



FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE NOTE: Events are subject to change. Please check the weekly calendar for updated information.</p> <p>An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.</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>		<p>Dr. Warren's Clinic Hours</p> <p>Wed., February 5, 2025 Tue, February 11, 2025 Wed, February 19, 2025 Tue, February 25, 2025 12:30 p.m. - 3:30 p.m.</p>			<p>1 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Immortal Life of Henrietta Lacks (R, 2017, 4.5*, 1h32m) PAC 7:15 PM SATURDAY MUSIC HOUR: The Penny Kings PAC</p>
<p>2 GROUNDHOG DAY 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: One Life (PG, 2024, 5*, 1h49m) PAC</p>	<p>3 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 CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC</p>	<p>4 9:15 AM Advanced Core PAC 10:00 AM OUTING*: Walgreen's Senior Day WAY 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 2:00 PM BHM PRESENTATION: All Labor for Dignity with Russ Wigginton, CEO, Civil Rights Museum</p>	<p>5 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: Holy Envy with Paul McLain CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night at Trezevant SDR</p>	<p>6 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 1:00 PM Seated Yoga 201 1:00 PM Gentle Aquatics AC 1:30 PM VOLUNTEER*: CHC Cooking WAY 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC 5:30 PM Dinner with Music by Steve Lee SDR 7:15 PM SPECIAL PERFORMANCE: Memphis Hot Notes (Ukelele) PAC</p>	<p>7 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Core & Strength 201 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES: Sanitation Strikers with Emily Yellin PAC 2:00 PM MOVIE: The Bridges of Madison County (PG-13, 1995, 5*, 2h9m) PAC 5:30 PM Dinner with Music by Michelle Shrader (Boxxa Nova) SDR</p>	<p>8 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Pride & Prejudice (PG, 2005, 5*, 2h1m) PAC 4:30 PM SATURDAY MUSIC HOUR: Jeremy Clement MR</p>
<p>9 10:30 AM Worship & Holy Communion CH 5:00 PM SUPER BOWL LIX PARTY! PAC (Kickoff at 5:30 p.m.)</p>	<p>10 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 11:00 AM Men's Exercise PAC 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC 7:15 PM SPECIAL PRESENTATION: Artists-in-Residence PAC</p>	<p>11 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 TAPESTRY EVENT: Hungry Roots with Wendy Atkins-Sayre, UofM PAC</p>	<p>12 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 LUNCH & LEARN*: Thrive Audiology PAC 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Holy Envy with Paul McLain CH 4:00 PM Conversations with Kent PAC</p>	<p>13 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 BHM EVENT: The Labor that Built America with Dr. Charles McKinney PAC</p>	<p>14 VALENTINE'S DAY 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Core & Strength 201 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch & Balance 201 4:00 PM SPECIAL EVENT: Random Acts of Kindness Celebration PAC</p>	<p>15 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: In the Mood for Love (PG, 2001, 4*, 1h33m) PAC 7:15 PM SATURDAY MUSIC HOUR: Alex Nollan Trio PAC</p>
<p>16 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Joy (PG-13, 2024, 4.5*, 1h55m) PAC</p>	<p>17 PRESIDENT'S DAY 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 11:00 AM Men's Exercise PAC 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch & Balance 201 5:00 PM Happy Hour PAC 6:00 PM Mystery Dinner* Bistro</p>	<p>18 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 10:00 AM Sewing Circle MR 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 2:00 PM Stretch & Balance 201 4:00 PM Idlewild Communion Service CH 7:15 PM BHM EVENT: The Memphis 13 with Daniel Kiel, UofM, PAC</p>	<p>19 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: Holy Envy with Paul McLain CH 4:00 PM Take Your Brain to the Gym MR 4:30 PM New Resident Welcome Reception-See your invitation for timing. PAC</p>	<p>20 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: The Whittings PAC</p>	<p>21 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM Core & Strength 201 11:00 AM Line Dancing with Jessie PAC 11:30 AM BHM EVENT: BBQ Shop Outing*WAY 2:00 PM Stretch & Balance 201 2:00 PM MOVIE: Sounder (G, 1972, 4.5*, 1h45m) PAC 5:00 PM Dinner with Music by Yancy & Albertson SDR</p>	<p>22 9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Titanic (PG-13, 1997, 5*, 3h14m) PAC 5:30 PM Dinner with music by Duane Cleveland Duo SDR</p>
<p>23 10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Wicked (PG, 2024, 4.5*, 2h43m) PAC</p>	<p>24 8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 11:00 AM Men's Exercise PAC 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>25 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Aerobics & Balance PAC 11:00 AM Gentle Aquatics AC 6:45 PM TRANSPORTATION*: MSO with Yo-Yo Ma WAY</p>	<p>26 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: Holy Envy with Paul McLain CH</p>	<p>27 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 5:30 PM Dinner with music by Adam Larson (Jazz) SDR</p>	<p>28 8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Core & Strength 201 10:00 AM OUTING*: Kroger WAY 11:00 AM Line Dancing with Jessie PAC 2:00 PM Stretch & Balance 201 2:00 PM BHM EVENT: The Long Walk Home PAC 5:00 PM TGIFT! with Bobby Lawson MR</p>	