# TIDINGS FEBRUARY 2020

AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

#### **Director of Resident Services**

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#### Communication & Program Coordinator

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trezevantmanor.org

January has come and gone and we look forward to an active and upbeat February 2020. Our vision still remains "perfect" as we embark on a venture promoting positivity on the Trezevant campus. Several resident volunteers, along with staff, are working on the initiative to challenge everyone to commit a Random Act of Kindness. Committing an act of kindness proves to have positive effects on physical and mental well-being. This campaign will kick off in mid-February and continue throughout the year with "pop up" projects. We anticipate great things, so be on the lookout for more information.

February promises to be filled with an abundance of activities beginning with a Super Bowl 54 Watch Party on February 2nd. The San Francisco 49ers will be playing the Kansas City Chiefs, which promises to be an interesting matchup. Trezevant Explores will host Steve Ehrhart, Executive Director of AutoZone Liberty Bowl. Photography exhibit by Lin Turner, who took all photos with an iPhone, will go on display February 8th followed by a reception at 3pm in the Terrace Walkway. We'll get together to watch the 92nd Academy Awards on Sunday, February 9th. Don't miss the watch party and participate in opportunities to choose your winning movies, actors and actresses. A Lunch & Learn Series for the first quarter of 2020 begins with a presentation by Avalon Hospice Company. Representatives will present the care levels offered with lunch provided by Mosa Asian Bistro. February 13 we will host a celebration of Valentine's Day with a performance and dance featuring Deborah Swiney & Jon Felix. Presidents Day, February 17, brings back Keith Wood with a presentation on U.S. presidents. Be sure to mark your calendars for the New Resident Welcome Reception on Wednesday, February 19 and greet all of your new neighbors. Don't forget the regular monthly events such as; Trezevant Tasting, Fine Dining, Out to Dinner at Owen Brennan, Southern Authors, Birthday Night, Mardi Gras celebration and so much more. Also a return to Tech Time with Bridges students will be offered 9am- 12noon Feb. 8 in SDR.

February also brings Fat Tuesday, Ash Wednesday and, in this Leap Year, an extra day! Remember to commit a Random Act of Kindness, you will be glad you did.

Kim O'Donnell Resident Services Director

# IN ST EDWARD CHAPEL

by Rev. Julie McKenna, Lead Chaplain/Director of Spiritual Services

#### What's happening in Spiritual Care February 2020?

Spiritual Speaker Series: Created to Create—Tuesday, Feb. 4th at 7:15pm in St. Edward Chapel. Photography and Spirituality—Our own Page Williamson will share the link between his spiritual journey and his magnificent collection of photos. What we see with the "eyes of the heart" can indeed shape our spirits.

Chaplains' Class—Wed. Feb 5th and 12th at 3pm in St. Edward Chapel Dementia--Do you struggle with how to relate to friends and family that are living with dementia? Come and learn more about what life is like for our cognitively impaired friends, and how we can support and encourage them without losing our own minds! Discussion facilitated by the Rev. Julie McKenna

Random Acts of Kindness Day, Monday, Feb. 17th. All residents and staff are invited to join us as we find creative ways to share kindness with others today. Be on the lookout for some ideas to come your way!

Chaplains' Class—Wed., Feb. 19th at 3pm in St. Edward Chapel. Ash Wednesday—What's it all about? A discussion about the significance of this historic day in the church year led by the Reverends Tom Momberg and Eyleen Farmer.

Tuesday, Feb. 25th: Shrove Tuesday—Look for pancakes as a dinner option!

The following regular events will occur each week:

Mindfulness Meditation at 3pm on Mondays in St. Edward Chapel

"Listen and Love"—stories with Dina Smith in the gallery parlor, Thursdays at 3.

Knit, Pray, Love—knit, crochet, needlepoint—whatever your fancy. Join us for fellowship 4pm Thursdays in the music room.

Praying with Colors—10:30 Friday mornings in the Terrace activity room. Join Chaplain Barbara and others for a relaxing hour of music and color-ing.

#### Lead Chaplain /Director of Spiritual Services

Rev. Julie McKenna jmckenna@trezevantmanor.org (901) 325-8108

#### **Associate Chaplain**

Rev. Barbara Kirk- Norris bkirknorris@trezevantmanor.org (901) 251-9208 MOVIES AT TREZEVANT

February, 2020



Sat, February 1, 2020-1:00 p.m. Groundhog Day-A weatherman (Bill Murray) is trapped in a personal time warp on the worst day of his life. Co-stars Andie MacDowell. (PG, 1993, 4.5\*, 1h41m)



Mon, February 3, 2020-7:15 p.m. Cold War-A passionate love story between two people of different backgrounds, who are fatefully mismatched and yet condemned to each other. The film depicts an impossible love story in impossible times.(R, 1994, 5\*, 2h22m)



Tue, February 4, 2020-3:30 p.m. The Crown: Coup-Pursuing improvements in her racehorse management, Elizaebeth imagines the life she might have had; a plot against her government is brewing. (TV-MA, 2019, 4.5\*)



Wed, February 5, 2020-Noon Casablanca-A jaded nightclub owner in war-torn Casablanca, whose loyalties are put to the test when his old flame, Ingrid Bergman, reappears to seek Rick's help in escaping from the Nazis. (G, 1943, 5\*, 1h42m)



Sat, February 8, 2020-1:00 p.m. The Bridges of Madison County-World-travelling Nat'l Geographic photographer Robert Kincaid andIowa housewife Francesca Johnson aren't looking to turn their lives upside down. (PG-13, 1995, 4.5\*, 2h14m)











Mon, February 10, 2020-7:15 p.m. Late Night-A groundbreaking talkshow host suspects she may soon be losing her coveted seat on late-night television unless she manages a game-changing transformation. (R, 2018, 4\*, 1h42m)

**Tue, February 11, 2020-3:30 p.m. The Crown: Twysog Cymru** -Amid rising Welsh nationalism in the run-up to his investiture as Prince of Wales, Charles is sent to spend a semester there to learn the language. (TV-MA, 2019, 4.5\*)

Wed, February 12, 2020-Noon An Ameircan in Paris-Winner of six Oscars, including Best Picture, this musical triumph stars hoofer Gene Kelly as a struggling American artist torn between a wealthy American womanand a French dancer. (NR, 1951, 4.5\*, 1h53m)

Sat, February 15,, 2020-1:00 p.m. Out of Africa-Meryl Streep is a married woman in Kenya who falls for charming adventurer Robert Redford in this 1986 Best Picture Oscar(R)-winner. (PG, 1985, 4.5\*, 2h41m)

Sun, February 16, 2020-3:30 p.m. A Beautiful Day in the Neighborhood-After a jaded magazine writer is assigned to profile Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor. (PG, 2019, 4.5\*)

continued on page 9

# MARK YOUR CALENDAR



Consult weekly calendars for updates to activities listing.

**\*SUPER BOWL LIV WATCH PARTY** on Sun, 2/2 at 5:00 p.m. in the PAC.

**SPIRITUAL SPEAKER SERIES: PAGE WILLIAMSON** on Tue, 2/4 at 7:15 p.m. in the CH.

**CHAPLAINS' CLASS: HOW TO RELATE TO OUR COGNITIVELY IMPAIRED FRIENDS** Weds, 2/5 and 2/12 at 3:00 p.m. in the CH.

**\*PODIATRIST VISIT** on Thu, 2/6 at 9:00 a.m. from HPL.

\*WINTER WALKS Each Fri in Feb at 10:30 a.m. from HPL.

\*TREZEVANT EXPLORES: STEVE EHRHART on Fri, 2/7 in the PAC. Lunch at 11:30 a.m.-\$7.50; Presentation at Noon.

**TECH TIME WITH BRIDGES STUDENTS** on Sat, 2/8 from 9:00 to Noon in SDR.

LIN TURNER PHOTOGRAPHY EXHIBIT AND RECEPTION on Sat, 2/8 from 3:00 to 5:00 p.m. in TWW.

**92ND ACADEMY AWARDS WATCH PARTY** on Sun, 2/9 at 6:30 p.m. in the PAC.

\*LUNCH & LEARN: AVALON HOSPICE AND LUNCH on Tue, 2/11 at 11:30 a.m. in the PAC.

**\*TREZEVANT TASTING: ROMANTIC LIBATIONS** on Tue, 2/11 at 5:00 p.m. in MR.

**HAPPY VALENTINE'S DAY DANCE!!** with Deborah Swiney on Thu, 2/13 at 7:15 p.m. in the PAC.

**VALENTINE'S DELIGHTS** on Fri, 2/14 at 2:30 p.m. in TWW.

**PRESIDENTS DAY WITH KEITH WOOD** on Mon, 2/17 at 7:15 p.m. in the

PAC.

\*OUT TO DINNER: OWEN BRENNAN'S on Tue, 2/18 at 5:45 p.m. from HPL.

\*AUDIOLOGIST VISIT on Wed, 2/19 at 9:00 a.m. from HPL.

**NEW RESIDENT WELCOME PARTY** on Wed, 2/19 at 7:15 p.m. in the PAC.

**FINE DINING** on Sun, 2/23 at 5:30 p.m. in SDR. *Reservations* required at 251-9212.

**SPECIAL PERFORMANCE: MARDI GRAS WITH SUZANNE & JIM WHITING** on Tue, 2/25 at 7:15 p.m. from HPL.

**SOUTHERN AUTHOR SERIES** on Wed, 2/26 at 5:00 p.m. in the PAC.

**MOVIES** Mon, Tue, Wed, Sat, & Sun each week. Check calendars for titles and times. *Subject to change*.

**HAPPY HOUR** Spend time with friends in the PAC every Mon and Thurs, from 5:00-6:00 p.m. \$2 cover charge, free drinks.

**LANGUAGE LESSONS WITH BRIGITTE EBEL** Learn or Jog your memory of Spanish, French or German every Tue at 11:15 a.m. in Club Room 310.

**DR. WARREN** Every 1st & 3rd Tue from 1:00 to 3:30 p.m. and Every 2nd & 4th Tue from 10:00 to 11:45 a.m. in the Wellness Clinic.

**PLAY PING PONG!** Each Tue & Thu beginning from 1:30-3:00 p.m. in Room 310.

**MEN'S COFFEE HOUR** Every Wed at 10:00 a.m. in Club Room 310.

#### RESIDENT BIRTHDAY CELEBRATION

on the last Wed of each month at 6:00 p.m. in SDR. *Get a free glass of wine and a cupcake for your birthday!!* 

**THE GREAT COURSES: COMPARATIVE RELIGION** each Thu at 2:00 p.m. in the PAC.

**BOARD GAMES** Play with old & new friends each Fri at 1:00 p.m. in the SDR.

**DOTTIE'S DIGS** Open Thu, 2/6 & 2/20 (G1), from 9:00-5:00 p.m. *Proceeds benefit the Trezevant Foundation.* 

**RESIDENT BALLROOM DANCING** Each Fri from 3:00 to 3:45 p.m. in the PAC.

**SATURDAY BINGO** 2/1, 2/8, and 2/15 at 7:15 p.m. in SDR.

# THURS EVENING ENTERTAINMENT (7:15PM-PAC)

2/6 Benedict Goodfriend (Classical)2/20 Big Barton Band (Country)2/27 Penny Kings Band (Big Band)

TGIFT MUSIC (5PM-Music Room)

2/7 McLean Quartet (Classical)2/14 Arthur Hart (Piano)2/21 Rick Nethery (Acoustic)2/28 Wyly Bigger (Oldies)

# SATURDAY MUSIC HOUR (5PM, MUSIC ROOM)

2/1 Bobby Lawson (Memphis R&R)
2/8 Brazil (Rat Pack & Elvis)
2/15 Kenny Lackey (Oldies)
2/22 Jordan & Priscilla
Musgrave (Classical)
2/29 Louise Page (Various)

FEBRUARY AT TREZEVANT					
SUNDAY	MONDAY	TUESDAY	WEDNES		
<b>PLEASE NOTE:</b> EVENTS ARE SUBJECT TO CHANGE · CHECK THE WEEKLY CALENDAR FOR UPDATES · FILM *=SIGN UP IN THE ACTIVITY BOOK Regular Events - Special Events - Chapel Events - M					
Communion CH 5:00 Super Bowl LIV Watch Party PAC	<b>3</b> 12:00 *Heart Healthy L&L PAC 1:00 Bridge SDR 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:15 MOVIE: Cold War (R, 2018, 4*, 1h287m) PAC	4 10:00 Kroger/Dollar Tree HPL 11:15 Language Club 310 1:00 Mah Jongg SDR 1:30-3:00 Ping Pong 310 3:30 MOVIE: The Crown: S3, E5 PAC 7:15 Spiritual Speaker Series: Page Williamson CH	5 10:00 *Walgreens/USPS HPI 10:00 Men's Coffee Hour 310 10-11:30 Dr. Warren Clinic 12:00 MOVIE: Casablanca (1 1h42m) PAC 3:00 Chaplains' Class: How to cognitively impaired Friends		
9 10:30 Worship & Holy Communion CH 6:30 92nd Academy Awards Watch Party PAC	10 1:00 Bridge SDR 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:15 MOVIE: Late Night (R,2019, 4*, 1h42m) PAC	<b>11</b> 10:00 Kroger/Dollar Tree HPL 10:30 V. Hollon's Book Club MR 11:15 Language Club 310 11:30 *Lunch & Learn: Avalon Hospice & Lunch PAC 1:00 Mah Jongg SDR 1-3:30 Dr. Warren Clinic 1:30-3:00 Ping Pong 310 3:30 MOVIE: The Crown: S3, E6 PAC 5:00 Trezevant Tasting: Romantic Libations	12 10:00 *Walgreens/USPS HPL 10:00 Men's Coffee Hour 310 12:00 MOVIE: An American ir 1951, 4.5*, 1h53m) PAC 3:00 Chaplains' Class: How t cognitively impaired Friends		
<b>16</b> 10:30 Worship & Holy Communion CH 3:30 MOVIE: A Beautiful Day in the Neighborhood (PG, 2019, 4.5*) PAC	<b>17 Presidents</b> Day!! 1:00 Bridge SDR 1:00 *Superlo/Target HPL 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:15 Presidents of the Roaring '20s with Keith Wood PAC	18 10:00 Kroger/Dollar Tree HPL 11:15 Language Club 310 1:00 Mah Jongg SDR 1:30-3:00 Ping Pong 310 3:30 MOVIE: The Crown: S3, E7 PAC 5:45 Out to Dinner: Owen Brennan's HPL	<b>19</b> 9:00-11:00 *Audiolog 10:00 *Walgreens/USPS HPL 10:00 Men's Coffee Hour 310 10-11:30 Dr. Warren Clinic 12:00 MOVIE: The Americani (NR, 1964, 4.5*, 1h54m) PAC 3:00 Chaplains' Class: Ash W What's it all about? CH 5:00 New Resident Welcom		
23 10:30 Worship & Holy Communion CH 2:30 MOVIE: Midway (PG-13, 2019, 4*) PAC 5:30 Fine Dining- Reservations Required - 251- 9212 KEY CH CHA	24 1:00 Bridge SDR 3:00 Mindfulness Meditation CH 5:00 Happy Hour PAC 7:15 MOVIE: Red Joan (R, 2019, 4*, 1h40m) PAC	25 10:00 Kroger/Dollar Tree HPL 1:00 Mah Jongg SDR 1-3:30 Dr. Warren Clinic 1:30-3:00 Ping Pong 310 3:30 MOVIE: The Crown: S3, E8 PAC 4:00 Jr. League Sustainers' Toast PAC 7:15 Mardi Gras with Suzanne & Jim Whiting PAC ROOM GAL GALLERY HG HOPE'S GARDEN HPL	26 Ash Wednesday 10:00 *Walgreens/USPS HPL 10:00 Men's Coffee Hour 310 12:00 Ash Wednesday Servic 5:00 Southern Authors Serie 6:00 Birthday Celebrations		

## 2020

DAY	THURSDAY	FRIDAY	SATURDAY	
A SCREENINGS ARE HELD IN THE PAC ovies			<b>1</b> 1:00 MOVIE: Groundhog Day (PG, 1993, 4.5*, 1h41m) PAC 5:00 Music Hour: Bobby Lawson (Memphis R&R) MR 7:15 Bingo SDR	
, 1943, 5*, p relate to our CH	<ul> <li>9-5:00 Dottie's Digs Open G1</li> <li>9:00-Noon *Podiatrist TT</li> <li>1:00 Canasta SDR</li> <li>1:30-3:00 Ping Pong 310</li> <li>2:00 Great Courses: Comparative Religion PAC</li> <li>3:00 Listen &amp; Love w Dina Smith GAL</li> <li>4:00 Knit, Pray, Love MR</li> <li>5:00 Happy Hour PAC</li> <li>7:15 Benedict Goodfriend (Classical) PAC</li> </ul>	<ul> <li>7</li> <li>10:30 Praying the Rosary CH</li> <li>10:30 *Winter Walk: Greenline HPL</li> <li>11:30 *Trezevant Explores: Steve</li> <li>Ehrhart, ED of Liberty Bowl PAC</li> <li>1:00 Board Games SDR</li> <li>3:00 Resident Dancing PAC</li> <li>5:00 TGIFT: McLean Quartet</li> <li>(Classical) MR</li> </ul>	8 9:00-Noon Tech Time with Bridges Students SDR 1:00 MOVIE: Bridges of Madison County (PG-13, 1995, 4.5*, 2h14) PAC 3:00-5:00 Lin Turner Photography Exhibit & Reception TWW 5:00 Music Hour: Brazil (Rat Pack/ Elvis) MR 7:15 Bingo SDR	
Paris(NR, o relate to our CH	<b>13</b> 1:00 Canasta SDR 1:30-3:00 Ping Pong 310 2:00 Great Courses: Comparative Religion PAC 3:00 Listen & Love w Dina Smith GAL 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC 7:15 Valentine's Dance with Deborah Swiney & Jon Felix (Stds) PAC	<b>1 4</b> Valentine's Day 10:30 *Winter Walk: Greenline HPL 1:00 Board Games SDR 1:00 *Superlo/Target HPL 2:30 Valentine's Delights TWW 3:00 Resident Ballroom Dancing PAC 5:00 TGIFT: Arthur Hart (Piano) MR	15 1:00 MOVIE: Out of Africa (PG, 1985, 4.5*, 2h41m) PAC 5:00 Music Hour: Kenny Lackey (Oldies) MR 7:15 Bingo SDR	
jist HPL zation of Emily ednesday: e Party PAC	<ul> <li>9:00-5:00 Dottie's Digs Open G1</li> <li>1:00 Canasta SDR</li> <li>1:30-3:00 Ping Pong 310</li> <li>2:00 Great Courses: Comparative Religion</li> <li>PAC</li> <li>3:00 Listen &amp; Love w Dina Smith GAL</li> <li>4:00 Knit, Pray, Love MR</li> <li>5:00 Happy Hour PAC</li> <li>7:15 Big Barton Band (Country) PAC</li> </ul>	21 10:30 *Winter Walk: Tour of Downtown Development HPL 1:00 Board Games SDR 3:00 Resident Ballroom Dancing PAC 5:00 TGIFT: Rick Nethery (Acoustic) MR	22 1:00 MOVIE: The Way We Were (PG, 1973, 4.5*, 1h58m) PAC 5:00 Music Hour: Jordan & Priscilla Musgrave (Classical) MR	
e CH es PAC SDR	27 1:00 Canasta SDR 1:30-3:00 Ping Pong 310 2:00 Great Courses: Comparative Religion PAC 4:00 Knit, Pray, Love MR 5:00 Happy Hour PAC 7:15 Penny Kings Band (Big Band) PAC	28 10:30 *Winter Walk: Lichterman HPL 1:00 Board Games SDR 3:00 Resident Ballroom Dancing PAC 5:00 TGIFT: Wyly Bigger (Oldies) MR	29 5:00 Music Hour: Louise Page (Var) MR	
OM <b>PAC</b> PERFORMING ARTS CENTER <b>SDR</b> SNOWDEN DINING ROOM <b>TT</b> TREZEVANT TERRACE <b>TWW</b> TREZEVANT WALK <b>WAY</b> WAYNOKA ENT.				



## **BEWELL** by Rinnie Wood, Fitness Director

#### **Fitness Director**

Rinnie Wood rwood@trezevantmanor.org (901) 251-9223

#### **Fitness Instructors**

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#### Wellness Nurse

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> Physical Therapy (901) 251-9234

#### February is American Heart Month & includes Random Acts of Kindness Week.

Let's move more, eat better, smile more, and do more for others. All those things help us have happy hearts!

Let's all wear red Monday, February 3 to kick off Trezevant Heart Month! Do you want a healthier, happier heart? Then move quickly to participate in activities right here at Trezevant that will help you achieve both. What should we do to reach these heart healthy goals?

Let's walk and move! In the winter? Yes, we will have winter walks, too.

- Find a friend and walk the halls, stairs or paths regularly in February.
- We will walk to the Highland Greenline 10:30am Fridays, February 7 and 14, weather permitting. Walks will take 45 minutes round trip.
- Track your minutes of walking, cycling, or NuStepping in February.
- The person who accrues the most cardio minutes in February wins a \$50 gift card! Turn your total minutes in to Rinnie by noon on Friday, February 28.

#### <u>Let's eat!</u>

- During our Healthy Heart Week, evening menus will have calories and designations of recommended healthy heart items. February 3-7.
- To kick off our week, we will be served a heart healthy lunch on at noon Monday, February 3 in the PAC. Chef Jason will talk about items in the delicious and nutritious lunch, and why he included them.

#### Let's relax!

- At 11:30 on Wednesday, February 5, yoga instructor Kirsti Carroll will present Opening Your Heart. She will lead us through movements and gentle massage designed to open the heart and chest, leading to improved breathing and stress reduction.
- From 9:15-10:15 Friday, February 7, Massage therapist Cindy McKee will offer 5 minute chair massage in the PAC. \$1 per minute charged to your account.

#### <u>Let's be kind!</u>

- Be on the lookout in your mailbox for a card with ideas on Random Acts of Kindness, and the benefits of these.
- Come to Happy Hour on Monday, February 17 for a toast to Random Acts of Kindness Day.
- Benefits to YOU! Oxytocin is a physical by-product of offering acts of kindness can improve overall heart health, aid in lowering blood pressure, less depression, and more energy. Kindness stimulates the chemical sero-tonin, which heals wounds, increases calm and makes us happy!

So, move more and act kindly during February. Your heart will thank you.

MOVIES AT TREZEVANT Continued from Page 4





**Tue, February 18, 2020-3:30 p.m. The Crown: Moondust**-As the first men land on the moon, middle-aged Philip feels dissatisfied by his lack of achievement and starts searching for inspiration. (TV-MA, 2019, 4.5\*)



Wed, February 19, 2020-Noon The Americazation of Emily-Oscar-nominee James Garner (Maverick) stars as a pacifistic American naval officer who discovers he has been selected to become the first casualty of the Normandy invasion. (NR, 1964, 4.5\*, 1h54m)



**Sat, February 22, 2020 The Way We Were**-Barbra Streisand and Robert Redford's classic about the perils of love during Hollywood's blacklisting era. (PG, 1973, 4.5\*, 1h58m)









**Sun, February 23, 2020-2:30 p.m. Midway-**The story of the Battle of Midway, told through the experiences of the WWII leaders and soldiers who fought it. (PG-13, 2019, 4, 2h2m)

Mon, February 24, 2020-7:15 p.m. Red Joan-Judi Dench is a suburban widow concealing a double-life as a Soviet spy in this dramatic truelife tale of passion, courage, and betrayal. Sophie Cookson costars. (R, 2019, 4\*, 1h40m)

**Tue, February 25, 2020-3:30 p.m. The Crown: Dangling Man**-As Charles starts dating Camilla Shand, Elizabeth considers visiting an ill Duke of Windsor, whose destiny changed when he met Wallis Simpson, in Paris. (TV-MA, 2019, 4.5\*)

## JOIN US FOR THE GREAT COURSES

EACH THURSDAY AT 2:00 IN THE PAC Beginning February 6, 2020, we will embark on a new series: Comparative Religion.

Using the basics of five major religions as a starting point—and explaining those basics so that no prior knowledge is needed, this series plunges deeply into each to reveal and clarify the essential structural components shared by all faiths:

- Creation myths and sacred stories
- Concepts of the divine
- Lifecycle- and calendar-based rituals
- Various types of sacred people, texts, objects, and space
- Religion's ultimate goals—the reasons its adherents give them such importance

# **RESIDENT REFLECTIONS**











## FEBRUARY BIRTHDAYS

Cecil Rhodes
Diane Davis
Theresa Mauer
John Webb
Jacqueline
Williamson
Anne Carriere
Donn Southern
Fred Wimmer
Carole Allen
Nancy Donovan
Jane Collins
Martha Dorroh

2	Molly Gary	13
2	Frankie Wade	13
2	Jim Rainer	14
2	Marie Hay	14
	Puddy Bennett	16
2	Henrietta Brown	17
4	Polly Arnold	18
4	Janey Campbell	19
4	James Werkhoven	20
6	<b>Rodgers Menzies</b>	20
6	Barbara Crafton	21
9	<b>Robert Daily</b>	23
12	Dottie Kozik	27

### **Resident Reflections (con't)**

1. Theresa Mauer, Frankie Wade, Helen Jaseph, Sara Holmes, and Lynn Jones at the New Year's Eve Party

2. Julie & Gerald Walton

3. Ann Powell, Presh Gill and Barbara Wilson at the New Year's Eve Party

4. John & Dottie Grayson at the Dinner Outing at new restaurant Bishop

5. Missie & Jim McDonnell and Virginia Trenholm at the Dinner Outing at new restaurant Bishop

6. Frances James and Peggy Bodine at the Dinner Outing at new restaurant Bishop

## TREZEVANT CONTACT INFORMATION

#### TREZEVANT RECEPTION DESK

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#### ALLEN MORGAN RECEPTION DESK

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#### B A N K

Suntrust Bank (901) 462-2801

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#### DINING RESERVATIONS

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