



TIDINGS

January 2023

Issue 1



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

The New Year has arrived and promises to be filled with creative, inspiring and innovative events. Life Enrichment is excited to present independent living residents with our 2023 Trezevant calendar. Our initial year to launch the calendar it is a memorable collection of resident photos enjoying various functions both on and off campus. Also included are religious holidays, traditional holidays observed in the U.S., and Trezevant annual events. The calendar is not a complete list of all events as those will be included in the monthly Tidings and weekly print outs.

A special highlight of the calendar is the feature of a different country each month. We realize world travel is not possible without a valid passport. Therefore a Trezevant *passport has been designed listing all the countries we will be virtually touring throughout the year. Tours will involve video features, culinary tastings, music, dance and distinctive cultural presentations from each destination.

What better way to kick off this round the world experience than to tour the newly reinvented Memphis airport. Trezevant has arranged for a resident **tour of the modernized concourse with its natural light, retail and restaurant options and numerous amenities to enhance the passenger experience. The airport is truly a destination whether making a connection, catching a departing flight or arriving home after a journey. So welcome aboard we are next in line for take off, fasten seat belts, and prepare for adventure.

Happy New Year,
Kim

*Trezevant Passports will be distributed.

**Residents desiring to tour the airport must meet physical requirements. There are limitations on the number of guests touring.

LIFE ENRICHMENT

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IN ST. EDWARD CHAPEL

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

January Spiritual Care Offerings:

Worship Services:

Jan 1st at 10:30 am in St. Edward Chapel:

Worship and Holy Communion with The Rev. Anne Carriere

NOTE: We will not have the Service of Healing and Blessing this month as Jan 1st is a holiday.

Jan. 8th, 15th, 22nd and 29th at 10:30am in St. Edward Chapel:

Worship and Holy Communion

Chaplains' class:

“The Cup of Your Life” with Linda Mischke

Oddly enough, a simple CUP can be a powerful symbol of the spiritual life. In this January Chaplains' Class series each Wednesday at 3 p.m. in the Chapel, Linda Mischke will help us explore the Broken Cup, The Mended Cup, the Cup of Compassion, the Chipped Cup, the Cup of Blessing and other possibilities. Bring your favorite mug or cup to the class and stay for tea and scones afterward in the Highland Lobby for our first session, Jan 4th!



RESIDENT REFLECTIONS



1. Laura Loth, Rusty Loth and Fitness Director Rinnie Wood at the Trezevant Christmas Party! 2. Linda Mischke enjoys the members of The Shop, a Memphis Black Arts Alliance group. 3. Mary Nelson plays for Caroling in the Terrace. 4. Caroling at the Terrace with Mary Nelson, Theresa Mauer, Joy Austin-Files, Anna McNeill, Elizabeth Holmes, Betty Jane Robinson and Marilyn Dunavant. 5. Betsy Rucks, Anna McNeill, Charlotte Jones with Marie Stark and Betty Carter work on a craft for Random Acts of Kindness. 6. Anna McNeill, Julie Walton and Mary Allie Baldwin show off the final product to be given to Terrace residents.

BE WELL

by Rinnie Wood, Director of Fitness

DO YOU WANT TO GET FIT IN 2023?

Do you want to become more fit in the coming year? Let's make this the year that we do it. Achieve a higher level of fitness, feel and look our best, and improve our balance and memory.

Can we really do this in 2023? YES!

Will it take initiative? Yes.

Will it require a variety of activities? Yes.

Can we achieve this right here at Trezevant? Yes.

Will this take an exorbitant amount of time? NO!

Will it be fun and rewarding? YES!

Below are the necessary components of a program so that you can attain a higher level of physical fitness. Classes offer many of these components. We also have excellent on-site therapy and personal training for specific training goals. We are here to guide you with the right plan.

- Aerobic exercise- Move! Increase endurance, strengthen your heart.
- Strength- Resistance training using weights, water, and body weight.
- Core- May be done seated, standing, on the floor, even in bed.
- Balance- Regular balance exercise reduce falls, period.
- Stretching- Helps us feel better, improves posture, reduces injury risk.

To be truly healthy, we need to include brain challenges and spiritual offerings.

- Mental Challenges- Brain exercises improve memory.
- Spiritual- Soothes the soul.

Let's tackle fitness together in 2023! The January fitness calendar will be ready soon. It offers dates for classes, fitness testing and challenges, so read closely. Then, please call me with questions or for an appointment. 901-251-9223. Happy New Year!

Rinnie



WELLNESS SERVICES

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January, 2023
AT TREZEVAANT

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	Thursday	Friday	Saturday
1 NEW YEAR'S DAY 10:30 SundayWorship & Holy Communion <i>CH</i> 2:00 MOVIE: Being the Ricardos (R 2021, 4*, 2h12m) <i>PAC</i>	2 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 5:00 Happy Hour <i>PAC</i>	3 10:00 Coffee with Kim* <i>Bistro</i> 10:30 Walgreens* <i>WAY</i> 3:30 MOVIE: The Crown: S5, E8 (TV-14, 2016, 4.5*) <i>PAC</i>	4 10:00 Catholic Lay Eucharistic <i>CH</i> 10:00 Men's Coffee Hour <i>310</i> 10:00-11:30 Trader Joes* <i>WAY</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 3:00 Chaplains' Class: Linda Mischke <i>CH</i> 4:00 Take Your Brain to the Gym <i>MR</i>	5 9:00-4:00 Dottie's Digs <i>GI</i> 9:00-Noon Podiatrist* <i>TT</i> 2:00 Great Courses: Your Best Brain <i>PAC</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: Elvis: The King with Paul Morphis <i>PAC</i>	6 10:00 Kroger* <i>WAY</i> 11:30 Trezevant Explores: Bishop Althea Greene, Education & Community <i>PAC</i> 2:00 MOVIE: Going My Way (NR, 1944, 5*, 2h6m) 5:00 TGIFT! with Bobby Lawson (Guitar) <i>MR</i>	7 2:00 MOVIE: Brigadoon (G, 1954, 4.5*, 1h48m) <i>PAC</i> 5:00 Saturday Music Hour with Four Guys and a Doll (Standards) <i>PAC</i>
8 10:30 SundayWorship & Holy Communion <i>CH</i> 2:00 MOVIE: Sam & Kate (R, 2022, 4*, 1h50m) <i>PAC</i>	9 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 5:00 Happy Hour <i>PAC</i>	10 10:00 Coffee with Kent* <i>Bistro</i> 10:30 Walgreens* <i>WAY</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 3:30 MOVIE: The Crown: S5, E9 (TV-14, 2016, 4.5*) <i>PAC</i> 7:15 MOVIE: The Royal Edinburgh Military Tattoo 2019 (TV-G, 2019, 5*)	11 9:00 Tour of Memphis Airport* 10:00 Catholic Lay Euch. <i>CH</i> 10:00 Men's Coffee Hour <i>310</i> 10:00-11:30 High Point* <i>WAY</i> 12:00-4:00 Fitness Testing 201 3:00 Chaplains' Class:: Linda Mischke <i>CH</i> 4:00 Easy Tips: Improve Strength, Balance <i>PAC</i>	12 2:00 Great Courses: Your Best Brain <i>PAC</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: ELVIS!! <i>PAC</i>	13 10:00-11:00 Alterations with Divine Stitches <i>310</i> 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Shall We Dance? (ALL, 1957, 4.5*, 1h48m) 5:00 TGIFT! with David Ingle (Boogie-woogie) <i>MR</i>	14 2:00 MOVIE: Braveheart (R, 1995, 5*, 2h58m) <i>PAC</i> 5:00 Saturday Music Hour with Breeze Cayolle (Jazz) <i>PAC</i>
15 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Storied Life of A.J. Fikry (PG-13, 2022, 4*, 1h45m) <i>PAC</i>	16 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 5:00 Happy Hour <i>PAC</i>	17 10:00 Coffee w/ John <i>Bistro</i> 1:30 IFF Club <i>PAC</i> 3:30 MOVIE: The Crown: S5, E10 (TV-14, 2016, 4.5*) <i>PAC</i> 4:00 Idlewild Communion <i>CH</i>	18 10:00 Catholic Mass <i>CH</i> 10:00 Men's Coffee Hour <i>310</i> 10:00 High Point* <i>WAY</i> 12:45-3:00 Dr. Warren <i>Clinic</i> 3:00 Chaplains' Class: Linda Mischke <i>CH</i> 4:00 Take Your Brain to the Gym <i>MR</i> 7:15 Speaker: Bruce Erskine on Wind Instruments <i>PAC</i>	19 9:00-4:00 Dottie's Digs <i>GI</i> 2:00 Great Courses: Your Best Brain <i>PAC</i> 3:00 Cazateatra Salsa Class <i>PAC</i> 5:00 Happy Hour <i>PAC</i>	20 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: The Philadelphia Story (G, 1941, 5*, 1h52m) 5:00 TGIFT! with Thomas & Fosco (Bossa Nova) <i>MR</i>	21 2:00 MOVIE: Mary, Queen of Scots (R, 2018, 5*, 2h4m) <i>PAC</i> 5:00 Saturday Music Hour with the David Lee Trio (Stds) <i>MR</i>
22 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Gigi & Nate (PG-13, 2022, 5*, 1h54m) <i>PAC</i>	23 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 5:00 Happy Hour <i>PAC</i>	24 12:45-3:00 Dr. Warren <i>Clinic</i> 3:30 SCOTLAND FEATURE: Incident at Loch Ness (PG-13, 2004, 4*, 1h35m) <i>PAC</i> 4:30 Trezevant Tasting*: Scotland <i>MR</i>	25 BIRTHDAY NIGHT!! 10:00 Catholic Lay Eucharistic Service <i>CH</i> 10:00 Men's Coffee <i>310</i> 10:00 High Point* <i>WAY</i> 3:00 Chaplains'Class: <i>CH</i> 7:15 RAC Quarterly Meeting <i>PAC</i>	26 2:00 Great Courses: Your Best Brain <i>PAC</i> 5:00 Burns' Supper* <i>PAC</i>	27 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Old Yeller (G, 1959, 5*, 1h23m) 5:00 TGIFT! with Rick Nethery (Guitar) <i>MR</i>	28 2:00 MOVIE: Rob Roy (R, 1995, 4.5*, 2h19m) <i>PAC</i> 5:00 Saturday Music Hour with Wyly Bigger (Rockabilly) <i>MR</i>
29 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Life Ahead (PG-13, 2020, 4.5*, 1h35m) <i>PAC</i> 7:15 Special Performance: Dubois Duo <i>PAC</i>	30 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00 The Walk to Margaritaville Kick-Off! Info Session & Sign Up <i>PAC</i> 5:00 Happy Hour <i>PAC</i>	31 3:30 SCOTLAND FEATURE: Scotch, A Golden Dream (NR, 2019, 4.5*, 1h27m) <i>PAC</i> 5:30 Out to Dinner*: Limelight <i>HPL</i>				

MOVIES AT TREZEVANT

January 2023



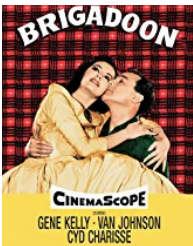
Sun, Jan 1, 2023 at 2:00 p.m.
Being the Ricardos-During one production week of "I Love Lucy", Lucille and Desi face a series of personal and professional crises that threaten their show, their careers and their marriage. (R, 2021, 3*, 2h12m)



Tue, Jan 3, 2023 at 3:30 p.m.
The Crown: S5, E8-Queen Elizabeth spends quality time with Prince William; on Guy Fawkes Night, fireworks make for a perfect distraction from Diana's BBC interview. (TV-14, 2022, 4.5*)



Fri, Jan 6, 2023 at 2:00 p.m.
Going My Way-When young Father O'Malley arrives at St. Dominic's, old Father Fitzgibbon doesn't think much of the church's newest member. (NR, 1944, 5*, 2h6m)



Sat, Jan 7, 2023 at 2:00 p.m.
Brigadoon-Gene Kelly stars as one of two American hunters in Scotland who discover a mystical village that only materializes once every century. (PG, 1954, 4.5*, 1h48m)



Sun, Jan 8, 2023 at 2:00 p.m.
Sam & Kate-Starring Academy Award-winners Dustin Hoffman and Sissy Spacek, Sam & Kate is a heartwarming, multi-generational family story bringing together four people who are given a second chance at love, and life. (R, 2022, 4*, 1h50m)



Tue, Jan 10, 2023 at 3:30 p.m.
The Crown: S5, E9-The princess contends with the repercussions of her statements; the queen asks the prime minister for his help in a delicate family matter. (TV-14, 2022, 4.5*)

Fri, Jan 13, 2023 at 2:00 p.m.
Shall We Dance?-A ballet dancer and a showgirl fake their marriage



for publicity purposes before falling in love for real in this (G, 1937, 4.5*, 1h48m)



Sat, Jan 14, 2023 at 2:00 p.m.
Braveheart-In 1300 in Scotland William Wallace mounts a battle against the English King, a pagan usurper called Edward the Longshanks. (R, 1995, 5*, 2h57m)



Sun, Jan 15, 2023 at 2:00 p.m.
The Storied Life of A.J. Fikry-A.J. Fikry's lives alone, his bookstore is in a sales slump, and his most valuable possession, a book of poems, has been stolen. But when a mysterious package appears, he soon discovers he has a second chance at life, and love. (PG-13, 2022, 4*, 1h45m)



Tue, Jan 17, 2023 at 3:30 p.m.
The Crown: S5, E10-After heightened public scrutiny, Charles forges a new alliance in Hong Kong; Mohamed Al-Fayed offers his support to a newly divorced Diana. (TV-14, 2022, 4.5*)



Fri, Jan 20, 2023 at 2:00 p.m.
The Philadelphia Story-A rich girl has doubts on the eve of her second marriage when her first husband shows up and an honest reporter is there to get the story. (PG, 1941, 5*, 1h52m)



Sat, Jan 21, 2023 at 2:00 p.m.
Mary, Queen of Scots-Mary Queen of Scots explores the turbulent life of the Mary Stuart, who returns to Scotland to reclaim her rightful throne, threatening Queen Elizabeth's sovereignty. (R, 2019, 4.5*, 1h59m)

Sun, Jan 22, 2023 at 2:00 p.m.
Gigi & Nate-After suffering a near-fatal illness that left him a quadriplegic, a young man finds hope again after meeting his

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CAMPUS CORNER

Congratulations to Valerie Smithers for receiving her Service Award for being at Trezevant for 25 years! Valerie is our Wellness Nurse in Independent Living.

Congratulations to Shirley Stokes for receiving her Service Award for being at Trezevant for 15 years. Shirley is our Kitchen Manager for the Terrace and Allen Morgan.

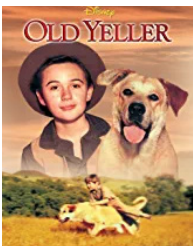
Thank you both for your commitment to Trezevant!



service animal, Gigi - a curious and intelligent capuchin monkey. (PG-13, 2022, 5*, 1h54m)

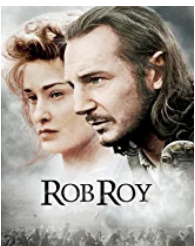


Tue, Jan 24, 2023 at 3:30 p.m.
Incident at Loch Ness-The German film director Werner Herzog lends his name and cinematic gravitas to this mockumentary about the myth of the Loch Ness Monster. (PG-13, 2004, 4*, 1h33m)

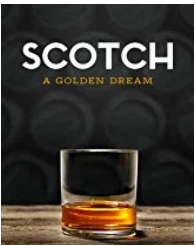


Fri, Jan 27, 2023 at 2:00 p.m.
Old Yeller-Quintessential film about a boy's love for his dog. (PG-13, 2004, 4*, 1h33m)

Sat, Jan 28, 2023 at 2:00 p.m.
Rob Roy-Liam Neeson and Jessica Lange battle evil landowners among the breathtaking landscapes of the majestic Scottish Highlands in this riveting adventure of courage, love and uncompromising honor. (R, 1995, 4.5*, 2h19m)



Sun, Jan 29, 2023 at 2:00 p.m.
The Life Ahead-A Holocaust survivor running a daycare business forms an unlikely friendship with a bitter street kid when she takes him in after he robs her. (PG-13, 2020, 4*, 1h35m)



Tue, Jan 31, 2023 at 3:30 p.m.
Scotch: A Golden Dream-With a backdrop of stunning Scottish landscapes, explore the artistic and scientific building blocks of making whisky; the stuff dreams are made of. (PG-13, 2019, 4.5*, 1h29m)

MARK YOUR CALENDAR

Here's what's happening in January!

HAPPY NEW YEAR! on Sun, 1/1/23.

HOLIDAY LUNCH on Sun, 1/1 at 11:30 p.m. in the SDR.

Give your brain a workout with Shaon Pollack at **TAKING YOUR BRAIN TO THE GYM** on Wed, 1/4 & 1/18 at 4:00 p.m. in the MR.

Sing along with **ELVIS** and Paul Morphis at **THE KING** special performance on Thu, 1/5 at 7:15 p.m. in the PAC.

TREZEVANT EXPLORES*: Bishop Althea Greene on Education and Community on Fri, 1/6; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. *Sign up in the Activity Book for lunch only.*

Sign up for the **TOUR OF MEMPHIS INTERNATIONAL AIRPORT*** on 1/11 at 9:00 a.m. from HPL.

Learn from Rinnie Wood **EASY TIPS TO IMPROVE YOUR STRENGTH, BALANCE, ENDURANCE & FLEXIBILITY** on Wed, 1/11 at 4:00 p.m. in the PAC.

Special Performance by Brian Lee Howell as **ELVIS** on Thu, 1/12 at 7:15 p.m. in the PAC.

Hear about Wind Instruments and Bagpipes from **SPEAKER BRUCE ERSKINE** on Wed, 1/18 at 7:15 p.m. in the PAC.

Join the fun in **SALSA CLASS** with Cazateatra on Thu, 1/19 at 3:00 p.m. in the PAC.

Taste the spirits of Scotland at a **TREZEVANT TASTING*** on 1/24 at 4:30 p.m. in the MR.

BIRTHDAY CELEBRATION Wed, 1/25 at 6:15 p.m. in SDR.

Be sure to attend the Resident Association Counsel **QUARTERLY MEETING** on Wed, 1/25 from 7:15 p.m. in the PAC.

Eat, Drink and Be Merry at the BURNS' SUPPER* on Thu, 1/26 at 5:00 p.m. in the PAC. **Please RSVP to attend.**

Special Performance by the **DUBOIS DUO** (Classical) on Sun, 1/29 at 7:15 p.m. in the PAC.

Information & Sign-Up for **THE WALK TO MARGARITAVILLE FITNESS CHALLENGE** is on Mon, 1/30 at 3:00 p.m. in the PAC.

Let's go **OUT TO DINNER*** at

Limelight on Tue, 1/31 departing at 5:30 p.m. from HPL.

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 to 6:00 p.m. \$2 cover charge, free drinks.

See the last 3 episodes of **THE CROWN** on each 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, 1/5 & 1/19 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.
1/6 Bobby Lawson (Guitar) MR
1/13 David Ingle (Boogie Woogie) MR
1/20 Thomas & Fosco (Jazz) MR
1/27 Rick Nethery (Guitar) SDR

SATURDAY MUSIC HOUR: Every Sat at 5:00 p.m.
1/7 Four Guys & A Doll (Stds) PAC
1/14 Breeze Cayolle (Jazz) PAC
1/21 David Lee Trio (Stds) MR
1/28 Wyly Bigger (Rockabilly) MR

JANUARY BIRTHDAYS

January 1
Terry Robertson
Lynnette Murff

January 6
Rusty Loth

January 8
Sally Hergenrader
Anna Pyland

January 9
Mary Linda Wardlaw

January 11
Mary Virginia Rogers

January 12
Ann Powell
Roger Lowery

January 17
Caroline Nance

January 18
Jo Maxwell
Christine Garrett
Anne Timmons

January 21
Nancy Erb

January 22
Norma Atkins

January 24
GeeGee Chandler

January 25
Alice Ann Miller
Julie Walton

January 27
Mary Edith Walker

January 28
Sue Goodwin

January 30
Robert McCallum



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January's Feature Country: Scotland

The national animal of Scotland is a unicorn.
Scotland is home to one of Europe's' oldest trees,
Fortingall Yew.

Bonnybridge, Scotland has more than 300 UFO sightings reported each year.

There are more people with Scottish heritage living in the US than live in Scotland!



Trezevant

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