Lunch out at Texas Roadhouse Fri July 26th 10:30 AM Texas Roadhouse Please sign up! Bring money for lunch. Join us for a delicious lunch at Texas Roadhouse! Enjoy hearty meals, friendly service, and a fun atmosphere. Come savor some famous rolls, steaks, ribs, and more! 4:00 PM \*WSCR Song Request Happy Hour Fri July 26th Join us for some snacks and great music! Come hang out with friends, request your favorite songs, and enjoy some fellowship! Go Swim at the Texas Tech Pool Tues July 30th 1:30 PM Please sign up! Cost is \$6.00, charged to your account. Deadline to sign up is Monday, July 22nd. Join us for a refreshing swim at the Texas Tech pool, guided by our wellness coordinator, Cesar Ramos. Enjoy a great workout and fun in the water, or lounge away in the lazy river while hanging out with friends. Dive in and make a splash with us! 2:30 PM \*PPFL **Carillon Employee Backpack Drive** Tues July 30th Come help stuff backpacks for our employees' kids and show your support. Let's come together to make this a memorable and stocked back-to-school season! The Hub City Drifters: Blue Light Live 7:45 PM The Blue Light Live Wed July 31st Please sign up! Cost is \$5.00 cash, paid to the front desk. Deadline to sign up is Monday, July 29th. Danny Cadra's band, The Hub City Drifters, will be playing at The Bluelight Live! Join us for a fun night out! Go To Dairy Queen For a Blizzard 2:30 PM **Dairy Queen** Thurs Aug 1st Please sign up! Bring money for ice-cream. Join us for a sweet outing to Dairy Queen! Enjoy a delicious Blizzard treat and cool off with your favorite ice-cream flavors. Go To Ranch Verse: Poetry, Song. 10:00 AM **National Ranching Heritage** Sat Aug 2nd and Storytelling Center Please sign up! Come out and enjoy special performances, poetry readings and discussions, and an onstage interview with Ranching Heritage Association Working Cowboy Award recipient, Ed Ashurst, for Western podcast, Cowboy Crossroads. **Regular Events KEY** Wednesday (\*PPFL) PP Fireside Lounge 9:00 Limber Limbs (\*PPOR) 9:00 Water Aerobics (PP Pool) (\*PPCR) PP Cimarron Room Monday 9:00 & 10:00 Limber Limbs (Ch 2) (\*PPOR) PP Oakwood Room 9:00 Limber Limbs (\*PPOR) 10:00 Limber Limbs (\*WSCR) (\*WSCR Windsong Caprock Room 9:00 Water Aerobics (Swimming Pool) 10:45 Stretch & Balance (\*PPOR) (\*WS WC) WS Wellness Center 9:00 & 10:00 Limber Limbs (Ch 2) 11:15 Stretch & Balance (Ch 2) 10:00 Limber Limbs (\*WSCR) 10:00-10:30 Gym Time with Cesar (\*PP WC) PP Wellness Center (\*PP WC) 11:30 Functional Fitness (\*PPOR) (\*WSLPR) WS Let's Play Room 1:30 Chair Meditation (\*PPOR) 10:45 Stretch & Balance (\*PPOR) (\*BC Dining) BelleCourt Dining 2:00 Men's Club (\*PPCR) 11:15 Stretch & Balance (Ch 2) 2:15 Water Cool Down (Swimming Pool) 11:30 Strength Building (\*PP WC) 3:15-3:45 Gvm Time (\*PP WC) 12:40-1:30 Gym Time (\*PP WC) Buses pick up for off-campus events at the 1:30 Shop Walmart on 4th/Shop Target **Thursday** time notated on the calendar at the 1:30 Game Day (\*PPFL) 9:00 Campus Walk (PP Lobby) PP Lobby and WS Lobby. 3:00 T'ai Chi Chih (\*PPÓR) 9:00 Limber Limbs (\*PPOR) 9:00 & 10:00 Limber Limbs (Ch 2) Tuesday **INFORMATION LINE: Extension 6525** 10:00 Limber Limbs (\*WSCR) 9:00 Campus Walk (PP Lobby) 10:45 Stretch & Balance (\*WSCR) 9:00 Limber Limbs (\*PPOR) 11:15 Stretch & Balance (Ch 2) For any questions concerning any activities: 9:00 & 10:00 Limber Limbs (Ch 2) 11:30 Strength Building (\*WSWĆ) Pointe Plaza Activity Office: Extension 6197 9:45-10:30 Gym Time (\*WS WC) 1:30- Brain Training (\*PPFL) 10:00 Limber Limbs (\* WSCR)

2:00 Beginners Line Dancing (\*WSCR)

3:30 Chair Yoga (\*PPOR)

2:45 Functional Fitness (\*PPOR)

Friday

\*BOLD EVENTS ON THE **CALENDAR REQUIRE** SIGN UP\*

9:00 Limber Limbs (\*PPOR) 2:00 Deep Water Aerobics (Swimming Pool) 9:00 Water Walking (Swimming Pool) 6:00 Bingo (\*PPCR) 9:00 & 10:00 Limber Limbs (Ch 2) 10:00 Limber Limbs (\*WSCR)

\*A Market Street Shuttle is provided on Wednesdays from

10:00 Creative Writing (\*PPĆR)

10:45 Stretch & Balance (\*WSCR)

11:30 Strength Building (\*WS WC)

11:15 Stretch & Balance (Ch 2)

1:00-1:45 Gym Time (\*WS WC)

10:45 Stretch & Balance (\*PPOR) 1:15 Stretch & Balance (Ch 2) 11:30 Strength Building (\*PP WC) 1:00 Line Dancing 2:00 Music Movement (\*PPOR)

## What's What in July: read about this month's events!

Vesper Concert: God Shed His Grace On Thee Tues July 2nd

5:15 PM

4:00 PM

\*PP Dining Room

A Patriotic Festival

Please sign up! This well-loved annual concert honors America and salutes our military and its veterans. Featuring talented musicians from our community, FUMC Chancel Choir is joined by Lubbock Concert Band in a showcase of patriotic proportions. Wave the flag, wear your stars and stripes, and stay for hot dogs and ice cream as a special treat.

**Star Spangled Celebration** 

Wed July 3rd

11:00 AM—1:00 PM \*WS Carports

Join us as we celebrate America's Independence! We will have hamburgers and hot dogs with all the fixins' and music by the Don Turner Band! Guest tickets are \$10.00, paid at the front desk.

2:30 PM **Trinity Jubilee Choir** Mon July 8th Join us in the Fireside lounge for some beautiful music made possible by the Trinity Jubilee Choir! **TBA** TBA Go To The Movies: TBD Tues July 9th TBA Please Sign Up! Cost is TBA, charged to your account. 2:30 PM **Earring Making Craft** Thurs July 11th Please sign up! Deadline to sign up is Monday, July 5th. Join us for a fun, hands-on earring making session. No experience needed. All materials provided. Come and create your own unique jewelry!

Go To Un(wine)d With The Arts **Thurs July 11th** 4:30 PM **LHUCA Galleries** Please sign up! Enjoy a relaxed evening with a glass of wine while exploring some local art in the LHUCA Galleries. Wine is

available for purchase by the glass. Sip, stroll, and come support the Lubbock community. Let's un(wine)d! Fri July 12th

Happy Hour with Entertainment by **Kurt Melle & Lori Sealy** 

Join us in the Pointe Plaza Dining Room for snacks, friends and great music by Kurt Melle & Lori Sealy!

**Tour The Texas Tech Innovation Hub Tues July 16th** 2:15 PM Research Park Please sign up! The Texas Tech Innovation Hub is a place to nurture smart ideas! The hub assists in the formation of technology startup companies critically relevant to today's local and regional economy. It is a hub of innovation, education, and technology. You won't want to miss this one!

PlainsCapital Bank Ice Cream Social Thurs July 18th \*WSCR

Come beat the summer heat with some Ice Cream sponsored by PlainsCapital Bank.

**Jess Peterson: Siamese Cats** Fri July 19th 2:30 PM \*WSCR

Some of us are cat people ... some are dog people ... and a few of us are both. This one's for the cat people. Come enjoy the antics of the Siamese cats, hear it's unique sound, learn of its many varieties, and get a little history of this unique breed.

**Go To The Prairie Blossom Marketplace** Sat July 20th 9:30 AM Wolfforth

Please sign up! Bring money for purchases. Check out some vintage-inspired cottages and pavilions filled with handcrafted items, vintage décor, boutique apparel, jewelry, home-baked goods, and more. Enjoy food, beverages, and live music while you shop. Make sure to browse the seasonal plant nursery and explore the farmers' market — offering fresh produce and homemade treats.

**Bruce & Nadine's Trip to Alaska** Tues July 23rd 2:30 PM

Come listen to Bruce & Nadine talk and share stories about their recent road trip across the states, through Canada, to Alaska!

The Last Hootenanny Featuring The **Tues July 23rd** 6:15 PM **Cactus Theater Old Folkies** 

Please Sign Up! Cost is \$25.00, charged to your account. The deadline to sign up is Friday, July 5th. The Last Hootenanny will be one, huge sing-along of many of your favorites from the 1950s and '60s - including folk, rock 'n' roll. country, western, bluegrass, Irish and more - and it will be easy for you to participate as all of the lyrics will be projected on a large screen above the band.

\*PPFL **Watermelon Feast** 2:30 PM Thurs July 25th

Join us in the Fireside Lounge for a Watermelon Feast! Celebrate the warmth of July with the ultimate summer fruit: juicy, sweet watermelon. It's the perfect way to cool down and enjoy a delightful summer treat. See you there!

2	SUN	MON	TUE	WED	THUR	FRI	SAT
	*PPCR - *PP Cimarron Room *PP Dining Room - *PP Dining Room *PPFL - *PP Fireside Lounge *PPOR - *PP Oakwood Room *PPWC - *PP Wellness Center *WSCR - *WS CapRock Room	2:30 Reader's Theater (PP Card Rm 2nd Fl (Room 2204)) 2:30 Stockings for Soldiers (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The Scientific Wonders of Birds" (Ch	9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 2:30 Wii Bowling (*PPFL) 5:15 Vesper Concert: God Shed His Grace On Thee: A Patriotic Festival (*FUMC) 6:00 Bingo (*PPCR)	11:00 -1:00 Star Spangled Celebration (*Windsong Carports) 1:00 Games in the Let's Play Room (*WS Let's Play Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Wednesday Afternoon Movie: "Indiana Jones and the Raiders of the Lost Ark" (Ch 4) 4:00 T'ai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "The Learning Brain" (Ch 2)	Independence Day 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Beginner Line Dance (*WSCR) 7:00 Throwback Thursday Movie: "Gone With The Wind: Part II" (Ch 4)	9:00 Coffee & Donuts (*PPFL) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL) 7:00 Weekend Movie: "Oppenheimer" (Ch 4)	8:00 Coffee in the Clubhouse (Clubhouse) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "Oppenheimer" (Ch 4)
	10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Oppenheimer" (Ch 4)	1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  1:30 Shop Target  2:30 Trinity Jubilee Choir (*PPFL)  3:00 T'ai Chi Chih (*PPOR)  7:00 Great Course Series: "The Scientific Wonders of Birds" (Ch 2)	78A Go To The Movies 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR) 7:00 "Managing Combativeness in Dementia Care" (Ch 2)	1:00 Games in the Let's Play Room (*WS Let's Play Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Indiana Jones and the Temple Of Doom" (Ch 4) 4:00 Balance Testing (*PPWC) 4:00 T'ai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "The Learning Brain" (Ch 2)	1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Beginner Line Dance (*WSCR) 2:30 Earring Making Craft (*PPFL) 4:30 Go To Un(wine)d With The Arts (LHUCA Galleries) 5:30 A Circle of Friendship (CH- 1st Floor Conference Room) 7:00 Throwback Thursday Movie (Reshowing): "The Grapes of Wrath" (Ch 4)	1:00 Line Dancing (*WSCR) 3:15 Town Hall (*Neil Chapel) 4:00 Happy Hour with Entertainment by Kurt Melle & Lori Sealy (*PP Dining Room) 7:00 Weekend Movie: (Rated-R) "Air" (Ch 4)	8:00 Coffee in the Clubhouse (Clubhouse) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: (Rated-R) "Air" (Ch 4)
	10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: (Rated-R) "Air" (Ch 4)	1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  1:30 Shop Walmart on 4th  2:30 Book Club: The Nightingale by Kristin Hannah (*WS Wilson Loft)  2:30 Reader's Theater (PP Card Rm 2nd Fl (Room 2204))  2:30 Stockings for Soldiers (*PPFL)  3:00 T'ai Chi Chih (*PPOR)  7:00 Great Course Series: "The Scientific Wonders of Birds" (Ch 2)	8:00 Hearing Doctor (*PPFL) 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:15 Tour The Texas Tech Innovation Hub (Research Park) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)	1:00 Games in the Let's Play Room (*WS Let's Play Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Indiana Jones and the Last Crusade" (Ch 4) 4:00 Balance Testing (*PPWC) 4:00 Tai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "The Learning Brain" (Ch 2)	1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Beginner Line Dance (*WSCR) 2:30 PlainsCapital Bank Ice Cream Social (*WSCR) 7:00 Throwback Thursday Movie: "To Catch A Thief" (Ch 4)	9:00 Coffee and Donuts (*WS Wilson Loft) 1:00 Line Dancing (*WSCR) 3:00 Jess Peterson: Siamese Cats (*WSCR) 7:00 Weekend Movie: "Champions" (Ch 4)	8:00 Coffee in the Clubhouse (Clubhouse) 9:30 Go To The Prairie Blossom Marketplace (Wolfforth) 10:30 Laughter Yoga (Ch 2) 2:00 "Managing Combativeness in Dementia Care" (Ch 2) 7:00 Weekend Movie: "Champions" (Ch 4)
	10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Champions" (Ch 4)	1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  1:30 Shop Target  2:30 Book Club: The Nightingale by Kristin Hannah (*WS Wilson Loft)  2:30 Stockings for Soldiers (*PPFL)  3:00 T'ai Chi Chih (*PPOR)  7:00 Great Course Series: "The Scientific Wonders of Birds" (Ch 2)	(*PPOR) 2:30 Bible Study (*PPCR) 2:30 Bruce & Nadine's Trip to Alaska (*PPFL) 6:00 Bingo (*PPCR) 6:15 The Last Hootenanny	1:00 Games in the Let's Play Room (*WS Let's Play Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Indiana Jones and the Dial of Destiny" (Ch 4) 2:30 Wellness Presentation: Virtusense Balance Training System (*PPFL) 4:00 Balance Testing (*PPWC) 4:00 T'ai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "The Learning Brain" (Ch 2)	8:45 -9:30 Cornerstone Audiology Hearing Aid Clinic (*PPFL) 9:30 -10:15 Cornerstone Audiology Hearing Aid Clinic (*WS Parlor) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Beginner Line Dance (*WSCR) 2:30 Annual Watermelon Feast (*PPFL) 7:00 Throwback Thursday Movie: "Lonesome Dove" (Ch 4)	10:30 Lunch out at Texas Roadhouse 1:00 Line Dancing (*WSCR) 4:00 Song Request Happy Hour (*WSCR) 7:00 Weekend Movie: "Courageous" (Ch 4)	8:00 Coffee in the Clubhouse (Clubhouse) 9:30 T'ai Chi Chih Practice (*PPOR) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "Courageous" (Ch 4)
	10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Courageous" (Ch 4)	1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  1:30 Shop Walmart on 4th  2:30 Reader's Theater (PP Card Rm 2nd Fl (Room 2204))  2:30 Stockings for Soldiers (*PPFL)  3:00 T'ai Chi Chih (*PPOR)  7:00 Great Course Series: "The Scientific Wonders of Birds" (Ch 2)	9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR)  1:30 Go Swim at the Texas Tech Pool (Texas Tech Leisure Pool) 2:30 Bible Study (*PPCR) 2:30 Carillon Employee Appreciation Backpack Drive (*PPFL) 6:00 Bingo (*PPCR)	1:00 Games in the Let's Play Room (*WS Let's Play Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Living Free" (Ch 4) 4:00 Balance Testing (*PPWC) 4:00 T'ai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "The Learning Brain" (Ch 2) 7:45 The Hub City Drifters: Blue Light Live (The Bluelight Live)	August 1st  1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Beginner Line Dance (*WSCR)  2:30 Go To Dairy Queen For a Blizzard  7:00 Throwback Thursday Movie: "The Goonies" (Ch 4)	August 2nd 9:00 Coffee & Donuts (*PPFL) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL) 6:45 "Sweet Dreams-Mandy Barnett Sings Patsy Cline"(Cactus Theater)	August 3rd 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Go To Ranch Verse: Poetry, Song, and Storytelling (National Ranching Heritage Center) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2)
	July 202	4				0	