



Tidings

JANUARY 2024

THE MAGAZINE OF TREZEVANT LIVING

Issue 1

A Look Back at Christmas 2023

pages 6 & 7

Keeping it Real with Linda Mischke & Ben Bledsoe

pages 14 & 15

Oppenheimer Reviewed

page 10



LIFE ENRICHMENT

Kim O'Donnell,
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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:*
Mary Edith Walker,
Kay Mills Due and
Jan LeBeause at the
2023 Christmas Party

At Your Service

by Kim O'Donnell, Life Enrichment Director

Arts Galore in 2024, that is the theme for this year, and we have a fantastic line up of events for your enjoyment, a synopsis follows, although brief!

January brings the return of the Burns Supper! Don your plaid as we pay tribute to poet Robert Burns. The Tapestry Committee has been planning activities for February's Black History month including author Alice Faye Duncan's presentation of "Coretta's Story." Trezevant University, our partnership with Rhodes College, will return in March focusing on Memphis history bringing a wealth of knowledge to the Trezevant campus. This series will include a tribute to the music which put Memphis on the map in "If Beale St. Could Talk," Memphis history and its churches presented by our own Perre Magness, and a presentation by Dr. Charles Crawford, author of twenty books about Memphis and Tennessee history.

In April, we honor our volunteers! Seventy-five percent of Independent Living Residents at Trezevant perform volunteer work in the greater Memphis community. A luncheon and lots of prize giveaways are the order of the day. In May, we are out of the gate with the 150th running of the Kentucky Derby with Juleps, jockeys, and just plain luck. We say bon voyage to the IRIS fellows with a specially prepared performance. June brings our Annual First Responders Event to honor local police, SWAT, and fire personnel. July brings Fourth of July festivities as well as a New Resident Welcome Reception for our newest residents.

August sees the return of the Arts Gala! Artists, performers, musicians, dancers, and actors will return to campus for an evening extravaganza. In September, we honor our centenarians by toasting residents 95 years of age and beyond. October brings chills as we celebrate Iceland and ghoulish haunts. November is a salute to our veterans. Over one hundred residents having served our country across four wars, from WWII to Desert Storm. We'll end the year on a high note showcasing Mr. Music Memphis, Berl Olswanger in December. Olswanger's work will be performed by Prizm and Memphis Music Initiative as Dean

In St. Edward Chapel

by Rev. Julie McKenna, Lead Chaplain

Worship and Holy Communion Services: Each Sunday at 10:30 a.m. in St. Edward Chapel

Sunday, January 7, 2024 - Special music by Jean Simmons (flute) and Leesa Wilkinson (piano)

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

January 3 and 17: Join Ray Hatton, former music director of First Baptist, as he shares the history of some of our old favorite hymns found in the new Lift Every Voice and Sing II hymnals.

January 10: Join Dr. Jim and Catherine Lewis as they lead us in an interesting discussion of "Snakes in the Bible."

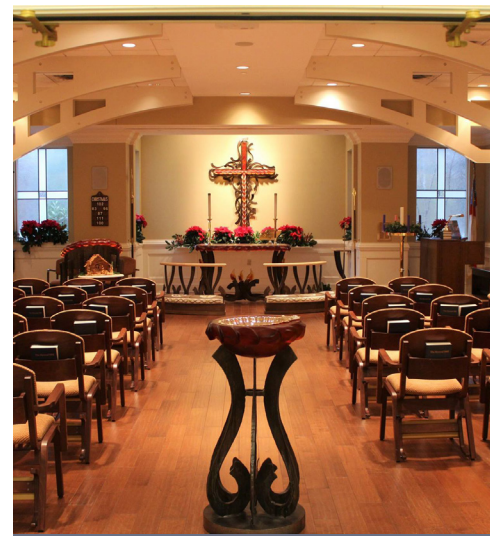
January 24 and 31: Join The Rev. Mimsy Jones as she leads us in a Bible study, specifics TBA.



At Your Service (*continued*)

Deyo, Beale St. Walk of Fame Chair, presents a Beale St. brass note in tribute to the man so many of you knew and loved.

And on that note, we wish you the very best in the upcoming year.



SPIRITUAL SERVICES

Rev. Julie McKenna,
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(901) 325-4000

Rev. Barbara Kirk-Norris,
Associate Chaplain
bkirknorris@trezevantmanor.org
(901) 251-9208

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

Mindfulness Meditation
Each Monday at 3:15 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

WELLNESS SERVICES

Rinnie Wood,
Fitness Director
& Community Liaison
rwood@trezevantmanor.org
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Ginger Acuff, Instructor
Kirsti Carroll, Instructor
Sheila Rae, Instructor
Carol Ricossa, Instructor
Katy Stanfield, Instructor
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Rita Frix, Personal Trainer
Lucas Isley, Personal Trainer
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Valerie Smithers, RN
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(901) 251-9239

BE WELL!

by Rinnie Wood, Director of Fitness

Together let's get more fit in 2024! We, the residents & staff of Trezevant, will set out to walk the 500 miles to Margaritaville, our dream destination where the weather is warm, the sky is blue, the sun shines brightly every day, and there are no worries. Sounds good? Then join in!

We will arrive at Margaritaville healthy and energized, with prizes waiting for us at the end of this rainbow. But first, between January 8 and January 31, we must walk 500 miles collectively. In order to reach our goal of 500 miles by Sunday, January 31, 2024, we need as many people as possible to walk and record their mileage. When we add the total miles walked by staff and residents on January 31, the mileage total must be 500 or more. Then, we will win improved health and fun prizes as the celebration of our success.

Together, we can do this!

So, let's lace up our walking shoes (brightly colored laces available at sign-up), grab our instruction flyer and log sheets at the orientation (noted below), set your personal mileage goal, and get moving. You can receive a different colored bracelet each of the 4 weeks, indicating you are participating in the Walk to Margaritaville.

In 2024, let's set & achieve our first goals of the year...Get ready, get set,

GET FIT IN 2024!

On Tuesday, January 2, we will gather in the PAC at 4:00 p.m. to prepare to improve our physical and mental fitness. We will share an overview of our Walk to Margaritaville and other upcoming events. An informational flyer will be available at this meeting and in your in-house mailbox following this meeting.



Mark Your Calendar

Here's what's happening in January!

Our featured country is Scotland!



Learn Tips & Tricks to **GET FIT IN 2024** with Rinnie, Ginger & guests each Tuesday in the PAC. *Check your calendar or CATIE for topics & times.*

Ray Hatton presents a two-part **CHAPLAINS' CLASS** on The History of Hymns on Wed, 1/3 & Wed, 1/17 at 3:00 p.m. in the CH. *Check your calendar or CATIE for more topics.*

Give your brain a workout at **TAKE YOUR BRAIN TO THE GYM** on Wed, 1/3 and Wed, 1/17 at 3:00 p.m. in the MR.

BIRTHDAY NIGHT AT TREZ has moved; dates, that is! Celebrate the January Birthdays on the FIRST Wed of each month (instead of the last Wed) beginning on Wed, 1/3 in SDR.

The final season of **THE CROWN** is here weekly continuing each Thu at 2:00 p.m. in the PAC.

TREZEVANT EXPLORES* welcomes Nikki Gibbs with A Step Ahead Foundation on Fri, 1/5 in the PAC. Lunch (\$7.50) served at 11:30 a.m.; Presentation at Noon.

View the new **ART SHOW & RECEPTION** for Rawlinson & Henderson on Sat, 1/6 from 3:00 p.m. to 5:00 p.m. in the TWW.

Hear from Memphis Authors at the **AUTHOR PRESENTATION & RECEPTION** on Mon, 1/8 at from 2:00 p.m. to 4:00 p.m. in the Manor Library.

Meet some old & new friends at **LADIES' COFFEE HOUR** on Tue, 1/9 at 10:00 a.m. in the MR.

Learn more about Parkinson's with **PRESENTATION BY NASSER DAWSON** of Abbott Labs on Tue, 1/9 at 11:00 a.m. in the PAC.

Tapestry brings us a theater experience with **PLAYBACK IMPROVISATION THEATER** on Wed, 1/10 at 7:15 p.m. in the

PAC.

LINE DANCING WITH JESSIE is back on Fridays beginning 1/12 at 11:00 a.m. in the PAC.

Visit the **JUNIOR ACHIEVEMENT BUILDING*** and have lunch on Tue, 1/16. Bus departs at 11:30 a.m. from WAY.

Go to Theatre Memphis for the **SENIOR ART SERIES*** for Black Cabaret on Wed, 1/24. Bus departs at 1:00 p.m. from WAY.

Tapestry brings us the a continuation of the **STUDY OF FILMS** with Steve Ross with *Casablanca* on Fri, 1/26 at 2:00 p.m. in the PAC.

Catch up on all the happenings at the **QUARTERLY RAC MEETING** on Wed, 1/24 at 7:15 p.m. in the PAC.

You won't want to miss the **ANNUAL BURNS' SUPPER*** event on Thu, 1/25 beginning at 5:30 p.m. in the PAC. Be sure to sign up!

HAPPY HOUR Every Mon and Thu, from 5:00 to 6:00 p.m. in the PAC. \$2 cover charge, free drinks.

TGIFT! *Times vary. See Weekly Calendar or CATIE to confirm.*

- 1/5 Shaun Simmonds (Guitar) MR
- 1/12 Bobby Lawson (Oldies) MR
- 1/19 Paul Morphis (1-Man Band) PAC
- 1/26 Tim Stanek (Piano) SDR

SATURDAY MUSIC HOUR *Times vary. See Weekly Calendar or CATIE to confirm.*

- 1/6 Michael Donahue (Piano) SDR
- 1/13 Swingtime Explosion (Oldies)

PAC

- 1/20 The Penny Kings (Oldies) PAC
- 1/27 Taylor Orr ('60s/'70s) MR

SPECIAL PAC PERFORMANCES

- 1/18 at 7:15 p.m. The Whittings

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

TREZEVANT CONTACT INFORMATION

**TREZEVANT
RECEPTION DESK**
(901) 325-4000

**TREZEVANT TERRACE
RECEPTION DESK**
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**ALLEN MORGAN
RECEPTION DESK**
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BANK
Truist Bank
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SECURITY
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(901) 515-2998

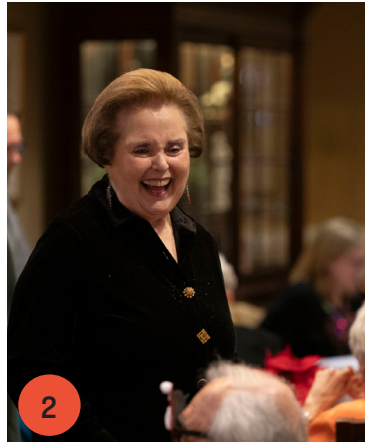
TRANSPORTATION
transportation@trezevantmanor.
org
(901) 251-9227

WELLNESS CLINIC
(901) 251-9239



Christmas Cheer!

2023 Christmas Party



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1. Wayne & Dina Smith Shannon; 2. Mary Linda Wardlaw; 3. Craig Knox and Ann Knox; 4. Lillian Hammond and Guest, Jeanette Birge and Shade Robinson (background); 5. Richard Williams; 6. Estella Mayhue-Greer and Jimmye Pidgeon; 7. Camille Hutton and Camille Mueller.

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8. Joan Chesney and Laura Loth (foreground); 9. Emile Bizot and Kiersten Watkins; 10. Buddy Nix; 11. Sam Beach and Patty Calvert; 12. Suzanne Gronemeyer; 13. Janet Canale, Kent Phillips, CEO, and Dee Canale; 14. Joanne Fleming and Pedro Maia.





















PLEASE NOTE:

Events are subject to change. Please check the weekly calendar for updated information.

An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	<div>1</div> <div>NEW YEAR'S DAY</div> <div>New Years Day Lunch</div> <div>Two Seatings:</div> <div>11:00 a.m. -12:30 p.m. and</div> <div>12:30-2:00 p.m.</div> <div>in Snowden Dining Room</div> <div>Please call 251-9212 for reservations and specify your preferred seating time.</div>	<div>2</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Yoga 201</div> <div>10:00 AM OUTING*: Walgreen's Senior Day WAY</div> <div>11:00 AM Gentle Aquatics AC</div> <div>4:00 PM Get Fit in 2024 with Rinnie & Ginger PAC</div> <div></div>	<div>3</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00-4:00 PM EVENT: Memphis Authors Presentation & Reception Manor Lobby</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>
<div>7</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: What Happens Later (R, 2023, 4* 1h43m) PAC</div> <div></div>	<div>8</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00-4:00 PM EVENT: Memphis Authors Presentation & Reception Manor Lobby</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>	<div>9</div> <div>9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Yoga 201</div> <div>10:00 AM Ladies' Coffee Hour MR</div> <div>11:00 AM Gentle Aquatics AC</div> <div>11:00 AM Presentation: Parkinson's with Nasser Dawson, Abbott Labs PAC</div> <div>4:00 PM Shoes for Fitness & Comfort with Breakaway PAC</div>	<div>10</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00-4:00 PM EVENT: Memphis Authors Presentation & Reception Manor Lobby</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>
<div>14</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: Oppenheimer (R, 2023, 4.5* 3h) PAC</div> <div></div>	<div>15</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>	<div>16</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Gentle Aquatics AC</div> <div>11:30 AM OUTING*: Lunch & Tour of Junior Achievement Building WAY</div> <div>1:30 PM IFF Club Meeting PAC</div> <div>3:00 PM Fitness Wearables & How They Can Help Us PAC</div> <div>4:00 PM Idlewild Communion for All CH</div> <div></div>	<div>17</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>
<div>21</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>1:00 PM Transportation* to MSO Masterworks WAY</div> <div>2:00 PM MOVIE: The Road Dance (PG-13, 2023, 4.5*, 1h57m) PAC</div>	<div>22</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina with Anne Carriere CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div> <div></div>	<div>23</div> <div>9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Gentle Aquatics AC</div> <div>4:00 PM Quick Tips for a Healthier 2024 PAC</div>	<div>24</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>
<div>28</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: A Haunting in Venice (PG-13, 2023, 4.5*, 1h45m) PAC</div> <div></div>	<div>29</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina with Anne Carriere CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>	<div>30</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Gentle Aquatics AC</div> <div>4:00 PM The Delicious & Nutritious Mediterranean Diet with the Church Health Nutritionist PAC</div> <div></div>	<div>31</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>11:00 AM Pilates 201</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina CH</div> <div>2:00 PM Stretch & Balance 201</div> <div>3:15 PM Mindfulness Meditation CH</div> <div>5:00 PM Happy Hour PAC</div>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>3</div> <div>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Servc CH 10:00 AM Men's Coffee Hour Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Hymn History with Ray Hatton CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night!! SDR</div> <div></div>	<div>4</div> <div>9:00 AM-4:00 PM Dottie's Digs' Sale G1 9:00 AM-Noon Podiatrist TT 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM SERIES: The Crown, Sn. 6, Ep. 5 PAC 4:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</div> <div></div>	<div>5</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM Trezevant Explores*: Nikki Gibbs with A Step Ahead Foundation PAC 2:00 PM MOVIE: You Only Live Once (PG, 1937, 4*, 1h21m) PAC 5:00 PM TGIFT! with Shaun Simmonds (Guitar) MR</div> <div></div>	<div>6</div> <div>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC <div> 2:00 PM MOVIE: Brigadoon (PG, 19545, 4.5*, 1h48m) PAC 3:00-5:00 PM Art Show & Reception for Rawlinson & Hnderson TWW 5:30 PM Dinner with Music by Michael Donahue (Piano) AC</div></div>
<div>10</div> <div>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Servc CH 10:00 AM Men's Coffee Hour Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Snakes in the Bible with Dr. Jim & Catherine Lewis CH 4:00 PM Conversations with Kent PAC 7:15 PM Tapestry Event: Playback Improvisational Theater CH</div> <div></div>	<div>11</div> <div>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM SERIES: The Crown, Sn. 6, Ep. 6 PAC 5:00 PM Happy Hour PAC</div> <div></div>	<div>12</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Superlo WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM MOVIE: Nyad (PG-13, 2023, 4.5*, 2h1m) PAC 5:00 PM TGIFT! with Bobby Lawson (Oldies) MR</div> <div></div>	<div>13</div> <div>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Local Hero (PG, 1983, 4.5*, 1h41m) PAC 5:00 PM Saturday Music Hour with Swingtime Explosion (Oldies) PAC</div> <div></div>
<div>17</div> <div>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Mass CH 10:00 AM Men's Coffee Hour Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Hymn History with Ray Hatton CH 4:00 PM Take Your Brain to the Gym MR</div> <div></div>	<div>18</div> <div>9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM SERIES: The Crown, Sn. 6, Ep. 7 PAC 5:00 PM Happy Hour PAC 7:15 PM Special Performance: The Whitings CH</div> <div></div>	<div>19</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM MOVIE: Wonder (PG, 2017, 5*, 1h53m) PAC 5:00 PM TGIFT! with Paul Morphis (One Man Band) PAC</div> <div></div>	<div>20</div> <div>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC <div> 2:00 PM MOVIE: I Know Where I'm Going (G, 1947, 4.5*, 1h31m) PAC 5:00 PM Saturday Music Hour: The Penny Kings (Oldies) PAC 5:45 PM Transportation* to MSO Masterworks WAY</div></div>
<div>24</div> <div>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Mass CH 10:00 AM Men's Coffee Hour Bistro 10:00 AM OUTING*: High Point Grocery WAY 1:00 PM OUTING*: Creative Aging Arts Series Black Cabaret WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Bible Study with Rev. Mimsy Jones CH 7:15 PM Quarterly RAC Meeting PAC</div> <div></div>	<div>25</div> <div>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM SERIES: The Crown, Sn. 6, Ep. 8 PAC 5:00 PM Happy Hour Bistro 5:30 PM Annual Burns' Supper* PAC</div> <div></div>	<div>26</div> <div>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Superlo WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM TAPESTRY EVENT: Film Series with Steve Ross, Casablanca (PG, 1943, 5*, 1h43m) PAC 5:30 PM Dinner with Music by Tim Stanek (Piano) SDR</div> <div></div>	<div>27</div> <div>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC <div> 2:00 PM MOVIE: Outlaw King (R, 2018, 4.5*, 2h17m) PAC 5:00 PM Saturday Music Hour: Taylor Orr ('60s & '70s) MR</div></div>
<div>31</div> <div>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Men's Coffee Hour Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Bible Study with Rev. Mimsy Jones CH 4:00 PM Walk to Margaritaville Cardio Challenge Party & Prizes PAC</div> <div></div>	<div>DR. WARREN'S CLINIC HOURS</div> <div>Wed, Jan 10, 2024- 12:30-3:00 PM Tue, Jan 16, 2024 - 12:30-3:00 PM Wed, Jan 24, 2024 - 12:30-3:00 PM Tue, Jan 30, 2024 - 12:30-3:00 PM</div>		
<div>LOCATION KEY</div> <div><div>G1-Garage 1st Floor 201-Fitness Room 310-Club Room 310 AC-Aquatic Center CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Entrance</div><div>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</div></div>			

A Movie Review By Jack Richbourg CORNER

Christopher Nolan's breathtaking global phenomenon about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr., and Florence Pugh. See this movie on Sunday, January 14 at 2:00 p.m. in the PAC.



In the October issue of Tidings, I reviewed Barbie. This time it's Oppenheimer. Remember? They came out on the same day, and people suggested we watch them as a double feature. They even had a name for it: Barbenheimer, a very comedic juxtaposition because the movies couldn't be more different.

They're studies in contrast, but that name blend is diluted by Trezevant showing them three months apart rather than on the same day, and, of course, it's lucky that Thanksgiving, Christmas, Hannukah, and New Years are over because nothing says "Happy Holidays" better than the total destruction of the world.

That said, I liked Oppenheimer, but then again, I would because I'm a history nut. You know you're getting old when things that happened in your lifetime are considered "historic." Not that that applies to me, but some of you people. . . , well, you know who you are.

The best acting comes from Robert Downey, Jr. who plays Lewis Strauss. I know. I never heard of him either, but apparently he was a prominent member of the Atomic Energy Commission and was denied Senate approval for Secretary of Commerce because of his role in denying Oppenheimer's security clearance.

Cillian Murphy (Peaky Blinders, Dark Knight Trilogy, Dunkirk) also does a masterful job of portraying Oppenheimer, losing weight to accurately depict Oppenheimer's gaunt appearance. The best line in the movie is the one never said. Strauss mistakenly believes that Oppenheimer maligns him to Einstein

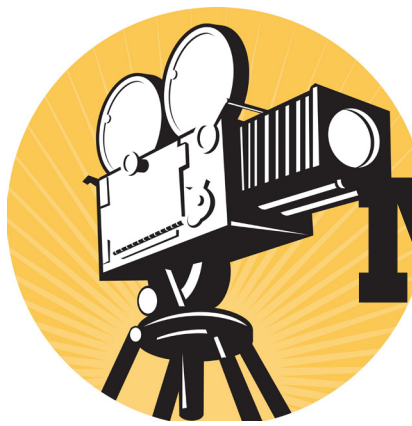
leading to the security clearance denial.

The most prominent underlying theme of the movie is the comparison between the chain reaction necessary for nuclear fission and Oppenheimer's personal life. His mistress was an ex-communist during the time of the Red Scare. He agonizes over the horror he has unleashed, his inability to stop the terror he has started, and the unintended consequences of best laid plans, something we all have experienced in our own lives on a smaller scale.

The criticisms you'll hear most often about the movie is, "It's too long." And it is. And it isn't. Nuclear holocaust is a big topic with many subplots. Christopher Nolan who wrote and directed the film takes all the time he needs. I, personally, was sorry to see it end. I wanted it to continue because I was just beginning to see ourselves in the movie.

It's certainly not Barbie, and shouldn't be. It's much more ponderous and dark, but both movies mirror our own lives and the larger society in which we live. Opposites attract, they say, which explains the association of these two films, but it's my sincere desire that the Barbenheimer marriage be a long and enduring one, because I think they're kind of cute together.

Richbourg's Rating 



MOVIES

AT TREZEVANT



1/5/2024 2:00 PM

You Only Live Once
(PG, 1946, 5*, 2h10m)

The public defender's secretary and an ex-convict get married and try to make a life together, but a series of disasters sends their lives spiraling out of control.



1/6/2024 2:00 PM

Brigadoon
(PG, 1954, 4.5*, 1h48m)

Gene Kelly stars as one of two American hunters in Scotland who discover a mystical village that only materializes once every century.



1/7/2024 2:00 PM

What Happens Later
(R, 2023, 4*, 1h43m)

Two ex lovers, Bill (David Duchovny) and Willa (Meg Ryan) get snowed in at an airport overnight. As they unpack their past, they begin to wonder if their reunion is mere coincidence, or something more enchanted.



1/12/2024 2:00 PM

Nyad
(PG-13, 2023, 4.5*, 2h1m)

Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.



1/13/2024 2:00 PM

Local Hero
(PG, 1983, 4.5*, 1h41m)

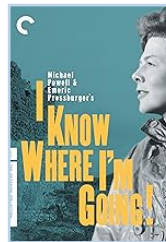
Peter Riegert and Burt Lancaster star in Bill Forsyth's whimsical comedy of an oil company's attempted buyout of a Scottish seaport.



1/19/2024 2:00 PM

Wonder
(PG, 2017, 5*, 1h53m)

A 10-year-old boy with severe facial anomalies begins 5th grade at a new school where he tries to convince his peers to look behind his appearance to see all that they have in common.



1/20/2024 2:00 PM

I Know Where I'm Going
(G, 1947, 4.5*, 1h31m)

A young Englishwoman aims to marry a tycoon but finds love with a naval officer instead.



1/21/2024 2:00 PM

The Road Dance
(PG-13, 2023, 4.5*, 1h57m)

In a small Scottish village at the dawn of World War I, Kirsty yearns for adventure and another life across the ocean. When the village hosts a road dance for departing soldiers, the sense of community is soon shattered by an unspeakable incident that changes Kirsty's life forever.



1/27/2024 2:00 PM

Outlaw King
(R, 2018, 4.5*, 2h17m)

After being crowned King of Scotland, legendary warrior Robert the Bruce is forced into exile by the English and leads a band of outlaws to help him reclaim the throne.



1/28/2024 2:00 PM

A Haunting in Venice
(PG-13, 2023, 4.5*, 1h30m)

Celebrated sleuth Hercule Poirot is retired and living in Venice, Italy. He reluctantly attends a séance where a murdered guest thrusts him into a sinister, shadowy world.

Resident Reflections

December 2023



1. Marilyn Dunavant, Ginger Acuff, Rinnie Wood, Anna McNeill, and Elizabeth Holmes along with Church Health employees packed meals for the less fortunate at Church Health Center.

2. Crystal Birch, Director of Nursing in the Terrace, and Mary Nelson were happy servers at the Hourly Employee Christmas Party.

3. Kathy Bradshaw, Director of HR, Anna McNeill and Madge Saba served the Hourly Employees at the Hourly Employee Christmas Party!

4. Jack Richbourg sings along with the Opera Memphis Carolers.

5. Great crowd for the Opera Memphis Christmas Carolers!



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

Kay Mills Due
Ann Powell
Roger Lowery

January 17

Vicki Weber
Caroline Nance

January 18

Jo Maxwell
Christine Garrett
Ann Timmons

January 24

GeeGee Chandler

January 25

Alice Anne Miller
Julie Walton

January 27

Mary Edith Walker

January 28

Sue Goodwin

January 30

Robert McCallum

An illustration on the left side of the page shows several hands of different skin tones (orange, grey, and white) reaching towards the center. In the center, a pair of white hands holds a large, vibrant red heart. The background is a mix of grey and orange geometric shapes.

When Compassion is Real...

by Linda Mischke

When we remove ourselves from the “center of our universe,” the door to genuine compassion swings open.

We can dare to see the world through the eyes of others, becoming slow to judge and quick to understand. Imagine the life of the person who can’t find a job, or the exhaustion of the single mom after 8 hours of waiting tables with dinner preparation and homework supervision yet to do. The scary guy asking for money may be a slave to addictions that we can’t fathom; the distracted person blocking the grocery aisle may have been stunned by a recent biopsy report; the unfriendly person in the elevator may be painfully lonely.

As we step aside from our own prejudices and preconceptions, we are able to slip into another’s shoes and look at life through his eyes. As we attempt to share suffering in a visceral way, our desire to be a channel of services will stem not from guilt or obligation, but from a desire to share Divine Love. We can put legs on our compassion acting from choice rather than duty.

A sense of kinship develops with All Souls-without regard to race or culture or country. Our heart begins to realize we are all citizens of the same sacred cosmos.

As this deeper compassion increases, we build bridges instead of borders. We move from arrogance to humility, from isolation to involvement.

The Preacher's Personae

by Ben Bledsoe

When I was still a teenager and learning to be a preacher, I watched preachers that I admired and tried to imitate them, thinking (falsely) that if I looked and talked and acted as they did, I would also be admired as they were.


I tried out lots of behaviors they used: hands held behind my back; never touching the pulpit; one elbow on the pulpit leaning forward; hair combed a certain way; handkerchief in my suit coat pocket that matched my necktie; authoritative sound to my voice...all these were some of the acting models I tried out.

I took copious notes to help me remember how to use certain words and phrases that impressed me with plans to use them in my sermons. I worked on my pulpit look, since that was where I got the most attention, and felt that was the place I most needed to appear preacher-like, but I also felt a need to learn to smile modestly when receiving compliments, walk in a kind of saintly gait, speak with a kind of holy twang in my voice. (I wish I were making this up.)

I felt affirmed when some adult told me what a good job they thought I was doing. Their opinions meant more than the verbal and non-verbal feedback I got from the guys my age. I felt their disdain was just a form of religious persecution which people like me must endure.

The liberal arts college I attended had a religion department with a strong emphasis on ministerial training, so I couldn't help but notice other young men there who must have had the same idea I had about "the preacher's personae." That's when the reflection of myself I saw in their behavior began to give me pause and started me thinking, "Something about this is phony. It takes too much energy trying to be someone that is not me." If I was not authentic, what kind of relationships did I hope to build? There was already too much fraud in the world.

I wish I could say I have completely abandoned the idea of an ideal preacher personae, and am now simply trying to relax into my most authentic self. I will admit that living at Trezevant with my 250, or so, brothers and sisters who know me and accept me just as I am, is one of the best things that has ever happened to me.



The authentic self
is the soul made
visible

SARAH BAN BREATHNACH




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