



JULY 2023

# Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 7



**Don't Worry! Be  
Happy! *Exercise!***

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**Walking Our Way to  
Fitness**

*page 5*

**Celebrate America  
in July!**







# At Your Service

by Kim O'Donnell, Life Enrichment Director

Summer is here and Trezevant will be celebrating the history, art, literature, and local landmarks of the USA!

Keith Wood returns to present Historic American Innovations That Changed The World. Keith's research combined with his wit and humor are sure to entertain and educate. Trezevant Explores\* will explore Memphis-based Hollywood Feed with director, Evanthia Martin. This company has been named to Newsweek's list of America's Best Retailers, placing #1 in the Pet Category. All you pet owners plan to attend as there will be giveaways.

Art exhibits are always a favorite at Trezevant offering visual stimulation for residents, staff, family, visitors, and vendors. We are excited to feature Margaux Wood Wallace, of Studio Margaux, showcasing a newly launched endeavor by this self-taught artist and mother of two toddlers. This inspirational exhibit is sure to bring delight to the eyes of the viewers.

Hop on the bus for our day trips! We'll go to Edge Motor Museum\* to view the exhibit "American Speed," a rare collection of restored American made cars from the 50s and 60s led by curator, Richard Vinings. Next, Willy Bearden will accompany us on a Downtown Memphis Tour\*, which will include Tom Lee Park and the site of the new Brooks Museum followed by lunch at the Cossitt Library's *Dos Hermanos Kitchen* which specializes in vegetarian offerings. Finally, we will be taking a Tour of Le Bonheur\* to view over 400 pieces of original art by regional artists, originally created to provide a colorful distraction for the hospital's young patients. While there, we will tour the newly opened Ryan Seacrest Studio, a state-of-the-art audio and video recording and editing studio available for patients' use.

July's quarterly functions include a reception to welcome our 25 newest residents (invitation to follow). Also, the annual update on Trezevant's financials presented by CFO, Don Selheimer. Check your calendar for dates and times.

## LIFE ENRICHMENT

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Look for articles in this and future *Tidings* written by your creative neighbors. The talent is abundant at Trezevant, and we are delighted to feature content by these writers!

Ben Bledsoe  
Perre Magness  
Mike Osborn  
Susie Osborn  
Jack Richbourg  
Beverly Williams

† **Cover Photo:**  
by Beth Okeon  
† † **Residents:**  
Nancy Robinson and  
Lillian Hammond

# In St. Edward Chapel The Theology of Consciousness

by Jack Richbourg

From the corner of my eye I see a finger floating at eye level. I instinctively grab it. It's thick. I can't get my hand around it. I've no idea where it came from or exactly whose finger it is. It stabilizes me. I step forward raising one knee high and planting my foot. Then, pausing to regain my balance, I lift the other knee moving it beyond the first until lurching, I lose my grip on the finger. Invisible hands pilot me into the arms of the finger's owner. Then the memory-movie fades, and I'm old, again.

This was my first conscience thought, my first sense of self, my first understanding of things outside of me that offered a steadying finger. What caused it? Was it some clash of chemicals that completed an electrical circuit or was it a voice that whispered, "Let there be light," and there was light and there was evening and there was morning the first day?

Consciousness is a basic awareness of our internal and external existence. It is our inner life, and it's been the source of lively debate among philosophers, theologians, and scientists. Scientists say that some physical event caused consciousness. It is the result of energy coursing over synapses or the full development of the frontal lobe. Yet, there are others who say consciousness is primary. It's a priori. It's not caused. It's always been here. It's separate from the physical world, not caused by it. It has a numinous quality that permeates the physical giving it life and animation. It's consciousness that creates the physical, not the other way around. Both transform the other. Consciousness needs the physical, and the physical needs consciousness to make a complete, perfect, nondual whole.

Sounds like God, doesn't it? "The Word became flesh and dwelt among us." Consciousness became physical and dwelt among us. "I am in the father," says Jesus, "and the father is in me, and he adds, "I am in you, and you are in me." If God is consciousness, then we are in



## SPIRITUAL SERVICES

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## WEEKLY SCHEDULE

Worship & Holy Communion  
Each Sunday at 10:30 a.m.  
St. Edward Chapel

Lectio Divina  
Each Monday at 2:00 p.m.  
St. Edward Chapel

Catholic Services  
Each Wednesday at 10:00 a.m.  
St. Edward Chapel

Chaplains' Classes  
Each Wednesday at 3:00 p.m.  
St. Edward Chapel

**JULY CHAPLAINS' CLASS**  
Join the Rev. Julie McKenna as she leads us in a study of Matthew's Sermon on the Mount. This study is based on Amy Jill Levine's book, *Sermon on the Mount*.



## WELLNESS SERVICES

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Kirsti Carroll, Instructor  
Leigh Pittinger, Instructor  
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# Don't Worry! Be Happy!

by Jack Richbourg

Did you know that exercise is one of the leading causes of happiness? It's true! Turns out Bobby McFerrin was right when he sang, "Don't worry; be Happy," and the best antidote to unhappiness is exercise! That's right, good ole exercise. Leading authorities say that physical activity can provide a natural, effective way to manage stress. It reduces tension and improves mental clarity. Exercise staves off senility and Alzheimer's in us older folks! So, don't be a couch potato. Get up and get moving! But check with your doctor, first, and don't overdo.

People 65 and over need 150 minutes of moderate (with the emphasis on *moderate*) exercise each week. That comes out to 30 minutes a day, five days a week. Of course, this is the goal. If you can't do that, now, start out small and work your way up. Rome wasn't built in a day! The key is consistency. Do a little something three days each week and work up from there. A little goes a long way.

Fortunately, Trezevant offers a full repertoire of exercise. From yoga, to Pilates, Tai Chi, group walks, stretching, weight training, and water aerobics, there's something for everyone. Find something you like and little by little you'll notice a difference in your outlook on life. You'll

make new friends. You'll lose weight. You'll stop worrying. You'll be happy!

In June, Trezevant organized a group walk on the South Bluff. We took the bus and socialized as we rode. We walked the river noting the beautiful scenery and the lovely architecture of the splendid homes, and finished up with breakfast at the Arcade. That's more like sightseeing than exercise! And you thought exercise was drudgery. It's not. It's fun. It can keep us healthy and happy. So, let's get sweaty! Well, not too sweaty, but you do have to get off the couch.

Don't worry! Be happy! *Exercise!*

# WALKING

## Our Way to Fitness



1. Ann Knox, Faye Southern, Dorsey Wade, Rinnie Wood and Ginger Acuff take in the view of the Mississippi on the fitness walk.
2. Taking a breather and enjoying the river view!
3. Rinnie Wood, Henry Harvey, Faye Southern, Dorsey Wade (right front), Ann Knox, Foy Coolidge and Ginger Acuff take the bus from the river bluff to the world famous Arcade restaurant for breakfast!
4. After exercising, the group enjoyed a hearty brunch at the Arcade!



### St. Edward Chapel

*continued from page 3*

consciousness, and consciousness is in us. Love is a form of deep, mutual consciousness. When we love we are saying, "I am in you, and you are in me," and in that statement lies a complete, perfect, nondual whole, which Jesus might call eternal life. The blending of consciousness and the material is a form of deep, mutual love, and love is the image of God for "God is love and those who abide in love, abide in God, and God abides in them." (1 John 4:16).

So I wonder: Why do I remember that first conscious moment? I wonder: Why did I reach for that offered finger? I wonder: Why do I wonder, at all?





LOCATION KEY

310-Club Room 310  
CH-St. Edward Chapel  
GAL-Gallery Dining Room  
HPL-Highland Parking Entrance  
MR-Music Room  
MWW-Manor Walkway  
PAC-Performing Arts Center  
SDR-Snowden Dining Room  
TT-Terrace Tearoom  
TWW-Terrace Walkway  
WAY-Waynoka Entrance

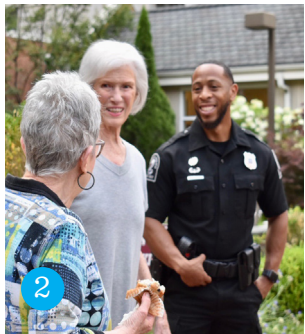
JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p><b>DR. WARREN'S JULY CLINIC HOURS</b></p> <p><b>Wednesday, July 12 12:45-3pm</b></p> <p><b>Thursday, July 18 12:45-3pm</b></p> <p><b>Wednesday, July 26 12:45-3pm</b></p>	<p><b>PLEASE NOTE:</b></p> <p><b>Events are subject to change. Please check the weekly calendar for updated information.</b></p> <p><b>*-Sign up in the Activity Book or on CATIE</b></p>	<p><b>1</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Dances with Wolves (PG-13, 1990, 5*, 3h1m) <i>PAC</i></p>
<p><b>2</b></p> <p>10:30 AM Sunday Worship &amp; Holy Communion <i>CH</i> 2:00 PM MOVIE: The Book Club (PG-13, 2023, 4*, 1h47m)</p>	<p><b>3</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Our Historic Innovations that Changed the World with Keith Wood <i>PAC</i></p>	<p><b>4</b></p> <p><b>Independence Day</b></p> <p>11:30 AM-1:00 PM Holiday Lunch <i>SDR</i> 2:00 PM MOVIE: Yankee Doodle Dandy (PG, 1942, 5*, 2h5m)</p>	<p><b>5</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to Trader Joe's* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch &amp; Strengthening <i>201</i> 3:00 PM Chaplains' Class: Sermon On The Mount with Rev. Julie McKenna <i>CH</i> 4:00 PM Take Your Brain to the Gym <i>MR</i></p>	<p><b>6</b></p> <p>9:00 AM Podiatrist* <i>TT</i> 9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 AM Gentle Aquatics <i>AC</i> 1:00-3:00 Clinic Dental Scans* 2:00 PM Great Courses: The Addictive Brain Eps. 11 &amp; 12 <i>PAC</i> 4:00-5:00 PM Sewing Circle <i>MR</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Tapestry: LeMoynes-Owen Choir</p>	<p><b>7</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 11:30 AM Trezevant Explores*: Hollywood Feed, American Made <i>PAC</i> 2:00 PM MOVIE: The Searchers (PG, 1956, 4.5*, 1h58m) <i>PAC</i> 5:00 PM TGIFT! with Paul Morphis (Tropical Getaway; Songs of Paradise) <i>PAC</i></p>	<p><b>8</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Norma Rae (PG, 1979, 4.5*, 1h54m) <i>PAC</i> 5:00 PM Saturday Music Hour: Dubois Duo (Classical) <i>PAC</i></p>
<p><b>9</b></p> <p>10:30 AM Sunday Worship &amp; Holy Communion <i>CH</i> 2:00 PM COMEDY: What's Wrong with People? Sebastian Maniscalco (TV-MA, 2012, 4.5*, 1h15m) <i>PAC</i></p>	<p><b>10</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 10:00 AM-1:00 PM Episcopal Bookstore <i>MWW</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i> 7:15 PM Mississippi River Expeditions <i>PAC</i></p>	<p><b>11</b></p> <p>8:15 AM Water Aerobics <i>AC</i> <b>NEW!</b> 10:00 AM Ladies' Coffee Hour <i>Bistro</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 7:15 PM Tapestry Event: Gun Violence Reduction: Lessons Learned with Susan Deason <i>PAC</i></p>	<p><b>12</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch &amp; Strengthening <i>201</i> 2:00 PM Memphis Reflections with Morris &amp; Calkins <i>PAC</i> 3:00 PM Chaplains' Class: Sermon On The Mount with Rev. Julie McKenna <i>CH</i> 4:00 PM Conversations with Kent <i>PAC</i></p>	<p><b>13</b></p> <p>9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 AM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p><b>14</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 2:00 PM MOVIE: Mr. Smith Goes to Washington (PG, 1939, 5*, 2h10m) <i>PAC</i> 5:00 PM TGIFT with Sable &amp; Jackson <i>SDR</i></p>	<p><b>15</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: To Kill a Mockingbird (R, 1963, 5*, 2h9m) <i>PAC</i> 3:00 PM-5:00 PM American Abstract Art Show &amp; Reception, Artist Margeaux Wood <i>TWW</i></p>
<p><b>16</b></p> <p>10:30 AM Sunday Worship &amp; Holy Communion <i>CH</i> 2:00 PM MOVIE: Invitation to a Murder (PG-13, 2023, 4*, 1h32m) <i>PAC</i></p>	<p><b>17</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina with Anne Carriere <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p><b>18</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 12:45-3:00 PM Dr. Warren <i>Clinic</i> 1:30 PM IFF Club Meeting <i>PAC</i> 3:00 PM Outing* to Edge Motor Museum Exhibit 'American Speed' <i>WAY</i> 4:00 PM Idlewild Communion for All <i>CH</i></p>	<p><b>19</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Catholic Mass <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 2:00 PM Stretch &amp; Strengthening <i>201</i> 3:00 PM Chaplains' Class: Sermon On The Mount with Rev. Julie McKenna <i>CH</i> 4:00 PM Celebrate America! <i>PAC</i></p>	<p><b>20</b></p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i> 9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 AM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p><b>21</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 2:00 PM Tapestry Series: Summer Film Series, <i>Vertigo</i>, with Steve Ross <i>PAC</i></p>	<p><b>22</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: Apollo 13 (PG-13, 1995, 5*, 2h20m) <i>PAC</i> 5:00 PM Saturday Music Hour! with Memphis Sideshow (30s/40s/50s) <i>PAC</i> 7:15 PM Special Performance: Basil Alter <i>PAC</i></p>
<p><b>23</b></p> <p>10:30 AM Sunday Worship &amp; Holy Communion <i>CH</i> 2:00 PM COMEDY: I'm Every Woman by Leanne Morgan (TV-14, 2023, 4.5*, 1h14m) 7:00 PM Special Performance by Sunita Stanislaw, Harpist <i>PAC</i></p> <p><b>30</b></p> <p>10:30 AM Sunday Worship &amp; Holy Communion <i>CH</i> 2:00 PM MOVIE: The Son (PG-13, 2023, 4*, 2h2m) <i>PAC</i></p>	<p><b>24 &amp; 31</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Tai Chi <i>PAC</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Pilates <i>201</i> Noon Yoga <i>201</i> 1:00 PM Bridge <i>SDR</i> 2:00 PM Lectio Divina <i>CH</i> 2:00 PM Stretch <i>201</i> 5:00 PM Happy Hour <i>PAC</i> <b>24th only</b> 7:15 PM Special Presentation: Rollin' on the River with Willy Bearden <i>PAC</i></p>	<p><b>25</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00 AM-5:00 PM Thrive Hearing* <i>Clinic</i> 9:00 AM Memphis Tour* with Willy-Bearden and Others + Lunch <i>WAY</i> 9:15 AM Advanced Core <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Gentle Aquatics <i>AC</i> 11:30 AM Lunch &amp; Learn*: CATIE Lunch provided. <i>PAC</i> 4:30 PM New Resident Welcome Reception-See Invitation for Timing. <i>PAC</i> 7:15 PM Tapestry Series presents Sunita Stanislaw in Concert (Harp) <i>PAC</i></p>	<p><b>26</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:00-10:15 AM Tim the Produce Man <i>HG</i> 9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Catholic Lay Eucharist <i>CH</i> 10:00 AM Men's Coffee Hour <i>310</i> 10:00 AM Outing to High Point Gro* <i>WAY</i> 10:00 AM Tai Chi <i>PAC</i> 10:30 AM LeBonheur Tour * <i>WAY</i> 2:00 PM Stretch &amp; Strengthening <i>201</i> 3:00 PM Chaplains' Class: Sermon On The Mount with Rev. Julie McKenna <i>CH</i> 6:00 PM Birthday Night <i>SDR</i> 7:15 PM RAC Quarterly Meeting <i>PAC</i></p>	<p><b>27</b></p> <p>9:15 AM Better Balance <i>PAC</i> 10:00 AM Yoga <i>201</i> 11:00 AM Men's Exercise <i>PAC</i> 11:00 AM Seated Yoga <i>201</i> 1:00 AM Gentle Aquatics <i>AC</i> 5:00 PM Happy Hour <i>PAC</i></p>	<p><b>28</b></p> <p>8:15 AM Water Aerobics <i>AC</i> 9:15 AM Stretching <i>PAC</i> 10:00 AM Outing to Kroger* <i>WAY</i> 11:30 AM Lunch &amp; Learn*: 'Mid-Century Modern Architecture &amp; Kitchens' with Angie King Kessee. Lunch provided. <i>PAC</i> 2:00 PM MOVIE: Streetcar Named Desire (PG, 1951, 4.5*, 2h4m) <i>PAC</i> 5:00 PM Dinner &amp; Music with Tim Stanek (Piano Faves) <i>SDR</i></p>	<p><b>29</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i> 10:00 AM Gentle Aquatics <i>AC</i> 11:00 AM Men's Exercise <i>PAC</i> 2:00 PM MOVIE: On the Basis of Sex (PG-13, 2019, 5*, 2h) <i>PAC</i></p>



# Resident Reflections

- 1. Jimmye Pidgeon and Colonel Beasley, commander of the Tillman Police Precinct.
- 2. Anna McNeill and Jenny Richardson discuss safety with an MPD officer.
- 3. Newlyweds Dina Smith Shannon (left) & Wayne Shannon with Sylvia Adams at the Smith-Shannon reception.
- 4. Shelby County Mayor Jim Strickland and Buzzy Hussey relished getting to know one another at the First Responders' Celebration!
- 5. Faye Southern eats in the Snowden Dining Room with Suzy & Grattan Brown with Ann Knox (back).
- 6. Dina & Wayne Shannon (left) receive Best Wishes from Jean Borkert and Marilyn Dunavant at the Smith-Shannon reception.



# MOVIES at TREZEVANT



7/1/23 2:00 PM  
**Dances with Wolves**  
(PG-13, 1990, 5\*, 3h1m) Lieutenant John Dunbar, assigned to a remote western Civil War outpost, finds himself engaging with a neighbouring Sioux settlement, causing him to question his own purpose.



7/2/23 2:00 PM  
**The Book Club: The Next Chapter**  
(PG-13, 2023, 4\*, 1h47m) Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.



7/4/23 2:00 PM  
**Yankee Doodle Dandy**  
(PG, 1942, 5\*, 2h5m) A musical portrait of the life of the renowned composer, playwright, actor, dancer, and singer George M. Cohan.



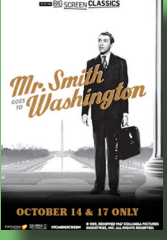
7/7/23 2:00 PM  
**The Searchers**  
(PG, 1956, 4.5\*, 1h58m) An American Civil War veteran embarks on a years-long journey to rescue his niece from the Comanches after the rest of his brother's family is massacred in a raid on their Texas farm.



7/8/23 2:00 PM  
**Norma Rae**  
(PG, 1979, 4.5\*, 1h54m) In this inspiring true story, amateur historian Philippa Langley believes she has made the archeological find of the century: the lost burial site of King Richard III. She takes on Britain's most eminent historians, forcing them to rethink the legacy of one of the most controversial rulers in English history.



7/9/23 2:00 PM  
**What's Wrong With People?**  
(Com, 2012, 4.5\*, 1h15m) Sebastian Maniscalco hilariously tries to bridge the Italian-American Old World he grew up in with the contemporary frenetic world we all live in today.



7/14/23 2:00 PM  
**Mr. Smith Goes to Washington**  
(PG, 1939, 5\*, 2h10m) A naive youth leader is appointed to fill a vacancy in the U.S. Senate. His idealistic plans promptly collide with corruption at home and subterfuge from his hero in Washington, but he tries to forge ahead despite attacks on his character.



7/15/23 2:00 PM  
**To Kill a Mockingbird**  
(R, 1963, 5\*, 2h9m) Atticus Finch, a widowed lawyer in Depression-era Alabama, defends a Black man against an undeserved rape charge, and tries to educate his young children against prejudice.



7/16/23 2:00 PM  
**Invitation to a Murder**  
(PG-13, 2023, 4\*, 1h32m) Miranda Green and five other strangers, are invited to the remote island mansion of billionaire Lewis Findley. As the weekend progresses the clues about why they have been invited begin to unfold along with a sinister mystery.



7/23/23 2:00 PM  
**Apollo 13**  
(PG-13, 1995, 5\*, 2h20m) NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy.

*Check your Weekly Calendar for any changes and more July movies!*



# Mark Your Calendar

## Here's what's happening in July!

*Our featured country is America!*



Hear Keith Wood discuss **OUR HISTORIC INNOVATIONS THAT CHANGED THE WORLD** on Mon, 7/3 at 7:15 p.m. in the PAC.

Enjoy **INDEPENDENCE DAY** and a Holiday lunch on Tue, 7/4, 11:30 a.m. to 1:00 p.m. in SDR.

Ring in the Holiday with a special screening of **YANKEE DOODLE DANDY** on Tue, 7/4 at 2:00 p.m. in the PAC.

Begin a new 4-part Chaplains' Class on the **SERMON ON THE MOUNT** with Rev. Julie McKenna on Wed, 7/5 at 3:00 p.m. in the CH. Recurring each Wed in July at 3:00 p.m. in the CH.

Give your brain a workout with Sharon Pollack at **TAKE YOUR BRAIN TO THE GYM** on Wed, 7/5 and Wed, 7/26 at 4:00 p.m. in the MR.

Meet with **DENTAL TODAY\*** for a denture scan on Thu, 7/6 at 1:00 p.m. in the Clinic.

**New! SEWING CIRCLE** for those interested in all needle arts begins on Thu, 7/6 at 4:00 p.m. in the MR.

The Tapestry Series will present a special performance of the **LEMOYNE-OWEN CHOIR** on Thu, 7/6 at 7:15 p.m. in the PAC.

Learn more about a local company selling all American-made products at the **TREZEVANT EXPLORES\*** Hollywood Feed on Fri, 7/7 in the PAC. Lunch (\$7.50) served at 11:30 a.m.; Presentation at Noon.

Paul Morphis is back performing **TROPICAL GETAWAY** tunes on Fri, 7/7 at 5:00 p.m. in the PAC.

Visit the **EPISCOPAL BOOKSTORE** right here at Trezevant on Mon, 7/10 from 10:00 a.m. to 1:00 p.m. in the MWW. **NEW! LADIES' COFFEE HOUR!**

Meet some old & new friends and have a tea or coffee on Tue, 7/11 at 10:00 a.m. in the Bistro.

The Tapestry Series continues with a special presentation **GUN VIOLENCE REDUCTION: LESSONS LEARNED** by Susan Deason on Tue, 7/11 at 7:15 p.m. in the PAC.

**MEMPHIS REFLECTIONS WITH SCOTT MORRIS & GEOFF CALKINS** on Wed, 7/12 at 2:00 p.m. in the PAC.

Don't miss the financial update at this month's **CONVERSATIONS WITH KENT** on Wed, 7/12 at 4:00 p.m. in the PAC.

Stroll through the TWW for the **AMERICAN ABSTRACT ART SHOW & RECEPTION** for Margeaux Wood on Sat, 7/15 from 3:00 to 5:00 p.m.

Take the Trezevant Bus to the **EDGE MOTOR MUSEUM\*** to see a special exhibit, American Speed, on Tue, 7/18. Bus departs at 3:00 p.m. from WAY.

Celebrate **AMERICA** with music, food & drinks and on Wed, 7/19 at 4:00 p.m. in the PAC.

Tapestry brings us the second installment of the **SUMMER MOVIE SERIES** with Steve Ross and Hitchcock's *Vertigo* on Fri, 7/21 at 2:00 p.m. in the PAC.

Hear about the impact of the Mississippi from Willy Bearden in **ROLLIN' ON THE RIVER** on Mon, 7/24 at 7:15 p.m. in the PAC.

Follow that with a **TOUR OF MEMPHIS\*** with Memphis VIPs on Tue, 7/25. Bus departs at 9:00 a.m. from WAY.

Meet our newest neighbors at the **NEW RESIDENT WELCOME RECEPTION** with music, food & drinks and on Tue, 7/25 in the PAC. *See your*

*invitation for timing.*

See the latest in pediatric healthcare when we **TOUR LEBONHEUR\* & the new SEACREST STUDIOS** on Wed, 7/26. Bus departs at 10:30 a.m. from WAY.

Calling all residents! Mark your calendars to attend the **QUARTERLY RESIDENT ASSOCIATION COUNSEL MEETING** on Wed, 7/26 at 7:15 p.m. in the PAC.

Lunch will be provided at the **LUNCH & LEARN\*** on Mid-Century Modern Architecture on Fri, 7/28 at 11:30 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 Thu, 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.

**TIM THE PRODUCE MAN** is back! For fresh produce, visit his truck each Wed from 9:00 a.m. to 10:15 a.m. in HG.

Visit **DOTTIE'S DIGS SALE** on Thu, 7/6 & 7/20 from 9:00 a.m. to 4:00 p.m. in G1!

**TGIFT!** *See weekly for times.*

- 7/7 Paul Morphis (Tropical) PAC
- 7/14 Sable & Jackson (Smooth Jazz) SDR
- 7/28 Tim Stanek (Piano Favorites) SDR

**SATURDAY MUSIC HOUR:** Saturdays at 5:00 p.m.

- 7/8 Dubois Duo (Classical) PAC
- 7/22 Memphis Sideshow (30s, 40s, 50s) PAC

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

July 4  
Chipsy Butler

July 6  
Honey Cannon  
Judy Drescher

July 8  
Charlotte Jones

July 10  
Buddy Nix  
Ann Nichols

July 11  
Peggy Bodine

July 12  
Sara Shelton

July 13  
Merrill Ann Cole  
Presh Gill  
Kiersten Watkins

July 15  
Rosemary Mosby  
Gerry Austin

July 16  
Nancy Morris  
Jack Richbourg

July 17  
Foy Coolidge  
Madge Saba

July 18  
David Lindstrom

July 19  
Kay Carey

July 24  
Martha Boyd  
Carroll Ann Pera

July 27  
Sara Heckle

July 28  
Dorothy Stevenson

July 29  
Suzanne Gronemeyer

# July Birthdays



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