



# TIDINGS

March 2023

Issue 3



# AT YOUR SERVICE

*by Kim O'Donnell, Life Enrichment Director*



March will be filled with an abundance of activities as we honor France, the Lenten season and March Madness.

Get ready to have your passports stamped as we enter our featured country, France. This third of our twelve-country tour will offer glimpses into the landscape, culture, food, drink and dance of this romantic country. Special events include a talk by Keith Wood "Viva Louisiana! Jean Lafite and the Battle of New Orleans" (7:15 p.m. on Monday, March 13) and a talk by Marjorie Champion on Art Nouveau in Paris accompanied by French food, wine and Can-Can dancers (4:00 p.m. on Tuesday, March 14). Laura Loth, daughter of resident Rusty Loth, who teaches French at Rhodes, will educate us on Martinique (time TBD)

A return to the Calvary Lenten Speaker series will offer numerous popular speakers such as Pulitzer Prize recipient Jon Meacham, Rabbi Micah Greenstein, the Rev. Dan Matthews and several others. Sessions will be live streamed in St. Edward Chapel and transportation will be offered to Calvary Episcopal Church for select speakers followed by lunch at the Waffle Shop.

Selection Sunday is slated for March 12 when the NCAA mens basketball teams are chosen to compete in the 2023 tournament. Be sure to follow your favorite teams as they battle on the hardwood on their way to the Final Four. Trezevant will be playing *Bracketology* again this year! You may go to a dedicated link and choose your teams or pick up a blank sheet from my office to complete and compete! The ESPN Link will be available March 12 at 6:00 p.m. A fee of \$5.00 will give you some "skin in the game" and a chance to win "big" money. All submittals must be turned in before play begins March 14th.

Kim O'Donnell, Life Enrichment Director

## LIFE ENRICHMENT

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# IN ST. EDWARD CHAPEL

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



## Lent 2023 – March Spiritual Care Offerings

### Service of Healing and Blessing

Sunday, March 5th at 4:00 p.m.- 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. Barbara Kirk- Norris.

### Chaplains' Classes: Wednesdays at 3:00 pm

March 1st, 8th, 15th and 22nd at 3:00 p.m.-Join The Rev. Paul McClain as he leads us in a 4-part study of Rabbi David Wolpe's book, "Making Loss Matter: Finding Meaning in Difficult Times." In our later years, loss is so much a part of our lives. How can we find meaning and wholeness in the midst of it? Join us as we explore possibilities together.

March 29th at 3:00 p.m.-"The Soul of Aging: Getting Started with The Rev. Tom Momberg. Would you like to know more about what your soul might be up to in this season of your life? Come find out about this dynamic study based on the works of Parker Palmer.

### Field Trips:

March 2nd and March 30th at 9:40 a.m.-Coffee and Conversation\* with Bishop Phoebe Roaf of the Episcopal Diocese of West Tennessee. We'll hop on the bus at 9:40 a.m. with coffee and pastries to spend an hour with Bishop Phoebe for conversations about belief, the church, and our role as Christians in the world. Space limited. \*Sign up on activity calendar.

March 22nd from 10:15 a.m. to 1:00 p.m.-Waffle Shop and Lenten Preaching Series\* to hear writer/ speaker Barbara Brown Taylor. Spaces limited. \*Sign up in the activity calendar.

### Unique Lenten Opportunities:

Each Wednesday through Friday from 12:00 to 12:45 p.m.-Livestream of Calvary Lenten Preacher Series-- Hear some of the nation's top speakers/preachers livestreamed during the lunch hour in St. Edward Chapel. You'll feel like you are there!

(Friday, March 3rd will be shown at 2:00 pm due to scheduling conflict).

Mondays from 3:00 p.m. to 4:30 p.m.-Dialogue:The Lenten Preaching Series Podcast. Join residents in the chapel as we listen and discuss the podcast of Calvary Lenten speakers from the previous week.

# RESIDENT REFLECTIONS



1. Chipsy Butler donated a collection of Trezevant residents' old towels for the Humane Society.

2. Buzzy Hussey and Dr. Hal Brunt attend Conversations with Kent.

3. Dining Director John Mikaelian, CEO Kent Phillips and Chef Antony stabbed the haggis at the Burns' Supper!

4. Diane Davis, HR Director Kathy Bradshaw, Ann Hunt, Life Enrichment Director Kim O'Donnell, Fitness Director Rinnie Wood, Lillian Hammond and Ann Knox enjoyed the Random Acts of Kindness celebration!

5. Merrill Ann Cole, Mrs. Post honoree, Dana Cross, and Anna McNeill visited during the Random Acts of Kindness celebration.

6. Sylvia Adams, Wayne Shannon, Nora Kaltakdjian, Walter Mischke and Linda Mischke attend Ash Wednesday Service led by Rev. Julie McKenna and Rev. Barbara Kirk-Norris.



# BE WELL

by Valerie Smithers, RN



"Let thy food be thy medicine," said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment.

## Ways to Celebrate

### **Week 1: Eat with the environment in mind.**

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container garden or volunteer time tending the Trezevant gardens.

### **Week 2: See a Registered Dietitian Nutritionist (RDN).**

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

### **Week 3: Stay nourished and save money.**

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.

### **Week 4: Eat a variety of foods from all food groups.**

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

### **Week 5: Make tasty foods at home.**

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world- Try French cuisine this month!
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible

## WELLNESS SERVICES

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# MARCH 2023 AT TREZEVANT

Sunday	Monday	Tuesday	
<b>LOCATION KEY</b>  310-Club Room 310 CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Lot Entrance MR-Music Room MWW-Manor Walkway  PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance			<b>1</b> 10:00 <i>CH</i> 10:00 Men 10:00-11:30 12:00-12:45 Series <i>CH</i> 12:45-3:00 3:00 Chapl McClain C
<b>5</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Mother Teresa-No Greater Love (PG-13, 2022, 5*, 1h51m) <i>PAC</i> 4:00 Blessing & Healing Service with Barbara Kirk-Norris <i>CH</i>	<b>6</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00-4:30 Calvary Lenten Podcast <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:15 The Wonder of Martinique with Laura Loth <i>PAC</i> 	<b>7</b> 10:00 Coffee with Kim <i>Bistro</i> 11:00 Walgreens* <i>WAY</i> 3:30 SERIES: The Dick Van Dyke Show S1: E1 & 2 <i>PAC</i>	<b>8</b> 10:00 10:00 Men 10:00-11:30 12:00-12:45 Series <i>CH</i> 12:45-3:00 3:00 Chapl McClain C 4:00 Conve
<b>12</b> NCAA Selection Sunday 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Top Gun: Maverick (PG-13, 2022, 5*, 2h10m) <i>PAC</i> 7:00 Oscars Party! <i>PAC</i>	<b>13</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00-4:30 Calvary Lenten Podcast <i>CH</i> 5:00 Happy Hour <i>PAC</i> 7:15 Viva, Louisiana! Jean Lafitte and the Battle of New Orleans with Keith Wood <i>PAC</i> 	<b>14</b> March Madness Begins 1:30 2nd Pres Communion 4:00 Celebrate FRANCE! Food, Drinks & the Can-Can <i>PAC</i> 	<b>15</b> 10:00 10:00 Men 10:00 High 12:00-12:45 Series <i>CH</i> 12:45-3:00 3:00 Chapl McClain C 4:00 Take
<b>19</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: Devotion (PG-13, 2022, 4.5*, 2h19m) <i>PAC</i>	<b>20</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina with Anne Carriere <i>CH</i> 3:00-4:30 Calvary Lenten Podcast <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>21</b> 10:00 Coffee w/ John <i>Bistro</i> 1:30 IFF Club <i>PAC</i> 3:30 SERIES: The Dick Van Dyke Show S1: E3 & 4 <i>PAC</i> 4:00 Idlewild Communion <i>CH</i>	<b>22</b> 10:00 10:00 Men 10:00 High 10:30-1:00 Series* <i>CH</i> 12:45-3:00 3:00 Chapl McClain C 4:00 Take
<b>26</b> 10:30 Sunday Worship & Holy Communion <i>CH</i> 2:00 MOVIE: The Duke (R, 2022, 4.5*, 1h35m) <i>PAC</i>	<b>27</b> 1:00-3:00 Bridge <i>SDR</i> 2:00 Lectio Divina <i>CH</i> 3:00-4:30 Calvary Lenten Podcast <i>CH</i> 5:00 Happy Hour <i>PAC</i>	<b>28</b> 12:45-3:00 Dr. Warren <i>Clinic</i> 3:30 SERIES: The Dick Van Dyke Show S1: E5 & 6 <i>PAC</i> 5:30 Out to Dinner*: Ciao Bella <i>HPL</i>	<b>29</b> BIR 10:00 Cath 10:00 Men 10:00 High 12:00-12:45 Series <i>CH</i> 12:45-3:00 1:00 Senior Doug McL 3:00 Chapl CH 4:00 Junior

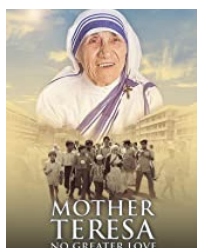
Wednesday	Thursday	Friday	Saturday
<p>0 Catholic Lay Eucharistic</p> <p>'s Coffee Hour 310</p> <p>Trader Joes* WAY</p> <p>5 Livestream Calvary Lenten</p> <p>Dr. Warren Clinic</p> <p>ains' Class: Losses with Paul CH</p>	<p>2 9:00-4:00 Dottie's Digs GI</p> <p>9:00-Noon Podiatrist* TT</p> <p>9:30-11:00 Coffee with Bishop Phoebe* WAY</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 Joe Hawes: PTSD &amp; War PAC</p> <p>5:00 Happy Hour PAC</p>	<p>3</p> <p>10:00 Kroger* WAY</p> <p>11:30 Trezevant Explores*: Dr. Azar, Orthopedic, Campbell Clinic PAC</p> <p>2:00 Stream Calvary Lenten Series CH</p> <p>5:00 TGIFT! with Bobby Lawson (Boogie-Woogie) MR</p>	<p>4</p> <p>2:00 MOVIE: Gigi (PG, 1958, 4.5*, 1h58m) PAC</p> <p>5:00 Saturday Music Hour with Duane Cleveland Duo (boogie-woogie) MR</p> 
<p>Catholic Lay Euch. CH</p> <p>'s Coffee Hour 310</p> <p>High Point* WAY</p> <p>5 Livestream Calvary Lenten</p> <p>Dr. Warren Clinic</p> <p>ains' Class: Losses with Paul CH</p> <p>versations with Kent PAC</p>	<p>9</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 Joe Hawes: PTSD &amp; War PAC</p> <p>5:00 Happy Hour PAC</p>	<p>10 10:00-11:00 Alterations with Divine Stitches 310</p> <p>10:00 Kroger* WAY</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 MOVIE: On the Waterfront (PG, 1954, 4.5*, 1h47m) PAC</p> <p>5:00 TGIFT! with Daniel Parker Quartet (Classical) PAC</p>	<p>11</p> <p>2:00 MOVIE: French Kiss (PG-13, 1995, 4.5*, 1h51m) PAC</p> <p>3:00-5:00 Beth Okeon Art Reception TWW</p> <p>5:00 Saturday Music Hour with David Virone (Guitar) MR</p> 
<p>Catholic Mass CH</p> <p>'s Coffee Hour 310</p> <p>Point* WAY</p> <p>5 Livestream Calvary Lenten</p> <p>Dr. Warren Clinic</p> <p>ains' Class: Losses with Paul CH</p> <p>Your Brain to the Gym MR</p>	<p>16</p> <p>9:00-4:00 Dottie's Digs GI</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 Joe Hawes: PTSD &amp; War PAC</p> <p>5:00 Happy Hour PAC</p> <p>7:15 Special Performance: Ireland with Paul Morphis PAC</p>	<p>17 St. Patty's Day</p> <p>10:00 Kroger* WAY</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 MOVIE: A Man for All Seasons (G, 1966, 4.5*, 2h) PAC</p> <p>5:00 TGIFT! with Joyce Cobb (Jazz) MR</p>	<p>18</p> <p>2:00 MOVIE: The Last Metro (PG, 1981, 4.5*, 2h11m) PAC</p> <p>5:00 Saturday Music Hour with the Penny Kings (Americana) PAC</p> 
<p>0 Catholic Lay Service CH</p> <p>'s Coffee 310</p> <p>Point* WAY</p> <p>Waffle Shop &amp; Calvary</p> <p>Dr. Warren Clinic</p> <p>ains' Class: Losses with Paul CH</p> <p>Your Brain to the Gym MR</p>	<p>23</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>1:00 CATIE Training Class PAC</p> <p>3:00 Meditation Walk HPL</p> <p>7:15 Special Performance: String Quartet PAC</p>	<p>24 10:00 Kroger* WAY</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 MOVIE: The Sound of Music (G, 1965, 5*, 2h55m) PAC</p> <p>5:00 TGIFT! with Sandra Miller (Piano) MR</p>	<p>25</p> <p>2:00 MOVIE: Green Card (PG-13, 1991, 4.5*, 1h47m) PAC</p> <p>5:00 Saturday Music Hour with David Ingle (Boogie-Woogie) MR</p> 
<p>THURSDAY NIGHT</p> <p>olic Lay Service CH</p> <p>'s Coffee 310</p> <p>Point* WAY</p> <p>5 Livestream Calvary</p> <p>Dr. Warren Clinic</p> <p>c Art Series*:</p> <p>ood WAY</p> <p>ains' Class: Tom Momberg</p> <p>r League Champagne MR</p> 	<p>30</p> <p>9:30-11:00 Coffee with Bishop Phoebe* WAY</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 Technology Info with Griffin King PAC</p> <p>5:00 Happy Hour PAC</p> <p>7:15 Special Performance: The Whitings PAC</p>	<p>31</p> <p>12:00-12:45 Livestream Calvary Lenten Series CH</p> <p>2:00 MOVIE: A Hidden Life (PG-13, 2019, 4.5*, 2h54m) PAC</p> <p>5:00 TGIFT! with Tim Stanek (Piano) MR</p>	<p>PLEASE NOTE:</p> <p>Events are subject to change. Please check the weekly calendar for updates.</p> <p>*=Sign up in the Activity Book or on CATIE.</p>

# MOVIES AT TREZEVA

March 2023



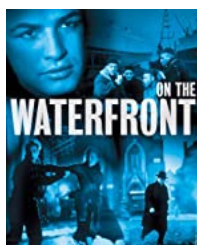
Sat, Mar 4, 2023 at 2:00 p.m.  
**Gigi**-Despite the best efforts of her mentors to teach the importance of champagne, jewels and independence, the irrepressible girl falls in love with the man for whom she is intended. (PG, 1958, 4.5\*, 1h58m)



Sun, Mar 5, 2023 at 2:00 p.m.  
**Mother Teresa: No Greater Love**-This film reveals not just who Mother Teresa was but how her singular vision to serve Christ in the poor continues to be realized today. (PG-13, 2022, 5\*, 1h51m)



Tue, Mar 7, 2023 at 3:30 p.m.  
**The Dick Van Dyke Show: Season 1, Episodes 1 & 2**-One of America's Most Celebrated Shows (TV-PG, 1962, 5\*, 1h)



Fri, Mar 10, 2023 at 2:00 p.m.  
**On the Waterfront**-Marlon Brando stars in this hard-hitting drama about an ex-prizefighter who goes up against labor leaders to expose corruption in the ranks. (PG, 1954, 4.5\*, 1h47m)



Sun, Mar 12, 2023 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)



Fri, Mar 17, 2023 at 2:00 p.m.  
**A Man for All Seasons**-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, Mar 18, 2023 at 2:00 p.m.



The Last Metro-Gérard Depardieu and Catherine Deneuve star as members of a French theater company living under the German occupation during World War II in this gripping, humanist character study. Against all odds--a Jewish theater manager in hiding; a leading man who's in the Resistance; increasingly restrictive Nazi oversight--the troupe believes the show must go on..(PG, 1981, 4.5\*, 2h11m)



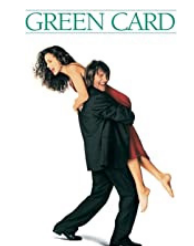
Sun, Mar 19, 2023 at 2:00 p.m.  
**Devotion**-The epic and inspirational true story of two elite US fighter pilots during the Korean War. Their heroic sacrifices would ultimately make them the Navy's most celebrated wingmen. (PG-13, 2022, 5\*, 2h10m)



Tue, Mar 21, 2023 at 3:30 p.m.  
**The Dick Van Dyke Show: Season 1, Episodes 3 & 4**-One of America's Most Celebrated Shows (TV-PG, 1962, 5\*, 1h)



Fri, Mar 24, 2023 at 2:00 p.m.  
**The Sound of Music**-Maria, a spirited young Austrian woman who leaves the convent to become a governess for Captain von Trapp's seven unruly children. Her charm and songs soon win the hearts of the children - and their father. (PG, 1988, 4.5\*, 1h53m)



Sat, Mar 25, 2023 at 2:00 p.m.  
**Green Card**-A mutually beneficial green-card marriage takes a surprising turn in this romantic comedy starring Gerard Depardieu and Andie MacDowell. (PG-13, 1991, 4.5\*, 1h47m)



Sun, Mar 26, 2023 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.



## MOVIES (continued)



It was the first and only theft in the Gallery's history. (R, 2022, 4.5\*, 1h35m)

Tue, Mar 28, 2023 at 3:30 p.m.  
The Dick Van Dyke Show: Season 1, Episodes 5 & 6-One of America's Most Celebrated Shows (TV-PG, 1962, 5\*, 1h)



Fri, Mar 31, 2023 at 2:00 p.m.  
A Hidden Life-An Austrian farmer faces execution for refusing to fight for the Nazis during World War II. (PG-13, 2019, 4.5\*, 2h54m)

## BOARD RECEPTION PHOTOS

1. Board Chair Shade Robinson presents Paul Martin, VP, Health & Wellness, the Excellence in Leadership Award.
2. Foundation Director Paula Jacobson and Martha Boyd.
3. Johnnie Amonette and Life Enrichment Director Kim O'Donnell.
4. Margaret Taylor, Bishop Phoebe Roaf, Gwen Owen, and Beverly Williams.
5. Paige Patrick, Marketing & Sales, with Walker Hayes and Fitness Director Rinnie Wood.

# MARK YOUR CALENDAR

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

OUR FEATURED COUNTRY IN MARCH IS FRANCE!



Begin the Lenten season with the Calvary Lenten Series **LIVESTREAM** beginning 3/1, Wed-Fri each week. *Check your calendar for dates and times.*

A new **CHAPLAINS' CLASS** with Paul McClain beginning Wed, 3/1 for three weeks.

Enjoy **COFFEE WITH BISHOP PHOEBE** on Thu, 3/2. Bus departs at 9:30 a.m. from WAY.

Hear Ret. Prof. Joe Hawes discuss **PTSD & WAR** beginning Thu, 3/2 for three weeks.

**TREZEVANT EXPLORES\***: DR. AZAR from Campbell Clinic on Fri, 3/3; 11:30 a.m. lunch (\$7.50), Noon presentation in the PAC. *Sign up in the Activity Book for lunch only.*

Join Rob & Laura in **THE DICK VAN DYKE SHOW** each Tue. at 3:30 p.m. in the PAC.

Hear discussion and follow-up with the **CALVARY LENTEN PODCAST** each Mon, beginning 3/6 at 3:00 p.m. in the CH.

Hear Laura Loth discuss **THE WONDER OF MARTINIQUE** on Mon, 3/6 at 7:15 p.m. in the PAC

Attend the **ART HANGING & RECEPTION** for Beth Okeon on 3/11 from 3:00-5:00 p.m. in the TWW.

Enjoy an elegant soiree at our **OSCARS' PARTY** on Sun, 3/12

beginning at 7:00 p.m. in the PAC.

Hear Keith Wood speak on **JEAN LAFITTE AND THE BATTLE OF NEW ORLEANS** on 3/13 at 7:15 p.m. in the PAC.

**Celebrate our Featured Country: FRANCE! Food, Drinks, and the Can-Can on Tue, 3/14 at 4:00 p.m. in the PAC.**

Give your brain a workout with Sharon Pollack at **TAKE YOUR BRAIN TO THE GYM** on Wed, 3/15 & 3/22 at 4:00 p.m. in the MR.

Get ready for **CELTIC TUNES** with a special performance from **PAUL MORPHIS** on Thu, 3/16 at 7:15 p.m. in the PAC.

Enjoy the **LENTEN SERIES** and lunch at the **Waffle Shop\*** on Wed, 3/22 at 10:30 a.m. from WAY.

Tom Momberg will begin a new **CHAPLAINS' CLASS** on Wed, 3/22 at 3:00 p.m. in the CH.

New to Trezevant? Want to learn to use **CATIE**? Attend a class\* on Thu, 3/23 at 1:00 p.m. in the PAC.

**ARTISTS-IN-RESIDENCE STRING QUARTET** will perform on Thu, 3/23 at 7:15 p.m. in the PAC.

**Let's go OUT TO DINNER\* AT CIAO BELLA's new location on Tue, 3/28 departing at 5:30 p.m. from HPL.**

Sign up to attend the **SENIOR ART SERIES\*** featuring Doug McLeod. Bus departs Wed, 3/29 at 1:00 p.m. from WAY.

**BIRTHDAY CELEBRATION** Wed, 3/29 at 6:15 p.m. in SDR.

See **THE WHITINGS** perform on Thu, 3/30 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, 3/2 & 3/16 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. 3/3 Bobby Lawson (Boogie-Woogie) MR

3/10 Daniel Parker Quartet (Classical) PAC

3/17 Joyce Cobb (Jazz) MR

3/24 Sandra Miller (Piano) MR

3/31 Tim Stanek (Piano) MR

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

3/4 Duane Cleveland Duo (Boogie-Woogie) MR

3/11 David Virone (Guitar) MR

3/18 Penny Kings (Americana) PAC

3/25 David Ingle (Boogie-Woogie) MR

*\*Sign up in the Activity Book or on CATIE.*



# MARCH BIRTHDAYS

March 1  
Jed Dreifus  
Ellen Gammon

March 2  
Walker Hays

March 3  
Lucille Owen

March 6  
Elizabeth Holmes

March 9  
Pat Patterson

March 10  
Bill Threlkeld  
Ken Clark  
Mary Allie Baldwin

March 16  
Jo Threlkeld

March 19  
Emily Haizlip  
Susan Herron

March 21  
Linda Wible  
Jim Dorman

March 22  
Jim Boyd  
Barbara Bacharach

March 23  
Dee Canale

March 26  
Kate Gooch

March 28  
Suzy Brown

March 29  
Jean Borkert



## TREZEVANT CONTACT INFORMATION

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