



# TIDINGS

September 2022

Issue 9



# AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

September at Trezevant will open with luncheons, opera, outings, and auctions. Labor Day weekend kicks off with a luncheon and presentation by Officer Michael McCollum of the Memphis TACT unit sharing all the methods our officers have to protect the citizens of Memphis.

Memphis Symphony Orchestra welcomes Renee Fleming performing soprano works across Opera, Classical and Jazz genres along with new pop songs written just for her. Prior to the Thursday, September 8 event Renee will be participating in a panel discussion on Wednesday, entitled "Music and the Mind". The discussion takes place at the Fed Ex Institute of Technology on the U of M campus and tickets are free. Ms. Fleming will be joined by U of M professors along with moderator Dr. Ryan Fisher Interim Dean of the College of Communication and Fine Arts.

Mid-month the Arts Fair, a follow up to the Arts Gala, will offer an opportunity for residents, employees and guests to meet with performing groups and Memphis non-profits where they will explain their upcoming offerings and sell season ticket subscriptions.

An outing to the Botanic Gardens for the Junior League tablescapes viewing and luncheon will be a real treat as Trezevant has an entry. Celebrations in Table Design is an event centered around both designer and individually created tablescapes. Each table is set and decorated with a theme and our own, Julie Hoyman, will arrange a table creation using china, bric a brac, and select items from Dottie's Digs.

The annual Fall Fashion Show & Silent Auction returns to Snowden Dining Room! Residents who donated \$100 or more can attend the Preview Party on Tuesday, September 20. Bidding in the silent auction begins on Wednesday, September 21 and continues through the luncheon on Thursday, September 22. All of the fashions are from Coming Attractions. The annual event still has some ticket availability, and all proceeds benefit Hope's Garden.

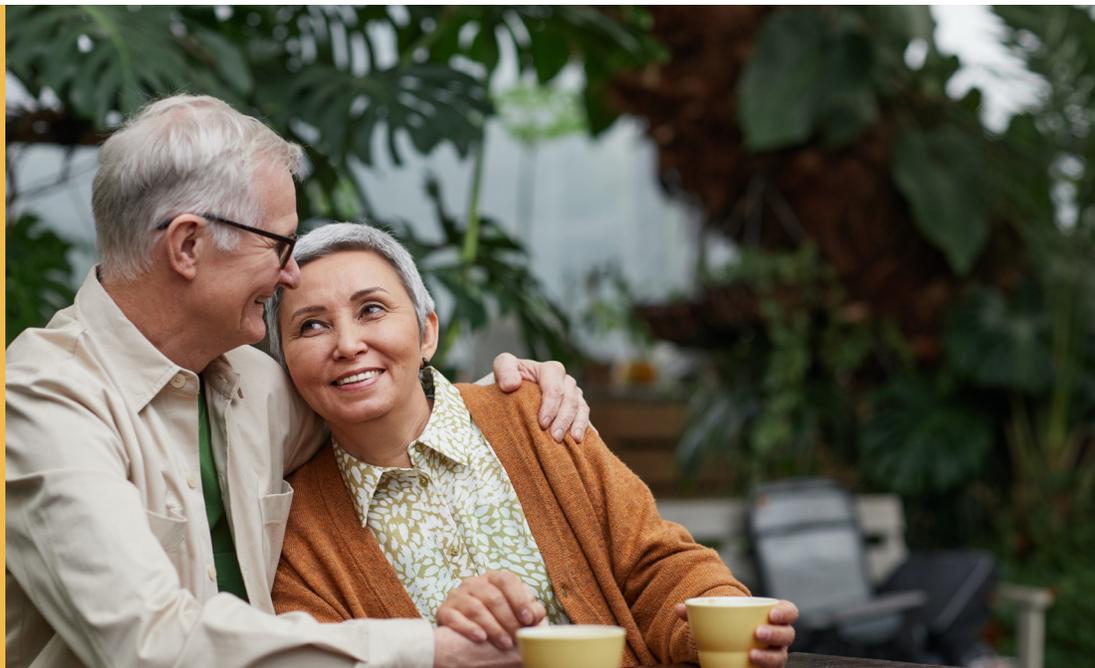
Kim O'Donnell

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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Teresa Johnson, Communications Manager  
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# IN ST. EDWARD CHAPEL

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

September will be a busy month with some new and innovative programming in Spiritual Care.

NEW—Monthly Service of Healing and Blessing

Sunday Sept. 4th in addition to our regular Sunday morning service, we will begin a monthly Service of Healing and Blessing at 4pm the first Sunday of every month. This will be a 30-minute service with prayer and individual anointing for residents and staff that would like prayer for themselves or someone they care about. If you would like prayers for yourself, someone you love, or for our hurting world, come join us. Our first service will be led by Chaplain Julie and Ben Bledsoe, with music from Greg Jones.

Sept. Through Oct: Chaplains' Class Series -- "Judaism, Islam and Christianity and their Connected roots"

Wed. Sept 7th and 14th at 3:30pm—NOTE TIME CHANGE-- we will host Dr. John Kaltner, Rhodes Religion professor. He will share with us the common links of the 3 Abrahamic faiths. Time is changed to 3:30 to accommodate Dr. Kaltner's teaching schedule.

Sept. 21st Chaplains' class will resume its normal time of 3pm and we will hear from Rabbi Jeffrey Dreifus of Temple Israel. He will explain the 2 most significant Jewish Holidays of Rosh Hashanah and Yom Kippur. We may even get to have a tasting of some foods associated with Rosh Hashanah!

Sept. 28th—Chaplains' class will be on the move. We will take a field trip to Temple Israel and tour the sanctuary and the museum there. Bus will leave at 1:30 and return by 4pm.

## SPIRITUAL SERVICES

Rev. Julie McKenna, Lead  
Chaplain, Director  
jmckenna@trezevantmanor.org  
(901) 325-4000

Rev. Barbara Kirk-Norris,  
Associate Chaplain  
bkirknorris@trezevantmanor.org  
(901) 251-9208

## 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

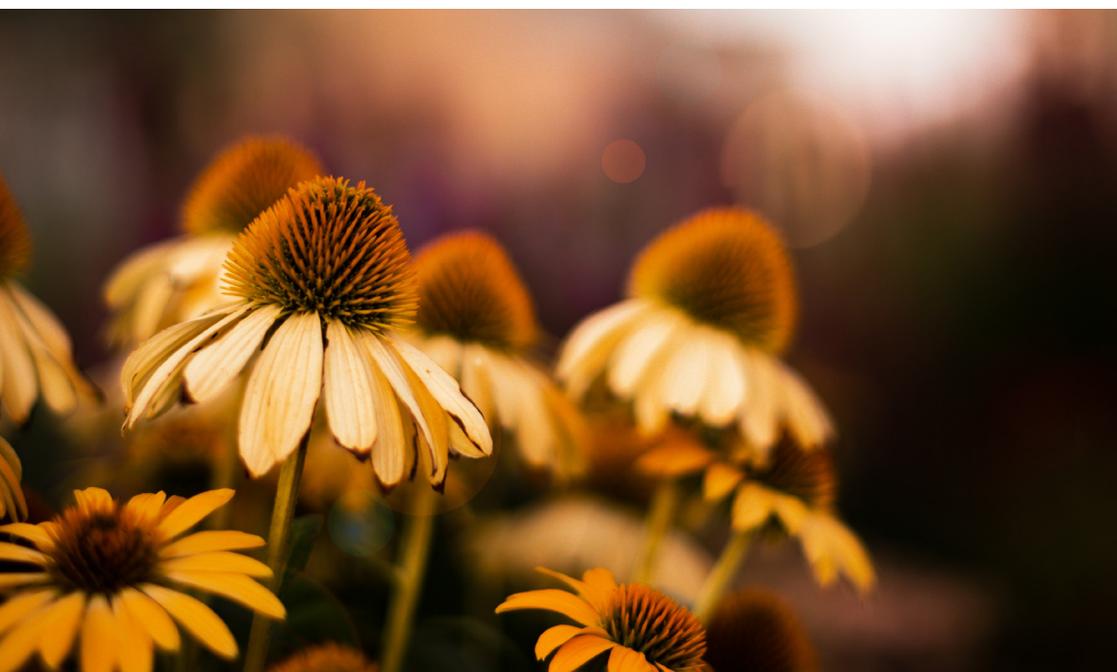
Each Wednesday at 3:00 p.m.  
in St. Edward Chapel

### LISTEN AND LOVE

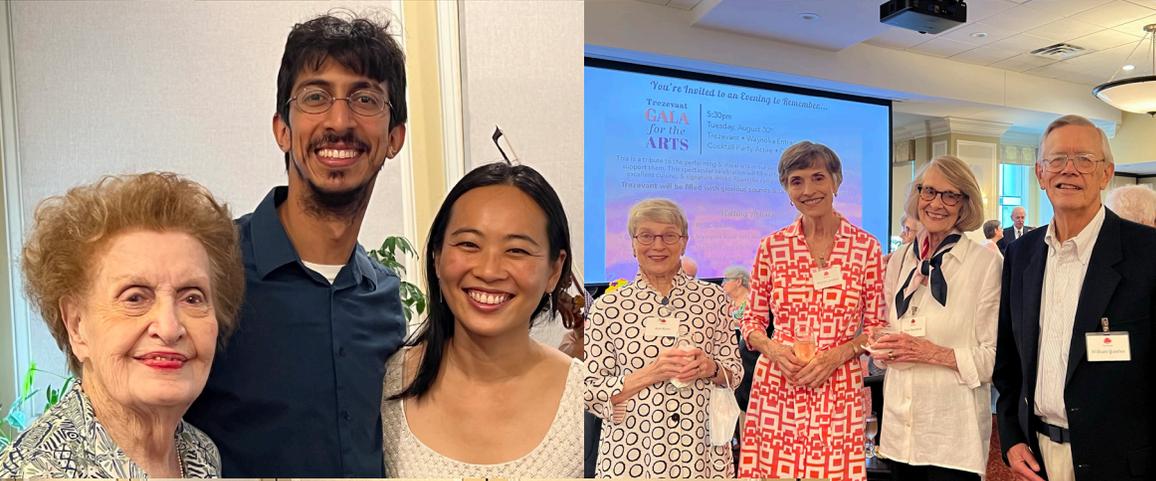
with Dina Smith  
Each Thursday at 3:00 p.m.  
in the Gallery Parlor

### KNIT, PRAY, LOVE

Each Thursday at 4:00 pm  
in the Music Room



# RESIDENT REFLECTIONS



1. Celebrating all Trezevant's Barbaras at the Barbara luncheon: Barbara Kirk-Norris, Barbara Williams, Barbara Nash, Barbara Christensen, Barbara Bacharach and Barbara Dale Crafton! 2. Howard Adcock and Jimmye Pidgeon at the New Resident Welcome Reception in August. 3. Betty Carter and two of our Artists-in-Residence Pedro Maia and Christina Lai. 4. Ann Knox, Marion Quinlen, Faye Southern and William Quinlen at the New Resident Welcome Reception. 5. Ellen Gammon, and her family Steve & Myra McHugh and Susan Bonds.

Bottom of Page 9: Beautiful rainbow from the top of Trezevant Manor! Photo taken by George Loomis.

# BE WELL

by Rinnie Wood, Fitness Director

September is Fall Prevention Month. We will focus on fall prevention and specific actions you can take to reduce your risk of falling. This Tidings article is based upon the latest information from the Mayo Clinic in the August 2022 newsletter. There will be copies of that newsletter on the library table.

## LIFE IN BALANCE

If balance problems are taking a toll on you, or you are concerned about falls in the future, you are not alone. The Mayo Clinic August 2022 Health Letter notes that 8 million adults say they have problems with balance; 2.5 million adults have chronic issues with dizziness. For those with these conditions, this may lead to a vicious cycle of avoiding activities you enjoy and moving less. With this comes loss of muscle strength and tone, and the balance skills you have will diminish. Posture and gait may also be affected, which can lead to falls.

What can you do to improve balance or keep you from having negative emotional, mental and physical effects? Both education and proper movement and challenges can lead to more confidence and better balance. This article states, "To maintain your balance, your brain must coordinate sensory information from your eyes, your inner ear, the bottoms of your feet, plus major joints such as ankles, knees, and neck. Using this information, the brain tells muscles in your body how to react and maintain your body position." There are a variety of tests listed in this newsletter that can show if eyes, ears, the nervous system or other physical things may be affecting balance.

For now, what can you do?

1. Make certain that you have glasses and hearing devices up to date so that those senses are optimal.
2. Remove home hazards such as loose rugs. Keep essentials in easy to access areas.
3. Have assistive devices such as grab bars in showers, handrails where needed and nonslip treads on floors and bathrooms.
4. Come to one of many exercise classes that include strengthening and balance work.
5. Seek medical professionals to assist you with the best direction for you.

It is to be repeated, even by these renowned experts, that "physical activity can go a long way toward fall prevention...Consider activities such as walking, dancing or tai chi. These activities improve balance, coordination, and flexibility."

All of these activities are available here at Trezevant. If you would like help to design a plan, give me a call. Rinnie Wood 901-251-9223.

Here's to a balanced life!

## WELLNESS SERVICES

Rinnie Wood, Fitness Director &  
Community Liaison

rwood@trezevantmanor.org  
(901)251-9223

Ginger Acuff, Instructor  
Kirsti Carroll, Instructor  
Leigh Pittinger, Instructor  
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Valerie Smithers, RN  
Wellness Nurse  
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# September, 2022

## AT TREZEVANT

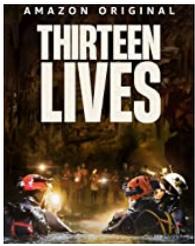
PLEASE NOTE:  
 Events are subject to change. Please check the weekly  
 calendar for updates. \*- Sign up in the Activity Book  
 or on CATIE.

Sunday	Monday	Tuesday	
<b>4</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 3:30 Special Performance: Symmetry Orchestra <i>PAC</i> 4:00 Healing & Blessing Service <i>CH</i>	<b>5</b> <b>LABOR DAY</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Meditation <i>CH</i>	<b>6</b> 10:00 Walgreens* <i>WAY</i> 10:00 Coffee with Kent* <i>Bistro</i> 12:30-3:00 Dr. Warren <i>Clinic</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S6, E4 (TV-14, 2016, 4.5*) <i>PAC</i>	<b>7</b> 9:00-10:00 10:00 Trade 10:00 Men's 1:30 A Praye <b>3:30</b> Chapla 5:30 Transp Music & the <i>WAY</i>
<b>11</b> <b>Grandparents' Day</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Elvis (PG-13, 2022, 5*, 2h39m) <i>PAC</i>	<b>12</b> Noon-4:00 Fitness Testing* <i>201</i> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: Dubois Duo <i>PAC</i>	<b>13</b> 10:00 Coffee with John* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S6, E5 (TV-14, 2016, 4.5*) <i>PAC</i>	<b>14</b> 9:00-10:00 10:00 Men's 10:00 High I 11:30-1:00 O Tablescapes 12:30-3:00 D 1:30 A Praye <b>3:30</b> Chapla 7:15 Our Ne <i>Phillips</i>
<b>18</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Something's Gotta Give (PG-13, 2003, 5*, 2h8m) <i>PAC</i>	<b>19</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: A Salon with Michael Jefry Stevens <i>PAC</i>	<b>20</b> 12:30-3:00 Dr. Warren <i>Clinic</i> 1:30-3:00 Ping Pong! <i>310</i> 1:30 IFF Club Meeting <i>PAC</i> 4:00-6:00 Preview Party of Silent Auction for \$100+Donors <i>PAC</i>	<b>21</b> 9:00-10:15 T 10:00 Men's 10:00 High I 11:00-4:00 S <i>PAC</i> 1:30 A Praye 3:00 Chapla 4:00 Take y
<b>25</b> 10:30 Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Tootsie (PG, 1982, 4.5*, 1h56m) <i>PAC</i>	<b>26</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Mindfulness Med. <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>27</b> 1:30-3:00 Ping Pong! <i>310</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey, S6, E6 (TV-14, 2016, 4.5*) <i>PAC</i>	<b>28</b> <b>BIRT</b> 9:00-10:15 T 10:00 Men's 10:00 High I 12:30-3:00 D 1:30 A Praye 1:30-4:00 O for visit to S 4:00 Take y

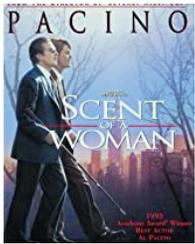
Wednesday	Thursday	Friday	Saturday
	<p><b>1</b> 9:00-4:00 Dottie's Digs <i>GI</i>            9:00-Noon Podiatrist* <i>TT</i>            1:30-3:00 Ping Pong! <i>310</i>            2:00-4:15 MOVIE: Vietnam War Series &amp; Discussion with Joe Hawes            3:00 Listen &amp; Love w/ Dina Smith <i>GAL</i>            4:00 Knit, Pray, Love <i>MR</i>            5:00 Happy Hour <i>PAC</i>            7:15 Special Performance: RSVP Chorus (Barbershop) <i>PAC</i></p>	<p><b>2</b> 10:00 Kroger* <i>WAY</i>            11:30 Trezevant Explores: Michael McCollum, TACT Unit-<i>PAC</i>            2:00 MOVIE: Thirteen Lives (PG-13, 2022, 5*, 2h29m) <i>PAC</i>            5:00 TGIFT! with Bobby Lawson (Guitar) <i>MR</i></p>	<p><b>3</b>            2:00 MOVIE: The Scent of a Woman (R, 1993, 5*, 2h37m) <i>PAC</i>            5:00 Saturday Music Hour with Nancy Apple (Country) <i>MR</i></p>
<p>15 Tim the Produce Man <i>HG</i>            r Joe's* <i>WAY</i>            Coffee Hour <i>310</i>            erful Pause <i>TWW</i>            ins' Class: John Kaltner <i>CH</i>            ortation to Panel Discussion: e Mind with Renee Fleming*</p>	<p><b>8</b>            1:30-3:00 Ping Pong! <i>310</i>            3:00 Listen &amp; Love w/D. Smith <i>GAL</i>            4:00 Knit, Pray, Love <i>MR</i>            5:00 Happy Hour <i>PAC</i>            6:30 Transportation to MSO featuring Renee Fleming for Ticketholders* <i>WAY</i></p>	<p><b>9</b> 10:00-11:00 Alterations with Divine Stitches <i>310</i>            10:00 Kroger* <i>WAY</i>            10:00p-12:00 Arts Fair <i>TWW</i>            2:00 MOVIE: The Duke (R, 2022, 4.5*, 1h35m)            3:30 CATIE Connection <i>PAC</i>            5:00 TGIFT! with Louise Page (Piano) <i>MR</i></p>	<p><b>10</b>            2:00 MOVIE: Heaven Knows, Mr. Allison (PG, 1957, 4.5*, 1h46m) <i>PAC</i>            5:00 Saturday Music Hour with Steve Lee (Jazz) <i>MR</i></p>
<p>15 Tim the Produce Man <i>HG</i>            Coffee Hour <i>310</i>            Point* <i>WAY</i>            uting to Jr. League            &amp; Lunch* <i>WAY</i>            Dr. Warren <i>Clinic</i>            erful Pause <i>TWW</i>            ins'Class: John Kaltner <i>CH</i>            w Neighbor, Opus w K.</p>	<p><b>15</b> 9:00-4:00 Dottie's Digs <i>GI</i>            1:30-1:30 Ping Pong! <i>310</i>            3:00 Listen&amp;Love w/ D.Smith <i>GAL</i>            4:00 Knit, Pray, Love <i>MR</i>            5:00 Happy Hour <i>PAC</i>            7:15 Special Performance: Two Quarts Low <i>PAC</i></p>	<p><b>16</b>            10:00 Kroger* <i>WAY</i>            2:00 MOVIE: Downton Abbey-A New Era (PG, 2022, 4.5*,2h4m)            5:00 TGIFT! with Deborah Swiney (Big Band)<i>MR</i></p>	<p><b>17</b>            2:00 MOVIE: Operation Petticoat (NR, 1959, 5*, 2h) <i>PAC</i>            5:00 Saturday Music Hour with Otavio Kavakama (Classical) <i>MR</i></p>
<p>15 Tim the Produce Man <i>HG</i>            Coffee <i>310</i>            Point* <i>WAY</i>            Silent Auction Bidding Opens            erful Pause <i>TWW</i>            ins'Class: <i>CH</i>            your Brain to the Gym <i>MR</i></p>	<p><b>22</b> 10a-2p Silent Auction Bidding <i>PAC</i>  <b>11:30-1:30 A Touch of Fall Fashion Show <i>SDR</i></b>            1:30-3:00 Ping Pong! <i>310</i>            4:00 Knit, Pray, Love <i>MR</i>            5:00 Happy Hour <i>PAC</i></p>	<p><b>23</b>            10:00 Kroger* <i>WAY</i>            Noon Silent Auction Winning Bids Announced            3:30 CATIE Connection Hours <i>PAC</i>            5:00 TGIFT! with Diana Kabakoff <i>MR</i></p>	<p><b>24</b>            2:00 MOVIE: Adam's Rib (NR, 1949, 4.5*, 1h40m) <i>PAC</i>            5:00 Saturday Music Hour with Rick Nethery <i>MR</i></p>
<p><b>THURSDAY NIGHT!</b>            15 Tim the Produce Man <i>HG</i>            Coffee <i>310</i>            Point* <i>WAY</i>            Dr. Warren <i>Clinic</i>            erful Pause <i>TWW</i>            uting to Temple Israel            Sanctuary &amp; Museum* <i>WAY</i>            our Brain to the Gym <i>MR</i></p> 	<p><b>29</b> 1:30-3:00 Ping Pong! <i>310</i>            2:00-4:15 MOVIE: Vietnam War Series &amp; Discussion with Joe Hawes            3:00 Listen &amp; Love w/ Dina Smith <i>GAL</i>            4:00 Knit, Pray, Love <i>MR</i>            5:00 Happy Hour <i>PAC</i>            7:15 Special Performance: Swingtime Explosion <i>PAC</i></p>	<p><b>30</b> 10:00 Kroger* <i>WAY</i>            2:00 MOVIE: Deep in the Heart (G, 2022, 4.5*, 1h42m) <i>PAC</i>            3:30 CATIE Connection Hours <i>PAC</i>            5:00 TGIFT! with Tim Stanek (Piano) <i>MR</i></p>	

# MOVIES AT TREZEVANT

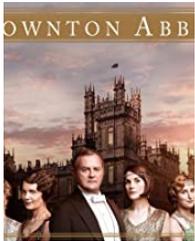
September 2022



Fri, Sep 2, 2022 at 2:00 p.m.  
**Thirteen Lives**-In the true story of Thirteen Lives, twelve boys and the coach of a Thai soccer team explore the Tham Luang cave when an unexpected rainstorm traps them in a chamber inside the mountain. (PG-13, 2022, 5\*, 2h29m)



Sat, Sep 3, 2022 at 2:00 p.m.  
**The Scent of a Woman**-Al Pacino stars in an Academy Award®-winning role as an overbearing, blind Lieutenant Colonel who hires a young guardian to assist him as they embark on a trip that will change their lives forever. (R, 1993, 5\*, 2h37m)



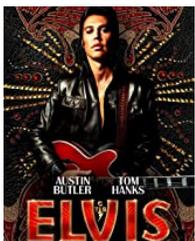
Tue, Sep 6, 2022 at 3:30 p.m.  
**Downton Abbey: S6, E4**-Tom and Sybbie settle back into life at Downton, and a figure from the past surprises those above and below stairs. As Thomas struggles to fill Carson's shoes, a crisis take Anna and Mary to London. And Daisy has a bone to pick with Cora. (TV-14, 2016, 5\*)



Fri, Sep 9, 2022 at 2:00 p.m.  
**The Duke**-In 1961, Kempton Bunton, a 60-year old taxi driver, steals Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first and only theft in the Gallery's history. (R, 2022, 4.5\*, 1h35m)



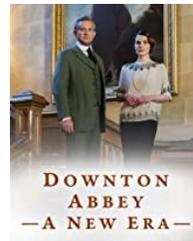
Sat, Sep 10, 2022 at 2:00 p.m.  
**Heaven Knows, Mr. Allison**-A Marine and a Catholic nun find themselves marooned on a South Pacific island during WWII and must battle both the surrounding Japanese troops and the growing emotional attraction they find for one another. (PG, 1957, 4.5\*, 1h46m)



Sun, Sep 11, 2022 at 3:30 p.m.  
**Elvis**-The film explores the life



and music of Elvis Presley, seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. (PG-13, 2022, 5\*, 2h39m)



Tue, Sep 13, 2022 at 3:30 p.m.  
**Downton Abbey: S6, E5**-Violet embroils the Minister of Health in the hospital row about his visit ends in catastrophe. Andy finds an unexpected confidant in Thomas, Edith has a date with Bertie, and Mary sense she's been kept in the dark about a family secret. (TV-14, 2016, 5\*)



Fri, Sep 16, 2022 at 2:00 p.m.  
**Downton Abbey: A New Era**-The beloved cast reunites as they go on a grand journey to the south of France to uncover the mystery of the Dowager Countess' newly inherited villa. (PG, 2022, 4.5\*, 2h4m)



Sun, Sep 18, 2022 at 3:30 p.m.  
**Something's Gotta Give**-A man (Jack Nicholson) falls for the mother (Diane Keaton) of his young girlfriend. (PG-13, 2003, 5\*, 2h8m)



Fri, Sep 23, 2022 at 2:00 p.m.  
**Elsa & Fred**-After losing his wife, Fred moves into a nearby apartment building where he meets Elsa ( Elsa bursts into his life like a whirlwind, teaching him that time is precious and that he should enjoy life--and love--to the fullest. (PG-13, 2014, 4.5\*, 1h37m)

Sat, Sep 24, 2022 at 2:00 p.m.  
**Adam's Rib**-Katharine Hepburn and Spencer Tracy star as a married prosecutor and defense attorney assigned to the same case in this compelling courtroom battle of the sexes. Judy Holliday co-stars. (NR, 1949, 4.5\*, 1h40m)

# CAMPUS CORNER

Enrique Salcedo is our Employee of the Quarter. The award was given at our All Hands Meeting on August 23, 2022.

His supervisor, Brian Willmarth, described Enrique as the 'one who always goes the extra mile.' He's always here early tending to the landscaping, the gardens and even the residents!!

Be sure to Congratulate him when you see him around campus!!

*Watch for all kinds of Campus News each month here in the Campus Corner! From maintenance projects, upcoming events, resident news, and employee updates, we'll cover it all!*



## TOOTSIE



Sun, Sep 25, 2022 at 3:30 p.m.

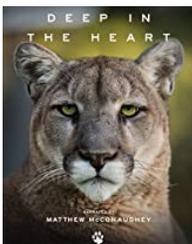
Tootsie-A Dustin Hoffman shines as a struggling actor who becomes a TV star and finds true love - by dressing as a woman! (PG, 1982, 4.5\*, 1h56m)

Tue, Sep 27, 2022 at 2:00 p.m.

Downton Abbey, S6, E6-Downton Abbey opens its doors to the public for charity, and tensions between Cora and Violet reach a dramatic climax. (TV-14, 2016, 5\*)

Fri, Sep 30, 2022 at 2:00 p.m.

Deep in the Heart-Deep in the Heart is a visually stunning celebration of Texas' diverse landscapes and remarkable wildlife found nowhere else. Narrated by Matthew McConaughey, the film aims to conserve our remaining wild places, to show the connectivity of water and wildlife, and to recognize Texas' conservation importance on a continental scale. (PG, 2022, 4.5\*, 1h42m)



# MARK YOUR CALENDAR

*Here's what's happening in September!*

Hear the Barbarbershop group **RSVP CHORUS** on Wed, 9/1 at 7:15 p.m. in the MR.

**TREZEVANT EXPLORES\***: **MICHAEL MCCALLUM, TACT UNIT** on Fri, 9/2; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. *Sign up in the Activity Book for lunch only.*

Special Performance by **SYMMETRY ORCHESTRA** on Sun 9/4 at 3:30 p.m. in the PAC.

Special Outing-Transportation to **MUSIC & THE MIND WITH RENEE' FLEMING\*** on Wed 9/7 at 5:30 p.m. from WAY.

Transportation to **MEMPHIS SYMPHONY ORCHESTRA FEATURING RENEE' FLEMING\*** for ticketholders on Thu 9/8 at 6:30 from WAY.

Follow up to the Arts Gala, come visit the vendors at the **ART'S FAIR**, and sign up for season subscriptions and more on Fri, 9/9 from 10:00 a.m. to Noon in the TWWW.

Sign up for **FITNESS TESTING\*** on Mon 9/12 from Noon to 4:00 p.m. in ER201.

Special Performance by **THE DUBOIS DUO (Classical)** on Mon 9/12 at 7:15 p.m. in the PAC.

Take a trip to see the **JUNIOR LEAGUE TABLESCAPES & LUNCH\*** on 9/14 at 11:30 a.m. from WAY.

Special Performance by **TWO QUARTS LOW (Country)** on Thu 9/15 at 7:15 p.m. in the PAC.

Enjoy A **SALON WITH MICHAEL JEFREY STEVENS** on Mon 9/19 at 7:15 p.m. in the PAC.

Did you donate to the Trezevant Foundation? If you gave \$100, you're



invited to the **SILENT AUCTION PREVIEW PARTY** on Tue 9/20 from 4:00 to 6:00 p.m. in the PAC.

Bidding begins on the **SILENT AUCTION ITEMS** on 9/21 at 1:00 p.m. in the PAC. Bidding ends at 2:00 p.m. on 9/22.

Give your brain a workout with Shaon Pollack at **TAKING YOUR BRAIN TO THE GYM** on Wed 9/21 and 9/28 at 4:00 p.m. in the MR.

**It's back! The annual TREZEVANT FASHION SHOW: A TOUCH OF FALL with Coming Attractions** on 9/22 at 11:30 a.m. *By Ticket Only.*

**BIRTHDAY CELEBRATION** Wed, 9/28 at 6:15 p.m. in SDR.

Check out some great **MOVIES**. 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.

Catch up with **DOWNTON ABBEY** every Tue at 3:30 p.m. in the PAC.

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

Join Resident & Professor Joe Hawes to see and discuss the **VIETNAM WAR** series by Ken Burns. *See Calendar for dates.*

Want to learn more about **CATIE**? Visit the **CATIE CONNECTION CREW** on Fri, 9/9 and 9/23 at 3:30 p.m. in the PAC.

Visit **DOTTIE'S DIGS SALE** on Thu, 9/1 & 9/15 from 9:00 a.m. to 4:00 p.m. in G2! *Proceeds benefit the Trezevant Foundation.*

**TGIFT!** Every Fri at 5:00 p.m.  
9/2 Bobby Lawson (Guitar) MR  
9/9 Louise Page (Vocals/Piano) MR  
9/16 Deborah Swiney (Big Band) MR  
9/23 Diana Kabakoff (Various) MR  
9/30 Tim Stanek (Piano) MR

**SATURDAY MUSIC HOUR:** Every Sat at 5:00 p.m.  
9/3 Nancy Apple (Country) MR  
9/10 Steve Lee (Jazz) MR  
9/17 Otavio Kavakama (Classical) MR  
9/24 Rick Nethery (Guitar) MR

# SEPTEMBER BIRTHDAYS

September 1  
Walter Mischke

September 4  
Elaine Colmer

September 5  
Helen Branden  
Martha Kruchten

September 7  
Ken Cross  
Mary Dunklin  
Bill Butler  
Betty Brunthaver

September 8  
Henry Harvey  
Mary McCallum

September 10  
Gail Williamson

Barbara Nash

September 13  
Loretta Taras

September 15  
Jim Boren  
Pam Van Doren

September 16  
Sue Britton

September 19  
John Robertson  
Robert Strandburg

Philip Vaiden  
Jim Waller

September 20  
Janet Canale

September 22  
Wayne Shannon

September 23  
Joan Chesney

September 24  
Worth Brown

Sam Stringer  
Julia Maddux

September 25  
Kay Robilio

September 26  
Ann Bailey

September 27  
Jane Williams  
Lynn Frierson

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