



TIDINGS

October 2022

Issue 10



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

October's article will deviate from the norm which typically addresses fall, fairs and fashion and concentrate singularly on fashion. Specifically, the iconic style of the recently deceased Queen of England, Elizabeth II.

Known for her faultless style choices her attire always conveyed a message of optimism, diplomacy, hope and stability. Ensembles consisting of a tailored dress with matching coat that falls below the knee accessorized with a hat, three strand pearl necklace and heirloom brooch, white cotton jersey gloves, and a framed, handled handbag carried in the crook of her arm. The Queen was committed to color in her attire. Every hue in the rainbow was seen in her various assortment of outfits from pretty pastels to bold brights and shiny metallics. The custom made couture often had weights discreetly sewn into hemlines if a breeze was anticipated. Grand daughter-in law, Kate, could take a note from that fashion book!

As royals do the Queen had a designer who also served as her dresser, Angela Kelly. Angela, joined the Royal household in 1994, and had the task of breaking in the Queens' shoes as they wore the same size.

There isn't a hue Her Majesty hasn't worn, with hundreds of engagements to attend per year she often has to change clothes up to five times a day! Rarely does Elizabeth repeat outfits and once an ensemble is worn it may be given to a staff member to be re-worn or sold, after the labels are removed.

Admired by dignitaries and commoners around the world Elizabeth will be remembered not just for her fashion sense but her dedication and loyalty to duty, country, and family.

Kim O'Donnell

Life Enrichment Director

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LIFE ENRICHMENT

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IN ST. EDWARD CHAPEL

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

October is always a busy month in Spiritual Care. In addition to our normally scheduled programming, we will start a new worship service that will be the first Sunday of every month at 4:00 p.m.-- The Service of Healing and Blessing (October 2nd). We will also have a Blessing of the Pets Service (October 4) and Spiritual Care Week (October 23rd through 29th) when we Bless the Hands of staff. We will continue our study of Judaism and Islam in Chaplains' classes.

NEW!!! Service of Healing and Blessing: Sunday, October 2nd at 4:00 p.m.

This will be a 30-minute service with prayer and individual anointing for residents, families 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.

Blessing of the Pets: Tuesday, October 4th at 3:00 p.m.

Come join us in Hope's Garden for this fun celebration of animals in our midst! All Trezevant pets, family pets, therapy dogs, and friends of animals welcome! Residents and families who no longer have pets are welcome to bring pictures of their former pets and celebrate their lives with us!

Chaplains' classes will focus on the Jewish and Muslim traditions, and Christianity's relationship with both.

Wednesday, October 5th at 3:00 p.m.

Imam Anwar Arafat from the Memphis Islamic Center will join us and share with us the basic tenets of the Islamic faith.

Wednesday, October 12th from 1:30 to 4:00 p.m.

We'll head on a field trip to the Memphis Islamic Center.

Wednesday, October 19th at 3:00 p.m.

We will host an Interfaith Dialogue with Rabbi Micah Greenstein, Rev. Dr. Scott Morris, and Imam Anwar Arafat.

Wednesday, October 26th at 3:00 p.m.

Rachel Shankman of Facing History and Ourselves will share her family's personal experience of the Holocaust.

SPIRITUAL SERVICES

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Rev. Barbara Kirk-Norris, Associate Chaplain
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(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

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

RESIDENT REFLECTIONS



1. Sam Beach and Patti Calvert at the Gala for the Arts. 2. Diane Davis, Perre Magness and Missie McDonnell 3. Dr. Lee Wardlaw was people watching at the Silent Auction Preview Party. 4. Karen White, TV Miller (Co-Chair) and Maggie Hollabaugh enjoyed the Silent Auction Preview Party. 5. David Lindstrom and Judy Drescher 6. Ann Stevens, Pam Lowery, Barbara Dale Crafton, and Mary Linda Wardlaw.

Front Page: Faye Southern and Julie Hoyman expertly represented Trezevant at the Junior League Tablescapes event.

BE WELL

by Valerie Smithers, RN

New COVID-19 Vaccine for BA.5: When Should You Get the Booster?

New boosters from Moderna and Pfizer that target the newest strains of the Omicron variant have arrived. Those strains are the BA.4 and BA.5, instead of the BA.1 in the original version. While the older vaccine formulas are still effective at preventing severe disease, the mutating virus has whittled away some of that protection.

While this is unprecedented in the vaccine campaign so far, many officials say it's not too far off from the way we approach our annual influenza vaccinations. The new boosters which are given in one dose, were created to be a defense against COVID-19 this fall and winter, as many of us will be spending more time indoors. The current CDC recommendation is to make sure you space boosters at least three months apart. There is also an advisory to wait a minimum of three months to receive a booster after just having had the COVID virus.

Curt Bicknell, head pharmacist with Guardian Pharmacy, advises waiting 30 days between your COVID booster and your influenza vaccine this year. As older adults seem to be at a much higher risk of severe illness, they will be the primary focus of the booster campaign.

Trezevant flu shots will be given on October 5th and 6th, with the COVID booster clinic scheduled for early November.



WELLNESS SERVICES

Rinnie Wood, Fitness Director & Community Liaison
rwood@trezevantmanor.org
(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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(901) 251-9239

October, 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 | Wednesday |
|--|--|--|--|
| | | | |
| 2 10:30 Sunday Worship & Holy Communion <i>CH</i> 1:30 Transportation MSO for ticketholders* WAY 2:00 MOVIE: Where the Crawdads Sing (PG-13, 2022, 4.5*, 2h) <i>PAC</i> 4:00 Blessing & Healing Service CH | 3 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Mindfulness Meditation <i>CH</i> 5:00 Happy Hour <i>PAC</i> | 4 10:00 Coffee with Kim* <i>Bistro</i> 11:00 Walgreens* WAY 12:30-3:00 Dr. Warren <i>Clinic</i> 1:30-3:00 Ping Pong! <i>310</i> 3:00 Blessing of the Pets HG 3:30 MOVIE: Downton Abbey-S6, E7 (TV-14, 2016, 4.5*) <i>PAC</i> | 5 10:00 Men's 10:00-11:30 7 Noon-3:00 I Flu Shots S 3:00 Chapla Anwar Araf |
| 9 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Mrs. Harris Goes to Paris (PG, 2022, 4.5*, 1h55m) <i>PAC</i> 4:00 Artists'-in-Residence Performance AC | 10 POOL CLOSED for repairs until 10/24 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> | 11 10:00 Coffee w/ Kent <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 3:00 Fitness Walk to River HPL Moved From Thursday, 10/13- 3:30 MOVIE: Vietnam War Series & Discussion with Joe Hawes PAC 7:30 Transportation to Concerts International* WAY | 12 Noon-4pm I 10:00 Men's 10:00 High I 12:30-3:00 D 1:30 Outing Center* W 4:00 Take Y |
| 16 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Top Gun: Maverick (PG-13, 2022, 5*, 2h10m) <i>PAC</i> 2:15 Transportation to MCMS Concert* WAY | 17 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> | 18 10:00 Coffee with John* <i>Bistro</i> 12:30-3:00 Dr. Warren <i>Clinic</i> 1:30 IFF Club Meeting <i>PAC</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: Downton Abbey-S6, E8 (TV-14, 2016, 4.5*) <i>PAC</i> | 19 10:00 M 10:00 High I 11:30 Transp WAY 3:00 Chapla Imam Araf Greenstein 4:00 Take y MR |
| 23 10:30 Worship & Holy Communion <i>CH</i> 2:00 MOVIE: 23 Walks (PG, 2020, 4*, 1h41m) <i>PAC</i> | 24 POOL REOPENS! 9:45 Healing Hands & Feet - Therapy Dept. PAC 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> 7:15 Brain Brigade PAC | STEPPIN' IT UP WEEK | |
| 30 10:30 Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Mr. Malcolm's List (PG, 2022, 4.5*, 1h57m) <i>PAC</i> | 31 Happy Halloween! 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 Mindfulness Med. <i>CH</i> 5:00 Halloween Happy Hour Fountain or PAC (weather) | 25 1:30-3:00 Ping Pong! <i>310</i> 3:00 Fitness Walk to Rev. Julie's Lake HPL 3:30 MOVIE: Downton Abbey-Final Episode (TV-14, 2016, 4.5*) <i>PAC</i> | 26 10:00 Men's 10:00 High I 3:00 Chapla Rachel Shar 4:00 Speak Hennessee Alzheimer's 7:15 RAC Meeting |

| Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|
| | | | 1 2:00 MOVIE: That Touch of Mink (NR, 1962, 4.5*, 1h39m) <i>PAC</i> 5:00 Saturday Music Hour with Oveante Magsby (Piano) <i>MR</i> 6:30 Transportation to MSO WAY |
| Coffee Hour <i>310</i> Trader Joes* <i>WAY</i> Resident Health Fair & DR ins' Class with Imam at <i>CH</i> | 6 9:00-4:00 Dottie's Digs <i>GI</i> 9:00-Noon Podiatrist* <i>TT</i> Noon-3:00 Resident Flu Shots <i>SDR</i> 2:00-4:15 MOVIE: Vietnam War Series & Discussion with Joe Hawes 3:00 Listen & Love w/ D. Smith <i>GAL</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance:: Wyly Bigger <i>PAC</i> | 7 10:00 Kroger* <i>WAY</i> 11:30 Trezevant Explores: Dr. Kate Nearing with Methodist LeBonheur <i>PAC</i> 2:00 MOVIE: A Quiet Passion (PG-13, 2017, 4*, 2h5m) 5:00 TGIFT! TBD <i>MR</i> | 8 2:00 MOVIE: An Affair to Remember (NR, 1950, 5*, 1h44m) <i>PAC</i> 5:00 Saturday Music Hour with David Virone (Acoustic) <i>MR</i> |
| Fitness Tests <i>201</i> Coffee Hour <i>310</i> Point* <i>WAY</i> Dr. Warren <i>Clinic</i> to Memphis Islamic AY our Brain to the Gym <i>MR</i> | 13 10:00 Outing to Memphis Zoo & Lunch <i>HPL</i> 1:30-1:30 Ping Pong! <i>310</i> 3:00 Listen&Love w/ D.Smith <i>GAL</i> 5:00 Happy Hour <i>PAC</i> | 14 PAC CLOSED TODAY 10:00-11:00 Alterations with Divine Stitches <i>310</i> 10:00 Kroger* <i>WAY</i> 5:00 TGIFT! with Michael Brennan & Basil Alter (Classical) <i>MR</i> | 15 2:00 MOVIE: Harvey (NR, 1959, 5*, 2h) <i>PAC</i> 5:00 Saturday Music Hour with Duane Cleveland Duo () <i>MR</i> |
| Men's Coffee <i>310</i> Point* <i>WAY</i> ortation to Early Voting* ins'Class: Interfaith with t, Scott Morris & Micah <i>CH</i> your Brain to the Gym | 20 9:00-4:00 Dottie's Digs <i>GI</i> 1:30-1:30 Ping Pong! <i>310</i> 3:00 Listen&Love w/ D.Smith <i>GAL</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: Lannie McMillen Trio (R&B) <i>PAC</i> | 21 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Catch Me if You Can (PG-13, 2002, 4.5*, 2h21m) 5:00 TGIFT! with Arthur Hart (Classical) <i>MR</i> | 22 10:30-12:30 Outing to River Arts Fest* <i>WAY</i> 2:00 MOVIE: North by Northwest (NR, 1959, 5*, 2h16m) <i>PAC</i> 5:00 Saturday Music Hour with Drivin' Sideways (RockaBilly) <i>MR</i> |
| K - STEPPIN' IT UP WEEK - STEPPIN' IT UP WEEK | | | |
| Coffee <i>310</i> Point* <i>WAY</i> ins'Class: akman <i>CH</i> er: Ashley , Chair of 's Walk <i>PAC</i> Quarterly <i>PAC</i> |  27 1:30-3:00 Ping Pong! <i>310</i> 3:00-4:00 Speaker: Acupuncturist Amy Li <i>PAC</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: Happy Halloween with Paul Morphis <i>PAC</i> | 28 10:00 Kroger* <i>WAY</i> 11:00 Outing: Airport Tour <i>HPL</i> 3:00 Special Class: Cazateatro teaches Salsa! <i>PAC</i> 5:00 TGIFT! with Jessica Robinson (Piano) <i>MR</i> | 29 2:00 MOVIE: Dial M for Murder (PG, 1954, 5*, 1h54m) <i>PAC</i> 3:00-5:00 Trezevant Artists' Art Show & Reception TWW 5:00 Saturday Music Hour with Jeremy Shrader (Swing) <i>MR</i> |

MOVIES AT TREZEVA

September 2022



Sat, Oct 1, 2022 at 2:00 p.m.
That Touch of Mink-A handsome and eligible tycoon and a beautiful working woman meet over a curbside mud puddle. (NR, 1962, 4.5*, 1h39m)

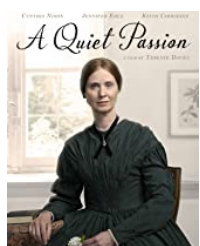
Sun, Oct 2, 2022 at 2:00 p.m.
Where the Crawdads Sing-From the best-selling novel comes a captivating mystery set in the dangerous Carolina marshlands. (PG-13, 2022, 4.5*, 2h)



Tue, Oct 4, 2022 at 3:30 p.m.
Downton Abbey: S6, E7-The family face a shocking turn of events at Brooklands race track, while Molesley and Daisy are put to the test on examination day, while Mrs Patmore and Mrs Hughes teach Carson a lesson. Andy's secret is out and Thomas feels increasingly isolated. (TV-14, 2016, 5*)



Fri, Oct 7, 2022 at 2:00 p.m.
A Quiet Passion-Cynthia Nixon delivers a triumphant performance as Emily Dickinson as she personifies the wit, intellectual independence and pathos of the poet whose genius only came to be recognized after her death. (PG-13, 2017, 4*, 2h5m)



Sat, Oct 8, 2022 at 2:00 p.m.
An Affair to Remember-Although engaged to others, two cruise-ship passengers fall in love and plan to reunite six months later atop the Empire State Building. (NR, 1950, 5*, 1h44m)



Sun, Oct 9, 2022 at 2:00 p.m.
Mrs. Harris Goes to Paris-An ordinary woman's dream of owning a Christian Dior gown leads her on a Parisian adventure where her unwavering spirit charms the elite people she meets. (PG, 2022, 4.5*, 1h55m)



Sat, Oct 15, 2022 at 2:00 p.m.
Harvey-James Stewart stars in this



comedy, based on the Pulitzer Prize-winning play, as the good-natured Elwood P. Dowd, whose constant companion is a six-foot tall rabbit that only he can see. (NR, 1959, 5*, 1h44m)



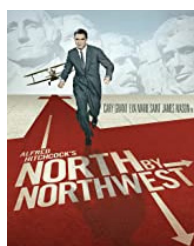
Sun, Oct 16, 2022 at 2:00 p.m.
Top Gun: Maverick-After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. (PG-13, 2022, 5*, 2h10m)



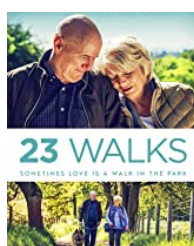
Tue, Oct 18, 2022 at 3:30 p.m.
Downton Abbey: S6, E8-Romance blossoms for Mary and Edith but a betrayal of trust threatens the chance of lasting happiness. Thomas considers desperate measures. (TV-14, 2016, 5*)



Fri, Oct 21, 2022 at 2:00 p.m.
Catch Me if You Can-From three-time Oscar winning director Steven Spielberg, this film follows Frank W. Abagnale, Jr. as he successfully passes himself off as a pilot, a lawyer and a doctor - all before his 21st birthday! (PG-13, 2002, 4.5*, 2h21m)



Sat, Oct 22, 2022 at 2:00 p.m.
North by Northwest-A married prosecutor and defense attorney are assigned to the same case in this compelling courtroom battle of the sexes. Judy Holliday co-stars. (NR, 1959, 5*, 2h16m)



Sun, Oct 23, 2022 at 2:00 p.m.
23 Walks-When two older strangers have a chance meeting walking their dogs in a London park, their unexpected connection soon blossoms into a romance. (PG, 2020, 4*, 1h41m)

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CAMPUS CORNER

The Tapestry Series by Gail Murray and Fred Wimmer

When Trezevant residents get together, amazing things have happened!

For example, when Perre Magness suggested to staff that Trezevant should celebrate all the ways residents support the arts, it resulted in the Arts Gala. We all enjoyed a magical evening. Some 17 organizations sent actors, musicians, even an visual artist. The entertainers as well as we residents had a terrific time. The Arts Gala will surely happen again.

When Iris Orchestra restructured itself as the Iris Collective and wanted to bring some promising young international musicians to Memphis, resident Joan Chesney worked with staff to create an artists-in-residence program. We now have three musicians living & dining with us. Have you heard them yet?

Jack & Cathy Richbourg talked to CEO Kent Phillips a few years ago about the importance of recycling. He agreed to give it a try. They formed the Green Team, secured a contract, and encouraged residents to recycle. Some doubted that recycling would work; few expected a monetary benefit. At last report, Trezevant was saving over \$600 a month in garbage collection. Trezevant has earned a Green Fork Certification, the largest organization in Memphis to do so. (Copies of the rigorous certification process are available in the library.)

Tue, Oct 25, 2022 at 3:30 p.m.

Downton Abbey: S6, E9-Mary endeavours to build bridges but Edith's secret continues to pose a threat. Henry finds his place at Downton more difficult, while Isobel and Violet join forces when Grey's scheming takes a sinister turn. And the day Anna and Bates have been waiting for finally arrives. (TV-14, 2016, 5*)



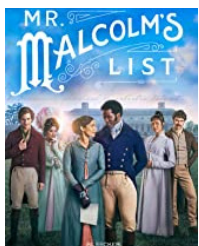
Sat, Oct 29, 2022 at 2:00 p.m.

Dial M for Murder-When American writer Mark Halliday visits the very married Margot Wendice in London, he unknowingly sets off a chain of blackmail and murder. (PG, 1954, 5*, 1h54m)



Sun, Oct 30, 2022 at 2:00 p.m.

Mr. Malcolm's List-When she fails to meet his list of requirements for a bride, Julia Thistlewaite is jilted by London's most eligible bachelor, Mr. Malcolm. Feeling humiliated, she convinces her friend Selina Dalton (Freida Pinto) to play the role of his ideal match. Soon, Mr. Malcolm wonders whether he's found the perfect woman...or the perfect hoax. (PG, 2022, 4.5*, 1h57m)



Ann Knox formed the Random Acts of Kindness Team. These volunteers raised over \$18,000 to support Ukrainian refugees, made holiday table decorations for residents of Allen Morgan, decorated Valentines for distribution, and assisted with the annual Alzheimer's Walk. They keep a supply of note cards in the hall near the swimming pool so that residents can send cheery messages to other residents. Currently, they are soliciting art to brighten the Allen Morgan walls.

Last year, a group of residents under Lillian Hammond's direction organized a Fashion Show that raised \$30,000 for Hope's Garden. This September we had the second Fashion Show with a seafood luncheon and a room full of silent auction items. All the ideas, solicitations, and much of the planning was done by residents like you.

Last year also saw the arrival our own bee hive, thanks to Sylvia Adams. The bees drink from our fountain, pollinate our flowers, and furnish us with honey.

Black History Month, 2022, was celebrated and planned by a group of residents. But it began when Barbara Christensen, Lillian Hammond, & Barbara Williams were simply talking. Speak-

MARK YOUR CALENDAR

Here's what's happening in October!

Transportation to MEMPHIS SYMPHONY ORCHESTRA* for ticketholders on Sat, 10/1 at 6:30 from WAY.

New BLESSING & HEALING SERVICE on Sun, 10/2 at 4:00 p.m. in the CH.

Transportation to MEMPHIS SYMPHONY ORCHESTRA* for ticketholders on Sun, 10/2 at 1:30 from WAY.

Bring your pet to Hope's Garden for the BLESSING OF THE PETS on Tue, 10/4 at 3:00 p.m.

Get your flu shot at this year's RESIDENT HEALTH FAIR on Wed & Thu 10/5 & FLU SHOTS on 10/5 & 10/6 in the SDR.

Special Performance by WYLY BIGGER on Thu, 10/6 at 7:15 p.m. in the PAC.

TREZEVANT EXPLORES*: DR. KATE NEARING with Methodist LeBonheur on Fri, 10/7; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. *Sign up in the Activity Book for lunch only.*

Special performance with our ARTISTS-IN-RESIDENCE on Sun, 10/9 at 4:00 p.m. in the PAC.

FITNESS WALK TO THE RIVER* with your neighbors on Tue, 10/11 at 3:00 p.m. departing from HPL.

Join Resident & Professor Joe Hawes for the final VIETNAM WAR series by Ken Burns and discussion on Tue, 10/11 at 3:30 p.m. in the PAC

Transportation to CONCERTS INTERNATIONAL* for ticketholders on Tue, 10/11 departing at 6:30 from WAY.

Evaluate your fitness level with FITNESS TESTING on Wed, 10/12 from Noon-4:00 p.m. in ER201.

Learn more about Judaism on the

OUTING TO MEMPHIS ISLAMIC CENTER* on 10/12 departing at 1:30 p.m. from WAY

Give your brain a workout with Shaon Pollack at TAKING YOUR BRAIN TO THE GYM on Wed, 10/12 and 10/19 at 4:00 p.m. in the MR.

Take a trip to the MEMPHIS ZOO AND HAVE LUNCH* on 10/13 departing at 10:00 a.m. from HPL.

Transportation to MCMS CONCERT* for ticketholders on Sun, 10/16 at 2:15 p.m. from WAY.

Special Performance by LANNIE MCMILLEN TRIO (R&B) on Thu, 10/20 at 7:15 p.m. in the PAC.

Take a trip to the RIVER ARTS FEST* on Sat, 10/22 departing at 10:30 a.m. from WAY.

Join your Resident Association Council for the QUARTERLY MEETING on 10/26 at 7:15 p.m. in the PAC.

BIRTHDAY CELEBRATION Wed, 10/26 at 6:15 p.m. in SDR.

Special Halloween Performance by PAUL MORPHIS (One-Man Show) on Thu, 10/27 at 7:15 p.m. in the PAC.

DRESS UP for our HALLOWEEN HAPPY HOUR on 10/31 at 5:00 p.m. in the PAC!

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.

See the final three episodes of DOWNTON ABBEY on Tues at 3:30 p.m. in the PAC. *See Calendar for dates.*

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

Visit DOTTIE'S DIGS SALE on Thu, 10/6 & 10/20 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.

10/7 TBD (Guitar) MR

10/14 Michael Brennan & Basil Alter (Classical) MR

10/21 Arthur Hart (Classical) MR

10/28 Jessica Robinson (Piano) MR

SATURDAY MUSIC HOUR: Every Sat at 5:00 p.m.

10/1 Oveante Magsby (Piano) MR

10/8 David Virone (Acoustic) MR

10/15 Duane Cleveland Duo (Various) MR

10/22 Drivin' Sideways (Rockabilly) MR

10/28 Jeremy Shrader (Swing) MR

Steppin' It Up Week Activities
Include various activities all week. *Check your calendar for final dates and times!*

Mon, 10/24- Healing Hands & Feet with the Therapy Department at 9:45 a.m. in the PAC.

Mon, 10/24-Brain Brigade-Try out Brain exercises with Dr. Sharon Pollack at 7:15 p.m. in the PAC.

Tue, 10/25-Fitness walk to Rev. Julie McKenna's Lake at 3:00 p.m. from HPL.

Wed, 10/26-Hear from Alzheimer's Walk Chair Ashley Hennessee at 4:00 p.m. in the PAC.

Thu, 10/27-Speaker and Accupuncturist Amy Li will discuss the health benefits of this ancient art at 3:00 p.m. in the PAC.

Fri, 10/28-Take a trip to the Memphis International Airport to see the renovations. Depart at 11:00 a.m. from HPL

OCTOBER BIRTHDAYS

| | | |
|--|--|---|
| October 1 Jerald Duncan | October 11 Bernice Tutterow Modine Bolen | October 18 Kitty Cannon Nancy Robinson |
| October 3 Martha Wood Bridget Barek George Walker | October 12 Emile Bizot | October 20 Sherry Prewitt Julia Allen |
| October 5 Lillian Brown | October 13 Cecile Skaggs | October 21 Dr. Lee Wardlaw Mary Alice Quinn |
| October 7 Gratton Brown Joanne Fleming | October 14 Camille Hutton | October 29 Ted Johnson Ann Hunt |
| October 8 Jenny Richardson | October 15 John Maxwell | October 30 Lois Hill |
| October 10 George Loomis Frances James | October 16 Cathy Richbourg | |
| | October 17 Page Williamson | |

ers, films, field trips, and on-site performances all highlighted Memphis talent and door prizes came from local Black business owners.

Some residents and staff gathered to evaluate the previous events and discuss how we could continue to entertain, stimulate and educate ourselves broadly. We thought that having many events with one connecting theme over a period of time was the key to energizing interest. Thus, the Tapestry Series was born. Tapestry was chosen to emphasize the weaving together of a variety of themes like threads.

You are not old if you still want to learn and enjoy new experiences! What do you already know? What would you like to know more about? Who do you know that would share their experience with us? Where would you like to visit? Every idea will stimulate more. We hope you will talk to your neighbors and discuss what might be fun.

The enclosed card is for you! Let us know YOUR interests or contact any one of us listed at the end of this article to make suggestions and give us your ideas.

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