

the PINECONE

The Magazine of Kirby Pines Retirement Community • July 2015 | V. 33 | I. 7



Hydrate Before You're Thirsty | Lessons From The Past | Resident Spotlight: Meryl Stewart | Social Scenes

Dog Days of Summer

Traditionally the “dog days of summer” arrive in August, but here in the south, they show up in July! The higher temperatures lead many of us to spend less time outside and more time just sitting alone in our homes. How we adjust to these higher temperatures can greatly affect our state of mind or feeling - some might even say our overall disposition. Thankfully, there are many things we can do to keep from souring and offending our neighbors. After all, “attitude is everything”.

Now I know attitude cannot lower the temperature, but it can certainly help in the way we adjust to it. For example, the higher afternoon temperatures is a perfect excuse to hone your puzzle skills while you make a new friend at the puzzle table set up by the mailroom. The right attitude might even enable you to lose a couple of pounds by simply switching to eating your large meal at noon, instead of at suppertime. I know I would be more comfortable during these hot days if the late afternoon hours were used for napping or reading in the comfort of my home, rather than dressing for an early evening meal. Of course, managing energy consumption is equally important during these summer days. The simple task of closing drapes when we are not in

at Kirby Pines

our homes can greatly reduce energy consumption and help to maintain a comfortable temperature. Drinking plenty of water not only is important to one’s daily life, but it, too, can be a boost to one’s personal energy – one’s attitude.

I believe that the most significant decision I can make is my choice of attitude. It is more important than my past, my education, my successes or my failures. Attitude can be the single thing that keeps me going or cripples my progress. When our attitude is right, there is no barrier too high or challenge that cannot be met. Keeping this in mind, I hope you will join me in not complaining about the July heat, but in finding ways to make the best of it. Soon enough the “dog days of summer” will be gone and fall foliage will embrace us.



Michael Escamilla,
Executive Director,
Kirby Pines

ON THE PINECONE COVER

Kirby Pines Checks Out Memphis’ New Attraction

The newest thing on the Memphis scene, is the Bass Pro Shop at the Pyramid, so we figured we would see just what it was all about.

As soon as you walk through the massive entrance, you are overwhelmed just by the enormity of the place. It is quite a sight and until you see it in person, words just can’t quite describe it! (See story, page 8)

We want to thank Guy & Connie Carter, Don & Doris Boyd and Shelton & Sydney Wagner for taking time out of their adventurous lives to join us downtown to experience the outdoors from the inside!



From the Sky Deck at Bass Pro Shop
Guy & Connie Carter & Don & Doris Boyd

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is managed by



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welcome to
Kirby Pines



Will & Louise
Day

Will and Louise Day come to Kirby from their previous home in Memphis. Married for 66 years, they have one son, 3 grandchildren, and 6 great grands plus one on the way. For 30 years, Will was an insurance agent with Home Beneficial Life. A Sunday school teacher for 40 years at the Gragg Avenue Church of Christ, Louise also worked for 23 years at the Macon Road Church of Christ Day Care Center.

Will served in the Army during WWII, his unit was captured by the Germans and he spent months as a POW until liberated by the 44th Infantry. In recognition of his military service, the Army awarded him the Bronze Star and the Combat Infantry Badge. Subsequently, on a visit to Luxembourg, the Luxembourg Government awarded him the Medal of Honor.

Their interests include bowling, fishing, pool, basketball and softball, cross word puzzles, cards, Country and Gospel music.

With family nearby, many events to attend, and new friends being made, their days are full. Will and Louise, we are happy you are here!



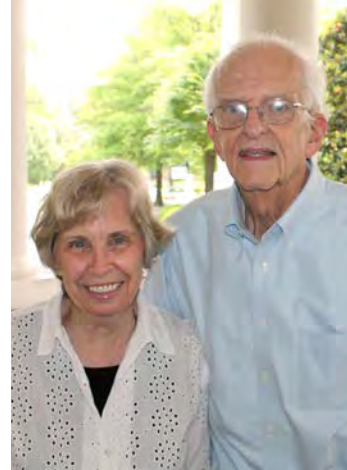
Nell
Fundo

New Resident, Nell Fundo, joins us from her previous home in Collierville. She and her husband, Frank, were married for 24 years. Frank served in the Army, and post-military, had a career as an Air Traffic Controller.

Frank passed away in 1991. He left 9 rental properties, forcing Nell to quickly “get up to speed” acquiring competency in property management. She was a graduate of St. Agnes and attended Miller Hawkins Business School. In 1958, Nell began her 30-year career with the Tennessee Department of Health and Human Services, retiring as Supervisor of the then Welfare Department.

Nell has traveled in Europe, Hawaii, Alaska, and the Bahamas. Her interests included sewing, reading, and working crossword puzzles, but vision problems have curtailed these favorite pastimes.

Timing is everything, so to say; and, at this point in her life, Nell is very pleased that she is now a member of the Kirby Pines Community. New friends will be made and volunteer opportunities will beckon. Welcome, Nell, to your new home.



Dan & Nancy
Goodwin

Dan and Nancy Goodwin come to the Kirby Pines Retirement Community from their previous home in Cordova, TN. Married for 54 years, they have 2 sons and 4 grandchildren. As for great grands, they tell us “not yet”.

In 1959, Dan graduated from Memphis State University with a Bachelor Degree in Management. He was employed by Shelby County as a Real Estate Appraiser for more than 41 years. Nancy graduated from Memphis State University in 1960 with a BS Degree and MS Degree in Math Education. She was a math teacher at White Station High School for 35 years.

Their interests include crossword puzzles, bridge, reading, bicycling, and tennis; in addition, they are long-time fans of the Memphis Tigers and Grizzlies Basketball Teams. Travel include Europe, Western US, and camping.

We welcome Dan and Nancy Goodwin to our residential community, and wish them all good things in the coming years. So if you see them around, give them a big hello and welcome them to their new home.

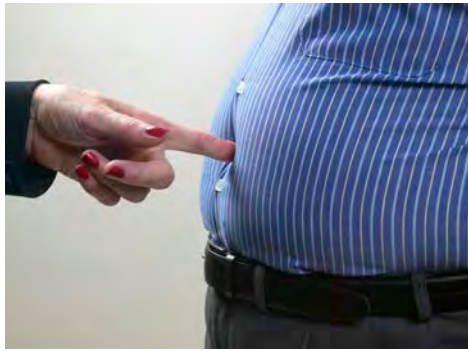


John & Jody
Sosh

Married for 16 years, John and Jody Sosh come to Kirby Pines from previous residences in Buffalo, NY; Honolulu, Hawaii; Pensacola, Florida; and Birmingham, Alabama. Jody’s career was in education, earning a BA Degree from Bradley U. and an MA from Memphis State. She taught almost 35 years in Memphis City Schools. John attended Pensacola Junior College. John’s career was in retail sales and hotel management. He was Sales Manager at Gordon’s Jewelers and Hotel Manager at the Skyport Inn. He also is an artist.

Jody’s interests include Israeli Folkdance, Tap Dance, Mah Jongg, Beading and making jewelry, reading, cruising, and trying to keep John out of trouble. John’s interests include photography, painting, creating collages, music, cruising, and getting into trouble – a perfectly matched couple.

The Kirby Pines Retirement Community welcomes this dynamic duo who will be a resource “ripe for tapping” when planning events that can include their special talents. We wish them many years of pleasure.



What Can I Do About This Belly?

I get that question more often than any other in the Oasis. Not how can I improve my health? Or what is the best exercise to strengthen my body?

Belly fat comes in two places: There's the stuff right under your skin that you can pinch (ugh), called subcutaneous fat. But that's actually the less harmful kind. It's visceral fat that poses a real threat to your health.



It plumps your middle from the inside out, surrounding organs such as your liver, lungs, and heart—and putting you at greater risk for heart disease, diabetes, and some cancers, says Kristen Gill Hairston, M.D., an endocrinologist at Wake Forest Baptist Medical Center in Winston-Salem, NC.

Visceral fat gets worse for all of us as we get older, especially if we're under a lot of stress or not sleeping well, says nutritionist Sara Vance, author of *The Perfect Metabolism Plan*. That's thanks to hormones that make us hungrier even as our bodies are practically hoarding fat.

Exercise: Lack of exercise adds to the belly fat problem. Sit-ups may build and strengthen your abdominal muscles, but the real winner is..... Walking. At

11 miles a week, it made no difference whether people in the study walked or jogged, "It's not the intensity of the exercise that matters," Cris Slentz, Ph.D., an exercise physiologist at Duke University Medical Center in Durham, NC says. "It's the amount." And you can break it up into 10 or 15 minute increments. Start slow and easy and then work your way up to 15 miles a week over six weeks or more to reduce belly fat. Another simple exercise to flatten your tummy is Core Compressions: Sit tall in a chair with your feet hip-width apart and your belly flattened toward your spine. Place one hand on your upper abs and the other on your lower. Take a deep breath in, then exhale forcefully to draw your abdominal muscles in even tighter, keeping your back straight and still. Continue for five minutes, focusing on slow, complete tightening of the muscles. Do two sets.

Diet: It's low-carb, but don't let that put you off. "Too many carbohydrates spike your blood sugar," Vance says. Your body converts that glucose into energy or stores it as fat. "When you take those carbs away, it has to get energy somewhere, so it starts burning fat." The good carbs: Instead of simple carbohydrates (like baked goods or chips), reach for complex carbs. Generally, vegetables are the lowest in grams, followed by beans and legumes, fruits, and whole grains. Stick to 30 grams or fewer at a sitting to avoid spiking your blood sugar.

Patience: Be patient with yourself. That extra tummy fluff didn't happen overnight and it will take more than a week to go away. As you improve your walking stamina and develop healthier eating habits: Pounds and inches will fall away and strength, balance, stamina and energy levels will improve.

Reference: Redbook, February 2015



EXERCISE SCHEDULE FOR THE OASIS

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

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

Tai Chi
Monday
2:00 pm

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

Arthritis Foundation
Water Aerobics
Tuesday & Thursday
9:30 am - 10:15 am

Arthritis Foundation
Sit/Stand Class
Tuesday & Thursday
11:00 am - 11:45 am

Walk With Ease
Monday & Wednesday
10:30 am - 11:30 am

SNACK SMART

HYDRATING FRUITS & VEGGIES



grapefruit



cucumber



blueberries



spinach



pineapple



watermelon

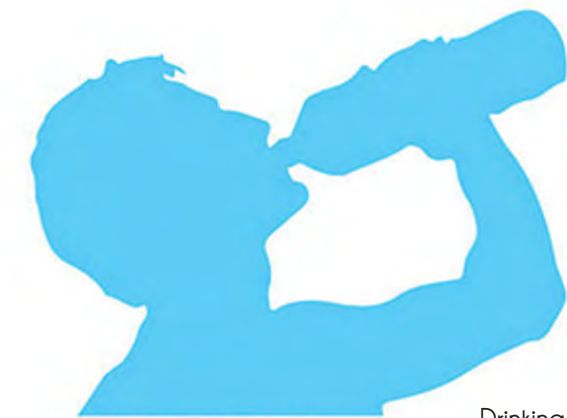


radishes

Dehydration and Warning Signs - Nearly 75% of the human body is composed of water. Water makes up an astonishing 85% of the human brain. Research suggests that dehydration is often times underestimated as a potential threat. Feelings and warning signs of thirst are diminished greatly with age. However, it is important to be aware of the warning signs, which include weakness, fatigue, confusion, and dry mouth. Insufficient consumption of fluids may result in digestive trouble, UTI, kidney failure, and improper blood circulation.

Proper Hydration - Hydration is maintaining a proper fluid balance throughout the body. If not taken seriously, it can be quite difficult to consume the recommended amount of fluids on a regular basis. It is suggested that eight, 8oz glasses of water be consumed throughout the day. It is very important to keep in mind that consuming a large amount of water in one setting is not recommended. Sipping water, milk, or juice throughout the day will help achieve a healthy distribution of fluids within the body.

Alternatives to Hydration - Drinking water alone is not the only way to achieve proper hydration. Alternatives previously mentioned such as milk and juice serve as great sources for hydration. There are many different types of fruits and vegetables which have an adequate amount of water content. Watermelon, oranges, celery, and carrots are all good options. It is very important to ensure that fluids are available to you throughout the day. Take the time to identify the location of nearby sinks and water fountains and ask if you aren't sure.



WHEN YOU FEEL THIRSTY, YOU ARE ALREADY DEHYDRATED.



Drinking two 8-ounce glasses of water before breakfast, lunch and dinner while also cutting back on portions will help you lose weight and keep it off for at least a year, according to research.



Researchers estimate that over the course of a year, a person who increased his water consumption by 1.5 liters a day would burn an extra 17,400 calories, for a weight loss of approximately five pounds.

Drinking cold water can speed your metabolism and burn calories. The effects of elevated metabolism begin about 10 minutes after consuming the water and peak at 30-40 minutes after drinking.



You Should Drink Only Water!

The number one source of excessive calories in a person's diet is sugar-based beverages such as soda and fruit juices.

Just one can of soda pop:

35 grams of sugar
140 calories

Glass of water:

0 grams of sugar
0 calories

DON'T MISS THE NEXT
KIRBY PINES EVENING OF
**EXQUISITE
CUISINE**
THURSDAY, JULY 23, 2015



MENU

Lobster Cocktail
with Lemon Caper Sauce

Tri-Colored Salad with Mixed Radicchio,
Arugula and Endive topped with
Toasted Pine Nuts, Shaved Parmesan
and a Honey Dijon Mustard Vinaigrette

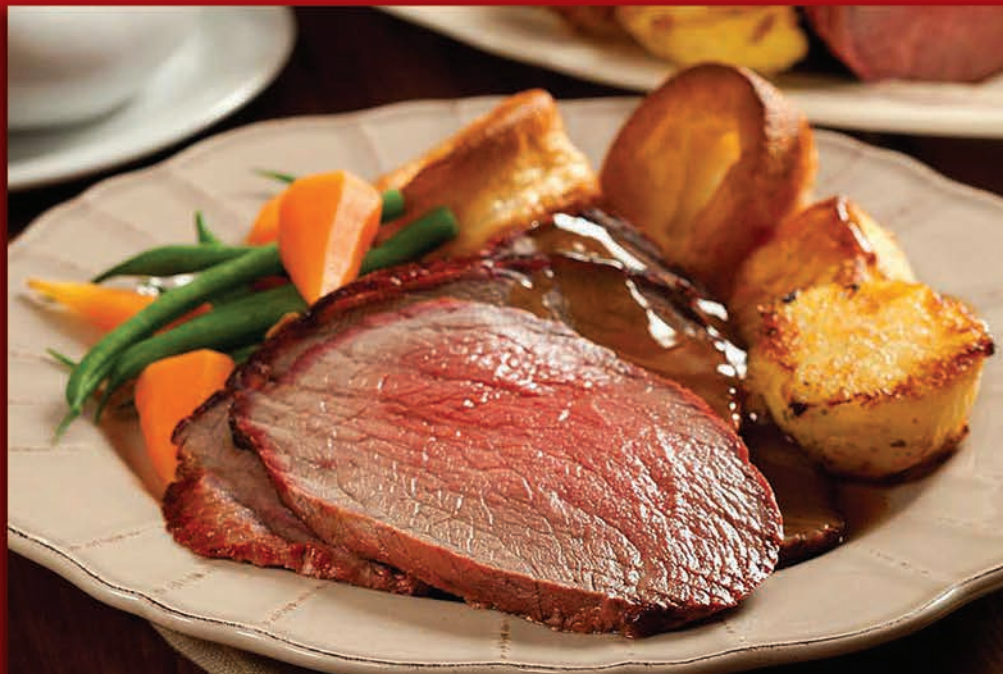
Beef Chateaubriand
with Cognac Sauce
Red-Skin Twice Baked Potatoes
and Sautéed Miniature Vegetables

Triple Mousse Delight
on a Painted Plate

*For Reservations
please call 901.866.4444*



Executive Chef, Tim McNeil





Pheasant hunting in Korea during his military years

machinist, insurance agent, and landscaper. Next steps in the young man’s life was joining the Air Force Reserves, which turned out to be a 29+ year affair. His rank was Chief Master Sergeant and he was posted to Alaska. The military taught Meryl to be a crack shot with guns and rifles. Alaska gave him the opportunity to use these skills to hunt big game and reel in species of large fish, such as salmon and halibut. When his tour of duty was completed, Meryl built a home in Alaska and he and Maxine settled in. Life was good.

Meryl moved to Kirby Pines Retirement Community in 2014, following the death of his wife. He said that Maxine put family first, was beautiful, kind, quite talented in dealing with disabled children in summer camp, and knitting an afghan for each child to take home as a remembrance of their camping experience. His home is replete with Maxine’s art work, collectibles, and furnishings. He is now tending to health issues of his own, common to aging, including knee surgery and open heart surgery. But life should not be static and Meryl is on the move, in a sense, of planning to visit his beloved Alaska – to again go after the big fish, and savor the state’s natural beauty.

Tribulations and trials are common to all of us and, at times, it’s hard to regain balance when we feel overwhelmed. But it’s urgent that we find time to be good to ourselves; to return to people and places that have helped define who we are – Meryl is on the move to revisit his place of happiness. He’s a living lesson in self revitalization. Bravo, Meryl.

-Jacqueline Besteman, Resident



Salmon caught in Alaska, July 1983

Meryl Stewart

LIVING - LOVING - HUNTING

He’s hard to quantify. Don’t be quick to pigeon-hole this man. Fine upright characteristics commingle with a love of hunting wild game; still haunted by the recent death of his wife of 63 years but focused as well on making his new life at Kirby Pines “his life” – memories of his past melding with forward thinking about shaping his life “in the moment” of day-to-day pleasure.

Meryl Stewart was born in Memphis, TN. He and his wife, Maxine, met at the Air Diner, his favorite hanging-out place. In 1946, as part of his “knocking around/ finding himself” period, Meryl joined the Navy and served 2 years. Then it was on to Harding College for 2 years; followed by a variety of work, including diesel



103 pound halibut in Alaska

UPCOMING MARKETING EVENTS

Here's Your Opportunity

To Get To Know Kirby Pines!

If you, a friend or a family member are interested in moving to Kirby Pines, join us!

JULY 1ST

"Life Care Seminar and Campus Tour"
complimentary lunch 11:30-1:30

JULY 1ST

*"Patriotic Pops Concert at
Second Presbyterian Church"*
RSVP required 5:30 departure

JULY 6TH

"Get Moving Fitness Series"
8 week series on increasing activity,
flexibility and strength 3:00 - 4:00

JULY 9TH

"Life Care Seminar and Campus Tour"
complimentary breakfast 9:30-11:30

JULY 14TH

*"RSVP and The Memphis City
Sound Chorus Summer Concert"*
performance at 6:30

JULY 15TH

"Life Care Seminar and Campus Tour"
complimentary breakfast 9:30-11:30

JULY 22ND

"Life Care Seminar and Campus Tour"
complimentary lunch 11:30-1:30

JULY 28TH

"Life Care Seminar and Campus Tour"
complimentary lunch 11:30-1:30

For more information on these
events, please call 901-369-7340

DON'T MISS CHARLIE'S TOWN HALL MEETING

THURSDAY, JULY 9TH • 2:00 PM • PERFORMING ARTS CENTER

Charlie Trammell, President of Retirement Companies of America, will address your questions at his Annual Town Hall Meeting. Your questions must formally be submitted on the forms that were distributed to you and turned into the front desk, by Monday, July 6th, in order for your question(s) to be addressed. Hope to see you there!

MEMPHIS IS GOING TO THE BIRDS. MORE SPECIFICALLY, TO THE DUCKS.

For decades, the Peabody Hotel has been the top lodging in The Bluff City, famous for its twice-daily "Duck March." But suddenly the Peabody is not the only Memphis hotel featuring water fowl. April 29th saw the city's biggest grand opening in years, Bass Pro Shops at the Pyramid, a Vegas-style architectural fantasy that combines a huge Bass Pro retail store, the Ducks Unlimited Water Fowling Heritage Center museum, a 32-story high outdoor observation deck, the 120-room Big Cypress Lodge hotel, and the Cypress Swamp Waterfowl Habitat. An ode to the nearby Mississippi River Delta, the "swamp" occupies much of the ground floor, with ponds, streams, tanks and aquariums, spanned by footbridges and showcasing a floating selection of fishing boats. The waters are full of live ducks, catfish, sturgeon and even alligators.

The one-time basketball court has been replaced with 600,000 gallons of water features containing around 2,000 fish, ultra-realistic faux cypress trees towering 100 feet in the air and dripping Spanish moss, and endless animal mounts. In the very middle of it all, the world's tallest freestanding elevator glows in neon as it rises to a restaurant and observation deck.

The Bass Pro concept is retail as theater, but even by its standards, the pyramid is over the top. Families scramble in and out of boats tied up at indoor docks, the main restaurant has an undersea-themed full-sized bowling alley with ball returns shaped like octopi and life-sized fiberglass great white sharks hanging overhead, while the store contains separate shooting and archery ranges. Many visitors come just for The Lookout with its unique perspective and views of the river, Mud Island and downtown Memphis.



Congratulations

employee of the month

Colesha Cross

Colesha Cross works in the Manor. She is a team player, who consistently works on improving the care given to our residents. She is always accountable and dependable. The team enjoys working with her and the residents both trust and frequently request her to be assigned to them. She is cooperative and refrains from any actions that could have an actual or potential negative impact to the unit.

-Anna Bradford, RN/BSHA, Director of Nursing



CHAPLAIN'S CORNER

from Don Johnson, Kirby Pines Chaplain

LESSONS FROM THE PAST

Edward Gibbon, author of *The Decline and Fall of the Roman Empire*, has attributed Rome's destruction to five things.

1. The rapid increase of divorce; the undermining of the dignity and sanctity of the home, which is the basis of human society.
2. Higher and higher taxes and the spending of public monies for free bread and circuses for the populace.
3. The mad craze for pleasure; sports becoming every year more exciting and more brutal.
4. The building of gigantic armaments when the real enemy was within, the decadence of the people.
5. The decay of religion—faith fading into mere form, losing touch with life and becoming impotent to warn and guide the people.

He speaks about failure in the family, social issues' imbalance, misguidance of focus, false dependence of the external while overlooking inner failings, and the decline of faith.

If Gibbon were to write about America today would his conclusions be similar? Or maybe more dramatic?

Benjamin Franklin cautiously warned: "Only a virtuous people are capable of freedom. As nations become more corrupt and vicious, they have more need of masters." And masters we will have if virtue continues to give way to corruption and anarchy.

On March 11, 1792 George Washington wrote to John Armstrong, "I am sure there never was a people who had more reason to acknowledge a Divine interposition in their affairs than those

of the United States." Why are some afraid to acknowledge God's hand in our beginnings and in today.

President Andrew Jackson in his March 4, 1837, farewell address declared: "Providence has bestowed on this favored land blessings without number, and has chosen you as the guardians of freedom, to preserve it for the benefit of the human race. May He who holds in His hands the destinies of nations make you worthy of the favors He has bestowed and enable you, with pure hearts and pure hands and sleepless vigilance, to guard and defend to the end of time the great charge He has committed to your keeping."

If we aren't challenged and inspired by the past, we may easily lose the present and the future.

We should never stop loving and waving the American flag. Nor should we cease singing our National Anthem, "The Star Spangled Banner." And let us certainly defend and declare that this nation, under God, is still the world's greatest example of a land of the free and home of the brave.

In August, 1940, England's Prime Minister, Winston Churchill, referring to the brave airmen whose helped turn the tide in World War II said, "Never in the field of human conflict was so much owed by so many to so few." May this be said of us. We may be few but we can accomplish so much and enrich so many by our actions of liberty for all.

What someone wrote especially applies to us now: "We cannot have a new beginning, but we can start now to make a new ending."

Till Next Time,
Don Johnson, KP Chaplain



GIBBON



FRANKLIN



WASHINGTON



JACKSON



CHURCHILL

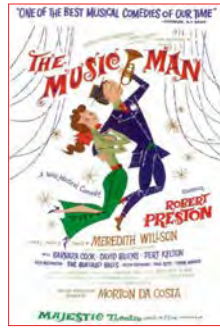
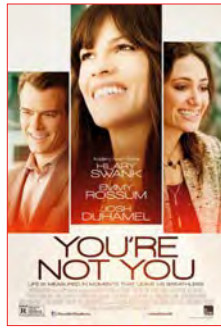
July Vesper Services • 6:30pm • Performing Arts Center

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| July 2nd Reverend Wess Brown <i>Faith Anglican Church</i> | July 9th Father Augustine DeArmond <i>St. Peter Catholic</i> | July 16th David South <i>Woodland Nills Church of Christ</i> | July 23rd Reverend John Bomar <i>Baptist Pastor, Retired</i> | July 30th Reverend Susan Sharpe <i>Wesleyan Hills Methodist</i> |
|--|---|--|---|--|

M E E T

M E

A T



SWEET HOME ALABAMA



Saturday, July 4

at 10:00 a.m. and 2:00 p.m.

(2002) Cast: Reese Witherspoon, Patrick Dempsey, Josh Lucas

Sophisticated Melanie Carmichael, a rising New York clothing designer suddenly finds herself engaged to the city's most eligible bachelor. But this is no fairy tale romance for Melanie. She has skeletons in her fashion-filled closet that include Jake - the backwoods husband she married in high school who refuses to divorce her. Determined to end their marriage and sever all ties with her past once and for all, Melanie returns to Alabama. But home starts to tug at her heartstrings, and what she thought she wanted may not be what she wants at all.

YOU'RE NOT YOU



Sunday, July 5

at 1:30 p.m. and 4:00 p.m.

(2014) Cast: Hilary Swank, Emmy Rossum, Josh Duhamel

Kate is a classical pianist just diagnosed with ALS. Bec is a brash college student and would-be rock singer who can barely keep her wildly chaotic affairs - romantic and otherwise - together. Yet, when Bec takes a job assisting Kate, just as Kate's marriage to Evan hits the skids, both women come to rely on what becomes an unconventional - sometimes confrontational - and fiercely honest bond. As meticulous, willful Kate begins to rub off on whirlwind, spontaneous Bec - and vice versa - both women find themselves facing down regrets, exploring new

territory and expanding their ideas of who they want to be.

THE MUSIC MAN



Saturday, July 4 at 6:00 p.m.

& Sunday, July 5 at 6:30 p.m.

(1962) Cast: Robert Preston, Shirley Jones, Buddy Hackett

Confidence man Harold Hill arrives at staid River City intending to cheat the community with his standard scam of offering to equip and train a boys' marching band, then skip town with the money since he has no music skill anyway. Things go awry when he falls for a librarian he tries to divert from exposing him while he inadvertently enriches the town with a love of music.

THE GREATEST GAME EVER PLAYED



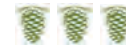
Saturday, July 11

at 10:00 a.m. and 2:00 p.m.

(2005) Cast: Shia LaBeouf, Stephen Dillane, Elias Koteas

Near the turn of the twentieth century, young Harry Vardon becomes a champion golfer but learns that his amazing skill is no match for the class boundaries that exclude him from "gentlemanly" English society. A dozen years later, a young American, Francis Ouimet, fights against the same prejudice, as well as his own father's disdain, for a chance to participate in the U.S. Open against his idol -- Harry Vardon. The struggles of both men for acceptance provides the background for an amazing contest of skills.

FLIPPED



Sunday, July 12

at 1:30 p.m. and 4:00 p.m.

(2010) Cast: Madeline Carroll, Callan McAuliffe, Rebecca De Mornay

A young schoolboy realizes that the same girl he struggled to avoid may actually be his one true love in this coming-of-age romantic comedy from director Rob Reiner. Adapted from the book by Wendelin Van Draanen, *Flipped* tells the story of mischievous schoolboy Bryce and his neighbor Juli, who's had a crush on her girl-phobic classmate since second grade. Over the course of six years, Juli pines for Bryce as he does everything in his power to put her off. Later, as the pair enters junior high, Bryce discovers girls and the tide starts to shift. But will Juli still be interested after all that Bryce has done to keep her at arm's length?

THE GLENN MILLER STORY



Saturday, July 11 at 6:00 p.m.

& Sunday, July 12 at 6:30 p.m.

(1954) Cast: James Stewart, June Allyson, Harry Morgan

The Glenn Miller Story traces Miller's rise from pit-orchestra trombone player to leader of the most successful big band of his era. June Allyson is on hand as Miller's wife, Helen, who learns the value of patience when Glenn spends his wedding night jamming with Gene Krupa and Louis Armstrong. Given an officer's commission during World War II, Miller helms the swingin'est military band ever heard. In December of 1944, a plane carrying Miller disappears while flying over the English Channel.

T H E

M O V I E S



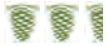
ANNA AND THE KING



Saturday, July 18
at 10:00 a.m. and 2:00 p.m.
(1999) Cast: Jodie Foster, Chow Yun-Fat, Bai Ling

This is the story of Anna Leonowens, the English schoolteacher who came to Siam in the 1860s to teach the children of King Mongkut. She becomes involved in his affairs, from the tragic plight of a young concubine to trying to forge an alliance with Britain to a war with Burma that is orchestrated by Britain. In the meantime, a subtle romance develops between them.

CHARLIE ST. CLOUD



Sunday, July 19
at 1:30 and 4:00 p.m.
(2010) Cast: Zac Efron, Kim Basinger, Charlie Tahan

Charlie St. Cloud is a young man so overcome by grief at the death of his younger brother that he takes a job as caretaker of the cemetery in which his brother is buried. Charlie has a special lasting bond with his little brother, Sam, and claims he can see him and even meets up with his brother each night to play catch and talk about life. Then, a girl comes into Charlie's life and he must choose between keeping a promise he made to Sam, or going after the girl he loves.

THROUGHLY MODERN MILLIE



Saturday, July 18 at 6:00 p.m. & Sunday, July 19 at 6:30 p.m.
(1967) Cast: Julie Andrews, James Fox, Mary Tyler Moore



MAMMA MIA!



Sunday, July 26
at 1:30 and 4:00 p.m.
(2008) Cast: Meryl Streep, Pierce Brosnan, Amanda Seyfried

Sophia Sheridan is 20 years old and lives with her mother Donna on an idyllic Greek island. She is about to be married and wishes for only one thing: that her father walk her down the aisle



P.S. I LOVE YOU

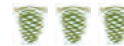


Saturday, July 25
at 10:00 a.m. and 2:00 p.m.
(2007) Cast: Hilary Swank, Gerard Butler, Harry Connick, Jr.

Holly Kennedy is beautiful, smart and married to the love of her life - a passionate, funny, and impetuous man named Gerry. So when Gerry's life is taken by an illness, it takes the life out of Holly. The only one who can help her is the person who is no longer there. Nobody knows Holly better than Gerry. So it's a good thing he planned ahead. Before he died, Gerry wrote Holly a series of letters that will guide her, not only through her grief, but in rediscovering herself. Holly's mother and best friends begin to worry that Gerry's letters are keeping Holly tied to the past, but in fact, each letter is pushing her further into a new future.



THE THRILL OF IT ALL



Saturday, July 25 at 6:00 p.m. & Sunday, July 26 at 6:30 p.m.
(1963) Cast: Doris Day, James Garner, Arlene Francis

At a dinner party, Beverly Boyer, wife of an obstetrician and mother of two, tells the manufacturer of Happy Soap about her experience with his product. Charmed by her spontaneity, he offers her a chance to tell her story in his commercials. After some hesitation, Beverly accepts and quickly changes from a housewife into a famous television personality, greatly irritating her husband Gerald.

KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= EXCELLENT

= OUTSTANDING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

8:00 am ● Church of Christ Service (Chapel) **5**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:00 pm ● Game Night (LCR)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **6**
 9:00 am ● Smith Jewelers (SCR)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● First Monday Poetry Group (Ante)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 2:00 pm ● Tai Chi (LCR)
 3:00 pm ● Get Moving Fitness Series (LCR)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **7**
 9:00 am ● UTMG (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Blanche Scott Prayer Group (Chapel)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 1:30 pm ● IMAX: "Survival Island" (Thtr)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● IMAX: "Survival Island" (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **8**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Peach World Farmer's Market (Grill)
 10:00 am ● Catholic Service (Chapel)
 10:00 am ● Memphis Hearing Aid (A&C)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Game Play (SCR)
 10:30 am ● Garden Gro-ers Club (Greenhouse)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● America: "The Story Of Us" Ep1 (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 5:45 pm ● *Redbirds Game @ Autozone Park (Trans)*
 6:30 pm ● Bridge (LCR)
 6:30 pm ● America: "The Story Of Us" Ep1 (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **9**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● "Charlie Town Hall Meeting" (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **10**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 11:00 am ● Oak Court Mall (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 6:00 pm ● *Music with Earl Randle (Lobby)*
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **11**
 10:00 am ● Weekend Movie (Thtr)
 10:30 am ● Bible Study "Thru the Bible" (Chapel)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Beginners 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) **12**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:00 pm ● Game Play (LCR)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **13**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Alterations (A&C)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:00 am ● Smart Moves "Hydration" (PAC)
 10:30 am ● Billiard Group (BR)
 12:00 am ● Kiwanis Meeting (FDR)
 2:00 pm ● Tai Chi (LCR)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **14**
 9:00 am ● UTMG (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● *RSVP and Memphis City Sound Chorus (PAC)*

8:30 am ● Advanced Water Aerobics (Pool) **15**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Peach World Farmer's Market (Grill)
 10:00 am ● Catholic Service (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Game Play (LCR)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● America: "The Story Of Us" Ep2 (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● Bingo (PAC)
 6:30 pm ● America: "The Story Of Us" Ep2 (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **16**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● March of the Penguins (Thtr)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● March of the Penguins (Thtr)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **17**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 6:00 pm ● *Music in the Lobby with Sonny Jackson & Partners (Lobby)*
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **18**
 10:00 am ● Weekend Movie (Thtr)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Beginners 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) **19**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 1:30 pm ● *Bartlett Flute Choir (Lobby)*
 4:00 pm ● Weekend Movie (Thtr)
 6:00 pm ● Game Play (LCR)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **20**
 9:00 am ● Smith Jewelers (SCR)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:00 am ● Bereavement Support Group (Ante)
 10:30 am ● Perspectives Eyewear & Svc (Lobby)
 10:30 am ● Billiard Group (BR)
 10:45 am ● Episcopal Eucharist (Chapel)
 2:00 pm ● Tai Chi (LCR)
 3:00 pm ● Colonial Park United Methodist (Chapel)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **21**
 9:00 am ● UTMG (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Blanche Scott Prayer Group (Chapel)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● *July Jump & Jive Dance with The Sturgis Dailey Band (PAC)*

8:30 am ● Advanced Water Aerobics (Pool) **22**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Peach World Farmer's Market (Grill)
 10:00 am ● *Traveler's Group Trip to Memphis Rock and Soul Museum (Trans)*
 10:00 am ● Catholic Service (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Game Play (LCR)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● America: "The Story Of Us" Ep3 (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● America: "The Story Of Us" Ep3 (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **23**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers (PAC)
 6:30 pm ● *Theatre Memphis presents "Liberace" featuring Gary Beard (Trans)*

9:30 am ● Group Exercise (PAC) **24**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 6:00 pm ● *Music in the Lobby with Breeze Cayolle & Bob Sunda (Lobby)*
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **25**
 10:00 am ● Weekend Movie (Thtr)
 10:30 am ● Bible Study "Thru the Bible" (Chapel)
 1:30 pm ● Game Play (LCR)
 1:30 pm ● Beginners 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) **26**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 4:00 pm ● Weekend Movie (Thtr)
 6:00 pm ● Game Play (LCR)
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **27**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Alterations (A&C)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Amedisys Lecture "Live to 100" (LCR)
 10:30 am ● Billiard Group (BR)
 12:00 am ● Kiwanis Meeting (FDR)
 2:00 pm ● Tai Chi (LCR)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **28**
 9:00 am ● UTMG (WC)
 9:30 am ● The Book Baggers (Chapel)
 9:30 am ● Basic Water Aerobics (Pool)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● IMAX: Wolves (Thtr)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:00 pm ● Ladies Interdenominational Meeting "The Uplifters" (Chapel)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● IMAX: Wolves (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **29**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Peach World Farmer's Market (Grill)
 10:00 am ● Catholic Service (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:30 am ● Game Play (LCR)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● America: "The Story Of Us" Ep4 (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)
 6:30 pm ● America: "The Story Of Us" Ep4 (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **30**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **31**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 6:00 pm ● *Music in the Lobby with Quincy Crank (Lobby)*
 6:30 pm ● Bridge (LCR)



July 2015 EVENTS

July 1 Kirby Pines Travelers Meeting

Calling all adventurous spirits! The Travelers are back in action and will be meeting to discuss upcoming trips for 2015. This month's upcoming trip will be on July 22 to The Memphis Rock 'n' Soul Museum. You can sign up at the meeting. The group meets on the first Wednesday of every month at 10:00 am in the Large Card Room.

July 1 Peach World Farmer's Market

Kirby Pines farmers' market brought to us by Peach World has fresh vegetables, fruits and everybody's favorite, home-grown tomatoes. They will be in the hallway by the grill every Wednesday from 10:00am to 2:00pm.



July 1 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 Wednesday at 10:00am and Saturdays at 4:00pm.

July 1 Classic Movie "Yankee Doodle Dandy"

James Cagney won the Best Actor Oscar for his lively portrayal of "Mr Broadway" George M. Cohan, in this lavish screen biography that highlights Cagney in some of his finest song and dance routines. Movie plays at 1:30 and 6:30pm in the Movie Theater.

July 1 Wii Virtual 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.

July 1 Patriotic Pops Concert at 2nd Presbyterian Church

This year's Patriotic Pops concert will feature Memphis' own international opera star, Kallen Esperian, singing Broadway favorites such as "Summertime," "Someone to Watch Over Me," and "Somewhere Over the Rainbow." The concert will also include the Second Presbyterian chancel choir and orchestra leading patriotic favorites such as "God Bless America," "Battle Hymn of the Republic," and our traditional Armed Forces salute. Hop on the bus and head over to the annual "Patriotic Pops Concert" at Second Presbyterian Church. Sign up in Transportation. Bus leaves at 5:30pm

July 3 Patriotic Sing-A-Long in the Lobby

Join the Entertainers and the rest of the gang in the Lobby as we salute America with a patriotic sing-a-long. Friday, July 3rd at 6:00pm in the Lobby.

July 4 Kirby Pines Annual 4th of July Parade

Show your patriotism and community spirit! Don your red, white and blue, put on your marching shoes, and meet us in The Lobby by 10:15am as we parade and spread joy all around Kirby. Children, dogs and guests are welcome to march. The parade will exit the Lobby at 10:30 am.

July 6 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 are 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.

July 6 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. The group meets in the Ante Room every first Monday at 10:00 am.

July 6 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. Under the instruction of Sheila Raye, tai chi meets in LCR every Monday at 2:00 pm.

July 6 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.

July 7 UTMG in the Wellness Center

The University of Tennessee Medical Group are in the Wellness Clinic Tuesdays 9:00 am -12:00 pm by appointment only.

July 7 The Blanche Scott Prayer Group

Join this encouraging and inspirational group as they pray for themselves and those in need. This is a non-denominational group. They meet in the Chapel every 1st and 3rd Tuesday of the month at 10:30 am.

July 7 IMAX: Survival Island

This stunning IMAX documentary tells the story of the vast animal cities on South Georgia island -- including penguins, albatrosses, fur seals and elephant seals -- and of the order that lies beneath their seemingly chaotic world. Standing virtually alone in the great Southern Ocean, South Georgia island plays host to some of the largest concentrations of animals anywhere on Earth during the spring and summer months. Showtimes in the Theater 1:30 and 6:30pm.



July 8 Mini-Series: America
"The Story Of US" Episode 1

A mini series presenting the history of how the United States was invented, looking at the moments where Americans harnessed technology to advance human progress -- from the rigors of linking the continent by transcontinental railroad to triumphing over vertical space through the construction of steel-structured buildings. The series also is a story of conflict, with Native American peoples, slavery, the Revolutionary War that birthed the nation, the Civil War that divided it, and the great world war that shaped its future. Ep 1 Rebels: From Jamestown to Plymouth, early settlers fight for survival. Tobacco sows the seeds of opportunity in the south, the north becomes a powerhouse of trade, and the American spirit is born. Movie Theater Showtimes 1:30 & 6:30pm



July 8 Memphis Hearing Aid Service

Wednesday, July 8 at 10:00 am, in the Arts & Crafts room, Dr. Rena Booth will be offering:

- ~Free Hearing Evaluation
- ~Free Hearing Aid Consultation
- ~Free Hearing Aid Cleanings,
- ~Check up and Adjustment

Please call 682-1529 for more information or to schedule a visit.

July 8 Garden Gro'ers Club Meeting

The Garden gro'ers are still hard at work. The tomatoes are early and everything is going well. Sweet peppers are bearing and hot peppers are ready to pick. The watermelons are still on schedule for August. Remember, share a tomato-make a friend. Come on down to the Greenhouse every 2nd Wednesday at 10:30am.

July 8 Memphis Redbirds Game at AutoZone Park

"Take me out to the ballgame." Join the crowd as we head downtown to see a night game with the Memphis Redbirds vs Nashville Sounds. We have great seats in section 109. Tickets are \$15.00 & the bus is \$3.00. Call activities to reserve tickets. Sign up in Transportation. The bus leaves at 5:45 pm.

July 9 Resident Association "Charlie's Town Hall Meeting"

Charlie Trammell will be conducting a Town Hall Meeting on Thursday, July 9 at 2:00pm in The PAC.

July 10 Music in the Lobby with Earl Randle

Come enjoy the keyboard and vocals of Earl Randle, Friday night July 10 at 6:00 in the Lobby. Earl is one of the most versatile musicians in the Memphis area.

July 11 Through the Bible

Starting with Genesis and working through the books in the Bible, this group meets the second and fourth Saturday of every month at 10:30 am in the Chapel. For more information contact Gail Kommer at 363-3622.

July 13 Smart Moves "Staying Hydrated"

This month's topic will focus on Drinking Fluids Even Before You're Thirsty, to keep hydrated this summer. 10:00 am in The Performing Arts Center.



July 14 Birthday Night with RVSP and Memphis City Sound Chorus

Join us at 6:30pm in the PAC for a special birthday night concert. The Men's Acapella Choral Group RSVP, for the first time, will be presenting a dual concert with the ladies of the Memphis City Sound Chorus (Sweet Adeline's Society). This will be a superb night of music.

July 15 Mini-Series: America
"The Story Of US" Episode 2

Revolution: The colonies declare independence, taking on the might of the British Empire. Washington's army is near defeat, but new weapons and battle tactics turn the tide. Forged through revolution, a new nation is born. Movie Theater Showtimes 1:30 & 6:30pm.

July 16 Documentary: March of the Penguins

Award-winning photographer Luc Jacquet takes documentary film to new heights -- and depths -- with his first feature film, a stunning insider's look at the life of emperor penguins living in one of the cruelest climates on the planet. The product of more than a year of filming on the Antarctic ice, this Oscar-winning documentary reveals never-before-captured footage of the penguins' underwater life and explores their steadfast quest for monogamy. Movie Theater Showtimes 10:00am & 2:00pm.

July 17 Music in the Lobby with Sonny Jackson & Partners

Join us in the Lobby at 6:00pm to hear toe-tapping tunes sung by Sonny Jackson and his partners.

July 19 The Bartlett Flute Choir

Come to Lobby for the beautiful sounds of The Bartlett Flute Choir at 1:30pm in The Lobby. The choir is a musical ensemble composed entirely of flutes—utilizing piccolo, C-flute, alto and bass flutes - in the performance of a variety of musical styles.

July 20 Bereavement Support Group

Lamar Frizzell will lead the Bereavement Support Group to serve people in gaining perspective about their losses and support them in regaining a healthy quality of life. The group meets the 3rd Monday of every month at 10:00 am in the Ante Room.

July 20 Perspectives Eyewear and Services

Perspectives will be in the Lobby for free glasses cleaning and adjustments. Monday from 10:30 am to noon.

July 21 | Jump and Jive Dance with The Sturgis Dailey Band

Everybody put on your dancing shoes and join in the fun at July's dance with The Sturgis Dailey Band in The Performing Arts Center, Tuesday night, July 21 at 6:30pm. Whether you dance or just listen to the band, you're guaranteed a good time.

July 22 | Kirby Pines Travelers Outing to Memphis Rock n Soul Museum

The Memphis Rock 'n' Soul Museum's exhibition about the birth of rock and soul music, created by the Smithsonian Institution, tells the story of musical pioneers who, for the love of music, overcame racial and socio-economic barriers to create the music that shook the entire world. Located at 191 Beale, on the corner of legendary Highway 61 at the FedEx Forum sports and entertainment complex, the museum offers a comprehensive Memphis music experience from the rural field hollers and sharecroppers of the 1930s, through the explosion of Sun, Stax and Hi Records and Memphis' musical heyday in the 70s, to its global musical influence. The museum's digital audio tour guide is packed with over 300 minutes of information, including over 100 songs, and takes visitors at their own pace through seven galleries featuring 3 audio visual programs, more than 30 instruments, 40 costumes and other musical treasures. If you are big on history or love music don't miss this great experience. Entry fee is a\$7.00 AND \$3.00 FOR THE BUS. You can sign up in Transportation or call Pat Watson @491-2094. Bus leaves at 10:00am.



July 22 | Mini-Series: America "The Story Of US" Episode 3

Westward: Trailblazing pioneers set out to conquer the vast continent west of the mountains, but find the land already claimed. Wagon trains meet danger and hardship on the road to unprecedented riches in California's golden hills. Movie Theater Showtimes 1:30 & 6:30pm.

July 23 | Theatre Memphis Presents "Liberace" with Gary Beard

This moving and highly entertaining tribute to the performer and musician famous for his charm, glitz, and glamour relives the highs (and lows) of Liberace's prolific life, revealing the real person behind the persona. Interwoven with a rollicking piano score spanning classical and popular music from Chopin to "Chopsticks," and Rachmaninoff to Ragtime, this solo-performer production will have the audiences cheering the life of a unique American icon. This is not part of the season membership but all season members get a discount on adult full price tickets for the show. Call Box Office for tickets. Bus leaves at 6:30pm. Sign up at Transportation.

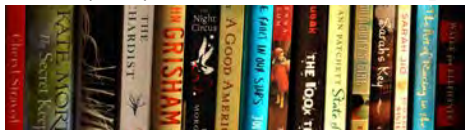


July 24 | Music in the Lobby with Breeze Cayolle & Bob Sunda

Join us in the Lobby at 6:00pm for these 2 multi-talented entertainers, as we let our minds drift down New Orleans way. Saxophonist/singer-songwriter Breeze Cayolle is soulful, strong and deeply rooted in New Orleans Jazz, Rhythm and Blues.

July 28 | The Book Baggers

Whether you read or would like to hear about books being discussed, come and check it out. This is a great way to expand your horizons. This month will be interesting as we will be discussing two books: "The Cherry Cola Book Club" by Ashton Lee and "Garden Spells" by Sarah Addison Allen. Hope to see you Tuesday, July 28 at 9:30am in the Chapel.



July 28 | IMAX: Wolves

In concert with the National Wildlife Federation, IMAX created this inti-

mate documentary about the reestablishment of *Canis lupus* in the Western United States. The film examines numerous facets of wolves' habitat, history and social structure as they struggle to survive while sharing the land with an ever-increasing human populace. Extras include a "making of" feature and the documentary "Survival of the Yellowstone Wolves." Movie Theater Showtimes 1:30 & 6:30pm.



July 28 | Ladies Interdenominational Circle Meeting "The Uplifters"

The Uplifters Circle is a nondenominational group of women dedicated to missions, prayer and Bible study led by Elsie Huffard. All are welcome, just come to the Chapel at 2:00 pm to join in fellowship with this wonderful group of ladies every 4th Tuesday of the month.

July 29 | Mini-Series: America "The Story Of US" Episode 4

Division: Commerce and industry thrive across the new nation, now one of the wealthiest on Earth. The Erie Canal brings big risk and bigger reward. In the South, cotton is king but slavery fuels a growing divide. Showtimes in Movie Theater 1:30& 6:30pm.

July 31 | Music in the Lobby with Quincy Crank

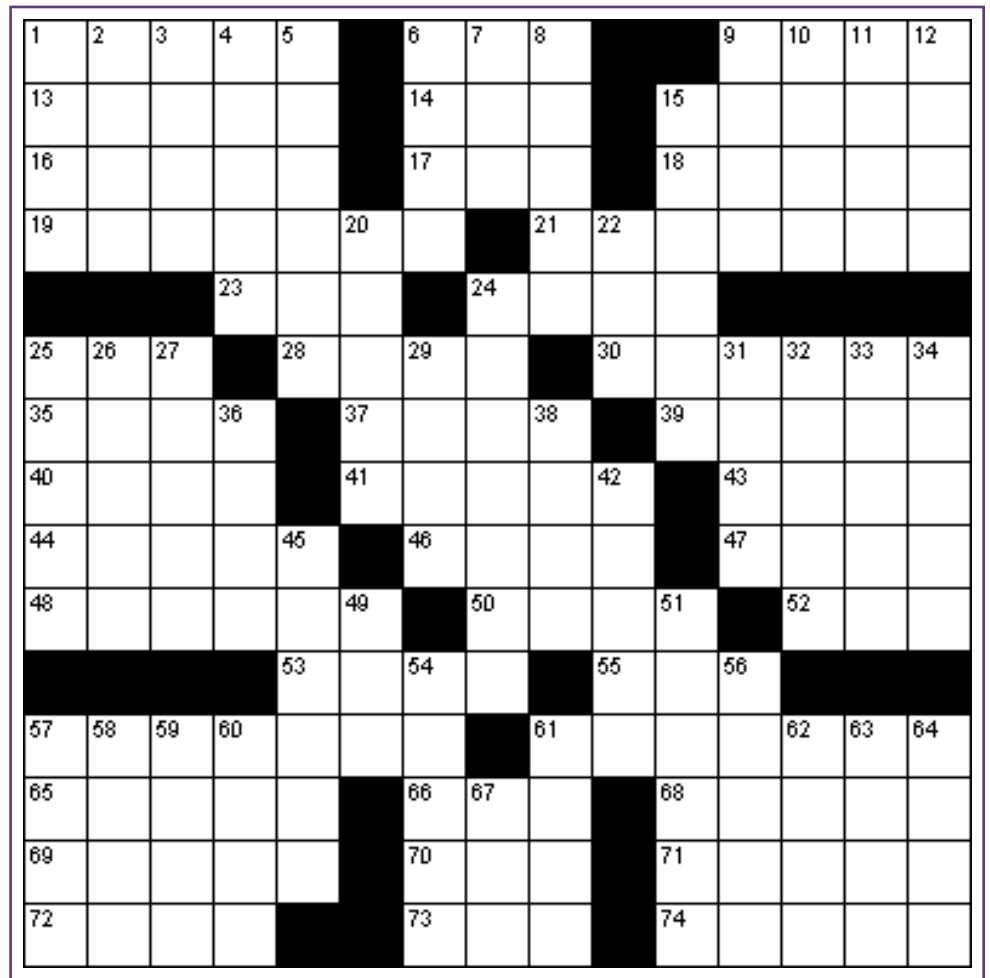
Join us in the Lobby for Quincy Crank's first appearance at Kirby Pines. Quincy is known as a versatile singer and entertainer. His genres include Popular, R&B, Soul and Gospel. His repertoire includes Sam Cooke, Johnny Mathis, Frank Sinatra, Nat King Cole, Luther Vandross, Will Downing, Jeffrey Osborn, Johnny Taylor, Darius Brooks, and many, many more. Recently, he has appeared with Chicago's own "Time of Your Life Players", and performed with yet another Chicago-based production company, "Second Hand Soul Band". He has a passion for all genres of music. Friday, July 31 at 6:00pm.

ACROSS

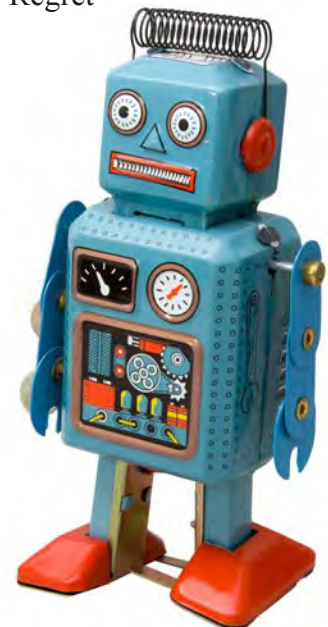
1. Jeer
6. Part of a circle
9. Stop
13. Coconut meat
14. Exclude
15. Court panelist
16. Help
17. Oculus
18. Herb with aromatic seeds
19. Associated
21. Prescribe
23. Appearing bloodshot
24. Traditional music
25. First woman
28. Travel by horse
30. Scaling device
35. Hobble
37. Layer of paint
39. Appeared with Bogart in
The Maltese Falcon, Peter ____
40. European river
41. Tally
43. Temporary provision of money
44. Office worker
46. Reign
47. Misplace
48. Plaid design
50. Genuine
52. Church bench
53. Gown
55. Rend
57. Environmental condition
61. Consign
65. Automaton (see photo for hint)
66. Epoch
68. The Little Bear, Ursa ____
69. Develop
70. Pelt
71. Excessive
72. Outdo
73. Hanking
74. Wading bird

DOWN

1. Indication of previous damage
2. Inlet
3. Gemstone
4. Mendicant
5. Waver
6. Not up and about
7. Beam



8. System of beliefs
9. Search and pursue
10. Melody for solo voice
11. Disorientated
12. Large plant
15. Canine mammal
20. Decree
22. Unwell
24. Characteristic
25. Choose
26. House
27. Glowing fragment of coal
29. Threshold
31. Child's plaything
32. Wilt
33. Delete
34. Regenerate
36. Saucy
38. Story
42. Acquire knowledge
45. Martial art
49. Negation of a word
51. Paper used to test acid or alkali
54. Burlly
56. Produced from a photographic
negative
57. Crustacean
58. Traditional knowledge
59. Long-billed bird
60. The greatest number
61. Acquire by effort or action
62. Release a fastening
63. Rancid
64. Journey
67. Regret



Puzzle Solutions - page 21

SOCIAL *Scenes*



Despite the early rain, several of our residents took place in Walk to Cure, a benefit for the Arthritis Foundation



Kirby King & Queen, Sam & Ellie Bates welcome Carnival Memphis King John Bobango & Queen Lockie Dearman



Virginia Herrin making new friends with one of the Boll Weevils during the Carnival Memphis visit



Sylvia Baldwin gets pinned by one of the Boll Weevils as they run amuck at Kirby Pines!



Barbara Fowler, Nita Heffernan, Catherine Prewett & Naomi Glazier show Carnival Memphis their support



First United Methodist Church of Allen, TX and students from the group "DARING" put on a wonderful performance of "Godspell"

SOCIAL *Scenes*



Virginia Granger, takes it all in at Sentimental Journey II, honoring WWII veterans on the 71st Anniversary of D-Day.



Buster McGuire, gets his motor running on an old WWII motorcycle at Sentimental Journey II at First Assembly Memphis



Fran Gentry had a wonderful birthday joined by friends Kathy Atkins, Mary Gullett, Art Sandvig, Mary Stagg, Eloise Sattin and Ken Lewis



Claudia Strickland had birthday dinner with her son, Tommy, his wife, Joan and friend Carline Pickler



Betty Blake celebrated her Birthday with husband, Fred, their son Scott with his daughter Kelly and their son Kent with his wife Jennifer



Marian Gray and James Bampffield enjoy an evening out at The Butcher Shop for residents of our Garden Homes

SOCIAL *Scenes*



A crowd gathers and tries their hand (and their hips) at learning a few Hula moves at Kirby Pines Annual Luau. Good times and great color were making quite the beautiful scene!



Jim Anderson shows his Hawaiian spirit with Alicia Jackson



Charlene Pasley enjoys her first Kirby Luau with son, Ed, and daughter, Laura Kelly



Billie Arnold and Mary Ellen Crouse look quite festive at the Kirby Pines Annual Luau Party



Donald and Laura Cook show off their Hawaiian looks at their first Kirby Luau



Janice Collier shows off her hula skills at the Annual Kirby Pines Luau



Jettie McCombs takes time out from hula lessons to snap a quick photo

Memorials, Honorariums & Gifts

In Memory of

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Donation by Joyce Wilhelm
to the General Fund

Donation by Mr & Mrs Steele Molloy
to the General Fund

Donation by James W Stafford
to the General Fund

Donation by Marilyn Wray
to the General Fund

Donation by Joyce Miller
to the Christmas Fund

Donation by Lottie Dabbs
to the General Fund

Donation by Hazel H Canon
to the General Fund

Donation by Charles & Hazel Woods
to the General Fund

Donation by Charles & Mary Stagg
to the Library Fund

Donation by William S Carter
to the Library Fund

Donation by Jane C Holmgrain
to the General Fund

Donation by Bill & Jean Voss
to the General Fund

Donation by Julia Maddux
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ANSWERS
TO PUZZLE
CHALLENGE
ON PAGE 17

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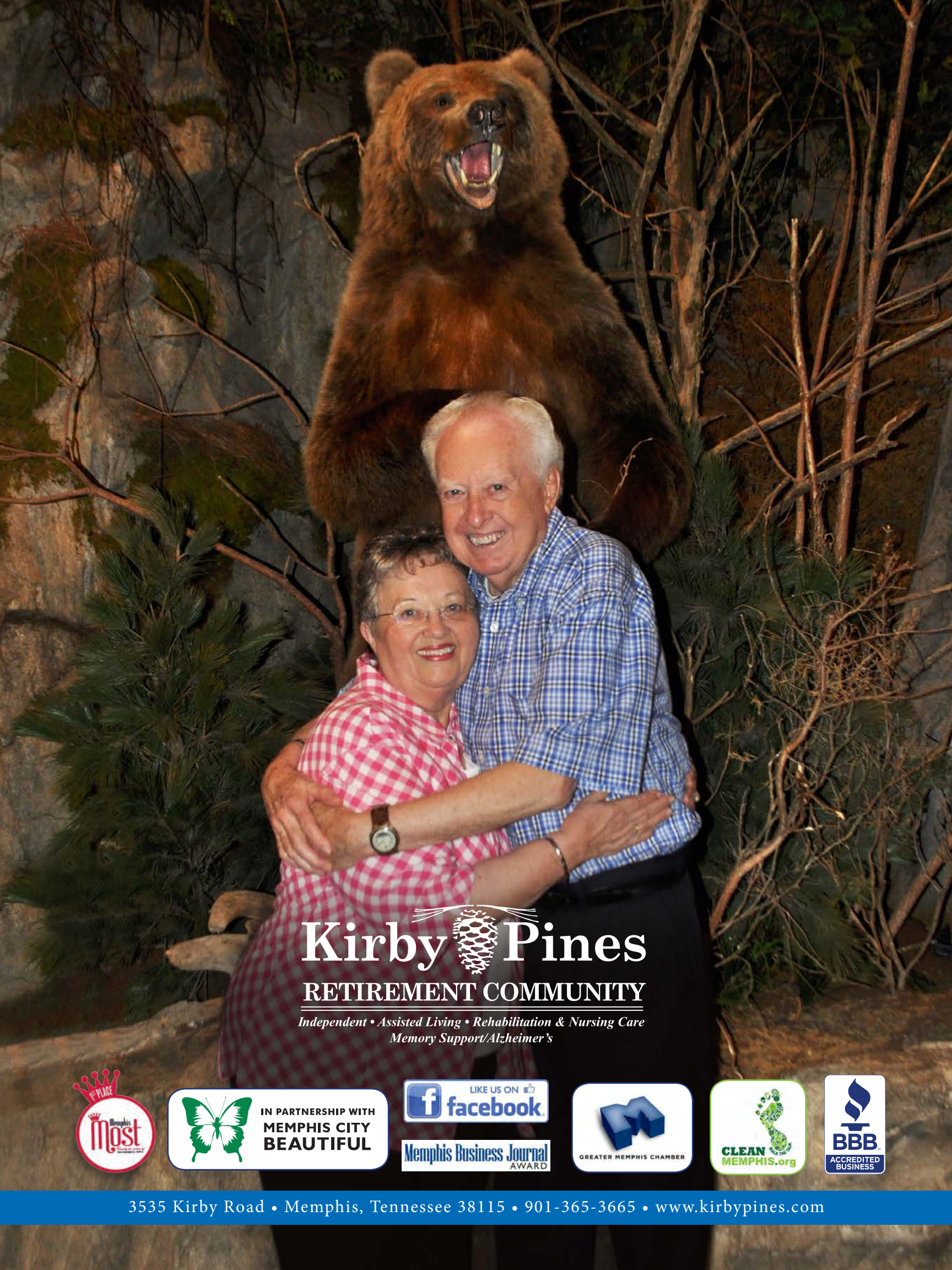
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