

the  
**PINECONE**

The Magazine of Kirby Pines Retirement Community • October 2016 | V. 34 | I. 10

**KIRBY PINES**  
CELEBRATES OUR  
WONDERFUL  
**TEACHERS!**



*See our  
Teacher's  
Yearbook  
on page 8!*



# The Fun Continues

After celebrating our thirty-third anniversary in grand style last month, and our tenth consecutive winning of the Memphis Most Award for the Best Retirement Community, it is time to sit back, relax, and reflect on your individual reasons for selecting Kirby Pines as your Memphis retirement community of choice. The beginning of fall seems like the perfect time to recall the variety of events we all enjoyed over the summer months at Kirby Pines, and to anticipate the numerous happenings that are just around the corner. The month of October is filled with entertaining and educational events to fit the individual likes of each of us.

If you have a more adventuresome look on life, join in on the fun of riding in a hot air balloon October 4th, right here at Kirby Pines. Along with the hot air balloon ride, you can sample foods from some of Memphis' leading "food trucks". You'll find this annual hot

## at Kirby Pines

air balloon ride to be another activity that sets Kirby Pines apart from other retirement communities and to be just one more reason why we have never failed to win the Memphis Most Award.

If you truly just want to sit back and relax, be sure to reserve a space at this month's Evening of Exquisite Cuisine. Of course, October wouldn't be October without a little "trick-or-treating" too. So whether you plan on grandchildren stopping by for a special treat or just plan to buy and send a Halloween card from the Blossom Shop, you can expect some special treats in the dining room this Halloween.



Michael Escamilla,  
Executive Director,  
Kirby Pines

## ON THE PINECONE COVER

### Kirby Pines Really Has The Smartest People Around!

Kirby Pines residents are widely diverse from many different locations and many different backgrounds. We have doctors, lawyers, business people, homemakers, engineers, clergy and far too many more to list. But what we seem to have the most of in our ranks are those individuals who helped shape, instruct and motivate all others who moved on to become the leaders of their fields, and those are our fabulous teachers.

Teachers are some of the most memorable people you will ever meet

in your life. They dedicate their lives to helping and encouraging virtual strangers in hopes that one day these individuals succeed and that possibly they had just a little to do with it.

So we thank all of you from the bottom of our hearts and we are proud that you wisely chose Kirby Pines as your home.

We were so thrilled with the turn-out for our photo shoot this month and as a surprise, we chose resident and teacher, Betty Burkhalter for the cover, to represent all of you and Kirby Pines.



Our wonderful group of teachers at Kirby Pines! See page 8 to see them individually.

Kirby Pines Retirement Community  
is managed by:



Retirement Companies of America

#### BOARD OF DIRECTORS

Dr. James Latimer, Chairman

Mr. Rudy Herzke, President

Mr. Berry Terry, Secretary/Treasurer

Mr. Larry Braughton Rev. Richard Coons

Mr. Jim Ethridge Dr. Fred Grogan

Ms. Mary Ann Hodges

Mr. Boyd Rhodes, Jr.

#### RCA STAFF

**Charlie Trammell**

*President, RCA*

**Michéle Trammell-Vincent**

*Senior Vice President, RCA*

**Mack Williamson**

*Vice President of Operations, RCA*

**Tim Cox**

*Vice President of Finance, RCA*

**David Moreland**

*Vice President of Sales & Marketing*

#### KIRBY PINES STAFF

**Michael Escamilla**

*Executive Director, Kirby Pines*

**Annette Marlar**

*Director of Medical Services and HR*

**Mike Abutineh, M.D.**

*Medical Director*

**Linda Huston**

*Director of Accounting*

**Don Johnson**

*Chaplain*

**Cheryl Grimes**

*Life Enhancement Director*

**Daniel Longstreth**

*Director of Environmental Services*

**Chuck Neeley**

*Director of Maintenance*

**Mark Simpson**

*Director of Dining Services*

**Mike Rayder**

*Director of Grounds & Landscaping*

**Calvin Sims**

*Director of Security*

This magazine is produced by **R.C.A.**

6465 N. Quail Hollow Rd., Suite 400  
Memphis, TN 38120, 901-794-2598

*Electronic version of The Pinecone  
is available at [www.kirbypines.com](http://www.kirbypines.com)*

welcome to

# Kirby Pines



Jim Anderson

Born in St. John's, Michigan, Jim comes to the Kirby Pines Retirement Community from his previous residence in Germantown, TN. Married for 51 years, he and his wife, Shirley, have 4 children, 5 grandchildren, and 6 great grands. Shirley passed away in 1999.

In 1951, the General Motors Institute awarded Jim a BA Degree in Business Administration. Marketing was his profession. He was employed for 40 years at the Oldsmobile Division of General Motors, holding the title of Zone Manager for his final 5 years of employment with the firm. His military service, during WWII, was with the Army Air Force, assigned to Kessler Field in Biloxi, MS; Scott Field in Illinois; and Truax Field in Wisconsin.

Jim is especially proud that he ran 8 marathons after the age of 50, with 3 of these being the Boston Marathon. He has traveled in 6 continents and visited 42 countries. His music preference is "the Oldies".

Get to know Jim Anderson and make him feel at home in our retirement community. He's an interesting guy and we are pleased that he has joined us.

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



Barbara & Van Conaway

Van and Barbara Conaway come to the Kirby Pines Retirement Community from their previous residence in Germantown, TN. Married for 40 years, they have 3 children and 6 grandchildren.

Van completed one year of college before enlisting in the U.S. Navy with the rank of Second Class Store Keeper. Following completion of his military service, Van's civilian career was with the trucking business. He was employed by Gordon's Transport for 34 years retiring with the title of Vice President. Barbara also completed one year of college. She was employed for 7 years as Secretary at the Union Planter's Bank and another 7 years with McLean Trucking Company. The couple has traveled extensively, in Europe, Canada, and "all over" the U.S. In addition to travel, Barbara enjoys movies, theater, and work at her church.

Van and Barbara: As residents in our community, you will make new friends and have many opportunities to volunteer your time and expertise to further the goals of a wide assortment of projects. We are pleased that you chose Kirby Pines.



Lucy & Lanier Jones

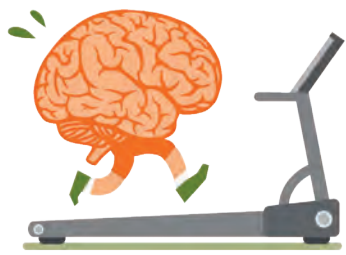
Lanier and Lucy Jones come to Kirby Pines from their previous residence in Amelia Island, Florida. Married 62+ years, they have 4 children, 9 grandchildren, and 1 great grand.

Lanier graduated from Millsaps College with a major in Chemistry, followed by BS and MD Degrees from Emory University Medical School. On completion of his internship and resident training in Atlanta, Lanier elected to join the Army to fulfill his military obligation before starting his medical practice. When his military service was completed, Lanier established his private practice as a specialist in Internal Medicine. Prior to her marriage to Lanier, Lucy graduated from Randolph-Macon Woman's College and attended Emory University Law School for 5 quarters. She worked as a secretary for a few years and then opted for full-time motherhood.

Lanier and Lucy are widely traveled; visiting China, Israel, and most countries in Europe. In retirement, Lanier has the time to pursue his interest in genealogy, collection of sea shells, fossils, and shark teeth. Lucy now has time to satisfy her interest in painting, religious history and theology, singing, and genealogy from her family tree.

We are pleased that Lanier and Lucy have opted to join our ranks at Kirby Pines. We wish them all the best.





# Exercise Your **BRAIN!**

When you think of exercising your brain, do you think about Sudoku, crosswords, and other mental puzzles? Studies are beginning to demonstrate that we need to put down that pencil and stand up and go for a walk. Physical exercise is proven to be better for your brain health than memory quizzes.

Our brains need the stimulation of aerobic exercise; that is, exercises that raise your heart rate and respiration. Just 30 minutes a day 5 days a week (150 minutes) of moderate intensity exercise can make a difference in mental as well as physical and emotional well-being. That extra blood flow to the brain creates higher levels of BDNF, a protein that stimulates brain cell healing and growth. Studies show persons that are physically active have less dementia/memory/Alzheimer issues.

Here at Kirby Pines we have many opportunities for aerobic exercise: walking, water aerobics, sit and stand classes. In the Oasis, we have the recumbent bicycle, Nustep, and treadmill to give you a safe aerobic workout. For strengthening exercises, try the Tai chi or yoga classes or free weights and resistance equipment in the Oasis.

So leave your puzzles behind and step it up to exercise your brain. See the schedule for an exercise class you can enjoy or visit the Oasis anytime.



## October is Alzheimer Awareness Month

October is Alzheimer Awareness Month. We are so blessed to have an amazing facility like Job's Way that was specifically designed for people with Memory Issues. We want to show our support to the Alzheimer's Association through financial donations so they may continue their mission to educate and research to end Alzheimer's and dementia while enhancing care for those living with the disease.

A Bake Sale will be on Thursday, October 13th from 9:00 to 1:30 in the Lobby. We need your help to bake goods, or help with the sales, and/or purchase items. All donations will go towards the Alzheimer's Association. Check with Mary Hand or Elizabeth Sweet in Job's Way for more details.

On Saturday October 15th at 10:30, we will gather in the Lobby for registration and refreshments to get our "Stroll To Control" walk to end Alzheimer's on the way. We'll have information available about Alzheimer's and a fun stroll through the halls of Kirby Pines. Dogs on leash are welcome to join us. Help us raise awareness and financial support for our local Alzheimer's Association.



**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

**Arthritis Foundation  
Walk with Ease**  
Tuesday & Thursday  
1:30 pm - 2:30 pm in the LCR



# Ways to Prevent OSTEOPOROSIS



**CALCIUM**



**EXERCISE**



**VITAMIN D**



Osteoporosis is known as a “silent” disease with no obvious signs or symptoms. Often the first sign of the disease is a potentially debilitating fracture. Osteoporosis is characterized by structural deterioration of bone tissue which causes bones to become porous and fragile.

Currently about 10 million Americans have been diagnosed with osteoporosis. Of this number, 80 percent are women. Estimates suggest that about half of all women older than 50 will break a bone due to osteoporosis. It is estimated that another 34 million Americans have osteopenia or weak bones which places them at a greater risk for osteoporosis.

Risk factors of osteoporosis include gender, race and age. Being female, of Caucasian or Asian descent and older in age all increase the risk of osteoporosis. Family history of osteoporosis and/or personal history of broken bones also play a role. Those that have lower levels of hormones such as estrogen or testosterone or low vitamin D and calcium intake are also at risk. Long-term use of tobacco, alcohol and some medications can also place individuals at a greater risk for osteoporosis.

Three factors essential for keeping your bones healthy throughout your life are: 1) adequate amounts of calcium, 2) adequate amounts of vitamin D, and 3) regular weight-bearing exercise.

Physical Therapists can instruct on how to maintain proper alignment throughout all mobility including walking and stair management. Physical therapy staff can also provide strengthening programs to assist in prevention of injuries as well as education on fall prevention.

Occupational Therapists can teach safe and adaptive techniques during self-care tasks such as dressing, bathing and bed mobility to prevent injuries. Occupational therapy staff can also provide adaptive equipment to make daily activities easier and allow for energy conservation.

To learn more about the treatment of osteoporosis and ways to prevent bone loss, you can attend this month’s Healthy Learning Lecture. Call 901-366-1819 in the therapy department to learn more.

#### Resources

- *The National Osteoporosis Foundation:* [www.nof.org](http://www.nof.org)
- *The Mayo Clinic:* [www.mayoclinic.com/health/osteoporosis/DS00128](http://www.mayoclinic.com/health/osteoporosis/DS00128)
- *Web MD:* [www.webmd.com/osteoporosis.default.html](http://www.webmd.com/osteoporosis.default.html)





Enjoy a taste  
of Oktoberfest...



DIRECTOR OF DINING SERVICES  
MARK SIMPSON

DON'T MISS THE NEXT KIRBY PINES EVENING OF

# EXQUISITE CUISINE

For reservations please call 901.866.4444 THURSDAY, OCTOBER 27, 2016



### Goulash

*A traditional thick and rich soup. A great way to start the evening.*

### Braised Venison Tenderloin

*We start with a lean venison tenderloin and braise it in dark beer until it practically cuts itself ...served with bacon, beer and cheddar bread toast points.*

### Weiner Schnitzel with Erdäpfelschmarrn and Braised Red Cabbage (Veal Cutlet with Fried Potatoes and Braised Red Cabbage)

*Veal cutlet pounded thin, breaded and pan fried served with fried potatoes and braised red cabbage.*

### Pumpkin Spice Cake

*A light and seasonally spiced pumpkin cake with cinnamon buttercream. The perfect finish to the Oktoberfest meal.*





# Nancy Simco and John Tienson

## LESSONS IN EDUCATION & RESCUE

The Kirby Pines Retirement Community salutes its cadre of retired teachers. Retired teachers who were diligent in educating children, beginning with kindergarten and continuing through Doctoral Programs in Science, Medicine, Religion, Law, and the Humanities.

Two of our residents, Nancy Simco and John Tienson, exemplify the dedicated teacher. They were Educators – Authors – Rescue Merchants. This is their story.

### Educator

The University of Kansas awarded Nancy Simco a B.A., M.A., and Ph.D. in Mathematics and Philosophy. Her professional career was at the

University of Memphis, as a Tenured Professor, Dean, and Department Chair. The University of California, Berkley, awarded John Tienson a B.A. Degree. He received a M.A. and Ph.D. from the University of Illinois, Champaign. For most of his career he a Professor of Philosophy at the University of Memphis.

At the University of Memphis, the Philosophy Department offers several pathways for study, including Philosophy of Feminism, Philosophy of Post-Colonialism, and Philosophy of Africa Americans. John's approach to freshmen students is to assure them that the study of Philosophy will broaden one's sense of self; what questions one

should ask to understand concepts of humankind and interaction (conceptual understanding of one's place in the world).

### Author

One's opportunity (yea, one's path to greater public recognition) lies in the market place as author of books that expand the audience of readers who will come to know the writer in greater depth. And so it is with readers of John Tienson's publications. His publications include "Connectionism and The Philosophy of Psychology".

### Rescue Merchants

For many years, Nancy Simco has expanded her interest in training and showing golden retrievers to include rescuing approximately 50 Golden Retrievers and other breeds that have been abused or abandoned. Her work with the Memphis Area Golden Retriever Rescue Association is especially valuable to the breed. She is also a member of the Golden Retriever Club of America.

We salute John Tienson and Nancy Simco, and all of the retired teachers at Kirby Pines. We are thankful for their years of nurturing and shaping our children – from the first day a child enters a classroom, to the day they receive their own credentials that support their efforts to contribute to the greater good. To educate – a noble calling.

- Jacqueline Besteman, Resident





# Kirby Pines Teachers Class of 2016

We would like to recognize our wonderful residents, who educated, encouraged and inspired.



JIM ANDERSON



SHIRLEY ANDERSON



ELLIE BATES



BETTY BINKLEY



DON BOYD



DORIS BOYD



ANNA BREWER



BILLY CARR



CONNIE CARTER



PAT CAVENDER



JANICE COLLIER



ANN DAVIS



JOANN DAVIS



MARY ANN DIAMOND



JOAN DODSON



BOBBIE FRY



HELEN GAINES



BETTY GOLDSCHMID



NANCY GOODWIN



DOROTHY HARTZOG



ROBERT HEYMAN



JANE HOLMGRAIN



JIM JOHNSON



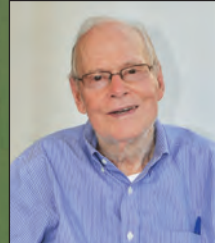
JANE KINNEY



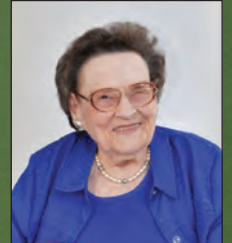
GAIL KOMMER



ROY LAUGHLIN



JOHN MALM



IRMA MARKS



BOB MARSHALL



JEAN MAUNEY



MAL MAUNEY



MARGARET MAXWELL



MARK MAXWELL



SHERYL MAXWELL



PRINCE MCLEMORE



JUDY MOFFETT



BILL ODOM



CAROL ODOM



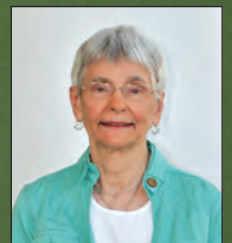
JOYCE READ



VAL REED



MARY SCOTT



MARY STAGG



JAN THOMASON



JAN THOMSON



PATTI TRACY



JANICE WALL



JOAN WATSON



PAT WATSON



MARILYN WRAY



# CHAPLAIN'S CORNER

from Don Johnson, Kirby Pines Chaplain



## LOST HORIZON

In 1933 James Hilton wrote his intriguing novel, "Lost Horizon." It was a remarkable story about Shangri-la, a legendary place of a mystical lamasery in the Hulan Mountains of Tibet.

In the novel a British diplomat, Hugh Conway, escaping his post in a dangerous part of India, was a passenger on a plane that was hijacked and crashed in the mountains. At the crash a Chinese man named Chang led Conway and three other passengers on a mysterious path through the snow covered mountains to an unbelievable lush and green valley called Shangri-la. Surprised, but delighted, Hugh Conway and his fellow travelers comfortably settled in this remarkable place. In almost every way it was a perfect environment, a Paradise beyond description.

However, a shocking reality was soon discovered. All those in Shangri-la lived long beyond normal age. They aged extremely slowly. It was hard to tell how long the people had been around because they looked so young. There was one strange circumstance to this longevity of life in Shangri-la. If anyone chose to leave this paradise, their real age quickly overwhelmed them and they died soon after their departure.

A French friar, Perrault, who had supposedly come to the place in 1719 and became the head Lama, was now (in 1930) looking for a successor. Conway was the chosen one and was given charge of Shangri-la as its new lama.

One of Conway's associates, Charles Mallinson, felt this paradise was more a curse than a blessing. He wanted to leave and pushed Hugh to guide him out through the secret mountain passage. Hugh, joined by one of the beautiful, young looking women, Lo-Tsen, agreed to lead Mallinson out.

Conway was stricken with amnesia and was hospitalized in China. When his memory returned, he told his story to a writer, Rutherford, who gave his manuscript to a narrator and the unbelievable story was told. The writer saw Conway leaving China and believed he was going in search of that special mountain trail that would take him back to Shangri-la.

In 1937 Frank Capra made a movie of Hilton's "Lost Horizon" starring Ronald Coleman, Jane Wyatt and Edward Everett Horton. It was filmed, not in the mountains of Tibet, but in Sherwood Forest and Palm Springs, California.

Hilton captured something that many look for. There is a belief and longing for a "Paradise." Somewhere there must be a place better than the present one of trouble and turmoil. We never stop looking for a solution that will reverse aging and all its attendant issues. Beyond the cold and rugged path there must be a warm, lush valley where all is perfect.

John 14:1-3 is a biblical description of our coming Paradise. From the mouth of Christ come the words, "Let not your heart be troubled; you believe in God, believe also in Me. In my Father's house are many mansions, if it were not so, I would have told you. And I go and prepare a place for you. And if I go and prepare a place for you, I will come again and receive you unto Myself, that where I am, there you may be also."

John speaks of this in Revelation 21, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God Himself will be with them and be their God. And God will wipe away every tear from their eyes, there shall be no more death, nor sorrow, nor crying, and there shall be no more pain, for the former things have passed away."

Paradise was lost through original sin in Eden's Garden. Paradise was regained in Gethsemane's Garden 20 Centuries ago as the Lord made His choice of "not my will but Thine be done," walked up Golgotha's Hill to be crucified, rose again in validation of His Great Love so we could find our "Lost Horizon." To many this is the "Lost Horizon." But it can be found. Change can come. We can take the step today. It can happen now!

Till next time, Don Johnson, Kirby Pines Chaplain

## October Vesper Services • 6:30pm • Performing Arts Center

October 6th

David Cross  
First Assembly  
of God

October 13th

Rev Deborah Christiansen  
St. Stephen  
United Methodist Church

October 20th

Dave Phillips  
Germantown  
Church of Christ

October 27th

Dr. Cindy Schwartz  
Advent  
Presbyterian Church

# M E E T

# M E

# A T



## MONEY MONSTER



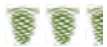
**Saturday, October 1**

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

**(2016) Cast: George Clooney, Julia Roberts, Jack O'Connell**

Arrogant TV financial advisor Lee Gates and his producer Patty are at the top of their game on CNBC, with the show Money Monster, that advises working class citizens on which stocks to buy and sell. When Gates promotes a high-tech stock that mysteriously crashes, he is held hostage on live TV by Kyle Budwell, a janitor who lost everything investing in that stock. Lee soon figures out there is more than meets the eye with the mysterious crash, and works to find out the truth.

## AUSTRALIA



**Sunday, October 2**

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

**(2008) Cast: Nicole Kidman, Hugh Jackman, Shea Adams**

Set in northern Australia before World War II, an English aristocrat who inherits a sprawling ranch reluctantly pacts with a stock-man in order to protect her new property from a takeover plot. As the pair drive 2,000 head of cattle over unforgiving landscape, they experience the bombing of Darwin, Australia, by Japanese forces firsthand.

## HIGH SOCIETY



**Saturday, October 1 at 6:00 p.m.**

**& Sunday, October 2 at 6:30 p.m.**

**(1956) Cast: Bing Crosby, Grace Kelly, Frank Sinatra**

Tracy Lord, a holier-than-thou ice

goddess who, having been through one marriage to likable musician C.K. Dexter Haven, is about to enter another with a rather stuffy, boring social climber. Dexter and Mike Connor, a reporter covering the nuptials, help Tracy find her human side and realize whom she really should marry.

## WHEN THE GAME STANDS TALL



**Saturday, October 8**

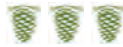
**at 10:00 a.m. and 2:00 p.m.**

**(2014) Cast: Jim Caviezel,**

**Alexander Ludwig, Michael Chiklis**

The journey of legendary football coach Bob Ladouceur, who took the De La Salle High School Spartans from obscurity to a 151-game winning streak that shattered all records for any American sport.

## THE JUNGLE BOOK



**Sunday, October 9**

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

**(2016) Cast: Neel Sethi,**

**Bill Murray, Ben Kingsley**

After a threat from the tiger Shere Khan forces him to flee the jungle, a man-cub named Mowgli embarks on a journey of self discovery with the help of panther, Bagheera, and free spirited bear, Baloo.

## GRAND PRIX



**Saturday, October 8 at 6:00 p.m.**

**& Sunday, October 9 at 6:30 p.m.**

**(1966) Cast: James Garner,**

**Eva Marie Saint, Yves Montand**

American Grand Prix driver Pete Aron is fired by his Jordan-BRM racing

team after a crash at Monaco that injures his British teammate, Scott Stoddard. While Stoddard struggles to recover, Aron begins to drive for the Japanese Yamura team, and becomes romantically involved with Stoddard's estranged wife.

## THE COUNT OF MONTE CRISTO



**Saturday, October 15**

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

**(2002) Cast: Jim Caviezel, Guy Pearce, Richard Harris**

Edmond Dantes is an honest sailor who plans to marry his beautiful lover Mercedes. Edmond doesn't know that his best friend Fernand Mondego secretly desires Mercedes for himself and schemes with fallen aristocrat Villefort to frame Edmond for a crime he didn't commit. Sentenced to life on the remote island prison of D'If, Edmond becomes consumed by plans for revenge. Thirteen years pass and he meets a fellow innocent convict, Abbe Faria, who becomes Edmond's mentor. Eventually, Edmond is able to get away using Faria's tunnels and makes his way to Monte Cristo to get his revenge.

## FIRST DOG



**Sunday, October 16**

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

**(2010) Cast: Eric Roberts,**

**Eliza Roberts, John-Paul Howard**

A foster boy is befriended by a lost dog who turns out to belong to the President of the United States. The boy decides to run away from the foster home to return the canine to the White House -- "Because it's the right thing to do!"



# T H E

# M O V I E S



## ARSENIC AND OLD LACE



**Saturday, October 15 at 6:00 p.m. & Sunday, October 16 at 6:30 p.m.**  
**(1944) Cast: Cary Grant, Priscilla Lane, Raymond Massey**

Mortimer Brewster is a newspaperman and author known for his diatribes against marriage. We watch him being married at city hall in the opening scene. Now all that is required is a quick trip home to tell Mortimer's two maiden aunts. While trying to break the news, he finds out his aunts' hobby; killing lonely old men and burying them in the cellar. It gets worse from there.

## THE BRIDGES OF MADISON COUNTY



**Saturday, October 22 at 10:00 a.m. and 2:00 p.m.**  
**(1995) Cast: Clint Eastwood, Meryl Streep, Annie Corley**

The story begins as globetrotting National Geographic photographer Robert Kincaid journeys to Madison County in 1965 to film its lovely covered bridges. Upon his arrival, he stops by an old farmhouse to ask directions. There he encounters housewife, Francesca Johnson, whose spouse and two children are out of town. Thus begins their four-day affair, a liaison that fundamentally changes them both. Later Francesca chronicles the affair in a diary which her flabbergasted grown children read; never would they have expected their mother to be capable of the passion she experienced with Kincaid.

## RISEN



**Sunday, October 23**

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

**(2016) Cast: Joseph Fiennes, Tom Felton, Peter Firth**

Clavius, a powerful Roman Military Tribune, and his aide Lucius, are tasked with solving the mystery of what happened to Yahshua in the weeks following the crucifixion, in order to disprove the rumors of a risen Messiah and prevent an uprising in Jerusalem.

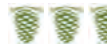
## THE UNINVITED



**Saturday, October 22 at 6:00 p.m. & Sunday, October 23 at 6:30 p.m.**  
**(1944) Cast: Ray Milland, Ruth Hussey, Donald Crisp**

A brother and sister move into an old seaside house on the English coast. Their original enchantment with the house diminishes as they hear stories of the previous owners. Also heard are unexplained sounds during the night. It becomes obvious that the house is haunted and the reason is a mystery to be solved.

## PRACTICAL MAGIC



**Saturday, October 29 at 10:00 a.m. and 2:00 p.m.**  
**(1998) Cast: Sandra Bullock, Nicole Kidman, Stockard Channing**

The wry, comic romantic tale follows the Owens sisters, Sally and Gillian, as they struggle to use their hereditary gift for practical magic to overcome the obstacles in discovering true love.

## THE YOUNG VICTORIA

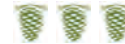


**Sunday, October 30 at 1:30 and 4:00 p.m.**  
**(2009) Cast: Emily Blunt,**

**Rupert Friend, Paul Bettany**

On the eve of her 18th birthday and succession to the English throne, young Princess Victoria is caught in a royal power struggle. But, it is her blossoming relationship with Prince Albert that will determine the strength of her reign. Can she dedicate her life to her country and her heart to the one man she truly loves? Discover the passion and the romance behind one of history's greatest love stories.

## THE GHOST BREAKERS



**Saturday, October 29 at 6:00 p.m. & Sunday, October 30 at 6:30 p.m.**  
**(1940) Cast: Bob Hope, Paulette Goddard, Richard Carlson**

Mary Carter inherits her family's ancestral home, located on a small island off Cuba, and, despite warnings and death threats, decides to take possession of the reputedly haunted castle. She is joined by radio broadcaster Larry Lawrence who, believing he has killed a mob gunman, flees New York with his butler, Alex. Once on the island the threesome enter the eerie castle and after viewing the ghost of one of Mary's ancestors and fighting off a menacing zombie, they find the key to the castle's treasure but are interrupted by an all-too-human foe.

## KIRBY PINES MOVIE RATING SYSTEM

= AVERAGE

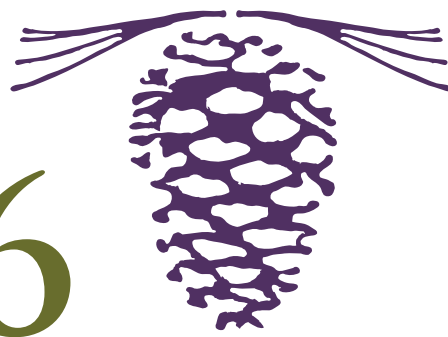
= GOOD

= EXCELLENT

= OUTSTANDING



# October 2016



## 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

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

8:00 am ● Church of Christ Service (Chapel) **2**  
 10:00 am ● Worship Service (PAC)  
 1:30 pm ● Weekend Movie (Thtr)  
 2:00 pm ● GPAC Memphis Symphony Orchestra (Trans)  
 3:30 pm ● Hymn Sing with Matthew (PAC)  
 4:00 pm ● Weekend Movie (Thtr)  
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **3**  
 9:00 am ● Smith Jewelers (SCR)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● First Monday Poetry Group (Ante)  
 10:00 am ● Focus on Color (A&C)  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:30 am ● Billiard Group (BR)  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● Tai Chi (LCR)  
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **4**  
 9:00 am ● Dr. Mike Abutineh (WC)  
 9:30 am ● Basic Water Aerobics (Pool)  
 10:30 am ● Planet Earth: Great Plains (Thtr)  
 11:00 am ● Arthritis Stand/Sit Class (A&C)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 1:30 pm ● Planet Earth: Great Plains (Thtr)  
 1:30 pm ● Walk with Ease (LCR)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 4:00 pm ● Kirby Pines Fall Festival (Grounds)

8:30 am ● Advanced Water Aerobics (Pool) **5**  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Catholic Services (Chapel)  
 10:00 am ● Shuffleboard (PAC)  
 10:00 am ● Kirby Pines Travelers Meeting (LCR)  
 10:30 am ● Yoga Stretch (PAC)  
 1:00 pm ● Needle Arts Group (A&C)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Magnum PI: The Black Orchard (Thtr)  
 2:00 pm ● Wii Bowling (LCR)  
 6:30 pm ● Bridge (LCR)  
 6:30 pm ● Magnum PI: The Black Orchard (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **6**  
 9:30 am ● Basic Water Aerobics (Pool)  
 10:00 am ● Kroger & Banks (Trans)  
 10:00 am ● Bible Study w/Dave Phillips (Chapel)  
 10:30 am ● Poirot: The ABC Murders (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 ● Poirot: The ABC Murders (Thtr)  
 1:30 pm ● Bunko (LCR)  
 1:30 pm ● Walk with Ease (LCR)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 6:30 pm ● Vespers

9:30 am ● Group Exercise (PAC) **7**  
 10:00 am ● Art with Class (A&C)  
 10:00 am ● Walmart & Banks (Trans)  
 1:00 pm ● Superlo & Bank (Trans)  
 6:30 pm ● Bridge (LCR)  
 7:00 pm ● Ham-ateur Club presents October Fall Festival (PAC)

7:30 am ● Men's Christian Fellowship (Chapel) **8**  
 10:00 am ● Weekend Movie (Thtr)  
 10:30 am ● Bible Study "Thru the Bible" (Chapel)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Intermediate Line Dancing (PAC)  
 2:00 pm ● Weekend Movie (Thtr)  
 2:30 pm ● Line Dancing (PAC)  
 4:00 pm ● Shuffleboard (PAC)  
 6:00 pm ● Classic Movie (Thtr)

8:00 am ● Church of Christ Service (Chapel) **9**  
 10:00 am ● Worship Service (PAC)  
 1:30 pm ● IRIS Orchestra: Concert in Bloom (Trans)  
 1:30 pm ● Weekend Movie (Thtr)  
 4:00 pm ● Weekend Movie (Thtr)  
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **10**  
 9:00 am ● Smart Moves: Osteoporosis (PAC)  
 9:30 am ● Group Exercise (PAC)  
 9:30 am ● Alterations (A&C)  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:30 am ● Billiard Group (BR)  
 12:00 pm ● Kiwanis Meeting (FDR)  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● Tai Chi (LCR)  
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **11**  
 9:00 am ● Dr. Mike Abutineh (WC)  
 9:30 am ● Basic Water Aerobics (Pool)  
 10:30 am ● Planet Earth: Jungles (Thtr)  
 11:00 am ● Arthritis Stand/Sit Class (A&C)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 1:30 pm ● Planet Earth: Jungles (Thtr)  
 1:30 pm ● Walk with Ease (LCR)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 6:30 pm ● Birthday Concert with Kenny Lackey (PAC)

8:30 am ● Advanced Water Aerobics (Pool) **12**  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Memphis Hearing Ad (A&C)  
 10:00 am ● Catholic Service (Chapel)  
 10:00 am ● Shuffleboard (PAC)  
 10:30 am ● Garden Gro'ers Club (Greenhouse)  
 10:30 am ● Yoga Stretch (PAC)  
 1:00 pm ● Needle Arts Group (A&C)  
 1:30 pm ● Magnum PI: J Digger Doyle (Thtr)  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● Wii Bowling (LCR)  
 6:30 pm ● Bridge (LCR)  
 6:30 pm ● Magnum PI: J Digger Doyle (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **13**  
 9:30 am ● Alzheimer's Bake Sale (Lobby)  
 9:30 am ● Basic Water Aerobics (Pool)  
 10:00 am ● Kroger & Banks (Trans)  
 10:00 am ● Bible Study w/Dave Phillips (Chapel)  
 10:30 am ● Planet Earth: Shallow Seas (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 ● Planet Earth: Shallow Seas (Thtr)  
 1:30 pm ● Bunko (LCR)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 1:30 pm ● Walk with Ease (LCR)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 6:30 pm ● Vespers (PAC)  
 6:30 pm ● Theatre Mem: Liberace (Trans)

9:30 am ● Group Exercise (PAC) **14**  
 10:00 am ● Art with Class (A&C)  
 10:00 am ● Walmart & Banks (Trans)  
 10:00 am ● Journey's Through Grief (Ante)  
 11:00 am ● Oak Court Mall (Trans)  
 1:00 pm ● Superlo & Bank (Trans)  
 6:00 pm ● Music with Cherry Brooks and Cal Jackson (Lobby)  
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **15**  
 10:00 am ● Weekend Movie (Thtr)  
 10:30 am ● Stroll for Control (Lobby)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Intermediate Line Dancing (PAC)  
 2:00 pm ● Weekend Movie (Thtr)  
 2:30 pm ● Line Dancing (PAC)  
 4:00 pm ● Shuffleboard (PAC)  
 6:00 pm ● Classic Movie (Thtr)

8:00 am ● Church of Christ Service (Chapel) **16**  
 10:00 am ● Worship Service (PAC)  
 12:45 pm ● Circuit Playhouse: Sisters of Swing (Trans)  
 1:30 pm ● Weekend Movie (Thtr)  
 4:00 pm ● Weekend Movie (Thtr)  
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **17**  
 9:00 am ● Smith Jewelers (SCR)  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Focus on Color (A&C)  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:30 am ● Billiard Group (BR)  
 10:45 am ● Episcopal Eucharist (Chapel)  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● Tai Chi (LCR)  
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **18**  
 9:00 am ● Dr. Mike Abutineh (WC)  
 9:30 am ● Basic Water Aerobics (Pool)  
 9:30 am ● Travel Group: Elmwood Cemetery (Trans)  
 11:00 am ● Arthritis Stand/Sit Class (A&C)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 1:30 pm ● Walk with Ease (LCR)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 6:30 pm ● Autumn Dance with Jim Mahannah (PAC)

8:30 am ● Advanced Water Aerobics (Pool) **19**  
 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 @ Firebirds (Trans)  
 1:00 pm ● Needle Arts Group (A&C)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Magnum PI: Beauty Knows No Pain (Thtr)  
 2:00 pm ● Wii Bowling (LCR)  
 2:00 pm ● Virtual Tour (Thtr)  
 6:30 pm ● Bridge (LCR)  
 6:30 pm ● Magnum PI: Beauty Knows No Pain (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **20**  
 9:30 am ● Fall Rummage Sale (PAC)  
 9:30 am ● Basic Water Aerobics (Pool)  
 10:00 am ● Bible Study w/Dave Phillips (Chapel)  
 10:00 am ● Kroger & Banks (Trans)  
 10:30 am ● Poirot: The Mysterious Affair (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 ● Poirot: The Mysterious Affair (Thtr)  
 1:30 pm ● Bunko (LCR)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 1:30 pm ● Walk with Ease (LCR)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **21**  
 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 Julianne Thomas and Dom Fosco (Lobby)  
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **22**  
 10:00 am ● Weekend Movie (Thtr)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Intermediate Line Dancing (PAC)  
 2:00 pm ● Weekend Movie (Thtr)  
 2:30 pm ● Line Dancing (PAC)  
 4:00 pm ● Shuffleboard (PAC)  
 6:00 pm ● Classic Movie (Thtr)

8:00 am ● Church of Christ Service (Chapel) **23**  
 10:00 am ● Worship Service (PAC) **30**  
 1:30 pm ● Weekend Movie (Thtr)  
 3:30 pm ● Hymn Sing with Matthew (PAC) - 30th  
 4:00 pm ● Weekend Movie (Thtr)  
 6:00 pm ● Jerald Walker Orchestra (PAC) - 23rd  
 6:00 pm ● Sanctuary on the Square: Luna Nova (Trans) - 30th  
 6:30 pm ● Classic Movie (Thtr)

8:30 am ● Advanced Water Aerobics (Pool) **24**  
 9:30 am ● Group Exercise (PAC) **31**  
 9:30 am ● Alterations (A&C) - 31st  
 10:00 am ● Hobby Pines Group (Hobby Shop)  
 10:30 am ● Billiard Group (BR)  
 12:00 pm ● Kiwanis Meeting (FDR) - 24th  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● Tai Chi (LCR)  
 6:30 pm ● Bingo (PAC)

8:30 am ● Men's Water Aerobics (Pool) **25**  
 9:00 am ● Dr. Mike Abutineh (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 ● Beginners Line Dancing (PAC)  
 1:30 pm ● Walk with Ease (LCR)  
 2:00 pm ● Ladies Interdenominational Meeting "The Uplifters" (Chapel)  
 2:30 pm ● Advanced Line Dancing (PAC)

8:30 am ● Advanced Water Aerobics (Pool) **26**  
 9:30 am ● Group Exercise (PAC)  
 10:00 am ● Catholic Service (Chapel)  
 10:00 am ● Shuffleboard (PAC)  
 10:30 am ● Yoga Stretch (PAC)  
 1:00 pm ● Senior Fit Test (PAC)  
 1:00 pm ● Needle Arts Group (A&C)  
 1:30 pm ● Magnum PI: Billy Joe Bob (Thtr)  
 1:30 pm ● Game Play (LCR)  
 2:00 pm ● Wii Bowling (LCR)  
 6:30 pm ● Bridge (LCR)  
 6:30 pm ● Magnum PI: Billy Joe Bob (Thtr)

8:30 am ● Men's Water Aerobics (Pool) **27**  
 9:30 am ● Basic Water Aerobics (Pool)  
 10:00 am ● Bible Study w/Dave Phillips (Chapel)  
 10:00 am ● Kroger & Banks (Trans)  
 10:30 am ● Poirot: Hickory Dickery Dock (Thtr)  
 11:00 am ● Arthritis Stand/Sit Class (A&C)  
 1:00 pm ● Walmart & Banks (Trans)  
 1:00 pm ● Dr. Mike Abutineh (WC)  
 1:15 pm ● Brooks Museum: Tea & Tour (Trans)  
 1:30 pm ● Poirot: Hickory Dickery Dock (Thtr)  
 1:30 pm ● Bunko (LCR)  
 1:30 pm ● Beginners Line Dancing (PAC)  
 1:30 pm ● Walk with Ease (LCR)  
 2:30 pm ● Advanced Line Dancing (PAC)  
 6:30 pm ● Vespers (PAC)

9:30 am ● Group Exercise (PAC) **28**  
 10:00 am ● Art with Class (A&C)  
 10:00 am ● Walmart & Banks (Trans)  
 10:30 am ● Journey's Through Grief (Ante)  
 1:00 pm ● Superlo & Bank (Trans)  
 6:30 pm ● Music with Charvey Mac (Lobby)  
 6:30 pm ● Bridge (LCR)

7:30 am ● Men's Christian Fellowship (Chapel) **29**  
 10:00 am ● Weekend Movie (Thtr)  
 1:30 pm ● Game Play (LCR)  
 1:30 pm ● Intermediate Line Dancing (PAC)  
 2:00 pm ● Weekend Movie (Thtr)  
 2:30 pm ● Line Dancing (PAC)  
 4:00 pm ● Shuffleboard (PAC)  
 6:00 pm ● Classic Movie (Thtr)



# October 2016 EVENTS

## Oct 1: Men's Christian Fellowship

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

## Oct 2: GPAC presents MSO: Dvorak & Copeland

Opening weekend welcomes, Memphis Symphony Orchestra's new conductor, Robert Moody. Call Box office for tickets @ 537-2525. Sign up in transportation, bus leaves at 2:00 pm.

## Oct 2 & 30: Hymn Sing with Matthew

Join Matthew for song and worship on these two Sundays in the PAC at 3:30 pm.

## Oct 3: Get Fit with Oasis Coordinator Mary Hand

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

## Oct 3: Focus on Color

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

## Oct 3: First Monday Poetry Group

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

Ante Room.

## Oct 3: Game Play Group

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

## Oct 3: Tai Chi

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

## Oct 3: 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.



## Oct 4: Medical Director Dr. Mike Abutineh MD

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

## Oct 4: Walk with Ease

Walk with Ease classes will begin September 13, meeting twice a week Tuesdays and Thursdays for nine weeks in the Large Card Room at 1:30 pm. Last class is November 10.

## Oct 4: Planet Earth: Great Plains

On these immense wildernesses, from the baking savannahs of Africa, to the frozen tundra of the Arctic, we find the greatest gatherings of wildlife on Earth: but close on the heels of the gazelles, caribou, or wildebeest come an array of plains predators...eagles, wolves and lions. Theater Showtimes 10:30 am & 1:30 pm.

## Oct 4: Annual Fall Festival

Come one, come all, and have a blast at our Annual Fall Festival. Tuesday, October 4th from 4 to 6:30 pm. Bluff City Balloons will be here with "High Jinx" which

has a door for easier access. We will have live Blue Grass music with "Minor Street Strings", Awesome Dogs and Central BBQ plus the new craze MemPops will be on site selling their food. Invite your family and friends to come to the festivities balloon rides are only \$5.00 per guest and free to residents. All proceeds go to the National Breast Cancer Foundation.

## Oct 5: KP Travelers Meeting

Calling all adventurous spirits! The Travelers are back in action and will be meeting to discuss upcoming outings and trips for 2016/17. The group meets on the first Wednesday of every month at 10:00 am in the Large Card Room. They are always interested in new ideas of places to go and things to do.

## Oct 5: Yoga Stretch

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

## Oct 5: Magnum P.I.: The Black Orchid

Magnum has been hired by a woman to act out some of her rich, bored sister's fantasy dramas, concocted from 1930s Dashiell Hammett films, but soon finds himself involved in a real mystery. Theater showtimes 1:30 pm and 6:30 pm.

## Oct 5: Virtual Wii Bowling

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

## Oct 6: Group Bible Study with Dave Phillips

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

## Oct 6: Agatha Christie's Poirot: The ABC Murders

A serial killer taunts Poirot in letters foreshadowing his crimes. Theater showtimes 10:30 am & 1:30 pm.

### **Oct 7: Ham-ateur Club presents: October Fall Festival**

Come enjoy music, solos, readings, skits, poems, comedy, and of course our famous Quartet. It is sure to be a fun filled evening for all. Don't miss it! Friday, October 7th in the PAC at 7:00 pm.

### **Oct 8: Through the Bible**

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

### **Oct 9: Iris Orchestra presents: Concert In Bloom**

As befits an orchestra that shares its name with the Tennessee state flower, IRIS takes this opportunity to celebrate the tradition of horticulture in and around the Mid-South with a program that reflects the variety and wonder of the natural world. For tickets call box office for tickets @ 751-7669. Bus leaves 1:30 pm. Sign up in transportation.

### **Oct 10: Smart Moves**

This month's topic is "Osteoporosis" 9:00 am in PAC. Notice this is a new time. It has been changed permanently.

### **Oct 11: Planet Earth: Jungles**

With little seasonality and a longer growing period, jungles are the most productive places on Earth, but surviving in the jungle is far from easy. Using state-of-the-art tracking shots and stunning aerials, Planet Earth moves along the dark forest floor, up through the layers of vegetation and across the canopy. Theater Showtimes 10:30 am & 1:30 pm.



### **Oct 11: Birthday Night with Kenny Lackey**

Introducing musician, comic, and impressionist, Kenny Lackey! Kenny's show includes oldies but goodies as well as a wide range of musical greats that is sure to entertain and please any audience. With a touch of clean comedy and a warm heart, please enjoy and welcome the musical sounds of the Kenny Lackey Show. Join us in the PAC at 6:30 pm.

### **Oct 12: Garden Gro'ers Club Meeting**

Garden Gro'ers are in the process of installing a Irrigation System in the garden. We continue to plant vegetables and are waiting on seed. The Early Girl tomatoes are blooming in the Greenhouse. Come on down to the Greenhouse every 2nd Wednesday of every month at 10:30 am and dig in! Contact Dr. Charles Parrott with questions at 795-4394.

### **Oct 12: Memphis Hearing Aid Service**

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

### **Oct 12: Magnum P.I.:**

#### **J. Digger Doyle**

Magnum tries to impress a beautiful fan of Robin's that he befriends by showing her Robin's Nest, only to learn that she is actually a top security expert hired by Robin to test the estate's security after receiving a threat on his life. Theater showtimes 1:30 pm & 6:30 pm.

### **Sept 13: Bake Sale to Benefit the Alzheimer's Foundation**

Don't miss out on all the scrumptious treats that will be sold in the Lobby on Thursday, October 13th from 9:00 am to 1:30 pm. We will have a variety of baked goods for you to chose from. All proceeds will go to the Alzheimers Association. If you would like to bake a donation for the sale, please contact Cheryl in Activities or Mary Hand in the Oasis by Monday afternoon October 10th.

### **Oct 13: Planet Earth: Shallow Seas**

Planet Earth follows a humpback whale mother and calf on an epic journey through the shallow seas of our planet. From tropical coral paradises, where the new born calf takes his first faltering breaths, to the storm ravaged icy polar seas, the whales' great feeding grounds, we reveal seas of great contrast and surprise. Theater Showtimes 10:30 am & 1:30 pm.

### **Oct 13: Liberace**

Back by popular demand. Wildly popular as last year's Summer Showcase, 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. Pianist Gary Beard is Liberace. Call Box office for tickets @ 682-8323. Bus leaves at 6:30 pm. Sign up in transportation.

### **Oct 14: Journeys Through Grief**

Losses bring pain and disruption to our lives. Like a fog, we cannot fight it, change it, or remove it. We simply move through it one step at a time. There is no single, correct way to grieve. These twelve conversations for grief and loss will facilitate your journey and connect you with kindred spirits in healing broken hearts. Provided by Harding School of Theology Staff. We will meet the 2nd and 4th Friday of every month in the Ante Room at 10:00 am. October dates are the 14th and the 28th (at 10:30).

### **Oct 14: Music with Cherry Brooks and Cal Jackson**

Cherry and Cal play American standards from the 1920's to today, including jazz, pop, soul, rock and blues music. Come enjoy the guitar and vocals of this wonderful duo. Friday, October 4th at 6:00 pm in the Lobby.

### **Oct 15: Stroll for Control**

Join us for "Stroll for Control" in support of the Alzheimer's Assciation. We will be strolling along the lake and grounds here at Kirby. The event is free but donations are encouraged to benefit the Alzheimers Association. Please invite your friends and family and furry loved ones to join us. Reverend Jimmy Latimer will be blessing out pets at the end of the walk. The event will start at 10:30 am with registration in the Lobby. Stroll time is set for 11:00 am. Hot dogs and hamburgers are what's for lunch that day so have your family and friends stay and eat with you!

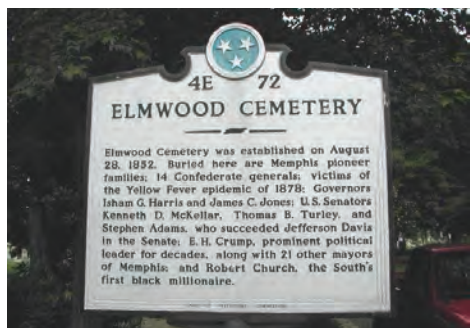
### **Oct 16: Circuit Playouse: Sisters of Swing**

The Andrews Sisters are coming to the Circuit Playhouse! Sisters of Swing brings to the stage the story of LaVerne, Maxene, and Patty Andrews, better known to the world as one of the first best-selling "girl groups," The Andrews Sisters. Call Activities for tickets. Sign up in Transportation, bus leaves at 12:45 pm.



## Oct 18: Travel Group Outing: Elmwood Cemetery

Historic Elmwood Cemetery is the oldest active cemetery in Memphis, Tennessee. It was established in 1852 as one of the first rural garden cemeteries in the South. We will go to the cottage for a Presentation of Memphis and Elmwood History. Followed by a 20 minute walking tour (optional). Cost is \$3.00 and the gang will be going to lunch after. (Restaurant not yet determined). Go to the Travelers Meeting on Wednesday, October 5th at 10:00 am in the LCR for more information. Sign up in transportation.



## Oct 18: Autumn Dance with the Jim Mahannah Band

Fall is in the air!! When fall arrives with the first sign of color and a nip in the air, it's time to get moving to the tunes of The Jim Mahannah Band. Dr John Linn and his wife Kathy will be putting on a ballroom performance. Tuesday, October 18th at 6:30 pm.

## Oct 19: Lunch Bunch @ Firebirds

Firebirds Wood Fired Grill serves classic American cuisine infused with bold flavors, fresh herbs and spices that ensure the last bite is as flavorful as the first. Join us Wednesday, October 19th. Bus leaves at 11:00 am. Sing up in transportation.

## Oct 19: Virtual Field Trip

Join us in the Movie Theater as we go on a Virtual Field Trip. The journey begins at 2:00 pm. In the Movie Theater. Watch your bulletin boards for details.

## Oct 19: Magnum P.I.: Beauty Knows No Pain

Magnum is hired by Barbara Terranova, a near-bankrupt woman who can only afford his services for one day, to find her missing fiancé, Roger, but she's not the only one searching for him. Meanwhile, T.C. gets Magnum to compete in the Ironman triathlon to give Island Hoppers some publicity. Theater Showtimes 1:30 pm & 6:30 pm.

## Oct 20: Fall Rummage Sale

One man's trash is another man's treasure. Start cleaning out those closets and drawers and get ready for the annual Fall Rummage Sale. Thursday, October 29th from 9:30 am to 1:30 pm. Call activities today to reserve your table @ 866-4414.

## Oct 20: Poirot: The Mysterious Affair at Styles

The story of Poirot and Hastings's first case together. Theater showtimes 10:30 am & 1:30 pm.

## Oct 21: Music with Julianne Thomas & Dom Fosco

Voclaist Julianne will be accompanied by Dom Fosco on the piano. The repertoire includes traditional jazz, standards, blues and R & B. Julianne & Dom have been making music all of their lives because they love it. Join them in the Lobby at 6:00 pm.

## Oct 23: Jerald Walker Chamber Ensemble Orchestra

Jerald Walker, a senior at Overton High School, is not only a fine violinist, but is a prodigious composer and conductor of the recently formed Chamber Ensemble Orchestra of 20 members. His compositions include two full symphonies and several concertos, all of which have been publicly performed in concerts or recitals. Join us on Sunday night October, 23rd at 6:00 pm in the PAC.

## Oct 25: 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 "The Orphan Train by Christina Baker". The Book Baggers meet the 4th Tuesday of every month in the Chapel at 9:30 am. New members Welcome!

## Oct 25: Ladies Interdenominational Circle "The Uplifters"

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

## Oct 26: Senior Fit Test

The senior fit test consists of six standardized assessments which takes approximately 10 minutes to complete. This tells

the resident what areas they should focus in on for improved strength, balance and endurance and reduce the likelihood of falls or injury. 1:00 to 3:00 pm in the PAC.

## Oct 26: Magnum P.I.:

### Billy Joe Bob

Hot Hawaii feels more like the Wild West when Magnum is asked to track down the sister of a fiery-tempered Texan. Movie Theater Showtimes 1:30 pm & 6:30 pm.

## Oct 27: Poirot: Hickory Dickory Dock

When a killer stalks a London student hostel run by Miss Lemon's sister, Poirot races against time to trap the culprit. Theater showtimes 10:30 am & 1:30 pm.



## Oct 27: Brooks Museum Senior Tea and Tour

Red Grooms' colorful treatment of New York City and Tennessee provides the focus for Red Grooms: Traveling Correspondent. A Tennessee native, who has spent much of his life in New York City, the distinct bodies of work reflect time spent in these radically different environments, specifically those that most define him as a person and an artist. Entry Fee is \$3.00 at the door. Sign up in transportation. Bus leaves at 1:15 pm.

## Oct 28: Music with Charvey Mac

With a wide range of pop, rock, R&B and soul, Charvey Mac delivers inspired acoustic arrangements and a vocally driven sound. Charvey also happens to be the son of our own Kirby residents Prince and Elsie McLemore who are celebrating their 38th Wedding Anniversary tonight. Meet us down in the Lobby at 6:30 pm.

## Oct 30: Sanctuary on the Square: Luna Nova

This concert will feature the string instrument artists of Luna Nova! This program will include works by Bach, Bartok, and others performed by Marisa Polesky (violin), Daniel Gilbert (violin), and Jonathan Kirkscey (cello). Admission is free, donations will be accepted. Sign up in transportation. Bus leaves at 6:00 pm.

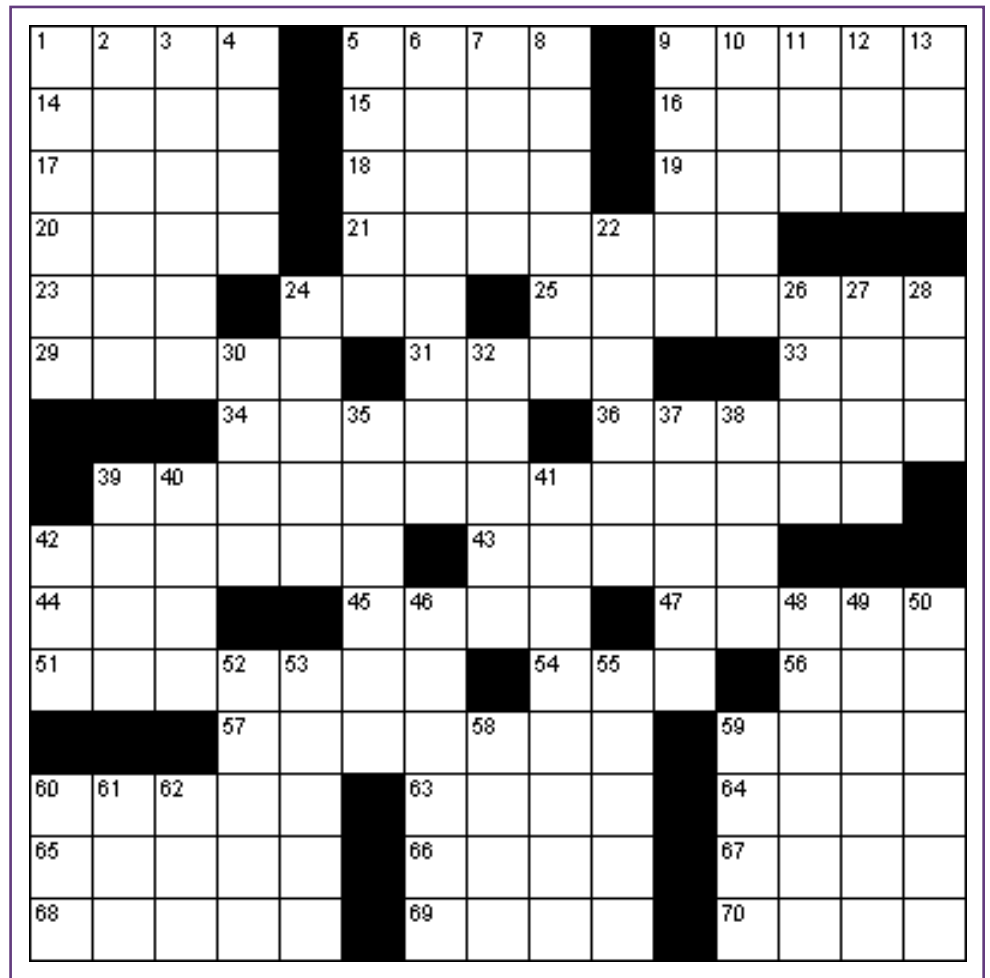


## ACROSS

1. Comparative of little
5. Mantle
9. Rule made by local authority
14. Succulent
15. Symbol
16. Awaken
17. Excavation
18. Overwhelming defeat
19. Bound under moral obligation
20. Test
21. Custodian
23. Unit of luminance
24. Ballet step
25. Tedious
29. Snares
31. Story
33. Usually follows neither
34. Fertile part of a desert
36. Minister
39. Visual misconception
42. Earnest
43. Benefactor
44. Not in
45. Intense or sharp
47. The lowest degree
51. Widen
54. Ancient Roman god
56. For each
57. Wine merchant
59. Prima donna
60. Candle
63. South African currency
64. Part of a woodwind instrument
65. Alarm
66. Part of a church
67. Land measure
68. Trivial
69. Person of equal standing in a group
70. Alcoholic beverage

## DOWN

1. Dirge
2. Potion
3. Musical composition
4. Appear
5. Approximately in or at



6. Physical science relating to sound
7. Decant
8. Imply
9. Stream
10. Belonging to you
11. Carry with difficulty
12. Type of tree
13. Moisture
22. Surgical instrument
24. Sacred song
26. Upon
27. Natural satellite  
(see photo for hint)
28. Make a mistake
30. Rod
32. Stage whisper
35. Submerged
37. Coral reef surrounding a lagoon
38. Father
39. Unit of time
40. Singing voice
41. Having no intelligible meaning
42. Weep
46. Ensnare
48. Each
49. Austere
50. Merchant
52. Deflect
53. Unclean
55. Command
58. Part of the neck
59. Dreary
60. Strike lightly
61. Brew
62. Domesticated animal



*Puzzle Solutions - page 21*





# KIRBY PINES SnapShots



Dennis Renick celebrated his birthday with friends Alice Juengling, Betty Willingham and Marilyn & Don Duke



Bobbie Fry enjoyed lunch with friends from Delta Kappa Gamma International Organization for Teachers



Future residents Leon & Marilyn Sanderson enjoyed their September Birthdays with friends Iris Emery, Lee Brown, and Janice & Glenn Wall



Jenny Smith celebrated her 96th birthday at Kirby Pines with her daughter Becky and her niece, Cindy



Bettie Clemmons enjoyed her birthday lunch with her husband Bill at Kirby Pines



Jan Thomson was all smiles at her birthday lunch with friends Beverly Hassell, Jane Kinney and Linda Harris



# KIRBY PINES SnapShots



Joe Prescott proudly wore his uniform to the Flag Raising



The University of Memphis ROTC Color Guard came to Kirby Pines to raise our flags



Marilyn Wray presented us with a very heartwarming message



Lou Anders was one of our candle lighters at the 33rd annual Lighting of the Lake this year



Kay Arick pins new resident, Jim Turner. He and his wife Janet represented the year 2016 at Lighting of the Lake



Janet Turner at the Lighting of the Lake reception with Kirby Pines Discovery Club member, Mary Eagan



Carol and Bill Odom had a great time at the reception for the 33rd annual Lighting of the Lake





# KIRBY PINES SnapShots



Fran Gentry with one of the many guests at the Bookbaggers table for the Memphis Most Party



Pat Cavender and Bettye Speake talk about the Fine Arts and the variety of entertainment offered here at Kirby Pines



The Line Dancers showed our guests their fabulous dance moves at the Kirby Pines Memphis Most Celebration



Lou Moore, Pat Watson and Carol Yount represent the Travelers Group at the Memphis Most Party



Sheryl Maxwell was decked out in appropriate attire at the Garden Gro'ers table during the celebration



The Rhythm Band out-did themselves during their performance at the Kirby Pines Memphis Most Party



# Memorials, Honorariums & Gifts

In Memory Of

## **VIRGINIA GALYEAN**

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

## **BETSYE FRENCH**

Donation by Mary Jane Monroe  
to the Library Fund

## **FRANKIE STAHL**

Donation by Shelton & Sydney Wagner  
to the General Fund

## **FRED BLAKE, JR.**

Donation by Shelton & Sydney Wagner  
to the General Fund

Donation by James Stafford  
to the General Fund

## **ARNOLD SEMSCH**

Donation by Mary Jane Gray  
to the Library Fund

In Memory Of

## **MILTON WRAY**

Donation by Catherine Prewett  
to the Ham-ateur Fund

Donation by Ann Davis & Hansel Rogers  
to the Employee Fund

Donation by Shelton & Sydney Wagner  
to the General Fund

In Honor Of

## **DR. CHARLES PARROTT**

Donation by Mary Jane Monroe  
to the Hobby Shop

## **DAVID WALTERS**

Donation by Kay Reed  
to the Hobby Shop

Gifts To

## **THE HOBBY SHOP**

Donation by Joyce Miller  
Donation by Ruth Brejot



Personal Assistance from Kirby Pines

We're here when you need

# Just a little HELP

Personal support and assistance  
tailored to meet each resident's needs

*Grooming*

*Bathing*

*Dressing*

*Toileting*

*Feeding*

*Physical Ambulation*

*Companionship*

*Monitoring*

*Assurance*

*Hospital Sitter*

*Exercise/Walking*

*Shopping*

*Meal Preparation*

*Light Housekeeping*

*Laundry*

*Ironing*

*Bedding Change*

*Medication Reminders*

*Transportation*

*Organization*

*Escort to Community*

*Escort to Doctor's Offices*

Contact our office at

**901-369-7353**

or

**901-484-6730**

for consultation or  
to sign up for services.

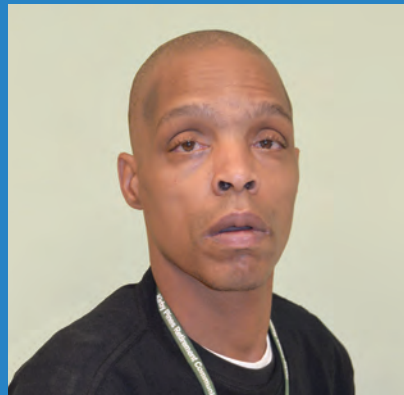
## Congratulations

employee of the month

## Lefeard Greer

Lefeard is a dedicated employee who is here rain or shine, has a wonderfully positive attitude and gives Kirby Pines absolutely everything that he has.

- Mark Simpson, Director of Dining Services



# GIANT CROSSWORD

ANSWERS  
TO PUZZLE  
CHALLENGE  
ON PAGE 17





# EXPERIENCE BETTER HEARING... FOR LESS!

Since 1984, Memphis Hearing Aid has been dedicated to keeping Mid-South residents hearing their best. We've changed the lives and earned the trust of over 12,000 patients by consistently providing quality professional services, top-of the line hearing products, and attentive, personalized care — for less.

## WE OFFER

- Excellent staff of licensed and certified Doctors of Audiology
- Free hearing evaluations
- Free hearing aid consultations
- Risk-Free 30-day trial period
- Sales & Service of all major hearing aid brands
- Many styles to fit your lifestyle & budget



**\$200<sup>00</sup> OFF**

**A SET OF  
DIGITAL  
HEARING  
AIDS**

**\$100 OFF ONE AID**



**WE ARE AT KIRBY PINES  
THE SECOND WEDNESDAY  
OF EVERY MONTH!**



7675 Wolf River Circle, Suite 101  
Germantown, TN 38138  
www.memphishearingaid.com

**901.682.1529**

Call today to schedule your complimentary consultation and begin enjoying the sounds of life!

Located on-site at Kirby Pines

*Rehabilitation Services*

*Managed by*



*Physical Therapy*

*Occupational Therapy*

*Speech-Language Pathology*

Rehab Care provides the highest quality  
service in Outpatient/Inpatient  
Rehabilitation at Kirby Pines

**901.366.1819**

## KIRBY PINES FOUNDATION



### A WIN - WIN COLLABORATION

The Kirby Pines Foundation's mission is to provide philanthropic support for residents who, through no fault of their own, have problems meeting their financial obligation to the Retirement Community.

### DONATIONS

Anyone can make a donation directly through Kirby Pines or at our website: [www.kirbypines.com](http://www.kirbypines.com)

### FOR MORE INFORMATION

Contact Thomas O'Malley at 901-568-0643 or email: [tomalley@kirbypines.com](mailto:tomalley@kirbypines.com)



## RESOURCES



**GUARDIAN  
MOVING SYSTEMS**

*Full Service Moving & Storage*

- Household and Office •
- Expert Packing and Crating •
- Packing Materials •
- Local, National and Nationwide •
- Senior Citizen Discounts •
- Free Estimates •

**4226 CLARKE ROAD  
MEMPHIS, TN 38141**

**901.386.5400**

Agent for Mayflower Transit

**You've Earned It!  
Prime of Life Banking**

Prime of Life Banking is a value-packed checking account that pays interest with extra benefits including TravelRewards, free checks, debit card, online and mobile banking, common carrier AD&D coverage, notary service, entertainment savings and more.

Call 901-758-8811  
for more information.

[www.trustmark.com](http://www.trustmark.com)



Member  
FDIC



**Trustmark  
Bank**

People you trust. Advice that works.

**Christie's  
Coiffures**

**Ask About Our  
MONTHLY  
SPECIALS!**

- Manicures
- Pedicures
- Facials
- Massages
- Women's Haircuts
- Shampoo & Sets
- Perms & Coloring
- Separate Barber Shop

Call for Appointment  
**369-7311**




**Guardian  
pharmacy**  
Mid-South

**We're not your usual pharmacy**

Guardian Pharmacy Mid-South provides pharmaceutical and pharmaceutical services to independent living , assisted living communities, skilled nursing facilities and behavioral health.



**Phone (901) 800-2100 • Fax: (901) 800-2101**  
**[www.guardianmidsouth.com](http://www.guardianmidsouth.com)**



Mary Scott, Dorothy Hartzog, Patti Tracey, Jan Thomson and Jane Kinney are all former teachers who happen to attend the same local church. They are now enjoying retirement here at Kirby Pines!



# Kirby Pines

LifeCare Community

*LifeStyle and LifeCare*

