

<b>LSO: “Highlights from Rigoletto”</b> <i>Please sign up. For tickets, call the LSO Office at (806) 762-1688. You need to have your own tickets. \$5.00 for Transportation. Transportation Only! Join us for an extraordinary night of music that highlights pieces from Rigoletto.</i>	Sat Jan 18th	6:45 PM	*Buddy Holly Hall
<b>Book Club</b> <i>Join us for a Book Club led by Martha Webster. Open to everyone, whether you have participated in reading the book or not! January’s Book Club book will be “The Alchemist” by Pablo Coelho. There are copies available at each front desk to check out. This magical story follows Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure.</i>	Mon Jan 20th	2:30 PM	*WS Wilson Loft
<b>Healthy Aging Lecture Series</b> <i>Dr. Jonathan Singer will give a presentation titled, “Importance of Early Cognitive Screening As We Age: A Look at the New Memory Clinic”. Snacks will be provided.</i>	Wed Jan 22nd	3:00 PM	*WSCR
<b>Carillon Annual Memorial Service</b> <i>You are invited to this ceremony to honor Carillon residents who have passed away in the last calendar year. A reception will follow the memorial in the Pointe Plaza Fireside Lounge.</i>	Thurs Jan 23rd	2:30PM	*Neil Chapel
<b>Carillon Resident Online Directory Enrollment</b> <i>We will be assisting residents enroll in and answering questions about Carillon’s online directory. Must bring a smart phone, Apple ID password if an iPhone, and have access to your email.</i>	Fri Jan 24th	2:30 PM	*PPFL
<b>Cesar’s Hip Pocket Class: Fall Prevention</b> <i>Our Wellness Coordinator, Cesar Ramos, will be presenting on how to prevent falls and what to do if a fall happens.</i>	Mon Jan 27th	3:00 PM	*PPFL
<b>Blue Light: The Hub City Drifters</b> <i>Please sign up! Cost is \$5.00 cash, paid to the front desk. Deadline to sign up is Monday, January 27th. Danny Cadra’s band, The Hub City Drifters, will be playing at The Bluelight Live! Join us for a fun night out!</i>	Wed Jan 29th	7:40 PM	The Blue Light
<b>Wellness Presentation: Knees</b> <i>Come and learn all about the knees and the common problems we see in this population. You may also get some recommendations on what to do to keep your knees strong!</i>	Thurs Jan 30th	2:30 PM	*PPFL

## Regular Events

	Wednesday	Thursday	Friday	
<b>Monday</b>	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 Strength Building (*PP WC) 12:40-1:30 Gym Time (*PP WC) <b>1:30 Shop Walmart on 4th/Shop Target</b> 1:30-2:30 Brain/Game Training (*PPFL) 3:00 T'ai Chi Chih (*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)	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 (*WSWC) 1:00-1:45 Cardio Training (*PPOR) 2:00-2:45 Deep Water Aerobics (Swimming Pool)	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)

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

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 January: read about this month’s events!

<b>Progressive Meal</b> <i>Please sign up! Deadline to turn in form is Friday, January 3rd. During the month of January we thought it might be fun to do a progressive meal. Every Tuesday we will go somewhere new and indulge in a different meal. Please fill out the Progressive Meals Sheet and turn into the front desk.</i>	Tuesdays in January
January 7th at 8:00 AM: Breakfast	
January 14th at 11:00 AM: Lunch	
January 21st at 5:00 PM: Dinner	
January 28th at 2:30 PM: Dessert	

<b>Carillon 2025 Pictorial Directory Photo Day</b>	Mon Jan 6th	11:00 AM-12:00 PM	*WSCONF
		2:00 PM-3:00 PM	*PPFL
	Tues Jan 7th	11:00 AM-12:00 PM	*PPFL
		2:00 PM-3:00 PM	*WSCONF

We plan to print the 2025 directory in January. We have placed a copy of the pictorial in the front of the sign up books—please check your information to make sure it is correct. We would like for everyone to be included so we will have several photo opportunities. If these times do not work for you, please call Anne at 806-281-6197 to set up another time.

<b>TBA Go to the Movie: TBD</b> <i>Please sign up! Cost is TBA, charged to your account.</i>	Wed Jan 8th	TBD	TBD
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<b>Daytrip to Amarillo</b> <i>Please sign up! Cost is \$8.00, charged to your account. Please bring money for lunch and purchases. Weather permitting, join us for a fun-filled day trip to Amarillo! We'll kick things off with a delicious lunch at Feldman's Wrong Way Diner, known for its classic comfort food. Afterward, we'll explore the rich history of the Texas Panhandle at the Panhandle-Plains Historical Museum. To top off our day, we'll stop by the brand-new Buc-ee's on our way back to Lubbock.</i>	Thurs Jan 9th	9:00 AM	Amarillo, TX
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<b>Arts History Lecture Series</b> <i>Please sign up. Friday, January 10th and 17th are free to attend. Friday, January 24th and onward is \$7.00 per session or \$45.00 for the whole semester (12 sessions), paid at the event. Dr. Christian Conrad will be the Arts History Lecturer. There will also be local artists in attendance each week available for your viewing, prior to the lectures. For more information, please contact the activities office at 806-281-6197.</i>	Fri Jan 10, 17, 24,31	10:15 AM	Texas Tech Museum
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<b>Happy Hour with Entertainment by Jere Lowe and Steve Fillipp</b> <i>Come to the Pointe Plaza Dining Room for snacks, friends and some great music by Jere Lowe and Steve Fillipp!</i>	Fri Jan 10th	4:00 PM	*PP Dining Room
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<b>13th Annual Women’s Health Seminar</b> <i>Please sign up! Cost is \$30.90, charged to your account. Deadline to sign up is Friday, January 3rd. Join us for this year’s Women’s Health Seminar by the Inside Out Foundation. Amy Garcia, MS CSSL, will discuss the Root Cause of disease, focusing on hormones and actionable steps for better health. Tracy Polk will share her journey of breast implant illness, raising awareness about symptoms and healing.</i>	Sat Jan 11th	8:45 AM	Civic Center
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<b>Roundtable: Dr. Rich Rice</b> <i>Please sign up! Cost is \$18.00 paid at the event. Deadline to sign up is Wednesday, January 8th. Dr. Rich Rice's talk is titled “The TTU Center for Global Communication: Global Citizenship Development in the Community”.</i>	Sat Jan 11th	11:00 AM-1:00 PM	*PPCR
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<b>Activity Focus Meeting</b> Meet with the activity gals who will be taking activity suggestions as well as answer any questions or concerns that you may have.	Wed Jan 15th	2:30 PM	*PPFL
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<b>Birthday Dinner</b> <i>Please sign up! If you have had a birthday in the past year, we are here to celebrate it! Join us for the Birthday Bash with entertainment by Alma Quartet! Social Hour will begin at 4:30 PM in the Windsong Wilson Loft.</i>	Thurs Jan 16th	4:30 PM 5:30 PM	*WS Wilson Loft *WSCR
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<b>Jess Peterson: Beethoven and Bonaparte</b> Ludwig Beethoven admired Napoleon Bonaparte for “the way he brought order out of the chaos of a bloody revolution.” Beethoven’s 3 <sup>rd</sup> Symphony is devoted to Napoleon. Here is a story of two historic figures, one a master of music, the other of military conquest.	Fri Jan 17th	3:00 PM	*WSCR
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SUN	MON	TUE	WED	THUR	FRI	SAT
<b>February 2nd</b> 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 Best Exotic Marigold Hotel" (Ch 2)	- Activities in <b>bold</b> lettering are events that require sign up.  - Please check the What's What on the back of this calendar to get details and information on various events.	<b>LOCATION KEY</b> *PPCR - *PP Cimarron Room *PPFL - *PP Fireside Lounge *PPOR - *PP Oakwood Room *PPWC - *PP Wellness Center *WSCR - *WS CapRock Room	<b>New Year's Day</b> 1:00 Games (*WS Game Room) 2:30 Wednesday Afternoon Movie: "You've Got Mail" (Ch 2) 4:00 Tai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "Great Castles of Europe" (Ch 2)	<b>1</b> 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: "True Grit" (Ch 2)	<b>2</b> 9:00 Coffee & Donuts (*PPFL) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL) 7:00 Weekend Movie: "The Best Exotic Marigold Hotel" (Ch 2)	<b>3</b> 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "The Best Exotic Marigold Hotel" (Ch 2)
<b>5</b> 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 Best Exotic Marigold Hotel" (Ch 2)	<b>6</b> 11:00 -12:00 Directory Photos (*WSCONF) 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Target</b> 2:00 -3:00 Directory Photos (*PPFL) 2:30 Lubbock Public Library Bookmobile (*PPFL) 3:00 Tai Chi Chih (*PPOR) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)	<b>7</b> <b>8:00 Progressive Breakfast (TBD)</b> 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 11:00 -12:00 Directory Photos (*PPFL) 2:00 -3:00 Directory Photos (*WSCONF) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)	<b>8</b> <b>TBA Go to the Movies</b> 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: "A Man Called Otto" (Ch 2) <b>4:00 Balance Testing (*PPWC)</b> 4:00 Tai Chi Chuan Practice (*PPOR) <b>5:15 Lady Raiders vs West Virginia (United Supermarkets Arena)</b> 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "Great Castles of Europe" (Ch 2)	<b>9</b> <b>9:00 Day Trip to Amarillo (Visit the new Buc-ee's) (Canyon, TX and Amarillo, TX)</b> 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: "The War Wagon" (Ch 2)	<b>10</b> <b>10:15 Arts History Lecture Series (Texas Tech Museum)</b> 1:00 Line Dancing (*WSCR) 3:15 Town Hall (*Neil Chapel) 4:00 Happy Hour with Entertainment with Jere Lowe and Steve Fillipp (PP Dining Room) 7:00 Weekend Movie: "The Long Game" (Ch 2)	<b>11</b> 8:00 Coffee in the Clubhouse (Clubhouse) <b>8:45 Women's Health Seminar: Hormones (Lubbock Memorial Civic Center)</b> 10:30 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) <b>11:00 - 1:00 Roundtable: "The TTU Center for Global Communication: Global Citizenship Development in the Community" (*PPCR)</b> <b>12:15 Red Raiders vs Iowa State (United Supermarkets Arena)</b> <b>5:15 Lady Raiders vs TCU (United Supermarkets Arena)</b> 7:00 Weekend Movie: "The Long Game" (Ch 2)
<b>12</b> 10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "The Long Game" (Ch 2)	<b>13</b> 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Walmart on 4th</b> 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)	<b>14</b> 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) <b>11:00 Progressive Lunch (TBD)</b> 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR) 7:00 Dementia Education: "Magic of Reminiscence" (Ch 2)	<b>15</b> 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Activity Focus Meeting (*PPFL) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Cocoon" (Ch 2) <b>4:00 Balance Testing (*PPWC)</b> 4:00 Tai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "Great Castles of Europe" (Ch 2)	<b>16</b> 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)) 4:30 Social Hour (*WSWL) <b>5:30 Birthday Dinner (*WSCR)</b> 7:00 Throwback Thursday Movie: "Pillow Talk" (Ch 2)	<b>17</b> 9:00 Coffee and Donuts (*WS Wilson Loft) <b>10:15 Arts History Lecture Series (Texas Tech Museum)</b> 1:00 Line Dancing (*WSCR) 3:00 Jess Peterson: Beethoven and Bonaparte (*WSCR) 7:00 Weekend Movie: "Downton Abbey" (Ch 2)	<b>18</b> 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) <b>12:15 Red Raiders vs Arizona (United Supermarkets Arena)</b> 2:00 Dementia Education: "Magic of Reminiscence" (Ch 2) <b>5:15 Lady Raiders vs BYU (United Supermarkets Arena)</b> <b>6:45 LSO: Highlights from Rigoletto (*BHH)</b> 7:00 Weekend Movie: "Downton Abbey" (Ch 2)
<b>19</b> 10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) <b>4:15 Vesper: Organ Recital: Monica Czausz Berney (FUMC)</b> 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Downton Abbey" (Ch 2)	<b>20</b> <b>Martin Luther King Jr. Day</b> 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Target</b> 2:30 Book Club: "The Alchemist" by Paulo Coelho (*WS Wilson Loft) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)	<b>21</b> 8:00 Hearing Doctor (*PPFL) 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) <b>5:00 Progressive Dinner (TBD)</b> 6:00 Bingo (*PPCR)	<b>22</b> 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 Musketeer" (Ch 2) 3:00 Healthy Aging Lecture Series: "Importance of Early Cognitive Screening as we Age" (*WSCR) <b>4:00 Balance Testing (*PPWC)</b> 4:00 Tai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "Great Castles of Europe" (Ch 2)	<b>23</b> 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 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 2:30 Carillon Annual Memorial Service (Neil Chapel) 7:00 Throwback Thursday Movie: "Lover Come Back" (Ch 2)	<b>24</b> <b>10:15 Arts History Lecture Series (Texas Tech Museum)</b> 1:00 Line Dancing (*WSCR) 2:30 Carillon Online Resident Directory Enrollment/Help (*PPFL) 7:00 Weekend Movie: "Downton Abbey: A New Era" (Ch 2)	<b>25</b> 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) <b>1:15 Lady Raiders vs Oklahoma State (United Supermarkets Arena)</b> 7:00 Weekend Movie: "Downton Abbey: A New Era" (Ch 2)
<b>26</b> 10:30 Sunday Service (Neil Chapel) <b>1:15 Red Raiders vs Oklahoma (United Supermarkets Arena)</b> 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Downton Abbey: A New Era" (Ch 2)	<b>27</b> 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Walmart on 4th</b> 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 3:00 Cesar's Hip Pocket Class: Falls and Fall Prevention (*PPFL) 7:00 Great Course Series: "The World's Greatest Paintings" (Ch 2)	<b>28</b> 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) <b>2:30 Progressive Dessert (TBD)</b> 6:00 Bingo (*PPCR)	<b>29</b> <b>Chinese New Year</b> 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: "Entrapment" (Ch 2) <b>4:00 Balance Testing (*PPWC)</b> 4:00 Tai Chi Chuan Practice (*PPOR) <b>5:15 Red Raiders vs TCU (United Supermarkets Arena)</b> 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: "Great Castles of Europe" (Ch 2) <b>7:40 Hub City Drifters at Blue Light (Blue Light)</b>	<b>30</b> 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: Knees (*PPFL) 7:00 Throwback Thursday Movie: "Send Me No Flowers" (Ch 2)	<b>31</b> <b>10:15 Arts History Lecture Series (Texas Tech Museum)</b> 1:00 Line Dancing (*WSCR) 7:00 Weekend Movie: "Where the Crawdads Sing" (Ch 2)	<b>February 1st</b> 8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) <b>1:30 Pianofest Faculty Piano Recital (Hemmler Hall)</b> 7:00 Weekend Movie: "Where the Crawdads Sing" (Ch 2)

# January 2025

Carillon Community Schedule of Events