

# TIDINGS



APRIL  
2020



# AT YOUR SERVICE

by Kim O'Donnell, Director of Resident Services

## Director of Resident Services

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What a difference a year makes! I was reviewing ideas for this month's article and pulled this from last February's 2019 Tidings article. Considering all that has transpired in the last few weeks, and the colossal changes in our day to day lives this article resonated as somewhat uplifting. When we reach the end of this challenging journey let's plan to celebrate Buffet style!

As we make our way through the first quarter of the year we are confronted with many challenges. Some of us are battling health issues, others are dealing with day to day changes in our life situations. Whatever challenges lie ahead I would like to share one mother's philosophies. We all know the musician Jimmy Buffett whether a fan or not he had a very wise mother.

Mary Loraine "Peets" Buffett had a lot to do with shaping her son's style, here are a few of her life rules;

1. Read often, even the classics.
2. Accept everyone for who they are, not what they do.
3. Be well-traveled.
4. Learn to be a listener. Shhh!
5. Live by the sea.
6. Listen to your spirit and find joy.
7. Education, like money, doesn't make you happy or successful.
8. Love and family are the best things we have.

"Peets" Buffett appears to have been a very wise woman although her son struggled in the early years of his career he went on to become quite a success and continues to turn out hit recordings.

There is much to be said about the power of belief.

Kim



# IN ST EDWARD CHAPEL

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



Holy Week and Easter are right here and this important week of the Christian year feels lifeless and flat with no corporate worship available. However, we will do our best to help keep hope alive with virtual services and smaller gatherings and social distancing. In addition, Barbara and I have started daily devotionals every Monday through Friday at 9am on 991. The same devotional will be offered in email form mailed out each day to residents and staff.

Our virtual Holy Week Services are channel 991 as follows:

Palm Sunday and Morning Prayer service 10:30 am and 3:00pm Sunday, April 5 (palm crosses are available for you to take with you. They will be at the entrance to the chapel).

Maundy Thursday Service 3pm Thursday, April 9th

Good Friday Service, Noon Friday, April 10th

Easter Service 10:30 and 3pm Sunday, April 12th

Our chapel committee is decorating the chapel appropriately for the reverence of each day. Feel free to come and sit in the chapel and meditate or pray at your leisure, just keep up the social distancing!

NOTE: sermon and prayer list will be available via e-mail to residents for all Holy Week services and Sunday services as well, since 991 is not available to everyone.

Our regular activities other than Chaplains' class will be ongoing:

Mindfulness Meditation 3pm each Monday

Walking Meditation 3pm each Tuesday

Listen and Love 3pm in St. Edward Chapel every Thursday

Knit, Pray, Love 4pm in the music room each Thursday

Praying with Colors—10:30am each Friday in the Terrace activity room(Terrace and Allen Morgan residents and staff only)

God's peace be with you all. – Julie

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Ben Thinking... How has having the class I was to teach on Hope being cancelled (or re-scheduled till only God knows when) affected my actual hope? For me, I have a chance to exercise my hope, not only in God, but in our Public Health personnel, the resilience of the Business World, and the character of the Community in which I live.

The word "Hope" is both a noun and a verb, that is: Hope is something I can do, as well as something I have or want. I "hope" you are using this time of forced isolation and inactivity to reflect on Wherein Lies Your Hope? Ben Bledsoe



# MOVIES AT TREZEVANT

March, 2020



**Wed, April 1, 2020**

**The Big Sleep**-World-L.A. private eye Phillip Marlowe takes on a blackmail case. (NR, 1946, 4.5\*, 1h53m)

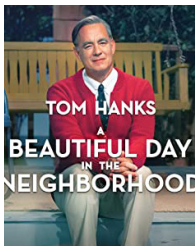
**Fri, April 3, 2020**

**Breathe**-the true love story between Robin & Diana Cavendish. (PG-13, 2017, 4.5\*, 1h58m)



**Sat, April 4, 2020**

**Dirty Dancing**-Spending the summer at a holiday camp with her family, Baby falls in love with the dance instructor. (PG-13, 1987, 5\*, 1h40m)



**Sun, April 5, 2020**

**A Beautiful Day in the Neighborhood**-Tom Hanks portrays Mister Rogers in a story of kindness triumphing over cynicism. (PG, 2019, 4.5\*, 1h48m)



**Mon, April 6, 2020**

**Danny Collins**-Rocker receives 40-year-old letter from John Lennon that changes his life. (R, 2019, 4\*, 1h47m)

**Tue, April 7, 2020**

**Sanditon**-S1, E1- About Charlotte Heywood, a spirited and impulsive woman who moves from her rural home to Sanditon, a fishing village attempting to reinvent itself as a seaside resort. (TV-14, 2019, 4.5\*)



**Wed, April 8, 2020-**

**McLintock**- Wealthy rancher G.W. McIntock uses his power and influence in the territory to keep the peace between farmers, ranchers, land-grabbers, Indians and corrupt government officials. (G, 1963, 4.5\*, 2h6m)



**Fri, April 10, 2020**

**New In Town** -Lucy Hill is an ambitious, up and coming exec living in Miami. (PG, 2009, 4.5\*, 1h36m)

**Sat, April 11, 2020**

**The First Wives Club**-Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women. (PG, 1996, 4.5\*, 1h42m)



**Sun, April 12, 2020**

**State Fair**-The Frake family attends the annual Iowa State Fair; each member of the clan has their own reason for doing so. (G, 1945, 4.5\*, 1h40m)



**Mon, April 13, 2020**

**Knives Out**-A detective investigates the death of a patriarch of an eccentric, combative family. (PG-13, 2019, 4.5\*, 2h10m)



**Tue, April 14, 2020**

**Sanditon**-S1, E2- Lady Denham plans an elaborate luncheon to welcome the wealthy West Indian heiress Miss Lambe to town – and to seal a match for her nephew, Edward. Charlotte and Sidney have an awkward confrontation. (TV-14, 2019, 4.5\*)



**Wed, April 15, 2020**

**That Touch of Mink**-A rich businessman and a young woman are attracted to each other, but he only wants an affair while she wants to save herself for marriage. (G, 1962, 4.5\*, 1h39m)



**Fri, April 17, 2020**

**Charlie Wilson's War**-A drama based on a Texas congressman

*continued on page 9*

# MARK YOUR CALENDAR

Consult weekly calendars for updates to activities listing.



**APRIL FOOL'S DAY** on Wed, 4/1.  
Prank your neighbors-six feet away!

**\*PODIATRIST VISIT** on Thu, 4/2 at 9:00 a.m. in 318

**PALM SUNDAY** on Sun, 4/5.

**\*MEDITATION WALKS** on Tue, 4/7, 4/14, 4/21 & 4/28 at 3:00 p.m. from HPL.

**\*TREZEVANT TASTING: BEER!** on Tue, 4/7 at 5:00 p.m. in the MR.

**GOOD FRIDAY** on Fri, 4/10.

**EASTER SUNDAY** on Sun, 4/12.

**\*AUDIOLOGIST** on Wed, 4/15 at 9:00 a.m. from HPL.

**TAKE A WILD GUESS DAY** on Wed, 4/15.

**HAIKU POETRY DAY** on Fri, 4/17.  
Compose a Haiku and share it with Resident Services. We'll share it with everyone!

**DO SOMETHING THAT MAKES YOU FEEL LIKE A KID DAY!** on Tue, 4/21.

**EARTH DAY** on Wed, 4/22. Don't forget to recycle!

**HONOR VOLUNTEERS DAY** on Thu, 4/23. Resident Services is sending all our Volunteers a boxed lunch today!

**TAI CHI DAY** on Sat, 4/25. Teach a friend or practice yourself!

**SUPERHERO DAY** on Tue, 4/28.

Honor all the first responders and healthcare workers that stepped up during this crisis!

**MOVIES** Twice per day, 1:00 p.m. and 3:30 p.m.. Please limit attendance to 10 persons per showing. *Subject to change.*

**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. *Get a free glass of wine and a cupcake for your birthday!!*

**THE GREAT COURSES: COMPARATIVE RELIGION** each Thu at 1:00 p.m. & 3:30 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, 4/2 & 4/16 (G1), from 9:00-5:00 p.m. *Proceeds benefit the Trezevant Foundation.*

**SATURDAY BINGO** 4/4, 4/11 & 4/18 at 7:15 p.m. in SDR.

## OTHER ACTIVITY OPTIONS:

-Check out a jigsaw puzzle from the Library and work it at your house.

-Check out a book, a movie or an audio book from the Library, too.

-Get the daily crossword puzzles from the New York Times, Wall Street Journal, USA Today and the Commercial Appeal from the Library.

-Get some fresh air by strolling around the Trezevant walking trail.

-Be a Pen Pal for residents at Allen Morgan and the Terrace.

-Video chat with family and friends on FaceTime or Skype. Resident Services can help.

-Check out the video additions from residents and staff on 991.

# APRIL AT TREZEVAANT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b>PLEASE NOTE:</b>            EVENTS ARE SUBJECT TO CHANGE • CHECK THE WEEKLY CALENDAR FOR UPDATES •            FILM SCREENINGS ARE HELD IN THE PAC            *=SIGN UP IN THE ACTIVITY BOOK            Regular Events - <b>Special Events</b> - Chapel Events - Movies</p>			<p><b>1</b> APRIL FOOL            PRANK YOUR NEIGHBOUR</p> <p>10:00 Men's Coffee Club 3  <b>10-11:45</b> Dr. Warren Clinic  <b>1:00</b> MOVIE: <i>The Big Sleep</i> (1h53m)  <b>3:30</b> <i>Encore of The Big Sleep</i></p>
<p><b>5</b> Palm Sunday            10:30 Worship &amp; Holy Communion CH  <b>1:00</b> MOVIE: <i>A Beautiful Day in the Neighborhood</i> (PG, 2019, 4.5*, 1h48m)  <b>3:30</b> <i>Encore of Beautiful Day...</i></p> 	<p><b>6</b> National Twinkie Day  <b>1:00</b> Bridge SDR  <b>1:00</b> MOVIE: <i>Danny Collins</i> (R, 2019, *, 1h36m)  <b>3:00</b> Mindfulness Meditation CH  <b>3:30</b> <i>Encore of</i></p>	<p><b>7</b> <b>1:00</b> Mah Jongg SDR  <b>1:00</b> MOVIE: <i>Sanditon: S1, E1</i> (TV-14/2019, 4.5)  <b>1:30-3:00</b> Ping Pong 310  <b>3:00</b> <b>Meditation Walks HPL</b>  <b>3:30</b> <i>Encore of Sanditon, S1, E1 PAC</i>  <b>5:00</b> <b>Trezevant Tasting: Beer!</b></p>	<p><b>8</b> Passover            10:00 Men's Coffee Club 3  <b>10-11:45</b> Dr. Warren Clinic  <b>1:00</b> MOVIE: <i>McLintock</i> (G, 1985, 1h53m)  <b>3:30</b> <i>Encore of McIntock</i></p>
<p><b>12</b> EASTER            10:30 Worship &amp; Holy Comm. CH  <b>1:00</b> MOVIE: <i>State Fair</i> (G, 1945, 4.5*, 1h40m)  <b>3:30</b> <i>Encore of State Fair PAC</i></p> 	<p><b>13</b>  <b>1:00</b> Bridge SDR  <b>1:00</b> MOVIE: <i>Knives Out</i> (PG-13, 2019, 4*, 2h10m)  <b>3:00</b> Mindfulness Meditation CH  <b>3:30</b> <i>Encore of Knives Out PAC</i>  <b>It's Scrabble Day! Get a friend and play a game!</b></p>	<p><b>14</b>  <b>1:00</b> Mah Jongg SDR  <b>1:00</b> MOVIE: <i>Sanditon: S1, E2</i> (TV-14/2019, 4.5)  <b>1-3:30</b> Dr. Warren Clinic  <b>1:30-3:00</b> Ping Pong 310  <b>3:00</b> <b>Meditation Walks HPL</b>  <b>3:30</b> <i>Encore of Sanditon, S1, E2 PAC</i>  <b>5:00</b> <b>Trezevant Tasting</b></p>	<p><b>15</b> Take a Wild Day!!  <b>9:00-11:00</b> *Audiologist HP            10:00 Men's Coffee Club 3  <b>1:00</b> MOVIE: <i>That Touch of</i> (G, 1945, 1h39m)  <b>3:30</b> <i>Encore of That Touch</i></p>
<p><b>19</b>            10:30 Worship &amp; Holy Communion CH  <b>1:00</b> MOVIE: <i>Bombshell</i> (R, 2019, 3.5*, 1h49m)  <b>3:30</b> <i>Encore of Bombshell PAC</i>  <b>Take a leisurely stroll around the walking trail!</b></p>	<p><b>20</b>  <b>1:00</b> Bridge SDR  <b>1:00</b> MOVIE: <i>1917</i> (R, 2019, 4*, 1h58m)  <b>3:00</b> Mindfulness Meditation CH  <b>3:30</b> <i>Encore of 1917 PAC</i></p>	<p><b>21</b> Kindergarten Day            Do something that makes you feel like a kid!  <b>1:00</b> Mah Jongg SDR  <b>1:00</b> MOVIE: <i>Sanditon: S1, E3</i> (TV-14/2019, 4.5)  <b>1:30-3:00</b> Ping Pong 310  <b>3:00</b> <b>Meditation Walks HPL</b>  <b>3:30</b> <i>Encore of Sanditon, S1, E3 PAC</i>  <b>5:00</b> <b>Trezevant Tasting:</b></p>	<p><b>22</b> EARTH DAY            10:00 *Walgreens/USPS HP            10:00 Men's Coffee Club 3  <b>10-11:30</b> Dr. Warren Clinic  <b>1:00</b> MOVIE: <i>Rebel Without a Cause</i> (13, 1955, 4.5*, 1h50m)  <b>3:30</b> <i>Encore of Rebel With</i></p>
<p><b>26</b> <b>It's Pretzel Day!</b>            10:30 Worship &amp; Holy Communion CH  <b>1:00</b> MOVIE: <i>The Kindness of Strangers</i> (PG-13, 2020, 5*, 1h54m)  <b>3:30</b> <i>Encore of The Kindness of Strangers PAC</i></p>	<p><b>27</b> Babe Ruth Day  <b>1:00</b> Bridge SDR  <b>1:00</b> MOVIE: <i>Dark Waters</i> (RPG-13 2019, 4.5*, 2h7m)  <b>3:00</b> Mindfulness Meditation CH  <b>3:30</b> <i>Encore of Dark Waters</i></p>	<p><b>28</b> <b>1:00</b> Mah Jongg SDR  <b>1:00</b> MOVIE: <i>Sanditon: S1, E4</i> (TV-14/2019, 4.5)  <b>1-3:30</b> Dr. Warren Clinic  <b>1:30-3:00</b> Ping Pong 310  <b>3:00</b> <b>Meditation Walks HPL</b>  <b>3:30</b> <i>Encore of Sanditon, S1, E4 PAC</i>  <b>5:00</b> <b>Trezevant Tasting</b></p>	<p><b>29</b>            10:00 Men's Coffee Club 3  <b>1:00</b> MOVIE: <i>To Have &amp; Have Not</i> (G, 1944, 1h40m)  <b>3:30</b> <i>Encore of To Have &amp; Have Not</i>            Like Crosswords? the daily selection library!</p>

DAY	THURSDAY	FRIDAY	SATURDAY
<p>LS DAY!</p> <p>OUR</p> <p>DR!!</p> <p>10</p> <p>(NR, 1946, 4.5*,</p> <p>ep</p>	<p><b>2 PEANUT BUTTER &amp; JELLY DAY</b></p> <p>9-5:00 Dottie's Digs Open G1</p> <p>9:00-Noon *Podiatrist 318</p> <p>1:00 Canasta SDR</p> <p>1:00 The Great Courses: Comparative Religion</p> <p>1:30-3:00 Ping Pong 310</p> <p>2:00 Great Courses: Smithsonian Museum 991</p> <p>3:00 Listen &amp; Love w Dina Smith GAL</p> <p>3:30 Encore of The Great Courses PAC</p> <p>4:00 Knit, Pray, Love MR</p>	<p><b>3</b></p> <p>10:30 Calvary Lenten Speaker 991</p> <p>1:00 MOVIE: Breathe (PG-13, 2017, 4.5*, 1h58m)</p> <p>3:30 Encore of Breathe</p> <p>EVERY FRIDAY IS HAT DAY! BE SURE TO WEAR YOUR HATS AROUND CAMPUS!</p>	<p><b>4 VITAMIN C DAY</b></p> <p>1:00 MOVIE: Dirty Dancing (PG-13, 1987, 5*, 2h5m)</p> <p>3:30 Encore of Dirty Dancing</p> <p>7:15 Bingo SDR</p>
<p>10</p> <p>1963, 5*, 2h7m)</p> <p>PAC</p>	<p><b>9 Winston Churchill Day</b></p> <p>1:00 Canasta SDR</p> <p>1:00 The Great Courses: Comparative Religion</p> <p>1:30-3:00 Ping Pong 310</p> <p>2:00 Great Courses: Smithsonian Museum 991</p> <p>3:00 Listen &amp; Love w/ Dina Smith GAL</p> <p>3:30 Encore of The Great Courses PAC</p> <p>4:00 Knit, Pray, Love MR</p>	<p><b>10 Good Friday</b></p> <p>10:30 Calvary Lenten Speaker 991</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: New In Town (PG, 2009, 4.5*, 1h36m)</p> <p>3:30 Encore of New In Town PAC</p> 	<p><b>11 Barbershop Quartet Day</b></p> <p>1:00 MOVIE: The First Wives' Club (PG, 1996, 5*, 1h42m)</p> <p>3:30 Encore of The First Wives' Club</p> <p>7:15 Bingo SDR</p>
<p>ld Guess</p> <p>PL</p> <p>10</p> <p>Mink (G, 1964,</p> <p>of Mink PAC</p>	<p><b>16 Stress Relief Day</b></p> <p>9-5:00 Dottie's Digs Open G1</p> <p>1:00 Canasta SDR</p> <p>1:00 The Great Courses: Comparative Religion</p> <p>1:30-3:00 Ping Pong 310</p> <p>2:00 Great Courses: Smithsonian Museum 991</p> <p>3:00 Listen &amp; Love w Dina Smith GAL</p> <p>3:30 Encore of The Great Courses PAC</p> <p>4:00 Knit, Pray, Love MR</p>	<p><b>17 Haiku Poetry Day</b></p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: Charlie Wilson's War (R, 2007, 4.5*, 1h42m)</p> <p>3:30 Encore of Charlie Wilson's War PAC</p> <p>To Write a Haiku Seems an impossible task But it's not! You try!</p>	<p><b>18</b></p> <p>1:00 MOVIE: Shall We Dance? (PG, 2004, 4.5*, 1h46m)</p> <p>3:30 Encore of Shall We Dance? PAC</p> <p>7:15 Bingo SDR</p>
<p>AY</p> <p>PL</p> <p>10</p> <p>a Cause (PG-</p> <p>out a Cause PAC</p>	<p><b>23 Talk Like Shakespeare Day</b></p> <p>Noon *Volunteer Celebration! Boxed Lunches Delivered</p> <p>1:00 Canasta SDR</p> <p>1:00 The Great Courses: Comparative Religion</p> <p>1:30-3:00 Ping Pong 310</p> <p>2:00 Great Courses: Smithsonian Museum 991</p> <p>3:00 Listen &amp; Love w Dina Smith GAL</p> <p>3:30 Encore of The Great Courses PAC</p> <p>4:00 Knit, Pray, Love MR</p>	<p><b>24</b></p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: Seven Days in Utopia (G, 2011, 4*, 1h38m)</p> <p>3:30 Encore of Seven Days in Utopia PaC</p> <p>It's Sauvignon Blanc Day! Enjoy a glass of wine today!</p>	<p><b>25</b></p> <p>It's Tai Chi Day! Teach a friend or practice yourself!</p> <p>1:00 MOVIE: An Officer &amp; a Gentleman (R, 1982, 4.5*, 2h4m)</p> <p>3:30 Encore of An Officer &amp; a Gentleman PAC</p>
<p>10</p> <p>ve Not (G, 1945,</p> <p>Have Not PAC</p> <p>Check out</p> <p>ons in the</p>	<p><b>30</b></p> <p>1:00 Canasta SDR</p> <p>1:00 The Great Courses: Comparative Religion</p> <p>1:30-3:00 Ping Pong 310</p> <p>2:00 Great Courses: Smithsonian Museum 991</p> <p>3:30 Encore of The Great Courses PAC</p> <p>4:00 Knit, Pray, Love MR</p>		



# BE WELL

by Valerie Smithers, RN

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## BOOST YOUR IMMUNE HEALTH WITH THESE 10 TIPS

1. Drink your lemons. Drinking freshly squeezed lemon juice in water, or adding it to tea, salad dressings, or cooking with it, helps to maintain the body's internal "climate" at a pH which supports healthy bacteria instead of the viruses and harmful bacteria which thrive in more acidic environments.
2. Give your body an herbal boost. Echinacea has been shown to boost the immune system. Check with your physician before adding any herbal supplements to your medication regime.
3. Get a full night's sleep. Everybody's different: your body may need anywhere from 6 to 10 hours of sleep each night. Sleep has been linked to balanced hormone levels, keeping weight down, clear thinking and reasoning, improved mood, and vibrant, healthy skin.
4. Eat plenty of protein. Protein is a building block for a healthy body, mind, and immune system. Diets low in protein tend to be high in carbohydrates which readily convert to glucose, spiking blood sugar and stressing the pancreas and immune system.
5. Drink plenty of water. Headaches and thirst are both signs of dehydration. Flush your system of toxins with at least eight glasses of water or other decaffeinated beverage per day.
6. Stop drinking coffee. Contrary to recent marketing as a source of "antioxidants", chocolate and coffee are two of the worst things you can do for your immune system and your health. Caffeine robs your body of minerals and vitamins, and it dehydrates you. If you drink coffee, make sure to add an additional two glasses of water per day to your intake.
7. Eliminate refined white sugar. You will see noticeable results in your energy levels, weight distribution, immunity and your ability to think clearly when you break the cravings and stop eating refined sugar.
8. Stock up on raw fruits and vegetables for their antioxidants, vitamins, mineral, fiber, and enzymes. The nutritional content you receive from raw fruits and vegetables is unparalleled. Many vitamins, including vitamin C, will protect cells from damage by toxins in the environment. Dark colored produce (berries, kale, broccoli) tend to be higher in antioxidants.
9. Spend some outdoors. Most of us spend 90% of our lives indoors, inhaling dubiously filtered air and other people's germs. Take any opportunity you can to get outside. Spending time outdoors will also stimulate the thyroid gland.
10. Nurture yourself. Our bodies respond to our emotions- if you are feeling harassed and anxious- it can manifest in a sore throat or cold. Stress takes its toll on our immune systems. Consider deep breathing, exercise, and meditation.



# MOVIES AT TREZEVANT

Continued from Page 4



Charlie Wilson's covert dealings in Afghanistan, where his efforts to assist rebels in their war with the Soviets have some unforeseen and long-reaching effects. (R, 2007, 4.5\*, 1h42m)

**Sart April 18, 2020**



**Shall We Dance?**-A romantic comedy where a bored, overworked Estate Lawyer, upon first sight of a beautiful instructor, signs up for ballroom dancing lessons. (PG-13, 2004, 4.5\*, 1h46m)

**Sun, April 19, 2020**



**Bombshell**-A group of women take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network. (R, 2019, 4\*, 1h49m)

**Mon, April 20, 2020**



**1917**-April 6th, 1917. As a regiment assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap. (R, 2019, 4\*, 1h59m)

**Tue, April 21, 2020**



**Sanditon, S1, E3**- Charlotte does all she can to avoid Sidney, but an emergency unites them. (TV-14, 2019, 4.5)

**Wed, April 22, 2020**

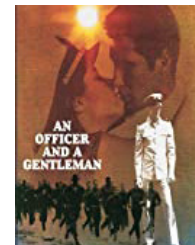


**Rebel Without a Cause**-A rebellious young man with a troubled past comes to a new town, finding friends and enemies. (PG-13, 1955, 4.5\*, 1h51m)



**Fri, April 24, 2020**  
**Seven Days in Utopia**-

After a disastrous debut on the pro circuit, a young golfer finds himself unexpectedly stranded in Utopia, Texas and welcomed by an eccentric rancher. (G, 2011, 4\*, 1h38m)



**Sat, April 25, 2020**

**An Officer & a Gentleman**-A young man must complete his work at a Navy Officer Candidate School to become an aviator, with the help of a tough Gunnery Sergeant and his new girlfriend. (R, 1982, 4.5\*, 2h4m)



**Sun, April 26, 2020**

**The Kindness of Strangers**-The story of people whose lives intertwine during a dramatic winter in New York City. (R, 2020, 4.5\*, 1h54m)



**Mon, April 27, 2020**

**Dark Waters**-A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution. (PG-13, 2019, 4.5\*, 2h7m)

**Tue, April 28, 2020**



**Sanditon, S1, E3**- Charlotte and Sidney clash over Miss Lambe's love life, and Charlotte strikes up a new friendship. (TV-14, 2019, 4.5)

**Wed, April 29, 2020**



**To Have & Have Not**-During World War II, American expatriate Harry Morgan helps transport a French Resistance leader and his beautiful wife to Martinique while romancing a sensuous lounge singer. (G, 1944, 5\*, 1h40m)

# RESIDENT REFLECTIONS



# APRIL BIRTHDAYS

Minor Murrah	1	Irene Orgill	15
Ann McDonnell	2	Anne Shaw	16
Dolores Burkhalter	3	Kathleen Brafford	19
Donna K. McEniry	4	Pamela H. Lowery	19
Linda Douty Mischke	5	Janice Walker	20
Elinor Reed	5	Jane Jones	23
Mary Kate Wyatt	5	Walker Wellford III	23
Sissy Long	7	Nick French	26
Bob Hollabaugh	9	T.V. Miller	26
Geraldine Page	11	Priscilla Matheson	28
Judy Wimmer	11	Bob Richardson	28

## Resident Reflections (con't)

- Ozzie Schaefer and Frances James
- TV & Alice Anne Miller
- Ann Stevens
- Charlotte Jones, Dee Canale, Faye Southern, Susan Herron, Enrique Salcedo, John & Ginny Webb.
- Front Row: Frances McDonald, & Friends, Peggy Bodine, Anne Knox, John & Elizabeth Holmes, Ann Hunt, Alice Anne & T.V. Miller, Missie McDonnell.  
Back Row: Emile Bizot, Ann Stevens, Kim O'Donnell, Libby King, and John Maxwell, Friends of Frances McDonald.

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