

















**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.

# SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>4:00 PM SPECIAL PERFORMANCE: Amaro Dubois (Classical) <i>MR</i></p>	<p><b>2</b></p> <p><b>LABOR DAY</b></p> <p><b>Holiday Lunch</b></p> <p><b>Two Seatings-11:00 a.m. - 12:30 p.m. or 12:30 p.m.-2:00 p.m.</b></p> <p>Call 901-251-9212 to make reservations.</p>	<p><b>3</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>10:00 AM OUTING*: Walgreen's* <i>WAY</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p>	<p><b>4</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: The Philadelphia 11, Part 1 <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>6:00 PM Birthday Night! <i>SDR</i></p>	<p><b>5</b></p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>3:00 PM Sewing Circle <i>CR 310</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>6</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:30 AM TREZEVANT EXPLORES*: Internet Scams with Jeremy Younger <i>PAC</i></p> <p>2:00 PM MOVIE: To Kill a Mockingbird (R, 1963, 5*, 2h9m) <i>PAC</i></p> <p>5:00PM TGIFT! with Jeremy Clement (Oldies) <i>MR</i></p>	<p><b>7</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Music of the Heart (PG, 1999, 4.5*, 2h3m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Sandra Miller <i>SDR</i></p> 
<p><b>8</b></p> <p><b>GRANDPARENTS' DAY</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>1:15 PM TRANSPORTATION*: Theatre Memphis production of <i>Grease</i> (for ticketholders) <i>WAY</i></p> <p>2:00 PM MOVIE: Summer Camp (PG-13, 2024, 3.5* 1h35m) <i>PAC</i></p> 	<p><b>9</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p><b>10</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>10:00 AM Ladies' Coffee Hour <i>MR</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM TRANSPORTATION*: MIFA Luncheon at Hilton (for ticketholders) <i>WAY</i></p> 	<p><b>11</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: The Philadelphia 1, Part 2 <i>CH</i></p> <p>4:30-6:30 PM New Resident Welcome Reception <i>PAC</i></p>	<p><b>12</b></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>3:00 PM Sewing Circle <i>CR 310</i></p> <p>3:00 PM SPECIAL PRESENTATION: Adjusting to Life's Changes <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>13</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM FILM FEST: A Matter of Life &amp; Death with Steve Ross <i>PAC</i></p>	<p><b>14</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Dead Poets Society (PG, 1989, 5*, 2h8m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Michael Donahue <i>SDR</i></p> <p>6:30 PM TRANSPORTATION*: Scheidt Center for Rachmaninoff (for ticketholders) <i>WAY</i></p> 
<p><b>15</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Horizon: Am American Saga (R, 2024, 4*, 3h1m) <i>PAC</i></p> <p>2:00 PM TRANSPORTATION*: Scheidt Center for Rachmaninoff (for ticketholders) <i>WAY</i></p>	<p><b>16</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>17</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:30 PM IFF Club Meeting <i>PAC</i></p> <p>4:00 PM Idlewild Communion Service <i>CH</i></p>	<p><b>18</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Mass <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: Eyelene Farmer &amp; Anne Carriere <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>4:30 PM Celebration of Centenarians <i>MR</i></p>	<p><b>19</b></p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM SPECIAL PERFORMANCE: Autumn Leaves with Paul Morphis <i>PAC</i></p> 	<p><b>20</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM MOVIE: Love Story (PG, 1970, 4.5*, 1h36m) <i>PAC</i></p> <p>5:00 PM TGIFT! with The Duane Cleveland Duo <i>PAC</i></p>	<p><b>21</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Kindergarten Cop (PG-13, 1990, 4.5*, 1h51m) <i>PAC</i></p> <p>5:00 PM SATURDAY MUSIC HOUR: The Penny Kings <i>PAC</i></p>
<p><b>22</b></p> <p>10:30 AM Worship &amp; Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Ghostlight (R, 2024, 4*, 1h55m) <i>PAC</i></p> 	<p><b>23</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>4:00 PM Blessing of the Pets <i>HG</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM Follow-Up Talk with Keith Wood <i>PAC</i></p>	<p><b>24</b></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Aerobics &amp; Balance <i>PAC</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:00-4:00 PM SPECIAL PRESENTATION: Stay Independent Longer <i>PAC</i></p> <p>5:15 PM OUT TO DINNER*: Ciao Bella <i>WAY</i></p> 	<p><b>25</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:00 AM Tim the Prod. Man <i>HG</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>1:30 PM TRANSPORTATION: Creative Aging <i>WAY</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:00 PM Chaplains' Class: Thistle &amp; Bee <i>CH</i></p> 	<p><b>26</b></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Seated Yoga <i>201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>27</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>PAC</i></p> <p>2:00 PM MOVIE: Goodbye, Mr. Chips (G, 1969, 4.5*, 2h34m) <i>PAC</i></p> <p>5:30 PM Dinner with music by Tim Stanek (Piano) <i>SDR</i></p>	<p><b>28</b></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Midnight in Paris (PG-13, 2011, 4.5*, 1h34m)</p> 
<p><b>29</b></p> <p>10:30 AM Morning Prayer Service with Jack Richbourg <i>CH</i></p> <p>2:00 PM MOVIE: The Widow Clicquot (R, 2024, 5*, 1h30m) <i>PAC</i></p>	<p><b>30</b></p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength &amp; Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Pilates <i>201</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>CH</i></p> <p>2:00 PM Stretch &amp; Balance <i>201</i></p> <p>3:15 PM Mindfulness Meditation <i>CH</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p><b>LOCATION KEY</b></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>		<p><b>Dr. Warren's Clinic Hours</b></p> <p>Wed, September 11 12:30 p.m. - 3:00 p.m.</p> <p>Tue, September 17 12:30 p.m. - 3:00 p.m.</p> <p>Wed, September 25 12:30 p.m. - 3:00 p.m.</p>		