





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.

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>		<p>1</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 10:00 AM OUTING: Walgreen's* WAY 11:00 AM Gentle Aquatics AC</p>	<p>2</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 NOON-4:00 PM Health Fair & Flu Shots SDR 1:30 PM Second Presbyterian Communion CH 3:00 PM SPECIAL PRESENTATION: Jill Norcross on Alzheimer's PAC 6:00 PM Birthday Night! SDR</p>	<p>3</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale 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 NOON-4:00 PM Flu Shots SDR 1:00 PM Gentle Aquatics AC 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</p> 	<p>4</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES*: AI with Erickson Carl, Rhodes PAC 2:00 PM MOVIE: Dracula (PG-13, 1931, 4.5*, 1h14m) PAC</p>	<p>5</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: Ghostbusters (PG, 1984, 5*, 1h40m) PAC 3:00-5:00 PM Art Opening & Reception for Trezevant Painters TWW 5:30 PM Dinner with Music by Julianne & Dom SDR</p> 
<p>6</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Touch (R 2024, 4* 2h1m) PAC</p> 	<p>7</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 5:00 PM Happy Hour PAC</p>	<p>8</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC</p> 	<p>9</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: Living Unafraid CH 4:00 PM Conversations with Kent PAC</p>	<p>10</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 1:00 PM Gentle Aquatics AC 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</p> 	<p>11</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 PAC 1:00-3:00 PM Alzheimer's Bake Sale TWW 2:00 PM MOVIE: House on Haunted Hill (PG-13, 1959, 4.5*, 1h14m) PAC 5:30 PM Dinner with music by Jessica Robinson SDR</p> 	<p>12</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: The Shining (R, 1980, 4.5*, 2h17m) PAC 5:00 PM SATURDAY MUSIC HOUR: Lannie McMillen Trio PAC</p> 
<p>13</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Thelma (PG-13, 2024, 4*, 1h38m) PAC</p>	<p>14</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 4:00 PM Musical Connection & Remembrance CH 5:00 PM Happy Hour PAC</p> 	<p>15</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 10:00 AM Sewing Circle CR 310 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 4:00 PM Idlewild Communion Service CH</p>	<p>16</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: Living Unafraid CH 4:00 PM Take Your Brain to the Gym MR</p>	<p>17</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale 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 7:15 PM SPECIAL PERFORMANCE: Happy Halloween with Paul Morphis PAC</p>	<p>18</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM-NOON Fall Carnival HG 11:00 AM Line Dancing with Jessie PAC 2:00 PM FILM FEST: Black Narcissus with Steve Ross PAC 5:00 PM TGIFT! with Bobby Lawson MR</p> 	<p>19</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 10:00 AM TRANSPORTATION*: RiverArts Festival WAY 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Practical Magic (PG-13, 1998, 5*, 1h44m) PAC 7:15 PM SATURDAY MUSIC HOUR: Dubois Duo PAC</p>
<p>20</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Dance First (PG-13, 2024, 5*, 1h44m) PAC</p> 	<p>21</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 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>22</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 2:00 PM SPECIAL PRESENTATION: Medicare Options with Kathryn Butcher PAC</p> 	<p>23</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 TRANSPORTATION*: Creative Aging presentation at Theatre Memphis WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Living Unafraid CH</p> 	<p>24</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM TRANSPORTATION*: Early Voting WAY 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>25</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM Breast Cancer Awareness Coffee MR 11:00 AM Line Dancing with Jessie PAC 2:00 PM TAPESTRY EVENT: Chinese Life & Work in Memphis with Emerald Dunn PAC 5:30 PM Dinner with music by Tim Stanek (Piano) SDR</p>	<p>26</p> <p>8:00 AM TRANSPORTATION*: Alzheimer's Walk WAY 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Psycho (R, 1960, 4.5*, 1h48m)</p>
<p>27</p> <p>10:30 AM Worship & Holy Communion CH 1:15 PM TRANSPORTATION*: Theatre Memphis to performance of The Mousetrap WAY 2:00 PM MOVIE: Sight (R, 2024, 5*, 1h41m) PAC</p> 	<p>28</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>29</p> <p>9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 11:00 AM TRANSPORTATION*: Early Voting WAY 5:15 PM OUT TO DINNER*: Amerigo WAY</p>	<p>30</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: Corinthians with Jack Richbourg CH 4:00 PM Take Your Brain to the Gym MR 4:15 PM RAC Quarterly Meeting PAC</p>	<p>31</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 1:00 PM Gentle Aquatics AC 5:00 PM Halloween Happy Hour PAC</p>		
<p>Dr. Warren's Clinic Hours</p> <p>Tue, October 8 Wed, October 16 Tue, October 22 Tue, October 29 12:30 p.m. - 3:30 p.m.</p>						