

<u>Day Trip to Abilene</u>	Wed Oct 23rd	8:00 AM	Abilene, TX
<i>Please sign up! Cost is \$9.00, charged to your account. Bring money for lunch. We'll kick things off with a delicious lunch at Copper Creek Restaurant. After we eat, we'll head over to the Abilene Zoo, which features a variety of exhibits. The zoo is home to over 800 animals, showcasing species from all over the world. Recent expansions include Journey to Madagascar, which features lemurs and reptiles, as well as the Giraffe Safari, where you can hand feed the giraffes for an additional cost and get up-close!</i>			
<u>Healthy Aging Lecture Series: Types of Aphasia</u>	Wed Oct 23rd	3:00 PM	*WSCR
<i>Dr. Melinda Corwin (TTUSHC NSSLHA) will present on the different types of aphasia and their impact on communication. Don't miss this opportunity to learn from an expert in the field.</i>			
<u>Cesar's Hip Pocket Class: Hydration</u>	Mon Oct 28th	3:00 PM	*PPFL
<i>Hydration is vital for overall health, as water supports many body functions. Cesar will discuss supplements and liquids that can help improve hydration and make it a daily habit.</i>			
<u>Halloween Movie & Pumpkin Ice Cream</u>	Tue Oct 29th	2:00 PM	*WSCR
<i>Please sign up! Join us for an afternoon Halloween movie featuring "The Ghost and Mr. Chicken", paired with homemade pumpkin ice cream. It's the perfect treat for a spooky time!</i>			
<u>Canyon Lakes Presentation by Jim Bertram</u>	Wed Oct 30th	2:30 PM	*PPFL
<i>Former director of city planning and current Carillon resident Jim Bertram will give a presentation on the Canyon Lakes project and its' development.</i>			
<u>All Saints Episcopal School Kindergarten Choir</u>	Thurs Oct 31st	10:00 AM	*PPFL
<i>The All Saints Episcopal School Kindergarten Choir is coming to perform for us! After their performance, attendees are encouraged to join in the fun by giving out candy to the kids for "trick or treat."</i>			

Regular Events

Monday

9:00 Limber Limbs (*PPOR)
 9:00-9:45 Water Aerobics (Swimming Pool)
 9:00 & 10:00 Limber Limbs (Ch 2)
 10:00 Limber Limbs (*WSCR)
 10:45-11:30 Stretch & Balance (*PPOR)
 11:15 Stretch & Balance (Ch 2)
 11:30-12:00 Strength Building (*PP WC)
 12:40-1:30 Gym Time (*PP WC)
1:30 Shop Walmart on 4th/Shop Target
 1:30-2:30 Brain/Game Training (*PPFL)
 3:00 T'ai Chi Chih (*PPOR)

Tuesday

9:00-9:30 Campus Walk (PP Lobby)
 9:00 Limber Limbs (*PPOR)
 9:00 & 10:00 Limber Limbs (Ch 2)
 9:30-11:00 Cornhole (*PPFL)
 10:00 Limber Limbs (*WSCR)
 10:00 Creative Writing (*PPCR)
 10:45-11:30 Stretch & Balance (*WSCR)
 11:15 Stretch & Balance (Ch 2)
 11:30-12:00 Strength Building (*WS WC)
 1:00-1:45 Gym Training (*WS WC)
 2:00-2:45 Deep Water Aerobics (Swimming Pool)
 6:00 Bingo (*PPCR)

*A Market Street Shuttle is provided on Wednesdays from **7:30AM—12:00PM**

Wednesday

9:00 Limber Limbs (*PPOR)
 9:00-9:45 Water Aerobics (PP Pool)
 9:00 & 10:00 Limber Limbs (Ch 2)
 10:00 Limber Limbs (*WSCR)
 10:45-11:30 Stretch & Balance (*PPOR)
 11:15 Stretch & Balance (Ch 2)
 11:30-12:00 Cardio Drumming (*PPOR)
 1:45-2:30 Stretch & Balance (*PPOR)
 2:00 Men's Club (*PPCR)
 2:15 Water Cool Down (Swimming Pool)
 2:45-3:30 Functional Fitness (*PPOR)

Thursday

9:00-9:30 Campus Walk (PP Lobby)
 9:00 & 10:00 Limber Limbs (Ch 2)
 10:00 Limber Limbs (*WSCR)
 10:45-11:30 Stretch & Balance (*WSCR)
 11:15 Stretch & Balance (Ch 2)
 11:30-12:00 Functional Fitness (*PSWC)
 1:00-1:45 Cardio Training (*PPOR)
 2:00-2:45 Deep Water Aerobics (Swimming Pool)

Friday

9:00 Limber Limbs (*PPOR)
 9:00-9:45 Water Aerobics (Swimming Pool)
 9:00 & 10:00 Limber Limbs (Ch 2)
 10:00 Limber Limbs (*WSCR)
 10:45-11:30 Stretch & Balance (*PPOR)
 11:30-12:00 Strength Building (*PP WC)
 1:00 Line Dancing (*WSCR)
 1:15 Stretch & Balance (Ch 2)
 1:45-2:30 Stretch & Balance (*PPOR)
 2:45-3:30 Gym Training (*PP WC)

KEY

(*PPFL)	PP Fireside Lounge
(*PPCR)	PP Cimarron Room
(*PPOR)	PP Oakwood Room
(*WSCR)	Windsong Caprock Room
(*WS WC)	WS Wellness Center
(*PP WC)	PP Wellness Center
(*WSLPR)	WS Let's Play Room
(*BC Dining)	BelleCourt Dining

Buses pick up for off-campus events at the time notated on the calendar at the PP Lobby and WS Lobby.

INFORMATION LINE: Extension 6525

For any questions concerning any activities: Pointe Plaza Activity Office: Extension 6197

BOLD EVENTS ON THE CALENDAR REQUIRE SIGN UP

What's What in October: read about this month's events!

<u>Silver Stars Choir</u>	Thurs Oct 3rd	10:00 AM	*PPFL
<i>Come and enjoy the fun, upbeat and entertaining choir from First Christian Church! The Silver Stars is comprised of a variety of musicians who sing and play fun instruments.</i>			
<u>Walk to End Alzheimer's</u>	Sat Oct 5th	9:30 AM	Adventure Park
<i>Please sign up! Grab your walking shoes and join us for a good cause. The Alzheimer's Walk will take place at Adventure Park this year. There are multiple routes available to accommodate all skill levels.</i>			
<u>Walk in the Park</u>	Tues Oct 8th	9:00 AM	Higginbotham Park
<i>Please sign up! Starting Tuesday, October 8th, our wellness coordinator Cesar Ramos will lead a group at Higginbotham Park every Tuesday morning.</i>			
<u>Mini Golf at Adventure Park</u>	Wed Oct 9th	10:00 AM	Adventure Park
<i>Please sign up! Cost is \$10.00, charged to your account. Deadline to sign up is Wednesday, October 2nd. Join us for a fun round of mini golf at Adventure Park!</i>			
<u>Spaghetti Lunch Benefitting the Alzheimer's Association</u>	Thurs Oct 10th	11:00-1:30 PM	*PPCR
<i>Please sign up! Cost is \$15.00, cash or check made payable to the Alzheimer's Association, paid at the event. Please join us for Carillon's annual meal to support a great cause! It includes spaghetti, meat sauce, bread-sticks, salad, and dessert.</i>			
<u>SWPS Annual Fall Walk through the Ranch</u>	Sat Oct 12th	9:30 AM	Ranching Heritage Center
<i>Please sign up! Join us for this year's Fall Walk Through The Ranch put on by the Southwest Parkinson Society. Proceeds from this walk go to support the efforts of the SPS!</i>			
<u>LCU Musical: Little Shop of Horrors</u>	Sun Oct 13th	6:45 PM	McDonald-Moody Auditorium
<i>Please sign up! The cost is \$15.00, charged to your account. Deadline to sign up is Friday, October 4th. In Little Shop of Horrors, Seymour, a timid florist's assistant, discovers a unique plant, Audrey II, that boosts business but hides a dark secret—it needs fresh blood to grow. This show is a hilarious mix of science fiction, horror, and musical theater.</i>			
<u>Visit the Ranching Heritage Center & Trolley Tour</u>	Tues Oct 15th	2:00 PM	Ranching Heritage Center
<i>Please sign up! Cost is \$8.00, charged to your account. We're heading to the Ranching Heritage Center for a visit and a trolley tour. It's a great chance to explore and learn more about ranching history!</i>			
<u>Lunch Out at Cook's Garage</u>	Wed Oct 16th	10:45 AM	Cook's Garage
<i>Please sign up! Please bring money for lunch. Join us for lunch at Cook's Garage! Enjoy some classic comfort food like burgers, brisket, hot wings, and Tex-Mex dishes, all served up in a cool atmosphere filled with vintage gas station signs.</i>			
<u>Dillard's Style Show Lunch</u>	Thu Oct 17th	11:00 AM	*WSCR
<i>Please sign up! Space is limited. Cost is 12 dining points, charged to your dining account. Deadline to sign up is Monday, October 14th. Join us for lunch and find out what styles and colors you are going to want to add to your wardrobe this season. Dillard's will be providing the fashion selections presented by Brenda Becknell.</i>			
<u>CarFit Event Info-Meeting & Fitting with TTUHSC</u>	Thu Oct 17th	2:30 PM	*PPFL
	Fri Oct 18th	2:30 PM	(TBA)
<i>Organized by TTUHSC students, this multi-day event will kick off with an informational meeting on Thursday, October 17th at 2:30 PM. During this session, participants will learn about CarFit and how it benefits older adults by ensuring their vehicles are a safe fit for driving. The event will focus on how vehicle adjustments can improve comfort and safety for seniors. On October 18th at 2:30 PM, residents will have the opportunity to be fitted to their cars, further promoting safety & confidence on the road.</i>			
<u>Visit the Pumpkin Trail</u>	Fri Oct 18th	1:00 PM	Lubbock Arboretum
<i>Please sign up! Join us for a stroll among the pumpkins and enjoy some beautiful fall scenery and colorful decorations!</i>			
<u>Jess Peterson: Judge Roy Bean - Law West of The Pecos</u>	Fri Oct 18th	3:00 PM	*WSCR
<i>Roy Bean may have been a dirty rotten scoundrel, but no one can deny that he was instrumental in cleaning up lawlessness west of the Pecos River, near Big Bend Country, in the late 1800s. His unorthodox methods made him a legend in his time.</i>			
<u>Pumpkin Decorating</u>	Tues Oct 22nd	2:30 PM	*PPFL
<i>Please sign up. Cost is \$5.00 cash, paid to the front desk. Deadline to sign up is Tuesday, October 15th. Come join us to decorate and paint your own pumpkin!</i>			

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<p>November 3rd Daylight Savings Time Ends 10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) 4:15 Vesper All Saints Concert: Fauré Requiem (FUMC) 4:30 Sunday Afternoon Worship Service (Neil Chapel)</p>	<p>LOCATION KEY *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</p>	<p>9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Avoid Medicare Scams Presentation (*WSCR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)</p>	<p>1 Rosh Hashanah 9:00 - 12:00 Flu & Vaccine Shot Clinic (Neil Chapel) 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Stockings for Soldiers (*PPFL) 2:30 Wednesday Afternoon Movie: "Cheaper by the Dozen II" (Ch 2) 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)</p>	<p>2 TBA Go to the Movies 10:00 Silver Stars from First Christian Church (*PPFL) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 7:00 Throwback Thursday Movie: "The Shadow" (Ch 2)</p>	<p>3 Rosh Hashanah Ends 9:00 Coffee & Donuts (*PPFL) 10:15 Arts History Lecture Series (Texas Tech Museum) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL) 7:00 Weekend Movie: "Little Shop of Horrors" (Ch 2)</p>	<p>4 8:00 Coffee in the Clubhouse (Clubhouse) 9:30 Walk to End Alzheimer's (Adventure Park) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 11:00 - 1:00 Roundtable: Stacy Avaloe, Marketing & Mission Engagement Specialist for Breedlove Foods, Inc (*PPCR) 7:00 University Symphony Orchestra - Hemmle Hall Grand Reopening (Hemmle Hall) 7:00 Weekend Movie: "Little Shop of Horrors" (Ch 2)</p>
<p>10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Little Shop of Horrors" (Ch 2)</p>	<p>6 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 1:30 Shop Walmart on 4th 2:30 Lubbock Public Library Bookmobile (*PPFL) 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 2:30 Stockings for Soldiers (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)</p>	<p>7 9:00 Walk in the Park (Higginbotham Park) 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:00 Sonshiner Choir from Bacon Heights (*PPFL) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR) 7:00 "Managing Behavioral Expression in Dementia" (Ch 2)</p>	<p>8 10:00 Mini Golf at Adventure Park 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Cheaper by the Dozen II" (Ch 2) 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)</p>	<p>9 11:00 - 1:30 Spaghetti Lunch Benefiting the Alzheimer's Association (*PPCR) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 5:30 A Circle of Friendship (CH- 1st Floor Conference Room) 7:00 Throwback Thursday Movie: "Cowboy" (Ch 2)</p>	<p>10 Yom Kippur Begins 10:15 Arts History Lecture Series (Texas Tech Museum) 1:00 Line Dancing (*WSCR) 3:15 Town Hall (*Neil Chapel) 6:45 The Jersey Tenors (Cactus Theater) 7:00 Weekend Movie: "West Side Story (2021)" (Ch 2)</p>	<p>11 8:00 Coffee in the Clubhouse (Clubhouse) 9:30 SWPS Annual Fall Walk Through the Ranch (Ranching Heritage Center) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "West Side Story (2021)" (Ch 2)</p>
<p>10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 6:45 LCU Musical - Little Shop of Horrors (McDonald-Moody Auditorium) 7:00 Weekend Movie: "West Side Story (2021)" (Ch 2)</p>	<p>13 Indigenous Peoples' Day 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 1:30 Shop Target 2:30 Stockings for Soldiers (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)</p>	<p>14 9:00 Walk in the Park (Higginbotham Park) 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:00 Visit the Ranching Heritage Center and Trolley Tour (Ranching Heritage Center) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)</p>	<p>15 10:45 Lunch Out at Cook's Garage (Cook's Garage) 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Sweet Dreams: The Story of Legendary Country Singer Patsy Kline" (Ch 2) 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)</p>	<p>16 11:00 Style Show Lunch: Dillard's (*WSCR) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 2:30 CarFit Event Info-Meeting with TTUHSC (*PPFL) 7:00 Throwback Thursday Movie: "Fiddler on the Roof" (Ch 2)</p>	<p>17 9:00 Coffee and Donuts (*WS Wilson Loft) 10:15 Arts History Lecture Series (Texas Tech Museum) 1:00 Line Dancing (*WSCR) 1:00 Visit the Pumpkin Trail (Lubbock Arboretum) 2:30 CarFit Event with TTUHSC (TBA) 3:00 Jess Peterson: Judge Roy Bean - Law West of the Pecos (*WSCR) 7:00 Weekend Movie: "The Chronicles of Narnia: The Lion, The Witch, and the Wardrobe" (Ch 2)</p>	<p>18 TBA TTU vs Baylor (Jones AT&T Stadium) 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 2:00 "Managing Behavioral Expression in Dementia" (Ch 2) 7:00 Weekend Movie: "The Chronicles of Narnia: The Lion, The Witch, and the Wardrobe" (Ch 2)</p>
<p>10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "The Chronicles of Narnia: The Lion, The Witch, and the Wardrobe" (Ch 2)</p>	<p>20 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 2nd Fl South Card Room (2204)) 2:30 Stockings for Soldiers (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)</p>	<p>21 9:00 Walk in the Park (Higginbotham Park) 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 2:30 Pumpkin Decorating (*PPFL) 6:00 Bingo (*PPCR)</p>	<p>22 8:00 Day Trip to Abilene (Abilene, TX) 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "The Brothers Grimm" (Ch 2) 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)</p>	<p>23 8:45 - 9:30 Cornerstone Audiology Hearing Aid Clinic (*PPFL) 9:30 - 10:15 Cornerstone Audiology Hearing Aid Clinic (*WS Parlor) 10:00 Come and See (TTU Museum) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 7:00 Throwback Thursday Movie: "Laura" (Ch 2)</p>	<p>24 10:15 Arts History Lecture Series (Texas Tech Museum) 1:00 Line Dancing (*WSCR) 4:00 Oktoberfest Happy Hour (*PP Dining Room) 7:00 Weekend Movie: "The Addams Family" (Ch 2)</p>	<p>25 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "The Addams Family" (Ch 2) 9:30 T'ai Chi Chih Practice (*PPOR)</p>
<p>10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "The Addams Family" (Ch 2)</p>	<p>27 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 1:30 Shop Target 2:30 Book Club: The Lost City of Z by David Grann (*WS Wilson Loft) 2:30 Stockings for Soldiers (*PPFL) 3:00 Cesar's Hip Pocket Class: Hydration (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)</p>	<p>28 9:00 Walk in the Park (Higginbotham Park) 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:00 Halloween Movie and Pumpkin Ice Cream (*WSCR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)</p>	<p>29 10:00 Early Voting (Market Street on 19th) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Canyon Lakes Presentation by Jim Bertram (*PPFL) 2:30 Popcorn and a Movie: "Hocus Pocus" (Ch 2) 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) 7:30 Octubafest (Hemmle Hall)</p>	<p>30 Halloween 10:00 All Saints Episcopal School Kindergarten Choir (*PPFL) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 2:30 Wellness Presentation (*PPFL)</p>	<p>31 November 1st 9:00 Coffee & Donuts (*PPFL) 10:15 Arts History Lecture Series (Texas Tech Museum) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL)</p>	<p>31 November 2nd 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 11:00 - 1:00 Roundtable: Never Forgotten-Keeping the Legacy Alive at the Silent Wings Museum (*PPCR) 7:00 Matador Singers and Scarlet Voce (Buddy Holly Hall)</p>