

<b><u>LSO: “Brahms &amp; Tchaikovsky”</u></b>	<b>Sat Jan 20th</b>	<b>6:45 PM</b>	<b>Buddy Holly Hall</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 explores the connections between two of the greatest composers of the Romantic era.</i>			
<b><u>Book Club</u></b>	<b>Mon Jan 22nd</b>	<b>2:30 PM</b>	<b>*WS Wilson Loft</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 “All the Light We Cannot See” by Anthony Doerr. There are copies available at each front desk to check out. From the highly acclaimed, multiple award-winning Anthony Doerr, the stunningly beautiful instant New York Times bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.</i>			
<b><u>National Compliment Day</u></b>	<b>Wed Jan 24th</b>		
<i>On January 24, celebrate National Compliment Day by going all out with praise. The power of a compliment is pretty remarkable: either giving or receiving one can boost your happiness and confidence — making the act a win-win. You never know when someone could use some good vibes, so spread the positivity by giving someone a reason to smile!</i>			
<b><u>Carillon Annual Memorial Service</u></b>	<b>Thu Jan 25th</b>	<b>2:30 PM</b>	<b>Neil Chapel</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>			
<b><u>Happy Hour with Entertainment</u></b>	<b>Fri Jan 26th</b>	<b>4:00 PM</b>	<b>*WSCR</b>
<i>Come to the Windsong Caprock Room for snacks, friends and great music by John Sprott!</i>			
<b><u>Bluelight Live: The Hub City Drifters</u></b>	<b>Wed Jan 31st</b>	<b>7:45 PM</b>	<b>The Bluelight Live</b>
<i>Please sign up! Cost is \$5.00 cash, paid to the front desk. Danny Cadra’s band, The Hub City Drifters, will be playing at The Bluelight Live! Join us for a fun night out!</i>			

Regular Events

	<b>Wednesday</b>	<b>KEY</b>
<b>Monday</b> 9:00 Limber Limbs (*PPOR) 9:00 Water Aerobics (Swimming Pool) 9:00 & 10:00 Limber Limbs (Ch 2) 10:00 Limber Limbs (*WSCR) 10:45 Stretch & Balance (*PPOR) 11:15 Stretch & Balance (Ch 2) 11:30 Strength Building (*PPWC) <b>1:30 Shop Walmart on 4th/Shop Target</b> 1:30 Brain Training (*PPFL) 2:00 Mexican Dance (*PPOR) 3:00 T'ai Chi Chih (*PPOR)	9:00 Limber Limbs (*PPOR)	(*PPFL) PP Fireside Lounge
	9:00 Water Aerobics (PP Pool)	(*PPCR) PP Cimarron Room
	9:00 & 10:00 Limber Limbs (Ch 2)	(*PPOR) PP Oakwood Room
	10:00 Limber Limbs (*WSCR)	(*WSCR) Windsong Caprock Room
	10:45 Stretch & Balance (*PPOR)	(*WS WC) WS Wellness Center
	11:15 Stretch & Balance (Ch 2)	(*PP WC) PP Wellness Center
	11:30 Strength Building (*PPWC)	(*WSLPR) WS Let’s Play Room
	2:00 Men's Club (*PPCR)	(*BC Dining) BelleCourt Dining
	2:00 Chair Yoga and Deep Breathing (*PPOR)	
<b>Tuesday</b> 9:00 Limber Limbs (*PPOR) 9:00 Campus Walk (*PP Lobby) 9:00 & 10:00 Limber Limbs (Ch 2) 10:00 Limber Limbs (*WSCR) 10:00 Creative Writing (*PPCR) 10:45 Stretch & Balance (*WSCR) 11:15 Stretch & Balance (Ch 2) 11:30 Strength Building (*WSWC) 1:15 Brain Training (*WS Parlor) 2:00 Deep Water Aerobics (Swimming Pool) 6:00 Bingo (*PPCR)	<b>Thursday</b> 9:00 Limber Limbs (*PPOR) 9:00-9:30— Campus Walk (*PP Lobby) 9:00 & 10:00 Limber Limbs (Ch 2) 10:00 Limber Limbs (*WSCR) 10:45 Stretch & Balance (*WSCR) 11:15 Stretch & Balance (Ch 2) 11:30 Strength Building (*WSWC) 1:15 Cardio Drumming (*PPOR) 2:00 Water Walking (Swimming Pool)	
<b>Friday</b> 9:00 Limber Limbs (*PPOR) 9:00 Water Walking (PP Pool) 9:00 & 10:00 Limber Limbs (Ch 2) 10:00 Limber Limbs (*WSCR) 10:45 Stretch & Balance (*PPOR) 11:15 Stretch & Balance (Ch 2) 11:30 Strength Building (*PPOR) 1:00 Line Dancing 2:00 Water Aerobics (PP Pool)	<b>Friday</b> 9:00 Limber Limbs (*PPOR) 9:00 Water Walking (PP Pool) 9:00 & 10:00 Limber Limbs (Ch 2) 10:00 Limber Limbs (*WSCR) 10:45 Stretch & Balance (*PPOR) 11:15 Stretch & Balance (Ch 2) 11:30 Strength Building (*PPOR) 1:00 Line Dancing 2:00 Water Aerobics (PP Pool)	

\*A Market Street Shuttle is provided on Wednesdays from 8:30AM—1:00PM

\*BOLD EVENTS ON THE CALENDAR REQUIRE SIGN UP\*

What’s What in January: read about this month’s events!

<b><u>Progressive Meal</u></b>	<b>Tuesdays in January</b>		
<i>Please sign up. Deadline to turn in form is Thursday, January 4th. 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>			
January 9th at 8:00 AM: Breakfast			
January 16th at 11:00 AM: Lunch			
January 23rd at 4:45 PM: Dinner			
January 30th at 2:30 PM: Dessert			
<b><u>Carillon 2024 Pictorial Directory Photo Day</u></b>	<b>Thu Jan 4th</b>	<b>11:00 AM-12:00 PM</b>	<b>*WSCONF</b>
		<b>2:00 PM-3:00 PM</b>	<b>*PPFL</b>
	<b>Fri Jan 5th</b>	<b>11:00 AM-12:00 PM</b>	<b>*PPFL</b>
		<b>2:00 PM-3:00 PM</b>	<b>*WSCONF</b>
<i>We plan to print the 2024 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 Chaney at 806-281-6197 to set up another time.</i>			
<b><u>One Day University</u></b>			
Monday, January 8th: “Catskill Culture: A Story Told Through Resorts” (*PPFL)			
Monday, January 15th: “Jackie Kennedy: Her Life, Image and Legacy” (*WS Wilson Loft)			
Monday, January 22nd: “Norman Rockwell: Painting America’s Stories” (*PPFL)			
Monday, January 29th: “The Notorious RBG: Champion of Equality and Voice of Dissent” (*WS Wilson Loft)			
<b><u>TBA Go to the Movie: TBD</u></b>	<b>Thu Jan 11th</b>	<b>TBA</b>	
<i>Please sign up! Cost is TBA, charged to your account.</i>			
<b><u>Arts History Lecture Series</u></b>	<b>Fri Jan 12, 19, 26</b>	<b>10:15 AM</b>	<b>Texas Tech Museum</b>
<i>Please sign up. Friday, January 12th and 19th are free to attend. Friday, September 26th are \$7.00 or \$45 for the whole semester (13 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>			
<b><u>Foundation Appreciation Pizza Party</u></b>	<b>Fri Jan 12th</b>	<b>4:00 PM</b>	<b>*PPFL</b>
<i>Come down to the Fireside Lounge for pizza provided by the Carillon Foundation and great music by Jere Lowe and Steve Flipp.</i>			
<b><u>12th Annual Women’s Health Seminar</u></b>	<b>Sat Jan 13th</b>	<b>8:45 AM</b>	<b>Frazier Alumni Pavilion</b>
<i>Please sign up. Cost is \$30.00, charged to your account, bring money for vendors. Deadline to sign up is Friday, January 5th. Join us for this year’s Women’s Health Seminar by the Inside Out Foundation. The speaker will be Dr. Ben Edwards, Veritas Medical. He will be speaking on Anti-aging secrets unlocked! Special focus on amino acids and the long-term power of resistance training specifically for women. This is info you’ve never heard! . Breakfast will be provided.</i>			
<b><u>Lunch with LSO conductor, David Cho, and LSO Musicians</u></b>	<b>Wed Jan 17th</b>	<b>11:30 AM</b>	<b>*PPCR</b>
<i>Please sign up. Cost is \$12.00, charged to your account. Deadline to sign up is Friday, January 12th. Enjoy an intimate lunch with the Lubbock Symphony Orchestra conductor, David Cho, along with Celloist Galen Wixon.</i>			
<b><u>Healthy Aging Lecture Series</u></b>	<b>Wed Jan 17th</b>	<b>3:00 PM</b>	<b>*WSCR</b>
<i>Be on the look out for January’s Healthy Aging Lecture Series speaker and topic!</i>			
<b><u>Birthday Dinner</u></b>	<b>Thu Jan 18th</b>	<b>4:30 PM</b>	<b>*WS Wilson Loft</b>
		<b>5:30 PM</b>	<b>*WSCR</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>			



SUN	MON	TUE	WED	THUR	FRI	SAT
<p>- Activities in <b>bold</b> lettering are events that require sign up.</p> <p>- Please check the What's What on the back of this calendar to get details and information on various events.</p>	<p><b>New Year's Day</b>  <b>12:15 TT Men vs. North Alabama (United Supermarkets Arena)</b>            3:00 T'ai Chi Chih (*PPOR)            7:00 Great Course Series: "The Aging Brain" (Ch 2)</p>	<p>9:30 Cornhole (*PPFL)            10:00 Creative Writing (*PPOR)            2:30 Bible Study (*PPCR)            2:30 Wellness Presentation: Let's Play Virtusence (*PPFL)            6:00 Bingo (*PPCR)</p>	<p>1:00 Games in the Let's Play Room (*WS Let's Play Room)            2:00 Men's Club (*PPCR)            2:30 Popcorn and a Movie: "Jeanne Robertson: Fabulously Funny" (Ch 4)  <b>4:00 Balance Testing (*PPWC)</b>            4:00 T'ai Chi Chuan Practice (*PPOR)  <b>5:15 Lady Raiders vs. Texas (United Supermarkets Arena)</b>            5:15 Wednesday Night Worship Service (Neil Chapel)            7:00 Great Course Series: "Great Presidents" (Ch 2)</p>	<p>11:00 -12:00 Directory Photos (*WSCR)            1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area)            2:00 -3:00 Directory Photos (*PPFL)            7:00 Throwback Thursday Movie: "The King and I" (Ch 4)</p>	<p>9:00 Coffee &amp; Donuts (*PPFL)            11:00 -12:00 Directory Photos (*PPFL)            1:00 Line Dancing (*WSCR)            2:00 -3:00 Directory Photos (*WSCR)            6:00 Bluegrass Open Jam (*PPFL)            7:00 Weekend Movie: "A Man Called Otto" (Ch 4)</p>	<p>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 Kansas (United Supermarkets Arena)</b>            7:00 Weekend Movie: "A Man Called Otto" (Ch 4)</p>
<p>10:30 Sunday Service with Jim Powell (Neil Chapel)            2:30 Eucharist Service (Neil Chapel)            4:30 Sunday Afternoon Worship Service (Neil Chapel)            7:00 Weekend Movie: "A Man Called Otto" (Ch 4)</p>	<p>1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  <b>1:30 Shop Walmart on 4th</b>            2:30 One Day University: "Catskill Culture: A Story Told Through Resorts" (*PPFL)            3:00 T'ai Chi Chih (*PPOR)            7:00 Great Course Series: "The Aging Brain" (Ch 2)</p>	<p><b>8:00 Progressive Breakfast (TBD)</b>            9:30 Cornhole (*PPFL)            10:00 Creative Writing (*PPOR)            2:30 Bible Study (*PPCR)            6:00 Bingo (*PPCR)  <b>6:15 TT Men vs Oklahoma State (United Supermarkets Arena)</b>  <b>6:45 "Shen Yun" (Buddy Holly Hall)</b></p>	<p>1:00 Games in the Let's Play Room (*WS Let's Play Room)            2:00 Men's Club (*PPCR)            2:30 Popcorn and a Movie: "Jeanne Robertson: Flat Out Funny" (Ch 4)  <b>4:00 Balance Testing (*PPWC)</b>            4:00 T'ai Chi Chuan Practice (*PPOR)            5:15 Wednesday Night Worship Service (Neil Chapel)            7:00 Great Course Series: "Great Presidents" (Ch 2)</p>	<p><b>TBA Go to the Movies</b>            1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area)            7:00 Throwback Thursday Movie: "Oklahoma!" (Ch 4)</p>	<p><b>10:15 Arts History Lecture Series (Texas Tech Museum)</b>            1:00 Line Dancing (*WSCR)            3:15 Town Hall (*Neil Chapel)            4:00 Foundation Appreciation Pizza Party (*PPFL)            7:00 Weekend Movie: "A Good Year" (Ch 4)</p>	<p>8:00 Coffee in the Clubhouse (Clubhouse)  <b>8:45 12th Annual Women's Health Seminar (Frazier Alumni Pavilion)</b>            10:00 Aqua Zumba (Swimming Pool)            10:30 Joy Club hosted by The Lubbock Dream Center (*PPFL)            10:30 Laughter Yoga (Ch 2)            11:00 United Women in Faith (*WS Wilson Loft)  <b>2:15 TT Men vs Kansas State (United Supermarkets Arena)</b>            7:00 Weekend Movie: "A Good Year" (Ch 4)</p>
<p>10:30 Sunday Service with Jim Powell (Neil Chapel)            4:30 Sunday Afternoon Worship Service (Neil Chapel)            7:00 Weekend Movie: "A Good Year" (Ch 4)</p>	<p><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 One Day University: "Jackie Kennedy: Her Life, Image and Legacy" (*WS Wilson Loft)            3:00 T'ai Chi Chih (*PPOR)            7:00 Great Course Series: "How to Stay Fit as You Age" (Ch 2)</p>	<p>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)</p>	<p><b>11:30 Lunch with LSO conductor, David Cho, and LSO Musicians (*PPCR)</b>            1:00 Games in the Let's Play Room (*WS Let's Play Room)            2:00 Men's Club (*PPCR)            2:30 Popcorn and a Movie: "Jeanne Robertson: Just for Fun!" (Ch 4)            3:00 Healthy Aging Lecture Series (*WSCR)  <b>4:00 Balance Testing (*PPWC)</b>            4:00 T'ai Chi Chuan Practice (*PPOR)  <b>5:15 Lady Raiders vs Iowa State (United Supermarkets Arena)</b>            5:15 Wednesday Night Worship Service (Neil Chapel)            7:00 Great Course Series: "Great Presidents" (Ch 2)</p>	<p>1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area)            4:30 Social Hour (*WS Wilson Loft)  <b>5:30 Birthday Dinner (*WSCR)</b>            7:00 Throwback Thursday Movie: "The Sound of Music" (Ch 4)</p>	<p>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 (*WSCR)            7:00 Weekend Movie: "Julie &amp; Julia" (Ch 4)</p>	<p>8:00 Coffee in the Clubhouse (Clubhouse)            10:00 -11:00 A Circle of Friendship (CH- 1st Floor Conference Room)            10:00 Aqua Zumba (Swimming Pool)            10:30 Laughter Yoga (Ch 2)  <b>4:15 TT Men vs BYU (United Supermarkets Arena)</b>  <b>6:45 LSO: "Brahms &amp; Tchaikovsky" (Buddy Holly Hall)</b>            7:00 Weekend Movie: "Julie &amp; Julia" (Ch 4)</p>
<p>10:30 Sunday Service with Jim Powell (Neil Chapel)            2:30 Eucharist Service (Neil Chapel)            4:30 Sunday Afternoon Worship Service (Neil Chapel)            7:00 Weekend Movie: "Julie &amp; Julia" (Ch 4)</p>	<p>1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  <b>1:30 Shop Walmart on 4th</b>            2:30 Book Club (*WS Wilson Loft)            2:30 One Day University: "Norman Rockwell: Painting America's Stories" (*PPFL)            3:00 T'ai Chi Chih (*PPOR)            7:00 Great Course Series: "How to Stay Fit as You Age" (Ch 2)</p>	<p>9:30 Cornhole (*PPFL)            10:00 Creative Writing (*PPOR)            2:30 Bible Study (*PPCR)  <b>4:45 Progressive Dinner (TBD)</b>            6:00 Bingo (*PPCR)</p>	<p><b>National Compliment Day</b>            1:00 Games in the Let's Play Room (*WS Let's Play Room)            2:00 Men's Club (*PPCR)            2:30 Popcorn and a Movie: "Jeanne Robertson: Rocking Humor" (Ch 4)  <b>4:00 Balance Testing (*PPWC)</b>            4:00 T'ai Chi Chuan Practice (*PPOR)  <b>5:15 Lady Raiders vs Houston (United Supermarkets Arena)</b>            5:15 Wednesday Night Worship Service (Neil Chapel)            7:00 Great Course Series: "Great Presidents" (Ch 2)</p>	<p>8:45 -9:30 Cornerstone Audiology Hearing Aid Clinic (*PPFL)            9:30 -10:15 Cornerstone Audiology Hearing Aid Clinic (*WSCR)            1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area)            2:30 Carillon Annual Memorial Service (*Neil Chapel)            7:00 Throwback Thursday Movie: "South Pacific" (Ch 4)</p>	<p><b>10:15 Arts History Lecture Series (Texas Tech Museum)</b>            1:00 Line Dancing (*WSCR)            4:00 Happy Hour with Entertainment by John Sprott (*WSCR)            7:00 Weekend Movie: "All Quiet on the Western Front" (Ch 4)</p>	<p>8:00 Coffee in the Clubhouse (Clubhouse)            9:30 T'ai Chi Chih Practice (*PPOR)            10:00 Aqua Zumba (Swimming Pool)            10:30 Laughter Yoga (Ch 2)  <b>1:15 Lady Raiders vs TCU (United Supermarkets Arena)</b>            7:00 Weekend Movie: "All Quiet on the Western Front" (Ch 4)</p>
<p>10:30 Sunday Service with Jim Powell (Neil Chapel)            4:30 Sunday Afternoon Worship Service (Neil Chapel)            7:00 Weekend Movie: "All Quiet on the Western Front" (Ch 4)</p>	<p>1:30 Bible Study led by Canzada Bray (*WS Let's Play Room)  <b>1:30 Shop Target</b>            2:30 One Day University: "The Notorious RBG: Champion of Equality and Voice of Dissent" (*WS Wilson Loft)            3:00 T'ai Chi Chih (*PPOR)            7:00 Great Course Series: "How to Stay Fit as You Age" (Ch 2)</p>	<p>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)</p>	<p>1:00 Games in the Let's Play Room (*WS Let's Play Room)            2:00 Men's Club (*PPCR)            2:30 Popcorn and a Movie: "Jeanne Robertson: Southern Style" (Ch 4)  <b>4:00 Balance Testing (*PPWC)</b>            4:00 T'ai Chi Chuan Practice (*PPOR)            5:15 Wednesday Night Worship Service (Neil Chapel)            7:00 Great Course Series: "Great Presidents" (Ch 2)  <b>7:45 The Hub City Drifters live at The Bluelight Live (The Bluelight Live)</b></p>	<p><b>February 1st</b>            1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area)            2:30 Wellness Presentation (*WS Wilson Loft)            7:00 Throwback Thursday Movie: "State Fair" (Ch 4)</p>	<p><b>February 2nd</b>            9:00 Coffee &amp; Donuts (*PPFL)  <b>10:15 Arts History Lecture Series (Texas Tech Museum)</b>            1:00 Line Dancing (*WSCR)            6:00 Bluegrass Open Jam (*PPFL)</p>	<p><b>LOCATION KEY</b>            *PPCR - *PP Cimarron Room            *PPFL - *PP Fireside Lounge            *PPOR - *PP Oakwood Room            *PPWC - *PP Wellness Center            *WSCR - *WS CapRock Room</p>