



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7:30 Breakfast (DR)</p> <p>9:45 Fitness Sunday Stretch (CR)</p> <p>10:30 Televised Worship Service (CR)</p> <p>11:15 Daily Chronicle (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Wii Bowling (BR)</p> <p>2:30 Craft Corner "Create a Braclet" (BR)</p> <p>3:30 Word Search Mania (BR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Men's Group Meeting (TR)</p> <p>10:00 Exercise: Fitness and Fun (CR)</p> <p>10:30 Coffee and Current Event Discussion (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</p> <p>2:30 Making Magnets (CR)</p> <p>3:30 Social Hour w/ who am I? (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Shopping Outing: Northpark, Target, CVS (RSVP needed) (L)</p> <p>10:00 Fitness: Rockin' and Rollin' w/ Lisa (CR)</p> <p>10:30 Bring Your own Puzzle Group (CR)</p> <p>10:30 WU: Prayer & Bible Discussion Group (TR)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 Rummikub with Friends (CB)</p> <p>2:30 Texas Winds: Sentimental Journey (L)</p> <p>3:30 Social Hour w/ Kasha (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Dancing (BR)</p> <p>10:00 Pet Therapy w/ Miriam (BR)</p> <p>10:15 WU: "The Learning Academy w/ Curtis" (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: Jewelry making w/ Marcy (TR)</p> <p>2:30 Meditation (CR)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Move it w/ Kasha (CR)</p> <p>10:00 Voter Registration (CR)</p> <p>11:00 Coffee and Conversation w/ Kasha (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 WU: Silver Sneakers w/Tina (BR)</p> <p>2:30 Mix-N-Mingle w/ Marek Enefi (L)</p> <p>3:30 Social Hour: Po-Ke-No BINGO (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema: "The Union" (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Yoga Dance (CR)</p> <p>10:15 WU: The History of World War II (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Rummikub with Friends (CB)</p> <p>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema: "Home Again" (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:00 Doughnut Social (CB)</p> <p>9:45 Saturday Stretch (BR)</p> <p>10:30 Activity Packets w/ Daily Chronicle</p> <p>12:00 Lunch (DR)</p> <p>2:00 Craft Corner "Mystery Craft" (BR)</p> <p>3:00 Saturday Matinee Movie (CR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>
<p>7:30 Breakfast (DR)</p> <p>9:45 Fitness Sunday Stretch (CR)</p> <p>10:30 Televised Worship Service (CR)</p> <p>11:15 Daily Chronicle (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Grandparents Day Celebration w/D.E.E.P & Games (L)</p> <p>2:30 Grandparents Day Ice Cream Social (CB)</p> <p>3:30 Word Search Mania (BR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Men's Group Meeting (TR)</p> <p>10:00 Exercise: Fitness and Fun (CR)</p> <p>10:30 WU: Mosaic Art w/ Esther (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</p> <p>2:30 Rummikub with Friends (CR)</p> <p>3:30 Social Hour w/ Music (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>10:00 Move It-N-Groove It w/ Lisa (CR)</p> <p>10:30 Discussion: "Ta-Ra-Ra-Boom-De-E" History (CR)</p> <p>10:30 WU: Prayer & Bible Discussion Group (TR)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 Activity (CR)</p> <p>2:30 Alicia Activity (CR)</p> <p>2:30 Rummikub with Friends (CB)</p> <p>2:30 WU: Current Events w/ Randy Mayeux (CR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>10:00 Chair Dancing (CR)</p> <p>10:00 Pet Therapy w/ Miriam (BR)</p> <p>10:15 WU: "The Learning Academy w/ Curtis" (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Painting with a Twist (CR)</p> <p>2:30 AtoZ Health Fair (CR)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:00 Meadows Swiss ave Tour (L)</p> <p>9:30 Move It with Kasha (BR)</p> <p>11:00 Coffee and Conversation w/ Kasha (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Farkel Game w/ Julie (Dice) (PT)</p> <p>1:00 Walking Club (L)</p> <p>1:30 WU: Silver Sneakers w/Tina (BR)</p> <p>2:30 Community Life Karaoke (L)</p> <p>3:30 Social Hour: Po-Ke-No BINGO (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 An Evening With Norris Perry (L)</p> <p>7:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Yoga Fit with Beccye (CR)</p> <p>10:15 WU: The History of World War II (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Rummikub with Friends (CB)</p> <p>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</p> <p>2:30 Mix-N-Mingle w/ Flamenco Dancers (L)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:00 Doughnut Social (CB)</p> <p>9:45 Saturday Stretch (BR)</p> <p>10:30 Activity Packets w/ Daily Chronicle</p> <p>12:00 Lunch (DR)</p> <p>2:00 Craft Corner "Mystery Craft" (BR)</p> <p>3:00 Saturday Matinee Movie (CR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>
<p>7:30 Breakfast (DR)</p> <p>9:45 Fitness Sunday Stretch (CR)</p> <p>10:30 Televised Worship Service (CR)</p> <p>11:15 Daily Chronicle (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Wii Bowling (BR)</p> <p>2:30 Meditation (BR)</p> <p>3:30 Word Search Mania (BR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Men's Group Meeting (TR)</p> <p>9:30 Outing: Coffee & Highland Park Village Shopping (L)</p> <p>10:00 Exercise: Fitness and Fun (CR)</p> <p>10:30 Coffee and Current Event Discussion (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</p> <p>2:30 Rummikub with Friends (CR)</p> <p>3:30 Social Hour w/ Family Feud (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Shopping Outing: Target, CVS, Northpark (RSVP Needed) (L)</p> <p>10:00 Fitness: Rockin' and Rollin' w/ Lisa (CR)</p> <p>10:30 Bring Your own Puzzle Group (CR)</p> <p>10:30 WU: Prayer & Bible Discussion Group (TR)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 Activity (CR)</p> <p>1:30 Residents Council Meeting (CR)</p> <p>1:30 Rummikub with Friends (CB)</p> <p>2:30 Alicia Activity (CR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Dancing (BR)</p> <p>10:00 Pet Therapy w/ Miriam (BR)</p> <p>10:15 WU: "The Learning Academy w/ Curtis" (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: Jewelry making w/ Marcy (TR)</p> <p>2:30 Mix-N-Mingle w/ A surprise guest (L)</p> <p>3:30 Social Hour (CB)</p> <p>3:30 Social Hour: Birthday Happy Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Move it w/ Kasha (BR)</p> <p>11:00 Coffee and Conversation w/ Kasha (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 WU: Silver Sneakers w/Tina (BR)</p> <p>2:30 Making S'mores (BR)</p> <p>3:30 Social Hour: Po-Ke-No BINGO (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Mix-N-Mingle w/ Doc Gibbs (L)</p> <p>7:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Yoga Fit with Beccye (CR)</p> <p>10:15 WU: The History of World War II (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Rummikub with Friends (CB)</p> <p>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</p> <p>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:00 Doughnut Social (CB)</p> <p>9:45 Saturday Stretch (BR)</p> <p>10:30 Activity Packets w/ Daily Chronicle</p> <p>12:00 Lunch (DR)</p> <p>2:00 Craft Corner "Mystery Craft" (BR)</p> <p>3:00 Saturday Matinee Movie (CR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>
<p>7:30 Breakfast (DR)</p> <p>9:45 Fitness Sunday Stretch (CR)</p> <p>10:30 Televised Worship Service (CR)</p> <p>11:15 Daily Chronicle (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Wii Bowling (BR)</p> <p>2:30 Cooking Corner: Strawberry shortcakes (BR)</p> <p>3:30 Word Search Mania (BR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Men's Group Meeting (TR)</p> <p>10:00 Exercise: Fitness and Fun (CR)</p> <p>10:30 Coffee and Current Event Discussion (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</p> <p>2:30 Rummikub with Friends (CR)</p> <p>3:30 Social Hour w/ (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>10:00 Move It-N-Groove It w/ Lisa (CR)</p> <p>10:30 Discussion: "60 Minutes" Anniversary (CR)</p> <p>10:30 WU: Prayer & Bible Discussion Group (TR)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 Activity (CR)</p> <p>1:30 First Responders Luncheon (L)</p> <p>2:30 Alicia Activity (CR)</p> <p>2:30 WU: Current Events w/ Randy Mayeux (CR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p> <p>10:30 Bring Your own Puzzle Group (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Dancing (BR)</p> <p>10:00 Pet Therapy w/ Miriam (BR)</p> <p>10:15 WU: "The Learning Academy w/ Curtis" (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Activity (CR)</p> <p>2:30 WU: Name That Tune w/ Mike Frankel (CR)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:30 Move it w/ Kasha (BR)</p> <p>11:00 Coffee and Conversation w/ Kasha (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:00 Walking Club (L)</p> <p>1:30 WU: Silver Sneakers w/Tina (BR)</p> <p>2:30 Mix-N-Mingle w/ Denny Robinson (L)</p> <p>3:30 Social Hour: Po-Ke-No BINGO (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:45 Chair Yoga Fit with Beccye (CR)</p> <p>10:15 WU: The History of World War II (CR)</p> <p>11:00 Mystery Lunch (L)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Rummikub with Friends (CB)</p> <p>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</p> <p>2:30 WU: Mimosas & Mary Kay w/ Yazmin & Pam (CB)</p> <p>3:30 Social Hour (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>9:00 Doughnut Social (CB)</p> <p>9:45 Saturday Stretch (BR)</p> <p>10:30 Activity Packets w/ Daily Chronicle</p> <p>12:00 Lunch (DR)</p> <p>1:00 Saturday Matinee Movie (CR)</p> <p>2:00 Craft Corner "Mystery Craft" (BR)</p> <p>3:00 Saturday Music: "Jazz Express" (L)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>
<p>7:30 Breakfast (DR)</p> <p>9:45 Fitness Sunday Stretch (CR)</p> <p>10:30 Televised Worship Service (CR)</p> <p>11:15 Daily Chronicle (CR)</p> <p>12:00 Lunch (DR)</p> <p>1:30 Wii Bowling (BR)</p> <p>2:30 Craft Corner: Paint with us (BR)</p> <p>3:30 Word Search Mania (BR)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>	<p>7:30 Breakfast (DR)</p> <p>10:00 Exercise: Fitness and Fun (CR)</p> <p>10:00 Outing: Forestwood Antique Mall w/Garden Tea Room Cafe' (L)</p> <p>10:30 Coffee and Current Event Discussion (CB)</p> <p>12:00 Lunch (DR)</p> <p>1:30 WU: DAPS presents Move, Laugh, Connect (CR)</p> <p>2:30 Rummikub with Friends (CR)</p> <p>3:30 Social Hour w/ (CB)</p> <p>5:00 Dinner (DR)</p> <p>6:00 Nightly Cinema (CR)</p>				<ul style="list-style-type: none"> ● 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 Room (2nd Floor)
 AR = Art Room (2nd Floor)

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 September 2024

THE PRESTON
 OF THE PARK CITIES

A WATERMARK RETIREMENT COMMUNITY®