

	<b><u>Book Folding Craft</u></b>	<b>Thurs May 22nd</b>	<b>2:00 PM</b>	<b>*PP 2nd Floor South Card Room (Room 2204)</b>
	<i><b>Please sign up! Space is limited!</b> Discover the art of book folding! You'll learn how to transform a book into a piece of art by precisely folding its pages into intricate designs. With guided instruction by Karen Sherrod, you'll mark, fold, and shape the pages to reveal beautiful patterns or images. No prior experience needed– just bring your patience and imagination! The craft will begin on Thursday, May 22nd, and a second meeting will be held on Tuesday, May 27th, to complete your masterpiece.</i>			
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<b><u>Cesar's Hip Pocket Class:</u></b>		<b>Fri May 23rd</b>	<b>2:00 PM</b>	<b>*PPFL</b>
<b><u>"The Missing Soldier"</u></b>				
<i>Our Wellness Coordinator, Cesar Ramos, will be presenting on The Missing Soldier. The "Missing Soldier", also known as the missing man or fallen comrade table, is a symbolic military tribute to honor service members who are MIA, POW, or never returned home.</i>				
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<b><u>Go to the Prairie Blossom Marketplace</u></b>		<b>Sat May 24th</b>	<b>9:45 AM</b>	<b>Wolfforth, TX</b>
<i><b>Please sign up!</b> Experience the welcoming atmosphere of Prairie Blossom Marketplace and indulge in food, fun, unique finds and style!</i>				
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<b><u>Stroll and Picnic Lunch</u></b>		<b>Wed May 28th</b>	<b>10:00 AM</b>	<b>Lubbock Memorial Arboretum</b>
<i><b>Please sign up! Deadline to sign up is Thursday, May 22nd. Cost is \$5.00 cash, paid to the front desk. Please be aware we will be walking on gravel and an uneven path.</b> Join us for a tour of the Lubbock Memorial Arboretum and a tasty picnic lunch.</i>				
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<b><u>Healthy Aging Lecture Series</u></b>		<b>Wed May 28th</b>	<b>3:00 PM</b>	<b>*WSCR</b>
<i>This event is FREE! David Schroeder, Clinical Coordinator of Professions Master Mental Health Counseling Program, will be giving a talk titled, "Maintaining The Self: A Guide to Mental Health".</i>				
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<b><u>Hub City Drifters at Blue Light Live</u></b>		<b>Wed May 28th</b>	<b>7:40 PM</b>	<b>Blue Light</b>
<i><b>Please sign up! Space is limited! Cost is \$5.00 cash, paid to the front desk. Deadline to sign up is Monday, May 26th.</b> Danny Cadra's band, The Hub City Drifters, will be playing at the Blue Light Live! Join us for a fun night out!</i>				

Regular Events

<b>Monday</b>		<b>Wednesday</b>	<b>KEY</b>
9:00 Limber Limbs (*PPOR)		9:00 Limber Limbs (*PPOR)	(*PPFL) PP Fireside Lounge
9:00-9:45 Water Aerobics (Swimming Pool)		9:00-9:45 Water Walking (Swimming Pool)	(*PPCR) PP Cimarron Room
9:00 & 10:00 Limber Limbs (Ch 2)		9:00 & 10:00 Limber Limbs (Ch 2)	(*PPOR) PP Oakwood Room
10:00 Limber Limbs (*WSCR)		10:00 Limber Limbs (*WSCR)	(*WSCR) Windsong Caprock Room
10:45-11:30 Stretch & Balance (*PPOR)		10:45-11:30 Stretch & Balance (*PPOR)	(*WS WC) WS Wellness Center
11:15 Stretch & Balance (Ch 2)		11:15 Stretch & Balance (Ch 2)	(*PP WC) PP Wellness Center
11:30-12:00 Strength Building (*PP WC)		11:30-12:00 Strength Building (*PPWC)	(*WSLPR) WS Let's Play Room
12:40-1:30 Gym Time (*PP WC)		1:15-2:00 Gym Time (*PPWC)	(*BC Dining) BelleCourt Dining
<b>1:30 Shop Walmart on 4th/Shop Target</b>		2:00 Men's Club (*PP Dining Room)	
1:30-2:30 Brain/Game Training (*PPOR)		2:30-3:15 Cardio Training (*PPWC)	
3:00 T'ai Chi Chih (*PPOR)		2:30-3:30 Sign Language Class (*PPCR)	
4:30-5:30 Water Aerobics (Swimming Pool)		4:30-5:30 Water Aerobics (Swimming Pool)	
<b>Tuesday</b>		<b>Thursday</b>	<b>Buses pick up for off-campus events at the time notated on the calendar at the PP Lobby and WS Lobby.</b>
9:00-9:30 Gym Time (WSWC)		9:00 Walk in the Park (Higginbotham Park)	
9:00 Limber Limbs (*PPOR)		9:00 & 10:00 Limber Limbs (Ch 2)	
9:00 & 10:00 Limber Limbs (Ch 2)		10:00 Limber Limbs (*WSCR)	<b><u>INFORMATION LINE: Extension 6525</u></b>
9:30-11:00 Cornhole (*PPFL)		10:45-11:30 Stretch & Balance (*WSCR)	
10:00 Limber Limbs (*WSCR)		11:15 Stretch & Balance (Ch 2)	For any questions concerning any activities:
10:00 Creative Writing (*PPCR)		11:30-12:00 Functional Fitness (*WSWC)	Pointe Plaza Activity Office: Extension 6197
10:45-11:30 Stretch & Balance (*WSCR)		1:30-2:30 Cardio Training (*WSWC)	
11:15 Stretch & Balance (Ch 2)			
11:30-12:00 Functional Fitness (*WS WC)			
1:00-1:45 Gym Time (*WSCR)		<b>Friday</b>	
2:00-2:30 Deep Water Aerobics (Swimming Pool)		9:00 Limber Limbs (*PPOR)	
6:00 Bingo (*PPCR)		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)	

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

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

<b><u>After Dinner Music with TTU Piano Students</u></b>	<b>Mon May 5th</b>	<b>6:00 PM</b>	<b>*PPFL</b>
<i>Join us for a piano concert by the students from the Texas Tech University School of Music directed by Dr. Se-Hee Jin.</i>			
<b><u>Lunch Out at Longhorn Steakhouse</u></b>	<b>Tues May 6th</b>	<b>10:45 AM</b>	<b>Longhorn Steakhouse</b>
<i><b>Please sign up! This event is for Independent Living Residents Only! Please bring \$\$ for lunch.</b> Join us for a delicious lunch at Longhorn Steakhouse! Their lunch menu consists of burgers, salads, chicken entrees and, of course, steak!</i>			
<b><u>Armchair Travels with Barbara and Robert</u></b>	<b>Thurs May 8th</b>	<b>2:30 PM</b>	<b>*PPFL</b>
<i>Please join us for Barbara Jenson and Robert Barbi's presentation on "The Good Ones". They will be showcasing an assortment of scenery and places they have traveled to over the years.</i>			
<b><u>Media Club</u></b>	<b>Fri May 9th</b>	<b>2:00 PM</b>	<b>*PP 2nd Floor South Card Room (Room 2204)</b>
<i>Introducing our new Media Club! Join our new media club, where we'll dive into all types of media—from books and movies to art and more! Our first feature will be the heartwarming movie, "The Art of Racing in the Wind", showing on Ch 2 at 7:00 PM on May 2nd-4th. Regular discussions will be held on the second Friday of each month at 2:00 PM in the Pointe Plaza 2nd Floor South Card Room (Room 2204). Come share your thoughts and enjoy great conversation.</i>			
<b><u>Vesper Concert: VIDA Guitar Quartet</u></b>	<b>Sun May 11th</b>	<b>4:15 PM</b>	<b>FUMC</b>
<i><b>Please sign up! This event is for Independent Residents Only! Transportation Only.</b> VIDA Guitar Quartet brings together four guitarists who share a passion for chamber music. Mark Ashford, Amanda Cook, Mark Eden, and Christopher Stell as VIDA combines classical masterpieces by composers like Schubert and Vivaldi with exciting arrangements of musicals like Bernstein's.</i>			
<b><u>Carillon's USS Ample Fare—Captain's Table Dinner</u></b>	<b>Tues May 13th</b>	<b>TBA</b>	<b>*WS Wilson Loft</b>
<i>Please be on the lookout for more information in your box!</i>			
<b><u>Showing of "The Americas-The Atlantic Coast"</u></b>	<b>Wed May 14th</b>	<b>2:30 PM</b>	<b>*PPOR</b>
<i>Join us in the Oakwood Room for a showing of "The Americas-The Atlantic Coast", narrated by Tom Hanks. The Atlantic Coast, where wild horses battle, bald eagles chase ospreys and sharks protect fish; racoons navigate city life, black bears search for food in ancient forests and a 130-year-old oak tree prepares for winter's arrival.</i>			
<b><u>Tour and Wine Tasting</u></b>	<b>Thurs May 15th</b>	<b>2:00 PM</b>	<b>Adelphos Cellars</b>
<i><b>Please sign up! Deadline to sign up is Wednesday, May 7th. Space is limited to the first 14 people. Cost is \$20 charged to your account. Price includes a complimentary wine glass from Adelphos Cellars.</b> Join us for a delicious wine tasting and a tour of the new Adelphos Cellars.</i>			
<b><u>Go by Your Middle Name Day</u></b>	<b>Fri May 16th</b>		
<i>On Friday, May 16th, we're switching things up—everyone will be going by their middle name! Join the fun by grabbing a blank name tag at the front desk.</i>			
<b><u>Jess Peterson: The German Shepherd</u></b>	<b>Fri May 16th</b>	<b>3:00 PM</b>	<b>*WSCR</b>
<i>Remember Rin Tin Tin? We'll take his story as well as look at the history, character, and service of this unique dog. This one's for dog lover's!</i>			
<b><u>Book Club "Mr. Churchill's Secretary"</u></b>	<b>Mon May 19th</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! May's Book Club Book will be " Mr. Churchill's Secretary" by Susan Elia MacNeal. Set in 1940s London, Mr Churchill's Secretary follows Maggie Hope, a brilliant young woman working at 10 Downing Street. Though hired as a typist, her fluency in languages and codebreaking skills soon draw her into a dangerous world of espionage and intrigue as she uncovers a plot against Churchill and confronts secrets from her past.</i>			
<b><u>Day Trip to Zia Park Casino</u></b>	<b>Wed May 21st</b>	<b>9:00 AM</b>	<b>Hobbs, NM</b>
<i><b>Please sign up! This event is for Independent Living Residents Only! Bring money for the casino and lunch.</b> Hit the slot machines, which range from penny slots to \$100 slots. You can enjoy lunch at the "Starting Gate Bar and Grill".</i>			



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>June 1st</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: "All Quiet on the Western Front" (Ch. 2)	<b>June 2nd</b> 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Walmart on 4th</b> 2:30 Lubbock Public Library Bookmobile (*PPFL) 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 3:00 Tai Chi Chih (*PPOR) 3:30 Stockings for Soldiers Kick Off (*PPFL) 7:00 Great Course Series: "The American West... History, Myth, and Legacy" (Ch 2)	<b>LOCATION KEY</b> *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	<b>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!</b>	<b>9:00 Walk in the Park (Higginbotham Park)</b> <b>10:00 Go to Hobby Lobby (Hobby Lobby)</b> 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Sermon on the Mount (Game Area (1st Floor PP North)) 7:00 Throwback Thursday Movie: "The Tender Trap" (Ch. 2)	9:00 Coffee & Donuts (*PPFL) 1:00 Line Dancing (*WSCR) 6:00 Bluegrass Open Jam (*PPFL) 7:00 Weekend Movie: "The Art of Racing in the Rain" (Ch. 2)	8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) <b>11:00 - 1:00 Roundtable: Kenny Maines (*PPCR)</b> 7:00 Weekend Movie: "The Art of Racing in the Rain" (Ch. 2)
<b>National Lemonade Day</b> 10:30 Sunday Service (Neil Chapel) 1:00 Chaney's Lemonade Stand! (*PPFL) <b>1:30 University Concert Band (Hemmlie Hall)</b> 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "The Art of Racing in the Rain" (Ch. 2)	<b>Cinco de Mayo</b> 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Walmart on 4th</b> 2:30 Lubbock Public Library Bookmobile (*PPFL) 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 3:00 Tai Chi Chih (*PPOR) 6:00 After Dinner Music with TTU Piano Students (*PPFL) 7:00 Great Course Series: "America's Great Trails" (Ch 2)	9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) <b>10:45 Lunch Out at Longhorn Steakhouse (Longhorn Steakhouse)</b> 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)	<b>9:30 Cheer on June and Mindy's Bowling Team! (Whitewood Lanes)</b> 1:00 Games (*WS Game Room) 2:00 Men's Club (*PP Dining Room) 2:00 Popcorn Day and Movie! (*PPFL) 2:30 Beginner Conversational Sign Language Class (*PPCR) 2:30 Wednesday Afternoon Movie: "Thelma" (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>9:00 Walk in the Park (Higginbotham Park)</b> 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Sermon on the Mount (Game Area (1st Floor PP North)) 2:30 Armchair Travels with Barbara and Robert: "The Good Ones" (*PPFL) 5:30 A Circle of Friendship (CH- 1st Floor Conference Room) 7:00 Throwback Thursday Movie: "The Man with the Golden Arm" (Ch. 2)	10:00 Hutch Ensemble (*PPFL) 1:00 Line Dancing (*WSCR) 2:00 Media Club (*PP 2nd Fl South Card Room (2204)) 3:15 Town Hall (*Neil Chapel) 4:00 Happy Hour with Entertainment by The Bourbon Brothers (*PP Dining Room) 7:00 Weekend Movie: "Wonder" (Ch. 2)	8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 4:00 St. Luke's Mother's Day Handbell Choir Performance (*PPFL) 7:00 Weekend Movie: "Wonder" (Ch. 2)
<b>Mother's Day</b> 10:30 Sunday Service (Neil Chapel) <b>4:15 Vesper Concert: VIDA Guitar Quartet (FUMC)</b> 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Wonder" (Ch. 2)	1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) <b>1:30 Shop Target</b> 2:30 Show and Tell (*PPFL) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "America's Great Trails" (Ch 2)	<b>TBA Carillon's USS Ample Fare - Captain's Table Dinner *WS Wilson Loft</b> 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)	1:00 Games (*WS Game Room) 2:00 Men's Club (*PP Dining Room) 2:30 Beginner Conversational Sign Language Class (*PPCR) 2:30 Showing "The Americas - The Atlantic Coast" (*PPOR) 2:30 Wednesday Afternoon Movie: "The Forge" (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>9:00 Walk in the Park (Higginbotham Park)</b> 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 Men's Bible Study: The Sermon on the Mount (Game Area (1st Floor PP North)) <b>2:00 Tour and Wine Tasting (Adelpho's Cellars)</b> 7:00 Throwback Thursday Movie: "Marriage on the Rocks" (Ch. 2)	<b>Go By Your Middle Name Day</b> 9:00 Coffee and Donuts (*WS Wilson Loft) 1:00 Line Dancing (*WSCR) 3:00 Jess Peterson: "The German Shepard" (*WSCR) <b>6:45 Chicago (BHH)</b> 7:00 Weekend Movie: "Barb & Star" (Ch. 2)	8:00 Coffee in the Clubhouse (Clubhouse) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "Barb & Star" (Ch. 2)
10:30 Sunday Service (Neil Chapel) 2:30 Eucharist Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Barb & Star" (Ch. 2)	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: "Mr. Churchill's Secretary" (*WS Wilson Loft) 2:30 Reader's Theater (*PP 2nd Fl South Card Room (2204)) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "America's Great Trails" (Ch 2)	<b>TBA Go to the Movies</b> 9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) 2:30 Bible Study (*PPCR) 6:00 Bingo (*PPCR)	8:00 Hearing Doctor (*PPFL) <b>9:00 Day Trip to Zia Park Casino (Hobbs, NM)</b> 1:00 Games (*WS Game Room) 2:00 Men's Club (*PP Dining Room) 2:30 Beginner Conversational Sign Language Class (*PPCR) 2:30 Wednesday Afternoon Movie: "Two Weeks Notice" (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)	8:45 -9:30 Cornerstone Audiology Hearing Aid Clinic (*PPFL) <b>9:00 Walk in the Park (Higginbotham Park)</b> 9:30 -10:15 Cornerstone Audiology Hearing Aid Clinic (*WS Parlor) 10:00 Silver Stars Performance (*PPFL) 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) <b>2:00 Book Folding Craft (*PP 2nd Fl South Card Room (2204))</b> 2:00 Men's Bible Study: The Sermon on the Mount (Game Area (1st Floor PP North)) 7:00 Throwback Thursday Movie: "None but the Brave" (Ch. 2)	<b>9:30 Visit the Veterans Memorial (Henry Huneke Park)</b> 1:00 Line Dancing (*WSCR) 2:00 Cesar's Hip Pocket Class: "The Missing Soldier" (*PPFL) 4:00 Happy Hour with Entertainment by Randy Brnum (*WSCR) 7:00 Weekend Movie: "Only the Brave" (Ch. 2)	8:00 Coffee in the Clubhouse (Clubhouse) <b>9:45 Go to the Prairie Blossom Marketplace (Wolforth, TX)</b> 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "Only the Brave" (Ch. 2)
10:30 Sunday Service (Neil Chapel) 4:30 Sunday Afternoon Worship Service (Neil Chapel) 7:00 Weekend Movie: "Only the Brave" (Ch. 2)	<b>Memorial Day No wellness classes. Transportation Office is closed.</b> 1:30 Bible Study led by Canzada Bray (*WS Let's Play Room) 3:00 T'ai Chi Chih (*PPOR) 7:00 Great Course Series: "America's Great Trails" (Ch 2)	9:30 Cornhole (*PPFL) 10:00 Creative Writing (*PPOR) <b>2:00 Book Folding Craft: Day 2 (*PP 2nd Fl South Card Room (2204))</b> 2:30 Bible Study (*PPCR) 2:30 Wellness Presentation: LBP and Treatment (*PPFL) 6:00 Bingo (*PPCR)	<b>10:00 Stroll and Picnic Lunch (Lubbock Memorial Arboretum)</b> 1:00 Games (*WS Game Room) 2:00 Men's Club (*PP Dining Room) 2:30 Beginner Conversational Sign Language Class (*PPCR) 2:30 Wednesday Afternoon Movie: "Secondhand Lions" (Ch. 2) 3:00 Healthy Aging Lecture Series: "Maintaining The Self: A Guide To Mental Health" (*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>7:40 Hub City Drifters at Blue Light Live (The Bluelight)</b>	<b>9:00 Walk in the Park (Higginbotham Park)</b> 1:00 Thursday Afternoon Games (*PP 3rd Floor N Common Area) 2:00 - 4:00 Caption Call (*PPFL) 2:00 Men's Bible Study: The Sermon on the Mount (Game Area (1st Floor PP North)) 7:00 Throwback Thursday Movie: "Thirty Seconds over Tokyo" (Ch. 2)	1:00 Line Dancing (*WSCR) 2:30 Seated Balloon Volleyball (*PPFL) 7:00 Weekend Movie: "All Quiet on the Western Front" (Ch. 2)	8:00 Coffee in the Clubhouse (Clubhouse) 9:30 Tai Chi Chih Practice (*PPOR) 10:00 Aqua Zumba (Swimming Pool) 10:30 Laughter Yoga (Ch 2) 7:00 Weekend Movie: "All Quiet on the Western Front" (Ch. 2)