



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 TREZEVAUT 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 TREZEVAUT 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 TREZEVAUT 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 TREZEVAUT 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>				