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| Lunch Out at Vizo's <i>Please sign up! Vizo's is owned and operated by two Texas Tech alums and is the first African Bar and Restaurant in West Texas! Vizo's is a scratch kitchen, be prepared to have a little wait.</i> | Tues Mar 25th | 11:00 AM | Vizo's African Restaurant |
| Healthy Aging Lecture Series <i>This event is FREE! Amie Duemer, the Director of South Plains Kidney Foundation, will be giving a talk titled, "What to Know During and After Kidney Disease Awareness".</i> | Wed Mar 26th | 3:00 PM | *WSCR |
| Blue Light: The Hub City Drifters <i>Please sign up! Cost is \$5.00 cash, paid to the front desk. Deadline to sign up is Monday, March 24th. Danny Cadra's band, The Hub City Drifters, will be playing at The Blue Light Live! Join us for a fun night out!</i> | Wed Mar 26th | 7:40 PM | The Blue Light |
| Bagpipes with Jim Hartman <i>Join us to hear Jim Hartman, the son of Carillon's very own Jean Hartman, play the bagpipes!</i> | Thurs Mar 27th | 2:30 PM | *PPFL |
| Jess Peterson: Where Did I Put My... Memory? <i>Some memory loss is a natural part of aging, but should I be concerned about it? This entertaining lecture provides some details about how memory works, some causes of memory loss, and tips to help remembering the little things.</i> | Fri Mar 28th | 3:00 PM | *WSCR |
| Vesper Concert: Hope in Song <i>Please sign up! Transportation Only. Soprano, Amanda Key and Baritone, Gerald Dolter, will perform emotional Spirituals like "Give me Jesus" and "Deep River", and beloved old hymns such as "Amazing Grace" and "How Great Thou Art" arranged by the world renowned composer Phillip Keveren for Violin, Cello, Flute, Clarinet, Soprano, and Baritone.</i> | Sun Mar 30th | 4:15 PM | FUMC |
| Cesar's Hip Pocket Class: "How 'bout Them Apples" <i>Our Wellness Coordinator, Cesar Ramos, will be presenting on benefits of eating apples. Let's explore the benefits of apples and red fruits and vegetables!</i> | Mon Mar 31st | 3:00 PM | *PPFL |

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 (*PPWC)
 12:40-1:30 Gym Time (*PPWC)
1:30 Shop Walmart on 4th/Shop Target
 1:30-2:30 Brain/Game Training (*PPOR)
 3:00 T'ai Chi Chih (*PPOR)
 4:30-5:30 Water Aerobics (Swimming Pool)

Tuesday

9:00-9:30 Gym Time (WSWC)
 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 Functional Fitness (*WSWC)
 1:00-1:45 Gym Time (*WSCR)
 2:00-2:30 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 Walking (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 (*PPWC)
 1:15-2:00 Gym Time (*PPWC)
 2:00 Men's Club (*PPCR)
 2:30-3:15 Cardio Training (*PPWC)
 2:30-3:30 Sign Language Class (*PPOR)
 4:30-5:30 Water Aerobics (Swimming Pool)

Thursday

9:00-9:45 Campus Walk (PP/WS 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)
 1:30-2:30 Cardio Training (*WSWC)

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 & Yoga (*PPOR)
 11:30-12:00 Control Breathing (*PPOR)
 1:00 Line Dancing (*WSCR)
 1:15 Stretch & Balance (Ch 2)
 1:45-2:30 Pool Training (*Swimming Pool)
 2:45-3:30 Gym Training (*PPWC)

KEY

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|--------------|-----------------------|
| (*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 March: read about this month's events!

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| Day Trip to Big Spring <i>Please sign up! Bring money for lunch! Join us for a fun-filled day trip to Big Spring, Texas. We will enjoy a delicious lunch at Hotel Settles and then continue our adventure at the Heritage Museum & Potton House.</i> | Thurs Mar 6th | 9:00 AM | Big Spring, TX |
| Art History Lecture Series <i>Please sign up. Cost is \$7.00 or \$45 for the whole semester (10 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 Mar 7, 14, 28 | 10:15 AM | Texas Tech Museum |
| Roundtable: Jeff Barrington <i>Please sign up! Cost is \$20.00 paid at the event. Deadline to sign up is Wednesday, March 5th. Jeff Barrington, Associate Vice President and Chief Information Security Officer for Information Technology at Texas Tech, will be giving a talk titled, "Cybersecurity: Are We There Yet?".</i> | Sat Mar 8th | 11:00AM-1:00PM | *PPCR |
| LSO: Tchaikovsky's First Piano Concerto <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!</i> | Sat Mar 8th | 6:45 PM | Buddy Holly Hall |
| Tour Buddy Holly Hall <i>Please sign up! Join us for an informational tour of the Buddy Holly Hall.</i> | Mon Mar 10th | 9:00 AM | Buddy Holly Hall |
| Go to the Movies: "The Unbreakable Boy" <i>Please sign up! Cost is TBA charged to your account. When Scott and Teresa learn that their son, Austin, is autistic and has brittle bone disease, they initially worry about his future. However, with Scott's growing faith and Austin's incredible spirit, they become unbreakable as they find joy, gratitude and courage in the most trying times.</i> | Tue Mar 11th | TBA | Premiere Cinemas |
| Painting with a Twist <i>Please sign up! Cost is \$5.00 cash to the front desk. Deadline to sign up is Monday, March 10th. Join us for a Spring themed painting session with our very own Anne from Activities! Enjoy some refreshments as you create your masterpiece!</i> | Wed Mar 12th | 2:00 PM | *WSWL |
| Culinary Presentation and Kitchen Tour <i>Please sign up! Spaces are limited. Karl will be giving a presentation about the kitchen and how it all operates. After the presentation, Karl will give small group tours through the kitchen.</i> | Thurs Mar 13th | 2:30 PM | *PPCR |
| St. Patrick's Day New Resident Happy Hour <i>Join us in the Pointe Plaza Dining Room to welcome new residents to Carillon at our St. Patrick's Day themed Happy Hour.</i> | Fri Mar 14th | 4:00 PM | *PP Dining Room |
| Ice Cream at Holly Hop and Kiss the Blarney Stone <i>Please sign up! Join us for delicious ice cream at Holly Hop before adventuring to TTU to kiss the Blarney Stone! It's the perfect mix of sweet treats and tradition.</i> | Mon Mar 17th | 3:00 PM | Holly Hop & TTU |
| Book Club: The Way I Heard It <i>Join us for a Book Club led by Martha Webster. Open to everyone, whether you have participated in reading the book or not! March's Book Club book will be "The Way I Heard It" by Mike Rowe, which presents thirty-five mysteries "for the curious mind with a short attention span." Every one is a trueish tale about someone you know, filled with facts that you don't. Movie stars, presidents, bloody do-gooders, and villains—they're all here, waiting to shake your hand, hoping you'll remember them.</i> | Tues Mar 18th | 2:30 PM | *WSWL |
| March Madness <i>Please sign up! Calling all sports fans and non-sports fans, it's March Madness time! Grab your friends and join us for some basketball fun. We will be doing some seated basketball games such as dribbling, passing, shooting hoops and more! You don't want to miss out!</i> | Wed Mar 19th | 2:30 PM | *PPFL |
| Wellness Presentation: Vertigo <i>Albert will be giving an informational presentation on vertigo. Join us to learn more!</i> | Thurs Mar 20th | 2:30 PM | *PPFL |
| Happy Hour Honoring Bess Haley <i>Join us in the Pointe Plaza Dining Room to honor Bess Haley's years dedicated to Carillon. Entertainment will be by Courtney and Ramon.</i> | Fri Mar 21st | 4:00 PM | PP Dining Room |
| Ragtown: "Jesus, Son of Man" <i>Please sign up! Cost is \$16.50 charged to your account. Vets are FREE! Deadline to sign up is Friday, March 7th. Jesus, Son of Man celebrates the coming Easter season with three unique and poignant depictions of Jesus.</i> | Sat Mar 22nd | 1:30 PM | Post, TX |

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|--|---|--|--|
| 10:30 Sunday Service (Neil Chapel) 30 12:15 Annie (*BHH) 4:15 Vesper Concert: Hope in Song (*FUMC) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "News of the World" (Ch. 2) | 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 31 1:30 Shop Target 3:00 Cesar's Hip Pocket Class: "How 'bout Them Apples" (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The Viking Age: New Perspectives on History and Culture" (Ch 2) | April 1st 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR) | April 2nd 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 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: "Great Castles of Europe" (Ch 2) | 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 | Activities in bold 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 each activity! | 8:00 Coffee in the Clubhouse (Clubhouse) 1 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 1:15 Lady Raiders vs Colorado (United Supermarket Arena) 7:00 Weekend Movie: "Yesterday" (Ch 2) |
| 10:30 Sunday Service (Neil Chapel) 2 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Yesterday" (Ch 2) | 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 3 1:30 Shop Target 2:30 Lubbock Public Library Bookmobile (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The Viking Age: New Perspectives on History and Culture" (Ch 2) | 9:30 Cornhole (*PPFL) 4 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 4:30 Social Hour (*WSWL) 5:30 Mardi Gras Dinner (*WSCR) 6:00 Bingo (*PPCR) | 1:00 Games (*WS Game Room) 5 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Alaska's Wild Denali" (Ch. 2) 3:00 Ash Wednesday Service (*Neil Chapel) 4:00 Balance Testing (*PPWC) 4:00 T'ai Chi Chuan Practice (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 6:15 Red Raiders vs Colorado (United Supermarket Arena) 7:00 Great Course Series: "Great Castles of Europe" (Ch 2) | 9:00 Day Trip to Big Spring (Big Spring, TX) 6 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: "Battle Hymn" (Ch. 2) | 9:00 Coffee & Donuts (*PPFL) 7 10:15 Arts History Lecture Series (Texas Tech Museum) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL) 7:00 Weekend Movie: "IF" (Ch. 2) | 8:00 Coffee in the Clubhouse (Clubhouse) 8 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 11:00 - 1:00 Roundtable: "Cybersecurity: Are We There Yet?" (*PPCR) 6:45 Lubbock Symphony Orchestra: "Tchaikovsky's First Piano Concerto" (*BHH) 7:00 Weekend Movie: "IF" (Ch. 2) |
| Daylight Savings Time Begins 9 10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "IF" (Ch. 2) | 9:00 Tour Buddy Holly Hall (*BHH) 10 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)) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The Viking Age: New Perspectives on History and Culture" (Ch 2) | TBA Go to the Movies: "The Unbreakable Boy" 11 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR) | 1:00 Games (*WS Game Room) 12 2:00 Men's Club (*PPCR) 2:00 Painting with a Twist (*WSWL) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Wednesday Afternoon Movie: Daniel O'Donnell - Live From Branson (Ch. 2) 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: "Great Castles of Europe" (Ch 2) | 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 13 2:00 Men's Bible Study: The Parables of Jesus (Game Area (1st Floor PP North)) 2:30 Culinary Presentation & Kitchen Tour (*PPCR) 5:30 A Circle of Friendship (CH- 1st Floor Conference Room) 7:00 Throwback Thursday Movie: "Charade" (Ch. 2) | 10:15 Arts History Lecture Series (Texas Tech Museum) 14 1:00 Line Dancing (*WSCR) 3:15 Town Hall (*Neil Chapel) 4:00 St. Patrick's Day New Resident Happy Hour (*PP Dining Room) 7:00 Weekend Movie: "Elvis" (Ch. 2) | 8:00 Coffee in the Clubhouse (Clubhouse) 15 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 1:15 Pretty Woman (*BHH) 7:00 Weekend Movie: "Elvis" (Ch. 2) |
| 10:30 Sunday Service (Neil Chapel) 16 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Elvis" (Ch. 2) | St. Patrick's Day 17 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 1:30 Shop Target 3:00 Ice Cream at Holly Hop and Kiss the Blarney Stone (*Holly Hop and TTU) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "The Viking Age: New Perspectives on History and Culture" (Ch 2) | 9:30 Cornhole (*PPFL) 18 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 2:30 Book Club: "The Way I Heard It" (*WS Wilson Loft) 6:00 Bingo (*PPCR) | 8:00 Hearing Doctor (*PPFL) 19 1:00 Games (*WS Game Room) 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Carillon March Madness (*PPFL) 2:30 Popcorn and a Movie: "Unbroken" (Ch. 2) 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: "Great Castles of Europe" (Ch 2) | 9:00 Walk in the Park (*Higginbotham Park) 20 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: Vertigo (*PPFL) 7:00 Throwback Thursday Movie: "The Greatest Show On Earth" (Ch. 2) | 9:00 Coffee and Donuts (*WS Wilson Loft) 21 1:00 Line Dancing (*WSCR) 4:00 Happy Hour Honoring Bess Haley (*PP Dining Room) 7:00 Weekend Movie: "Cry Macho" (Ch. 2) | 8:00 Coffee in the Clubhouse (Clubhouse) 22 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 1:30 Ragtown Gospel Theater "Jesus, Son of Man" (*Post, Tx) 7:00 Weekend Movie: "Cry Macho" (Ch. 2) |
| 10:30 Sunday Service (Neil Chapel) 23 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Cry Macho" (Ch. 2) | 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 24 1:30 Shop Walmart on 4th 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 3:00 T'ai Chi Chih (*PPOR) 6:45 Celtic Angels Ireland (*Cactus Theater) 7:00 Great Course Series: "The Viking Age: New Perspectives on History and Culture" (Ch 2) | 9:30 Cornhole (*PPFL) 25 10:00 Creative Writing (*PPOR) 11:00 Lunch Out at Vizo's 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR) | 1:00 Games (*WS Game Room) 26 2:00 Men's Club (*PPCR) 2:30 Beginner Conversational Sign Language Class (*PPOR) 2:30 Popcorn and a Movie: "Last Vegas" (Ch. 2) 3:00 Healthy Aging Lecture Series: Kidney Disease Awareness (*WSCR) 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: "Great Castles of Europe" (Ch 2) 7:40 Hub City Drifters at the Blue Light (*Blue Light) | 8:45 -9:30 Cornerstone Audiology Hearing Aid Clinic (*PPFL) 27 9:00 Walk in the Park (*Higginbotham Park) 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 Bagpipes with Jim Hartman (*PPFL) 7:00 Throwback Thursday Movie: "Why Didn't They Ask Evans?" (Ch. 2) | 10:15 Arts History Lecture Series (Texas Tech Museum) 28 1:00 Line Dancing (*WSCR) 3:00 Jess Peterson: "Where Did I Put My... Memory?" (*WSCR) 7:00 Weekend Movie: "News of the World" (Ch. 2) | 8:00 Coffee in the Clubhouse (Clubhouse) 29 9:30 T'ai Chi Chih (*PPOR) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "News of the World" (Ch. 2) |

March 2025

Carillon Community Schedule of Events