4th Friday of the month. January 13th & 27th this month in the Ante Room at 10:00 am.

Jan 13: Band of Angels

Every Friday we will play the weekend Classic movie for those that don't come out in the evening. Theater showtime at 1:30 pm.

Jan 13: Music with Pianist Phillip Joyner

This will be the first time we have had Mr Joyner here at Kirby, so be sure and check him out. Friday, January 13 at 6:00 pm in the Lobby.

Jan 14: Through the Bible

Through the Bible is an intense study of the Bible led by Gail Kommer, meeting the second Saturday of every month at 10:30 am in the Chapel. Class discussion encouraged. Join this group of ladies who enjoy learning about God's Word.



Jan 16: Planet Earth: Ocean Deep

Feast or famine- it's the governing principle of ocean life. From the sailfish, three-meter-long, rapier-billed predators, and the exquisitely shelled Nautilus to the threatened blue whale, this journey into the most unexplored part of the planet reveals the extraordinary survivors of this immense and barren realm. Movie Theater, 1:30 pm.

Jan 17: Magnum PI: Tropical Madness

Jennifer Chapman, a young English rose takes a liking to Higgins. Naturally, Magnum suspects her of being after something. Movie Theater, 1:30 pm.

Jan 17: Winter Dance with The Sturgess Daley Band

Get rid of those winter blues and come on down to the PAC to hear the rockin tunes of Sturgess Daley and his band. Tuesday, Jan 17th at 6:30 pm in the PAC.

Jan 18: Smart Moves

This month's topic is "Winter Health". Notice SMART MOVES has been moved to a new day and time. The new day is on 3rd Wednesday of the month and the time is 1:30 pm.

Jan 18: Virtual Field Trip

Join us in the Movie Theater as we go on a Virtual Field Trip. Where ever we go you will be able to see your tour guide live and they can see you. The destination will be announced closer to the time to enable the creators to send us to the most interesting places. Begins at 2:00 pm.

Jan 18: Crusade for Christ

Our annual Crusade For Christ at Kirby Pines will be January 18, 19, 20, 6:30 pm each evening. Theme this year is "Gloria in excelsis Deo" (Glory to God in the highest). See page 8 for details.

Jan 19: A Walk in the Woods

Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic. Cast: Robert Redford, Nick Nolte, Emma Thompson. Movie Theater Showtimes 10:30 am & 1:30 pm.

Jan 20: My Favorite Spy

Every Friday we will play the weekend Classic movie for those that don't come out in the evening. Theater showtime at 1:30 pm.



Jan 22: The Jerald Walker Orchestra

Jerald Walker is a music student at the U of M he is not only a fine violinist, but is a prodigious composer and conductor of the recently formed Chamber Ensemble Orchestra of 20 members. His compositions include two full symphonies and several concertos, all of which have been publicly performed in concerts or recitals. Join them Sunday Night January 22nd in the Performing Arts Center at 6:00 pm.

Jan 23: Concerts International: The Dali Quartet

With Artist Grace and a Caribbean Soul "The Dali Quartet" is today's freshest voice in classical and Latin American music. The Dali Quartet's captivating performances of traditional string quartet and Latin American repertoire create an extraordinary concert experience that takes listeners on an eclectic journey of Rhythm and Sound. Don't miss this concert in the Lobby at 6:00 pm.

Jan 24: The Book Baggers

Whether you read or would like to hear about books being discussed, come and check us out. This is a great way to expand your horizons. The January book selection is "A Walk in the Woods" by Bill Bryson. The Book Baggers meet the 4th Tuesday of every month in the Chapel at 9:30am. New members Welcome!

Jan 24: Ladies Interdenominational Circle "The Uplifters"

The Uplifters Circle is a nondenominational group of women dedicated to missions, prayer and Bible study. All are welcome, come to the Chapel at 2:00 pm to join in fellowship with this wonderful group of ladies every fourth Tuesday of the month.

Jan 24: Clear and Present Danger

When the president's close friend is murdered over ties to a Colombian drug cartel, CIA Deputy Director Jack Ryan becomes unwittingly involved in an illegal paramilitary operation that goes awry. Movie Theater 1:30 pm and 6:30 pm.

Jan 25: Lunch Bunch to Jim's Place

Jim's Place Restaurant & Bar in the heart of East Memphis, at Perkins and Poplar is a Memphis dining tradition that started in 1921. Hop on the bus to go enjoy some delicious food. Sign up in transportation. Bus leaves at 11:00 am.

Jan 25: In Love and War

After teenage ambulance driver Ernest Hemingway takes shrapnel in the leg during World War I, he falls in love with Agnes von Kurowsky, a beautiful older nurse at the hospital where he's sent to recover. Their affair slowly blossoms, until Hemingway boldly asks Agnes to be his wife and journey to America with him. Richard Attenborough directs this drama based on the real-life experiences of the famed novelist. Movie Theater 1:30 pm and 6:30 pm.



Jan 26: Magnum PI: Wave Goodbye

Magnum's friend Kacy, an ex-surfboarding champion, is found dead on the beach and TM investigates to find the murderer. Movie Theater 1:30 pm.

Jan 26: The Orpheum: The Bodyguard

Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in

charge. What they don't expect is to fall in love. A breathtakingly romantic thriller, THE BODYGUARD features a host of irresistible classics including "Queen of the Night," "So Emotional," "One Moment in Time," "Saving All My Love," "Run to You," "I Have Nothing," "I Wanna Dance with Somebody" and one of the biggest selling songs of all time -- "I Will Always Love You." Call Box office at 525-3000. Sign up in Transportation, bus leaves at 6:30 pm.



Jan 27: Me and My Gal

Every Friday we will play the weekend Classic movie for those that don't come out in the evening. Theater showtime at 1:30 pm.

Jan 27: Music with Julianne Thomas & Dom Fosco

Julianne and Dom have been making music all of their lives because it's a passion. They each have many accomplishments in their long careers but along the way, the best reward is the love of sharing what they do. Julianne brings you a stirring vocal style with a joyful presence while Dom is the amazing instrumentalist on keyboard, sax, and backgrounds. Their repertoire includes traditional jazz, standards, blues, and R&B. Join them in the Lobby Friday, January 27th at 6:00 pm.

Jan 31: Magnum PI: Mad Buck Gibson

The infamous daredevil and author 'Mad' Buck Gibson parachutes into Robin Master's estate for a visit. Joan, one of his ex-wives, hires Magnum to keep an eye on Buck to make sure she collects her alimony. Although Magnum can't stand the idea of being a babysitter, Gibson leaves a trail of destruction behind him that sees both Higgins and Rick end up in hospital. Movie Theater, 1:30 pm.

Jan 31: Rhythm Band: Get Your Rhythm Goin' for 2017

Don't miss our fabulous Rhythm Band back in action as they "Get Your Rhythm Goin' for 2017". Come on up to the PAC at 6:30 pm and get ready to clap your hands and tap your toes.

ACROSS

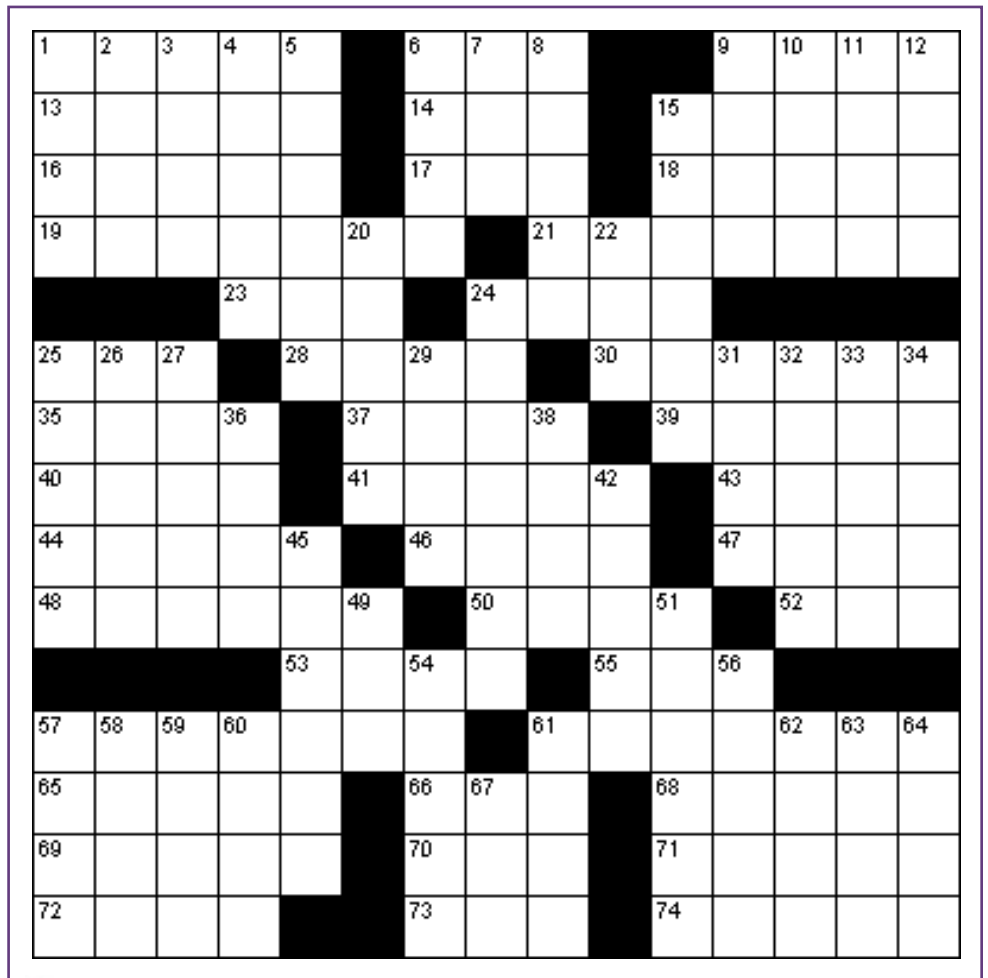
1. Long narrow range of hills
6. Solomn pledge
9. Carry
13. Decorate
14. Make a mistake
15. Conspiracy
16. Deluge
17. Understand
18. Fragrance
19. Storm
21. Water flask
23. Consume
24. Similar
25. Fuss
28. Used to control a horse
30. Back fin
35. Troublesome child
37. Desiccated
39. Mother-of-pearl
40. Alleviate
41. Boundary
43. Heroic tale
44. Awry
46. Mentally healthy
47. Arithmetic operation
48. Maestro
50. Portable shelter (see photo for hint)
52. Domestic animal companion
53. Olfactory organ
55. Belonging to us
57. Treachery
61. Shaped like a ring
65. Be of use to
66. Allow
68. Thrust
69. Tennis stroke
70. Argument in favor
71. Large black bird
72. Woody plant
73. Amateur radio operator
74. Awake

DOWN

1. A flat float
2. Not working
3. Disastrous destiny
4. Fumble

5. Make attractive or lovable
6. Waistcoat
7. Mineral
8. Break forcefully
9. A pastry with fruit filling
10. Musical instrument
11. Domesticated
12. Panache
15. Large artillery gun
20. Move stealthily
22. Assistance
24. Enliven
25. At right angles to the length of a ship
26. Literary genre
27. Desert haven
29. Part of the eye
31. Type of file
32. Skin covering the top of the head
33. Debate
34. To the lowest degree
36. Trial
38. Eat dinner

42. Shaped to fit a mortise
45. Infirm with age
49. Pole
51. Vast treeless plain
54. Imaginary being
56. Relating to farming or country life
57. Yore
58. At any time
59. Uncommon
60. Basketball team
61. Particle
62. Exist
63. Affirm
64. Let for money
67. Epoch



Puzzle Solutions - page 21



KIRBY PINES SnapShots



Jody Sosh enjoys all the festive decorations set up for Christmas at Kirby Pines



Charles Olree very much enjoyed the Matsiko World Orphan Choir, here he is with two of the performers



Shirley Lynn and Mary Stagg are delighted with the incredible show the Matsiko World Orphan Choir put on at Kirby Pines



The Matsiko Choir with Executive Director, Michael Escamilla



Mildred DeBois celebrated her birthday with friends John & Georgia Harkins, Grace Williams, Ann Davis, Wynanne Dierssen, Ken Lewis and Mary Stagg



Betty Willingham was happy to be with her loving family on her birthday

KIRBY PINES SnapShots



Kitty Bartlett celebrated by giving her guest lots of bling! Rose Strange, Carolyn Williford, Joan Haynes, Kitty's son and daughter-in law, Margaret Bivens and Joan Dodson.



Don Johnson, Berry Terry and Charlie Trammell present a check to Samaritan's Purse, who distribute Christmas gifts to children in need all over the world. Kirby exceeded their goal by \$301!



Dr. Lanier and Lucy Jones celebrate their first Christmas season at Kirby Pines with their family.



Jim Stanley with his beautiful daughters at the Estates Christmas Party



Dorothy and Lamar Hartzog smile for the camera at the Estates party



Janice Wall has her hands full with some festive beverages



Ed and Ethel Smith join in the fun at the Estates Party



KIRBY PINES SnapShots



The Garden Home residents had a big time celebrating Christmas in the Magnolia Room where they were surprised by an unexpected guest - can you guess who?



Doris and Dr. Don Duke looking fabulous at the Estates Christmas party



The Steppin' Out Dancers get a visit from the King of Rock n' Roll at their holiday show



Pat Redden and Hazel Canon had a great time at the always entertaining Side Street Steppers performance



Looks like Bettye Speake is letting Santa know who's been naughty and nice this year!



Patty and Gene Rhodes get their picture with another Santa at the Estates Christmas Party

Memorials, Honorariums & Gifts

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to the General Fund

Donation by Kirby Pines
and the Resident Association
to the Library Fund

MAX BURLESON, JR

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and the Resident Association
to the Library Fund

Donation by Shelton & Sydney Wagner
to the General Fund

BILL LANGSTON

Donation by James T. Morrow
to the General Fund

Donation by Mrs. Gene Morrison
to the General Fund

DR. JOE SCOTT

Donation by Joan Dodson
to the Entertainer's Fund

Donation by Mrs. Gene Morrison
to the General Fund

FRAN DYER

Donation by Billie Arnold
to the General Fund

In Honor Of

PRINCE & ELSIE MCLEMORE

Donation by Rev. Robert
& Nancy Crumpton
to the Entertainer's Fund

DAVID WALTERS

Donation by Lenora Smith
to the Hobby Shop

JEAN DANDO AND THE LINE DANCERS

Donation by Mary Stagg
to the Line Dancers Fund

JOAN DODSON

Donation by Jenine Riddle
to the Entertainers Fund

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ANSWERS
TO PUZZLE
CHALLENGE
ON PAGE 17

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