



APRIL 2024

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 4



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LIFE ENRICHMENT

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

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

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
Ann Knox
Guests

† Cover Photo:
Happy Hour volunteers
Julia Howell, Foy Coolidge
and Kay Mills Due

Photo by
Teresa Johnson

At Your Service

by Kim O'Donnell, Life Enrichment Director

Mark your calendars for April 8, 2024 as a total solar eclipse will be occurring in the U.S. stretching from Texas to Maine. A partial eclipse will be visible throughout all 48 contiguous U.S. states. The path of the eclipse continues from Mexico entering the U.S in Texas and traveling through Oklahoma, Arkansas, Missouri, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine.

While Memphis is not in the path of the total solar eclipse observers will be able to view a partial eclipse. Thanks to the Bodine School we will have glasses for everyone as eye protection is advisable. Residents will be viewing from Hope's Garden. A chart depicting the progression is below:

Phase	Time	Event	Direction	Altitude
First Contact	12:37:43pm Mon, Apr 8	Partial eclipse begins. The moment the edge of the Moon touches the edge of the Sun is called first contact.	167°	61.9°
Deepest point	1:56:59pm Mon, Apr 8	Maximum eclipse The deepest point of the eclipse, with the Sun at its most hidden.	208°	59.7°
Ending	3:15:05pm Mon, Apr 8	Partial eclipse ends The edge of the Moon leaves the edge of the Sun.		

Eclipse viewing leads to March Madness as it rolls over into April. What fun it is to follow your picks, and cheer on your favorite teams. Trezevant had thirty-one entries for 2024 NCAA hoops bracketology, a total purse of \$155.00 for the lucky winner. The final game takes place in Phoenix, AZ on Monday, April 8th after which prize money will be awarded.

Accolades and awards to all as Trezevant celebrates Library Week with a presentation of Trezevant's resident authors. On April 10th, we will host over a dozen of our very own published writers presenting their works. Mark April 25th for Volunteer Appreciation Day as we host a luncheon with guest speaker and giveaways for all our wonderful volunteers.

Happy Spring to everyone!

In St. Edward Chapel

by Rev. Julie McKenna, Lead Chaplain

April 2024 Spiritual Care Offerings

Sundays at 10:30 a.m. in St. Edward Chapel

Worship and Holy Communion

Sunday, April 14th at 10:30 a.m.

Worship & Holy Communion with special music with violinist, Donna Wolf

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

Lectio Divina with The Rev. Anne Carriere

Explore the scriptures via the ancient practice of praying the scriptures and listening for the message

Each Monday at 3:15 p.m. in St. Edward Chapel

Mindfulness Meditation with Linda Mischke (30-minute guided meditation)

Wednesdays at 3:00 pm in St. Edward Chapel

Chaplains' Classes-New 4-Week Book Study with The Rev. Paul McLain *Receiving the Day: Christian Practices for Opening the Gift of Time* by Dorothy C. Bass served as a guide for prayer, reflection, and pilgrimage during the Rev. Paul McLain's summer sabbatical last year. Paul, associate rector for pastoral care of Calvary Episcopal Church, will guide us through this mindfulness tool for your spiritual journey. The book is designed to help us embrace time as a gift and learn to dwell more graciously, attentively, and faithfully within the hours, days, and seasons we have been given.

Copies of the book are available at Novel bookstore in the Laurelwood shopping center or can be ordered on Amazon. Handouts with key readings will be available for class. Readings for each class are available via email link to the chapters discussed. Contact Chaplain Julie McKenna at 325-8108 or jmckenna@trezevantmanor.org to receive chapters via email.



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

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
(901)251-9223

Ginger Acuff, Instructor
Kirsti Carroll, Instructor
Sheila Rae, Instructor
Carol Ricossa, Instructor
Katy Stanfield, Instructor
(901) 251-9223

Rita Frix, Personal Trainer
Lucas Isley, Personal Trainer
(901) 251-9223

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

Leslie Brewington, LPN
Wellness Nurse
lbrewington@trezevantmanor.org
(901) 251-9239



BE WELL!

FITNESS & HEALTHY LIVING AT TREZEVANT

by Rinnie Wood, Fitness Director

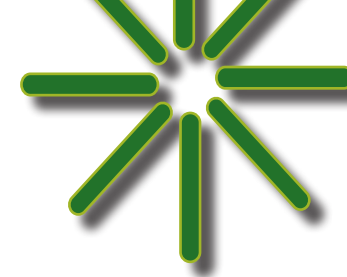
Trezevant offers a variety of fitness classes, personal challenges, community outings and educational programs. Trezevant can help you achieve your goals, whether you seek a new challenge or simply want to maintain your fitness.

OVER 30 CLASSES ARE OFFERED EVERY WEEK. Monthly fitness calendars highlight classes and special events and are available in the Manor library and emailed to residents.

THERAPISTS & A TRAINER. Trezevant offers excellent one-on-one training on site. Therapists and a personal trainer are here to tailor a program for your personal needs and goals.

CLASSES Available seated, standing and floor. Some classes combine these.

- AQUATICS- Advanced or gentle pool exercise for all fitness levels
- LAND, STRENGTH & BALANCE- Seated & standing resistance workout to improve strength, balance and flexibility
- TAI CHI-Research indicates this is the optimal exercise for improving balance
- YOGA- Floor & seated classes strengthen core, arms, legs and improves flexibility
- PILATES- Floor class to lengthen and stretch muscles
- STRETCH- Warms muscles, increases coordination and flexibility
- S.A.I.L. (Stay Active and Independent for Life)- One hour cardio, balance, and strength class. Advanced exercisers will enjoy the challenges of this program. SAIL is offered 3x per week and participants should contact Rinnie before attending.
- TAKE YOUR BRAIN TO THE GYM- A twice monthly hour-long class taught by a Dr. Sharon Pollack that offers



excellent opportunities to improve brain function and memory. Challenging, fun and fascinating!

COMMUNITY WALKS, OUTINGS, & EDUCATION

· WALKS-In spring and fall, we take walks on campus and in various parts of the city. This encourages physical improvement, spiritual growth, and social interaction. Trezevant provides transportation to destinations such as the riverfront and parks.



· OUTINGS-To learn more about our community, we visit and work with other non-profits, neighborhoods, and attend cultural events.

· EDUCATIONAL PROGRAMS-Throughout the year, we explore topics of interest that include fall prevention, leading edge medical research, and nutrition.

Questions? Contact Rinnie, Fitness Director Rinnie Wood at 901-251-9223 or rwood@trezevantmanor.org.

Editorial

Blessings & Curses of Quarantine

by Linda Douty Mischke

Wisdom teaches us that everything is a life-paradox...virtually all life situations wear multiple faces-even the unwelcome visits of quarantine. Depends on how you look at it!

During a recent extended COVID isolation, we discovered it contained its own catalog of pros and cons. Here are some random reflections:

CURSES

- No hugs or kisses.
- Blah, tired feelings
- Missing activities and meetings.
 - Rescheduling all appointments.
 - Lack of extracurricular input and social contact.
 - Feelings of FOMO (Fear Of Missing Out)!

BLESSINGS

- Lessons in learning to receive!
- Staying in pajamas all day
- Wearing no makeup
- Being a virtual couch potato
- Indulging in movies and TV series
- Cleaning out the junk drawer
- STOPPING everything you didn't want to do anyway
- Being a slug and taking extra naps
- Finding that two people can exist in a small apartment with minimum conflict amidst LOTS of togetherness
- Finding surprising flowers outside your door
- Finally reading that ever-present stack of books
- Being comforted and supportive emails and cards
- Getting Valerie's and Leslie's expert guidance and supervision
 - Learning to receive favors in the forms of grocery and medicine deliveries, mail and package drop-off
 - Getting meals outside the door every single day!
 - Having friends pick up every ball you drop
 - Noticing how utterly thoughtful Trezevant residents & staff can be-Examples of Kindness Personified!

In other words, if you have to be sick, this is the place to be!!



Mark Your Calendar

Trezevant's Featured Country is Japan!

Don't miss the **TAPESTRY EVENT: URBAN EDUCATION** with Dr. Beverly Cross on Tue, 4/2 at 2:00 p.m. in the PAC.

Hear from Dr. Paul McLain in April's **CHAPLAINS' CLASS** each Wed beginning 4/3 at 3:00 p.m. in the CH.

TAKE YOUR BRAIN TO THE GYM with Dr. Sharon Pollock happens on Wed, 4/3 & 4/17 at 4:00 p.m. in the MR.

Lifelong learning continues in **TREZEVANT UNIVERSITY** with various topics on Thur, 4/4, 4/11 & 4/25 at 2:00 p.m. in the PAC. Check your calendar for details.

TREZEVANT EXPLORES* hosts Artist Jimpsie Ayres on Fri, 4/5. Lunch begins at 11:30 a.m., presentation begins at Noon in the PAC. \$7.50 per person; sign up in the Activity Book or on CATIE.

Take a **COMMUNITY WALK*** on the Harahan Bridge on Tue, 4/9. Bus departs at 3:00 p.m. from HPL.

Hear from our own **TREZEVANT AUTHORS*** on Wed, 4/10 at 1:00 p.m. in the PAC.

The **WINTER FILM FEST** continues with Steve Ross and *Lady Eve* on Fri, 4/12 at 2:00 p.m. in the PAC.

Learn more about the Immigration situation at the **TAPESTRY EVENT*** on Wed, 4/17 at 7:15 p.m. in the PAC.

Take a **COMMUNITY WALK*** at Dixon Gardens on Tue, 4/23. Bus departs at 3:00 p.m. from HPL.

Get to know someone new or something new about your neighbor at this month's **MYSTERY DINNER*** on Mon, 4/22 in the Bistro. Sign up in the Activity Book or on CATIE.

Test your knowledge on Music, Movies and More by playing **TRIVIA*** on Tue, 4/23 at 4:00 p.m. in the PAC. Sign up in the Activity Book or on CATIE.

Get your Trezevant Updates at the **RAC QUARTERLY MEETING** on Wed, 4/24 at 7:15 p.m. in the PAC.

Take the bus to the **TREZEVANT SPONSORED PERFORMANCES* (Tchaikovsky's 5th & Winton Marsalis)** and Reception on Sun, 4/28. Bus departs at 1:00 p.m. from WAY.

Learn some facts and taste some flavors of our featured country at the **CELEBRATE JAPAN!** party on Tue, 4/30 at 4:00 p.m. in the PAC.

Check out some great **MOVIES:** New Releases, Classica, and movies about our featured country. Check calendars for titles and times.

BIRTHDAY NIGHT AT TREZ celebrates the month's birthdays on the FIRST Wed of each month in SDR.

Visit **DOTTIE'S DIGS' SALE** on Thu, 4/4 & 4/18 from 9:00 a.m. to 4:00 p.m. in G1.

HAPPY HOUR Every Mon and Thu, from 5:00 to 6:00 p.m. \$2 cover charge, free drinks. *See Weekly Calendar or CATIE for venue.*



TGIFT!

Times vary. See Weekly Calendar or CATIE to confirm.

- 4/5 Sandra Miller (Piano) SDR
- 4/19 Tim Stanek (Oldies) SDR
- 4/26 Bobby Lawson (Oldies) MR

Saturday Music Hour

Times vary. See Weekly Calendar or CATIE to confirm.

- 4/6 Taylor Orr (60s/70s) MR
- 4/13 BandDog (Oldies) PAC
- 4/20 Michael Donahue (Piano) SDR
- 4/27 Jim Cornfoot & Patrick Jones (Classical) MR

Special Performances

- 4/4 at 7:15 p.m. Memphis Hot Notes (Ukele) in the PAC
- 4/7 at 4:00 p.m. Dubois Duo (Classical) in the PAC
- 4/11 at 7:15 p.m. Alex Nollan (Jazz) in the PAC

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



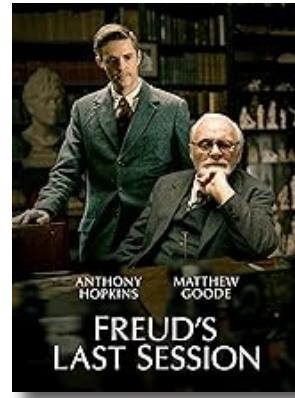
APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>DR. WARREN'S CLINIC HOURS</p> <p>Tue, April 2, 2024 Wed, April 10, 2024 Tue, April 16, 2024 Wed, April 24, 2024 Tue, April 30, 2024</p> <p>12:30-3:00 PM</p>	<p>1</p> <p>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>2</p> <p>9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 2:00 PM TAPESTRY EVENT: Urban Education with Dr. Beverly Cross PAC 6:30 PM TRANSPORTATION*: Concerts International for ticketholders WAY</p>	<p>3</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service 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: The Rev. Paul McLain CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night SDR</p> 	<p>4</p> <p>9:00 AM-4:00 PM Dottie's Digs' G1 9:00 AM-Noon Podiatrist* 318 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: Evolution of Mem. Churches with Perre Magness PAC 2:30 PM Sewing Circle MR 5:00 PM Happy Hour PAC 7:15 PM SPECIAL EVENT: Memphis Hot Notes PAC</p>	<p>5</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: Lunch & Artist Jimpsyie Ayres PAC 2:00 PM MOVIE: Fiddler on the Roof (G, 1971, 5*, 3h1m) PAC 5:30 PM Dinner with Music by Sandra Miller (Piano) SDR</p>	<p>6</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Godzilla (NR, 1954, 4.5*, 1h36m) PAC 5:00 PM SATURDAY MUSIC HOUR: Taylor Orr (60s/70s) MR</p>  	
<p>7</p> <p>10:30 AM Worship & Holy Communion CH 4:00 PM SPECIAL PERFORMANCE: Dubois Duo PAC</p> 	<p>8 LIBRARY WEEK</p> <p>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 12:30 PM Solar Eclipse Viewing HG 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC</p> 	<p>9</p> <p>9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 3:00 PM Community Walk: Harahan Bridge HPL</p> 	<p>10</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 1:00 PM SPECIAL EVENT: Trezevant Author's Event PAC 3:00 PM Chaplains' Class: The Rev. Paul McLain CH 4:00 PM Conversations with Kent PAC</p>	<p>11</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 1:00 PM Seated Yoga 201 1:00 PM Gentle Aquatics AC 2:00 PM TREZEVANT UNIVERISTY: NWMCC Art Presentation with Lawayne House PAC 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PERFORMANCE: Alex Nollan (Jazz) PAC</p> 	<p>12</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie HG 2:00 PM WINTER FILM FEST: Lady Eve with Steve Ross PAC</p> 	<p>13</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 11:30 AM TRANSPORTATION*: Dixon Flower Show Rhythm & Hughes Memphis Garden Club WAY 2:00 PM MOVIE: Memoirs of a Geisha (PG-13, 2005, 5*, 2h25m) PAC 5:00 PM SATURDAY MUSIC HOUR: BandDog (Oldies) PAC</p>  	
<p>14</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: The Zone of Interest (PG-13, 2023, 4* 1h44m) PAC</p> 	<p>15</p> <p>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>16</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 4:00 PM Idlewild Communion Service CH</p>	<p>17</p> <p>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 Bistro 10:00 AM OUTING*: High Point Grocery WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: The Rev. Paul McLain CH 4:00 PM Take Your Brain to the Gym MR 7:15 PM TAPESTRY EVENT: Immigration Panel PAC</p> 	<p>18</p> <p>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 5:00 PM Happy Hour PAC</p>	<p>19</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie HG 2:00 PM MOVIE: Calendar Girls (PG-13, 2004, 5*, 1h48m) PAC 5:30 PM Dinner with Music by Tim Stanek (Oldies) SDR</p>	<p>20</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM TRAVEL MOVIE: Japan: Earth's Enchanted Islands (Honshu and the Southwest Islands (TV-PG, 2015, 4.5*, 2h) 5:30 PM Dinner with Music by Michael Donahue (Piano) SDR</p>  	
<p>21</p> <p>10:30 AM Worship & Holy Communion e CH 2:00 PM MOVIE: Freud's Last Session (PG-13, 2023, 4*, 1h48m) PAC</p> 	<p>22</p> <p>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!* SDR</p>	<p>23</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 3:00 PM Community Walk: Dixon Gardens HPL 4:00 PM SPECIAL EVENT: TRIVIA* PAC</p> 	<p>24</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Catholic Lay Eucharist Service 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: The Rev. Paul McLain CH 4:00 PM Junior League Sustainers Toast - by invitation only MR 7:15 PM RAC Quarterly Meeting PAC</p>	<p>25</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 11:30 AM SPECIAL: Volunteer Luncheon SDR 1:00 PM Gentle Aquatics AC 2:00 PM TREZEVANT UNIVERSITY: Sinking of the Sultana presented by Dr. Charles Crawford PAC 4:00 PM Rededication of Hope's Garden HG 5:00 PM Happy Hour PAC</p>	<p>26</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie HG 2:00 PM MOVIE: A League of their Own (PG, 1992, 5*, 2h6m) PAC 5:00 PM TGIFT! with Bobby Lawson (Oldies) MR</p> 	<p>27</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Sayonara (R, 1957, 4.5*, 2h27m) PAC 5:00 PM SATURDAY MUSIC HOUR: Jim Cornfoot & Patrick Jones (Classical) MR 5:45 PM TRANSPORTATION: MSO Tchaikovsky WAY</p> 	
<p>28</p> <p>10:30 AM Worship & Holy Communion CH 1:00 PM TRANSPORTATION: Trezevant Sponsored Tchaikovsky's 5th & Wynton Marsalis Violin Concerto & Reception WAY 2:00 PM MOVIE: The Holdovers (R, 2023, 4.5*, 2h13m) PAC</p> 	<p>29</p> <p>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>30</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Coffee with Libby MR 11:00 AM Gentle Aquatics AC 4:00 PM CELEBRATE JAPAN! PAC</p> 	<p>LOCATION KEY</p> <p>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</p> <p>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</p>				

CRITIC'S CORNER

A Movie Review By Jack Richbourg

Sigmund Freud & author C.S. Lewis argue the future of mankind and the existence of God. *See this movie on Sunday, April 21 at 2:00 p.m. in the PAC.*



Is *Freud's Last Session* a good movie? Of course, it is. It has Anthony Hopkins in it, and people should pay good money to hear Hopkins read the phone book. He plays the intimidating Sigmund Freud masterfully shuffling and harumphing his way across the screen. With sly chuckles and belligerent outbursts, he totally eclipses a very good performance by Matthew Goode playing C. S. Lewis.

Does it have sex in it? Of course! It's about Sigmund Freud who blamed every mental disorder known to man on repressed sexual desire. There's nudity, too, but mostly just statues in a dream. You've got to have dreams and sex in a movie about Freud. It's required. So what did these two intellectual giants talk about? They talk about God. Is he or isn't he? Freud, the son of a Jewish father and a Catholic mother, says he isn't. C. S. Lewis, an atheist who converted to Christianity, says he is. The two are a study in contrasts. Freud comes from a position of logic. Lewis comes from a position of joy. Both hurl clever, analytical and sometimes angry accusations of the other's flawed logic. You might find yourself raising your finger to add your own two cents worth, but they ignore you, as well they should, because we don't measure up to these men. We may look and listen, but we cannot contribute. We're not qualified.

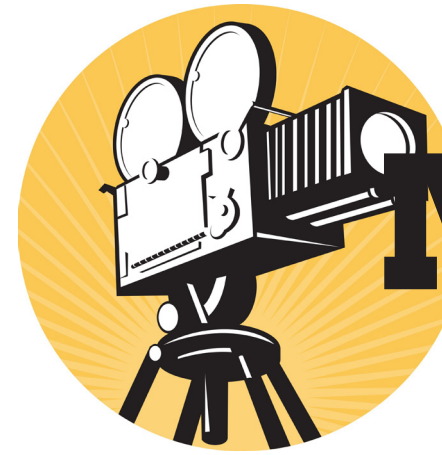
A flashback depicts Lewis' trauma in World War I. How he promised to take care of his friend's mother if he should die, which he promptly does. Lewis develops a very close relationship with the woman, who is twice his age but beautiful nonetheless.

He lives with her for a while, and some claim they were lovers. Needless to say Freud, the originator of the Oedipus Complex, has much to say about *that* relationship. Meanwhile, Freud's daughter, brilliant in her own right, obsesses over her father. Both characters now blend, as well as contrast. Freud faces the fear of his own painful death, marked by the telltale tin he repeatedly retrieves from his pocket with the ominous gelcap inside.

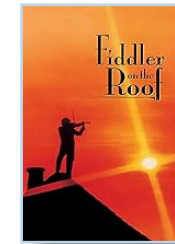
And then, of course, there's the obligatory rain. It begins to pour during their visit. Please know that when it's constantly raining in a movie, it's a very clichéd metaphor for the unconscious mind, and I suspect you can't have a film about Freud without a bit of bad weather.

Despite their arguments, neither changes. Freud isn't converted. Lewis doesn't lose his faith, and that's the ultimate end of conversations like this. They're both right, and they're both wrong. The purpose is not to change minds but to stimulate them with a fictional conversation between great men about God. Whether you identify with Lewis or with Freud, I am sure your mind will be stimulated, too.

Richbourg's Rating 



MOVIES AT TREZEVANT



4/5/2024 2:00 PM
Fiddler on the Roof
(G, 1971, 5*, 3h1m)

Director Norman Jewison offers this uplifting classic about a poor Jewish milkman (Topol) in Czarist Russia who, along with his devoted family, battles financial challenges and growing anti-Semitism within his village.



4/6/2024 2:00 PM
Godzilla
(G, 1954, 4.5*, 1h36m)

American nuclear weapons testing results in the creation of a seemingly unstoppable, dinosaur-like beast.



4/13/2024 2:00 PM
Memoirs of a Geisha
(PG-13, 2005, 5*, 2h25m)

A Cinderella story set in a mysterious and exotic world, this stunning romantic epic shows how a house servant blossoms, against all odds, to become the most captivating geisha of her day.



4/14/2024 2:00 PM
The Zone of Interest
(PG-13, 2023, 4*, 1h44m)

The commandant of Auschwitz, Rudolf Höss, and his wife Hedwig, strive to build a dream life for their family in a house and garden next to the camp.



4/19/2024 2:00 PM
Calendar Girls
(PG-13, 2004, 5*, 1h48m)

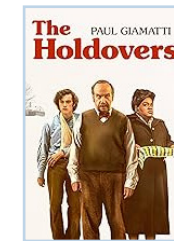
Comedy based on the true story of a women's group in a small English town who choose to



upend the traditional order by posing nude for their annual charity calendar. Stars Helen Mirren.

4/20/2024 2:00 PM
Japan: Earth's Enchanted Islands
(TV-PG, 2015, 4.5*, 2h)

Japan - we think of it as a crowded, highly industrialized archipelago. But Japan has a surprisingly vast range of landscapes, from the far north, where sea eagles walk on frozen waters, to subtropical southern islands, with coral reefs and mangroves.



4/21/2024
The Holdovers
(R, 2023, 4.5*, 2h13m)

The Holdovers follows a curmudgeonly instructor at a prep school who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go.



4/26/2024 2:00 PM
A League of their Own (PG, 1992, 5*, 2h6m)

Two sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.



4/27/2024
Sayonara (R, 1957, 4.5*, 2h27m)

This picture tells the story of an American Air Force flier who was an ace fighter pilot during the Korean War who falls in love with a famous Japanese dancer. Sayonara won four Academy Awards, including acting honors for co-stars Red Buttons and Miyoshi Umeki.

Resident Reflections



1. Board Member Calvin Anderson with Susanne Darnell and Kay Mills Due at the 2024 Board Reception
2. Ken Clark with
3. Board Chair Bruce Hopkins with former Board Chair Shade Robinson, Emile Bizot and CEO Kent Phillips
4. Dr. Bob Richardson, Jenny Richardson and Rusty Loth at the Capital Campaign Launch Party
5. Marion Morgan honors Warren Tracy, Joe Levy and CFO Don Selheimer for a job well done



April Birthdays

April 2
Missie McDonnell
Marie Stark

April 3
Dolores Burkhalter
J.R. Dunkley

April 4
Donna McEniry

April 5
Elinor Reed
Linda Mischke

April 7
Nick Trotter

April 8
Fontaine Taylor

April 9
Bob Hollobaugh

April 11
Geraldine Page

April 15
Irene Orgill

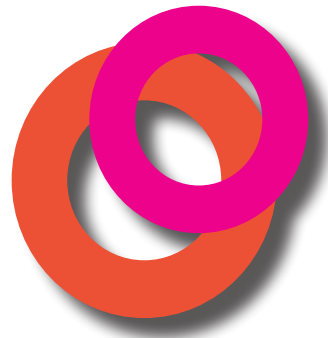
April 16
Anne Shaw

April 18
Mike Osborn

April 19
Jeannette Birge
Pam Lowery

April 26
T.V. Miller

April 28
Bob Richardson
Tommy Robinson



Editorial

Let's Talk

by Jack Richbourg

During the first celebration of Black History Month at Trezevant, a White resident came up to me and asked, "Why do we have to rehash all this? We all know slavery was bad, and Black folks had it hard, Why reopen old wounds?" I wasn't really prepared for his question. I think I said something like it's important to know our history because Black History is American history, and the problem with any society's history is that it's always written by the dominant group emphasizing what they like and ignoring what they don't. We celebrate Black History to stop ignoring what we don't like about our history.

Race is America's shadow side. We envision our country as the home of the brave and the land of the free, but that hasn't always been true for Black

Americans. Carl Jung said the way we deal with our collective shadow side is to project it onto other people and institutions. It's a way of making us feel okay, again. Projection gives us a desperately needed escape hatch. We project our faults onto others by saying, "It can't be me because I'm fine, so, It's got to be you." This creates the hated other, a scapegoat, to carry our shadow so we don't have to. The cure for this is to talk about it, to recognize our shadow side, to bring it from the realm of unconsciousness into the realm of consciousness. By talking about it, we control it, rather than it controlling us.

Black History Month is a way of talking about it, and here at Trezevant, we did more than just talk. We immersed ourselves in it. We engaged all five senses in the Black experience. We smelled the delicious aroma of it at the Four-way Grill. We tasted it at the Clergy



Panel Luncheon. We felt it in the movie *If Beale Street Could Talk*. We saw it in the products offered by Grace Byeitima at Mbabazi House of Style, We heard it in Alice Faye Duncan's discussion of her children's books, and these five senses gave us an overall sixth sense of understanding.

So, to my white friend's question regarding why, I might now answer, "Because we need to talk about it." We need to put it on the table and recognize our shadow so we control it rather than it controlling us. Yes, let's talk about it because in talking we get to know each other, and familiarity breeds, not contempt, but understanding. Yes, let's talk and continue talking because I suspect, in spite of our fear, we just might find ourselves enjoying the conversation.



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
on@trezevantmanor.org
(901) 251-9227

WELLNESS CLINIC
(901) 251-9239



Trezevant

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



EQUAL HOUSING
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