
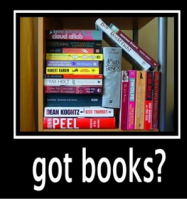





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p align="center">January 2019</p> <p>I'm full in on life. I'm never going to sit on the edge of the pool and watch everyone else jump in and play. Neither should you. Take a flying leap, splash hard, get your hair wet and smudge your makeup.</p> <p align="center">Pam LeBlanc</p> <p>The Trusty Theatre movies are now on the calendar. Movies are at 2:00 p.m. and 7:30 p.m. Movie Club Meeting Tuesday, January 8 at 2:00 p.m. in the Cocktail Lounge.</p>		<p align="center">BIRTHDAYS Remember to stop by UFCU to pick up your \$2 birthday bill.</p> 		<p align="center">Library Round-up Week January 12-18</p>  <p>The Library Management Board needs your help with a Major inventory and update of the library catalog. Please round up any library items in your home and return them to the library by Friday, January 18th.</p>		<p align="center">WALKING CLUB</p>  <p>Join residents for a 2 mile morning walk on Monday, Wednesday and Friday at 8:30 a.m. Meet in the Lobby.</p> <p>Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health.</p>		<p align="center">2019 THEME</p> <p align="center">Live Your Adventure</p> <p align="center">The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.</p> <p align="center">Eleanor Roosevelt</p>
<p>ACR Activity Center AC Aquatic Center BR Billiard Room CM Casa Mesquite CH Chapel CL Cocktail Lounge CR Club Room FAR Forty Acres Room FC Fitness Center GR Garden Room HCC Hill Country Café JR Java Ranch L Lobby LL Littlefield Library LR Living Room LAL Lantana Lodge PDR Private Dining Room TOR Treaty Oak Room TT Trusty Theatre WC Wellness Center</p>	<p>Lloyd Miller Chauffer Cell: 512-635-1383</p> <p>Sasa Stijovic Chauffer Cell: 512-294-4456</p> <p>Susan Isenberg Chauffer Cell: 512-294-4456</p> <p>Wellness Clinic 512-382-4675 512-597-2964 (Fax)</p> <p>Lynn Nalodka Wellness Director 512-266-5600, Ext. 2074</p> <p>Briana Grindy RehabCare 512-358-6880</p>	<p align="center">Happy New Year!</p> <p align="center">Texas Exes Longhorn Village Chapter Sugar Bowl Tailgate Party Texas Longhorns vs. Georgia Bulldogs Zapp's VooDoo Kettle Chips & Candied Pecans will be served. 7:15 p.m., FAR</p>	<p align="center">OUT AND ABOUT WEDNESDAY 2</p> <p>9:00—Lap Swimming, AC 2:00—Art Club, ACR 2:00—Mahjong, CR Movie—2001: A Space Odyssey (1968) G</p> <p align="center">Stay Strong Class, 2:00 p.m., FAR</p> <p align="center">Mark Your Calendar Tiff's Treats will be served. Terri Hallenbeck 4:00 p.m., FAR</p> <p align="center">Wii Bowling Competition 7:15 pm, Fitness Center</p>	<p align="center">3</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:15—Pilates, FAR 9:30—Workout in Water, Session 1 10:00—Library Mgmt. Board, CR 10:00—Longhorn Village Band, CL 10:30—Workout in Water, Session 2 11:15—Chair Cardio, FAR</p> <p align="center">Artist & Artisan Meeting This meeting is for those residents who are participating in the Artist & Artisan Show on January 19th and 20th. 10:30 a.m., TT</p> <p align="center">Ukulele Class, 1:00 p.m., TT</p>	<p align="center">4</p> <p>9:00—T'ai Chi, FAR 9:30—Lap Swimming, AC 10:00—Age Defying Fitness, FAR 10:00—Grocery Shopping 10:00—Aqua Zumba, AC 11:15—Senior F.I.T., FAR 1:00—Grocery Shopping 2:00—Rummikub, ACR 4:30—Chips and Dips Social, CL Movie—The Sisterhood of the Traveling Pants (2005) PG</p> <p align="center">Austin Public Library Self-Guided Tour Lunch at Cookbook Bar & Cafe Motor Coach leaves at 10:00 a.m.</p>	<p align="center">5</p> <p>10:00—Lap Swimming, AC 10:00—Doubles Ping Pong, CR 11:00—Singles Ping Pong, CR 11:00—Zumba, FAR 1:00—Mexican Train, ACR 1:00—Billiards Club, BR Movie—Auntie Mame (1958) PG</p> <p align="center">Learning Refresher Bridge Bruce Greig, 1:00 p.m., CR</p>		
<p align="center">6</p> <p>Sunday Brunch 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—Becoming Jane (2011) PG</p> <p align="center">Covenant Presbyterian Church Non-Denominational Communion 11:00 a.m., CH</p> <p align="center">76th Golden Globe Awards The Golden Globe Awards ceremony is an event to honor the best in film and American television of 2018. Sandra Oh & Andy Samberg will be the host of the ceremony. Jeff Bridges will be honored with the Cecil B. DeMille Lifetime Achievement Award. Champagne & Movie Snacks will be served. Register in the Communications Center. 7:00 p.m., FAR</p>	<p align="center">7</p> <p>8:00—Moblex (Lab Work) 8:30—Medical Appointments 10:00—Doubles Ping Pong, CR 10:00—Yoga Advanced, FAR 10:00—Lap Swimming, AC 10:00—Culinary Committee, CL 11:00—Singles Ping Pong, CR 11:00—Yoga Basics, FAR 11:00—Catholic Com., Rosary, CH 12:30—Duplicate Bridge, CR 12:45—Balance and Sculpt, FAR 1:25—Foam Roller Class, FAR 1:30—Program Committee, CL Movie—Charlie Wilson's War (2007) R</p> <p align="center">Beading Class, 3:00 p.m., ACR</p> <p align="center">Pam LeBlanc's Year of Adventure You will be breathless hearing from Austin-American Statesman writer Pam LeBlanc talk firsthand about her remarkable "Year of Adventure!" 4:00 p.m., FAR</p>	<p align="center">8</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:30—Workout in Water, Session 1 10:00—Sewing/NW 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—Movie Club, CL 3:00—Lantana Family Council, LL PDR 3:00—Green Committee, ACR 4:30—Team Trivia, CL Movie—Chasing Liberty (2004) PG 13</p> <p align="center">ReVRse Virtual Reality Travel Experience Trent Segers & Kate Galloway 1:00 p.m., TT</p> <p align="center">Keep Moving Big, 2:00 p.m., FAR</p> <p align="center">Texas Exes Meeting, 2 p.m., CL</p> <p align="center">Chew on This, Dick Schouweiler 3:00 p.m., FAR</p>	<p align="center">9</p> <p align="center">OUT AND ABOUT WEDNESDAY 9</p> <p>10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 10:30—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR Movie—A Civil Action (1998) PG 13</p> <p align="center">UT OLLI-NOVA Motor Coach leaves at 8:15 a.m.</p> <p align="center">Journey Support Group Ryan Schmidt, 1:30 p.m., CH</p> <p align="center">Stay Strong Class, 2:00 p.m., FAR</p> <p align="center">Adelbert's Brewery Liberation Kitchen Food Trailer The tasting Room offers Darts, Giant Jenga, A Ping Pong Table and a Foosball Table. In addition to Beer, The Tap Room offers Argus Cider, White Wine, Prosecco, ShadeTree Lemonade and Bottled Water. Motor Coach leaves at 4:00 p.m.</p>	<p align="center">10</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:15—Pilates, FAR 9:30—Workout in Water, Session 1 10:00—Book Club, ACR 10:00—Longhorn Village Band, CL 10:30—Workout in Water, Session 2 10:30—St. Luke's Communion, CH 11:00—Health & Wellness Cmt, ACR 11:15—Chair Cardio, FAR</p> <p align="center">Ukulele Class, 1:00 p.m., TT</p> <p align="center">Keep Moving Big, 2:00 p.m., CL</p> <p align="center">The Hills and the Rivers The Hills and the Rivers' organic, complex, and timeless yet fresh sound is the fruit of tireless touring, finely honed song craft, and the familial bond at the heart of the band. 2:00 p.m., FAR</p> <p align="center">Mindfulness, 3:30 p.m., TT</p> <p align="center">Sip & Sing-along, 7:00 p.m., CL</p>	<p align="center">11</p> <p>9:00—T'ai Chi, FAR 9:30—Lap Swimming, AC 10:00—Age Defying Fitness, FAR 10:00—Grocery Shopping 10:00—Aqua Zumba, AC 11:15—Senior F.I.T., FAR 1:00—Grocery Shopping 2:00—Rummikub, ACR 4:30—Chips and Dips Social, CL Movie—The Drowning Pool (1975) PG</p> <p align="center">Ice Cream Social! Here's the Scoop. Mix and mingle with fellow residents and enjoy ice cream. 2:30 p.m., CL</p> <p align="center">Experimenting the Hilo Tsunami of 1960 Resident Janet Lachman 3:30 p.m., FAR</p>	<p align="center">12</p> <p>10:00—Lap Swimming, AC 10:00—Doubles Ping Pong, CR 11:00—Singles Ping Pong, CR 11:00—Catholic Mass, CH 11:00—Zumba, FAR 1:00—Mexican Train, ACR 1:00—Billiards Club, BR Movie—Hitch (2005) PG13</p> <p align="center">Learning Refresher Bridge Bruce Greig, 1:00 p.m., CR</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>Sunday Brunch 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—Ethan Fromme (1993) PG</p>	<p>14</p> <p>8:00—Mobilex (Lab Work) 8:30—Medical Appointments 10:00—Doubles Ping Pong, CR 10:00—Yoga Advanced, FAR 10:00—Lap Swimming, AC 11:00—Singles Ping Pong, CR 11:00—Yoga Basics, FAR 12:30—Duplicate Bridge, CR 12:45—Balance and Sculpt, FAR 1:25—Foam Roller Class, FAR Movie—Marley & Me (2008) PG</p> <p>Line Dancing, 2:00 p.m., FAR</p> <p>Beading Class, 3:00 p.m., ACR</p> <p>Galloping Gourmet Wild Kitchen + Bar Motor Coach leaves at 5:00 p.m.</p>	<p>15</p> <p>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 3:00—PP Family Council, LL PDR 4:30—Team Trivia, CL Movie—The Freshman (1990) PG</p> <p>Schouweiler Skewers Dick Schouweiler Interactive Cooking Demo/Class 10:00a.m., ACR Register with Terri Hallenbeck</p> <p>Keep Moving Big 2:00 p.m., FAR</p>	<p>OUT AND ABOUT WEDNESDAY 16</p> <p>10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 10:30—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR 3:15—Love to Sing Singers, CM Movie—Gran Torino (2008) R</p> <p>UT OLLI-NOVA Motor Coach leaves at 8:15 a.m.</p> <p>Chef's Table 12:00 p.m., TOR Stay Strong Class, 2:00 p.m., FAR Fitness Center Orientation Nicki Cain 3:00 p.m., FC</p> <p>Living with Low Vision Rehab Care 3:00 p.m., FAR</p>	<p>17</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:00—Residents Advisory Council, FAR 9:15—Pilates, CR 9:30—Workout in Water, Session 1 10:00—Longhorn Village Band, CL 10:30—Workout in Water, Session 2 11:00—Lutheran Divine Service, CH 11:15—Chair Cardio, FAR</p> <p>Ukulele Class, 1:00 p.m., TT</p> <p>Keep Moving Big, 1:15 p.m., FAR</p> <p>Operational Update 2:00 p.m., FAR</p> <p>Guided Meditation, 3:30 p.m., TT</p> <p>Audiologist Register in the Wellness Clinic.</p>	<p>18</p> <p>9:00—T'ai Chi, FAR 9:30—Lap Swimming, AC 10:00—Age Defying Fitness, FAR 10:00—Grocery Shopping 10:00—Aqua Zumba, AC 11:15—Senior F.I.T., FAR 1:00—Grocery Shopping 2:00—Rummikub, ACR 3:00—Sign Language, CL 4:30—Chips and Dips Social Movie—Steel Magnolias (1989) PG</p> <p>Big Dipper Follow the Drinking Gourd Armchair Astronomy/Ken VanLew 4:00 p.m., FAR</p>	<p>19</p> <p>10:00—Lap Swimming, AC 10:00—Doubles Ping Pong, CR 11:00—Singles Ping Pong, CR 11:00—Catholic Mass, CH 11:00—Zumba, FAR 1:00—Mexican Train, ACR 1:00—Billiards Club, BR Movie—Legends of the Fall (1994) R</p> <p>ARTIST & ARTISAN SHOW Residents will be displaying their paintings and crafts. 10:00 a.m. - 4:00 p.m. Forty Acres Room Wine and Cheese will be served.</p> <p>Learning Refresher Bridge Bruce Greig, 1:00 p.m., CR</p>
<p>20</p> <p>Sunday Brunch 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—Heathers (1989) R</p> <p>ARTIST & ARTISAN SHOW Residents will be displaying their paintings and crafts. 10:00 a.m. - 3:00 p.m. Forty Acres Room Wine and Cheese will be served.</p>	<p>21</p> <p>8:00—Mobilex (Lab Work) 8:30—Medical Appointments 10:00—Doubles Ping Pong, CR 10:00—Yoga Advanced, FAR 10:00—Lap Swimming, AC 11:00—Singles Ping Pong, CR 11:00—Yoga Basics, FAR 12:30—Duplicate Bridge, CR 12:45—Balance and Sculpt, FAR 1:25—Foam Roller Class, FAR Movie—Hugo (2011) PG</p> <p>A Matter of Balance 9:30 a.m. to 11:30 a.m., ACR</p> <p>Beading Class, 3:00 p.m., ACR</p> <p>Caregiver Group Support Group 3:00 p.m., 3rd Floor PDR</p>	<p>22</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:30—Workout in Water, Session 1 10:00—Sewing/NW Club, ACR 10:30—Workout in Water, Session 2 11:15—Chair Cardio, FAR 2:00—Art Club, ACR 2:00—Mahjong, CR 4:30—Team Trivia, CL Movie—I Could Go On Singing (1963)</p> <p>Foundation Meeting 10:00 a.m., TT</p> <p>Fireside Chat Deidre Kinsey, Megan Lublin & Tim List 10:00 a.m. & 2:00 p.m., LR</p> <p>Keep Moving Big 2:00 p.m., FAR</p>	<p>OUT AND ABOUT WEDNESDAY 23</p> <p>10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 10:30—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR Movie—Hairspray (2007) PG</p> <p>UT OLLI-NOVA Motor Coach leaves at 8:15 a.m.</p> <p>Fireside Chat Deidre Kinsey, Megan Lublin & Tim List 10:00 a.m. & 2:00 p.m., LR</p> <p>Fitness Center Orientation Nicki Cain, Fitness Instructor 3:00 p.m., FC</p>	<p>24</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:15—Pilates, FAR 9:30—Workout in Water, Session 1 10:00—Book Club, ACR 10:00—Longhorn Village Band, CL 10:30—Workout in Water, Session 2 10:30—Music and Message, CR 11:15—Chair Cardio, FAR</p> <p>Baylor Scott and White Tour Lunch will be provided by BSW. Motor Coach leaves at 10:30 a.m.</p> <p>Ukulele Class, 1:00 p.m., TT</p> <p>Byrd & Street Duo, 4:00 p.m., CL</p> <p>Sip & Sing-along, 7:00 p.m., CL</p>	<p>25</p> <p>9:00—T'ai Chi, FAR 9:30—Lap Swimming, AC 10:00—Age Defying Fitness, FAR 10:00—Grocery Shopping 10:00—Aqua Zumba, AC 11:15—Senior F.I.T., FAR 1:00—Mall Shopping (Barton Creek) 2:00—Rummikub, ACR 3:00—Sign Language, CL 4:30—Chips and Dips Social Movie—The Proposal (2009) PG13</p> <p>Wii Bowling, 7:30 a.m. FC</p> <p>Fireside Chat Deidre Kinsey, Megan Lublin & Tim List 10:00 a.m. & 2:00 p.m., LR</p>	<p>26</p> <p>10:00—Lap Swimming, AC 10:00—Doubles Ping Pong, CR 11:00—Singles Ping Pong, CR 11:00—Catholic Mass, CH 11:00—Zumba, FAR 1:00—Mexican Train, ACR 1:00—Billiards Club, BR Movie—Interstellar (2014) PG13</p> <p>Learning Refresher Bridge Bruce Greig, 1:00 p.m., CR</p>
<p>27</p> <p>Sunday Brunch 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—Is Anybody There? (2008) PG13</p> <p>Mozart's Birthday Party Concert, Cake and Champagne! 3:00 p.m., FAR</p> <p>Worship Service St. Luke's Episcopal Church 4:00 p.m., CR</p>	<p>28</p> <p>8:00—Mobilex (Lab Work) 8:30—Medical Appointments 10:00—Doubles Ping Pong, CR 10:00—Yoga Advanced, FAR 10:00—Lap Swimming, AC 11:00—Singles Ping Pong, CR 11:00—Yoga Basics, FAR 12:30—Duplicate Bridge, CR 12:45—Balance and Sculpt, FAR 1:25—Foam Roller Class, FAR Movie—Jersey Boys (2014) R</p> <p>A Matter of Balance 9:30 a.m. to 11:30 a.m., ACR</p> <p>Beading Class, 3:00 p.m., ACR</p> <p>NCAA Women's Basketball Texas Longhorns vs. West Virginia Mountaineers Motor Coach leaves at 5:30 p.m.</p>	<p>29</p> <p>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 11:30—CM Family Council, CM 2 AC 2:00—Art Club, ACR 2:00—Mahjong, CR 4:30—Team Trivia, CL Movie—August: Osage County (2013) R</p> <p>Keep Moving Big 2:00 p.m., FAR</p> <p>Texas Tales, Stories that shaped a Landscape and a People Author Myra McIlvain 3:00 p.m., FAR</p> <p>January Birthday PIZZA Party Register in the Communications Center. 5:00 p.m., CL</p>	<p>OUT AND ABOUT WEDNESDAY 30</p> <p>10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 10:30—Balance and Sculpt, FAR 11:30—CM Family Council, CM 2 AC 12:30—Duplicate Bridge, CR Movie—A Walk in the Clouds (1995) PG13</p> <p>UT OLLI-NOVA Motor Coach leaves at 8:15 a.m.</p> <p>Fitness Center Orientation Nicki Cain, Fitness Instructor 3:00 p.m., FC</p> <p>Bingo & Cocktails, 3:30 p.m., CL</p>	<p>31</p> <p>8:30—Medical Appointments 9:00—Lap Swimming, AC 9:15—Pilates, FAR 9:30—Workout in Water, Session 1 10:00—Longhorn Village Band, CL 10:30—Workout in Water, Session 2 11:15—Chair Cardio, FAR</p> <p>Ukulele Class, 1:00 p.m., TT</p> <p>Urban Axes Axe throwing is an individual sport played with other members of a group. Individuals throw 1.5 lb. hatchets at wooden targets marked with a bullseye and score points based on where on the target they stick the axe. Who wants to Live Your Adventure and get their Paul Bunyan on? Motor Coach leaves at 10:30 a.m.</p> <p>Nurse In Hours Monday-Friday 9:00 a.m.-12:00 p.m.</p>	<p>MOOGLE http://resident.longhornvillage.com</p> <p>Longhorn Village http://longhornvillage.com</p> <p>Texas Exes www.texasexes.org/longhornvillage</p> <p>Dining Statement http://dining.longhornvillage.com</p> <p>Daily View Channel 1890</p> <p>Wellness Clinic — 512-382-4675 Audiologist Dr. Natasha Dewald</p>	<p><i>The Canyon View Calendar</i></p> <p>A Publication of</p> <p>LONGHORN VILLAGE</p> <p> </p> <p>Optometrist Erin Jacob Podiatrist Michael Cosimeno</p>