



# TIDINGS

May 2022

Issue 5





# AT YOUR SERVICE

*by Kim O'Donnell, Life Enrichment Director*

The mutual nurturing and respect that results from different generations sharing experiences promotes a sense of pride and self worth, builds relationships and enhances the quality of life for all involved.

Intergenerational relationship building is happening here at Trezevant each and every day. Most evident has been the positive experiences between our residents and the Rhodes College intern. The last several months willing residents participated in Story Circles conducted by Amy Band, a Rhodes College Senior. Residents enjoyed prompts to engage in conversations ranging from childhood experiences, attitudes on aging, to current day world events.

In addition to the Story Circles, Amy agreed to interview retired career military residents for a Veterans' History Project. The completed interviews will be transcribed and submitted for archival consideration with the Library of Congress. After graduation, Amy will be attending Graduate School at St. Louis University working on a clinical psychology degree with an emphasis on geriatrics. She has agreed to send us a photo of herself in cap and gown!

We have many blessings here at Trezevant and sharing experiences with younger people is just one of them.

Kim  
Life Enrichment Director

To receive *Tidings* by mail or online, please call Teresa Johnson at (901) 746-1843 or email [tjohnson@trezevantmanor.org](mailto:tjohnson@trezevantmanor.org)

## LIFE ENRICHMENT

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# IN ST. EDWARD CHAPEL

*by Rev. Julie McKenna, Lead Chaplain & Spiritual Services Director*

What I love the most about my job is the close connection I have as chaplain, to the sense of community so vital at Trezevant. I attribute a large part of that to the spiritual focus of this place. Our chapel functions in many ways like a church congregation. We have regular volunteers active in worship roles—ushers, lay eucharistic ministers, lectors, altar guild. We have a funeral guild led by residents. We have a chapel executive committee that coordinates

our volunteer altar party each Sunday as well as for special services and funerals throughout the year. A solid group of retired Methodist, Episcopal, Presbyterian and Baptist clergy volunteer to lead chaplains' classes on a regular basis that our chaplains' class programming can be year-round—pandemic or not! These clergy also preach in chapel roughly every 5 weeks, so the chaplains can have more time for one-on-one spiritual care visits.

We also have a strong group of residents from a variety of traditions interested in the exploration of pertinent topics in the news, and what part we can play in improving our broken world. All this combined makes for a vibrant and alive spiritual community. I am so thankful for all the residents that contribute their time, their talents, and their resources to our spiritual care programming at Trezevant. Thanks be to God!



## SPIRITUAL CARE OFFERINGS

### SUNDAY WORSHIP AND HOLY COMMUNION

Each Sunday at 10:30 a.m.  
in St. Edward Chapel

### LECTIO DIVINA

with the Rev. Anne Carriere  
Each Monday at 2:00 p.m.  
in St. Edward Chapel

### MINDFULNESS MEDITATION

Each Monday at 3:00 p.m.  
in St. Edward Chapel

### A PRAYERFUL PAUSE

Each Wednesday at 1:30 p.m.  
at the Prayer Tree

### CHAPLAINS' CLASS

Each Wednesday at 3:00 p.m.  
in St. Edward Chapel

### LISTEN AND LOVE

with Dina Smith  
Each Thursday at 3:00 p.m.  
in the Gallery Parlor

### KNIT, PRAY, LOVE

Each Thursday at 4:00 pm  
in the Music Room

## SPIRITUAL SERVICES

Rev. Julie McKenna, Lead  
Chaplain, Director

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Rev. Barbara Kirk-Norris,  
Associate Chaplain

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## Upcoming events in May:

Chaplains' class: Trezevant Transitions-- each week we will hear from a different level of care at Trezevant. Valerie and Kim will talk about Transitions from the independent living side on May 4th. In subsequent weeks we'll hear from staff leadership in the Terrace, the memory unit, and Allen Morgan.

Grief Seminar-- Be on the look out for a one time Grief seminar led by Lowry Whitehorn, Bereavement counselor of Crossroads Hospice. Date and time TBD.



# RESIDENT REFLECTIONS



1 Barbara Dale Crafton and Anne Timmons participating in the new Pole Walking Class. 2. Collecting money during one shift of the Ukrainian Relief Fund Raiser are Mary Alice Quinn, Julia Allen, Henry Harvey and Dorsey Wade. 3. Small group of residents at Graceland for the Van Gogh experience included Jimmye Pidgeon, Kiersten Watkins, Ann Stevens, Laurence Streuli, Chipsy Butler, Ann Sayle and Rodgers Menzies. 4. Two sets of colorful glasses! Susie Osborn and Jimmye Pidgeon show off their frames. *Opposite Page:* Taking Our Brains to the Gym with Caroline Nance, Anne Shaw, Marilyn Dunavant, Dr. Sharon Pollack and Dorothy Stevenson.





## WELLNESS SERVICES

Rinnie Wood, Fitness Director & Community Liaison  
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(901)251-9223

Ginger Acuff, Instructor  
Kirsti Carroll, Instructor  
Leigh Pittinger, Instructor  
Sheila Rae, Instructor  
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Valerie Smithers, RN  
Wellness Nurse  
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# BE WELL

*by Rinnie Wood, Fitness Director*

## Taking Our Brains to the Gym!

Who doesn't want improved brain power and a better memory? Dr. Sharon Pollack, founder of Cognitive Bridges in Memphis, now joins us at Trezevant twice monthly to challenge our minds, as we challenge our bodies. She is teaching us techniques that will improve memory and help us avoid mental decline.

Pollack states "We used to think our brains were hard wired and there was little we could do to improve brain function as we age. However, the brain is actually soft-wired and we can be proactive in improving our brain efficiency. There is generally a sluggishness (decline) in cognitive abilities as we get older, especially in the brain's recording (memory) and processing speed."

She continues, "This program consists of a variety of brain (cognitive) exercises focused on strengthening the connections between neurons and driving the brain to positive changes. The goal is to retrain our brains to improve efficiency and cognitive flexibility."

We meet in the Music Room for these challenging, stimulating, and fun sessions. Please join us Wednesdays, May 11 and 18 at 4:00pm to retrain your brain!




PLEASE NOTE:

Events are subject to change. Please check the weekly calendar for updates. \*-Sign up in the Activity Book or on CATIE.

# May, 2022 AT TREZEVANT

| Sunday   | Monday  | Tuesday  |  |
|--|---|--|--|
| <b>1</b><br>10:30 Sunday Worship & Holy Communion <i>CH</i><br>2:00 MOVIE: The Eyes of Tammy Faye (PG-13, 2021, 4.5*, 2h6m) <i>PAC</i>     | <b>2</b><br>1:00-3:00 Bridge <i>SDR</i><br>2:00 Lectio Divina <i>CH</i><br>3:00 Meditation <i>CH</i><br>5:00 Happy Hour <i>PAC</i><br>7:15 MOVIE: The French Dispatch (R, 2021, 4*, 1h47m) <i>PAC</i>                                   | <b>3</b><br>10:00 Out to Walgreens* <i>WAY</i><br>10:00 Coffee with Kim* <i>Bistro</i><br>1:30-3:00 Ping Pong! <i>310</i><br>3:15 Meditation Walk: Overton Park <i>HPL</i><br>3:30 MOVIE: Downton Abbey, S3, E9 (TV-14, 2011, 4.5*) <i>PAC</i> | <b>4</b><br>10:00 High<br>10:00 Men<br>1:30 Senior <i>WAY</i><br>1:30 A Pray<br>3:00 Chap<br>Kim & Val               |
| <b>8</b> <i>Mother's Day</i><br>10:30 Sunday Worship & Holy Communion <i>CH</i><br>2:00 MOVIE: Secretariat (PG, 2010, 5*, 2h2m) <i>PAC</i> | <b>9</b><br>1:00-3:00 Bridge <i>SDR</i><br>2:00 Lectio Divina <i>CH</i><br>3:00 Meditation <i>CH</i><br>5:00 Happy Hour <i>PAC</i><br>7:15 MOVIE: Marry Me (PG-13, 2022, 4.5*, 1h52m) <i>PAC</i>  | <b>10</b><br>10:00 Coffee with Kent* <i>Bistro</i><br>1:30-3:00 Ping Pong! <i>310</i><br>3:15 Meditation Walk: Harbortown <i>HPL</i><br>3:30 MOVIE: Downton Abbey, S4, E1 (TV-14, 2011, 4.5*) <i>PAC</i>                                       | <b>11</b><br>10:00 High<br>10:00 Men<br>1:00 MOV<br>5*, 1h24m)<br>1:30 A Pray<br>3:00 Chap<br>Terrace C<br>4:00 Take |
| <b>15</b><br>10:30 Sunday Worship & Holy Communion <i>CH</i><br>2:00 MOVIE: The Tiger Rising (PG, 2022, 4*, 1h42m) <i>PAC</i>              | <b>16</b><br>1:00-3:00 Bridge <i>SDR</i><br>2:00 Lectio Divina with Anne Carriere <i>CH</i><br>3:00 Mindfulness Meditation <i>CH</i><br>5:00 Happy Hour <i>PAC</i><br>7:15 MOVIE: Writing with Fire (PG-13, 2021, 4*, 1h36m) <i>PAC</i> | <b>17</b><br>10:00 Coffee with John* <i>Bistro</i><br>1:30 IFF Club Meeting <i>PAC</i><br>1:30-3:00 Ping Pong! <i>310</i><br>3:15 Meditation Walk: Johnson Park <i>HPL</i><br>3:30 MOVIE: Downton Abbey, S4, E2 (TV-14, 2011, 4.5*) <i>PAC</i> | <b>18</b><br>10:00 Men<br>10:00 High<br>1:00 MOV<br>Elephant (C<br>1:30 A Pray<br>3:00 Chap<br>4:00 Take             |
| <b>22</b><br>10:30 Sunday Worship & Holy Communion <i>CH</i><br>2:00 MOVIE: India Sweets and Spices (PG-13, 2021, 4*, 1h41m) <i>PAC</i>    | <b>23</b><br>1:00-3:00 Bridge <i>SDR</i><br>2:00 Lectio Divina with Anne Carriere <i>CH</i><br>3:00 Mindfulness Meditation <i>CH</i><br>5:00 Happy Hour <i>PAC</i><br>7:15 MOVIE: Death on the Nile (PG-13, 2022, 4*, 2h6m) <i>PAC</i>  | <b>24</b><br>1:30-3:00 Ping Pong! <i>310</i><br>3:15 Meditation Walk: Harahan Bridge <i>HPL</i><br>3:30 MOVIE: Downton Abbey, S4, E3 (TV-14, 2015, 4.5*) <i>PAC</i><br>5:30 Out to Dinner: TBD* <i>HPL</i>                                     | <b>25</b> <i>BIR</i><br>10:00 Men<br>10:00 High<br>1:00 MOV<br>1h34m) <i>PA</i><br>1:30 A Pray<br>3:00 Chap          |
| <b>29</b><br>10:30 Worship & Holy Communion <i>CH</i><br>2:00 MOVIE: Patton (PG, 1970, 5*, 2h51m) <i>PAC</i>                               | <b>30</b> <b>Memorial Day</b><br>1:00-3:00 Bridge <i>SDR</i><br>2:00 Lectio Divina <i>CH</i><br>3:00 Mindfulness Med. <i>CH</i><br>7:15 MOVIE: 1917 (R, 2020, 4.5*, 1h58m) <i>PAC</i>   | <b>31</b><br>1:30-3:00 Ping Pong! <i>310</i><br>3:15 Meditation Walk: South Bluffs <i>HPL</i><br>3:30 MOVIE: Downton Abbey, S4, E4 (TV-14, 2015, 4.5*) <i>PAC</i><br>7:15 Special Performance: The Dubois Duo <i>PAC</i>                       | <b>LOCAL</b><br>CH=St.<br>GAL=Ga<br>HG=Hop<br>HPL=Hi<br>MR=M<br>MWW-<br>PAC=Pe                                       |

| Wednesday   | Thursday  | Friday  | Saturday   |
|---|---|---|--|
| <p>a Point* WAY</p> <p>'s Coffee Hour 310</p> <p>r Art Series: Smoky Joe's Cafe</p> <p>erful Pause TWW</p> <p>ains' Class: Transitions with</p> <p>erie CH</p>  | <p><b>5 Cinco de Mayo</b></p> <p>9:00-4:00 Dottie's Digs GI</p> <p>9:00-Noon Podiatrist* TT</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: PAC</p> <p>3:00 Listen &amp; Love w/ Dina Smith GAL</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p> | <p><b>6</b> 10:30 Kroger* WAY</p> <p>11:30 Trezevant Explores: Gwyn Fisher, Regional Director of Economic &amp; Comm. Dev. State of TN.* PAC</p> <p>1:00 Board Games SDR</p> <p>2:00 MOVIE: My Old Lady (PG-13, 2014, 4*, 1h47m) PAC</p> <p>5:00 TGIFT! with Bobby Lawson (Oldies) MR</p>                                       | <p><b>7</b></p> <p>4:00-6:00 Kentucky Derby Watch Party PAC</p>  |
| <p>a Point* WAY</p> <p>'s Coffee Hour 310</p> <p>IE: The Conductor (G, 2021, PAC</p> <p>erful Pause TWW</p> <p>ains' Class: Life at the H</p> <p>your Brain to the Gym PAC</p>  | <p><b>12</b></p> <p>1:00 Outing: Van Gogh Exhibition* \$40 pp WAY</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: PAC</p> <p>3:00 Listen &amp; Love w/ Dina Smith GAL</p> <p>5:00 Happy Hour PAC</p> <p>7:15 Special Performance: Steve Lee Trio PAC</p>       | <p><b>13</b> 10:00-1:00 Alterations with Divine Stitches 310</p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: To Olivia (PG-13, 2022, 4.5*, 1h33m)</p> <p>3:30 CATIE Connection* PAC</p> <p>5:00 TGIFT! with Paul Morphis (One-mna show) MR</p> <p>7:15 Special: Life of King Curtis Performance PAC</p> | <p><b>14</b></p> <p>9:00-12:00 Transportation to CUMC for Parkinson's Workshop WAY</p> <p>2:00 MOVIE: Love Punch (PG-13, 2014, 4*, 1h34m) PAC</p> <p>5:00 Saturday Music Hour: Deborah Swiney MR</p> |
| <p>'s Coffee Hour 310</p> <p>a Point* WAY</p> <p>IE: Cher &amp; the Lonliest (G, 2021, 5*, 46m)</p> <p>erful Pause TWW</p> <p>ains'Class:: Memory Unit CH</p> <p>your Brain to the Gym PAC</p>  | <p><b>19</b></p> <p>9:00-4:00 Dottie's Digs GI</p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses PAC</p> <p>3:00 Listen &amp; Love w/ Dina Smith GAL</p> <p>3:00 Hymn Sing CH</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p>                      | <p><b>20</b></p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: Apple Mortgage Cake (G, 2014, 4.5*, 1h28m)</p> <p>5:00 TGIFT! with Lannie McMillen (Piano/Vocals, Blues/R&amp;B) MR</p>  | <p><b>21</b></p> <p>5:00 Saturday Music Hour:: Becky Roland &amp; the Double Stops MR</p>  |
| <p><b>BIRTHDAY NIGHT!</b></p> <p>'s Coffee 310</p> <p>a Point* WAY</p> <p>IE: Julia (NR, 2021, 4 PAC</p> <p>erful Pause TWW</p> <p>ains'Class:: Allen Morgan CH</p>  | <p><b>26</b></p> <p>1:30-3:00 Ping Pong! 310</p> <p>2:00 The Great Courses: PAC</p> <p>3:00 Listen &amp; Love w/ Dina Smith GAL</p> <p>4:00 Knit, Pray, Love MR</p> <p>5:00 Happy Hour PAC</p>  | <p><b>27</b></p> <p>10:30 Kroger* WAY</p> <p>1:00 Board Games SDR</p> <p>1:00 MOVIE: Memorial Day (R, 2012, 4.5*, 1h48m) PAC</p> <p>3:30 CATIE Connection Hours PAC</p> <p>5:00 TGIFT! with Tim Stanek (Piano, Boogie-Woogie) MR</p>  | <p><b>28</b></p> <p>2:00 MOVIE: War Horse (PG-13, 2011, 4.5*, 2h26m) PAC</p> <p>5:00 Saturday Music Hour: The Boomers (Group, '50s &amp; '60s) HG</p>  |

#### ATION KEY:

Edward Chapel  
 allery  
 pe's Garden  
 ghland Parking Lot Entrance  
 usic Room  
 Manor Walkway  
 erforming Arts Center

SDR=Snowden Dining Room  
 TT=Trezevant Terrace  
 TWW=Terrace Walkway  
 WAY=Waynoka Entrance



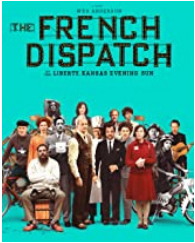
# MOVIES AT TREZEVANT

May 2022



Sun, May 1, 2022

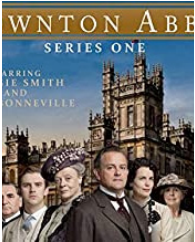
**The Eyes of Tammy Faye-** In the 1970s and '80s, Tammy Faye and Jim Bakker built a burgeoning religious broadcasting network and theme park – until rivals, financial wrongdoing and scandal toppled their empire. (PG-13, 2021, 4.5\*, 2h6m)



Mon, May 2, 2022

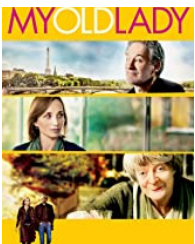
**The French Dispatch-**A collection of stories from the final issue of an American magazine published in a fictional 20th-century French city. (R, 2021, 4\*, 1h47m)

Tue, May 3, 2022



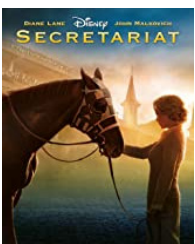
**Downton Abbey: S3, E9-The Crawleys** head for the Scottish highlands to enjoy the hospitality of Rose's family while most of the staff stay behind. New crisis unfolds amid the stay, and Mary finds herself in need to return (TV-14, 2013, 5\*)

Fri, May 6, 2022



**My Old Lady-**Kevin Kline, Maggie Smith and Kristin Scott Thomas star in this witty and heartfelt drama about surprising inheritances and unexpected connections. (PG-13, 2014, 4\*, 1h47m)

Sun, May 8, 2022



**Secretariat-**Witness the journey of an incredible horse named Secretariat. (PG, 2010, 5\*, 2h2m)

Mon, May 9, 2022

**Marry Me-**A heartbroken pop star spontaneously weds a stranger from the audience while live on stage, but their sham marriage turns into a real romance. (PG-13, 2022, 4.5\*, 1h52m)

Tue, May 10, 2022



**Downton Abbey: S4, E1-Mary** is struggling to come to term with Matthew's untimely death. Downstairs, hearts are broken as Jimmy finally takes an interest in Ivy. And Thomas is up to his old tricks and

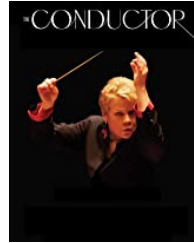


has the children's Nanny in his sights. (TV-14, 2013, 5\*)

Wed, May 11, 2022

**The Conductor-**Marin Alsop first saw the legendary Leonard Bernstein when she was nine-years old. After being told that girls can't do that, Marin struggled against enormous prejudices and institutional obstacles for decades to become one of the world's most renowned classical music conductors. (PG-13, 2016, 4.5\*, 1h47m)

Fri, May 13, 2022



**To Olivia-**Based on the true story of novelist Roald Dahl and his film star wife, Patricia Neal, whose lives were tragically turned upside-down after their daughter contracted the measles virus and died in the 1960s. (PG-13, 2022, 4.5\*, 1h33m)

Sat, May 14, 2022



**Love Punch-**A feel-good romantic comedy about an estranged couple who, after having their pension stolen by a crooked businessman, must reunite to steal it back. (PG-13, 2014, 4\*, 1h34m)

Sun, May 14, 2022



**The Tiger Rising-**A beloved tale based on the New York Times best-selling book by Kate DiCamillo. When 10 year-old Rob Horton discovers a caged tiger in the woods near his home, his imagination runs wild. (PG, 2022, 4\*, 1h42m)

Mon, May 16, 2022



**Writing with Fire-**The women of Khabar Lahariya prepare to transition the newspaper from print to digital while fighting for marginalized voices in the world's largest democracy. (PG-13, 2021, 4\*, 1h36m)

Tue, May 17, 2022



**Downton Abbey: S4, E2-Emerging** from her grief, Mary starts to take an interest in the running of the



# MOVIES AT TREZEVANT

continued



estate but is met with resistance from Robert. Bates hatches a plan to help Molesley, and Rose gets into a sticky situation at a tea dance in York. (TV-14, 2013, 5\*)

Wed, May 18, 2022

**Cher & the Loneliest Elephant**

Discover how a team of vets, trainers, and one iconic diva moved an elephant from a rundown zoo to a wildlife sanctuary. (G, 2021, 5\*, 46m)

Fri, May 20, 2022

**Apple Mortgage Cake**-Angela Logan is a single mother with three teenage boys, and with a mountain of debt and 10 days to pay her mortgage and taxes, Angela risks everything and decides to bake her way out of her mess. (G, 2014, 4.5\*, 1h28m)

Sun, May 22, 2022

**India Sweets and Spices**-On break from college, a young Indian woman returns to her wealthy home town, and for the first time pushes back against her parents' elitist lifestyle. (PG-13, 2021, 4\*, 1h41m)

Mon, May 23, 2022

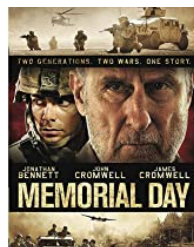
**Death on the Nile**-On break from college, a young Indian woman returns to her wealthy home town, and for the first time pushes back against her parents' elitist lifestyle. (PG-13, 2021, 4\*, 1h41m)

Tue, May 24, 2022

**Downton Abbey: S4, E3**-An extravagant house party at the Abbey gives the Crawleys a chance to reconnect with old friends. Some guests, however, prove more welcome than others and along with the celebrations come skulduggery and heartache. (TV-14, 2014, 5\*)

Wed, May 25, 2022

**Julia**-The story of legendary cookbook author and TV superstar Julia Child, who conquered the male-dominated



culinary world and revolutionized the way we think about food, chefs and pop culture. (PG-13, 2021, 4.5\*, 1h34m)

Fri, May 27, 2022

**Memorial Day**-13-year-old Kyle Vogel discovers his grandfather's (Bud) World War II footlocker. Bud has never talked about the war, yet he finds himself striking a deal with his grandson: Kyle can pick any three souvenirs, and Bud will tell him the stories behind each one. (TV-PG, 2021, 4\*, 1h36m)

Sat, May 28, 2022

**War Horse**-Steven Spielberg's epic World War I drama centers on a young man who embarks on an extraordinary journey to be reunited with his horse. (PG-13, 2011, 4.5\*, 2h26m)

Sun, May 29, 2022

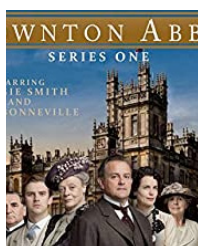
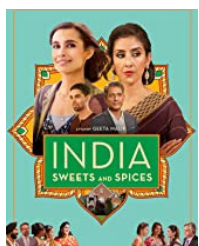
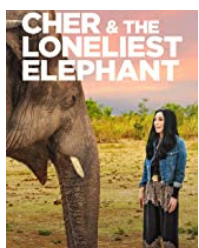
**Patton**-Multiple Oscar-winning depiction of the controversial World War II U.S. Army commander. Awarded Best Picture and Best Actor (PG, 1970, 5\*, 2h51m)

Mon, May 30, 2022

**1917**-Two British corporals are sent across enemy lines in a race to deliver the message in time and prevent 1,600 men from blindly walking into an attack. (R, 2020, 4.5\*, 1h58m)

Tue, May 31, 2022

**Downton Abbey: S4, E3**-Mary faces a pressing question about her future, Carson reveals surprisingly intimate details of his former life, and a trip to London sees Rose put the reputation of the Crawleys in jeopardy.. (TV-14, 2014, 5\*)





# ROBERT BURNS' SUPPER

## WEDNESDAY, APRIL 20, 2022



1. Jane Adams 2. Joy Austin-Files and Sylvia Jones 3. Mary Linda Wardlaw 4. Missie McDonnell 5. Henry Harvey, Terry and John Robertson and Beverly Williams. 6. Suzanne Darnell 7. June Wood 8. Doris Boone, Sally Hergenrader and Dr. Randy Turner. 9. Ann Nichols 10. Mike & Susie Osborn 11. Patty Calvert & Sam Beach



# MAY BIRTHDAYS

|                   |                  |
|-------------------|------------------|
| May 1             | Betsy Rucks      |
| Sally Podesta     | May 19           |
| May 2             | Kitty McClintock |
| John Holmes       | May 22           |
| May 9             | Milton Winter    |
| Doris Boone       | May 23           |
| Joe Hawes         | Perre Magness    |
| Maggie Hollabaugh | May 25           |
| May 11            | Mary Pat Custer  |
| Barbara Wilson    | May 26           |
| Betty Brewster    | Claire Saino     |
| May 12            | May 31           |
| John Mansfield    | Helen Quinn      |
| May 17            |                  |
| Laurence Streuli  |                  |



## SPRING WALKS

*by Rinnie Wood, Fitness Director*

If you love to explore new surroundings, and can walk for 30 minutes with little assistance, join our Spring Walks in 5 Memphis area locations every Tuesday in May. We will depart at 3:15pm from the Highland door and return by 5pm.

- Tuesday, May 3- Overton Park
- Tuesday, May 10- Johnson Park, Collierville
- Tuesday, May 17- Harbortown Path
- Tuesday, May 24- Shelby Farms
- Tuesday, May 31- Harahan Bridge

*SIGN UP FOR EACH WALK IN THE ACTIVITIES BOOK*





177 N. Highland St.  
Memphis, TN 38111  
P (901) 325-4000