



TIDINGS

November 2022

Issue 11



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

November arrives edging toward the holiday season and close of 2022. The calendar reflects that we are putting another year to bed and planning for a new year filled with interesting, purposeful activities. Gladly this office is able to report that robust programming has returned to Trezevant. In this post pandemic atmosphere, we are averaging twenty movies a month, sixteen live musical performances, a speaker series, outings to Symphonies, Memphis Chamber Music Society, Opera performances, Creative Aging's Senior Arts Series, River Arts Festival, Temple Israel, an Islamic Mosque. In addition, we have hosted an Arts Gala, known around town as "Trezapaloosa," Arts Fair, Fashion Show, Silent Auction and look forward to the annual Veteran's Day luncheon and a festive holiday season.

Veteran's Day luncheon Friday, November 11th will feature guest speaker P.Z. Horton Board Chair of Alpha Omega, a non-profit dedicated to assisting veterans with PTSD. The group assists military veterans with reintegrating into society providing social services, food, shelter, clothing, referrals for training, and counseling. The charitable organization's goal is to help veterans help themselves in meeting the physical, social, and psychological needs to promote their health, security, happiness, and usefulness in society.

A sequel to the luncheon will occur on Saturday, November 12th at GPAC. The performance of "The Soldier's Tale" featuring IRIS Collective. The performance is a skilled retelling of Stravinsky's classic with IRIS musicians, conductor Andrew Grams, Ballet Memphis dancers, Playhouse on the Square's JS Tate, and veterans from Alpha Omega Veterans Services. Tickets are available through IRIS or GPAC or you may contact my office for details.

The holiday season is rapidly approaching and Trezevant will host a campus wide Christmas celebration on Wednesday, December 7th invitations to follow.

Kim O'Donnell

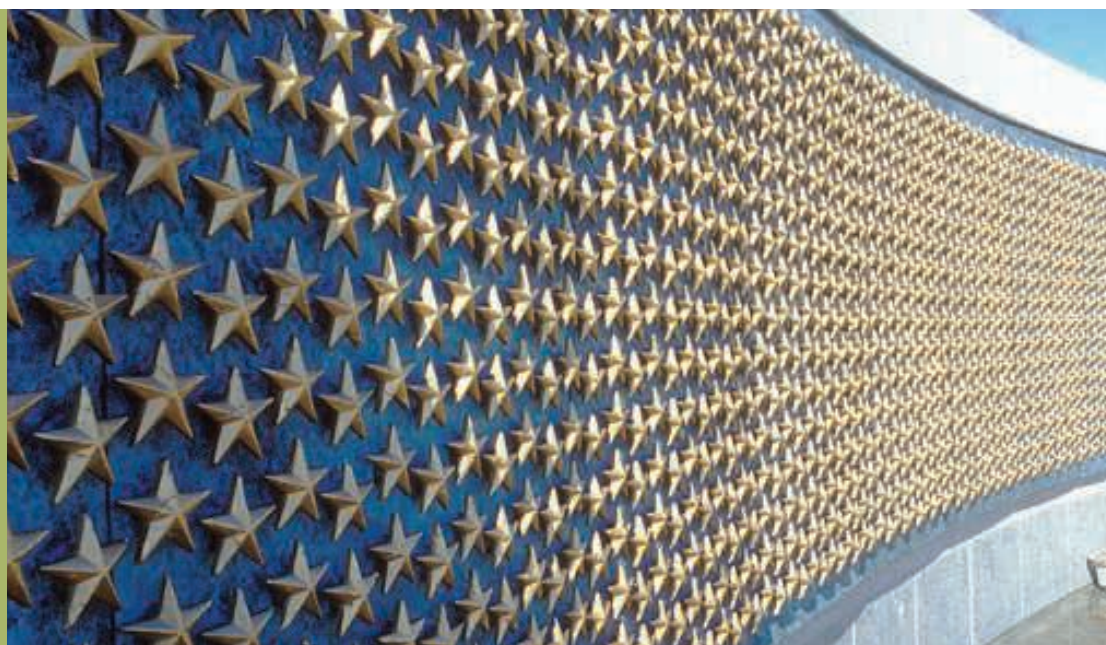
Life Enrichment Director

To receive *Tidings* by mail or online, please call Teresa Johnson at (901) 746-1841, or email tjohnson@trezevantmanor.org.

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 4pm-- The Service of Healing and Blessing (Oct. 2nd). We will also have a Blessing of the Pets Service (Oct. 4) and Spiritual Care Week (Sept. 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 pm

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, 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 pm

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.

Wed., October 5th at 3:00 pm: Imam Anwar Arafat from the Memphis Islamic Center will join us and share with us the basic tenets of the Islamic faith.

Wed., Oct. 12th from 1:30 till 4:00 pm we'll head on a field trip to the Memphis Islamic Center.

Wed., Oct. 19th at 3:00 pm we will host an Interfaith Dialogue with Rabbi Micah Greenstein, Rev. Dr. Scott Morris, and Imam Anwar Arafat.

Wed., Oct. 26th at 3:00 pm Rachel Shankman of Facing History and Ourselves will share her family's personal experience of the Holocaust.

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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. Artists in Residence Pedro Maia and Christina Lai practicing in the Music Room.
2. Anne Sayle and Alice Leslie enjoying the Trezevant Student Artists Exhibit.
3. Marilyn Dunavant and Linda Spiess at the Trezevant Student Artists Exhibit and Reception.

BE WELL

by Rinnie Wood

Let's Be Thankful this Thanksgiving Season! Exploring the Scientifically Proven Benefits of Gratitude Developing an "attitude of gratitude" is one of the simplest ways to improve your life. We all have the ability and opportunity to cultivate gratitude. Focus on all that you have, rather than those things you don't have. Whether you choose to write a few sentences in a gratitude journal, or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life, physically, mentally and spiritually, Here are 7 scientifically proven benefits, taken from an April 3, 2015 article posted in Psychology Today.

1. Gratitude opens the door to more relationships. Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in Emotion. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people's contributions can lead to new opportunities.

2. Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in Personality and Individual Differences. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.

3. Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and decreases depression.

4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were

less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge. 5. Grateful people sleep better. Writing in a gratitude journal improves sleep, according to a 2011 study published in Applied Psychology: Health and Well-Being. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

6. Gratitude improves self-esteem. A 2014 study published in the Journal of Applied Sport Psychology found that gratitude increased athletes' self-esteem, an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are better able to appreciate other people's accomplishments.

7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces helps reduce stress, but it may also play a major role in overcoming trauma. A 2006 study published in Behavior Research and Therapy found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. A 2003 study published in the Journal of Personality and Social Psychology found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you are thankful for—even during the worst times—fosters resilience. So, during this season of Thanksgiving, let's give thanks. Then we can and receive all the benefits of that gratitude!

Rinnie and the Wellness Team.

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November, 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
		1 10:00 Coffee with Kim* <i>Bistro</i> 10:00 Artists-in-Residence Practice MR 10:30 Walgreens* <i>WAY</i> 1:30-3:00 Ping Pong! <i>310</i>	2 10:00 Men's High I 10:00-11:30 T 10:00-11:00 C <i>CH</i> 12:30-3:00 D 3:00 Chapla Roaf <i>CH</i> 4:00 Recept 7:00 Transp Internationa
6 10:30 All Saints Service & Holy Communion <i>CH</i> 1:00 Transportation to MSO* WAY 2:00 MOVIE: I'll Find You (PG-13, 2023, 4*, 1h56m) <i>PAC</i> 4:00 Blessing & Healing Service CH	7 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>	8 ELECTION DAY 9:00 Transportation to Voting* <i>WAY</i> 10:00 Coffee w/ Kent <i>Bistro</i> 12:30-3:00 Dr. Warren <i>Clinic</i> 1:30-3:00 Ping Pong! <i>310</i> 7:15 Professor Charles Hughes on Elvis: The Man; The Phenomenon PAC	9 10:00 M 10:00 High I 10:00-11:00 C <i>CH</i> 11:00-3:00 E Dillard's EC 3:00 Chapla <i>CH</i> 7:15 Special Kings PAC
13 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Eiffel (R, 2022, 4.5*, 1h48m) <i>PAC</i> 4:00 Christmas Open House at The Little Store TLS	14 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 Speaker: Dr. Kendra Hotz on Memphis' Health Disparities PAC	15 10:00 Coffee with John* <i>Bistro</i> 1:30-3:00 Ping Pong! <i>310</i> 1:30 IFF Club Meeting <i>PAC</i> 3:30 MOVIE: The Crown, S5, E1 (TV-14, 2022, 4.5*) <i>PAC</i>	16 10:00 Men's 10:00-11:00 C 10:00 High I 12:30-3:00 D 3:00 Chapla Carriere <i>CH</i>
20 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Soda Springs (PG-13, 2022, 4*, 1h53m) <i>PAC</i>	21 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 Speaker: Dr. Kendra Hotz on Memphis' Health Disparities PAC	22 12:30-3:00 Dr. Warren <i>Clinic</i> 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: The Crown, S5, E2 (TV-14, 2022, 4.5*) <i>PAC</i> 4:00 Idlewild Communion (All Are Welcome) CH	23 10:00 Men's 10:00 High I 10:00-11:00 C <i>CH</i>
27 10:30 Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Dig (PG-13, 2021, 4.5*, 1h52m) <i>PAC</i>	28 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>	29 1:30-3:00 Ping Pong! <i>310</i> 3:30 MOVIE: The Crown, S5, E3 (TV-14, 2022, 4.5*) <i>PAC</i>	30 BIRTH 10:00 Men's 10:00 High I 10:00-11:00 C <i>CH</i> 1:00 Senior Trezevant V Carol* WA 3:00 Chapla Mischke <i>CH</i>

Wednesday	Thursday	Friday	Saturday
Men's Coffee Hour 310 Trader Joes* WAY Catholic Lay Eucharistic Dr. Warren Clinic ins' Class: Bishop Phoebe tion for Bishop MR ortation to Concerts al Ticketholders* WAY	3 9:00-4:00 Dottie's Digs GI 9:00-Noon Podiatrist* TT 2:00 The US & the Holocaust with Ken Burns PAC 11:00 Transportation to Early Vot- ing* WAY 5:00 Happy Hour PAC	4 10:00 Kroger* WAY 11:30 Trezevant Explores: Eric Barnes, The Daily Memphian* PAC 2:00 MOVIE: Hoosiers (PG, 1987, 5*, 1h54m) 5:00 TGIFT! Sable & Jackson MR	5 2:00 MOVIE: Avalon (PG, 1990, 4.5*, 2h7m) PAC 5:00 Saturday Music Hour with Memphis Jazz Workshop (Jazz) PAC 6:30 Transporation to MSO* WAY
en's Coffee Hour 310 Point* WAY Catholic Lay Eucharistic steie Lauder Event with CR ins' Class: Anne Carriere Performance: The Penny	10 9:30-1:30 Day Retreat with Mimsy Jones* WAY 2:00 The US & the Holocaust with Ken Burns PAC 5:00 Happy Hour PAC 7:15 Artists'-in-Residence Performance PAC	11 9:00 Alzheimer's Walk Coffee & Blessing of the Dona- tions CH 10:00 Kroger* WAY 10:00-11:00 Alterations with Divine Stitches 310 11:30-1:00 Veterans' Day Luncheon* SDR 2:00 MOVIE: You've Got Mail (PG, 1998, 5*, 1h59m) 5:00 TGIFT! MBAA A Gospel Choir PAC	12 8:30 Transportation to Botanic Gardens for Alzheimer's Walk* WAY 2:00 MOVIE: Crossing Delancey (PG, 1988, 4.5*, 1h36m) PAC 4:00 Saturday Music Hour with Symmetry Orchestra (Classical) PAC
Coffee Hour 310 Catholic Mass CH Point* WAY Dr. Warren Clinic ins' Class with Anne H	17 9:00-4:00 Dottie's Digs GI 2:00 The US & the Holocaust with Ken Burns PAC 1:30-1:30 Ping Pong! 310 5:00 Happy Hour PAC	18 10:00 Kroger* WAY 2:00 MOVIE: Miracle on 34th Street (NR, 1947, 5*, 1h56m) 5:00 TGIFT! with Tim Stanek (Classical) MR	19 2:00 MOVIE: Little Women (PG, 2019, 4.5*, 2h14m) PAC 5:00 Saturday Music Hour with () MR
Coffee 310 Point* WAY Catholic Lay Eucharistic	24 Thanksgiving Day 11:30-1:00 Thanksgiving Lunch SDR	25 10:00 Kroger* WAY 2:00 MOVIE: The New World (PG-13, 2006, 4*, 2h15m) 5:00 TGIFT! with (Classical) MR	26 2:00 MOVIE: By the Light of the Silvery Moon (NR, 1953, 5*, 1h41m) PAC 5:00 Saturday Music Hour with Thomas & Fosco (Bossa Nova) MR
HOLIDAY NIGHT! Coffee 310 Point* WAY Catholic Lay Eucharistic Art Series featuring Volunteers & A Christmas Y ins'Class with Linda H			



MOVIES AT TREZEVANT

November 2022

HOOSIERS



Fri, Nov 4, 2022 at 2:00 p.m.
Hoosiers-Gene Hackman stars as a basketball coach who guides a tiny Indiana high-school team to a state title in this sports classic. (PG, 1987, 5*, 1h54m)



Sat, Nov 5, 2022 at 2:00 p.m.
Avalon-A Jewish family comes to USA at the beginning of the century and they and their children try to make themselves a better future in the promised land.(PG, 1990, 4.5*, 2h7m)



Sun, Nov 6, 2022 at 2:00 p.m.
I'll Find You-When two young lovers, Robert, a tenor and Rachel, a violin virtuoso get torn apart by the outbreak of WWII, Robert vows to find Rachel, no matter what. (PG-13, 2022, 4.5*, 1h56m)



Tue, Nov 8, 2022 at 3:30 p.m.
The Crown: War S4, E10-Amid a growing challenge to her power, Margaret Thatcher fights for her position; Charles grows more determined to separate from Diana as their marriage unravels. (TV-14, 2020, 5*)



Fri, Nov 11, 2022 at 2:00 p.m.
You've Got Mail-Multiple Academy Award winner Tom Hanks reunites with his Sleepless in Seattle co-star, Meg Ryan, and director, Nora Ephron, to discover love at first byte in this on-line romantic comedy. (PG, 1998, 5*, 1h59m)



Sat, Nov 12, 2022 at 2:00 p.m.
Crossing Delancey-A contemporary New York comedy about Isabella, a single independent woman who is caught in a romantic quandary when her grandmother hires a Jewish matchmaker to find her a husband. (PG, 1988, 4.5*, 1h36m)



Sun, Nov 13, 2022 at 2:00 p.m.
Eiffel-After completing the Statue of Liberty, celebrated engineer Gustave Eiffel is on top of the world. Now, the French government is pressuring him to design something spectacular for the 1889 Paris World Fair. Eiffel's design plans suddenly change when he crosses paths with a mysterious woman from his past. Their long lost, forbidden passion inspires him to change the Paris skyline forever. (R, 2022, 4.5*, 1h48m)



Tue, Nov 15, 2022 at 3:30 p.m.
The Crown, S5, E1-Imelda Staunton as Queen Elizabeth II. The story continues. (TV-14, 2022, 5*)



Fri, Nov 18, 2022 at 2:00 p.m.
Miracle on 34th Street-A department store Santa is out to prove he's the real Claus in this spirited 1947 holiday classic. (G, 1947, 5*, 1h36m)



Sat, Nov 19, 2022 at 2:00 p.m.
Little Women-Greta Gerwig's adaptation of the timeless and beloved story of four sisters each determined to live life on their own terms. (PG, 2019, 4.5*, 2h14m)



Sun, Nov 20, 2022 at 2:00 p.m.
Soda Springs-A man goes to jail for a crime he did not commit, when he gets out, he tries to mend his relationships and gain a new name in town. (PG-13, 2022, 4*, 1h53m)



Tue, Nov 22, 2022 at 3:30 p.m.
The Crown, S5, E1-Imelda Staunton as Queen Elizabeth II. The story continues. (TV-14, 2022, 5*)

Fri, Nov 25, 2022 at 2:00 p.m.
The New World-This romantic epic brings to life the tale of Pocahontas and her relationship with adventurer

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ST. EDWARD CHAPEL

November Spiritual Care Offerings

Sunday Nov. 6th at 10:30am: Trezevant All Saints Service—we will celebrate the lives of all those we’ve lost in the past year—both residents, staff and family members. All are invited to come join us at 10:30 for this beautiful service of remembrance of all our Trezevant loved ones.

Sunday, Nov. 6th at 4pm—Service of Healing and Blessing. This is a simple service with time for individual prayers and blessing with Chaplain Julie and The Rev. Anne Carriere. Prayers for family members or friends are also welcome.

Nov. 10 Day Retreat to St. Columba—Join the Rev. Mimsy Jones and I as we lead a study called “Finding Yourself in Scripture” This will be a morning retreat. We will leave at 9:30 and return by 1:30 pm. Cost is \$35 and will include lunch. Make checks payable to St. Edward Chapel with description “St. Columba retreat.” You may sign up in the activity calendar and on catie, but payment is due in the chaplains’ office by Nov. 2nd.

Chaplains’ classes: at 3pm on Wednesdays

Wed., Nov. 2nd: Bishop Phoebe Roaf, Bishop of the Episcopal Diocese of West Tennessee will be with us for chaplains’ class. Bishop Phoebe is a powerful speaker and a member of our Trezevant board. **Please join us for the class at 3pm and reception following in the Music Room.**

Wed., Nov. 9th and Nov. 16th--- Join the Rev. Anne Carriere as she leads us in a study of “Thin Places.” We’ll learn all about Celtic expressions of spirituality and enjoy some Celtic music. Come Join us!



John Smith set during the turbulent beginnings of America. (PG-13, 2006, 4*, 2h15m)

Sat, Nov 26, 2022 at 2:00 p.m.

By the Light of the Silvery Moon-

Doris Day and Gordon MacRae star in an old fashioned musical salute to the small town American family. (NR, 1953, 5*, 1h41m)



Sun, Nov 27, 2022 at 2:00 p.m.

The Dig-In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground. (PG-13, 2021, 4.5*, 1h52m)



MARK YOUR CALENDAR

Here's what's happening in November!

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

NOVEMBER BIRTHDAYS

November 2
Jeffrey Gross
Gail Weesner

November 4
Dottie Grayson

November 5
Faye Southern

November 7
Richard Williams
Mary Alice Gordon

November 8
Barbara Christensen
Carolyn Whitley

November 9
Edna Earl Douglas
Ann Knox

November 10
Bobby Leatherman

November 11
Wil Hergenrader

November 12
Nancy Cross

November 13
Barbara Williams

November 14
Dixie Power

November 15
Dorothy Craddock

November 19
Gail Murray

November 20
John Grayson

November 22
Nancy Stephenson

November 29
Ted Johnson

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