January 2018

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.

Sophia Loren

BIRTHDAYS

Remember to stop by UFCU to pick up your $2 birthday bill.

ACR Activity Center
AC Aquatic Center
BR Billiard Room
CM Casa Mesquite
CH Chapel
CL Coastal Lounge
CR Club Room
FAR Forty Acres Room
FC Fitness Center
GR Garden Room
HCC Hill Country Café
JR Java Ranch
L Littlefield Library
LR Living Room
LAL Lantana Lodge
PDR Private Dining Room
TOR Treaty Oak Room
TT Treaty Theater
WC Wellness Center

Sunday 10:00—Lap Swimming, AC
10:00—Ping Pong, CR
10:00—Lap Swimming, AC
12:30—Duplicate Bridge, CR
2:00 and 7:30—Movie, TT
Wellness Clinic and Mobiles will be closed.

Monday 8:30—Medical Appointments
9:00—Lap Swimming, AC
9:30—Workout in Water, Session 1
10:30—Workout in Water, Session 2
11:15—Chair Cardio, FAR
2:00—Art Club, ACR
2:00—Mahjong, CR
2:00 and 7:30—Movie, TT
3:00—Lantana Family Council, LL PDR
4:30—Team Trivia, CL

Tuesday 10:00—Lap Swimming, AC
10:00—Yoga Advanced, CR
12:30—Duplicate Bridge, CR
2:00 and 7:30—Movie, TT

Wednesday 8:30—Medical Appointments
9:00—Lap Swimming, AC
9:30—Workout in Water, Session 1
10:30—Workout in Water, Session 2
11:15—Chair Cardio, FAR
2:00—Art Club, ACR
2:00—Mahjong, CR
2:00 and 7:30—Movie, TT
3:00—Lantana Family Council, LL PDR
4:30—Team Trivia, CL

Thursday 3:00—Team Trivia, CL

Friday 8:00—Lap Swimming, AC
10:30—Medical Appointments
9:00—Lap Swimming, AC
9:15—Pilates, CR (NEW)
9:30—Workout in Water, Session 1
10:00—Book Club, ACR
10:00—Library Mgmt. Board, CR
10:00—Longhorn Village Band, CL
10:30—Workout in Water, Session 2

Saturday 8:30—Medical Appointments
9:00—Lap Swimming, AC
9:15—Pilates, CR (NEW)
9:30—Workout in Water, Session 1
10:00—Book Club, ACR
10:00—Library Mgmt. Board, CR
10:00—Longhorn Village Band, CL
10:30—Workout in Water, Session 2
11:00—Health & Wellness Cmt, ACR

Covenant Presbyterian Church
Non-Denominational Communion 11:00 a.m., CH

Shen Yun Long Center - Dell Hall Tickets can be purchased by contacting the Box Office at 512-474-5664. Motor Coach leaves at 4:30 p.m.

Texas Exes Chapter Meeting Open to all residents. 2:00 p.m., FAR Margaritas will be served.

Bing & Cocktails, 2:00 p.m., CL

IPAD Club (NEW) 10:00 a.m., CL

Texas Museum of Science and Technology Lunch at Blue Corn Harvest Motor Coach leaves at 10:45 a.m.

Cres Your Age 2018 Mark Your Calendar with Terri Tiff's Treats will be served. 4:00 p.m., FAR


Carolyn Beth-Francisco, 3:00 p.m., FAR
L. Beethoven: Sonata in E Flat Major "The Hunt" Op. 31, No. 3
H. Dutillieux: Piano Sonata mvmt: 1
J.S. Bach: Well-Tempered Clavier Book 2 Prelude and Fugue in D Major Prelude and Fugue in D Minor
F. Liszt: Ballade No. 2

Cres Your Age 2018 Jennifer Bellini: Piano Sonata mvt: 1

Chavez Symphony Beauty and the Beast Bella Hristova, violin Motor Coach leaves at 6:15 p.m.

BIRTHDAYS

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ACR Activity Center
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FC Fitness Center
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HCC Hill Country Café
JR Java Ranch
L Littlefield Library
LR Living Room
LAL Lantana Lodge
PDR Private Dining Room
TOR Treaty Oak Room
TT Treaty Theater
WC Wellness Center

Sunday 10:00—Lap Swimming, AC
10:00—Ping Pong, CR
10:00—Lap Swimming, AC
12:30—Duplicate Bridge, CR
2:00 and 7:30—Movie, TT

Monday 8:30—Medical Appointments
9:00—Lap Swimming, AC
9:30—Workout in Water, Session 1
10:30—Workout in Water, Session 2
11:15—Chair Cardio, FAR
2:00—Art Club, ACR
2:00—Mahjong, CR
2:00 and 7:30—Movie, TT
3:00—Lantana Family Council, LL PDR
4:30—Team Trivia, CL

Tuesday 10:00—Lap Swimming, AC
10:00—Yoga Advanced, CR
12:30—Duplicate Bridge, CR
2:00 and 7:30—Movie, TT

Wednesday 8:30—Medical Appointments
9:00—Lap Swimming, AC
9:30—Workout in Water, Session 1
10:30—Workout in Water, Session 2
11:15—Chair Cardio, FAR
2:00—Art Club, ACR
2:00—Mahjong, CR
2:00 and 7:30—Movie, TT
3:00—Lantana Family Council, LL PDR
4:30—Team Trivia, CL

Thursday 3:00—Team Trivia, CL

Friday 8:00—Lap Swimming, AC
10:30—Medical Appointments
9:00—Lap Swimming, AC
9:15—Pilates, CR (NEW)
9:30—Workout in Water, Session 1
10:00—Book Club, ACR
10:00—Library Mgmt. Board, CR
10:00—Longhorn Village Band, CL
10:30—Workout in Water, Session 2
11:00—Health & Wellness Cmt, ACR

Saturday 8:30—Medical Appointments
9:00—Lap Swimming, AC
9:15—Pilates, CR (NEW)
9:30—Workout in Water, Session 1
10:00—Book Club, ACR
10:00—Library Mgmt. Board, CR
10:00—Longhorn Village Band, CL
10:30—St. Luke's Communion, CH
10:30—Workout in Water, Session 2
11:00—Catholic Mass, CR


Carolyn Beth-Francisco, 3:00 p.m., FAR
L. Beethoven: Sonata in E Flat Major "The Hunt" Op. 31, No. 3
H. Dutillieux: Piano Sonata mvt: 1
J.S. Bach: Well-Tempered Clavier Book 2 Prelude and Fugue in D Major Prelude and Fugue in D Minor
F. Liszt: Ballade No. 2

Cres Your Age 2018 Jennifer Bellini: Piano Sonata mvt: 1

Chavez Symphony Beauty and the Beast Bella Hristova, violin Motor Coach leaves at 6:15 p.m.
### Sunday
- **Sunday Brunch**
  - 10:00—Lap Swimming, AC
  - 2:00 and 7:30—Movie, TT
  - 2:30—Canasta, ACR

**Monday**
- 8:00—Mobiles (Lab Work), WC
- 8:30—Medical Appointments
- 10:00—Culinary Committee, CL
- 10:00—Pong, CR
- 10:00—Yoga Advanced, FAR
- 10:00—Lap Swimming, AC
- 11:00—Yoga Basics, FAR
- 12:30—Duplicate Bridge, CR
- 12:45—Balance and Sculpt, FAR
- 12:50—Foam Roller Class, FAR
- 2:00 and 7:30—Movie, TT
- 3:00—Caregiver Group, LI, PDR

**Tuesday**
- Line Dancing, 5:00 p.m., FAR
- NCAA Women’s Basketball Texas Longhorns vs. Connecticut Huskies
- Frank Erwin Center
- Motor Coach leaves at 3:00 p.m.

**Wednesday**
- 8:00—Mobiles (Lab Work), WC
- 8:30—Medical Appointments
- 9:00—Lap Swimming, AC
- 9:30—Workout in Water, Session 1
- 10:30—Workout in Water, Session 2
- 11:15—Chair Cardio, FAR
- 2:00—Art Club, ACR
- 2:00—Mahjong, CR
- 2:00 and 7:30—Movie, TT
- 3:00—PP Family Council, LI, PDR
- 4:30—Team Trivia, CL

**Thursday**
- 10:00—Lap Swimming, AC
- 10:00—Yoga Advanced, FAR
- 10:30—Balance and Sculpt, FAR
- 12:30—Duplicate Bridge, CR
- 2:00 and 7:30—Movie, TT

**Friday**
- 9:00—“T’ai Chi, CR
- 9:30—Lap Swimming, AC
- 10:00—Age Defying Fitness, FAR
- 10:00—Gymnastics, FAR
- 10:00—Aquazumba, AC
- 11:15—Senior F.I.T., FAR
- 1:00—Grocery Shopping
- 1:00—Billiards Class, BR
- 1:00—Train, FAR
- 2:00 and 7:30—Movie, TT

**Saturday**
- 10:00—Lap Swimming, AC
- 10:00—Chair Cardio, FAR
- 10:00—Pong, CR
- 11:00—Catholic Mass, CH
- 11:00—Zumba, FAR
- 12:30—Bridge, CR
- 1:00—Mexican Train, ACR
- 2:00 and 7:30—Movie, TT

**Modified 8 Ball Tournament**
- 10:00 a.m., BR

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**Sunday Brunch**
- 10:00—Lap Swimming, AC
- 2:00 and 7:30—Movie, TT
- 2:30—Canasta, ACR

**Monday**
- 8:00—Mobiles (Lab Work), WC
- 8:30—Medical Appointments
- 10:00—Pong, CR
- 10:00—Yoga Advanced, FAR
- 10:00—Lap Swimming, AC
- 11:00—Yoga Basics, FAR
- 12:30—Duplicate Bridge, CR
- 12:45—Balance and Sculpt, FAR
- 12:50—Foam Roller Class, FAR
- 2:00 and 7:30—Movie, TT

**Tuesday**
- Welcome Reception for New Residents, 4:00 p.m., FAR
- Robert Bachman, Ginny Longmire, Katleen and Michael Smith

**Wednesday**
- 8:00—Mobiles (Lab Work), WC
- 8:30—Medical Appointments
- 9:00—Lap Swimming, AC
- 9:30—Workout in Water, Session 1
- 10:00—Sewing/TV Club, ACR
- 10:30—Workout in Water, Session 2
- 11:15—Chair Cardio, FAR
- 2:00—Art Club, ACR
- 2:00—Mahjong, CR
- 2:00 and 7:30—Movie, TT
- 4:30—Team Trivia, CL

**Thursday**
- 10:00—Lap Swimming, AC
- 10:00—Yoga Advanced, FAR
- 12:30—Duplicate Bridge, CR
- 2:00 and 7:30—Movie, TT

**Friday**
- 9:00—“T’ai Chi, FAR
- 9:30—Lap Swimming, AC
- 10:00—Age Defying Fitness, FAR
- 10:00—Grocery Shopping
- 10:00—Aquazumba, AC
- 11:15—Senior F.I.T., FAR
- 1:00—Mall Shopping (Texas Cooks)
- 1:00—Billiards Class, BR
- 2:00—Train, FAR
- 2:00 and 7:30—Movie, TT

**Saturday**
- 10:00—Lap Swimming, AC
- 10:00—Chair Cardio, FAR
- 10:00—Pong, CR
- 11:00—Catholic Mass, CH
- 11:00—Zumba, FAR
- 12:30—Bridge, CR
- 1:00—Mexican Train, ACR
- 2:00 and 7:30—Movie, TT

**Sunday Brunch**
- 10:00—Lap Swimming, AC
- 2:00 and 7:30—Movie, TT
- 2:30—Canasta, ACR

**Monday**
- 8:00—Mobiles (Lab Work), WC
- 8:30—Medical Appointments
- 10:00—Pong, CR
- 10:00—Yoga Advanced, FAR
- 10:00—Lap Swimming, AC
- 11:00—Yoga Basics, FAR
- 12:30—Duplicate Bridge, CR
- 12:45—Balance and Sculpt, FAR
- 12:50—Foam Roller Class, FAR
- 2:00 and 7:30—Movie, TT

**Tuesday**
- Pop-up Painting Party
- Easiest Amused
- Create Real Easy Art to Enjoy!
- Painting Stations, Supplies and a Color Consultant will be provided.
- 2:30 p.m., FAR
- Register in the Communications Center

**Wednesday**
- 8:30—Medical Appointments
- 9:00—Lap Swimming, AC
- 11:15—Chair Cardio, FAR
- 2:00—Art Club, ACR
- 2:00—Mahjong, CR
- 2:00 and 7:30—Movie, TT
- 4:30—Team Trivia, CL

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- 11:00—Zumba, FAR
- 12:30—Bridge, CR
- 1:00—Mexican Train, ACR
- 2:00 and 7:30—Movie, TT