

the PINECONE

The Magazine of Kirby Pines Retirement Community • September 2015 | V. 33 | I. 9



Benefits of Walking | Crisis in Communication | Resident Spotlight: Peggy Bell | Social Scenes

Paint The Town Red

September signifies the end of summer and the last national holiday (Labor Day) until Thanksgiving. I can remember growing up and spending several Labor Day weekends camping in the Texas Hill Country. September for Kirby Pines, is especially significant, because it is the month we celebrate our anniversary.

Thirty-two years of service to older adults is truly a feat that could not have happened without the support of residents and their families, employees and our Board of Directors. These individuals make up the team that allows Kirby Pines to rank among the largest and more successful life care retirement communities in the country; and allows Kirby Pines to continuously be voted the Memphis Most! In fact, this year marks the ninth (9th) consecutive year Kirby Pines has been voted as the Memphis Most Award winner by the readers of the Commercial Appeal.

To celebrate our thirty-second anniversary and the Lighting of the Lake ceremony, many employees will put forth the extra effort to ensure residents and guests alike get the red carpet treatment on Saturday, September

at Kirby Pines

12th. Each year a theme and a color are selected, and this year the theme is Kindness and the color is Tomato Red. Both the theme and color are certain to add a feeling of warmth within our hearts and a smile to everyone's face. After all, the phrase "paint the town red" is associated with celebration, fun and excitement!

So make plans now to join us for this celebration, for the food and company that follows the event, and most importantly for the start of another great year at Kirby Pines Estates.

"Never underestimate your importance to others. Remember, they are looking, watching, and listening for ways to imitate your success".

- Mac McFarland



Michael Escamilla,
Executive Director,
Kirby Pines

ON THE PINECONE COVER

Kirby Pines Sees What's New at the Zoo!

If you haven't been to the Memphis Zoo lately, it is definitely worth the trip! Created in 1906 and located in midtown Memphis, it is home to more than 3,500 animals representing over 500 species.

Since the early 1990s, the Memphis Zoo has invested over 77 million dollars for renovation and expansion. The zoo's animal inhabitants reside in three zones with 19 exhibits, such as Teton Trek, Northwest Passage and China, home to Giant Pandas Ya Ya and Le Le.

On the front cover Dr. Ed and Mary Blanche Scott take a ride on the "Endangered Species Carousel", while Warren Grant hangs out with the Lowland Gorillas on our back cover.



Warren Grant, Mary Blanche and Dr. Ed Scott joined us at the Memphis Zoo on a beautiful afternoon.

Kirby Pines Retirement Community
is managed by:



Retirement Companies of America

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available at www.kirbypines.com

welcome to

Kirby Pines




Mary Bragorgos

Mary Bragorgos comes to us from her previous residence in Cordova, TN. Married for 42 years to Nicholas Bragorgos, their family consists of 4 children and 10 grandchildren. Nicholas passed away in 1998. She graduated in 1969 from the St. Joseph Hospital School of Nursing and worked as a Registered Nurse at Baptist Hospital for 29 years, retiring as a Charge Nurse.

She and her husband traveled to Europe, Asia, Mexico, and the Middle East. Another trip to Israel, especially to Jerusalem, is on Mary's wish list. In addition to historical events in Jerusalem, she recalls it as a beautiful place with wonderful people and good shopping. Mary recalls riding a camel as her most interesting thing she has experienced. Her music preference is Country and Western. She is rightly proud of simultaneously raising 4 boys while working as a registered nurse and wife of a traveling salesman. Skills in multi-tasking made it all happen without undue "trauma".

She is looking forward to making new friends and finding an outlet for her talents and interests. Get to know Mary Bragorgos and welcome her to our residential community.



Elizabeth Collier

When Elizabeth (Liz) Collier graduated from Middleton, TN High School, she moved to Memphis to go to Business School. She never made it. Going on job interviews with a friend, Liz was offered a job – she quickly accepted. Leaving this first job after 8 years, Liz joined the Rodney Baber Printing and Direct Mail Company as a clerk-typist. When she retired from Baber after 33 years, her title was Vice President, Office Manager and Personnel Manager. In 1972 she received the Distinguished Sales Award, from Sales and Marketing of Memphis.

Liz met her future husband, Lee, when he began coming to her basketball games. They were married for 24 years, have twin daughters and 4 grandchildren. Lee took early retirement from International Harvester due to declining health, and passed away in 1976.

Liz is a fan of almost all sports, but her favorite is basketball. She's an ardent fan of the Memphis Tigers and the Grizzlies. In 1983, Liz was awarded the Amateur Sports Association Hall of Fame for Basketball.

Kirby Pines includes a fair number of sports fans, so Liz, you made a good choice in joining us. Welcome!



Helen Gaines

Helen Gaines brings an extensive portfolio of experience in the transportation industry, awards, professional associations, education, volunteer work, and 15 years experience with FEDEX EXPRESS, Inc. Retiring from FedEx Express in 2003, Helen's title was Senior Administrative Assistant, Global Operations Control.

She has served as Committee Chair of the National Secretaries Association, Vice President of Delta Nu Alpha, Transportation Fraternity, President of the Women's Traffic Club of Memphis and Representative for the Traffic Clubs International, Educational Congress.

She studied Business, Psychology, and Art Studies at University of Memphis and Traffic and Transportation Management, at Chicago University of Transportation.

Her volunteer work includes being a Court Appointed Advocate for Abused Children, a MICA Program Ombudsman, as Advocate for nursing and assisted care home residents and much more.

Get to know Helen Gaines and welcome her to our community. With all of her talents, she can be a strong contributor to Kirby Pines on-going efforts to make a difference – for all of our residents, and overall brightening the public areas for residents and visitors alike.



Carolyn Williford

Carolyn Williford comes to us from her previous residence in Germantown, TN. She and her husband, Hal, were married 59 years. Their family consists of 1 son, 2 grandchildren and a great grandson expected in November. Hal passed away in 2012. Carolyn was a Service Representative for South Central Bell for 10 years; she also was a Medical Transcriber at Baptist Hospital for 7 years.

Carolyn was a member of the English Meadows Garden Club and Board Member of the English Meadows Neighborhood Association. Hobbies and interest include gardening, golf, and line dancing. Music preferences include 50's and 60's popular music and more recent Country music. She and Hal celebrated their 50th wedding anniversary in Hawaii; they also traveled to Acapulco, Mexico. Charleston, South Carolina is the one place Carolyn would like to visit, touring the old homes in that area.

Kirby Pines offers many avenues by which Carolyn will meet new friends and satisfy her interest in gardening and line dancing. Adjustments to a new environment take time because settling in is a slow but steady process – we've all been there. Carolyn, your choice of joining us was a good one and we welcome you home!



Benefits of Walking

Walking is easy to do and offers many benefits, especially for people with arthritis.

What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. Walking is an aerobic exercise; a University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well.

1. **Walking improves circulation.** It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Studies at the University of Colorado at Boulder and the University of Tennessee found that post-menopausal women who walked just one to two miles a day lowered blood pressure by nearly 11 points in 24 weeks. Women who walked 30 minutes a day reduced their risk of stroke by 20 percent – by 40 percent when they stepped up the pace, according to researchers at the Harvard School of Public Health in Boston.

2. **Walking shores up your bones.** It can stop the loss of bone mass for those with osteoporosis, according to Michael A. Schwartz, MD, of Plancher Orthopedics

& Sports Medicine in New York. In fact, a Brigham and Women's Hospital, Boston, study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40 percent.

3. **Walking lightens mood.** A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.

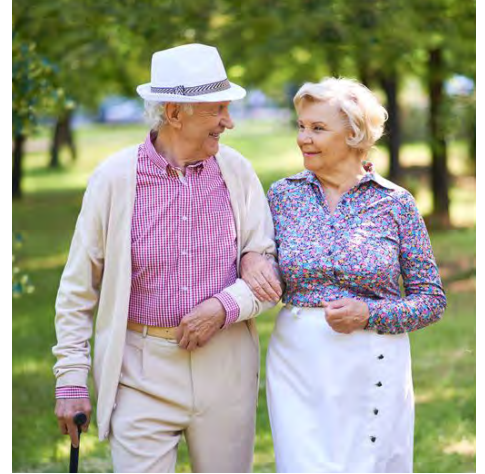
4. **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

5. **Walking strengthens muscles.** It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints and muscles – which are meant to handle weight – helping to lessen arthritis pain

6. **Walking improves sleep.** A study from the Fred Hutchinson Cancer Research Center in Seattle found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

7. **Walking supports your joints.** The majority of joint cartilage has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or compression, such as walking, "squishes" the cartilage, bringing oxygen and nutrients into the area. If you don't walk, joints are deprived of life-giving fluid, which can speed deterioration.

8. **Walking improves your breath.** When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.



9. **Walking slows mental decline.** A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17-percent decline in memory, as opposed to a 25-percent decline in women who walked less than a half-mile per week. A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, compared to those who walked less.

10. **Walking helps you do more, longer.** Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living of people who are older than 65 and have symptomatic OA, according to a study published in the Journal of Clinical Outcomes Management.

Reference: Arthritis Foundation

If you are looking for an opportunity to enjoy the benefits of walking but need some help to get started, join the Walk with Ease Class beginning Monday September 14 and runs for 9 weeks. The class meets on Mondays and Wednesdays at 10:30 in the PAC. Register now for the class, we will limit the class size to 15. If you can walk for 10 minutes and desire an enjoyable way to exercise, this class may be for you. Register with Jesse in activities office or Mary in the Oasis.

**SMALL
CHANGES
CAN MAKE
A BIG
DIFFERENCE**

EXERCISE SCHEDULE FOR THE OASIS

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

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

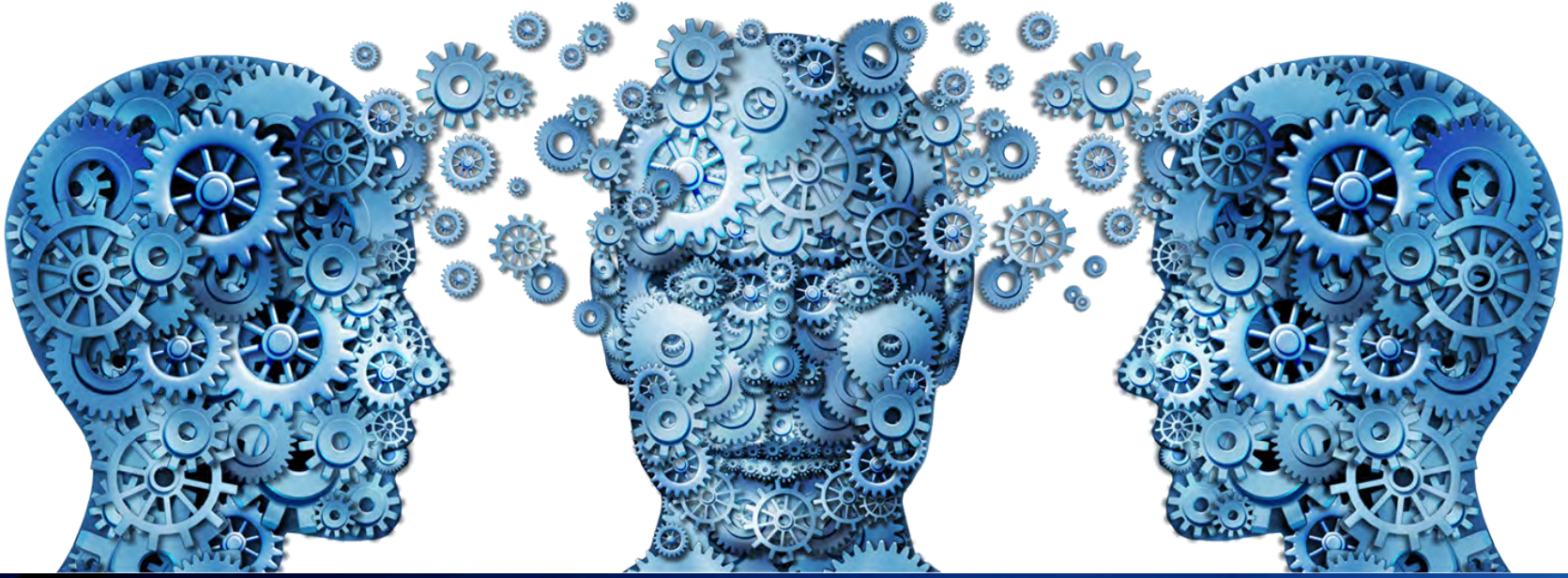
Tai Chi • Monday • 2:00 pm

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

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

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

What is NEUROPLASTICITY?



There has been increased research focusing on the potential for improved recovery after a stroke. In the past, it was believed limited functional gains could be obtained. However, there is now hope following a stroke.

The hope of recovery following injury or disease to the brain lies in the term neuroplasticity. Neuroplasticity is the ability of the brain to form new connections and re-organize throughout life. Research in physical therapy gives hope that activities and treatments will facilitate plasticity and recovery. An example is body weight supported treadmill training after a stroke which causes reorganization in motor centers of the brain which leads to improved walking.

There is also research supporting the importance of exercise in our daily lives prior to insult or injury. Exercise is neuroprotective and therefore increases defenses against cell death, which increases our brain's ability to respond and adapt to injury. In just the same way, research shows stopping exercise before injury to the brain may place it at increased risk of degeneration. This definitively proves that exercise does not just increase physical health, it specifically promotes brain health.

This ability of the brain to change, to be neuroplastic, is the building block of rehabilitation. The type of intervention, intensity of activity, frequency of exercise are all ways to reorganize the brain's ability to function. The American Physical Therapy Association section in Neurology is focused on plasticity, prevention, prediction and participation.

NEUROPLASTICITY PROVIDES US WITH
A BRAIN THAT CAN ADAPT NOT ONLY
TO CHANGES INFLICTED BY DAMAGE,
BUT ALLOWS ADAPTATION TO ANY AND
ALL EXPERIENCES AND CHANGES WE
MAY ENCOUNTER...



DON'T MISS THE NEXT
KIRBY PINES EVENING OF
**EXQUISITE
CUISINE**

THURSDAY, SEPTEMBER 24, 2015



MENU

Roasted Butternut Squash Soup

Spinach Salad with Strawberries,
Applwood Smoked Bacon
and Goat Cheese Croutons
served with Balsamic Vinaigrette

Grilled Beef Filet
with Burgundy Mushrooms,
Roasted Root Vegetables
and Duchess Potatoes

Pecan French Silk Tart
with Caramel Sauce

*For Reservations
please call 901.866.4444*



Executive Chef, Tim McNeil





With no children or grandchildren to claim her time, Peggy searched out ways to make her solo life enjoyable. Kirby Pines offered many opportunities for her to use her business acumen and natural friendliness for the greater good for others. She volunteered at St. Francis Hospital, greeting incoming patients and their families. Her work with the Kirby Pines Marketing Department included talking with potential residents who attend the luncheons. She never passed up an opportunity to promote the value of a home at Kirby Pines. Current residents remind Peggy of when they first met her and her extolling the pluses in buying into this retirement community. For 6 years, she served on the Residents Association, as Secretary, then Vice President, and last as President. Sunday services find Peggy helping with Communion and/or playing hymns on the piano. She smiles at the memory of always being cast as the “dumb blonde” in the Drama Club presentations. Her



Peggy and Bill after moving to Kirby Pines Retirement Community

Peggy Bell

LOVING LIFE AND KIRBY PINES

Paean – a song of praise and joy that, for this article, brings special recognition to the volunteers at the Kirby Pines Retirement Community. As we highlight the volunteer work of Peggy Bell, we also acknowledge the range of remarkable efforts of other residents – volunteers who touch the lives of many.

The daughter of Bathenia Hazelwood Foote and Aubrey Foote, Peggy Foote Bell received an Associate Degree from the Office Training School and began a career in the business sector. She worked at Dun and Bradstreet, for 5 years before working for the Memphis Light, Gas and Water for 35 years. In 1990, Peggy married William Bell, an Attorney with MLGW. Life was good. They moved into the Kirby Pines Retirement Community in 1996, initially selecting one of the garden homes rather than an apartment. William Bell passed away in 2010.



The Bells on their wedding day - 1990

love of travel and, especially cruises, gave the opportunity to say to other residents “join me in going to....” and “let’s go to Alaska or the Caribbean...” The enjoyment of travel was enhanced by having fellow residents with her on the boat.

Peggy exemplifies the Kirby Pines Volunteer efforts; she is one of many but the volunteers have a common denominator – a desire to be of service wherever there’s a need for another pair of hands. Peggy says that health issues have slowed her down a bit – but she continues to be found at the bridge games, at the bingo sessions, and at vesper services. Reaching out to others is her natural métier and, in return, these others enrich Peggy’s life.

The truism “one reaps what one sows” says it best – a paean to our volunteers.

-Jacqueline Besteman, Resident

UPCOMING MARKETING EVENTS

Here's Your Opportunity
To Get To Know Kirby Pines!

If you, a friend or a family member
are interested in learning more
about Kirby Pines, join us!

SEPTEMBER 3RD

"Life Care Seminar"

Enjoy lunch and discover how
Lifestyle and Life Care at Kirby Pines
make for a life worth living!

Begins at 11:30 am.

Meet in the Kirby Pines Grand Lobby

SEPTEMBER 4TH

"Broadway Nostalgia"

Welcome back our favorite duo
Nostalgia as they entertain us with
a musical revue evoking
memories through songs from
the 1920's to the present.

Concert begins at 6:30 pm.

Kirby Pines Performing Arts Center

SEPTEMBER 10TH

"Political Forum"

We are hosting a political forum,
giving you the opportunity to meet
and hear from the candidates.

Forum begins at 2:00 pm.

Kirby Pines Performing Arts Center

SEPTEMBER 17TH

"Garden Home Tour"

Experience Our Neighborhood and
tour available Garden Homes.

Enjoy Entertainment and
delicious Hors D'oeuvres

From 4:00 pm to 6:00 pm.

Garden Home Neighborhood

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



KIRBY PINES PAPER RECYCLING PROGRAM

Berry Terry and Jim Stafford formed a committee in early June to initiate a recycling program. With the help of Wing Captains, Floor Leaders and recruiting efforts by Glenn Wall the program has been a great success and has exceeded expectations! "Recycle Solutions" picks up the recycled paper and admit they have been quite amazed at the sheer volume collected. Way to go!

Glenn Wall, Barbara Fowler, Dan Moffet and Bob Fowler collect recyclables



All residents are encouraged to recycle your paper material.

This program is a service to residents and will reduce the amount of material you have to carry to the trash bins. This will also be a big benefit for Kirby Pines by reducing the amount of garbage that must be hauled off.

*Please have recyclable papers outside your door **before 10:00 am every Wednesday morning**, just as you have been doing with your weekly laundry **on the designated day for your floor**.*



Acceptable Items:

Computer Paper • Magazines • Office Paper • Catalogues
Newspaper & Inserts • Corrugated Cardboard
Mail Packages • Mail / Junk Mail • Paperback Book

Unacceptable Items:

Waxed Paper • Plastic Cartons • Carbon Paper
Metal • Plastic • Aluminum • Coated Paper
Plastic or Coated Plates and/or Cups • Blue Prints

Do not put paper or boxes containing food or grease residue in recycling.



MEET OUR NEW MEDICAL DIRECTOR DR. MIKE ABUTINEH

Dr. Abutineh has been practicing medicine in Memphis since 1997. He possesses a special interest in cardiology, diabetes, and geriatrics. For the first ten years of his career, he had a traditional internal medicine office practice. Over the past seven years, he has been a hospitalist and has become increasingly interested in nursing home care. He is also very interested in Quality of care and improving patient outcomes on a large scale and therefore has become involved in leadership at the hospitals in which he has worked, and we are delighted he has chosen to join us at Kirby Pines.



Congratulations

employee of the month

Lanerika Graves

Lanerika goes about her business professionally and with focus. Because of these two traits, she is attentive to the client's needs and treats her clients with importance. The people she supports recognize that they or their loved ones are important to her and they are eager to compliment her efforts. The traits she possess is vital to the continued success of Caring in Place and Kirby Pines and should be emulated by the entire team.

- Bill Bradford, Director Caring In Place

CHAPLAIN'S CORNER

from Don Johnson, Kirby Pines Chaplain

CRISIS IN COMMUNICATION

Communication is very important but can at times be catastrophic. What we say is not always what others hear, and what they hear is not always what we say. Here's a story that effectively illustrates this issue.

The Colonel issued the following directive to his officers: "Tomorrow evening at approximately 2000 hours Halley's comet will be visible in this area, an event which occurs only once every 75 years. Have the men fall out in the battalion area in fatigues and I will explain this rare phenomenon to them. In case of rain, we will not be able to see anything, so assemble the men in the theater and I will show them films of it."

This directive was passed on through the Chain of Command in a strange and incorrect way.

Executive officer to company commander: "By order of the colonel. Tomorrow at 2000 hours, Halley's comet will appear above the battalion area. If it rains, fall the men out in fatigues, then march to the theater where this rare phenomenon will take place, something which occurs only once every 75 years."

Company commander to lieutenant: "By order of the colonel in fatigues at 2000 hours tomorrow evening, the phenomenal Halley's comet will appear in the theater. In case of rain in the battalion area, the colonel will give another order, something which occurs once every 75 years."



Lieutenant to sergeant: "Tomorrow at 2000 hours, the colonel will appear in the theater with Halley's comet, something which happens every 75 years. If it rains, the colonel will order the comet into the battalion area."

Sergeant to squad: "When it rains tomorrow at 2000 hours, the phenomenal 75 year old general Halley, accompanied by the colonel, will drive his comet through the battalion area theater in fatigues."

It reminds me of Norman Rockwell's painting with numerous rows of people speaking into each others' ear, passing along what was said by the first person in the chain. When the message got back to the one who had initiated it, there was no resemblance to the original saying. Too often that happens. Transferring thoughts can lead to great misunderstanding.

This happens not only personally but in the conveyance of things by those in leadership positions. Sometimes even the initial directive may be misleading and grows worse at each level of communication. We all know too many examples of this. Can we continue to say one thing and do another? Can we lie either intentionally or accidentally and believe we can get away with it? Remember the pride which was felt when it was said, "He (or she) was a man of his word."? Those who stand on what they say and mean it is true of an increasing smaller number of persons. When we say what we don't mean and we don't mean what we say, our culture cannot long survive such a shaky standard.

In His great Sermon On The Mount, Jesus declared, "But let your 'Yes' be 'Yes' and your 'No,' 'No.' For whatever is more than these is from the evil one."

Psalms 19:14 is a fabulous guide for us: "Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my redeemer."

We should avoid communication chaos everywhere we can!

Let's get the message straight! Let's communicate it correctly! Let's start now!

Till next time,
Don Johnson,
Kirby Pines Chaplain

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

September 3rd
Reverend Jerry Hilbun

Retired United Methodist Pastor
Director of Louisiana Retired
Ministers Home Board

September 10th

Dan Johnson

Former Pastor,
Author and Speaker

September 17th

Reverend Les Helton

Collierville
First Baptist

September 24th

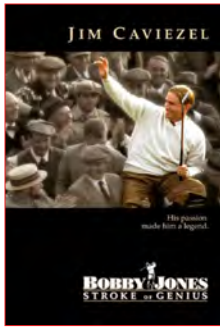
Phillip Slate

Woodland Hills Church of
Christ Mission Coordinator

M E E T

M E

A T



BOBBY JONES, STROKE OF GENIUS



**Saturday, September 5
at 10:00 a.m. and 2:00 p.m.**
(2004) *Cast: Jim Caviezel,*

Claire Forlani, Jeremy Northam

Robert Tyre Jones, Jr., AKA “Bobby Jones” rises from complete obscurity to become a golfing legend. Jones overcomes his own fierce temper, intense passion, and perfectionist tendencies to master the game and win the Grand Slam, the U.S., British, and Amateur Opens in golf, a feat unequaled even today. But it is Jones’s style, personality, and character that separate him from the other professionals in his field. When Jones realizes that his unparalleled success may be destroying those he loves he’s presented with an astounding proposition, one that shocks the world.

SOMETHING TO TALK ABOUT



**Sunday, September 6
at 1:30 p.m. and 4:00 p.m.**
(1995) *Cast: Julia Roberts,*

Dennis Quaid, Robert Duvall

Grace Bichon, who is managing her father’s riding stable, discovers that her husband Eddie deceives her with another woman. After confronting him in the middle of the night on the streets of their small home town, she decides to stay at her sister Emma Rae’s house for a while, to make up her mind. Breaking out of her everyday life, she starts to question the authority of everyone, especially her father’s, thus causing a stir in her parents’ marriage, too.



THRILL OF A ROMANCE



**Saturday, September 5 at 6:00 p.m.
& Sunday, September 6 at 6:30 p.m.**
(1945) *Cast: Van Johnson,*

Esther Williams, Frances Gifford

Cynthia is swept off her feet and marries a rich and very successful business executive, but business affairs make him abandon her during their honeymoon. Cynthia is sad and while he’s away, meets the charming war hero, Maj. Milvaine, who is on leave. Sparks fly. Will she choose wealth over love?

THE SECOND BEST EXOTIC MARIGOLD HOTEL



**Saturday, September 12
at 10:00 a.m. and 2:00 p.m.**

(2015) *Cast: Judi Dench,
Maggie Smith, Bill Nighy*

Sonny has his eye on a promising property now that his first venture, The Best Exotic Marigold Hotel for the Elderly and Beautiful, has only a single remaining vacancy - posing a rooming predicament for fresh arrivals Guy and Lavinia. Evelyn and Douglas have now joined the Jaipur workforce, and are wondering where their regular dates for Chilla pancakes will lead, while Norman and Carol are negotiating the tricky waters of an exclusive relationship, as Madge juggles two eligible and very wealthy suitors. Perhaps the only one who may know the answers is newly installed co-manager of the hotel, Muriel, the keeper of everyone’s secrets. As the demands of a traditional Indian wedding threaten to engulf them all, an unexpected way forward presents itself.



THE LONGEST RIDE



**Sunday, September 13
at 1:30 p.m. and 4:00 p.m.**
(2015) *Cast: Scott Eastwood,*

Britt Robertson, Alan Alda

The Longest Ride centers on the star-crossed love affair between Luke, a former champion bull rider looking to make a comeback, and Sophia, a college student who is about to embark upon her dream job in New York City’s art world. As conflicting paths and ideals test their relationship, Sophia and Luke make an unexpected and fateful connection with Ira, whose memories of his own decades-long romance with his beloved wife deeply inspire the young couple. Spanning generations and two intertwining love stories, *The Longest Ride* explores the challenges and infinite rewards of enduring love, as only author Nicholas Sparks can do.

SWING TIME



**Saturday, September 12 at 6:00 p.m.
& Sunday, September 13 at 6:30 p.m.**

(1936) *Cast: Fred Astaire,
Ginger Rogers, Victor Moore*

After professional dancer Lucky Garnett arrives so late for his wedding that all of the guests have left, the bride’s father tells him he can only marry his daughter if he can demonstrate that he can make money and take care of her. They agree that \$25,000 would be a reasonable sum and Lucky heads off to New York City. There he meets a dance instructor, Penny Carroll. They soon have a successful nightclub act and as they fall in love, they find themselves held back by their commitments to significant others.



T H E

M O V I E S



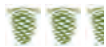
THE WATER DIVINER



**Saturday, September 19
at 10:00 a.m. and 2:00 p.m.**
(2014) *Cast: Russell Crowe,
Ilga Kurylenko, Jai Courtney*

An Australian man travels to Turkey after the Battle of Gallipoli to try and locate his three missing sons reported missing in action. He forges a relationship with the beautiful Turkish woman who owns the hotel in which he stays. Holding onto hope, he must travel across the war-torn landscape with the help of a Turkish Officer who himself is a veteran of the battles.

THE BEST OF ME



**Sunday, September 20
at 1:30 and 4:00 p.m.**
(2014) *Cast: James Marsden,
Michelle Monaghan, Luke Bracey*

After 21 years, high school sweethearts Dawson and Amanda run into each other when they're both called to hear the will of a mutual friend who has passed. With Amanda now married and Dawson not sure his purpose in life, the two are distant until they realize that their feelings have not changed over the past 21 years. As soon as they rekindle their love for each other, they are pulled apart once again and tragedy strikes, drawing them apart yet also closer than ever before. Don't miss this typical Nicholas Sparks story.

SISSI



**Saturday, September 19 at 6:00 p.m.
& Sunday, September 20 at 6:30 p.m.**



(1955) *Cast: Romy Schneider,
Karlheinz Bohm, Magda Schneider*

The titular heroine, Sissi, is a preteen 19th century lass of noble birth, who charms everyone she meets. Especially impressed is young Franz Joseph, emperor of the Hapsburg Empire. When Sissi comes of age, the emperor pursues the girl romantically, with fascinating results.

FAR FROM THE MADDENING CROWD



**Saturday, September 26
at 10:00 a.m. and 2:00 p.m.**
(2015) *Cast: Carey Mulligan,
Matthias Schoenaerts, Michael Sheen*

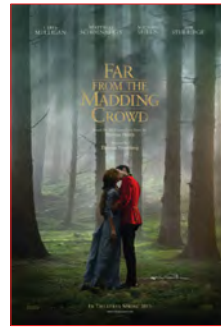
The story of independent, beautiful and headstrong Bathsheba Everdene, who attracts three very different suitors: Gabriel Oak, a sheep farmer, captivated by her fetching willfulness; Frank Troy, a handsome and reckless Sergeant; and William Boldwood, a prosperous and mature bachelor. This timeless story of Bathsheba's choices and passions explores the nature of relationships and love - as well as the human ability to overcome hardships through resilience and perseverance.

LIVING PROOF



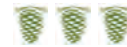
**Sunday, September 27
at 1:30 and 4:00 p.m.**

(2008) *Cast: Harry Connick Jr.,
Tammy Blanchard, Amanda Bynes*
This Lifetime drama is about UCLA oncologist and researcher Dr. Dennis Slamon, creator of the promising breast cancer drug Herceptin. Later, as Dr. Slamon attempted to cut through the bureaucratic red tape and get his drug



approved, a number of brave patients who had volunteered for the clinical tests of Herceptin sadly succumbed to their cancer. But all hope wasn't lost, because in 1998 the FDA finally approved the use of Herceptin to treat breast cancer, giving hope to millions of women and their families across the country.

YOU CAN'T TAKE IT WITH YOU





**Saturday, September 26 at 6:00 p.m.
& Sunday, September 27 at 6:30 p.m.**
(1938) *Cast: Jean Arthur,
James Stewart, Lionel Barrymore*

Alice Sycamore has to introduce the family of her fiancé, Tony Kirby, to her own family. The Kirby's are wealthy, stuffy family of great self-importance, while the Sycamore's are a collection of good-hearted lunatics. When the two families come together, lifestyle and philosophy collide head-on.

KIRBY PINES MOVIE RATING SYSTEM

 = AVERAGE

 = GOOD

 = EXCELLENT

 = OUTSTANDING

September 2015



<p>8:00 am ● Church of Christ Service (Chapel) 6 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)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 1 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 10:30 am ● Blanche Scott Prayer Group (Chapel) 11:00 am ● Arthritis Stand/Sit Class (A&C) 1:30 pm ● IMAX: Chimpanzee (Thtr) 1:30 pm ● Beginners Line Dancing (PAC) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● IMAX: Chimpanzee (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 1 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 10:30 am ● Blanche Scott Prayer Group (Chapel) 11:00 am ● Arthritis Stand/Sit Class (A&C) 1:30 pm ● IMAX: Chimpanzee (Thtr) 1:30 pm ● Beginners Line Dancing (PAC) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● IMAX: Chimpanzee (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) 2 9:30 am ● Group Exercise (PAC) 9:30 am ● Kirby Pines Traveler's Meeting (LCR) 10:00 am ● Catholic Service (Chapel) 10:00 am ● Shuffleboard (PAC) 10:15 am ● Senior Day @ AutoZone Park (Trans) 1:00 pm ● Needle Arts Group (A&C) 1:30 pm ● Game Play (LCR) 1:30 pm ● "Carson County" (Thtr) 2:00 pm ● Wii Bowling (LCR) 6:30 pm ● Bridge (LCR) 6:30 pm ● "Carson County" (Thtr)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 3 9:00 am ● Bake Sale for Alzheimer's Assoc. (Lobby) 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) 2:00 pm ● Meet & Greet with Dr. Abutineh (PAC) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● Theatre Memphis "The Producers" (Trans) 6:30 pm ● Vespers (PAC)</p>	<p>9:30 am ● Group Exercise (PAC) 4 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) 6:30 pm ● Nostalgia Live (PAC)</p>	<p>7:30 am ● Men's Christian Fellowship (Chapel) 5 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)</p>
<p>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 Play (LCR) 6:30 pm ● Classic Movie (Thtr)</p>	<p>9:30 am ● Group Exercise (PAC) 7 9:30 am ● Alterations (A&C) 10:00 am ● First Monday Poetry Group (Ante) 10:00 am ● "Sleepless in Seattle" (Thtr) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:00 am ● Rhythm Band Practice (PAC) 10:30 am ● Billiard Group (BR) 1:30 pm ● Holiday Matinee "Gone with the Wind" (Thtr) 6:30 pm ● Bingo (PAC)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 8 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Arthritis Stand/Sit Class (A&C) 1:30 pm ● Beginners Line Dancing (PAC) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● Birthday Night with the Memphis Police Department's "Peacemakers" (PAC)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) 9 9:30 am ● Group Exercise (PAC) 10:00 am ● Delta Fair Senior Day (Trans) 10:00 am ● Catholic Service (Chapel) 10:00 am ● Memphis Hearing Aid (A&C) 10:00 am ● Shuffleboard (PAC) 10:30 am ● Garden Gro'ers Club (Greenhouse) 1:00 pm ● Needle Arts Group (A&C) 1:30 pm ● Game Play (LCR) 2:00 pm ● Wii Bowling (LCR) 6:30 pm ● Bridge (LCR)</p>	<p>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 ● Walmart & Banks (Trans) 1:00 pm ● Dr. Mike Abutineh (WC) 1:30 pm ● Intermediate Line Dancing (PAC) 2:00 pm ● Kirby Pines Political Forum (PAC) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● Flag Blessing/Vespers (PAC)</p>	<p>9:30 am ● Flag Raising Ceremony (Lobby) 11 9:30 am ● Group Exercise (PAC) 10:00 am ● Art with Class (A&C) 10:00 am ● Walmart & Banks (Trans) 11:00 am ● Oak Court Mall (Trans) 1:00 pm ● Superlo & Bank (Trans) 6:00 pm ● Music in the Lobby with Pianist Marilyn Duke (Lobby) 6:30 pm ● Bridge (LCR)</p>	<p>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) 5:00 pm ● Lighting of the Lake (Grounds) 6:00 pm ● Classic Movie (Thtr)</p>
<p>8:00 am ● Church of Christ Service (Chapel) 20 10:00 am ● Worship Service (PAC) 1:30 pm ● Weekend Movie (Thtr) 4:00 pm ● Weekend Movie (Thtr) 6:00 pm ● Game Play (LCR) 6:30 pm ● Classic Movie (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) 14 9:00 am ● Smith Jewelers (SCR) 9:30 am ● Group Exercise (PAC) 10:00 am ● Smart Moves "Stress Management" (PAC) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:30 am ● Billiard Group (BR) 10:30 am ● Walk with Ease (PAC) 12:00 am ● Kiwanis Meeting (FDR) 2:00 pm ● Tai Chi (LCR) 6:30 pm ● Bingo (PAC)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 15 9:00 am ● Dr. Mike Abutineh (WC) 9:30 am ● Basic Water Aerobics (Pool) 11:00 am ● Arthritis Stand/Sit Class (A&C) 1:30 pm ● Beginners Line Dancing (PAC) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● September Dance with The Sturgess Dailey Band (PAC)</p>	<p>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) 10:30 am ● Walk with Ease (PAC) 1:00 pm ● Needle Arts Group (A&C) 1:30 pm ● Game Play (LCR) 2:00 pm ● Wii Bowling (LCR) 6:30 pm ● Bridge (LCR)</p>	<p>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) 1:30 pm ● Documentary: Wild Parrots of Telegraph Hill (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) 1:30 pm ● Documentary: Wild Parrots of Telegraph Hill (Thtr) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● Vespers (PAC)</p>	<p>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 in the Lobby with The Double D Band (Lobby) 6:30 pm ● Bridge (LCR)</p>	<p>7:30 am ● Men's Christian Fellowship (Chapel) 19 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)</p>
<p>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 Play (LCR) 6:30 pm ● Classic Movie (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) 21 9:30 am ● Group Exercise (PAC) 9:30 am ● Alterations (A&C) 10:00 am ● Early Voting (Trans) 10:00 am ● Hobby Pines Group (Hobby Shop) 10:00 am ● Bereavement Support Group (Ante) 10:30 am ● Perspectives Eyewear & Svc (Lobby) 10:30 am ● Billiard Group (BR) 10:30 am ● Walk with Ease (PAC) 10:45 am ● Episcopal Eucharist (Chapel) 2:00 pm ● Tai Chi (LCR) 3:00 pm ● Colonial Park United Methodist (Chapel) 6:30 pm ● Bingo (PAC)</p>	<p>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) 10:00 am ● Early Voting (Trans) 11:00 am ● Arthritis Stand/Sit Class (A&C) 1:30 pm ● Beginners Line Dancing (PAC) 1:30 pm ● Documentary: Earth (Thtr) 2:00 pm ● Ladies Interdenominational Meeting "The Uplifters" (Chapel) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● Documentary: Earth (Thtr)</p>	<p>8:30 am ● Advanced Water Aerobics (Pool) 23 9:00 am ● Traveler's Group - Bass Pro (Trans) 9:30 am ● Group Exercise (PAC) 9:30 am ● Basic Water Aerobics (Pool) 10:00 am ● Catholic Service (Chapel) 10:00 am ● Shuffleboard (PAC) 10:30 am ● Walk with Ease (PAC) 1:00 pm ● Needle Arts Group (A&C) 1:30 pm ● Game Play (LCR) 2:00 pm ● Wii Bowling (LCR) 6:30 pm ● Bridge (LCR)</p>	<p>8:30 am ● Men's Water Aerobics (Pool) 24 9:00 am ● Senior Fit Test (PAC) 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) 2:30 pm ● Advanced Line Dancing (PAC) 6:30 pm ● Vespers (PAC)</p>	<p>9:30 am ● Group Exercise (PAC) 25 10:00 am ● Art with Class (A&C) 10:00 am ● Walmart & Banks (Trans) 1:00 pm ● Superlo & Bank (Trans) 6:00 pm ● Music in the Lobby with Breeze Cayolle (Lobby) 6:30 pm ● Bridge (LCR)</p>	<p>7:30 am ● Men's Christian Fellowship (Chapel) 26 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)</p>

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 Play (LCR)
 6:30 pm ● Classic Movie (Thtr)

8:00 am ● AARP Drivers Class (LCR) **28**
 8:30 am ● Advanced Water Aerobics (Pool)
 9:30 am ● Group Exercise (PAC)
 10:00 am ● Hobby Pines Group (Hobby Shop)
 10:00 am ● Perspectives Eyewear & Svc (Lobby)
 10:30 am ● Walk with Ease (PAC)
 10:30 am ● Amedisys Lecture "Common Cold" (LCR)
 10:30 am ● Billiard Group (BR)
 12:00 am ● Kiwanis Meeting (FDR)
 2:00 pm ● Tai Chi (LCR)
 6:30 pm ● Bingo (PAC)

8:00 am ● AARP Drivers Course (LCR) **29**
 8:30 am ● Men's Water Aerobics (Pool)
 9:00 am ● Dr. Mike Abutineh (WC)
 9:30 am ● Basic Water Aerobics (Pool)
 10:30 am ● Lunch Bunch - Coletta's (Trans)
 11:00 am ● Arthritis Stand/Sit Class (A&C)
 1:30 pm ● Beginners Line Dancing (PAC)
 2:30 pm ● Advanced Line Dancing (PAC)

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 ● Overton HS CAPA Piano Concert (Lobby)
 10:30 am ● Walk with Ease (PAC)
 1:00 pm ● Needle Arts Group (A&C)
 1:30 pm ● Game Play (LCR)
 2:00 pm ● Wii Bowling (LCR)
 6:30 pm ● Bridge (LCR)



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

September 2015 EVENTS

Sept 1 | The Blanche Scott Prayer Group

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

Sept 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.

Sept 2 | 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.



Sept 2 | Kirby Pines Travelers Meeting

Calling all adventurous spirits! The Travelers are back in action and will be meeting to discuss upcoming trips for 2015 & 2016 which is just around the corner. All had a great day out at The Memphis Railroad & Trolley Car Museum. This month's upcoming trip will be on September 23 to Bass Pro. This trip is already full but you can sign up at the meeting for the Oct 27th trip. The group meets on the first Wednesday of every month at 10:00 am in the Large Card Room. Due to the bus leaving at 10:15 for AutoZone Park, this month's meeting will start at 9:30 am.

Sept 2 | Senior Day at AutoZone Park

Join the gang for our last trip of the season to AutoZone Park. The Redbirds will be facing off against New Orleans 1st pitch is at 11:35 am. Because it is Senior Day, the cost of Admission is only \$9.00. Sign up in transportation. \$3.00 for the bus. Tickets are in section 103 and are great seats! Bus leaves at 10:15 am.

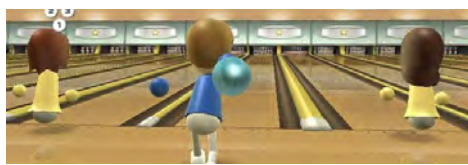


Sept 2 | Game Play Group

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

Sept 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.



Sept 2 | "Carson Country"

Join Johnny Carson as he goes country! From a rare 1964 kinescope of Johnny Cash performing "Ring of Fire" to latter-day performances by The Judds, Dwight Yoakam, Buck Owens and more, Carson Country presents nearly 30 years of country music and moments from "The Tonight Show." Host Johnny Carson indulges his fondness for country tunes and cowboy culture with appearances by John Wayne and Michael Landon, a quick-draw display by Roy Rogers, a hollering demonstration and more. Showtimes 1:30 & 6:30pm Movie Theater

Sept 3 | Group Bible Study with Dave Phillips

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



Sept 3 | Meet & Greet Our New Medical Director

Be sure and come to the PAC on Thursday, September 3rd at 2:00pm to meet our new Medical Director, Dr Mike Abutineh. He has been practicing medicine in Memphis since 1997. He has a special interest in cardiology, diabetes and geriatrics. Refreshments will be served.

Sept 3 | Theatre Memphis presents "The Producers"

Tony Award for Best Musical. A zany musical with two get-rich-quick theatrical producers who scheme and oversell interests in a Broadway show they plan on being a flop. The show unexpectedly becomes a hit and hilarity ensues along the way. Based on the Brooks' film of the same name, irreverence and in-your-face comedy makes it a show to remember. Call box office for tickets # 68-8601. Sign up in Transportation Bus leaves at 6:30 pm.

Sept 4 | Nostalgia Live

Enjoy an Evening with "Nostalgia". Welcome back our favorite duo "Nostalgia" as they entertain us with a musical revue evoking memories through songs from the 1920's to present. Friday, September 4th at 6:30pm in the PAC.

Sept 7 | First Monday Poetry Group

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

Sept 7 | Movie: Sleepless in Seattle

Fate and a tenacious 8-year-old boy conspire to unite lovelorn widower Sam Baldwin and unhappily engaged journalist Annie Reed in this Oscar-nominated romantic comedy inspired by the 1957 classic An Affair to Remember Movie Theatre Showtime 10:00 am.

Sept 7 | Holiday Matinee: Gone with the Wind

Director Victor Fleming's 1939 epic adaption of Margaret Mitchell's novel of the same name stars Vivien Leigh as self-absorbed, headstrong Scarlett O'Hara, a Southern Belle who meets her match in Rhett Butler just as the Civil War breaks out. Movie Theatre Showtime 1:30 pm.

Sept 7 | 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.

Sept 8 | Birthday Night with The MPD's Peacemakers

At the request of the late Memphis Police Director John Holt, the Memphis Police Department's Singing Police Group, "The Peacemakers" was formed in May 1986 for the City of Memphis' first Police Memorial Service, which honored local Police Officers killed in the line of duty. The group highlights include singing backup for Kris Kristofferson on an album, singing at NFL games, NBA games, NHL games, University of Memphis games and many National, State and Local Conferences. Join us for this wonderful concert Tuesday, September 8th at 6:30 pm in The PAC.

Sept 9 | Memphis Hearing Aid Service

Wednesday, September 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.

Sept 9 | Garden Gro'ers Club Meeting

The Garden Gro'ers had a very enjoyable August Meeting in the Gazebo with watermelon, fun and fellowship. The summer and spring garden is being removed and preparation for fall panning is under way. Unfortunately we had a short tomato season but sweet pepper, hot pepper, okra and eggplant are being harvested now. We look forward to seeing you at our first fall season meeting Wednesday, September 9th at 10:30am. All residents of Kirby Pines are members of the Garden Gro'ers and are welcome at all meetings.

Sept 9 | Senior Day at the Delta Fair

It's always fun at the Delta Fair! Senior American Day is Wednesday, Sept 9th. Free Admission for ages 60 and up. The Peacemakers will be singing at 10:30am followed by the Senior Talent Contest at 11:30am. The Annual Delta Fair Tea Dance will be from 1-3pm with Jim Mahannah Band. Sign up in Transportation. Bus leaves at 10:00 am.

Sept 10 | Kirby Pines Political Forum

Our vote counts! We are hosting a political forum in the PAC at 2:00 pm for the Memphis Municipal Race. You will be voting for Memphis Mayor, City Council and Memphis City Court Clerk. All candidates will be given a brief opportunity to speak. You can mix and mingle with the candidates at a reception in the Lobby following.



Sept 10 | Flag Blessing / Vesper Service with Dan Johnson

Our Flag Blessing service will feature Dan Johnson former Pastor for Assembly of God, Author and Speaker. He is co-author of eight books and numerous articles and columns. Dan has appeared on TBN, Daystar, and a variety of radio and television programs. A keen observer of contemporary events, Dan relates biblical truths to the issues we face every day. Join us at 6:30 pm in the PAC.

Sept 11 | Flag Raising Ceremony

Join us at 9:30 am in The Lobby, then under the Porte-Cochere, for our 32nd Anniversary Flag Raising Ceremony featuring the University of Memphis ROTC Color Guard.



Sept 11 | Music in the Lobby with Pianist Marilyn Duke

Our Fabulous resident pianist Marilyn Duke will be back in the Lobby at 6:00 pm on Friday, September 11th to delight us with another one of her delightful concerts.

Sept 12 | Through the Bible

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

Sept 12 | Lighting of the Lake

Please join us for the 32nd Anniversary "Lighting of the Lake" Ceremony. Our theme this year is "Kindness" and the color is Tomato Red. The Ceremony will start promptly at 5:00 pm by the Lake. Our guest speaker this year will be Dave Moreland, Vice President of Sales & Marketing. Followed by the Lighting of the torches and a rendition of Taps played by Nathan Wilensky. We will then adjourn to the Lobby and Dining Room for a reception featuring music from International pianist "Alex Ortega".

Sept 14 | Smart Moves "Stress Management"

This month's topic is Stress Management, 10:00 am in The PAC.

Sept 15 | Fall Dance with The Sturgess Daily Band

Join us as we swing into fall with the "Sturgess Daily Band". Whether you are a dancer or not, the music is great! September 15 at 6:30 pm in the PAC.

Sept 17 | Documentary: The Wild Parrots of Telegraph Hill

This poignant documentary chronicles the true story of a modern-day St. Francis of Assisi, a homeless San Francisco street musician by the name of Mark Bittner who adopts a flock of wild parrots as he searches for meaning in his life. With a surprise ending that left festival audiences cheering, director Judy Irving's film celebrates urban wildness -- human and avian -- and links parrot antics to human behavior. Showtimes 10:30 am and 1:30 pm. Movie Theater.

Sept 18 | Music in the Lobby with The Double D Band

Musical duo, the Double D Band, plays a wide range of songs and genres, but especially music from the 50's. Playing guitars and mandolins, they keep their audience entertained and tapping their toes. Join us Friday, September 18 at 6:00 pm in The Lobby.

Sept 20 | Germantown Community Theatre presents "RUMORS"

You're invited to the craziest dinner party of the season. This farce opens with an innocent party that very quickly becomes a tangle of gunshots, affairs, politicians and, of course, rumors! Written by the modern king of comedy, Neil Simon, RUMORS will keep you laughing until you finally find out- "Who's in the basement?" Call box office for tickets @ 937-3023. Bus leaves at 2:00 pm. Sign up in Transportation.

Sept 21 | Bereavement Support Group

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

Sept 21 | Early Voting

The bus will be taking residents to the polls for early voting on Monday and Tuesday at 10:00 am September 21 and 22nd. If you are not able to ride this bus or go at one of these times, please call Transportation to make other arrangements. Our Vote Counts!

Sept 21 | Perspectives Eyewear and Services

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

Sept 22 | The Book Baggers

Whether you read or would like to hear about books being discussed, come and check it out. This is a great way to expand your horizons. This month we will be discussing "A Prisoner of Birth" by Jeffrey Archer. Hope to see you Tuesday, September 22, at 9:30 am in the Chapel.

Sept 22 | Ladies Interdenominational Circle Meeting "The Uplifters"

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

Sept 22 | Documentary: Earth

Fueled by dazzling high-definition photography and stunning locations around the world, this nature documentary captures three animal families in action over the course of a year, showing how the sun influences behavior and migratory patterns. Showtimes are 1:30 & 6:30 pm in the movie theater.



Sept 23 | Travel Group Outing: Bass Pro Shop

The Traveler's Group will be headed downtown to Bass Pro on Wednesday, Sept. 23 at 9:00 am. Charge for bus will be \$3.00. There is no entrance fee at Bass pro. There is a \$10.00 charge to go up in the tallest glass freestanding elevator. You will need money for lunch. Sign up in Transportation. The bus is full for the September trip, but we will be going again on Tuesday, October 27th. The signup sheet for that trip is already in the book. If you sign up for this or any trip and are not able to go please scratch through your name or call the front desk and they can do it for you.

Sept 24 | Senior Fit Test

Join us in the PAC for Rehab's Senior Fit Test from 9:00 am until 12:00 pm.

Sept 25 | Music in the Lobby with Breeze Cayolle

Saxophonist/songwriter "Breeze" Cayolle is soulful, strong and deeply rooted in New Orleans Jazz, Rhythm and Blues. Stroll on down to the Lobby at 6:00 pm on Friday, September 25 and you will feel like you are in the French Quarter in New Orleans!

Sept 28 | Amedisys Home Health "The Common Cold"

Join Brittany Wells as she talks about the common cold in the Large Card Room at 10:30 am.

Sept 28 | AARP Driver's Course

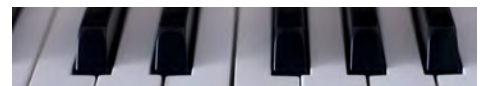
Kirby Pines will be hosting an AARP Drivers Class. This is a 2 day 4 hour course. On Monday & Tuesday September 28 & 29 from 8:00 am until noon. You will learn defensive driving techniques, proven safety strategies, new traffic laws and rules of the road. There are no tests to pass. You simply sign up and learn. Upon completion you receive a multi-year discount on your car insurance. Cost is \$15.00 for members and \$20.00 for non-members. Call activities to sign up or come by and pick up your enrollment form.

Sept 29 | Lunch Bunch at Coletta's

Coletta's Restaurant has been open since 1923 and is Memphis' oldest restaurant! They are the originators of the BBQ Pizza, voted best pizza in Memphis by the Commercial Appeal and was even Elvis' Favorite! Everything is Home-made; Sauces, Lasagna, Ravioli, Manicotti, Spumoni, & Cannoli! Sign up in transportation, bus leaves at 10:30 am.

Sept 30 | Overton High School CAPA Piano Concert

Join us in the Lobby at 10:30 am to hear Overton High School CAPA piano students perform beautiful music pieces.



ACROSS

1. Depart
6. Call up
11. Health resort
14. Cove
15. Stair post
16. Atmosphere
17. Kind of soup
18. For the record, it's a kind of plastic
19. Jewel
20. Distant but within sight
21. Symbol
23. Numeration system
25. Brew
26. Shy
27. Subject
28. Animal foot
29. Scold
32. Significance of a story
35. Silk fabric with wavy pattern
36. Lubricant
37. Assist in wrongdoing
38. Audio
39. Polynesian dance
40. Guided
41. Wading bird
42. Large bovid
43. Repeatedly in the same role
45. Nocturnal mammal
46. Eagle's nest
47. Lair
48. Stitch
51. Become visible
53. Remove unwanted plants
54. Pasture
55. Corks do it
56. Spin and twist
58. Separate
60. Litigate
61. Text insertion mark
62. Disembodied spirit
63. Make a mistake
64. Doglike mammal
65. Avid

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
20				21	22				23		24			
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40				41						42				
43			44						45					
		46					47					48	49	50
51	52						53					54		
55				56		57				58	59			
60				61						62				
63				64						65				

6. Diplomat
7. Blood vessel
8. Possess
9. Part of a piano
10. Oval
11. Sapient
12. Wharf
13. Armed service
22. Female elephant
24. Unit of luminance
27. Cogitate
28. A light touch
29. Judicature
30. Storage tower
31. Flair
32. Grain used in brewing and distilling
33. Follow orders
34. Cayenne
35. Elk (see photo for hint)
38. Set of steps
39. Huge success
41. Scrape
42. Dressing
44. Part of a needle

45. Insect
47. Greek letter
48. Lingo
49. Spooky
50. Binary compound
51. Part of a church
52. Decant
53. Small bird
57. Anger
59. Small vegetable



DOWN

1. African country
2. Enlist
3. Solitary
4. Examine carefully
5. Honorable

SOCIAL *Scenes*



John & Mary McGaw celebrated with friends Madonna Langford, Betty and Fred Blake, Mary Xiques and Walter Edge



Catherine Latimer celebrated her birthday with husband Jimmy, Marilyn and Don Duke, Bob Latimer and Jim Theodore



Nadine Clark celebrated at birthday dinner with son Brian and his wife Jennifer and grandchildren, Taylor and Hunter



Don Boyd shows off his "Catch of the Day" with wife, Doris, supportively chuckling behind!



Resident Margaret Bivens was the winner of brand new Honda at the St. Jude Dream Home contest



Jeanne Barger with friend Garnet, son Brian and his wife Dianne and their children Katie, Amy and John celebrate her birthday

SOCIAL *Scenes*



Residents had a great time at Memphis Railroad: Trolley Car Museum followed by lunch at the Arcade



Resident, Shirley Anderson shares a laugh with physical therapist, Adam Jeanfreau, while working out in The Oasis



Marsha Greiner enjoys the summer weather while tending to the flowers outside our greenhouse



The Kirby Pines Line Dancers always have a great time!



Watermelon seed spitting contest winner Jim Smith along with Grandson, Mason, who came in 5th place



Peggy Hogan pedals her way around Kirby Pines beautiful campus

SOCIAL *Scenes*



Sydney Wagner celebrated her birthday with husband Shelton, friends, Lee Brown, Judy Carlson, Liz Collier, Larry McKenzie, her son Allen and his wife Lisa, and grandchildren Hayden and Hannah.



International Pianist Alex Ortega entertained the crowd at birthday night accompanied by singer DARE



Carolyn Head had a great day of fun and shopping. Here she is visiting with resident artist, John Sosh.



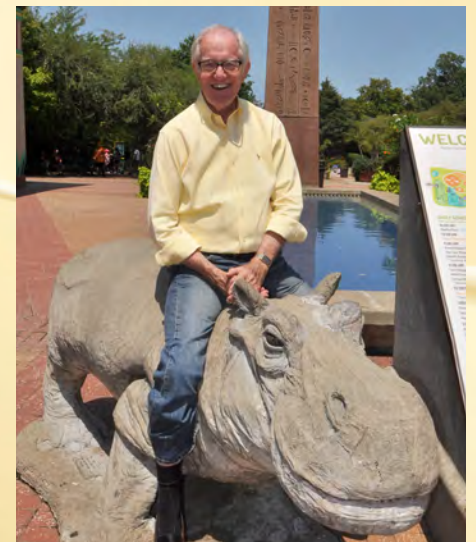
Stella Ely won the door prize from Dogone Bow Ties



Betty Gatti celebrates with three generations of family for her birthday



Dr. Ed and Mary Blanche Scott, strike a pose outside the Panda exhibit at the Memphis Zoo



Warren Grant cuts up during our Zoo visit by jumping on the hippol

Memorials, Honorariums & Gifts

In Memory of

ERNEST GREEN

Donation by Ann Davis
to the *Employee Fund*

Donation by Catherine Prewett
to the *Ham-ateur Club*

Donation by Mary Gullett
to the *Entertainer's Fund*

Donation by Charles & Mary Stagg
to the *Entertainer's Fund*

Donation by Marilyn Wray
to the *Ham-ateur Club*

Donation by James W. Stafford
to the *Entertainer's Fund*

In Memory of

HAZEL MARTIN

Donation by Kirby Pines Estates
& Resident Association
to the *Library Fund*

In Honor Of

DR. CHARLES PARROTT

Donation by Betty Phillips
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GIANT CROSSWORD



ANSWERS
TO PUZZLE
CHALLENGE
ON PAGE 17

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DONATIONS

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FOR MORE INFORMATION

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

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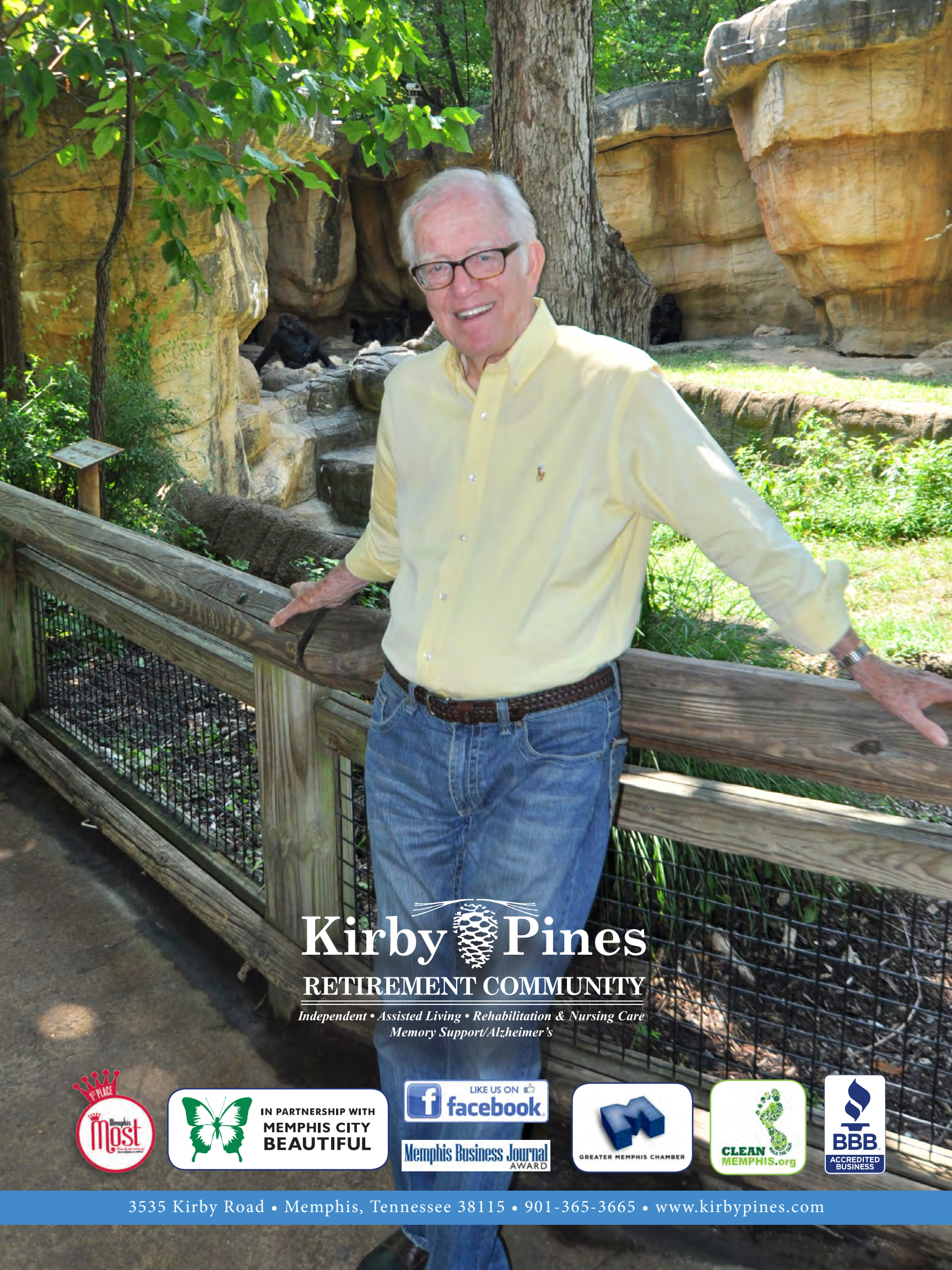
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