

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Aerobic Exercise (BR)</li> <li>9:45 HasFit Aerobic Exercise (BR)</li> <li>10:30 Year In Review: The Preston 2024 (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 New Year's Vision Board Workshop (TR)</li> <li>2:30 Test your January IQ &amp; Trivia (CR)</li> <li>3:30 Social Hour Bingo (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Our Little Secret" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 Mexican Train Game (CB)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:30 Community Name That Tune (L)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Man on the Inside Ep 1" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Exercise: Fitness and Fun (BR)</li> <li>10:15 Exploring American History (CR)</li> <li>11:30 Lunch Outing to Cafe Amore (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 WU: DIMA Jazz Lecture (CR)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Zookeeper" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Doughnut Social (CB)</li> <li>9:45 Saturday Stretch (BR)</li> <li>10:30 Activity Packets w/ Daily Chronicle (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>1:00 Walking Club (L)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>3:30 Saturday Happy Hour (CB)</li> <li>5:00 Resident Holiday Party (L)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (BR)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Daily Chronicle (CR)</li> <li>11:00 Dallas Museum of Art (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Tai Chi and Tea (BR)</li> <li>2:30 Word Search Mania (BR)</li> <li>3:30 Sunday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Cider House Rules" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Men's Club (TR)</li> <li>9:45 Fitness: Rockin' and Rollin' (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</li> <li>2:30 Classical Music Mondays w/ Mark (L)</li> <li>2:30 Rummikub with Friends (CR)</li> <li>3:30 Social Hour w/ Table Talk Visit (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Family Man" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:15 Painting with a Purpose (CR)</li> <li>10:30 Movie Outing NorthPark AMC (L)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Mexican Train Game (CB)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 Coaster Making (CR)</li> <li>3:30 Social Hour: Name that Tune (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Heat" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 HasFit Aerobic Exercise (BR)</li> <li>10:15 Jeopardy Trivia Game (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Zentangle Art (CR)</li> <li>2:30 Mexican Train Game (CB)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "It Ends with Us" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:15 Mexican Train (CB)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:30 Mix and Mingle: Julie Free (Piano) (L)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Man On the Inside EP 2" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Exercise: Fitness and Fun (BR)</li> <li>10:15 Exploring American History (CR)</li> <li>11:30 Lunch Outing: Dunston's Steak House (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 Rummikub with Friends (CB)</li> <li>3:30 Social Hour with Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Fabulous Four" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Doughnut Social (CB)</li> <li>9:30 MLK FEST (BUS)</li> <li>9:45 Saturday Stretch (BR)</li> <li>10:30 Activity Packets w/ Daily Chronicle (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>1:00 Walking Club (L)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>3:00 Girl Scout Cookies Sale (L)</li> <li>3:30 Saturday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Saturday Night Live Music (L)</li> <li>7:00 Nightly Cinema "JOY" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (BR)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Daily Chronicle (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Tai Chi and Tea (BR)</li> <li>2:30 Word Search Mania (BR)</li> <li>3:30 Sunday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Losin It" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Men's Club (TR)</li> <li>9:45 Fitness: Rockin' and Rollin' (BR)</li> <li>10:15 For Love and Art (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</li> <li>2:30 Rummikub with Friends (CR)</li> <li>3:30 Social Hour w/ Table Talk Visit (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Efficiency Expert" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>10:45 Meditation Mindset (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>2:30 Rummikub with Friends (CB)</li> <li>2:30 WU: Current Events w/ Randy Mayeux (CR)</li> <li>3:30 Social Hour: Name that Tune (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "HOOK" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Aerobic Exercise (BR)</li> <li>10:45 VR Learning Center and Technology Help Class (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Jewelry Making w/ Marcy (TR)</li> <li>2:30 WU: Garden Club Meeting (TR)</li> <li>3:30 Social Hour: Birthday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Merry Gentlemen" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 Rummikub with Friends (CB)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:30 Mix and Mingle: Denny Robinson (L)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Man On The Inside Ep 3" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Exercise: Fitness and Fun (BR)</li> <li>10:15 Exploring American History: MLK (CR)</li> <li>11:00 Lunch Outing: Hudson House (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>1:30 VR Travel: Explore a different Country (CR)</li> <li>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</li> <li>3:30 Social Hour w/ Table Talks (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Liar Liar" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Doughnut Social (CB)</li> <li>9:45 Saturday Stretch (BR)</li> <li>10:30 Activity Packets w/ Daily Chronicle (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>1:00 Walking Club (L)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>3:30 Saturday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Eternal Sunshine" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (BR)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Daily Chronicle (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Tai Chi and Tea (BR)</li> <li>2:30 Word Search Mania (BR)</li> <li>3:30 Sunday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Point Break" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Men's Club (TR)</li> <li>9:45 Fitness: Rockin' and Rollin' (BR)</li> <li>10:45 Meditation Mindset (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</li> <li>2:30 Rummikub with Friends (CR)</li> <li>3:30 Social Hour w/ Table Talk Visit (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Crocodile Dundee" (BR)</li> <li>7:30 College Football Championship Game (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 Wind Chimes Craft (TR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>11:30 Positive Affirmations to Self (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Residents Council Meeting (CR)</li> <li>2:30 Rummikub with Friends (CB)</li> <li>3:30 Social Hour: Name that Tune (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Robin: Watch for Wishes" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Aerobic Exercise (BR)</li> <li>10:30 Paint with a Purpose (CR)</li> <li>11:30 Meditation Mindset (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 WU: Name That Tune w/ Mike Frankel (CR)</li> <li>3:30 Social Hour/Bingo (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Crocodile Dundee II" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 Jeopardy Trivia Game (CR)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:30 Mix-N-Mingle w/ Surprise Guest (L)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Man On The Inside Ep 4" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Exercise: Fitness and Fun (BR)</li> <li>10:15 Exploring American History (CR)</li> <li>11:30 Lunch Outing: Malai Kitchen (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 Craft Corner: Bracelet Making (TR)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Chicago" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Doughnut Social (CB)</li> <li>9:45 Saturday Stretch (BR)</li> <li>10:30 Activity Packets w/ Daily Chronicle (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>1:00 Walking Club (L)</li> <li>2:30 Saturday Happy Hour (CB)</li> <li>3:30 Saturday Music : "Jazz Express" (L)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Unaccompanied Minors" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (BR)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Daily Chronicle (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: Tai Chi and Tea (BR)</li> <li>2:30 Word Search Mania (BR)</li> <li>3:30 Sunday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Forge" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Men's Club (TR)</li> <li>9:45 Fitness: Rockin' and Rollin' (BR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</li> <li>1:30 WU: Mosaic Art w/ Esther (TR)</li> <li>2:30 Rummikub with Friends (CR)</li> <li>3:30 Social Hour w/ Table Talk Visit (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Ridiculous 6" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 Positive Affirmations to Self (CR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 WU: Current Events w/ Randy Mayeux (CR)</li> <li>3:30 Social Hour: Name that Tune (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Burlesque" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Aerobic Exercise (BR)</li> <li>10:30 Meditation Mindset (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Cooking Corner: Let's make Fruit salad (CR)</li> <li>2:30 Bring Your Favorite Poem (CR)</li> <li>3:30 Social Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Six Triple Eight" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (BR)</li> <li>10:30 Rummikub with Friends (CB)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Chinese New Year Celebration (CR)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 An Evening with Norris Perry (L)</li> <li>7:00 Nightly Cinema "Man on the Inside Ep 5" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Exercise: Fitness and Fun (BR)</li> <li>10:15 Exploring American History (CR)</li> <li>11:30 Lunch Outing: Celebration Restaurant (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Walking Club (L)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 Mary Kay and Mimosas (CB)</li> <li>3:30 Social Hour with Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Last Holiday" (CR)</li> </ul>	

- Body
- Community
- Entertainment
- Mind
- Outing
- Spirit

**Activity Locator Key:**

CR = Community Room (1st Floor)  
 TR = Tea Room (7th Floor)  
 CB = Craddock's Bar /Lounge (1st Floor)  
 PT = Poker Table (3rd Floor)  
 L = Lobby (1st Floor)  
 BR = Bridge (3rd Floor)

DR = Dining Room(1st Floor)  
 GR = Grill Room (1st Floor)  
 MCA = Activity Area (2nd Floor)  
 AR = Art Room (2nd Floor)  
 TT = Third Floor Terrace (3rd Floor)  
 PT = Pool Table (6th Floor)  
 BUS = Community Bus

**Leadership Team:** Executive Director: Chad Hubbard  
 Resident Care Director: Rhonda Battee  
 Memory Care Director: Delondria Epps  
 Community Life Director: Lakeisha Brothers  
 Dining Services Director: Kyle Blazer  
 Maintenance Director: Brandon DeLeon  
 Sales Director: Cynthia Seskes  
 Human Resources Director: Patricia Gloria-Barraza  
 Business Office Manager: Tomicca Wilson

# Assisted Living January 2025