



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Dr. Warren's Clinic Hours</p> <p>Tuesday, September 2, 2025 12:30-3:30 p.m.</p> <p>Wednesday, September 10, 2025 12:30-3:30 p.m.</p> <p>Tuesday, September 16, 2025 12:30-3:30 p.m.</p> <p>Tuesday, September 30, 2025 12:30-3:30 p.m.</p>	<p>1 LABOR DAY</p> <p>Holiday Luncheon Two Seatings 11:00-12:30 or 12:30-2:00 Please call Dining at 901-251-9212 to make a reservation and specify the time you prefer.</p> <p>2:00 PM MOVIE: The Secret of My Success (PG-13 1987, 5*, 1h50m) <i>PAC</i></p>	<p>2</p> <p>9:00 AM-4:00 PM Thrive Audiology*-by appt <i>Clinic</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM OUTING*: Walgreen's Senior Day <i>WAY</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>1:30 PM IFF Club <i>PAC</i></p> <p>7:15 PM TAPESTRY EVENT: Historical Markers with Jim Cole <i>PAC</i></p>	<p>3</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim the Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p> <p>6:00 PM Birthday Night at Trezevant <i>SDR</i></p>	<p>4</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Sewing Circle Meeting <i>CR 310</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>5:30 PM TRANSPORTATION*: Joyce Cobb at the Brooks for ticketholders <i>WAY</i></p>	<p>5</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:30 AM TREZEVANT EXPLORES*: Bill Short with Rhodes College's Barrett Library <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM MOVIE: By the Light of the Silvery Moon (PG-13, 1953, 5*, 1h48m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Alejandro Paredes (Guitar) <i>SDR</i></p>	<p>6</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Mona Lisa Smile (PG-13, 2003, 5*, 1h59m) <i>PAC</i></p> <p>7:15 PM SATURDAY MUSIC HOUR: Deborah Swiney Band (Big Band/Jazz) <i>PAC</i></p> 	
<p>7</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: The Post (PG-13 2018, 4.5*, 1h55m) <i>PAC</i></p> 	<p>8</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>9</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>4:00 PM FEATURED COUNTRY: Spain <i>PAC</i></p>	<p>10</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim the Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> <p>4:00 PM Conversations with Kent <i>PAC</i></p>	<p>11 PATRIOT DAY</p> <p>9:00 AM-Noon Podiatrist by appt <i>318</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 PM TRANSPORTATION*: MIFA Luncheon for ticketholders <i>WAY</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>11:00 AM Advanced Core & Balance <i>ER 201</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>2:00 PM Great Decisions <i>PAC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>12</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>201</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM MOVIE: The Trouble with Harry (PG, 1955, 4.5*, 1h39m) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Sandra Miller (Piano) <i>SDR</i></p> 	<p>13</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Crossing Delancey (PG, 1988, 4.5*, 1h36m) <i>PAC</i></p> <p>6:00 PM TRANSPORTATION*: Memphis Symphony Orchestra-Tchiakovsky for ticketholders <i>WAY</i></p>	
<p>14</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Mission Impossible: The Final Reckoning (PG-13, 2025, 4.5*, 2h52m) <i>PAC</i></p> <p>2:00 PM TRANSPORTATION*: Memphis Symphony Orchestra-Tchiakovsky for ticketholders <i>WAY</i></p>	<p>15</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM TAPESTRY EVENT: Separation of Powers in US Constitution with Daniel Kiel <i>PAC</i></p>	<p>16</p> <p>9:00 AM-4:00 PM Thrive Audiology*-by appt <i>Clinic</i></p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>10:00 AM Sewing Circle <i>MR</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>1:00 PM Fitness Open House <i>PAC</i></p> <p>4:00 PM Idlewild Communion <i>CH</i></p>	<p>17</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Mass <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p> <p>4:00 PM Take Your Brain to the Gym <i>MR</i></p>	<p>18</p> <p>9:00 AM-4:00 PM Dottie's Digs' Sale <i>G1</i></p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Advanced Core & Balance <i>ER 201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>19</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>11:00 AM Line Dancing with Jessie <i>201</i></p> <p>2:00 PM MOVIE: Murder on the Orient Express (PG, 1974, 4.5*, 2h2m) <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>3:00 PM Celebrate Centenarians! by Invitation only <i>MR</i></p> <p>5:00 PM Dinner with Music by Hank & Stan (Guitar/Flute) <i>SDR</i></p>	<p>20</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>3:00 PM SPECIAL PERFORMANCE: Memphis Chamber Music Society (Classical) <i>PAC</i></p> <p>5:30 PM Dinner with Music by Yasrah Haseeb (Piano) <i>SDR</i></p>	
<p>21</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: Temple Grandin: An Open Door (PG-13, 2025, 5*, 58m) <i>PAC</i></p> <p>4:00 PM SPECIAL PERFORMANCE: The Dubois Duo (Classical) <i>PAC</i></p> 	<p>22 AUTUMN EQUINOX</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> <p>7:15 PM SPECIAL PERFORMANCE: IRIS Collective Artists-in-Residence <i>PAC</i></p>	<p>23 ROSH HASHANA</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p>	<p>24</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:00-10:15 AM Tim the Produce Man <i>HG</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>10:00 AM Catholic Lay Eucharist Service <i>CH</i></p> <p>10:00 AM Men's Coffee <i>Bistro</i></p> <p>10:00 AM Barre & Balance <i>201</i></p> <p>10:00 AM OUTING*: High Point Grocery <i>WAY</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>2:00 PM Meditation with L. Mischke <i>CH</i></p> <p>3:00 PM Chaplains' Class <i>CH</i></p>	<p>25</p> <p>9:15 AM Better Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>11:00 AM Advanced Core & Balance <i>ER 201</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Gentle Aquatics <i>AC</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p>	<p>26</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Stretching <i>PAC</i></p> <p>10:00 AM OUTING*: Kroger <i>WAY</i></p> <p>10:00 AM Pilates Core & Strength <i>201</i></p> <p>11:00 AM Line Dancing with Jessie <i>201</i></p> <p>2:00 PM TAPESTRY FILM FEST: Singin' In The Rain with Steve Ross <i>PAC</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:30 PM Dinner with Music by Tim Stanek (Piano) <i>SDR</i></p>	<p>27</p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>2:00 PM MOVIE: Knives Out (PG-13, 2019, 4.5*, 2h5m) <i>PAC</i></p> <p>6:45 PM TRANSPORTATION*: Nonsense at Playhouse on the Square <i>WAY</i></p> 	
<p>28</p> <p>10:30 AM Worship & Holy Communion <i>CH</i></p> <p>2:00 PM MOVIE: The Aeronauts (PG-13, 2019, 4*, 1h41m) <i>PAC</i></p>	<p>29</p> <p>8:15 AM Water Aerobics <i>AC</i></p> <p>9:15 AM Strength & Balance <i>PAC</i></p> <p>10:00 AM Yoga <i>201</i></p> <p>10:00 AM Tai Chi <i>PAC</i></p> <p>11:00 AM Men's Exercise <i>PAC</i></p> <p>1:00 PM Bridge <i>SDR</i></p> <p>2:00 PM Lectio Divina with Anne Carriere <i>GAL</i></p> <p>2:00 PM Stretch & Balance <i>201</i></p> <p>5:00 PM Happy Hour <i>PAC</i></p> 	<p>30</p> <p>9:15 AM Advanced Core <i>PAC</i></p> <p>10:00 AM Gentle Yoga <i>201</i></p> <p>10:00 AM Sewing Circle <i>MR</i></p> <p>11:00 AM Gentle Aquatics <i>AC</i></p> <p>11:00 AM Barre & Balance <i>201</i></p> <p>3:00 PM TAPESTRY EVENT: Environmental Justice with Rev. Earle Fisher <i>PAC</i></p>	<p>PLEASE NOTE:</p> <p>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>				