


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">February 2019</p> <p align="center">Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.</p> <p align="center">Lao Tzu</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, February 5 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"><i>Save The Date</i></p> <p align="center">Saturday, March 2 Texas Independence Day 12:00 p.m., FAR</p> 	<p align="center">WALKING CLUB</p>  <p align="center">Join residents for a 2 mile morning walk on Monday, Wednesday and Friday at 8:30 a.m. Meet in the Lobby. 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 Live Your Adventure</p> <p align="center">GO to interesting places! BE with interesting people! DO interesting things!</p> <p align="center">Norris Couch 2019 Motto</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">Were you born in 1939? If so, see Terri Hallenbeck about an upcoming 80th Birthday Party.</p>	<p align="center">Please call the Wellness Clinic at 512-382-4675 if you need to set up an appointment with the Audiologist or Podiatrist.</p>	<p align="center">Are you a Volunteer Here, There or Anywhere? If so, log your Volunteer hours in the Longhorn Village Volunteer Log Book located in the Communications Center.</p>	<p align="right">1</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, CL Movie—Won't You Be My Neighbor? PG 2018 Mark Your Calendar, 4:00 p.m., FAR Jim Gilliam will be discussing his proposed book about keepsakes of Longhorn Village residents. Tiff's Treats will be served. Cirque Italia Water Circus Performance Motor Coach leaves at 5:30 p.m.</p>	<p align="right">2</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—RBG PG 2018</p>
<p align="right">3</p> <p>Sunday Brunch Breakfast 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—First Man (2018) PG13</p> <p>Covenant Presbyterian Church Non-Denominational Communion 11:00 a.m., CH</p> <p>Austin Opera Silent Night Motor Coach leaves at 12:30 p.m.</p> <p>Super Bowl LIII Watch Party New England Patriots vs. Los Angeles Rams Kickoff at 5:30 p.m. on CBS. 5:30 p.m., FAR Register in the Communications Center.</p>	<p align="right">4</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 10:00—Culinary Committee, TOR 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 1:30—Program Committee, CL Movie—The Old Man and the Gun (2018) PG13 3:00—Beading Class, ACR</p> <p>Matter of Balance 9:30 a.m. to 11:30 a.m., CL</p> <p>NCAA Women's Basketball Baylor Bears at Texas Longhorns Motor Coach leaves at 4:15 p.m.</p>	<p align="right">5</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 2:00—Movie Club, CL 3:00—Lantana Family Council, LL PDR 4:30—Team Trivia, FAR Movie—Crazy Rich Asians (2018) PG 13</p> <p>Keep Moving Big, 2:00 p.m., FAR</p> <p>Chinese New Year Year of the Pig Pigs in a Blanket will be served. 3:30 p.m., FAR</p> <p>Evening with the Author Sarah Bird Lake Travis Community Library Dinner at Toscano Motor Coach leaves at 4:30 p.m.</p>	<p align="right">6</p> <p>OUT AND ABOUT WEDNESDAY</p> <p>10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 11:00—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR 3:15—Love to Sing Singers, CM Movie—Black Panther (2018) PG 13</p> <p>UT OLLI-NOVA Motor Coach leaves at 8:15 a.m.</p> <p>What's for Lunch? Addie Broyles, Recipe Books Bee Cave Library Motor Coach leaves at 11:00 a.m.</p> <p>Stay Strong Class, 2:00 p.m., FAR</p> <p>Fitness Center Orientation 3:00 p.m., FC</p> <p>Artist of the Month Art Reception Join us in the Cocktail Lounge to meet Featured Artist Fritz Callahan and other Artists. 3:30 p.m., CL</p>	<p align="right">7</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 Exec. Comm. Mtg., PDR 10:00—Longhorn Village Band, CL 10:30—Workout in Water, Session 2 11:15—Chair Cardio, FAR 1:15—Ukulele Class, TT</p> <p>Keep Moving Big, 2:00 p.m., CL</p> <p>Ice Cream Social! Mingle with fellow residents. 2:00 p.m., FAR</p> <p>Living with Low Vision Christy Bennett Rehab Care 3:00 p.m., FAR</p> <p>Alaska Meeting Bring a copy of your Passport. 4:00 p.m. CL</p> <p>Sip & Sing, 7:00 p.m., CL</p>	<p align="right">8</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, CL Movie—Mission: Impossible - Fallout(2018) PG13 Flower Arranging, 10:00 am, ACR Stephanie Ferguson and Vandegrift PALS Register with Terri Hallenbeck. Homegrown Texas Guitar Leon Rodriguez 4:00 p.m., FAR</p> <p>Bubbles at Bedtime Enjoy Craft Cocktails in your PJ's. 7:00 p.m., CL</p>	<p align="right">9</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—A Star is Born (2018) R</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10</p> <p>Sunday Brunch Buffet 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—Bohemian Rhapsody (2018) PG13</p>	<p>11</p> <p>8:00—Mobilex (Lab Work) 8:30—Medical Appointments 10:00—Doubles Ping Pong, CR 10:00—Lap Swimming, AC 11:00—Singles Ping Pong, CR 11:00—Catholic Com., Rosary, CH 12:30—Duplicate Bridge, CR 12:45—Balance and Sculpt, FAR 1:25—Foam Roller Class, FAR Movie—A Quiet Place (2018) PG13 3:00—Beading Class, ACR Galloping Gourmet—Lunch Shandeez Grill Motor Coach leaves at 11:00 a.m. A Matter of Balance 9:30 a.m. to 11:30 a.m., CL Line Dancing, 2:00 p.m., FAR</p>	<p>12</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, FAR 7:30—The Notebook (2004) PG13 BookSpring Labeling Party Lunch at Torchy' Tacos Motor Coach leaves at 9:15 a.m. Texas Exes Meeting, 2 p.m., CL Keep Moving Big 2:00 p.m., FAR Mindfulness, 3:30 p.m., TT</p>	<p>13</p> <p>OUT AND ABOUT WEDNESDAY 10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 11:00—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR Movie—Sleepless in Seattle (1993) PG UT OLLI-NOVA, Motor Coach leaves at 8:15 a.m. Valentine Cookie Decorating Vandegrift High School Students 10:30 a.m., ACR Journey Support Group Ryan Schmidt, 1:30 p.m., CH Stay Strong Class, 2:00 p.m., FAR Fitness Center Orientation 3:00 p.m., FC Songs by Ella Reid, 7:00 p.m., CL</p>	<p>14</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—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 1:15—Ukulele Class, TT Keep Moving Big, 1:15 p.m., FAR Operational Update 2:00 pm, FAR Romantic Movie Scenes Ever! Resident Janet Lachman 3:15 p.m., FAR Valentine Sip and Sing, 7:00 p.m., CL</p>	<p>15</p> <p>9:00—T'ai Chi, FAR 9:30—Lap Swimming, AC 10:00—Age Defying Fitness, FAR 10:00—Grocery Shopping 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—Bird Box (2018) R Tour of Roadhouse Relic Gallery Lunch at Polvo's Mexican Restaurant Meet neon artist Todd Sanders and learn how he crafts his vintage-style neon designs Motor Coach leaves at 11:30 a.m.</p>	<p>16</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—Black KkKlansman (2018) R</p>
<p>17</p> <p>Sunday Brunch Breakfast 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—It Happened One Night (1934) Longhorn Village Texas Exes Cares Project Collection of clothing for The Salvation Army. Place your clothing donation to the Salvation Army outside your door on Saturday, February 23 before 10:00 a.m.</p>	<p>18</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—The Misfits (1961) 3:00—Beading Class, ACR A Matter of Balance 9:30 a.m. to 11:30 a.m., CL Caregiver Group Support Group 3:00 p.m., 3rd Floor PDR</p>	<p>19</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, FAR Movie—Run Silent, Run Deep (1958) Devilish Eggs Dick Schouweiler Interactive Cooking Demo/Class 10:00a.m., TOR Kitchen Register with Terri Hallenbeck Keep Moving Big 2:00 p.m., FAR</p>	<p>20</p> <p>OUT AND ABOUT WEDNESDAY 10:00—Lap Swimming, AC 11:00—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR 3:15—Love to Sing Singers, CM Movie—King & Four Queens (1956) Round Rock Honey House Tour Lunch at Greenhouse Craft Food Motor Coach leaves at 10:00 a.m. Chef's Table 12:00 p.m., TOR Stay Strong Class, 2:00 p.m., FAR Fitness Center Orientation 3:00 p.m., FC Bingo & Cocktails, 3:30 p.m., CL Wii Bowling Competition 7:15 pm, Fitness Center</p>	<p>21</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 11:00—Lutheran Divine Service, CH 11:15—Chair Cardio, FAR 1:15—Ukulele Class, TT Keep Moving Big, 2:00 p.m., FAR Chew on This, Dick Schouweiler 3:00 p.m., FAR National Margarita Day Social Margaritas will be served. 3:45 p.m., FAR Sip & Sing, 7:00 p.m., CL</p>	<p>22</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 1:00—Mall Shopping (Arbor Walk) 2:00—Rummikub, ACR 3:00—Sign Language, CL 4:30—Chips and Dips Social Movie—Teachers Pet (1958) Earth's Moon: Novelties Armchair Astronomy/Ken VanLew 4:00 p.m., FAR Austin Symphony - Brahms' Requiem Motor Coach leaves at 6:00 p.m.</p>	<p>23</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—Soldier of Fortune (1955) Longhorn Village Texas Exes Cares Project Place your clothing donation to the Salvation Army outside your door before 10:00 a.m. Forty Acre Scholars and Magic with the Amazing Giancarlo Bernini 12:15 p.m., FAR</p>
<p>24</p> <p>Sunday Brunch Buffet 10:00—Lap Swimming, AC 2:30—Canasta, ACR Movie—The Green Book (2018) PG13 Worship Service St. Luke's Episcopal Church 4:00 p.m., CR Austin New Horizons Band The Austin New Horizons Band was begun in 1998 as part of an outreach program of the University of Texas Butler School of Music. 4:00 p.m., FAR</p>	<p>25</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—Roman J. Israel Esq. (2017) PG13 3:00—Beading Class, ACR The Bullock Texas State History Museum Motor Coach leaves at 9:30 a.m. A Matter of Balance 9:30 a.m. to 11:30 a.m., CL Karaoke—Richard Whitenton Submit Song requests to Terri. 7:00 p.m., CL</p>	<p>26</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 11:30—CM Family Council, CM 2 AC 2:00—Art Club, ACR 2:00—Mahjong, CR 4:30—Team Trivia, FAR Movie—Jurassic World: Fallen Kingdom (2018) PG13 George Washington Carver Museum Lunch at Hoover's Cooking Motor Coach leaves at 10:00 a.m. Longhorn Village Residents' Finance & Foundation Election 10:00 a.m. - 2:00 p.m., CL Keep Moving Big 2:00 p.m., FAR February Birthday PIZZA Party Register in the Communications Center. 5:00 p.m., CL</p>	<p>27</p> <p>OUT AND ABOUT WEDNESDAY 10:00—Lap Swimming, AC 10:00—Yoga Advanced, CR 11:00—Balance and Sculpt, FAR 12:30—Duplicate Bridge, CR Movie—The Wife (2017) Longhorn Village Foundation Meeting 10:00 a.m., TT Stay Strong Class, 2:00 p.m., FAR Fitness Center Orientation 3:00 p.m., FC Vertebral Compression Fractures Dr. Christopher Vije Board Certified Pain Medicine and Anesthesiology Pain Partners of Texas 3:00 p.m., FAR Nightcap Mingle 8:00 p.m. to 9:00 p.m., CL</p>	<p>28</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 1:15—Ukulele Class, TT Keep Moving Big, 2:00 p.m., FAR Guided Meditation, 3:30 p.m., TT Galloping Gourmet—Dinner Shandeez Grill Motor Coach leaves at 4:00 p.m. Nurse In Hours Monday-Friday 9:00 a.m.-1:00 p.m.</p>	<p>MOOGLE http://resident.longhornvillage.com Longhorn Village http://longhornvillage.com Texas Exes www.texasexes.org/longhornvillage Dining Statement http://dining.longhornvillage.com Daily View Channel 1890 Wellness Clinic — 512-382-4675 Audiologist Dr. Natasha Dewald</p>	<p><i>The Canyon View Calendar</i> A Publication of    Optometrist Erin Jacob Podiatrist Michael Cosimeno</p>