



FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
		<p>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.</p>	<p>DR. WARREN'S CLINIC HOURS Wed, Feb 7, 2024- 12:30-3:00 PM Tue, Feb 13, 2024 - 12:30-3:00 PM Wed, Feb 21, 2024 - 12:30-3:00 PM Tue, Feb 27, 2024 - 12:30-3:00 PM</p>	<p>1 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 11:00 AM BHM EVENT: Outing to Four Way Grill* WAY 1:00 PM Gentle Aquatics AC 2:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</p>	<p>2 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:30 AM OUTING*: Breakaway Shoes WAY 2:00 PM MOVIE: Dreamgirls (, 1990, 5*, 2h2m) PAC 5:30 PM Dinner with Music by Sandra Miller (Piano) SDR</p>	<p>3 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Hidden Figures (PG, 2016, 5*, 2h6m) PAC</p>														
<p>4 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Past Lives (R, 2023, 4.5* 1h45m) PAC</p>	<p>5 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p>	<p>6 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Sr, Day WAY 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 11:30 AM BHM Event: Luncheon & Clergy Panel Presentation* \$7.50 pp. PAC 3:00 PM SPECIAL PRESENTATION: Dr. Downing, CEO, St. Jude PAC</p>	<p>7 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Photo Shoot for New Res MR 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Srvc CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night SDR</p>	<p>8 9:15 AM Better Balance PAC 10:00 AM Photo Shoot for New Res MR 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 Trezevant University: Perre Magness on the History of Trez & EH Little PAC 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Valentine's Day & Mardi Gras with Paul Morphis PAC</p>	<p>9 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 BHM EVENT: Kristin Hill & 'If Beale St. Could Talk' PAC 5:00 PM TGIFT! with Jeremy Clement (Oldies) MR</p>	<p>10 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Out of Africa (PG, 1985, 4.5*, 2h41m) PAC 7:15 PM SPECIAL PERFORM- MANCE: Doug MacLeod (Jazz) PAC</p>														
<p>11 10:30 AM Worship & Holy Communion CH 5:00 PM Super Bowl Party!! Bistro</p>	<p>12 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p>	<p>13 FAT TUESDAY 9:00-10:30 AM Beignets & Coffee with Mar- keting SDR Lobby 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC</p>	<p>14 VALENTINE'S DAY 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharistic Srvc CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Ash Wednesday Service CH 4:00 PM Conversations with Kent PAC</p>	<p>15 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 Trezevant University: Professor Erin Hollis presents the History of Elmwood PAC 5:00 PM Happy Hour PAC</p>	<p>16 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:30 AM LENTEN OUTING*: Calvary Lenten Speaker Series & Lunch WAY 11:00 AM Line Dancing with Jessie PAC 4:00 PM Random Acts of Kindness Party PAC 7:15 PM SPECIAL PERFOR- MANCE: Lannie McMillen (R&B) PAC</p>	<p>17 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 12:45 PM SPECIAL EVENT: Drum Circle with Frank Shaffer PAC 5:00 PM Saturday Music Hour with the Duane Cleveland Duo MR 5:45 PM TRANSPORTATION*: Memphis Symphony Orchestra Performance for ticketholders WAY</p>														
<p>18 10:30 AM Worship & Holy Communion CH 1:00 PM TRANSPORTATION*: Memphis Sym- phony Orchestra Performance for ticketholders WAY 2:00 PM MOVIE: Maestro (R, 2023, 4.5*, 2h9m) PAC 4:00 PM SPECIAL PERFORMANCE: The Dubois Duo MR</p>	<p>19 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC 6:00 PM SPECIAL EVENT: Mystery Dinner* Bist</p>	<p>20 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting Bistro 2:00 PM BHM EVENT: House of Style with Mbabozi PAC 4:00 PM Idlewild Communion Service CH</p>	<p>21 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 Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: CH 4:00 PM Take Your Brain to the Gym MR</p>	<p>22 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 4:30-6:30 PM New Resident Welcome Reception* PAC</p>	<p>23 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: Selma (PG-13, 2008, 4.5*, 2h8m) PAC 5:30 PM Dinner with Music by Tim Stanek (Piano) SDR</p>	<p>24 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The African Queen (PG, 1952, 5*, 1h45m) PAC 5:00 PM Saturday Music Hour: Deborah Swiney (Blues/ Oldies) PAC</p>														
<p>25 10:30 AM Worship & Holy Communion CH 1:30 PM MOVIE: Killers of the Flower Moon (R, 2023, 4.5*, 3h28m) PAC</p>	<p>26 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch & Balance 201 3:15 PM Mindfulness Meditation CH 5:00 PM Happy Hour PAC</p>	<p>27 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Latte with Libby MR 11:00 AM Gentle Aquatics AC 2:00 PM BHM EVENT: Alice Faye Duncan pres- ents 'Coretta's Journey' PAC</p>	<p>28 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Men's Coffee Bistro 10:00 AM Catholic Lay Eucharistic Service CH 10:00 AM OUTING*: High Point Grocery WAY 12:45 PM OUTING*: My Cup of Tea* WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class CH</p>	<p>29 LEAP DAY 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 5:00 PM Happy Hour PAC 5:30 PM Trezevant Board Reception-By Invitation Only PAC</p>	<p>LOCATION KEY</p> <table border="0"> <tr> <td>G1-Garage 1st Floor</td> <td>MR-Music Room</td> </tr> <tr> <td>201-Fitness Room</td> <td>MWW-Manor Walkway</td> </tr> <tr> <td>310-Club Room 310</td> <td>PAC-Performing Arts Center</td> </tr> <tr> <td>AC-Aquatic Center</td> <td>SDR-Snowden Dining Room</td> </tr> <tr> <td>CH-St. Edward Chapel</td> <td>TT-Terrace Tearoom</td> </tr> <tr> <td>GAL-Gallery Dining Room</td> <td>TWW-Terrace Walkway</td> </tr> <tr> <td>HPL-Highland Parking Entrance</td> <td>WAY-Waynoka Entrance</td> </tr> </table>		G1-Garage 1st Floor	MR-Music Room	201-Fitness Room	MWW-Manor Walkway	310-Club Room 310	PAC-Performing Arts Center	AC-Aquatic Center	SDR-Snowden Dining Room	CH-St. Edward Chapel	TT-Terrace Tearoom	GAL-Gallery Dining Room	TWW-Terrace Walkway	HPL-Highland Parking Entrance	WAY-Waynoka Entrance
G1-Garage 1st Floor	MR-Music Room																			
201-Fitness Room	MWW-Manor Walkway																			
310-Club Room 310	PAC-Performing Arts Center																			
AC-Aquatic Center	SDR-Snowden Dining Room																			
CH-St. Edward Chapel	TT-Terrace Tearoom																			
GAL-Gallery Dining Room	TWW-Terrace Walkway																			
HPL-Highland Parking Entrance	WAY-Waynoka Entrance																			