

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>Body</li> <li>Community</li> <li>Entertainment</li> <li>Mind</li> <li>Outing</li> <li>Spirit</li> </ul>					<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:00 Coffee With Veterans (TR)</li> <li>9:45 Exercise: Fitness and Fun (BR)</li> <li>10:15 WU: The History of World War II (CR)</li> <li>10:30 Craft Corner: Making Fall Centerpieces (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:15 WU: DIMA Jazz Lecture (CR)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Lonely Planet" (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</li> <li>11:00 College Football Watch Party (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Rummikub with Friends (CB)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>2:30 Saturday Happy Hour (CB)</li> <li>3:00 Saturday Matinee Movie (CR)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Spanish Prisoner" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (CR)</li> <li>10:30 DMA: Frida Khalo Exhibit (BUS)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Learn to Knit (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 WU: Tai Chi and Tea (BR)</li> <li>2:30 Self Care Sunday (CR)</li> <li>3:30 Paint and Sip Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Family Pack" (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: Strength and Stretch (BR)</li> <li>10:30 WU: Garden Club Meeting (CB)</li> <li>12:00 Lunch (DR)</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 "Good Sam" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Shopping Outing: Northpark, Target, CVS (RSVP needed) (L)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Handmade Holiday Cards (TR)</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 "Martha" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Senior Shape Chair Yoga (CR)</li> <li>10:15 WU: "The Learning Academy w/ Curtis" (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 WU: Jewelry making w/ Marcy (TR)</li> <li>2:30 Mix-N-Mingle w/ a Surprise Guest (L)</li> <li>3:30 Social Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Notebook" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>10:15 WU: "The Learning Academy with Curtis" Veterans Day Edition (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:30 Mix-N-Mingle w/ Marek Eneti (L)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "All is Good...Western Front" (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 WU: The History of World War II (CR)</li> <li>10:30 AMC Movie Outing Northpark Mall (BUS)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "August Osage County" (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>11:00 College Football Watch Party (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:15 Turtle Creek Arts Festival (BUS)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>2:30 Saturday Happy Hour (CB)</li> <li>3:00 Saturday Matinee Movie (CR)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Saturday Night Live Music (L)</li> <li>7:00 Nightly Cinema "Home Team" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (CR)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Daily Chronicle (CR)</li> <li>12:00 Lunch (DR)</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 "Escape from Alcatraz" (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>10:30 Veteran's Day Concert w/ Marty Ruiz (L)</li> <li>12:00 Lunch (DR)</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 "First Daughter" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>12:00 Lunch (DR)</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 "The Trial of the Chicago 7" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Senior Shape Chair Yoga (CR)</li> <li>10:15 WU: "The Learning Academy w/ Curtis" (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:15 Rummikub with Friends (CR)</li> <li>2:00 Community Art Talk w/ Tashima Thomas (CR)</li> <li>3:30 Social Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Jerry and Marge go Large" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>10:00 Mini mall (CR)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:30 An Evening with Norris Perry (L)</li> <li>7:00 Nightly Cinema "The Italian Job" (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 WU: The History of World War II (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:15 WU: DIMA - Jazz and Lecture Performance (CR)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "New In Town" (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>10:00 Family Day Education Discussion (CR)</li> <li>10:30 Activity Packets w/ Daily Chronicle (BR)</li> <li>11:00 College Football Watch Party (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>2:30 Saturday Happy Hour (CB)</li> <li>3:30 Classic Board Game Night (BR)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Hustle" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (CR)</li> <li>10:30 Televised Worship Service (CR)</li> <li>11:00 Daily Chronicle (CR)</li> <li>12:00 Lunch (DR)</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 "It Takes Two" (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>10:30 WU: Garden Club Meeting (CB)</li> <li>12:00 Lunch (DR)</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 "Eat, Pray, Love" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Shopping Outing: Target, CVS, Northpark (RSVP Needed) (L)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Residents Council Meeting (CR)</li> <li>2:30 Special Performance: Folkloric Dancers Richardson High (L)</li> <li>3:30 Social Hour: Name that Tune (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Selma" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Move it, Shake it, Bend it (BR)</li> <li>10:15 WU: "The Learning Academy w/ Curtis" (CR)</li> <li>12:00 Lunch (DR)</li> <li>12:30 Ice Cream Social - Sundaes (CB)</li> <li>1:30 Board Games (CR)</li> <li>2:30 Mix-N-Mingle w/ Denny Robinson (L)</li> <li>3:30 Social Hour: Birthday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Noel Diary" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>11:00 Western Day Celebration (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:30 Mix-N-Mingle w/ the Cameo Club (L)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "ALI" (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 WU: The History of World War II (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "That Thing You Do" (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>11:00 College Football Watch Party (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</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 "James Bond: Casino Royale" (CR)</li> </ul>
<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:30 Sunrise Stretching (CR)</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 Rainbow Vomit (3PAD7)</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 "Soap Dish" (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>10:30 WU: Garden Club Meeting (CB)</li> <li>12:00 Lunch (DR)</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 "Forest Gump" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>10:30 WU: Prayer &amp; Bible Discussion (TR)</li> <li>12:00 Lunch (DR)</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 "Freedom Writers" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 HasFit Chair Exercise (CR)</li> <li>10:15 WU: "The Learning Academy w/ Curtis" (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:15 Community Art Project (CR)</li> <li>2:30 WU: Name That Tune w/ Mike Frankel (CR)</li> <li>3:30 Social Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Best Christmas Ever" (CR)</li> </ul>	<ul style="list-style-type: none"> <li>7:30 Breakfast (DR)</li> <li>9:45 Chair Yoga Dancing (CR)</li> <li>11:00 Coffee and Conversation (CB)</li> <li>12:00 Lunch (DR)</li> <li>1:30 WU: Silver Sneakers w/Tina (BR)</li> <li>2:00 Thanksgiving Matinee Movie (CR)</li> <li>3:30 Social Hour: Po-Ke-No BINGO (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Matilda" (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 WU: The History of World War II (CR)</li> <li>12:00 Lunch (DR)</li> <li>1:30 Rummikub with Friends (CB)</li> <li>2:30 Holiday Greeting Card Making (CR)</li> <li>3:30 Social Hour w/ Music (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "The Truman Show" (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>11:00 College Football Watch Party (TR)</li> <li>12:00 Lunch (DR)</li> <li>1:00 Saturday Matinee Movie (CR)</li> <li>2:00 Craft Corner "Mystery Craft" (BR)</li> <li>2:30 Saturday Happy Hour (CB)</li> <li>5:00 Dinner (DR)</li> <li>6:00 Nightly Cinema "Mission Impossible" (CR)</li> </ul>

### 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 November 2024

A WATERMARK RETIREMENT COMMUNITY®

 **THE PRESTON**  
OF THE PARK CITIES