



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.

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Dr. Warren's Clinic Hours</p> <p>Wed., January 8 Tue, January 14 Wed, January 22 Tue, January 28 12:30 p.m. - 3:30 p.m.</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>1 NEW YEAR'S DAY</p> <p>Holiday Luncheon Two Seatings 11:00 a.m. - 12:30 p.m. or 12:30 p.m. - 2:00 p.m. Make Reservations at 901-251-9212.</p>	<p>2</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 3:00 PM Sewing Circle CR 310 5:00 PM Happy Hour PAC</p>	<p>3</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 11:30 AM TREZEVANT EXPLORES: 901 Parkinson's Fighters PAC 4:00 PM Welcome, Katy! & Til We See You Again, Rinnie! Party PAC</p>	<p>4</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 Help (PG-13, 2011, 4.5*, 2h26m) PAC 5:30 PM Dinner with music by Sandra Miller SDR</p>
<p>5</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: White Bird (G, 2024, 4.5*, 2h1m) PAC 4:00 PM SPECIAL PERFORMANCE: The Dubois Duo (Classical) MR</p>	<p>6</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>7</p> <p>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 TAPESTRY EVENT: The Memphis 13 with Daniel Kiel, Law Professor, UofM PAC 4:30 PM TREZEVANT TASTING*: ScotchTasting MR</p>	<p>8</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: Resilience CH 4:00 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night at Trezevant SDR 7:15 PM TAPESTRY EVENT: The Elvis Conspiracy with Jim Cole PAC</p>	<p>9</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 Happy Hour PAC</p>	<p>10</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM OUTING*: Kroger WAY 10:00 AM OUTING*: Tour the Pompeii Exhibit and Lunch (Graceland Exhibition Center) WAY 2:00 PM MOVIE: Now Voyager (G, 1942, 5*, 1h57m) PAC 5:30 PM Dinner with music by Michael Donahue SDR</p>	<p>11</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 Green Mile (R, 1999, 4.5*, 3h9m) PAC 5:00 PM SATURDAY MUSIC HOUR: Trio from MJW PAC</p>
<p>12</p> <p>10:30 AM Worship & Holy Communion CH 1:30 PM TRANSPORTATION*: All Aboard: The Railroad in American Art Exhibit WAY 2:00 PM MOVIE: Conclave (PG, 2024, 4*, 2h) PAC</p>	<p>13</p> <p>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 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>14</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 7:15 PM TAPESTRY PRESENTATION: Taking Care of the Caregiver of Patients with Dementia 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 Catholic Lay Eucharist Service CH 10:00 AM Men's Coffee Bistro 10:00 AM OUTING*: High Point Grocery WAY 11:00 AM TRANSPORTATION*: Creative Aging presents Almost Elton WAY 2:00 PM Stretch & Balance 201 3:00 PM Chaplains' Class: Resilience with Anne Carriere CH 4:00 PM Conversations with Kent PAC</p>	<p>16</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 3:30 PM FEATURED COUNTRY: Armenia PAC 5:00 PM Happy Hour PAC</p>	<p>17</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 2:00 PM Stretch & Balance 201 2:00 PM SCOTLAND EVENT: Local Hero with Steve Ross PAC</p>	<p>18</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: Under the Tuscan Sun (PG-13, 2003, 5*, 1h52m) PAC 3:00 PM Memphis/Germantown Art League Juried Art Exhibit Opening & Reception TWW 5:30 PM Dinner with music by Alejandro Parades SDR 6:45 PM TRANSPORTATION*: MSO with Bernstein's West Side Story (for ticketholders) WAY</p>
<p>19</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM TRANSPORTATION*: MSO with Bernstein's West Side Story (for ticketholders) WAY</p>	<p>20</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 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch & Balance 201 3:00 PM SPECIAL PRESENTATION: Trees & Trivia with Catherine Lewis PAC 5:00 PM Happy Hour 6:00 PM Mystery Dinner</p>	<p>21</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 2:00 PM Stretch & Balance 201 4:00 PM Idlewild Communion Service CH 7:15 PM SCOTLAND EVENT: Celtic Performance by Crossing Chunes, Ranna Christenson 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 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: Book of Jonah with the Lewis' CH 4:15 PM RAC Quarterly Meeting for all residents PAC</p>	<p>23</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 Happy Hour Bistro 5:30 PM Burns' Supper PAC</p>	<p>24</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 2:00 PM Stretch & Balance 201 2:00 PM MOVIE: The Talk of the Town (PG-13, 1942, 4*, 1h57m) PAC 5:30 PM Dinner with music by Breeze Cayolle SDR</p>	<p>25</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: Victor/Victoria (PG, 1982, 5*, 2h8m) PAC 5:00 PM SATURDAY MUSIC HOUR: Lannie McMillen Trio PAC</p>
<p>26</p> <p>10:30 AM Worship & Holy Communion CH 2:00 PM MOVIE: Here (PG-13, 2024, 4.5*, 1h44m) PAC</p>	<p>27</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>28</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</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 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: Book of Jonah with the Lewis' CH 4:00 PM Take Your Brain to the Gym MR</p>	<p>30</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 Happy Hour PAC</p>	<p>31</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 2:00 PM Stretch & Balance 201 2:00 PM MOVIE: High Society (PG-13, 1956, 4.5*, 1h51m) PAC 5:30 PM Dinner with music by Tim Stanek SDR</p>	<p>HAPPY NEW YEAR!</p>