



DECEMBER 2024

Tidings

THE MAGAZINE OF TREZEVANT LIVING

Issue 12

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- A Letter from the Foundation



LIFE ENRICHMENT

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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:
Ann Powell photographed
by Bob Bayne

At Your Service

by Kim O'Donnell, Director of Life Enrichment

Reflecting on 2024 it is a challenge to recall all the events that took place. Leap year, a one in every four year occurrence resulted in an extra day, February 29th, the summer Olympics were held in Paris, - France, the Los Angeles Dodgers won the World Series, and our country elected a new president.

Trezevant's reflections include the following;

- 6,250 Wellness Visits
- 2,080 Vehicle Transports
- 300 Exercise Classes
- 175 Live Musical Performances
- 144 Movie Showings
- 144 Committee Meetings
- 96 Happy Hours
- 48 Coffees
- 48 Representative Meetings
- 25 Meet & Greet
- 24 Welcome Dinners
- 22 Speaker Presentations
- 12 Themed Parties
- 12 Investment Club Meetings
- 4 Resident Association Quarterly meetings
- 3 Artists in Residence
- 1 Gala for the Arts
- 1 Beale Street Walk of Fame Brass Note Presentation.
- 1 Holleran Resident Satisfaction Survey

Wishing you all a very Merry Christmas and happy holidays from Life Enrichment.

In St. Edward Chapel

by Rev. Julie McKenna

Advent/ Christmas Worship and Holy Communion Services

Each Sunday at 10:30 a.m. in St. Edward Chapel

Christmas Celebration of Lessons and Carols:

- Monday, December 23 at 4:00 p.m. in St. Edward Chapel
Join us for our community Christmas Celebration of Lessons and Carols with organist, Debbie Smith and tenor, Daniel Ward.

Chaplains' Classes

Each Wednesday at 3:00 p.m. in St. Edward Chapel

- Wednesday, December 4 - Grieving Through the Holidays
The holidays can be a tough time for folks who have experienced any kind of loss whether it is loss of a loved one, loss of independence, or loss of good health. Join Tiffany McClung and Dolores Flagg, bereavement coordinators of Baptist Trinity Hospice to learn about coping skills for dealing with all kinds of grief during the holiday season in their presentation, "Grieving Through the Holidays." Class will be held in the Music Room
- Wednesday, December 11 - Choir Rehearsal for Christmas Caroling Party
Calling all singers! Let's practice together, so we can lead group singing for our Caroling Party on the 18th!
- Wednesday, December 18 - Community Caroling Party in the PAC
Join us as we sing Christmas carols around the piano, led by our Trezevant "choir," and enjoy hot cider, cookies, and fellowship together.



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

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
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Rita Frix, Personal Trainer
Lucas Isley, Personal Trainer
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Valerie Smithers, RN
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BE WELL!

Confident Conversations: The Role of Hearing Our Connection to Others & Cognitive Health by Thrive Audiology

Imagine you're sitting in the dining room with a group of friends, all laughing and talking about your upcoming trip for the holidays. You're looking at their faces, trying to keep up with the conversation, but their words blur into an unintelligible hum. You catch a few phrases, like "so beautiful" or "I think it was...", but you're missing the context, the jokes, and the emotions behind their words.

You nod along, trying to stay involved, but you're not truly participating. It's frustrating. You want to ask them to repeat themselves, but you feel embarrassed. What if you ask too many times? What if they think you're not paying attention? Slowly, you begin to retreat into yourself, opting to smile and stay quiet rather than ask for clarification. You're there physically, but mentally, you've already withdrawn.

After a while, you notice it's not just in the dining room—it's everywhere. You find it harder to contribute, second-guessing yourself and becoming more hesitant. This isn't just about missing sounds—it's about losing connection, losing your confidence in social settings. The isolation creeps in. You don't want to admit it, but the quiet is getting louder than the conversation itself. The more you can't hear, the more you start to feel invisible.

But then, imagine one day you get a hearing device. Suddenly, you can hear the words again, clearly and without effort. You don't have to guess. You don't have to retreat. You can ask questions, engage in laughter, and share in the joy of the moment. You feel more confident and more connected in those interactions. Your mind sharpens, too—because the brain doesn't just process sound; it processes social cues, emotions, and the relationships you build. Your sense of independence returns, and with it, a renewed sense of self.

This is the power of hearing: the ability to connect with others, to remain confident, and to keep your mind engaged in the world around you. It's not just about hearing the words—it's about being able to live fully in the conversation of life.

Maintaining a strong sense of connection with others is essential to our emotional well-being, cognitive health, and overall quality of life. One of the most important, yet often overlooked, factors in fostering these connections is the ability to hear clearly and understand effectively. Hearing devices can enhance speech recognition, aid in noise reduction, improve directional hearing, and provide improved connection to others. The role of hearing devices in strengthening relationships is substantial. Better speech understanding aids in rebuilding connection, reducing frustration, active engagement, and empathy and understanding from others around you. Not only can hearing devices improve your relationships, they can also improve your brain health.

Hearing loss and cognitive decline are closely linked. John Hopkins University found a strong link between degree of hearing loss and the risk of developing dementia. Individuals with mild hearing loss were twice as likely to develop dementia as those with normal hearing.

Those with moderate hearing loss were three times more likely.

Those with severe hearing loss had five times the risk. Correcting for hearing loss is the number one most modifiable risk factor for dementia.

If you can relate to this story, do not wait. Clear hearing can be a powerful tool in maintaining confidence in conversation, fostering connections with others, and supporting cognitive health. Schedule an appointment with Thrive Hearing and Tinnitus Solutions to discover how you can thrive in every aspect of your life.
901.316.8851



mark YOUR calendar!



Take Trezevant Transportation* to **SOUNDS OF THE SEASON** featuring Gary Beard & Callen Esperian on Sun, 12/1 at 1:45 p.m. from WAY.

Delight in a **STUDENT RECITAL** on Sun, 12/1 at 3:30 p.m. in the PAC.

HAPPY HOUR Every Mon and Thu, from 5:00 to 6:00 p.m. \$2 cover charge, free drinks in the PAC.

Trim the tree with your neighbors at **TREE TRIMMING PARTY** on Tue, 12/3 at 3:30 p.m. in the PAC. Refreshments, too!

CHAPLAINS' CLASS takes place each Wed at 3:00 p.m. in the CH.
 • 12/4 Grieving through the Holidays
 • 12/11 Choir Rehearsal for Caroling
 • 12/18 Community Carols Singing Celebration

Don't miss the **SHOWCASE & BEALE STREET NOTE PRESENTATION** for Berl Olswanger on Wed, 12/4 at 4:00 p.m. in the PAC.

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, 12/5 & 12/19 from 9:00 a.m. to

4:00 p.m. in G1.

You're invited to the **INDEPENDENT & ASSISTED LIVING CHRISTMAS CELEBRATION** on Wed, 12/11 at 5:30 p.m. in the Manor First Floor and Terrace Main Street.

Check out the Tapestry Event showing of **THE GREAT DECISION**, in International Politics, on Mon, 12/16 at 2:00 p.m. in PAC.

TAKE YOUR BRAIN TO THE GYM with Dr. Sharon Pollock happens on Wed, 12/18 at 4:00 p.m. in the MR.

Tour **TREZEVANT RESIDENT CHRISTMAS DECORATIONS** on Thu, 12/19. Meet at 3:30 p.m. in the Manor Lobby.

Steve Ross is back!! See *Bringing Up Baby* and discuss with our favorite filmmaker at the **FILM FEST WITH STEVE ROSS** on Fri, 12/20 at 2:00 p.m. in the PAC.

Ticketholders can take the Trezevant Bus to the MSO production of **MAGIC OF MEMPHIS** on Sat, 12/21 at 6:45 p.m. from WAY.

Take part in **CHRISTMAS LESSONS & CAROLS** on Mon, 12/23 at 4:00 p.m. in the CH.

Ring in the New Year at our **NEW YEAR'S EVE CHAMPAGNE**,

DESSERTS & DANCING with Joyce Cobb & Friends on Tue, 12/31 from 7:00 to 9:00 p.m. in SDR.

TGIFT!

Times vary. See Weekly Calendar or CATIE to confirm.

- 12/6 Candace Mache SDR
- 12/13 Daryl Jones SDR
- 12/20 Henry Booker SDR
- 12/27 Bobby Lawson MR

SATURDAY MUSIC HOUR

Times vary. See Weekly Calendar or CATIE to confirm.

- 12/14 Joyce Cobb & Friends Christmas Show PAC
- 12/21 Dinner with Music by Tim Stanek SDR

SPECIAL PERFORMANCES

Times vary. See Weekly Calendar or CATIE to confirm.

- 12/5 Christmas Classics by Paul Morphis PAC
- 12/15 Classical Performance by The Dubois Duo MR
- 12/16 Christmas with the Artists-in-Residence PAC
- 12/20 The Boomers with Mr. & Mrs. Claus PAC

*Sign up in the Activity Book or on CATIE.

December Birthdays

December 3

Hal Brunt

December 5

Virginia Hollon

December 8

Bill Quinlen

Ben Bledsoe

December 9

Linda Spiese

December 10

Ginny Webb

December 11

Carol Morris

Patty Calvert

December 14

Dudley Bridgforth

December 15

Susanne Darnell

December 17

Betty Green

December 19

Linda Kay McCloy

December 22

Gloria Baxter

December 24

Thea Dotson

December 25

Caroline MacQueen

December 30

Tommie Saxon

Honorariums and Memorials to the Trezevant Foundation are greatly appreciated. The Trezevant Foundation is a 501(c)(3) organization. Gifts are tax deductible to the extent allowed by law.

To make a donation, please visit Paula Jacobson or Liz Johnson or email Foundation@trezevantmanor.org.



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.

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>1:45 PM TRANSPORTATION*: Sounds of the Season <i>WAY</i></div> <div>3:30 PM SPECIAL PERFORMANCE: Yasrah Studio Student Recital <i>PAC</i></div>	<div>2</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Pilates <i>201</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>CH</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div>	<div>3</div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>10:00 AM Aerobics & Balance <i>PAC</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>3:30 PM Resident Tree Trimming Party <i>PAC</i></div>	<div>4</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Catholic Lay Eucharist Service <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>3:00 PM Chaplains' Class: Grieving through the Holidays <i>CH</i></div> <div>4:00 PM SPECIAL PRESENTATION: Showcase & Beale St. Note for Berl Olswanger <i>PAC</i></div> <div>6:00 PM Birthday Night at Trezevant <i>SDR</i></div>	<div>5</div> <div>9:00 AM-4:00 PM Dottie's Digs' <i>G1</i></div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Seated Yoga <i>201</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>3:00 PM Sewing Circle <i>CR 310</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> <div>7:15 PM Christmas Classics with Paul Morphis <i>PAC</i></div>	<div>6</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>1:30 PM VOLUNTEER*: Church Health to address Christmas cards <i>ECR</i></div> <div>2:00 PM MOVIE: Christmas in Connecticut (G, 1945, 4.5*, 1h41m) <i>PAC</i></div> <div>5:30 PM TGIFT! with Candace Mache <i>PAC</i></div>	<div>7</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: Prancer (G, 1989, 5*, 1h43m) <i>PAC</i></div>
<div>8</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>2:00 PM MOVIE: Arthur's Whiskey (PG-13 2024, 4*, 1h35m) <i>PAC</i></div>	<div>9</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Pilates <i>201</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>CH</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div>	<div>10</div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>10:00 AM Aerobics & Balance <i>PAC</i></div> <div>10:00 AM Sewing Circle <i>CR 310</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div>	<div>11</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Catholic Lay Eucharist Service <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>3:00 PM Choir Rehearsal for Christmas Carol Party <i>CH</i></div> <div>5:30 PM Independent Living & Assisted Living Christmas Party <i>PAC/SDR/Bistro/Lobby/Main Street</i></div>	<div>12</div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Seated Yoga <i>201</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div>	<div>13</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>1:00 PM Hourly Emp Christmas Party <i>SDR</i></div> <div>2:00 PM MOVIE: The Shop Around the Corner (PG-13, 1940, 4.5*, 1h38m) <i>PAC</i></div> <div>5:30 PM Dinner with music by Daryl Jones (Instrumental Soul) <i>SDR</i></div>	<div>14</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: Bridget Jones's Diary (R, 2001, 4.5*, 1h32m) <i>PAC</i></div> <div>5:00 PM SATURDAY MUSIC HOUR: Joyce Cobb & Friends Christmas Show <i>PAC</i></div>
<div>15</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>2:00 PM MOVIE: The Boy in the Woods (PG-13, 2024, 4.5*, 1h40m) <i>PAC</i></div> <div>4:00 PM SPECIAL PRESENTATION: The Dubois Duo <i>MR</i></div>	<div>16</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Pilates <i>201</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>CH</i></div> <div>2:00 PM TAPESTRY EVENT: The Great Decision, Iceland <i>PAC</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div> <div>7:15 PM SPECIAL PERFORMANCE: Arists-in-Residence Holiday Concert <i>PAC</i></div>	<div>17</div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>10:00 AM Aerobics & Balance <i>PAC</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>11:30 AM IFF Club Holiday Luncheon <i>Bistro</i></div> <div>4:00 PM Idlewild Communion Service <i>CH</i></div>	<div>18</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Catholic Mass <i>CH</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>3:00 PM Christmas Carols Community Hymn Sing Celebration <i>PAC</i></div> <div>4:00 PM Take Your Brain to the Gym <i>MR</i></div>	<div>19</div> <div>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Seated Yoga <i>201</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>3:30 PM Tour of Trezevant Christmas Decorations <i>ManorLobby</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div>	<div>20</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM FILM FEST: Bringing Up Baby with Steve Ross <i>PAC</i></div> <div>5:30 PM Dinner with music by Henry Booker <i>SDR</i></div> <div>7:15 PM SPECIAL PERFORMANCE: The Boomers with Mr. & Mrs. Claus <i>PAC</i></div>	<div>21</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: Trading Places (R, 1983, 5*, 1h51m) <i>PAC</i></div> <div>6:45 PM TRANSPORTATION: MSO Magic of Memphis (for ticketholders) <i>WAY</i></div>
<div>22</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>4:00 PM SPECIAL PRESENTATION: Cornfoot & Easterly <i>PAC</i></div>	<div>23</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Pilates <i>201</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina with Anne Carriere <i>CH</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>4:00 PM Lessons & Carols <i>CH</i></div> <div>5:00 PM Happy Hour <i>BISTRO</i></div>	<div>24</div> <div>CHRISTMAS EVE</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Catholic Lay Eucharist Service <i>CH</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Men's Coffee <i>Bistro</i></div> <div>10:00 AM OUTING*: High Point Grocery <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div>	<div>25</div> <div>CHRISTMAS DAY</div> <div>HOLIDAY LUNCHEON SEATINGS</div> <div>11:00 AM - 12:30 PM OR</div> <div>12:30 - 2:00 PM</div> <div>Call 251-9212 for reservations.</div>	<div>26</div> <div>9:15 AM Better Balance <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Seated Yoga <i>201</i></div> <div>1:00 PM Gentle Aquatics <i>AC</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div>	<div>27</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Stretching <i>PAC</i></div> <div>10:00 AM OUTING*: Kroger <i>WAY</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>2:00 PM MOVIE: Ocean's 11 (PG-13, 1961, 4.5*, 2h7m) <i>PAC</i></div> <div>5:00 PM TGIFT! with Bobby Lawson (Oldies) <i>MR</i></div>	<div>28</div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Gentle Aquatics <i>AC</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>2:00 PM MOVIE: The Age of Adaline (PG-13, 2015, 4.5*, 1h48m) <i>PAC</i></div> <div>5:30 PM Dinner with music by Tim Stanek (Oldies) <i>SDR</i></div>
<div>29</div> <div>10:30 AM Worship & Holy Communion <i>CH</i></div> <div>2:00 PM MOVIE: An Affair to Remember (PG, 1957, 5*, 1h54m) <i>PAC</i></div>	<div>30</div> <div>8:15 AM Water Aerobics <i>AC</i></div> <div>9:15 AM Strength & Balance <i>PAC</i></div> <div>10:00 AM Tai Chi <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>11:00 AM Men's Exercise <i>PAC</i></div> <div>11:00 AM Pilates <i>201</i></div> <div>1:00 PM Bridge <i>SDR</i></div> <div>2:00 PM Lectio Divina <i>CH</i></div> <div>2:00 PM Stretch & Balance <i>201</i></div> <div>5:00 PM Happy Hour <i>PAC</i></div>	<div>31</div> <div>NEW YEAR'S EVE</div> <div>9:15 AM Advanced Core <i>PAC</i></div> <div>10:00 AM Yoga <i>201</i></div> <div>10:00 AM Aerobics & Balance <i>PAC</i></div> <div>11:00 AM Gentle Aquatics <i>AC</i></div> <div>7:00-9:00 PM NEW YEAR'S EVE CHAMPAGNE, DESSERTS & DANCING WITH JOYCE COBB & FRIENDS <i>SDR</i></div>	<div>Dr. Warren's Clinic Hours</div> <div>Wed., December 4</div> <div>Tue, December 10</div> <div>Wed, December 18</div> <div>Tue, December 31</div> <div>12:30 p.m. - 3:30 p.m.</div>		<div>LOCATION KEY</div> <div>G1-Garage 1st Floor</div> <div>201-Fitness Room</div> <div>310-Club Room 310</div> <div>AC-Aquatic Center</div> <div>CH-St. Edward Chapel</div> <div>GAL-Gallery Dining Room</div> <div>HPL-Highland Parking Entrance</div> <div>MR-Music Room</div> <div>MWW-Manor Walkway</div> <div>PAC-Performing Arts Center</div> <div>SDR-Snowden Dining Room</div> <div>TT-Terrace Tearoom</div> <div>TWW-Terrace Walkway</div> <div>WAY-Waynoka Entrance</div>	

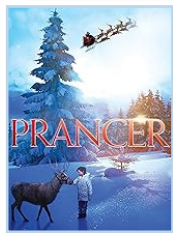


MOVIES

AT TREZEVANT



12/6/2024 2:00 PM
Christmas in Connecticut (G, 1945, 4.5*, 1h41m)
 When a magazine writer invites a rescued sailor to spend Christmas with her, he ends up falling in love with her.



12/7/2024 2:00 PM
Prancer (G, 1989, 5*, 1h43m)
 Nine-year-old Jessica Riggs finds an injured reindeer in the forest and, convinced that the deer is Santa's one and only Prancer, vows to nurse him back to health and return him safely home.



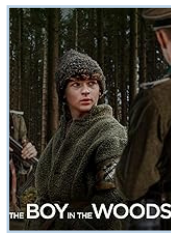
12/8/2024 2:00 PM
Arthur's Whiskey (PG-13, 2024, 4*, 1h35m)
 After discovering her late husband Arthur's secret whisky can reverse aging, Joan and her two best friends relive the exhilaration of youth. But as the whisky begins to run out, they must confront whether fleeting youth can lead to lasting happiness.



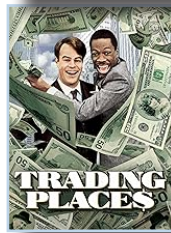
12/13/2024 2:00 PM
The Shop Around the Corner (PG-13, 1940, 4.5*, 1h38m)
 James Stewart and Margaret Sullivan star in this charming 1940 comedy about unwitting pen pals who find love in pre-World War II Budapest. Directed by Ernst Lubitsch (Ninotchka). With Frank Morgan (The Wizard of Oz).



12/14/2024 2:00 PM
Bridget Jones's Diary (PG-13, 2006, 5*, 1h57m)
 Single screwball Bridget Jones wants to make some changes to her life--starting with keeping a diary in which she pours all of her thoughts, fantasies and misadventures. It's the beginning of a hilarious and chaotic new chapter in her life.



12/15/2024 2:00 PM
The Boy in the Woods (PG-13, 2024, 4.5*, 1h40m)
 The remarkable true survival story of a Jewish boy hiding in the forests of Nazi-occupied Eastern Europe during World War II. Based on the memoir "The Boy In The Woods" by Maxwell Smart and inspired by the award-winning documentary "Cheating Hitler" by Rebecca Snow.



12/21/2024 2:00 PM
Trading Places (R, 1983, 5*, 1h51m)
 The story of a down-and-out con artist who trades lifestyles with a well-to-do investor.



12/27/2024 2:00 PM
Ocean's 11 (PG-13, 1960, 4.5*, 2h7m)
 Eleven pals prepare to carry out a--theoretically--foolproof plan to rob five Las Vegas casinos at midnight on New Year's Eve. But even in this perfect scheme, things begin to go wrong.



12/28/2024 2:00 PM
The Age of Adaline (PG, 2024, 4.5*, 1h37m)
 Blake Lively and Harrison Ford star in this stirring romantic drama about a 29-year-old woman who has stopped aging - and the timeless power of love.



12/29/2024 2:00 PM
An Affair to Remember (G, 1965, 5*, 2h19m)
 Although engaged to others, two cruise-ship passengers fall in love and plan to reunite six months later atop the Empire State Building.

Resident Reflections



1. Three Happy Hour Musketeers-Becky Bayless, Kent Phillips, CEO, and Julia Howell.
2. Fitness Director Rinnie Wood, Vicki Weber, Fitness Instructor Ginger Acuff, Norma Cowell, Barbara Dale Crafton, Jim Weber, Elizabeth Holmes, Henry Harvey and Transportation Driver Carl Jackson.
3. Ann Knox & Foy Coolidge as spiders at the Halloween Happy Hour. More pics on page 14.
4. Fitness Instructor Ginger Acuff and Henry Harvey on the Fitness Walk.
5. Norma Cowell and Elizabeth Holmes on the Fitness Walk.



A Letter from the Trezevant Foundation

Trezevant is a unique and special home. We are all committed to providing innovative and loving care for our fellow residents and our staff works hard to ensure comfort, security and a stimulating life experience for all of us. These are reflections of our commitment to being a premiere retirement community for every resident.

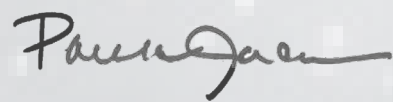
For almost 45 years, the Trezevant Foundation has raised funds to provide special needs within our Trezevant family. Our generous residents and friends make it possible for us to offer scholarships to enhance learning among our staff, and other resident amenities to enhance resident life. Most importantly, your gifts ensure that no residents will have to leave Trezevant due to financial circumstances.

Many of you are generously contributing to the Together Trezevant Campaign, to renovate and enhance the future of the Allen Morgan Health and Rehabilitation Center. We are forever grateful for those gifts. However, many of our very meaningful, current programs will continue to depend on your generous support, regardless of the amount you donate.

All these needs are funded by donations and the Foundation depends on the generosity of residents, family members and friends of Trezevant to provide gifts for stimulating programs and lifetime security. Please consider an annual gift to meet these important needs.

I wish for good health and happiness for each of you and your families in the coming year.

Fondly,



Paula Jacobson
Trezevant Foundation

Effective Ways to Make a Year-end Gift

It's possible to make a year-end contribution that fulfills your charitable goals and is tax advantageous as well!

Gifts of Appreciated Stock:

Instead of making a gift of cash (or check), consider donating appreciated stock (held for longer than one year). You can receive a deduction for the current value, avoiding paying the capital gains on your stock.

Qualified Charitable Distributions (QCD's):

You can take qualified charitable distributions from your IRA and avoid paying income tax on the distributions from your retirement funds.

Gifts from Donor Advised Funds (DAF):

If your fund has appreciated considerably, you can designate a gift from your DAF to satisfy your charitable gift commitment. You will not receive a charitable gift deduction, as you received that deduction when you made the original gift.

Halloween Happy Hour

- 1. Dorsey Wade
- 2. Vicki Weber
- 3. Sandy Crook
- 4. Suzanne Darnell & Jim Dorman
- 5. Jan LaBeause and Kay Mills Due
- 6. Jim Cole
- 7. Johnnie Amonette
- 8. Patty Calvert & Sam Beach
- 9. Communications Manager Teresa Johnson, VP of Health & Wellness Paul Martin and Executive Assistant Liz Johnson



Arboretum Certification Brunch



- 10. Madge Saba and Sandy Crook
- 11. CEO Kent Phillips, Catherine Lewis and Claire Barnett, Tennessee Urban Forestry Council
- 12. Jim Lewis leading a tour.
- 13. Julia Howell leading a tour.
- 14. Karen White
- 15. Kent speaking to the attendees of the Arboretum Brunch.
- 16. Kay Mills Due



Trezevant

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OPPORTUNITY