MON **WED** FRI 9:00 Campus Walk (*PP Lobby) 9:00 Water Aerobics Class (Swimming 9:00 Coffee & Donuts (*PPFL) **LOCATION KEY** -Activities in **bold** lettering are events that require 9:00 Coffee in the Pool) 10:45 Stretching & Balance (*PPOR) 10:00 Silver Stars Choir (*PPFL) 9:00 Water Walking (Carillon Clubhouse (Clubhouse) *PPCR - *PP Cimarron Room 10:45 Stretch & Balance 11:30 Functional Fitness (*PPOR) 1:00 Games in the Let's Play Room (*WS Pool) 10:00 Agua Zumba sign up. (*WSCR) 0:45 Stretching & Balance *PPFL - *PP Fireside Lounge (Swimming Pool) 1:30 Strength Building (*WS Wellness Let's Play Room) 1:30 Cardio Drumming (*PPOR) 2:00 Men's Club (*PPCR) 10:30 Laughter Yoga (Ch 2) Center) 1:30 Strength Building (*PPWC) *PPOR - *PP Oakwood Room 1:00 Thursday Afternoon Games (*PP 3rd 11:00 -1:00 Roundtable: Dr. Brian 2:30 Popcorn and a Movie: "Sleepless in Seattle" (Ch :00 Line Dancing (*WSCR) *PPWC - *PP Wellness Center -Please check on the What's What on the back of Floor N Common Area) Hirth, Research Professor, National 2:00 Water Aerobics Class (Swimming 3:00 Chair Yoga and Deep Breathing (*PPOR) 1:20 Go to the Movie: "Jesus Revolution" Wind Institute (*PPCR) Pool) 5:15 Wednesday Night Worship Service (Neil Chape 6:15 Lady Raiders vs. TCU (United Supermarkets *WSCR - *WS CapRock Room (Premiere Cinema) the calendar to get details and information on 4:15 TT Men vs. Oklahoma State 3:00 Functional Fitness (*PPOR) 1:30 Cardio Drumming (*PPOR) (United Supermarkets Arena) 6:00 Bluegrass Open Jam (*PPFL) 3:00 Water Walking (Carillon Pool) 7:00 Great Course Series: Great American Bestseller (Ch 2) various events. 7:00 Weekend Movie: "Wild Mountain 7:00 Weekend Movie: "Wild 7:00 Throwback Thursday Movie: "Little Mountain Thyme" (Ch 2) Women" (Ch 2) Thyme" (Ch 2) 9:00 Water Aerobics Class 2:00 Campus Walk (*PP Lobby) 2:00 Water Aerobics Class (Swimming 9:00 Campus Walk (*PP Lobby) 9:00 Water Walking (Carillon 10:30 Sunday Service with 9:00 Coffee in the (Swimming Pool) 0:00 Creative Writing (*PPOR) 10:45 Stretch & Balance Jim Powell (Neil 9:30 Grocery Shopping at Market Street 0:45 Stretching & Balance (*PPOR) 10:45 Stretching & Balance Clubhouse 10:45 Stretch & Balance (*WSCR) (Market Street on 19th) 1:30 Strength Building (*PPWC) Chapel) (*WSCR) 0:45 Stretching & Balance (*PPOR) 1:30 Strength Building (*WS (*PPOR) (Clubhouse) :30 - 2:00 Brain Training (*PPFL) 12:15 "Legally Blonde: The 11:30 Strength Building (*PPWC) 1:00 Line Dancing (*WSCR) 1:30 Functional Fitness (*PPOR) 1:00 Games in the Let's Play Room (*WS Let's Play 1:30 Southwest Parkinson's Support Group Wellness Center) 1:30 Bible Study led by Canzada Bray (*WS Let's 1:00 Thursday Afternoon Games (*PP 3rd 10:00 Aqua Zumba Musical" (Buddy Holly Hall) (Alliance Church) Play Room) 1:30 Strength Building (*WS Wellness 2:00 Water Aerobics Class (Swimming Pool) 1:30 Shop Target Floor N Common Area) 2:30 Eucharist Service (Neil 1:30 Cardio Drumming (*PPOR) 2:00 Men's Club (*PPCR) (Swimming Pool) 3:00 Functional Fitness (*PPOR) 2:00 One Day University: "Ernest Hemingway: Center) 1:30 Cardio Drumming (*PPOR) Chapel) :30 - 2:00 Brain Training (*WS Parlor) 2:30 Seniors are Special (*UMC) 9:30 Town Hall (*Neil Chapel) One True Sentence" (*PPFL) 10:30 Laughter Yoga (Ch 2) 2:30 Armchair Travel with Katie: Ireland 4:30 Sunday Afternoon Worship 2:30 Poncorn and a Movie: "Daniel O'Donne 3:00 Irish Dance (*PPOŘ) 2:30 Study of the Book of Ephesians 4:00 Happy Hoùr with Entertainment by Tim Branson: Encore" (Ch 2) 7:00 Weekend Movie: 3:00 T'ai Chi Chih (*WS 2nd Floor Activity Room) Service (Neil Chapel) McKenzie (*PPFL) 3:00 Water Walking (Carillon Pool) 3:00 Chair Yoga and Deep Breathing (*PPOR) 7:00 Great Courses Series: "The Wisdom of 5:30 Pizza and a Movie: "The Lost City" 7:00 Weekend Movie: "Ticket to Paradise" 5:15 Wednesday Night Worship Service (Neil Chapel) "Ticket to Paradise" (Ch 2) 7:00 Throwback Thursday Movie: "1941" 7:00 Weekend Movie: "Wild History" (Ch 2) (*WSCR) 7:00 Great Course Series: Great American Bestseller (Ch 2) Mountain Thyme" (Ch 2) 6:00 Bingo (*PPCR) 9:00 Water Aerobics Class 9:00 Water Aerobics Class (Swimming 9:00 Campus Walk (*PP Lobby) St. Patrick's Day **Daylight Savings Time** 9:00 Campus Walk (*PP 9:00 Coffee in the 18 (Swimming Pool) 10:45 Stretch & Balance 9:00 Coffee and Donuts (*WS Clubhouse (Clubhouse) Lobby) 9:30 Grocery Shopping at Market Street (Market Street on 19th) Beains 0:45 Stretching & Balance (*PPOR) Wilson Loft) (*WSCR) 10:00 -11:00 A Circle of 1:30 Strength Building (*PPWC) 10:00 Creative Writing 10:30 Sunday Service 9:00 Water Walking (Carillon :45 Stretching & Balance (*PPOR) 1:30 Strength Building (*WS :30 - 2:00 Brain Training (*PPFL) Friendship (CH- 1st Floor (*PPOR) 1:30 Functional Fitness (*PPOR) Wellness Center) with Jim Powell (Neil Chapel) 1:30 Bible Study led by Canzada Bray (*WS Let's :00 Games in the Let's Play Room (*WS Let's Play 10:45 Strétch & Balance (*WSCR) 1:00 Thursday Afternoon Games (*PP 3rd 10:45 Stretching & Balance (*PPOR) Conference Room) Play Room) Room) 1:30 Cardio Drumming (*PPOR) 2:00 Men's Club (*PPCR) 4:30 Sunday Afternoon 11:30 Strength Building (*PPWC) 10:00 Aqua Zumba (Świmming Pool) 1:30 Shop Walmart on 4th 11:30 Strength Building (*WS Floor N Common Area) Worship Service (Neil 1:00 Line Dancina (*WSCR) 10:30 Laughter Yoga (Ch 2) 2:00 One Day University: "Conflict and 1:30 Cardio Drumming (*PPOR) Wellness Center) Conquest in the American West" (*WS Wilson 2:30 Popcorn and a Movie: "Riverdance: Live from 1:30 Texas Tech Campus Walk and Kiss the 3:00 Water Walking (Carillon Pool) Chapel) 1:30 Ragtown Gospel Theater: "Thee 1:30 - 2:00 Brain Training (*WS Radio City Music Hall" (Ch 2) **Blarney Stone** 4:30 Social Hour (*WS 2nd Floor Lobby) 3:00 Chair Yoga and Deep Breathing (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) Hallelujahs" (Post, TX) 7:00 Weekend Movie: "Ticket 3:00 Irish Dance (*PPOR) 2:00 Water Aerobics Class (Swimming Pool) Parlor) 5:30 Irish Dinner (*WSCR) 3:00 T'ai Chi Chih (*WSCR) 7:00 Weekend Movie: "The 3:00 Functional Fitness (*PPOR) 7:00 Great Course Series: Great American Bestselle to Paradise" (Ch 2) 2:00 Sonshiner Choir (*PPFL) 7:00 Throwback Thursday Movie: "The 7:00 Great Courses Series: "The Wisdom of 7:00 Weekend Movie: "The Marksman" (Ch Marksman" (Ch 2) Whales of August" (Ch 2) History" (Ch 2) 6:00 Bingo (*PPCR) Beginning of Ramadan 8:30 Day Trip to Clarendon, TX 9:00 Water Walking (Carillon 9:00 Water Aerobics Class 9:00 Campus Walk (*PP 10:30 Sunday Service 9:00 Coffee in the :00 Water Aerobics Class (Swimming (Swimming Pool) 9:00 Campus Walk (*PP Lobby) Pool) Lobby) with Jim Powell (Neil Clubhouse 10:45 Stretching & Balance 10:45 Stretching & Balance 10:00 Come and See (Texas 10:00 Creative Writina 9:30 Grocery Shopping at Market Stree Chapel) (*PPOR) (Clubhouse) Tech Museum) (*PPOR) (Market Street on 19th) (*PPOR) 11:30 Strength Building (*PPWC) 1:00 Line Dancing (*WSCR) 11:30 Strength Building (*PPWC) 10:45 Stretching & Balance (*PPOR) 10:45 Stretch & Balance (*WSCR) 2:30 Eucharist Service (Neil 9:30 T'ai Chi Chih Practice 1:30 - 2:00 Brain Training (*PPFL) 11:30 Functional Fitness (*PPOR) 1:00 Games in the Let's Play Room (*WS Let's Play 10:45 Stretch & Balance (*WSCR) 11:30 Strength Building (*WS Wellness 1:30 Bible Study led by Canzada Bray (*WS Chapel) (*PPOR) 11:30 Strenath Buildina (*WS 2:00 Water Aerobics Class (Swimming Pool) Center) Room) Let's Play Room 4:30 Sunday Afternoon 3:00 Functional Fitness (*PPOR) 10:00 Aqua Zumba (Swimming 1:30 Cardio Drumming (*PPOR) 2:00 Men's Club (*PPCR) 1:00 Thursday Afternoon Games (*PP 3rd Wellness Center) 1:30 Shop Target 4:00 Happy Hour with Entertainment by 2:00 One Day University: "Over My Dead Body" (*PPFL) Floor N Common Area) I:30 - 2:00 Brain Training (*WS Parlor) Worship Service (Neil Pool) 2:30 March Madness (*PPFL) Steve Williams and Cary Banks (*WSCR) 1:30 Cardio Drumming (*PPOR) 2:30 Study of the Book of Ephesians 2:30 Popcorn and a Movie: "God's Not Dead" (Ch 2) 10:30 Laughter Yoga (Ch 2) Chapel) 6:45 Matador Singers (Buddy Holly Hall) 3:00 Irish Dance (*PPOR) 3:00 Water Walking (Carillon Pool) 3:00 Chair Yoga and Deep Breathing (*PPOR) (*PPCR) 7:00 Weekend Movie: "The Great Debaters' 7:00 Weekend Movie: "The 3:00 T'ai Chi Chih (*WSCR) 5:15 Wednesday Night Worship Service (Neil Chapel) 7:00 Great Course Series: Great American Bestsellers 7:00 Throwback Thursday Movie: "The 7:00 Weekend Movie: "The 6:00 Bingo (*PPCR) 7:00 Great Courses Series: "The Wisdom of Grass Harp" (Ch 2) Marksman" (Ch 2) Great Debaters" (Ch 2) History" (Ch 2) April 1st 9:00 Water Aerobics Class (Swimming 9:00 Water Aerobics Class 9:00 Campus Walk (*PP 9:00 Campus Walk (*PP 9:00 Water Walking (Carillon 10:30 Sunday Service (Swimming Pool) Pool) 9:30 Grocery Shopping at Market Street (Market Street on 19th) Lobby) 9:00 Coffee in the Clubhouse Lobby) with Jim Powell (Neil 0:45 Stretching & Balance (*PPOR) 10:45 Stretching & Balance 10:45 Stretch & Balance 10:00 Creative Writina 11:30 Strength Building (*PPWC) 1:30 - 2:00 Brain Training (*PPFL) Chapel) 0:45 Stretching & Balance (*PPOR) 1:30 Functional Fitness (*PPOR) (Clubhouse) (*PPOR) (*WSCR) (*PPOR) 1:30 Strength Building (*PPWC) 4:15 Vesper Concert- Piano 11:00 Lunch Out at Harringan's 1:30 Bible Study led by Canzada Bray (*WS Let's :00 Games in the Let's Play Room (*WS Let's Play 10:00 Aqua Zumba (Swimming Pool) 10:45 Stretch & Balance (*WSCR) 1:00 Line Dancing (*WSCR) 11:30 Strength Building (*WS Wellness Play Room) Recital with Haesun Paik 1:30 Cardio Drumming (*PPOR) 1:30 Watercolor Class (*WS Wilson Loff) 2:00 Water Aerobics Class (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 11:30 Strenath Buildina (*WS 1:30 Shop Walmart on 4th Center) (FUMC) 2:00 One Day University: "New Class / New 3:00 Functional Fitness (*PPOR) Wellness Center) 1:00 Thursday Afternoon Games (*PP 3rd 11:00 Roundtable (*PPFL) Images: The Remarkable James Webb Space 3:00 Jess Peterson: "Generations: The 4:30 Sunday Afternoon Worship 1:30 - 2:00 Brain Training (*WS Parlor) 2:30 Healthy Aging Lecture (TTU Academic Event Floor N Common Area) Telescope" (*WS Wilson Loft) History of American's Future" (*WSCR) 7:00 Weekend Movie: "The Center) 2:30 Popcorn and a Movie: "God's Not Dead 2" (Ch 2) 1:30 Cardio Drumming (*PPOR) Service (Neil Chapel) 2:30 Health and Wellness 3:00 Irish Ďanče (*PPOR) 6:15 Don Giovanni- TTU Opera (Buddy Holly Fabelmans" (Ch 2) Presentation (*WSCR) 3:00 Chair Yoga and Deep Breathing (*PPOR) 5:15 Wednesday Night Worship Service (Neil Chapel) 3:00 Water Walking (Carillon Pool) 3:00 T'ai Chi Chih (*WSCR) 7:00 Weekend Movie: "The 7:00 Great Courses Series: "The Wisdom of 7:00 Throwback Thursday Movie: "The 7:00 Weekend Movie: "The Fabelmans" (Ch 6:00 Bingo (*PPCR) Great Debaters" (Ch 2) 7:00 Great Course Series: Great American Bestseller Villain" (Ch 2) **March** 2023