

the PINECONE

The Magazine of Kirby Pines Retirement Community • March 2016 | V. 34 | I. 3



CELEBRATING
EASTER WITH
**KIRBY
PINES**

I Need To Exercise | The Redeemer | Resident Spotlight: Jim Stafford | Kirby Pines SnapShots

Spring Is Finally Here at Kirby Pines

Finally, what appeared to be so far away is getting near. I'm talking about Spring. Yes, Saturday, March 19th is the first day of Spring, when the days are close to twelve hours long with day length increasing as the season progresses. In January it seemed so far away, but then in February it appeared to be so very near as we had a few warm days and then again cold days; and now here it is. A month filled with the excitement and all the wonders of nature Spring brings. A walk around our manicured campus reveals signs of spring in every courtyard and along the nature trail encircling the lake.

March is also a month in which Kirby Pines can be proud of "marching" through the process of renovations, as many of its' public spaces near completion. The Bistro remains on target, and I thank all of you for your patience as jack hammering, partially closed offed walkways and workmen come and go throughout the day. In another month, if we stay on

construction target, the Bistro will open with great flare and will once again be a gathering place for residents and families. Until then, grill food will continue to be available through the second floor concession stand in very limited quantities. Please bear with us as we march into the final stages of renovations this month.

March – the name alone means movement, not only for one but also for a group moving forward. I for one am proud to have become a member of this group and look forward to next January when I can once again dream of March – a month that can seem so far away.



Michael Escamilla,
*Executive Director,
Kirby Pines*

ON THE PINECONE COVER

Family, Faith, Resident & Future of Kirby Pines

On the cover we have Cheryl and Don Johnson, Catherine Prewett and Dr. Maxie Dunnam standing in front of the iconic crosses that overlook Bellevue Baptist Church.

As with faith, small pieces can fit together creating a peaceful harmony, as does this group and location. Cheryl Johnson is married to Kirby Pines Chaplain, Don Johnson. Her mother, Bobbe Stigall is a resident of Kirby Pines. Catherine Prewett is also a resident at Kirby and worked 19 years at Bellevue as the Director of Children's Ministries. Dr. Maxie Dunnam is a retired pastor of Christ United Methodist Church, here in Memphis and future resident of Kirby Pines.

Just goes to show you, regardless of your faith or background, we are all one big family. Happy Easter!



Resident, Catherine Prewett,
outside Bellevue Baptist Church

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is managed by:



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is available at www.kirbypines.com*

welcome to
Kirby Pines



Rudy & Ann Louise
Campbell

Married 42 years and with 3 children, Rudy and Ann Louise Campbell come to our Community from their previous residence in Fairfield Glade, TN. With the rank of Sergeant, Rudy Campbell served in the US Army Air Force.

Dr. Campbell graduated from the University of Memphis and University of Tennessee, earning his Doctor of Dental Surgery (DDS) in 1951. He practiced Dentistry for 44 years. He received Special Recognition as President of the Memphis Dental Society, President of the Memphis Children's Dental Society, and was National President of the XI PSI PHI Dental Fraternity. In 1952, Ann Louise Campbell earned a degree in Dental Hygiene from the University of Tennessee; and was employed for 25 years as a Dental Hygienist.

Music preferences are tunes from the '50's and '60's. For Rudy Campbell, hobbies include band music, saxophone, green house plants, painting, golf, running, and boating. Ann Louise enjoys exercise, running, needlepoint, and reading.

We welcome the Campbell's to our Retirement Community; wishing them many years of quality living.



James & Carolyn
Gates

James and Carolyn Gates come to Kirby Pines from their previous residence in Germantown. Married for 60 years, they have 3 children and 2 grandchildren.

In 1955, the U. of Alabama awarded James a BS Degree. He established and directed the Gates Appraisal Company, Inc., providing appraisals on commercial, industrial, office and apartments. His military service was with the U.S. Air Force; rank of Captain. In 1976, the U. of Memphis awarded Carolyn a BS Degree in Psychology. Her interest in human behavior served Carolyn well as she made her way in the political realm. For 17.5 years, she was a Shelby County Commissioner. Carolyn also was an accomplished horsewoman, designed and sewed her own clothes, and upholstered furniture.

For James, interests include history, military, art, and painting. Carolyn's interests include writing, history, sewing, and music. Travel has been a major part of their lives, visiting 54 countries; meeting and talking with Pope John Paul.

Get to know James and Carolyn. Our retirement community will be enhanced by their input – from casual conversations to participation in programmed events. We wish them well.



Doris
Pate

Doris comes to Kirby Pines from her previous home in Germantown. She and her husband, Donald, were married 59 years prior to his passing in 2011.

When asked about hobbies/interests/entertainment, Doris pointed out that she and her husband were the sole support for both sets of parents. It was a full-time commitment, gladly shouldered; but left no time for pursuit of "down time" hobbies and/or interests. Their situation is a familiar one to many of us here, as well.

Donald owned and operated a Dealer Transport Company, delivering new cars to dealerships. For 39 years, Doris was employed by American Bell, South Central Bell, and Bell South Telephone Companies (now AT&T). She held several management positions, doing everything from installation of new residence services to writing "how to" instruction manuals. Doris served several years as President of Telephone Pioneers Association.

She has traveled to every State in the U.S. as well as to Mexico. Her musical preference is County music.

Welcome to our retirement community, Doris. You will make new friends; and we hope you explore all the wonderful opportunities here.



Margaret
Staub

Born in Edinburgh, Scotland, Margaret Marie Staub and her husband, Robert (born in New Jersey), were married 34 years and have 1 son.

In 1974, Ole Miss and University of Central Arkansas awarded Robert a Master's Degree in Marketing and Education. He was employed 20 years in the Helena School District. Robert's military career was with the U.S. Air Force, retiring with the rank of Staff Sergeant. He passed away in 2005. In 1952, the University of Edinburgh, Skerry College, awarded Margaret a BS Degree in Business Administration. She was employed for 40 years in a variety of non-profit associations, as Executive Director.

Her work with non-profits "too numerous to mention" (her words), Margaret has received Special Recognition for work with the Chamber of Commerce, State Boards, and an Arkansas Award for Excellence for Top Community Worker. Her interests include reading, travel, history, gardening, dancing, cards, and music, preferring Gregorian and Gospel music.

Welcome to Kirby, Margaret. You'll find a range of opportunities to meet new friends and volunteer your time. We wish you many years of a satisfied life with us.

I Don't Do Mornings, But..... I need to Exercise!

Are you looking for a way to get back into a simple exercise program that you can keep up? Have you tried a walking program before? Can you walk at least ten minutes? Would you like to improve your overall health and well-being?

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation Walk With Ease Program can teach you how to safely make physical activity part of your everyday life. Walk With Ease offers support, information and tools to help you succeed.

TUESDAY, MARCH 15TH

BEGINS THE



WALK WITH EASE PROGRAM TAKE CONTROL, ONE STEP AT A TIME!

Walking has been proven to help with weight loss, stress control, increasing strength, balance, and walking pace, as well as reducing pain. The Walk With Ease (WWE) arthritis self-management program was developed by the Arthritis Foundation to be used in a community setting with individuals who may be either self or medically diagnosed with arthritis. Classes will begin March 15th meeting twice a week Tuesday and Thursday for nine weeks in the Large Card Room at 2:00 pm under the direct supervision of Mary Hand who is a walking leader trained according to guidelines of the Arthritis Foundation. Each meeting begins with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and cool-down, stretches, and take home exercises that will build strength for walking. The program will include a guidebook and lots of surprises and special encouragements along the way.

The Class is limited to 15 participants. Please register with Life Enhancement by completing an application and release form. For more information: call Life Enhancement at 866-4414 or check with Mary in the Oasis. Before starting any exercise program, always check with your physician.

The Arthritis Foundation Walk With Ease Program is an arthritis health education and exercise program aimed at helping people take greater control of arthritis.



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

wake
up with
determination.
go to
bed with
satisfaction.

Thanks to everyone who participated in the 60 days of exercise. We were still counting by the deadline for this printing. Check with Life Enhancement for the name of the winner of the Dinner for Two for the Exquisite Cuisine. Everyone who participated receives a consolation prize that you can pick up in the Oasis.

Eating breakfast isn't just for kids. Although you've probably stopped growing, your body is constantly renewing itself, replenishing your skin, hair and nails, replacing old tissues with new, breaking down and rebuilding bone and generally keeping your body in the best shape possible.

How does your body do it? Your body does it with the nutrients food delivers. Breakfast is especially important because after a long night's sleep, the body is low on energy, protein, vitamins and minerals. So that's one really good reason to eat breakfast. How about five more?

1. Breakfast-skipping is linked with being overweight:

Although a direct effect of skipping breakfast on weight has yet to be determined, studies indicate that people who skip breakfast are more likely to be overweight or obese. One large study found that breakfast skippers were 4.5 times more likely to be heavy than those who ate breakfast¹. Obesity was also related to how many meals were eaten out¹, so when you get the chance, make your breakfast (and pack your lunch) at home!

2. Breakfast helps you balance out your protein:

Americans get plenty of protein, but we tend to eat most of it at the dinner meal. Protein is essential for developing and maintaining lean muscle, but if we're not getting enough protein throughout the day, muscle maintenance is not at the maximum level². And when we finally get some protein at dinner, it's largely wasted because the body can only use so much at one time. Use breakfast to pump up your protein. Protein can come from a variety of sources, not just meat and dairy, which are high in fat and cholesterol. Consider green leafy plants (kale and spinach), nuts, legumes, and beans are all great sources of protein. They also contain no cholesterol. Another benefit of protein in the morning is that it's likely to keep you full longer, as another study found. Those who ate protein at breakfast said they felt satisfied longer than those who ate the same amount of protein at other meals³.

3. Breakfast is packed with the nutrients most of us don't get enough of:

Pastries and fatty breakfast meats don't count, but if you stick to breakfast foods like whole-grain cereal and soymilk or almond milk, fruit and eggs and whole grain toast, you're much more likely to meet your daily dose of necessary nutrition. Those who skip breakfast tend to have lower levels of calcium, potassium, magnesium, phosphorus and zinc, vitamins A, E, B6, C and folate⁴.



4. Eating breakfast benefits blood sugar and cholesterol levels:

A small study found that when lean, healthy women skipped breakfast, their fasting blood sugar was higher, along with their cholesterol, upping their risk of chronic diseases like diabetes and heart disease. Skipping breakfast caused the women to eat more throughout the day than when they ate breakfast, too⁵.

5. Skipping breakfast won't save you calories:

It may seem like eliminating a whole meal must lead to weight loss, but the opposite appears to be true. Many studies have found that those who skip breakfast tend to eat more during the day and are more likely to be overweight or obese (see Number 1 above). One study found that skipping breakfast is associated with higher risks of developing chronic diseases like diabetes, metabolic syndrome and high blood pressure. Whether those diseases resulted from the extra weight non-breakfast eaters tend to carry or from skipping breakfast itself needs further research⁶.

For additional information, please contact Billy Johnson or Jason Sparrow OTD, OTR/L at 366-1819.

We look forward to seeing you at
our Smart Moves Presentation
in the PAC on March 14th.

References: ¹Yunsheng M, Bertone ER, Stanek, EJ et al. Association between eating patterns and obesity in free-living US adult population. *Am. J. Epidemiol.* 2003; 158 (1):85-92. ²Symons TB, Sheffield-Moore M, Wolfe RR, Paddon-Jones D. A moderate serving of high-quality protein maximally stimulates skeletal muscle protein in young and elderly subjects. *J Am Diet Assoc.* 2009; 109(9):1582-6. ³Leidy HJ, Bossingham MJ, Mattes RD, Campbell WW. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *Br J Nutr.* 2009;101(6):798-203. ⁴Kant AK, Andon MB, Angelopoulos TJ, Rippe JM. Association of breakfast energy density with diet quality and body mass index in American adults: National Health and Nutrition Examination Surveys, 1999-2004. *Am J Clin Nutr.* 2008;88(5)1396-1404. ⁵Farshchi HR, Taylor MA, Macdonald IA. Deleterious effects of omitting breakfast on insulin sensitivity and fasting lipid profiles in healthy lean women. *Am J Clin Nutr* 2005; 81 no 2 388-396. ⁶Odegaard AO, Jacobs DR Jr., Steffen LM, et al. Breakfast frequency and development of metabolic risk. *Diabetes Care* 2013; doi:10.2337/dc13-0316.





DIRECTOR OF DINING SERVICES
MARK SIMPSON

DON'T MISS THE NEXT KIRBY PINES EVENING OF
EXQUISITE CUISINE
Enjoy a taste of Central Europe THURSDAY, MARCH 24, 2016



Kartoffel- Biersuppe

Potatoes and Beer, two German favorites are paired together here along with some crunchy bacon to finish a hearty course

Luzerner Chugelipastete

A savory Veal and Pork filling in a light and flaky puff pastry shell

Rinderroulade

Flank steak pounded thin and rolled with a lightly spicy mustard and dill pickles for a unique flavor profile. Served with Spatzle and Braised Red Cabbage

Black Forest Cake

A modern twist on the traditional Black Forest Cake. Chocolate, cherry, whipped cream with a twist!

For reservations please call 901.866.4444



Jim Stafford

ACHIEVING GOALS & STILL GOING

Beginning as a young man and continuing to this day as a senior citizen, Jim Stafford had three goals, (1) owning a business, (2) raising a family, and (3) settling down in a community of his larger family. This is his story.

Jim's father, John Stafford, was Manager of an Ice Plant in Cleveland, MS. When Jim was 16 years old, he joined his father at the Ice Plant; relished the experience of getting paid for his

labor @\$6.00 per week; and knew the pleasure of "making his way" in the business world. He also met Weda, destined to be his wife in a few years. College was deferred by WWII. Jim joined the Navy as a Gunner's Mate; was sent to California as a first step to shipping to Japan; but Japan's surrender ended his brief stint in the military. Jim enrolled at the U. of California, with a major in engineering, and he and Weda married. They have a son and daughter, 3 grandchildren, and 2 great grands.

After one year at University, Jim withdrew and spent the next 2 years working as an engineering draftsman for Irving Subway Grating Company. Expecting their first child, Jim and Weda moved from California to Memphis. He continued his engineering studies on-line and received a Certificate from the University of Wisconsin attesting to his status as a Civil Engineer. In 1965, Jim bought Memphis Wire & Iron Works (MW&I), a business first listed in the Memphis City Directory in 1892. He expanded their portfolio of fabrication of commercial iron works; grew the staff from 8 to 30; and moved the plant to President's Island. The Company continues to supply steel products in West Tennessee, Arkansas, and Mississippi, and also delivers to all parts of the U.S.

Memphis is home to the renown National Metals Museum as a result of diligent efforts of the National Fabrication Group, of which Jim was a member. He was President of the Memphis Chapter of the Group; traveled with other members to steel fabrication companies in Spain, England, Wales, Portugal, Scotland, and Germany, becoming familiar with new processes. Jim gave his time and efforts to other Memphis institutions such as the Highland Hundred Club (a football and basketball booster club for University of Memphis teams); Kiwanis Club, and Memphis Engineers Club.

Jim is not retired. Not yet. He has been gifted with good health, a hunger to learn new things, a graciousness for helping others, and a determination that never faltered in his drive to be the final say-so on matters dear to his heart. Life is good.

- Jacqueline Besteman, Resident



Taking care of business at Memphis Wire & Iron Works, Inc.



THE CAT HOUSE

by Resident, Richard Randall

If you have walked on the 4th floor of the D Wing, you may have wondered about the somewhat risqué label on the beverage cup on the shelf outside D406. "PROPERTY OF DICK RANDALL'S CAT HOUSE". D406 is Dick Randall's last cat house.

Raised on my grandparent's farm in Wisconsin, cats (once as many as 17) were welcomed and loved by grandparents and me. Besides being pets, they helped control rodents and were rewarded with the first fresh milk from Grandpa's bucket.

My late wife shared my love of dogs and cats. The first pet my wife and I had was a dog, 2 months older than my Son. The dog detested cats, but for years was forced to coexist with 4 cats. When our 17 year old dog passed away, the three children did not want to replace him and from then on we had only cats.

Over the years, we had a total of eleven and when my wife passed away we had six. All were indoor cats, neitered and spayed, played and enjoyed each other.

Having this "cat family" limited my ability to visit far-away relatives and friends. I could not have my nearby daughter care for the cats for an extended time. On a short trip to visit my aunt in Arizona, I got the idea of owning a recreational vehicle (RV) and taking my cats with me.

Renting an RV for a short trip to Arkansas proved the cats would travel and even enjoy it. I bought my own RV and over the next several years traveled through 14 states and Canada probably making them some of the most traveled cats in the country. Patterned after a little magnetic sign, I put signs in English, French and Spanish saying "CAT HOUSE OF MEMPHIS". A fun loving cousin gave me the beverage cup.

Time took its toll and five of the six passed away after 15 to 17 years. When I was planning on moving to Kirby, it was comforting to know that my last one, Cleopatra, would be welcome. She spent her last six months in my apartment and enjoyed the balcony, screened to prevent an unwanted fall.



Marmalad and Marmaduke "The Twins"

Marmaduke, Cleopatra and Richard



Congratulations employee of the month | Johnnie Wilborn

Johnnie Wilborn is an employee that you will never hear say, "that is not my resident or that is not my job". He is a team player and encourages others to function as a team. Our residents request him even on his off days. He works with a smile and stays on a task until it is completed. He works extra when needed and never complains about the work load. He is gentle and kind to the residents and always looks for a way to better serve them.

- Anna Bradford, Nursing Home Administrator



CHAPLAIN'S CORNER

from Don Johnson, Kirby Pines Chaplain



“THE REDEEMER”

In Rio de Janeiro, Brazil, stands the inspiring monument, “Christ the Redeemer.” It was erected in the Tijuca Forest National Park atop Mount Corcovado overlooking this once Brazilian capital. Conceived in the mid 1850s, it took 9 years to construct (from 1922 to 1931), at a cost of \$250,000, (a huge amount of money then--equivalent to \$3.3 million today).

Designed by a Brazilian engineer, sculpted by a Polish-French engineer, with Christ’s head designed by a Romanian artist, this magnificent monument was pieced together with reinforced concrete materials (created in and transported from France) and soapstone (from Sweden).

Rising 124 feet on the top of Mount Corcovado and 2,300 feet above the city of Rio, “Christ the Redeemer” was dedicated in 1921. It is the fifth largest statue of Christ. In 2007 it was chosen as one of the New Seven Wonders Of The World.

Why do over 2 million people a year visit this place?

“Christ the Redeemer” is a grand statue of Christ with arms stretched wide, giving the appearance of the Cross. Christ’s head is looking slightly downward as if watching over the city. It focuses upon the Person of the Cross. It illustrates the amazing love declared by who Jesus is and what Jesus did. It proclaims Jesus alive, powerful and caring. It illustrates inclusion of all by Christ’s outstretched arms. From East to West and North to South everyone is welcome. Two important scriptures correlate with this. “Come unto Me all you who are weary and heavy laden, and I will give you rest.” (Matthew 11:28) “The one who comes to Me, I will by no means cast out.” (John 6:37)

“Christ The Redeemer” captures the theme of our modern day “pawn shop” where we come to buy back a treasure previously sold for a price greatly below its true value. We are “redeeming”

something we personally want. Peter expresses it this way, “...you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers, but with the precious blood of Christ, as of a lamb with blemish and without spot.” (I Peter 1:18-19)

Nothing we could ever do and no price we could ever pay would be adequate to get us out of the “pawn shop.” It took Divine intervention and a Sacred sacrifice.

As we celebrate Easter and its special meaning let’s join the millions who have come to the One the Brazilian monument represents. Let’s allow ourselves to be embraced by Christ’s open arms. Let’s make our approach to Him with faith and hope. Let’s accept Him as the monument and His Word declare, “Christ The Redeemer.”

Till next time,
Don Johnson, Kirby Pines Chaplain

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

March 3rd Rev. Birgitte French <i>Crossroads United Methodist</i>	March 10th Rev. Jeff Findlay <i>First Evangelical Senior Adult Ministries</i>	March 17th Dr. Herbert Hand <i>Faith Anglican Church</i>	March 24th Rev. Richard Smith <i>Germantown Methodist</i>	March 31st Rev. Josh Germany <i>The Orchard Fellowship</i>
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KINGSMAN: THE SECRET SERVICE



Saturday, March 5
at 10:00 a.m. and 2:00 p.m.
(2014) Cast: Colin Firth,

Taron Egerton, Samuel L. Jackson

Harry Hart is the head of an elite secret spy organization called the Kingsman: The Secret Service. When he finds a regular street kid named Gary “Eggsy” Unwin down on his luck, he recruits him into the ultra intense training program. Meanwhile, criminal tech mastermind Richard Valentine is planning a mass genocide to wipe out certain DNA codes. When the Kingsman learn about the crime, Hart and Eggsy have to spring into action, track down the mastermind and his weapon and sift through a web of traitors to stop his plot.

THE INTERN



Sunday, March 6
at 1:30 p.m. and 4:00 p.m.
(2015) Cast: Robert DeNiro,
Anne Hathaway, Rene Russo

70-year-old widower Ben Whittaker has discovered that retirement isn’t all it’s cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

TROUBLE ALONG THE WAY



Saturday, March 5 at 6:00 p.m.
& Sunday, March 6 at 6:30 p.m.
(1953) Cast: John Wayne,

Donna Reed, Charles Coburn

Struggling to retain custody of his daughter following his divorce, football coach Steve Williams finds himself

embroiled in a recruiting scandal at the tiny Catholic college he is trying to bring back to football respectability.

CALENDAR GIRLS



Saturday, March 12
at 10:00 a.m. and 2:00 p.m.
(2003) Cast: Helen Mirren,

Julie Walters, Penelope Wilton

In the small town of Knapely, Yorkshire, England, Annie Clarke has just lost her husband, who was ill with leukemia. Inspired in his speech to the local Women’s Institute, where he said that “the flowers of Yorkshire are like the women of Yorkshire”, and “the last phase of the women of Yorkshire is always the most glorious”, her best friend Chris Harper decides to make a calendar with twelve local middle-age women nude to raise funds for the wing of leukemia treatment in the local hospital. The calendar becomes well succeeded, making them famous and affecting their lives.

THE WAY



Sunday, March 13
at 1:30 p.m. and 4:00 p.m.
(2010) Cast: Martin Sheen,

Emilio Estevez, Deborah Kara Unger

The Way is a powerful and inspirational story about family, friends and the challenges we face while navigating this ever-changing and complicated world. Tom is an American doctor who comes to St. Jean Pied de Port, France to collect the remains of his adult son, killed in the Pyrenees in a storm while walking the Camino de Santiago, also known as The Way of Saint James. Rather than return home, Tom decides to embark on the historical pilgrimage

to honor his son’s desire to finish the journey. Inexperienced as a trekker, Tom soon discovers that he will not be alone on this journey. On his journey, Tom meets other pilgrims from around the world, each with their own issues and looking for greater meaning in their lives: a Dutchman, a Canadian and an Irish writer, who is suffering from a bout of writer’s block. From the unexpected and, often times, amusing experiences along the way, this unlikely quartet of misfits creates an everlasting bond and Tom begins to learn what it means to be a citizen of the world again. Through Tom’s unresolved relationship with his son, he discovers the difference between “the life we live and the life we choose”.

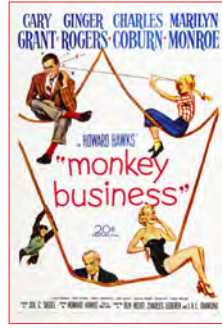
THE QUIET MAN



Saturday, March 12 at 6:00 p.m.
& Sunday, March 13 at 6:30 p.m.
(1952) Cast: John Wayne,

Maureen O’Hara, Barry Fitzgerald

Retired boxer Sean Thornton returns to his native Ireland to live out his remaining years. He purchases the cottage in which he was born from the widow Sarah Tilane raising the ire of “Red” Will Danaher who had long had his eye on the property. He no sooner arrives than he sees the beautiful red-haired Mary-Kate, Danaher’s sister. He runs up against local custom in trying to see her however, requiring Will Danaher’s permission to court his sister and then facing several steps in the courting process before they can marry. With the help of several friends - who make Will think Sean is sweet on the widow Tilane - they are quickly married. Sean has a secret however, one that forced him to leave his boxing career and America.



THE MARTIAN



**Saturday, March 19
at 10:00 a.m. and 2:00 p.m.**
*(2015) Cast: Matt Damon,
Jessica Chastain, Kristen Wiig*

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Millions of miles away, NASA and a team of international scientists work tirelessly to bring "the Martian" home, while his crewmates concurrently plot a daring, if not impossible, rescue mission. As these stories of incredible bravery unfold, the world comes together to root for Watney's safe return.

LOVE & MERCY

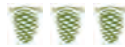


**Sunday, March 20
at 1:30 and 4:00 p.m.**
*(2014) Cast: John Cusack,
Paul Dano, Elizabeth Banks*

Brian Wilson is the creative soul of the Beach Boys, but he paid a heavy price for his talent. That especially shows during his peak artistic years in the 1960s, as his inner demons and obsessions trying to please his abusive father drive him to a mental breakdown that would plague him for years. In the 1980s, with Brian barely functional under the domination of the unscrupulous Dr. Landy, Brian meets and falls in love with Melinda Ledbetter. As their relationship grows, she observes Brian's crippling subservience to the abusive

psychotherapist with growing alarm. Ultimately, she must take action with a love willing to stand up to oppression she cannot ignore.

MONKEY BUSINESS



**Saturday, March 19 at 6:00 p.m. &
Sunday, March 20 at 6:30 p.m.**
*(1952) Cast: Cary Grant,
Ginger Rogers, Marilyn Monroe*

Barnaby Fulton, a chemist, is working on a youth formula for a chemical company by testing it on chimps. His very understanding wife, Edwina, helps him by being very supportive. His boss' secretary helps by displaying her legs, which are wearing Barnaby's indestructible hose. When Esther, the chimp, mixes her own formula, and it gets in the water cooler in the lab, the fun begins!

HOT PURSUIT



**Saturday, March 26
at 10:00 a.m. and 2:00 p.m.**
*(2015) Cast: Reese Witherspoon,
Sofia Vergara, Matthew Del Negro*

An uptight and by-the-book cop tries to protect the outgoing widow of a drug boss as they race through Texas pursued by crooked cops and murderous gunmen.

LITTLE BOY

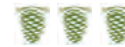


**Sunday, March 27
at 1:30 and 4:00 p.m.**
*(2015) Cast: Jakob Salvati,
Emily Watson, David Henrie*

An eight-year-old boy is willing to do whatever it takes to end World War II so

he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father.

EASTER PARADE



**Saturday, March 26 at 6:00 p.m. &
Sunday, March 27 at 6:30 p.m.**
*(1948) Cast: Judy Garland,
Fred Astaire, Peter Lawford*

Don Hewes and Nadine Hale are a dancing team, but she decides to start a career on her own. So he takes the next dancer he meets, Hannah Brown, as a new partner. After a while this new team is so successful, that Florenz Ziegfeld is interested in them, but due to the fact, that Nadine Hale dances also in the Ziegfeld Follies Don says no. In spite of the fact, that he is in love with Hannah, he keeps the relation to her strictly business. So Hannah is of the opinion, that he is still in love with Nadine, and her suspicion grows, when he dances with Nadine in a Night Club Floor Show.

KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

= GOOD

= EXCELLENT

= OUTSTANDING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



March 2016

8:00 am ● Church of Christ Service (Chapel) **6**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 2:00 pm ● *Memphis Symphony presents Vivaldi's Seasons at GPAC (Trans)*
 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) **7**
 9:00 am ● Smith Jewelers (SCR)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● First Monday Poetry Group (Chapel)
 10:00 am ● Call the Midwife Ep:4 (Thtr)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Call the Midwife Ep:4 (Thtr)
 2:00 pm ● Tai Chi (LCR)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **8**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Methodist Alliance Presentation (LCR)
 11:00 am ● Kroger Pharmacy Delivery Info (LCR)
 1:30 pm ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● *Opera Memphis presents a Birthday Night "Operatizer" (PAC)*

8:30 am ● Advanced Water Aerobics (Pool) **9**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Memphis Hearing Aid (A&C)
 10:00 am ● Catholic Service (Chapel)
 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 ● Presentation on Neuropathy (Thtr)
 2:00 pm ● Wii Bowling (PAC)
 6:00 pm ● *Wabash Men's College Glee Club (Lobby)*
 6:30 pm ● Bridge (LCR)

8:30 am ● Men's Water Aerobics (Pool) **10**
 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 Stand/Sit Class (A&C)
 1:00 pm ● Dr. Mike Abutineh (WC)
 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) **11**
 9:30 am ● Southern Women's Show (Trans)
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 10:00 am ● Call the Midwife Ep: 5 (Thtr)
 11:00 am ● Oak Court Mall (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 2:00 pm ● Call the Midwife Ep: 5 (Thtr)
 6:00 pm ● *MSO String Quartet (Lobby)*
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **12**
 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) **13**
 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) **14**
 9:00 am ● AARP Tax Assistance (LCR)
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Alterations (A&C)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:00 am ● Focus on Color (A&C)
 10:00 am ● Smart Moves (PAC)
 10:30 am ● Billiard Group (BR)
 1:30 pm ● Game Play (SCR)
 2:00 pm ● Tai Chi (LCR)
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **15**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● OsteoStrong Presentation (LCR)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:00 pm ● Walk with Ease (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● *St. Patrick's Dance with the Jim Mahannah Band (PAC)*

8:30 am ● Advanced Water Aerobics (Pool) **16**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Catholic Services (Chapel)
 10:00 am ● Shuffleboard (PAC)
 10:00 am ● Downton Abbey S:6 Ep: 4 (Thtr)
 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)
 2:00 pm ● Virtual Field Trip (Thtr)
 6:00 pm ● Downton Abbey S:6 Ep: 4 (Thtr)
 6:30 pm ● Bridge (LCR)

8:30 am ● Men's Water Aerobics (Pool) **17**
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Kroger & Banks (Trans)
 10:00 am ● Bible Study w/Dave Phillips (Chapel)
 10:00 am ● Jessie Stone "Thin Ice" (Thtr)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Resident Association Meeting (PAC)
 2:00 pm ● Jessie Stone "Thin Ice" (Thtr)
 2:00 pm ● Walk with Ease (LCR)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **18**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 1:00 pm ● Superlo & Bank (Trans)
 6:00 pm ● *Music with Pianist Marilyn Duke (Lobby)*
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **19**
 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) **20**
 10:00 am ● Worship Service (PAC)
 1:30 pm ● Weekend Movie (Thtr)
 2:00 pm ● *GCT Presents ????? (Trans)*
 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) **21**
 9:00 am ● Smith Jewelers (SCR)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Bereavement Support Group (Ante)
 10:30 am ● Billiard Group (BR)
 10:45 am ● Episcopal Eucharist (Chapel)
 1:30 pm ● Game Play (LCR)
 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) **22**
 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 Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:00 pm ● Ladies Interdenominational Meeting "The Uplifters" (Chapel)
 2:00 pm ● Walk with Ease (LCR)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:00 pm ● Book Presentation and Signing with David Waddell (LCR)

8:30 am ● Advanced Water Aerobics (Pool) **23**
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Bridge Builders Outreach Tech (LCR)
 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)
 2:00 pm ● Passion of the Christ (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:00 pm ● Passion of the Christ (Thtr)
 6:30 pm ● Bridge (LCR)

8:30 am ● Men's Water Aerobics (Pool) **24**
 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 Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Walk with Ease (LCR)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● *Theatre Memphis presents "Into the Woods" (Trans)*
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **25**
 10:00 am ● Art with Class (A&C)
 10:00 am ● Walmart & Banks (Trans)
 11:00 am ● Easter Bonnet Parade (Lobby)
 1:00 pm ● Superlo & Bank (Trans)
 6:00 pm ● *Music with Brazil (Lobby)*
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **26**
 10:00 am ● Weekend Movie (Thtr)
 10:00 am ● Easter Egg Hunt (Grounds)
 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) **27**
 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) **28**
 9:30 am ● Group Exercise (PAC)
 9:30 am ● Alterations (A&C)
 10:00 am ● Focus on Color (A&C)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:30 am ● Billiard Group (BR)
 12:00 pm ● Kiwanis Meeting (FDR)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Tai Chi (LCR)
 6:45 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **29**
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:00 am ● Call of the Midwife Ep: 6 (Thtr)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:00 pm ● Walk with Ease (LCR)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:00 pm ● Call of the Midwife Ep: 6 (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **30**
 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 @ Napa Cafe (Trans)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Downton Abbey S:6 Ep:5 (Thtr)
 2:00 pm ● Wii Bowling (LCR)
 6:00 pm ● Downton Abbey S:6 Ep:5 (Thtr)
 6:30 pm ● Bridge (LCR)

8:00 am ● Library Book Sales (Sun Room) **31**
 8:30 am ● Men's Water Aerobics (Pool)
 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 Stand/Sit Class (A&C)
 1:00 pm ● Walmart & Banks (Trans)
 1:00 pm ● Dr. Mike Abutineh (WC)
 1:30 pm ● Intermediate Line Dancing (PAC)
 2:00 pm ● Walk with Ease (LCR)
 2:30 pm ● Advanced Line Dancing (PAC)
 6:30 pm ● Vespers (PAC)

ABBREVIATIONS KEY

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

March 2016 EVENTS

Mar 1 Election Day

The bus will be going to the polls to vote today at 10:00am. If you are not able to go at that time and need a ride, please call transportation to make arrangements.

Mar 1 Dr. Mike Abutineh in the Wellness Center

Medical Director Dr. Mike Abutineh MD will be in the Wellness Clinic Tuesdays 9:00 am-12:00 pm and Thursdays 1:00-4:30 pm. Appointments required.

Mar 1 Galapagos: The Islands That Changed the World

Explore the fascinating world that inspired Darwin's theory of evolution with this visually stunning documentary from the BBC, narrated by Tilda Swinton. Created by volcanoes and located about 600 miles west of Ecuador, the isolated Galapagos Islands form an environment that supports a diversity of life not found anywhere else on earth. Learn about the history of the area, the amazing creatures that live there and Darwin's experiences on the islands. Theater Showtimes 2:00 pm & 6:00 pm.

Mar 2 Kirby Pines Travelers Meeting

Calling all adventurous spirits! The Travelers are back in action and will be meeting to discuss this month's visit to the IMAX Theatre and other upcoming outings and trips for 2016. They meet on the first Wednesday of every month at 10:00am in the Large Card Room. They are always interested in new ideas of places to go and things to do.

Mar 1 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.

Mar 2 Yoga Stretch

Yoga is known to have a wide range of benefits- maybe your 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 10:30am in the PAC.

Mar 2 Game Play Group

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

Mar 2 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.

Mar 2 Downton Abbey Season 6, Episode 3

Preparations are on for the wedding of Mr. Carson and Mrs. Hughes, but a misunderstanding might shatter the peace. Edith meets an old acquaintance who comes to her assistance in an hour of need. Spratt is hiding something, but Denker is hot on the trail. Daisy jumps to conclusions when she hears about Cora's plan. Tensions increase over hospital takeover. Theater Showtimes 2:00 pm & 6:00 pm

Mar 3 Group Bible Study with Dave Phillips

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

Mar 2 Jessie Stone "Sea Change"

Tom Selleck reprises his role as Jesse Stone, chief of police in sleepy Paradise, Mass. In this installment, Stone's investigation into an old rape case is stonewalled as the town tries to keep the incident quiet to minimize the effect on tourism. Theater Showtimes 10:00 am & 2:00 pm

Mar 4 Calvary Lenten Luncheon Preaching Series

Rev. Daniel Matthews, Sr. comes from the Cathedral Church of St. John the Divine in New York, NY. He is one of the Series' perennial favorites. His feisty and inspirational stories give great insight into the role of a Christian and leave listeners on the edge of their seats. Since 1972, Matthews' work has been concentrated in larger, inner city parishes, but he also has been influential in bringing together faith groups and clergy through the Hallmark Television Channel, the Clergy Leadership Project, and the publication of Spirituality and Health. Lunch will be in the Waffle House before speaker at noon. Sign up in transportation. Bus leaves 10:00 am

Mar 4 Music in the Lobby with Swain Schaefer

Come on down to the Lobby for some fun and music with the boogie woogie piano playing of Swain Schaefer. 6:00 pm Friday, March 4th.

Mar 5 Memphis Symphony Musicians present "Tales & Tunes"

Tunes & Tales is a musical rendition of a story - this time it's "Smelly Socks" written by Robert Munsch, with a musical arrangement by Joey Salvalaggio, Memphis Symphony's principal oboe player. A reader will read the book and a small ensemble plays a musical accompaniment which enhances the experience. Your ensemble will be Joey Salvalaggio, oboe, Andre Dyachenko, clarinet, and Susanna Whitney, bassoon. This is a program that is done in the schools. Please invite the young ones in your family to enjoy this new experience. Saturday, March 5th in the Lobby at 10:30 am.

Mar 6 Memphis Symphony Orchestra presents Vivaldi's Seasons

Rossini: La scala di seta Overture, Respighi: Ancient Airs & Dances-Suite # 3, Vivaldi: "Spring & "Summer" from The Four Seasons Mendelssohn: Symphony No. 4, "Italian" featuring Randall Goosby, violin. Call 537-2525 for tickets. Sign up in transportation. Bus leaves at 2:00 pm.

Mar 7 First Monday Poetry Group

Come to listen; come to read; come to recite from memory. 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 will meet Monday the 7th in the Chapel at 10:00 am.

Mar 7 | Call the Midwife
Episode 4

A new baby is snatched from her pram, sparking an area wide search. Jenny is more familiar with the kidnapper than she realizes, Cynthia blames herself when a patient becomes gravely ill, and Chummy's romance continues. Theater Showtimes 10:00 am & 2:00 pm

Mar 8 | Methodist Health Alliance
Presentation "Healthy Heart"

Learn how your heart works and the maintenance you need to keep it running to avoid a breakdown. Tuesday, March 8 at 10:30 am.

Mar 8 | Kroger Pharmacy
Services

Immediately following the health presentation representatives from Kroger will be here to tell you about their pharmacy delivery services @ 11:00 am.

Mar 8 | Birthday Night Concert with
Opera Memphis

Join us for an Operatizer by vocalists from Opera Memphis. They will be singing songs from some of your favorite Opera's. This will be a great birthday night show. Tuesday, 6:30pm in the PAC.

Mar 9 | Memphis Hearing Aid
Service

Wednesday, March 9 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.

Mar 9 | Garden Gro'ers Club
Meeting

This is the time to plan for spring plantings, order seeds and organize planters. Calling all Gardner's-set you plot(10 feet) or Trellis's (for tomatoes) now! We will set your place in the garden in March. Come on down to the Greenhouse every 2nd Wednesday at 10:30am and dig in! Contact Dr. Charles Parrott with questions at 795-4394.

Mar 9 | Presentation by Dr. Russell D.
Radican & Wellness One

There are over 100 different kinds of peripheral nerve disorders or neuropathies. Some are the results of a disease like diabetes while others can be

triggered by a virus infection. Still others are the result of an injury or compression on the nerves. Learn more about these disorders. Wednesday, March 9 at 1:30 in the Chapel.

Mar 9 | Wabash College
Glee Club

While the tradition of singing at Wabash College dates back to its earliest years, formal organization of the Glee Club was established by 1892. Now in its 123rd year, the Club continues to be an indispensable part of Wabash College life. An ensemble for men who enjoy singing, Glee Club members are drawn from all academic disciplines. The men of the Glee Club infuse dedication and spirit into the life of the organization. In return, their music brings joy and inspiration to the lives of its members and to their audiences by "spreading the fame of her honored name. Cheryl Everett, Accompanist. Join us in the Lobby at 6:00 pm

Mar 11 | Southern
Women's Show

Hop on the bus and head to the Agri-Center for "The Southern Women's Show" Enjoy a series of festive, entertaining and inspiring activities for you to enjoy with your friends, and must I add, shopping!! Buy tickets at the door for \$10.00 or get them from Walgreens in advance or online (www.southernshows.com). Sign up in transportation bus leaves at 9:30 am and picked up at 12:30. Sign up in transportation.

Mar 11 | Call the Midwife
Episode 5

.....A figure from Jenny's past makes contact, while Jimmy continues to pursue her. Chummy prepares for an important meeting, and everyone at Nonnatus House rallies round the building's cleaner, Peggy, whose brother is very ill. Theater Showtimes 10:00 am & 2:00 pm.

Mar 11 | Memphis Symphony
String Quartet

Come to the Lobby to enjoy the beautiful sounds from One of Memphis Symphony's String Quartets, Friday at 6:00 pm in the Lobby.

Mar 12 | 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 10:30am in the Chapel. Class discussion encouraged.

Mar 14 | AARP Tax
Assistance

Volunteers from AARP TAX Assistance will be here in the LCR from 9:00am to 1:00 pm To help residents with their income tax. Spaces are limited call Life Enhancement to sign up at 866-4414. If you have already signed up and have not received an appointment time or date please call and let us know.

Mar 14 | Focus
on Color

"Coloring is a way to calm down and unwind." Coloring books are incredibly simple: portable and 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 every other Monday at 10:30 am, starting Monday, February, 1st. 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.

Mar 15 | OsteoStrong
Presentation

These folks were at our Health Fair in January and did hand bone scans. They will be back to give a presentation on bone density and muscle strength. Tuesday, March 15 at 10:30 in the LCR.

Mar 17 | St. Patrick's Day Dance with
The Jim Mahannah Band

Everyone's Irish around St. Patty's Day so don your green and come celebrate the Wearin O the Green with the Jim Mahannah Band, Tuesday, March 15 at 6:30pm in The PAC.

Mar 16 | Downton Abbey
Season 6, Episode 4

Anna and Mary face a crisis and a figure from the past surprises those above and below stairs. Theater Showtimes 10:00 am & 6:00 pm.

Mar 16 | Virtual Field Trip
to Italy

This exciting adventure will allow us to explore Italy on the large theater screen while relaxing in a comfortable chair. We will interact live with a virtual tour guide who will also be able to see and hear us. Residents are encouraged to engage & ask questions as we explore the amazing sites and cities that make Italy such a beautiful and interesting country. Hope to see you there. Come early seating is limited. Wednesday, March 16th at 2:00 pm.

Mar 17 | Jesse Stone Movie
"Thin Ice"

Police chief Jesse Stone lands in hot water with the town council when he gets tangled up in a shootout, during which a state police commander takes a bullet. Stone continues to push the council's buttons by firing a favored Paradise city employee. Theater Showtimes 10:00 am & 2:00 pm

Mar 17 | Residents Association Meeting

The program will be a review in detail of the Bistro. What the menus will be and what the logistics are for our residents. We will have a question and answer session concerning those things. I will talk about bringing everyone up to date on other construction projects. Performing Arts Center 2:00 pm.

Mar 18 | Music in the Lobby
wit Pianist Marilyn Duke

Join us in the Lobby at 6:00pm to hear our favorite pianist who also just happens to be a Kirby resident. If you haven't heard Marylyn tickle the ivories, you are in for a wonderful treat!

Mar 20 | Germantown Community Theatre presents "Dirty Rotten Scoundrels"

This musical comedy is based on the 1988 film of the same name. DIRTY ROTTEN SCOUNDRELS is set in the colorful world of the French Riviera. Master con-artists Lawrence and Freddy challenge each other to a bet: The first one to swindle \$50,000 out of an unsuspecting woman, wins. As they both take on the bet, they fall for the same woman, but soon realize she's not your average mark! Call box office for tickets 937-3023. Sign up in Transportation bus leaves at 2:00 pm

Mar 22 | 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. This month's read will be "Glass Castle" by Jeannette Walls. The Book Baggers meet the last Tuesday of every month in the Chapel at 9:30 am. New members welcome!

Mar 22 | Book Presentation and Signing

David Waddell will be back to present his second book "Holiday Biblical Characters: Finding My Stories in the Stories of Christmas and Easter." Don't

miss this funny guy tell about his new book. Tuesday, March 22 at 6:00pm in the Large Card Room.

Mar 22 | Call the Midwife Episode 6

Anna and Mary face a crisis and a figure from the past surprises those above and below stairs. Theater Showtimes 2:00 pm & 4:00 pm.

Mar 23 | Bridge Builders Tech Workshop

Please come to the LCR from 10:00am to 11:45pm to meet and get help with any of your technical issues from cell phones to tablets and computer. They are here to share their technical knowledge while learning about the life knowledge you have to offer. Please call Life Enhancement to sign up @ 866-4414.

Mar 23 | "Passion of the Christ"

Oscar-winning actor-director Mel Gibson helms this controversial epic that focuses on the last 12 hours of Jesus's life -- from the betrayal, trial and death of Jesus to his brutal crucifixion and resurrection from the tomb. Showtimes 2:00 pm & 6:00 pm.

Mar 24 | Theatre Memphis presents "Into the Woods"

A musical journey with an original story based on the Brothers Grimm Fairy tales. A childless baker and his wife set out on a mission to begin a family only by breaking a witches curse, their travels bring them to interact with characters from Little Red Riding Hood, Jack & the Beanstalk, Rapunzel, Cinderella and more. A delightful romp with a dose of reality thrown in the mix that questions happily ever after. Call box office 682-8323. Sign up in transportation. Bus leaves at 6:30

Mar 25 | Easter Bonnet Parade

"In your Easter Bonnet, with all the frills upon it". Get dolled up in your springiest bonnet and come down to the Lobby for Kirby Pines' annual Easter Bonnet Parade and Contest. Whether your bonnet is handmade or store bought, all hats are encouraged. Join us for fun and fellowship at on Good Friday at 11:00 am

Mar 25 | Music in the Lobby
wit Brazil

Brazil will be here to entertain us with a style of music that can best be comprehended as soft and smooth. The

ageless times of his music covers the decades giving him the opportunity to present his audiences a vast array of music and pleasure. Friday, March 25th at 6:00 pm in the Lobby.

Mar 26 | Easter Egg Hunt

Join your friends and neighbors by the Playground (weather permitting) if not the Lobby for our Annual Easter Egg Hunt. Bring you grand's, great-grands, etc. The party starts at 10:00 am. MS Patches will be joining us for face painting. If we're lucky we may even have a visit from the Easter Bunny. Call Life Enhancement (formally known as activities) at 866-4414 to make reservations. We will need the name, age and which resident they belong to for placing in the correct category. Please bring a dozen candy filled eggs for each of your egg hunters to our office by Thursday, March 24th. Be sure they bring their Easter Baskets.

Mar 29 | Jesse Stone Movie
"Death in Paradise"

Tom Selleck returns to the role of police Chief Jesse Stone in this third chapter of the crime-mystery series. As Stone obsesses over solving the murder of a teenage girl found floating in the lake, he also works a deadly domestic violence case. Showtimes 2:00 pm & 6:00 pm.

Mar 30 | Downton Abbey Season 6, Episode 5

Violet embroils the Minister of Health in the hospital row, but his visit ends in catastrophe. Mary's suspicions are aroused. Showtimes 2:00 pm & 6:00 pm.

Mar 30 | Lunch Bunch at Napa Cafe

Join the Lunch bunch as we head over to NAPA CAFÉ' in the heart of East Memphis for some of their award winning fair. Sign up in transportation. Bus leaves at 11:00 am.

Mar 31 | Kirby Library Book Sale

Books for all kinds of readers will be available for sale starting Thursday, March 31 through Saturday, April 2nd in the Lobby Sunroom starting at 8:00am. The prices will be by the books and the money will be paid at the front desk.

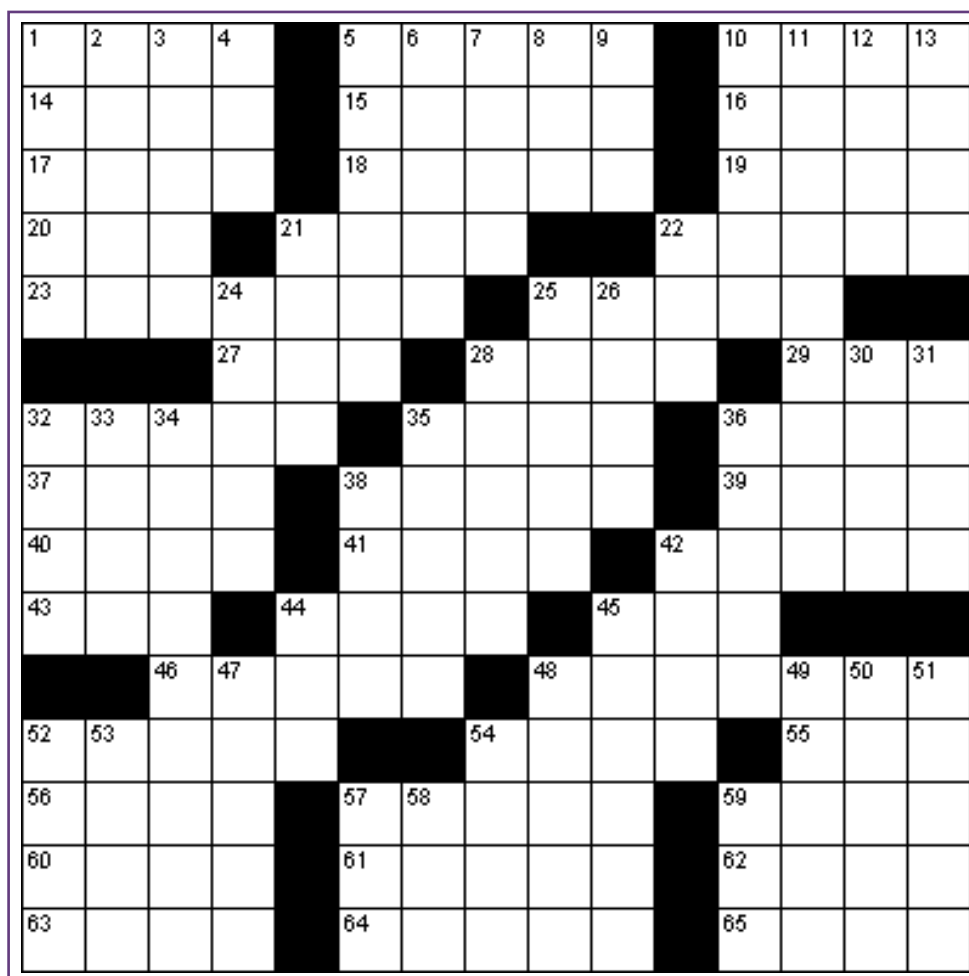


ACROSS

1. Remain
5. Ease off
10. Roster
14. Roofing material
15. Come up
16. Small island
17. Wading bird
18. Welcome
19. Midday
20. Recline
21. Entranceway
22. Attack from all sides
23. Lassitude
25. Currency unit
27. Ancient Chinese dynasty
28. Pottery material
29. Stray
32. Religious song
35. Small cut of meat
36. Supplication
37. Center of rotation
38. Garment
39. Stench
40. Fruit machine
41. Carbonated drink
42. Part of a church
43. Small barrel
44. Difficult
45. Singing pair
46. Circular
48. Patio
52. A skilled practice
54. Mineral
55. Prohibit
56. Harangue
57. Upsurge
59. Renown
60. Assistant
61. Musical instrument
(see photo for hint)
62. Detail
63. Narrow secluded valley
64. Sharp end
65. Depend

DOWN

1. A static photograph
2. Shinbone
3. Extraterrestrial
4. Affirmative
5. Liman



6. Mistake
7. Layer
8. Employ
9. Domestic animal companion
10. Woven fabric
11. Triangle with two equal sides
12. Plum
13. Portable shelter
21. Two-fold
22. Alcove
24. Demon or spirit
25. Plant life in a particular region
26. Ecstatic
28. Youngster
30. Highland fling
31. Garden tool
32. Cylindrical container
33. Wheel shaft
34. Boundary between the US and Mexico
35. Combination of musical notes
36. Earlier
38. Read metrically
42. Halo
44. Small shelter
45. Respectable
47. Frequently
48. Behemoth
49. Diminish
50. Cud-chewing mammal
51. Foe
52. Steep rugged rock or cliff
53. Track
54. Magicians or sorcerors of ancient times
57. Concession given to mollify
58. Argument in favor
59. Evergreen tree
64. Historic period



Puzzle Solutions - page 21



KIRBY PINES SnapShots



Mary Lou Watson gets a hand bone scan from Fairy Shull with OsteoStrong at the Kirby Pines Health Fair



Oasis Life Enhancement Coordinator, Mary Hand, talks with Jim Smith about the benefit of regular exercise



Alice Juengling was Pistol Packin Mama in the Rhythm Band Program



Colleen Thompson, Bill Goodrich and Buster McGuire ready for the show



Margaret Edrington and Rena Jirack are all ready for the show to begin



Betty Hilbun and daughter-in-law Eleeva Hilbun were definitely wearing the right color at the Superbowl Party



Mary Gullett celebrated another birthday at Kirby pictured here with friend Joan Dodson

KIRBY PINES SnapShots



Two of our favorite lovebirds Dunlap and Mary Louie Rose at the Valentines Dance



Jane Tomlinson and Billie Arnold had a great time at the Valentines Party



Guest Winann Dierssen, Peggy Hogan and George Courington love the Memphis Symphony Big Band



Guest Winann Dierssen, Peggy Hogan and George Courington love the Memphis Symphony Big Band who played at the Valentine's Dance



Newly crowned King & Queen of Kirby Pines 2016 Sydney and Shelton Wagner take a moment during the Valentine's Dance



Anita Deckelman dances with one of the Blues Krewzers from Carnival Memphis



Peggy Bell, Irene Baker and Catherine Prewett were all decked out for the Valentines Party



KIRBY PINES SnapShots



Patti Tracey had a ladies only birthday dinner with Shirley Lynn, Mary Scott, Jewel Crowson, Gay Beaumont and Jan Thompson



Art Sandvig enjoyed his birthday with son Scott and daughter Dinah Dieck



Rena Jirack had a wonderful birthday surrounded by friends, Becky Leatherwood, Jennie Anderson, Frances Thompson, and Virginia Waller



Sarah Marable and her twins Laura Rogers and son Gray with his wife Roseanne Marable joined their mom for her birthday along with friends Nancy Beeson and John and Georgia Harkins



Marsha Greiner, Gene Waldrop and Dr. Charles Parrott working the soil in the Greenhouse



Fred Gordon waters his tomato seeds

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DAVID WALTERS

Donation by Lenora Smith
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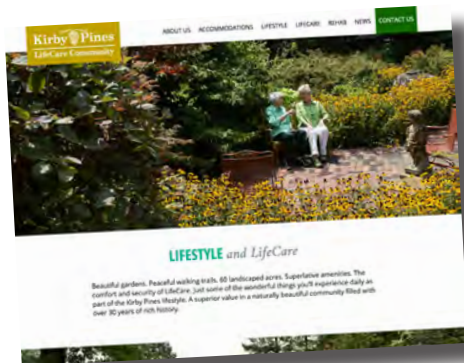
Donation by James Stafford
to the Hobby Shop

Gifts To

THE HOBBY SHOP

Donation by Betsye French

HAVE YOU BEEN TO THE NEW WEBSITE?



Welcome to the new look of Kirby Pines! If you haven't had the chance to check it out, we have recently updated our website!

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to sign up for services.



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Just search for Kirby Pines Retirement Community!

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GIANT CROSSWORD

ANSWERS
TO PUZZLE
CHALLENGE
ON PAGE 17

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FOR MORE INFORMATION

Contact Thomas O'Malley at 901-568-0643 or email: tomalley@kirbypines.com

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-JANINE DI GIOVANNI



“CHRIST THE REDEEMER”
See inside page 9 for story

