Jess Peterson: Marco Polo—The Journey That Mon Feb 21st 3:00 PM *WSCR **Changed the World** Marco Polo's 24-year journey to the land of Kubla Kahn in the 13th Century, and his subsequent book, opened up a new world for

Europeans, and, in many ways, a change in lifestyle—paper money, use of coal for heating, and even pasta (or maybe not?)

Cesar's Hip Pocket Class: Cesar's Corner Mon Feb 24th 2:30 PM

A brief overview of the new items in the bistro that are full of protein, fiber, and probiotics. Let's understand the benefits of healthy snacking and drinks to better ourselves.

11:00 AM Tues Feb 25th **Skyviews Restaurant** Lunch Out at Skyviews **Please sign up! Bring money for lunch.** Join us for a delicious lunch at Skyviews Restaurant located on the top floor of the Texas Tech Plaza Building.

Healthy Aging Lecture Series 3:00 PM *WSCR Wed Feb 26th

This event is FREE! Be on the lookout for the lecture topic!

Wellness Presentation: "Therapy Modalities" Thurs Feb 27th 2:30 PM *PPFL Therapy is much more than exercise and walking! Come and see what Albert and Michal use regularly in the Wellness Center to facilitate

your healing process. By using ultrasound, electrical stimulation, moist hot packs and massage, therapy can make a world of difference in your joint pain, range of motion and overall functional independence.

Happy Hour with Entertainment by Fri Feb 28th 4:00 PM *PP Dining Room

Tim McKenzie

Join us in the Pointe Plaza Dining Room for musical entertainment by Tim McKenzie.

Mardi Gras Dinner with Entertainment Tues Mar 4th 4:30 PM Social Hour *WS Wilson Loft 5:30 PM Dinner *WSCR by Jazz Alley

9:00 Limber Limbs (*PPOR)

Please sign up! Deadline is Thursday, February 27th. Cost is \$16.50 charged to your account. Join us for a lively Mardi Gras **Dinner**, where the flavors and festivities of New Orleans come to life! Dress in your best purple, green, and gold, and don't forget your beads! Laissez les bons temps rouler—let the good times roll!

Regular Events

Monday

9:00 Limber Limbs (*PPOR) 9:00-9:45 Water Aerobics (Świmming 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)

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 (*WŠ WC)

6:00 Bingo (*PPCR)

3:00 T'ai Chi Chih (*PPOR)

*A Market Street Shuttle is provided on Wednesdays from

2:00-2:45 Deep Water Aerobics (Swimming Pool)

Wednesday

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

Friday

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)

9:00 Limber Limbs (*PPOR)

10:00 Limber Limbs (*WSCR)

1:00 Line Dancing (*WSCR)

1:15 Stretch & Balance (Ch 2)

9:00 & 10:00 Limber Limbs (Ch 2)

2:00-2:45 Deep Water Aerobics (Swimming Pool)

9:00-9:45 Water Aerobics (Świmming Pool)

10:45-11:30 Stretch & Balance (*PPOR)

11:30-12:00 Strength Building (*PP WC)

1:45-2:30 Stretch & Balance (*PPOR)

2:45-3:30 Gym Training (*PP WC)

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

KEY

PP Fireside Lounge

PP Cimarron Room

PP Oakwood Room

WS Wellness Center

PP Wellness Center

WS Let's Play Room

BelleCourt Dining

Windsong Caprock Room

(*PPFL)

(*PPCR)

(*PPOR)

(*WSCR

(*WS WC)

(*PP WC)

(*WSLPR)

(*BC Dining)

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 February: read about this month's events!

Cat's Craft: Valentine's Door Décor

decorations!

Mon Feb 3rd 2:30 PM

Join us for a fun craft session led by Cat Padgett, where she will be teach you how to create festive Valentine's Day door

1:20 PM Go to the Movies: Mufasa Wed Feb 5th

Please sign up! Deadline to turn in form is Sunday February 2nd. Cost is \$8.50 charged to your account. Lost and alone, orphaned cub Mufasa meets a sympathetic lion named Taka, the heir to a royal bloodline. The chance meeting sets in motion an expansive journey of an extraordinary group of misfits searching for their destinies.

Rescheduled Day Trip to Amarillo Thurs Feb 6th 9:00 AM Amarillo, TX

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.

National Wear Red Day Fri Feb 7th

Join us in wearing red to raise awareness about cardiovascular risk and disease in women.

*PPFL Making Valentine's Cards Fri Feb 7th

Sweethearts: Someone who has been sweet to you, kind to you, good to you. Join us as we make Valentine's Cards to give to our special sweethearts, such as a neighbor, friend or love one, in our lives!

Roundtable: W. Jarrett Atkinson Sat Feb 8th 11:00 AM-1:00 PM

Please sign up! Cost is \$20.00 paid at the event. Deadline to sign up is Wednesday, February 5th. W. Jarrett Atkinson, Lubbock City Manager, will be giving a talk titled, "Lubbock Update".

PlainsCapital Bank Valentines Dinner Tues Feb 11th 4:30 PM Social Hour *WS Wilson Loft 5:30 PM Dinner

*WSCR Please sign up! Space is limited. Join us for this years Valentine's Dinner provided by PlainsCapital Bank. Entertainment will be "The Hot Texas Band". There will be a Social Hour in the Windsong Wilson Loft at 4:30 PM.

2:00 PM **Carillon Picture Party** Wed Feb 12th *PPFL

Help us dive into Carillon's rich history as we gear up for our 50th Anniversary celebration! We are asking for your help to sift through boxes of old photos from Carillon's past, help select the best ones, and organize them for display. It's a walk down memory lane and a chance to contribute to a milestone moment in Carillon's story. Light refreshments will be provided. We hope to see you there!

2:15 PM Trinity School's 4th Grade Valentines Program Fri Feb 14th

The 4th grade students from Trinity School will be here to perform a special Valentine's Day Program!

Lions Club 73rd Annual Pancake Festival Sat Feb 15th 8:30 AM **Civic Center** Please sign up! The cost of the tickets are \$10.00 cash at the front desk. The deadline to sign up is Thursday.

February 6th. Because everyone likes Pancakes!!! The only thing better than eating a LOT of pancakes is knowing that each year Lubbock Lions Club donates all of the profits raised from the Pancake Festival to over 30 charities.

FUMC Vesper Concert: Houston Boychoir Sun Feb 16th 4:15 PM

Please sign up! Transportation only. The mission of the Houston Boychoir is to build men of character through music. The boys develop discipline, confidence, a love for art and their neighbors. The Chamber Choir is led by director Austin Hunt.

2:30 PM **Book Club: Killers of the Flower Moon** Mon Feb 17th *WS Wilson Loft

Join us for a Book Club led by Martha Webster. Open to everyone, whether you have participated in reading the book or not! February's Book Club book will be "Killers of the Flower Moon: The Osage Murders and the Birth of the FBI" by David Grann, which tells the riveting story of the murders of the world's richest people per capita in the 1920s. Oil had been discovered in the Osage Indian nation in Oklahoma, but with that came a terrible series of deadly crimes.

Mardi Gras: Mask Craft 2:00 PM Tues Feb 18th *PPFL

Please sing up! Cost is \$5 cash to the front desk. Deadline is Wednesday, February 12th. Come join us to craft your very own Mardi Gras masks to wear at our themed dinner next month.

12:00 PM **Beans and Cornbread Lunch** Thurs Feb 20th *PPCR

Please sign up; space is limited to 40! The cost is \$6.00 cash, paid at the front desk. Deadline is Monday, February 17th. It is the perfect time of year for a warm cup of beans and cornbread. Join us for this delicious lunch with all the fixins?

20, MON SUN TUE **WED** March 4th March 2nd March 3rd -Activities in **bold** lettering are events that require **LOCATION KEY** 8:00 Coffee in the 1:30 Bible Study led by Canzada Bray 10:30 Sunday Service (Neil Chapel) 9:30 Cornhole (*PPFL) Clubhouse *PPCR - *PP Cimarron Room (*WS Let's Play Room) sign up. 2:30 Eucharist Service (Neil Chapel) (Clubhouse) 10:00 CreativeWriting (*PPOR) *PP Dining Room - *PP Dining 1:30 Shop Target 4:30 Sunday Afternoon Worship 10:00 Aqua Zumba 2:30 Bible Study (*PPCR) 2:30 Lubbock Public Library Bookmobile Service (Neil Chapel) (Swimming Pool) (*PPFL) *PPFL - *PP Fireside Lounge 4:30 Social Hour (*WSWL) -Please check on the What's What on the back of 7:00 Weekend Movie: "Yesterday" 10:30 Laughter Yoga (Ch 2) 3:00 T'ai Chi Chih (*PPOR) *PPOR - *PP Oakwood Room 5:30 Mardi Gras Dinner the calendar to get details and information on (Ch 2) 7:00 Weekend Movie: 7:00 Great Course Series: "The Viking *PPWC - *PP Wellness Center (*WSCR) Age: New Perspectives on History and "Where the Crawdads various events. *WSCR - *WS CapRock Room Culture" (Ch 2) 6:00 Bingo (*PPCR) Sing" (Ch 2) 1:00 Games (*WS Game Room)
1:20 Go to the Movie: Mufasa 1:30 Bible Study led by 9:30 Cornhole (*PPFL) 9:00 Rescheduled Day Trip **Groundhog Day Lunar New Year** 8:00 Coffee in the Canzada Bray (*WS Let's to Amarillo (Visit the new National Wear Red Day 10:00 Creative Writing Clubhouse 10:30 Sunday Service (Premiere Cinema) Play Room) 00 Men's Club (*PP Dining Room) Buc-ee's) (Canyon, TX 9:00 Coffee & Donuts (Neil Chapel) (*PPOR) (Clubhouse) :30 Beginner Conversational Sign 1:30 Shop Target and Amarillo, TX) (*PPFL) 2:30 Eucharist Service (Neil 2:30 Bible Study (*PPCR) 10:00 Aqua Zumba (Swimmina Language Class (*PPOR) 2:30 Cat's Crafts: Valentines Door 1:00 Thursday Afternoon Games (*PP 10:15 Arts History Lecture Series 2:30 Popcorn and a Movie: Chapel) 2:30 One Day U: Pool) (Texas Tech Museum) Decoration Craft (*PPFL) 3rd Floor N Common Area) (Ch 2)
4:00 Balance Testing (*PPWC) 4:30 Sunday Afternoon "Oppenheimer and the Birth :00 Line Dancing (*WSCR) 10:30 Laughter Yoga (Ch 2) 2:30 Lubbock Public Library 2:00 Men's Bible Study: The Parables Bookmobile (*PPFL) 2:00 Valentine's Day Card Craft of the Atomic Age" (*PPFL) of Jesus (Game Area (1st Floor PP 11:00 - 1:00 Roundtable: Worship Service (Neil 5:15 Lady Raiders vs Utah (United Supermarket 3:00 T'ai Chi Chih (*PPOR) Arena) 6:00 Bingo (*PPCR) "Lubbock Update" (*PPCR) Chapel) 5:15 Wednesday Night Worship Service (Neil 7:00 Great Course Series: "The Viking 6:00 Bluégrass Open Jam (*PPFL) 7:00 Throwback Thursday Movie: 7:15 Red Raiders vs Baylor 7:00 Weekend Movie: 7:00 Weekend Movie: "Where Chapel) 7:00 Weekend Movie: "Redeeming Age: New Perspectives on History "How Green Was My Valley" (Ch 2) 7:00 Great Course Series: "Great Castles of the Crawdads Sing" (Ch 2) "Redeeming Love" (Ch 2) (United Supermarket Arena) and Culture" (Ch 2) Love" (Ch 2) Europe" (Ch 2) :00 Games (*WS Game Room) 8:00 Coffee in the Clubhouse 1:30 Bible Study led by 9:30 Cornhole (*PPFL) :00 Thursday Afternoon Valentine's Day 10:30 Sunday (Clubhouse)
8:30 Lion's Club Pancake 2:00 Carillon Picture Party (*PPFL) 10:15 Arts History Lecture Canzada Bray (*WS Games (*PP 3rd Floor N 10:00 Creative Service (Neil 2:00 Men's Club (*PP Dining Room Let's Play Room) Common Area) Series (Texas Tech 2:30 Beginner Conversational Sign Writing (*PPOR) Festival (Civic Center) Chapel) 1:30 Shop Walmart on 4th Language Class (*PPOR) 2:00 Men's Bible Study: Museum) 10:00 Aqua Zumba (Swimming Pool) 2:30 Bible Study (*PPCR) 2:30 Popcorn and a Movié: "My Best Friend's 4:30 Sunday Afternoon 2:30 Reader's Theater (*PP 2nd Fl The Parables of Jesus (Game 1:00 Line Dancing (*WSCR) 10:30 Laughter Yoga (Ch 2) Wedding" (Ch 2) South Card Room (2204)) 4:30 Social Hour (*WSWL) Area (1st Floor PP North)) 2:15 Trinity Christian School 4th 1:15 Lady Raiders vs Baylor (United Worship Service (Neil 4:00 Balance Testing (*PPWC) 4:00 T'ai Chi Chuan Practice (*PPOR) 3:00 T'ai Chi Chih (*PPOR) 5:30 PlainsCapital Bank 5:30 A Circle of Friendship (CH-1st Graders Valentine Program Supermarket Arena) Chapel) 5:15 Wednesday Night Worship Service (Neil 6:45 David Gaschen: The Phantom Sings 7:00 Great Course Series: "The Floor Conference Room) (*PPFL) Valentine's Day Dinner & Love Songs and Other Favorites 7:00 Weekend Movie: Viking Age: New Perspectives 6:15 Les Miserables (BHH) 3:15 Town Hall (*Neil Chapel) 7:00 Great Course Series: "Great Castles of Dance (*WSCR) (*Cactus Theater) "Redeeming Love" (Ch 2) on History and Culture" (Ch 2) Europe" (Ch 2) 7:00 Weekend Movie: "Ticket to 7:00 Throwback Thursday Movie: 7:00 Weekend Movie: "Ticket to 7:15 Red Raiders vs Arizona State (United 6:00 Bingo (*PPCR) "An Affair to Remember" (Ch 2) Paradise" (Ch 2) Paradise" (Ch 2) Supermarket Arena) 1:00 Games (*WS Game Room) 2:00 Men's Club (*PP Dining Room) 9:00 Coffee and Donuts President's Day 9:30 Cornhole (*PPFL) 12:00 Beans and Cornbread 8:00 Coffee in the 10:30 Sunday Service 1:30 Bible Study led by Lunch (*PPCR) (*WS Wilson Loft) Clubhouse (Clubhouse) (Neil Chapel) 10:00 Creative Writing 2:00 PrimeTimers Choir (*PPFL) Canzada Bray (*WS :00 Thursday Afternoon 10:15 Arts History Lecture 9:30 T'ai Chi Chih Practicé 2:30 Beginner Conversational Sign 2:30 Eucharist Service (*PPOR) Games (*PP 3rd Floor N Language Class (*PPOR) Let's Play Room) Series (Texas Tech (*PPOR) (Neil Chapel) 2:00 Mardi Gras Mask Craft 2:30 Popcorn and a Movie: "Moneyball" (Ch Common Area) 1:30 Shop Target Museum) 10:00 Aqua Zumba (Swimming 4:15 Vesper Concert: Houston (*PPFL) 2:00 Men's Bible Study: The Parables 2:30 Book Club: Killers of the 4:00 Balance Testing (*PPWC) 1:00 Line Dancing (*WSCR) Pool) BoyChoir (FUMC) of Jesus (Game Area (1st Floor PP 2:30 Bible Study (*PPCR) 4:00 T'ai Chi Chuan Practice (*PPOR) Flower Moon (*WS Wilson Loft) 3:00 Jess Peterson: "Marco Polo -10:30 Laughter Yoga (Ch 2) 4:30 Sunday Afternoon Worship 6:00 Bingo (*PPCR) 5:15 Lady Raiders vs Cincinnati (United 3:00 T'ai Chi Chih (*PPOR) The Journey that Changed the 11:15 Red Raiders vs West Virginia 7:00 Throwback Thursday Movie: Service (Neil Chapel) Supermarket Arena) 7:00 Imani Winds and Boston 7:00 Great Course Series: "The World" (*WSCR) (United Supermarket Arena) 5:15 Wednesday Night Worship Service (Neil "The Red Badge of Courage" (Ch 7:00 Weekend Movie: "Ticket to **Brass Concert (Hemmle Hall)** Viking Age: New Perspectives Chapel) 7:00 Weekend Movie: "Forever My 7:00 Weekend Movie: "Forever My Paradise" (Ch 2) :00 Great Course Series: "Great Castles of on History and Culture" (Ch 2) Girl" (Ch 2) Girl" (Ch 2) Europe" (Ch 2) :30 Bible Study led by Canzada :00 Games (*WS Game Room) 8:45 -9:30 Cornerstone 10:15 Arts History Lecture March 1st 10:30 Sunday 9:30 Cornhole Bray (*WS Let's Play Room) 2:00 Men's Club (*PP Dining Audiology Hearing Aid Clinic Series (Texas Tech 8:00 Coffee in the Clubhouse 1:30 Shop Walmart on 4th (*PPFL) Service (Neil Room) Museum) :30 Reader's Theater (*PP 2nd Fl :30 Beginner Conversational 9:30 -10:15 Cornerstone (Clubhouse) :00 Line Dancing (*WSCR) Chapel) South Card Room (2204)) 3:00 Cesar's Hip Pocket Class: Cesar's 10:00 Creative Sign Language Class (*PPOR) Audiology Hearing Aid Clinic (*WS Parlor) 10:00 Aqua Zumba (Swimming Pool) 4:00 Happy Hour with Entertainment by Tim McKenzie (*PP Dining 2:30 Popcorn and a Movie: "Dreamer" (Ch 1:00 Thursday Afternoon Games (*PP 3rd Writing (*PPOR) 4:30 Sunday Afternoon Floor N Common Area) Corner (*PPFL) 2) 3:00 Healthy Aging Lecture Series (*WSCR) 10:30 Laughter Yoga (Ch 2) 3:00 T'ai Chi Chih (*PPOR) 2:00 Men's Bible Study: The Parables of Worship Service (Neil 11:00 Lunch Out at Room) 1:15 Lady Raiders vs Colorado (United 7:00 Great Course Series: "The Viking Age: 4:00 Balance Testing (*PPWC) Jesus (Game Area (1st Floor PP North)) 7:00 Lubbock Concert Band New Perspectives on History and Culture' 4:00 T'ai Chi Chuan Practice (*PPOR) Chapel) Skyview's 2:30 Wellness Presentation: Therapy Supermarket Arena) (Hemmle Hall) Modalities (*PPFL) 5:15 Wednesday Night Worship Service 7:00 Weekend Movie: 2:30 Bible Study (*PPCR) 7:00 Weekend Movie: "Yesterday" (Ch 7:15 Red Raiders vs Houston (United 7:00 Weekend Movie: "Yesterdav" (Neil Chapel) 7:00 Throwback Thursday Movie: "Paper 7:00 Great Course Series: "Great Castles of Moon" (Ch 2) (Ch 2) "Forever My Girl" (Ch 2) 6:00 Bingo (*PPCR) Europe" (Ch 2) February 2025