



Tidings

AUGUST 2025

THE MAGAZINE OF TREZEVANT LIVING

Issue 8



In this Issue:

Joyful Chaos!

page 3

Critic's Corner

page 11

Construction Launch Celebration!

page 14

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:*
Maggie Hollabaugh taken
by Photographer Bob Bayne

At Your Service

by Kim O'Donnell, Director of Life Enrichment

While I do not profess to be knowledgeable about the game of bridge, I am fascinated by those who are. Observing the many games that are played in and around Trezevant, including Mah Jongg, Poker, and Canasta, Bridge seems to have stood the test of time. It is a game whose origins are traced to the early 16th century England.

To describe, in brief, a game comprised of four players (consisting of two partnerships) in which each are dealt 13 cards from a 52-card deck. The objective is for each partnership to win as many tricks as possible. It gets complicated with counting points, bidding, finessing and taking tricks. Considered a mind sport, bridge is truly a game of skill.

Resident, Jet Thompson, recently deceased, was an avid bridge player and teacher to many who reside at Trezevant. Jet's residence at Trezevant extended beyond instruction as well. Her family is one the first multi-generational families at Trezevant. Jet's mother called Trezevant home, as do two of her daughters, thus comprising three generations. She was a gifted lady, whom we were all fortunate to have known, and generous with her grace and knowledge. Residents reminiscing about Jet's game instruction shared advice she imparted, "Never lead away from an ace". This advice is clearly discernable to bridge players, but more importantly, it is applicable to life lessons.

Life lessons intermittently surface at Trezevant as we navigate our day-to-day challenges and continue to learn from our wiser counterparts. Life's losses are difficult to bear as individuals exit our lives, but the memories linger on and lessons learned will remain forever, whether you ever lead away from an ace or not.

Kim

BE WELL!

Joyful Chaos!

by Katy Stanfield, Fitness Manager

The two words we've all decided best describe our first ever Trezevant Dog Show: joyful chaos.

That is also how I would describe the last ten years I've had with my sweet mutt, Frankie. It is impossible to not to cheer up, even after a hard day's work, when I am greeted at my front door by the thumping of tail and happy barks of my dog. In fact, studies show that snuggling a dog gives off those "feel-good vibes" instantly, because that contact releases oxytocin, the same hormone released when we are feeling loved by other humans. Even just petting a familiar dog lowers blood pressure and heart rate, slows breathing, and relaxes tense muscles. Scientists at Washington State University discovered that petting a dog for just 10 minutes can have a significant impact on your physical and mental health. Participants in this study had significant spikes in oxytocin and reductions of the stress hormone, cortisol. Having a dog companion has been linked to better mental health and a lower perception of social isolation, which can reduce the risk of heart and cognitive issues. No matter what your mood is, dogs will force you to get up and take them for a walk boosting your daily physical activity. A stroll around the Trezevant grounds also gives you social interactions with other residents. These social encounters and fresh air help thwart depression and other mental struggles.

So snuggle on up to those pups (and grand-dogs). It's good for your health!

WELLNESS SERVICES

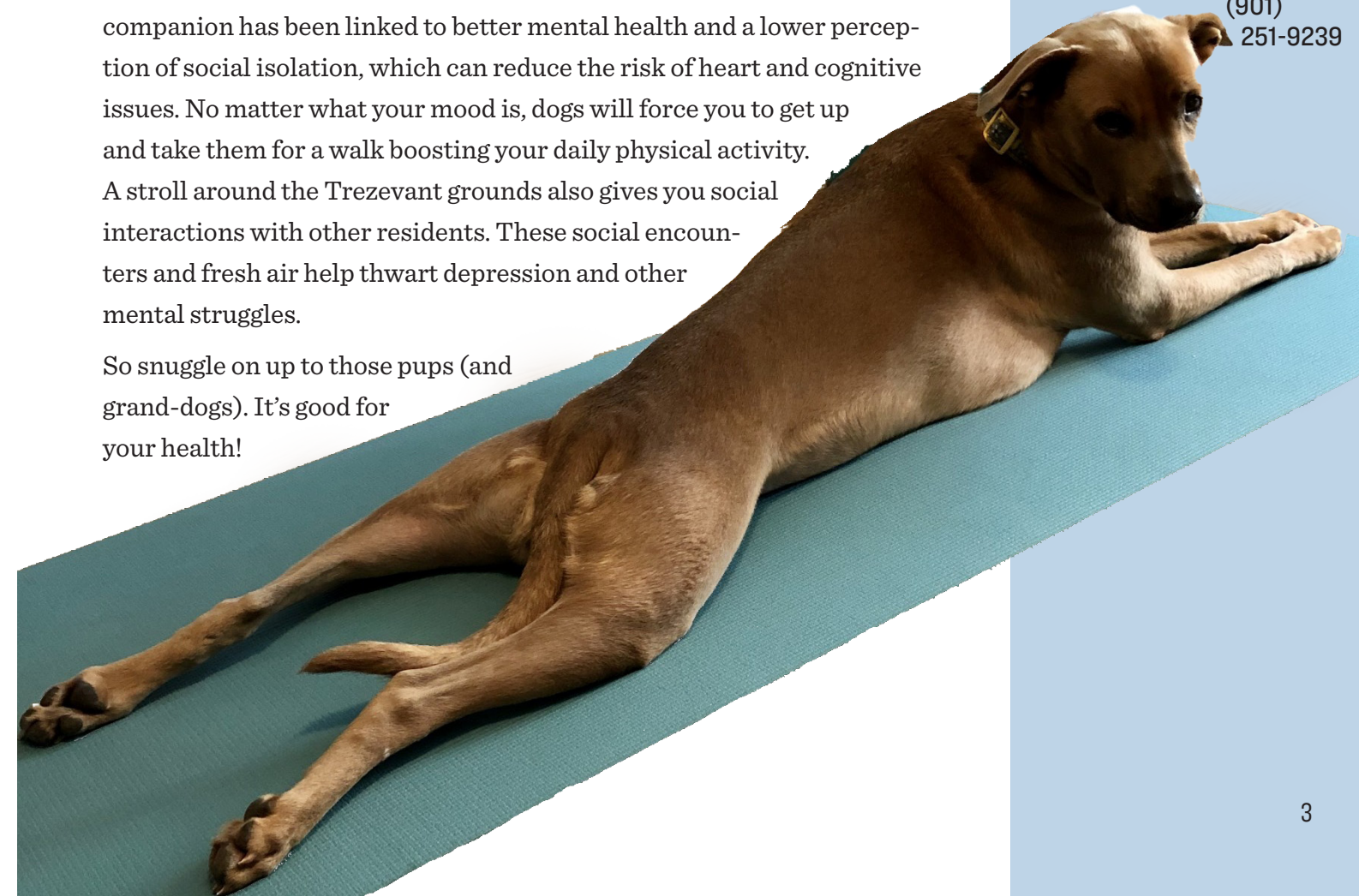
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WEEKLY SCHEDULE

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

From the Chaplain

by Rev. Paul McLain

A few years ago, a church board of which I am a member made a large grant to Literacy Mid-South. Since I was encouraging parishioners to volunteer with this organization as part of this new partnership, I thought it might be time to practice what I preach and volunteer myself. I completed the volunteer training and was eventually paired with an adult learner named Randy. He is an African-American man around my age.

Randy shared with me that he's a veteran. During his time in the military service, he noticed that the sergeants and others in authority would help the white enlisted men develop their reading skills but would not do this for the African-American soldiers. Randy has learned to sight read just enough to get by. He longs to be able to fill out forms on his own. He would also love to read devotional books, novels, and manuals about the cars, lawn mowers, and machines with which he works.

In addition to the resource materials provided by Literacy Mid-South, we have selected reading materials of interest to Randy including Corvette magazine. Randy has a 1984 Corvette that he's been restoring for years. His eyes light up when we read about the engine and body work being done by fellow Corvette lovers! He has taught me, the least mechanical person on the planet, an appreciation for the intricacy of automotive engineering and design.

Over the course of our years of working together, something happened that I didn't expect. I thought of this as an outlet for personal service in which I would be engaged hands-on in doing something for "the least of these." What really happened is Randy and I have become friends. We not only read together, we share coffee and tea and talk about our families, our hopes, and our faith.

A 12th century monk named Aelred wrote a classic work entitled *Spiritual Friendship*. In it, he quoted Jesus in giving voice to the evolution of his relationship with his disciples as he said to them: 'I no longer call you servants but friends.' Aelred saw our human friendships

as extensions of Jesus's friendship with us as he wrote: 'In friendship we join honesty with kindness, truth with joy, sweetness with good will, and affection with kind action.' Time with Randy feels less transactional and more a time of mutual learning, growing, and sheer joy!

You will have an opportunity to meet Randy and hear more about our journey at our Chaplain's Class in St. Edward Chapel on Wednesday, August 20th at 3:00 p.m. John Nichols, interim director of Literacy Mid-South, will also describe the amazing work this organization is doing with adults and children, and ways you can be involved. Other upcoming Chaplain's Classes include:

Aug. 6 – Manor resident and Memphis Theological Seminary graduate Martin Jellinek will share his spiritual journey through his longtime involvement in prison ministry.

Aug. 13 – International photojournalist and missionary Bill Bangham will share powerful photographs and stories from his work around the globe.

Aug. 27 – Chip Westbrook, co-founder of 901 Parkinson's Fighters, will share about the work of this organization and his spiritual journey in fighting Parkinson's disease.

During September – Author, volunteer, and friend of Trezevant Bill Craddock and I will co-lead a 4-week study of Bill's book *Restreaming: Thriving in the Currents of Retirement*. Copies of the book are available at Novel bookstore.

My dear new friends, come join us each Wednesday at 3 in St. Edward Chapel as we learn and grow together!

Blessings,
Rev. Paul



Resident Reflections



1. Rinnie Wood, Susan Herron, Peggy Bodine and Sandy Crook enjoyed Peggy's birthday party!
2. Miss Congeniality winner Grace and handler, Sandra Crook.
3. Best Costume Winner Cassie with handler Laurence Streuli.
4. Handler Leslie Brewington and 3rd Place Winner, Luna.
5. Missie McDonnell talks to Robert & Kate Gooch about the Best Granddog Winner, Scottie!
6. Everyone's favorite therapy dog and Therapy Dog Best in Show winner Murphy with handler, Sarah Webb.
7. Thanks to the Trezevant Dog Show judges: Jim-mye Pidgeon, Pam Lowery and Elinor Reed!

mark your calendar!



Learn more about event venue The Front Porch at this month's **TREZEVANT EXPLORES** on Fri, 8/1 in the PAC. Lunch requires sign up and begins at 11:30 a.m. Presentation begins at noon.

Join in the **CHAPLAINS' CLASSES** in August:

- 8/6 Spiritual Journey through Prison Ministry with Martin Jellinek
- 8/13 Photojournalist and missionary Bill Bangham
- 8/20 Literacy Mid-South Interim Director & Board Chair John Nichols
- 8/27 Co-Founder of 901 Parkinson's Fighters Chip Westbrook

TAKE YOUR BRAIN TO THE GYM takes place on Wed, 8/6 and 8/20 at 4:00 p.m. in the MR.

Celebrate July Birthdays at **BIRTHDAY NIGHT AT TREZEVANT** on Wed, 8/6 at 6:00 p.m. in SDR.

Don't miss the steals and deals at the **DOTTIE'S DIGS' SALES** on the first and third Thursdays in August in G1.

Give back at this opportunity to **VOLUNTEER: CHURCH HEALTH CENTER** on Thu, 8/7. Bus leaves at 1:30 p.m. from WAY.

Put on your boots and join the **LINE DANCING WITH JESSIE** each Fri, beginning 8/8 at 11:00 a.m. in the PAC.

Join your neighbors to see the **MGAL SHOWCASE ART EXHIBIT & RECEPTION** on Sat, 8/9 from 3:00 - 5:00 p.m. in the TWW.

Take a **TOUR OF OVERTON FOREST OF FIELDS FALCONE** for birdwatching on Mon, 8/11. Bus departs at 8:00 a.m. from WAY.

Celebrate our **FEATURED COUNTRY: ICELAND** on Tue, 8/12 at 4:00 p.m. in the PAC.

Attend August's **CONVERSATIONS WITH KENT** to get all the Trezevant news on Wed, 8/13 at 4:00 p.m. in the PAC.

Let's gather to greet our newest neighbors at the **NEW RESIDENT WELCOME RECEPTION** on 8/20 in the

PAC. *Check your invitation for timing!*

Discover little known movie facts from Steve Ross at the **FILM FEST SHOWING** of *The Grapes of Wrath* on Fri, 8/29 at 2:00 p.m. in the PAC.

DINNER WITH MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 8/1 Sandra Miller (Piano) SDR
- 8/7 Steve Lee (Jazz) SDR
- 8/29 Tim Stanek (Piano) SDR

SATURDAY MUSIC HOUR

Times vary. See Weekly Calendar or CATIE to confirm.

- 8/2 The Penny Kings (Memphis 60s) PAC
- 8/9 Lannie McMillen Trio (Jazz) PAC
- 8/16 Cornfoot, Jones & Easterly (Classical) PAC

OTHER SPECIAL MUSIC

Times vary. See Weekly Calendar or CATIE to confirm.

- 8/10 Amaro Dubois (Classical) PAC
- 8/15 Duane Cleveland Duo (50s) MR
- 8/22 Bobby Lawson (Piano) MR

***Sign up in the Activity Book or on CATIE.**

Employee Dog Best in Show Casper with handler Darrilyn Jenkins.

















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.

AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>Dr. Warren's Clinic Hours</div> <div>Wednesday, August 6, 2025, 12:30-3:30pm</div> <div>Wednesday, August 20,, 2025, 12:30-3:30pm</div> <div>Tuesday, August 26, 2025, 12:30-3:30pm</div>	<div>LOCATION KEY</div> <div>G1-Garage 1st Floor</div> <div>201-Fitness Room</div> <div>CR310-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>		<div>1</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Stretching PAC</div> <div>10:00 AM Pilates Core & Strength 201</div> <div>10:00 AM OUTING*: Kroger WAY</div> <div>11:30 AM TREZEVANT EXPLORES*: The Front Porch with Sandra Livesay & Becky Wilson PAC</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM MOVIE: Beach Blanket Bingo (G, 1965, 5*, 1h36m) PAC</div> <div>5:30 PM Dinner with Music by Sandra Miller (Piano) SDR</div>	<div>2</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Gentle Aquatics AC</div> <div>11:00 AM Men's Exercise PAC</div> <div>2:00 PM MOVIE: Grease (PG, 1978, 5*, 1h50m) PAC</div> <div>7:15 PM SATURDAY MUSIC HOUR: The Penny Kings (Memphis 60s) PAC</div> <div></div>
<div>3</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: My Mom Jayne (TV-MA, 2025, 5*, 1h46m) PAC</div> <div></div>	<div>4</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>10:00 AM Tai Chi PAC</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina GAL</div> <div>2:00 PM Stretch & Balance 201</div> <div>5:00 PM Happy Hour PAC</div>	<div>5</div> <div>9:00 AM-4:00 PM Thrive Audiology*-by appt Clinic</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Gentle Yoga 201</div> <div>11:00 AM Gentle Aquatics AC</div> <div>11:00 AM Barre & Balance 201</div> <div>1:30 PM IFF Club PAC</div>	<div>6</div> <div>8:15 AM Water Aerobics AC</div> <div>9:00-10:15 AM Tim the Produce Man HG</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Catholic Lay Eucharist Service CH</div> <div>10:00 AM Men's Coffee Bistro</div> <div>10:00 AM Barre & Balance 201</div> <div>10:00 AM OUTING*: High Point Grocery WAY</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM Meditation with L. Mischke CH</div> <div>3:00 PM Chaplains' Class CH</div> <div>4:00 PM Take Your Brain to the Gym MR</div> <div>6:00 PM Birthday Night at Trezevant SDR</div>	<div>7</div> <div>9:00 AM-Noon Podiatrist by appt 318</div> <div>9:00 AM-4:00 PM Dottie's Digs' Sale G1</div> <div>9:15 AM Better Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Gentle Aquatics AC</div> <div>1:30 PM VOLUNTEER*: Cooking at Church Health Center WAY</div> <div>5:00 PM Happy Hour PAC</div> <div>5:30 PM Dinner with Music by Steve Lee (Jazz) PAC</div>	<div>8</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Stretching PAC</div> <div>10:00 AM Pilates Core & Strength 201</div> <div>10:00 AM OUTING*: Kroger WAY</div> <div>11:00 AM Line Dancing with Jessie 201</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM MOVIE: Blue Hawaii (PG, 1961, 5*, 1h37m)PAC</div> <div></div>	<div>9</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Gentle Aquatics AC</div> <div>11:00 AM Men's Exercise PAC</div> <div>2:00 PM MOVIE: Thelma & Louise (R, 1991, 4.5*, 2h4m) PAC</div> <div>3:00-5:00 PM MGAL Showcase Exhibit & Opening Reception TWW</div> <div>7:15 PM SATURDAY MUSIC HOUR: Lannie McMillen Trio (Jazz) PAC</div>
<div>10</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: Return of the King: The Fall and Rise of Elvis Presley (TV-MA, 2025, 4.5*, 1h31m) PAC</div> <div>4:00 PM SPECIAL PERFORMANCE: Amaro Dubois (Classical) PAC</div>	<div>11</div> <div>8:00 AM OUTING*: Tour of Overton Forest with Fields Falcone WAY</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>10:00 AM Tai Chi PAC</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina GAL</div> <div>2:00 PM Stretch & Balance 201</div> <div>5:00 PM Happy Hour PAC</div> <div></div>	<div>12</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Gentle Yoga 201</div> <div>10:00 AM Sewing Circle MR</div> <div>11:00 AM Barre & Balance 201</div> <div>11:00 AM Gentle Aquatics AC</div> <div>4:00 PM FEATURED COUNTRY: Iceland PAC</div>	<div>13</div> <div>8:15 AM Water Aerobics AC</div> <div>9:00-10:15 AM Tim Produce Man HG</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Catholic Lay Eucharist Service CH</div> <div>10:00 AM Men's Coffee Bistro</div> <div>10:00 AM Barre & Balance 201</div> <div>10:00 AM OUTING*: High Point Grocery WAY</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM Meditation with L. Mischke CH</div> <div>3:00 PM Chaplains' Class CH</div> <div>4:00 PM Conversations with Kent PAC</div> <div></div>	<div>14</div> <div>9:15 AM Better Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Gentle Aquatics AC</div> <div>2:00 PM Great Decisions: Iran PAC</div> <div>5:00 PM Happy Hour PAC</div> <div></div>	<div>15</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Stretching PAC</div> <div>10:00 AM Pilates Core & Strength 201</div> <div>10:00 AM OUTING*: Kroger WAY</div> <div>11:00 AM Line Dancing with Jessie 201</div> <div>2:00 PM MOVIE: From Here to Eternity (R, 1953, 4.5*, 1h58m) PAC</div> <div>2:00 PM Stretch & Balance 201</div> <div>5:00 PM SPECIAL PERFORMANCE: Duane Cleveland Duo (50s) MR</div>	<div>16</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Gentle Aquatics AC</div> <div>11:00 AM Men's Exercise PAC</div> <div>2:00 PM MOVIE: Pride of the Yankees (PG, 1943, 4.5*, 2h8m)PAC</div> <div>7:15 PM SATURDAY MUSIC HOUR: Cornfoot, Jones & Easterly (Classical) PAC</div>
<div>17</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: The Unlikely Pilgrimage of Harold Fry (PG, 2024, 4.5*, 1h48m) PAC</div> <div></div>	<div>18</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>10:00 AM Tai Chi PAC</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina with Anne Carriere GAL</div> <div>2:00 PM Stretch & Balance 201</div> <div>5:00 PM Happy Hour PAC</div>	<div>19</div> <div>9:00 AM-4:00 PM Thrive Audiology*-by appt Clinic</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Gentle Yoga 201</div> <div>10:00 AM Sewing Circle MR</div> <div>11:00 AM Gentle Aquatics AC</div> <div>11:00 AM Barre & Balance 201</div> <div>4:00 PM Idlewild Communion CH</div>	<div>20</div> <div>8:15 AM Water Aerobics AC</div> <div>9:00-10:15 AM Tim the Produce Man HG</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Catholic Mass CH</div> <div>10:00 AM Men's Coffee Bistro</div> <div>10:00 AM Barre & Balance 201</div> <div>10:00 AM OUTING*: High Point Grocery WAY</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM Meditation with L. Mischke CH</div> <div>3:00 PM Chaplains' Class CH</div> <div>4:00 PM Take Your Brain to the Gym MR</div> <div>4:30-6:30 PM New Resident Welcome Reception-Check Invitation for your timing PAC</div>	<div>21</div> <div>9:00 AM-4:00 PM Dottie's Digs' Sale G1</div> <div>9:15 AM Better Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Gentle Aquatics AC</div> <div>5:00 PM Happy Hour PAC</div>	<div>22</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Stretching PAC</div> <div>10:00 AM OUTING*: Kroger WAY</div> <div>10:00 AM Pilates Core & Strength 201</div> <div>11:00 AM Line Dancing with Jessie 201</div> <div>2:00 PM MOVIE: Dr. No (PG, 1962, 4.5*, 1h50m) PAC</div> <div>2:00 PM Stretch & Balance 201</div> <div>5:30 PM TGIFT! with Bobby Lawson (50s) MR</div>	<div>23</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Gentle Aquatics AC</div> <div>11:00 AM Men's Exercise PAC</div> <div>2:00 PM MOVIE: Something's Gotta Give (PG-13, 2003, 5*, 2h2m) PAC</div> <div></div>
<div>24</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: The Sunlit Night (R, 2020, 4*, 1h21m) PAC</div> <div>31</div> <div>10:30 AM Worship & Holy Communion CH</div> <div>2:00 PM MOVIE: The Phoenician Scheme (R, 2025, 4.5*, 1h42m) PAC</div>	<div>25</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>10:00 AM Tai Chi PAC</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Bridge SDR</div> <div>2:00 PM Lectio Divina with Anne Carriere GAL</div> <div>2:00 PM Stretch & Balance 201</div> <div>5:00 PM Happy Hour PAC</div> <div></div>	<div>26</div> <div>9:15 AM Advanced Core PAC</div> <div>10:00 AM Gentle Yoga 201</div> <div>10:00 AM Sewing Circle MR</div> <div>11:00 AM Gentle Aquatics AC</div> <div>11:00 AM Barre & Balance 201</div>	<div>27</div> <div>8:15 AM Water Aerobics AC</div> <div>9:00-10:15 AM Tim the Produce Man HG</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Tai Chi PAC</div> <div>10:00 AM Catholic Lay Eucharist Service CH</div> <div>10:00 AM Men's Coffee Bistro</div> <div>10:00 AM Barre & Balance 201</div> <div>10:00 AM OUTING*: High Point Grocery WAY</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM Meditation with L. Mischke CH</div> <div>3:00 PM Chaplains' Class CH</div> <div></div>	<div>28</div> <div>9:15 AM Better Balance PAC</div> <div>10:00 AM Yoga 201</div> <div>11:00 AM Men's Exercise PAC</div> <div>1:00 PM Gentle Aquatics AC</div> <div>5:00 PM Happy Hour PAC</div>	<div>29</div> <div>8:15 AM Water Aerobics AC</div> <div>9:15 AM Stretching PAC</div> <div>10:00 AM OUTING*: Kroger WAY</div> <div>10:00 AM Pilates Core & Strength 201</div> <div>11:00 AM Line Dancing with Jessie 201</div> <div>2:00 PM Stretch & Balance 201</div> <div>2:00 PM TAPESTRY FILM FEST: The Grapes of Wrath with Steve Ross PAC</div> <div>5:30 PM Dinner with Music by Tim Stanek (Piano) SDR</div> <div></div>	<div>30</div> <div>9:15 AM Strength & Balance PAC</div> <div>10:00 AM Gentle Aquatics AC</div> <div>11:00 AM Men's Exercise PAC</div> <div>2:00 PM MOVIE: A League of their Own (PG, 1992, 5*, 2h6m) PAC</div>

MOVIES

AT TREZEVANT



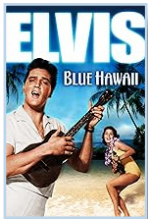
8/1/2025 2:00 PM
Beach Blanket Bingo (G, 1965, 5*, 1h36m)
 The Beach Gang meets a pop star during a skydiving publicity stunt but then must rescue her when she is kidnapped and tied to a saw.



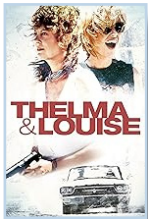
8/2/2025 2:00 PM
Grease (PG, 1978, 5*, 1h50m)
 Australian good girl Sandy and greaser Danny fell discover they're now in the same high school, will they be able to rekindle their summer romance despite their eccentric friends?



8/3/2025 2:00 PM
My Mom, Jayne (PG-13, 2025, 5*, 1h33m)
 The film follows Mariska Hargitay as she seeks to know, understand, and embrace her mother, Jayne Mansfield, for the first time.



8/8/2025 2:00 PM
Blue Hawaii (PG, 1961, 5*, 1h37m)
 A pineapple tycoon's rebellious son turns island tour guide with his girlfriend.

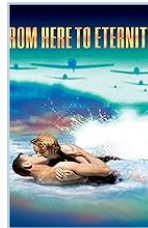


8/9/2025 2:00 PM
Thelma & Louise (R, 1991, 4.5*, 2h4m)
 Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the police.

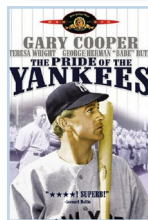


8/10/2025 2:00 PM
Return of the King: The Fall & Rise of Elvis Presley (R, 2025, 5*, 1h51m)
 He had one chance to show the world he was still the King of Rock 'n' Roll. Discover the story behind Elvis Presley's triumphant '68 comeback special.

8/15/2025 2:00 PM
From Here to Eternity (R, 1953, 4.5*, 1h58m)
 A brooding loner finds love and turmoil on the eve of the bombing of Pearl Harbor's bombings.



8/16/2025 2:00 PM
Pride of the Yankees (PG, 1943, 4.5*, 2h8m)
 The story of one of the greatest American heroes, baseball phenomenon Lou Gehrig, follows the Iron Horse from his childhood in New York.



8/22/2025 2:00 PM
Dr. No (PG, 1962, 4.5*, 1h50m)
 James Bond combats the mad genius Dr. No who set on destroying the U.S. space program and must defeat the megalomaniac before it's too late.



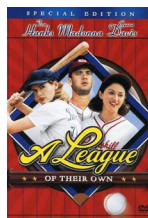
8/23/2025 2:00 PM
Something's Gotta Give (PG-13, 2003, 5*, 2h2m)
 James Bond combats the mad genius Dr. No who set on destroying the U.S. space program and must defeat the megalomaniac before it's too late.



8/24/2025 2:00 PM
The Sunlit Night (R, 2020, 4*, 1h21m)
 A struggling young painter from New York makes an unlikely connection while in Norway trying to jumpstart her career.



8/30/2025 2:00 PM
A League of Their Own (PG, 1992, 5*, 2h6m)
 A publicity-hungry tycoon (Garry Marshall) funds an all-female pro baseball league and hires a grumpy has-been coach (Tom Hanks) as a manager.



8/31/2025 2:00 PM
The Phoenician Scheme (R, 2025, 4.5*, 1h42m)
 Korda survives a sixth assassination attempt and must appoint a successor: his long-estranged daughter Liesl—a nun. With personal tutor Bjorn in tow, the trio set off on a globetrotting adventure to achieve Korda's epic mission.

CRITIC'S CORNER

A Movie Review By Jack Richbourg

No one scheduled this movie because we're old and they thought we'd like to watch a movie about old people. OK, maybe they did - but that's not the only reason. It's flawlessly acted and has breathtaking scenes of the English countryside that even young people might enjoy.

Just be aware that when pronouncing the title, the stress should be on the second word. It's *The UNLIKELY Pilgrimage of Harold Fry*. That is to say, it's improbable, doubtful, dubious, and any other synonym you can imagine for *unlikely*. The title demands that we not literalize the metaphor. The British are known for unlikely stories, *The Canterbury Tales* and *A Midsummer Night's Dream*. In fact, this is the second review in a row that I have asked you to suspend your disbelief. Resist dismissing the film with the typical American, skepticism of "Oh, that would never happen!" It's a movie! We all know it never happened!

OK, just wanted to get that out of the way. On to the movie!

It stars Jim Broadbent, whom you've probably never heard of, and Penelope Wilton, whom you loved as the widowed Isobel Crawley in *Downton Abbey*. Broadbent confirms his reputation as one of England's finest actors to an uninitiated American audience, and Wilton's ability to give us a deep understanding of her emotions through wordless, facial expressions is uncanny.

Pensioner, Harold Fry, lives a sedentary life in the south of England with his wife Maureen (Wilton). A letter from an old colleague, Queenie Hennessy, reveals she is dying from cancer in a hospice in

Berwick-upon-Tweed in northern England. Harold pens a short reply, but after a conversation with a stranger on faith's curative power, he leaves a telephone message for Queenie that he is walking the 470 miles to Berwick, hoping the expectation of his visit will keep her alive longer.

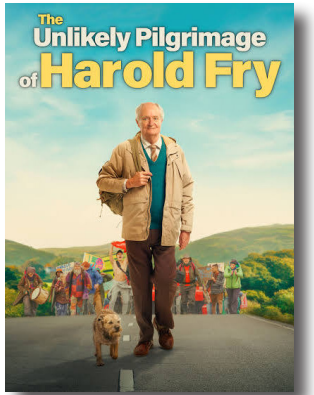
So, anytime you hear a story about long, arduous journeys, recognize the age-old metaphor for life's journey and the hardships endured to achieve important goals. On Harold's journey, he meets people who encourage and hinder him. He experiences flashbacks and hallucinates about his dead son. He mollifies his wife's sense of abandonment leading to his very short visit with the dying Queenie. It's a quest that transforms him, his spouse, and the friends he meets along the way.

Kevin Maher in *The Times* described it as "one of the great movies about ageing and regret," while Peter Bradshaw of *The Guardian* was more critical saying, "Whilst impeccably acted, sincerely intended and often beautifully shot" there was something "unsatisfying" in the "solemn, self-conscious fantasy".

But, I say the film in its own unlikely, quaint, British way reveals our own fears and regrets around aging, which leads me to believe that those who scheduled this movie knew what they were doing, after all.

Richbourg's Rating

See this on Sunday, August 17, 2025 at 2:00 p.m. in the PAC.



Double Your Gift!!

by Paula Jacobson, Foundation Director

Trezevant donors have the opportunity to double their gift, with a minimum gift of \$10,000. An anonymous donor will match all gifts of \$10,000, up to 25 gifts or \$250,000!

There are many ways to double your gift!

1. Make a gift of \$10,000 to support the Together Trezevant Campaign for Allen Morgan! Your gift will be \$20,000!
2. Already given \$5,000? Give another \$5,000 and your entire gift will be doubled!
3. Add \$10,000 to your total pledge and we'll match that too!

Ann Knox was inspired to increase her commitment to the Allen Morgan Renovations due to the generous match, confidence in the way the funds will be managed, and the absolute need. "We all know that we are just a tumble away from needing the services!"

Hunt Campbell, Vice Chair of the Board, said he "wanted to serve as a role model, not only to other leaders but to everyone who has experienced Trezevant. I encouraged other donors to consider an increase."

We're close to reaching our goal! Make your gift count...TWICE! If you have questions, please contact Liz Johnson or Paula Jacobson.



August Birthdays

<u>August 1</u> Betty Carter Margaret Taylor	<u>August 15</u> Sam Beach <u>August 16</u> Peg Stringer	<u>August 27</u> Suzanne Osborn Susan Whitehead
<u>August 2</u> Joy Austin-Files	<u>August 17</u> Mary Nelson Stephen Nelson	<u>August 28</u> Sylvia Adams Dina Smith Shannon
<u>August 4</u> Sherry Samuels Randy Turner	<u>August 20</u> Eva Mae Hussey	<u>August 29</u> Camille Leatherman Karen White
<u>August 5</u> Jimmye Pidgeon	<u>August 21</u> Becky Bayless	<u>August 30</u> Becky Deupree
<u>August 7</u> Elaine Schuppe	<u>August 23</u> Frierson Graves	<u>August 31</u> Anna McNeill
<u>August 10</u> Mary Vaiden		
<u>August 11</u> Billie Goodloe		
<u>August 13</u> Alice Leslie		



Trezevant Celebrates Renovation of Allen Morgan

by Paula Jacobson, Foundation Director

The Allen Morgan Health & Rehabilitation Center kicked off our \$10 million renovation project on Tuesday, July 8, with a construction kickoff event.

Team members from Trezevant, Allen Morgan Health and Rehab, general contracting firm RKA Construction and Brg3s Architects joined to announce the commencement of the renovation at 177 N. Highland Street. They were joined by residents, donors and staff.

Kent Phillips, CEO, announced that the construction would begin with the renovation of the first floor, including the installation of two infection control units and a complete renovation of all patient rooms, lobby, and public spaces. The rehabilitation gym will be completely updated and expanded to provide larger therapy spaces and state-of-the-art equipment.

Patrick Johnston, executive vice president of RKA Construction, said the first floor will be divided into two phases to completely vacate one side and begin construction. This process reduces disruption.

“Much of what happens on that first floor benefits all three floors, so it is important to prioritize this space as quickly as possible.” stated Kent Phillips.

The demolition of the east side should take two weeks with actual construction starting afterward. The entire first floor work will be completed by June 2026. Phillips said phases two and three will follow shortly and focus on the enhancement of the second and third floors. Phillips expects to complete the project in about two years.

Rachel Siddall, Administrator for Allen Morgan, said that the renovated space will enhance the care we provide to all residents. It will also make it easier for caregivers to provide the highest level of care. Caregivers are excited about the upgrades. “It has taken a lot of extra work, but it will pay off when we have a beautiful and functional building as the end result.”



1. Former Board Chair Shade Robinson, Foundation Director Paula Jacobson, RKA EVP Patrick Johnston, and RKA President Ryan Anderson at the Construction Launch Party.
2. Shade Robinson breaks through the ‘wall’ with all her might!
3. Rev. Paul McLain blesses the work and the workers at the construction site.
4. CEO Kent Phillips shares his gratitude for contributors to the Together Trezevant fund.
5. Allen Morgan staff, including Medical Records Manager Daralyn Rogers, Receptionist Kiara Wilson, Infection Preventionist Laleta Fields, Social Services Assistant LaTonna Sanders, MDS Nurse Lavenia McGowan, Administrator Rachel Siddall, Admissions Coordinator Katie Conway, Social Worker Princess Walker and Director of Rehab Melissa Angus attended the celebration!





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