



TIDINGS

February 2023

Issue 2



AT YOUR SERVICE

by Kim O'Donnell, Life Enrichment Director

February is here and love is in the A.I.R.-as in Artists in Residence (A.I.R.) our dynamic, talented trio who engage, and entertain residents with their violin, cello and piano concerts. They have performed concerts featuring classical music, accompanied with new music and intermittent Brazilian tunes. Brazilian music is alive and well at Trezevant, as our IRIS Fellows are both natives. Many of you have had the opportunity to meet both Pedro and Otavio; thus, this is an opportune time to share a brief musical overview of our feature country for February when BRAZIL is our Featured Country!

Brazilian music was formed from a fusion of European and Native Indigenous and African elements. The samba, a genre which originated in the 17th century among enslaved Black people in the northeast region of Brazil. The samba led to the development of the bossa nova which was popularized in Rio de Janeiro in the 1950s and 1960s. Plan to join in for dance lessons great exercise and tons of fun.

Pedro, a violinist, has experience performing as a soloist and chamber musician. His talents have led him to the most prestigious venues throughout Asia, North & South America, including Weill Hall at Carnegie. At the age of fifteen, Pedro debuted with the Art Brasilia Symphony Orchestra. Recently, he made his Mexico debut soloing the four seasons by Piazzolla with Orquesta Filarmonica Tlaxcalan.

An avid chamber musician and cellist, Otávio has performed throughout the US and Brazil with a focus on New Music. New Music is the cutting and creative edge of classical music. It incorporates elements of various musical genres, including classical, jazz, rock, world music and others. Be sure to ask Otavio about it. I am sure he will be happy to elaborate!

We need to elaborate more on the Tapestry Committee, too! It is an offshoot of the 2022 Black History Month committee and will be contributing to the programming each month in 2023. This February, Black History Month, 2023) they have planned a month full of educational, insightful and entertaining events. Look for a detailed brochure describing all events in your mailbox very soon!

An abundance of events is available for your enjoyment at Trezevant-and an elevator ride is all that is required!

Kim O'Donnell

Life Enrichment Director

PS. Don't forget to bring your Passport to any or all of the Brazil events in February! You're virtually on your way around the world!

LIFE ENRICHMENT

Kim O'Donnell, Director
kodonnell@trezevantmanor.org
(901) 251-9205

Teresa Johnson, Communica-
tions Manager
tjohnson@trezevantmanor.org
(901) 746-1843





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

IN ST. EDWARD CHAPEL

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

FEBRUARY SPIRITUAL CARE OFFERINGS:

Worship Services:

Sunday mornings at 10:30 in St. Edward Chapel
Worship and Holy Communion—all are welcome!

Feb. 5th: The Rev. Julie McKenna preacher and celebrant

Feb. 12th: The Rev. Walter Mischke—preacher, The Rev. Barbara Kirk-Norris celebrant;
Special music by our resident artists, Pedro, Christina and Ottavio.

Feb 19th: The Rev. Julie McKenna, preacher and celebrant

Feb. 26th: The Rev. Julie McKenna—preacher and celebrant;
Special music by our resident artists, Pedro, Christina and Ottavio.

Special Services:

Sunday, Feb. 5th at 4:00 pm: Service of Healing and Blessing

Concerned about a family member or friend? Feel overwhelmed by a situation you are facing? This time is for you. Come join us for a personal time of prayer and anointing with The Rev. Julie McKenna and The Rev. Anne Carriere.

Wednesday, Feb., 22nd at 3pm: Ash Wednesday Service

Worship, Holy Communion and the Imposition of Ashes. The Rev. Julie McKenna—preacher; The Rev. Barbara Kirk-Norris—celebrant.

Friday, Feb. 24th at 3:00pm: Special Event: The Rev. Dan Matthews of Trinity Church, Wallstreet will be with us for a special class followed by a reception in his honor in the music room.

Chaplains' Classes

February 1st, 8th and 15th at 3:00 pm in St. Edward Chapel

Church Thinkers—from Paul to Karl Barth” Join Jack Richbourg for an interesting look at major “Church Thinkers” through history- How were their theologies similar to and different from our own. What can we learn from their perspectives?

RESIDENT REFLECTIONS



1. Julie Walton visits with Pedro & Christina Maia at the Trezevant reception.

2. Mary Kate Wyatt, Buddy Nix and Sara Heckle greet one another outside the Library.

3. Jim Dorman, Susanne Darnell, Rodgers Menzies, Sylvia Adams and Beverly Williams wait to speak with the happy couple!

4. A good time was had by all, including Kiersten Watkins, Emile Bizot, Maggie & Bobby Hollabaugh, Fred Wimmer, Steve Nelson and Ann Stevens, on New Year's Eve in Snowden Dining Room.

5. Elinor Reed and Fred Wimmer congratulate the newlyweds!

6. Dr. Sharon Pollack leads the Take Your Brain to the Gym group which included Ann Stevens, Betty Jane Robinson, Marilyn Dunavant, Beverly Williams, Ann Powell and Mary Linda Wardlaw.



BE WELL

by Rinnie Wood, Director of Fitness

FEBRUARY IS HEART HEALTH MONTH...SOME UNEXPECTED WAYS TO IMPROVE YOURS! PHYSICAL ADJUSTMENTS AND ACTS OF KINDNESS LEAD TO IMPROVED OVERALL HEALTH

Familiar advice from the medical community regarding heart health includes exercising; controlling your weight, cholesterol and blood pressure; eating more fruits and vegetables and less meat. Perhaps we think that there is little else we can do to improve our heart health. Oh, contraire! Let's look at two distinctly different ways to make our hearts healthier.

PHYSICAL Cleveland Clinic cardiothoracic surgeon Marc Gullinov, recommends five key things you need to do to help your heart work most efficiently. Incorporate these habits into your lifestyle and your heart health will be the best it can be.

1. Eat healthy fats, NOT trans fats.
2. Practice good dental hygiene, especially flossing your teeth daily. TIP: Floss and brush your teeth daily to ward off gum disease.
3. Get enough sleep. One study looking at 3,000 adults over age 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night. TIP: Make sleep a priority. Get 7 to 8 hours of sleep most nights.
4. Don't sit for too long at one time. In several studies that included nearly 800,000 people, researchers found that in those who sat the most, there was an associated 147% increase in cardiovascular events, a 90% increase in death and higher risk of blood clots. TIP: Move throughout the day. and exercise on most days.
5. Avoid secondhand smoke like the plague. Studies show that the risk of developing heart disease is about 25% to 30% higher for people who are exposed to secondhand smoke. TIP: Be firm with smokers that you do not want to be around environmental smoke.

ACTS OF KINDNESS MAY CONTRIBUTE TO IMPROVED HEART HEALTH. A segment on a January 2023 Today Show indicated that practical acts of kindness can reduce anxiety and depression, lead to new friendships and to greater satisfaction in one's life. A team at Ohio State University completed a 5-week study with participants performing 3 small acts of kindness, 2 times per week for the 5-week period. Things such as smiling at strangers, baking and delivering cookies, opening doors and volunteering lead to decreased stress and anxiety, both conditions we are advised to avoid for heart health. Also interviewed was Dr. KoJo Sarto, author of *Feeling Good*, who noted that those performing acts of kindness gained confidence and improved mental health. Walking and meditation also lead to these positive improvements in overall health.

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
(901) 251-9223

Valerie Smithers, RN
Wellness Nurse
vsmithers@trezevantmanor.org
(901) 251-9239

February 2023 AT TREZEVANT

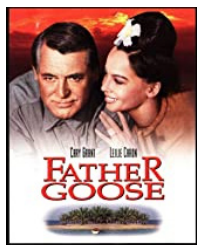
PLEASE NOTE:
Events are subject to change. Please check the weekly calendar for updates. *-Sign up in the Activity Book or on CATIE.

Sunday	Monday	Tuesday	
			1 10:00 Cath 10:00 Men 10:00-11:30 12:45-3:00 3:00 Chapl <i>CH</i>
5 10:30 SundayWorship & Holy Communion <i>CH</i> 2:00 MOVIE: Till (PG-13, 2022, 5*, 2h10m) <i>PAC</i> 4:00 Blessing & Healing Service <i>CH</i>	6 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Speaker: Prof. Charles Hughes on Elvis <i>PAC</i>	7 10:00 Coffee with Kim <i>Bistro</i> 10:30 Walgreens* <i>WAY</i> 3:30 SERIES: I Love Lucy, Season 1, Episode 1 & 2 <i>PAC</i> 4:00 Celebrate BRAZIL! Facts, Food, Drinks & Entertainment <i>PAC</i> 	8 10:00 10:00 Men 10:00-11:30 12:00-4:00 12:45-3:00 3:00 Chapl <i>CH</i> 4:00 Take
12 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Everything Everywhere All At Once (PG-13, 2022, 4.5*, 2h19m) <i>PAC</i> 5:00 SUPER BOWL PARTY <i>PAC</i>	13 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>	14 10:00 Coffee w/ Kent <i>Bistro</i> 3:30 SERIES: I Love Lucy, Season 1, Episode 3 & 4 <i>PAC</i> 4:00 Idlewild Communion <i>CH</i>	15 10:00 10:00 Men 10:00 High 11:00 BHM Lunch WA 12:45-3:00 3:00 Chapl <i>CH</i> 4:30-6:30 M Reception- <i>PAC</i>
19 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Fablemans (PG-13, 2022, 5*, 2h30m) <i>PAC</i>	20 Presidents' Day 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>	21 10:00 Coffee w/ John <i>Bistro</i> 1:30 IFF Club <i>PAC</i> 3:30 SERIES: I Love Lucy, Season 1, Episode 5 & 6 <i>PAC</i>	22 ASH 10:00 Cath 10:00 Men 10:00 High 12:45-3:00 3:00 Ash V 4:00 Take 7:15 Valent Memphis
26 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Banshees of Inisherin (R, 2022, 3.5*, 1h53m) <i>PAC</i>	27 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 5:00 Happy Hour <i>PAC</i>	28 12:45-3:00 Dr. Warren <i>Clinic</i> 3:30 SERIES: I Love Lucy, Season 1, Episode 7 & 8 4:30 Margaritaville Awards <i>PAC</i> 7:15 BHM: Panel of Corporate Executives with Calvin Anderson, Moderator <i>PAC</i> 	

Wednesday	Thursday	Friday	Saturday
<p>Catholic Lay Eucharistic <i>CH</i> 's Coffee Hour <i>310</i> Trader Joes* <i>WAY</i> Dr. Warren <i>Clinic</i> ains' Class: Jack Richbourg</p>	<p>2 9:00-4:00 Dottie's Digs <i>GI</i> 9:00-Noon Podiatrist* <i>TT</i> 2:00 Your World Explained: Fairy Tales <i>PAC</i> 5:00 Happy Hour <i>PAC</i> 7:15 BHM Event: MBAA on 'We Shall Overcome' </p>	<p>3 10:00 Kroger* <i>WAY</i> 11:30 Trezevant Explores:  Daphne McFerren <i>PAC</i> 2:00 MOVIE: Father Goose (G, 1964, 5*, 1h56m) <i>PAC</i> 5:00 TGIFT! with Tim Stanek (Piano) <i>MR</i></p>	<p>4 2:00 DOCUMENTARY: Pele' (TV-14, 2021, 4.5*, , 1h48m) <i>PAC</i> 5:00 Saturday Music Hour with Nancy Apple (Piano) <i>MR</i></p>
<p>Catholic Lay Euch. <i>CH</i> 's Coffee Hour <i>310</i> High Point* <i>WAY</i> Fitness Testing <i>201</i> Dr. Warren <i>Clinic</i> ains' Class:: Jack Richbourg Your Brain to the Gym <i>MR</i></p>	<p>9 2:00 BHM Event: At The River I Stand <i>PAC</i>  5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: Valentine's with Paul Morphis <i>PAC</i></p>	<p>10 10:00-11:00 Alterations with Divine Stitches <i>310</i> 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: An Affair to Remember (PG, 1957, 5*, 1h54m) <i>PAC</i> 5:00 TGIFT! with Jeremy Clement (Boogie-woogie) <i>MR</i></p>	<p>11 2:00 MOVIE: The Boys from Brazil (R, 1978, 4.5*, 2h4m) <i>PAC</i>  5:00 Saturday Music Hour with Memphis Jazz  Workshop (Jazz) <i>PAC</i></p>
<p>Catholic Mass <i>CH</i> 's Coffee Hour <i>310</i> Point* <i>WAY</i> Outing: Cozy Corner  AY Dr. Warren <i>Clinic</i> ains' Class: Jack Richbourg New Resident Welcome -See Invitation for Timing</p>	<p>16 9:00-4:00 Dottie's Digs <i>GI</i> 2:00 BHM Event: Black  Diamond, Red Sox Movie <i>PAC</i> 5:00 Happy Hour <i>PAC</i> 7:15 Special Performance: Ba- sil Alter & Jay Julio <i>PAC</i></p>	<p>17 10:00 Kroger* <i>WAY</i> 2:00 MOVIE: Brooklyn (PG-13, 2015, 4.5*, 1h51m) <i>PAC</i> 5:00 TGIFT! with Arthur Hart (Classical) <i>MR</i></p>	<p>18 2:00 DOCUMENTARY: Margaret Mee and the Moonflower (PG-13, 2013, 4.5*, 1h18m) <i>PAC</i>  5:00 Saturday Music Hour with Henry  Booker (Classical) <i>MR</i></p>
<p>WEDNESDAY Catholic Lay Service <i>CH</i> 's Coffee <i>310</i> Point* <i>WAY</i> Dr. Warren <i>Clinic</i> Wednesday Service <i>CH</i> Your Brain to the Gym <i>MR</i> ine's Sing-Along with the Hot Notes <i>PAC</i></p> 	<p>23 2:00 Your World Explained: Time <i>PAC</i> 7:15 BHM Speaker: Rev.  LaSimba Grey <i>PAC</i></p>	<p>24 10:00 Kroger* <i>WAY</i> 11:00 Out to Lunch*: Corky's <i>HPL</i> 2:00 MOVIE: The Remains of the Day (PG, 1993, 4.5*, 2h14m) <i>PAC</i> 3:00 Speaker: The Rev. Dan Matthews & Reception <i>MR</i> 5:00 TGIFT! with Breeze Cayolle (Jazz) <i>PAC</i></p>	<p>25 2:00 DOCUMENTARY: American Experience: Into the Amazon (PG, 1988, 4.5*, 1h53m) <i>PAC</i>  5:00 Saturday Music Hour with Cornfoot & Easterly <i>PAC</i></p>

MOVIES AT TREZEVANT

February 2023



Fri, Feb 3, 2023 at 2:00 p.m.
Father Goose-During World War II, a man persuaded to live on an isolated island and spot aircraft finds himself responsible for a teacher and several students, all female. (G, 1964, 5*, 1h56m)



Sat, Feb 4, 2023 at 2:00 p.m.
Pele: Birth of a Legend-Discover the story of the greatest sports hero ever -- how a kid from the slums of Brazil named Pile transformed soccer into the world's biggest sport. With Vincent D'Onofrio. (TV-14, 2021, 4.5*, 1h48m)



Sun, Feb 5, 2023 at 2:00 p.m.
Till-In this emotional true story, Mamie Till-Mobley relentlessly pursues justice for her 14-year-old son who, in 1955, was lynched while in Mississippi. (PG-13, 2022, 5*, 2h10m)



Tue, Feb 7, 2023 at 3:30 p.m.
I Love Lucy: Season 1, Episodes 1 & 2-America's first smash hit television program (TV-PG, 1952, 5*, 1h)



Fri, Feb 10, 2023 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. (PG, 1957, 5*, 1h54m)



Sat, Feb 11, 2023 at 2:00 p.m.
The Boys from Brazil-A Nazi hunter discovers a sinister and bizarre plot to rekindle the Third Reich. (R, 1978, 4.5*, 2h4m)

Sun, Feb 12, 2023 at 2:00 p.m.
Everything Everywhere All At Once-The fate of the world lies in the hands of an overwhelmed immigrant mother. As bizarre and bewildering dangers emerge from the many possible universes, she must learn to

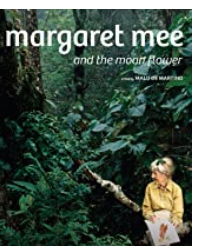


channel her newfound powers and fight to save everyone. (PG-13, 2022, 5*, 2h10m)

Tue, Feb 14, 2023 at 3:30 p.m.
I Love Lucy: Season 1, Episodes 3 & 4-America's first smash hit television program (TV-PG, 1952, 5*, 1h)



Fri, Feb 17, 2023 at 2:00 p.m.
Brooklyn-In this charming love story based on the best-selling novel, a young Irish immigrant travels to New York City and is torn between two countries and two men. (PG-13, 2015, 4.5*, 1h51m)



Sat, Feb 18, 2023 at 2:00 p.m.
Margaret Mee and the Moonflower-Brazilian documentary film directed by Malu De Martino, about the work and legacy of British botanical artist who moved to Brazil in the 1950s, produced over 400 illustrations about Brazilian flora and, used her art as a tool to defend the environmentalism. (PG-13, 2013, 4.5*, 1h18m)



Sun, Feb 19, 2023 at 2:00 p.m.
The Fabelmans-Rediscover the magic of movies in Steven Spielberg's coming-of-age story about a young man's love of film and the power it has to reveal the truth in ourselves and others. (PG-13, 2022, 5*, 2h30m)



Tue, Feb 21, 2023 at 3:30 p.m.
I Love Lucy: Season 1, Episodes 5 & 6-America's first smash hit television program (TV-PG, 1952, 5*, 1h)



Sat, Feb 25, 2023 at 2:00 p.m.
American Experience: Into the Amazon-Into the Amazon tells the remarkable story of the journey taken by President Theodore Roosevelt and legendary Brazilian explorer Candido Rondon into the heart of the South American rainforest to chart an

continued on page 9

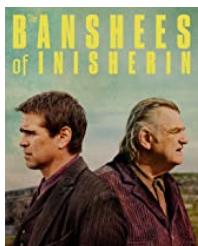
CAMPUS CORNER

The Scholarship Committee has award the following employees with a scholarship award:

John Martin Barger, Trezevant Terrace, Dementia Manager
Shantel Chase - LPN, MDS Nurse, Allen Morgan Health Center
Dominique Holmes - CNA, Trezevant Terrace
Monika Jones - CNA, Trezevant Terrace
Jessica Rice - CNA, Trezevant Terrace
Tyrus Watkins, Jr. - CNA, Allen Morgan Health Center
Deneetris Wright - LPN, Allen Morgan Health Center
Margaret Williamson - CNA, Allen Morgan Health Center

Congratulations to All!

In other Trezevant news, our Dining Department is proud to announce that they have composted 2-Tons of food scraps! TWO TONS! Amazing! Do you know much about composting? Composting is nature's way of recycling. It is one of the most powerful actions we can take to reduce our trash, address climate change, and build healthy soil. By turning our food scraps and yard trim into compost, we can transform our waste streams into a beneficial, value-added soil amendment. You can even compost at home! Ask a member of the Green Team for information.



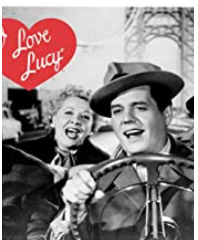
unexplored tributary of the Amazon. (PG, 1988, 4.5*, 1h53m)

Sun, Feb 26, 2023 at 2:00 p.m.

The Banshees of Inisherin-Two lifelong friends find themselves at an impasse when one abruptly ends their relationship, with alarming consequences for both of them. (R, 2022, 3.5*, 1h53m)

Tue, Feb 28, 2023 at 3:30 p.m.

I Love Lucy: Season 1, Episodes 7 & 8-America's first smash hit television program (TV-PG, 1952, 5*, 1h)



MARK YOUR CALENDAR

Here's what's happening in February!

FEBRUARY is BLACK HISTORY MONTH (BHM), and includes VALENTINE'S DAY AND PRESIDENTS' DAY! Our Featured Country is BRAZIL!

A new CHAPLAINS' CLASS with Jack Richbourg each Wed. beginning 2/1 for four weeks.

See the Memphis Black Arts Alliance narration and singing of **WE SHALL OVERCOME**, the story of Guy Carawan on Thu, 2/2 at 7:15 p.m. in the PAC.

TREZEVANT EXPLORES*: DAPHNE MCFERRIN, screening of "The Civil Right Movement: A Cultural Revolution," on Fri, 2/3; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. *Sign up in the Activity Book for lunch only.*

Hear PROFESSOR CHARLES HUGHES discuss Elvis' impact on our city on Mon, 2/6 at 7:15 p.m. in the PAC

Join Lucy & Ricky in **I LOVE LUCY** each Tue. at 3:30 p.m. in the PAC.

Celebrate our Featured Country: BRAZIL! Food, Drinks, and Pedro & Otavio will entertain on Tue, 2/7 at 5:00 p.m. in the PAC.

Want to join a fitness class? Have **FITNESS TESTING** done on Wed, 2/8 from Noon to 4:00 p.m. in ER201.

Give your brain a workout with Sharon Pollack at **TAKE YOUR BRAIN TO THE GYM** on Wed, 2/8 & 2/22 at 4:00 p.m. in the MR.

Meet the producers and writers of 'AT THE RIVER I STAND', watch and discuss on Thu, 2/9 at 2:00 p.m.

in the PAC.

Get ready for Valentine's Day with a special performance from **PAUL MORPHIS** on Thu, 2/9 at 7:15 p.m. in the PAC.

Enjoy snacks and drinks during the big game at our **SUPER BOWL PARTY** on Sun, 2/12 beginning at 5:00 p.m. in the PAC.

For a taste of authentic Memphis, sign up for **lunch at COZY CORNER** at this BHM Outing on Wed, 2/15 at 11:00 a.m. from WAY.

Calling all New Residents to the WELCOME RECEPTION on Wed, 2/15 in the PAC. Check your invitation for timing.

Meet filmmaker Steve Ross, watch & discuss "THE MEMPHIS REDSOX" a film about the Black-owned, local team, on Thu, 2/16 at 2:00 p.m. in the PAC.

BASIL ALTER is joined by **JAY JULIO** for a special performance on Thu, 2/16 at 7:15 p.m. in the PAC.

Plan to attend the **ASH WEDNESDAY SERVICE** on Wed, 2/22 at 3:00 p.m. in St. Edward Chapel.

BIRTHDAY CELEBRATION Wed, 2/22 at 6:15 p.m. in SDR.

VALENTINE'S DAY SING-A-LONG with the Memphis Hot Notes on Wed, 2/22 at 7:15 p.m. in the PAC.

REV. LASIMBA GREY will discuss important Black business & political figures from the early 20th Century on Thu, 2/23 at 7:15 p.m. in the PAC.

Let's go OUT TO LUNCH* AT CORKY'S new dining room on Fri, 2/24 departing at 11:00 a.m. from

HPL.

What a special event! **REV. DAN MATHEWS** on Fri, 2/24 at 3:00 p.m. Reception following. Music Room.

Awards for **THE WALK TO MARGARITAVILLE FITNESS CHALLENGE** is on Tue, 2/28 at 4:30 p.m. in the PAC.

Trezevant Board member Calvin Anderson will moderate a **PANEL of Black Memphis entrepreneurs** discussing the highlights and challenges of their careers on Tue, 2/28 at 7:15 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 to 6:00 p.m. \$2 cover charge, free drinks.

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

Visit **DOTTIE'S DIGS SALE** on Thu, 2/2 & 2/16 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.
2/3 Tim Stanek (Piano) MR
2/10 Jeremy Clement (Boogie Woogie) MR
2/17 Arthur Hart (Classical) MR
2/24 Breeze Cayolle (Jazz) PAC

SATURDAY MUSIC HOUR: Every Sat at 5:00 p.m.
2/4 Nancy Apple (Piano) MR
2/11 Memphis Jazz Workshop (Jazz) PAC
2/18 Henry Booker (Classical) MR
2/25 Cornfoot & Easterly (Piano/Flute) PAC

FEBRUARY BIRTHDAYS

February 1
Beverly Williams

February 2
Jackie Williamson
Diane Davis
Ray Curle
Theresa Mauer
John Webb

February 4
Fred Wimmer
Anne Carriere

February 5
Maxine Patterson

February 6
Howard Adcock

February 7
Peggy Jones

February 11
Sam Gilmore

February 13
Frankie Wade

February 18
Bob Van Doren

February 20
Rodgers Menzies

February 21
Barbara Dale Crafton

February 22
Betty Jane Robinson

February 23
Peg Salmon

February 25
Alex Saunders
John Salmon

February 28
Jan LaBeause



TREZEVANT CONTACT INFORMATION

TREZEVANT
RECEPTION DESK
(901) 325-4000

TREZEVANT TERRACE
RECEPTION DESK
(901) 746-1800

ALLEN MORGAN
RECEPTION DESK
(901) 325-4003

BANK
Truist Bank
(901) 462-2801

DINING DIRECTOR
John Mikaelian
jmikaelian@trezevantmanor.org
(901) 251-9212

DINING RESERVATIONS
Jasmine Curry
jcurry@trezevantmanor.org
(901) 251-9212

HOUSEKEEPING
Annie Wade
awade@trezevantmanor.org
(901) 515-2999

MAINTENANCE
maintenance@trezevantmanor.org
(901) 251-9225

SECURITY
securityoffice@trezevantmanor.org
(901) 515-2998

TRANSPORTATION
transportation@trezevantmanor.org
(901) 251-9227



Trezevant

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