

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● Chair Yoga Stretch (AA(F)) ● Colorful Suncatcher Craft (AA(F)) ● Televised Worship Service (MAA) ● Verse of the Day & This Day in History (MAA) ● Brain Aerobics (MAA) ● Soul Drumming to the Beat (AA(F)) ● 2:30 Irresistible Bites (MAA) ● 6:00 Skill Up! Work-N-Play (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	1 ● Joyful Movement ● Oldies Sing-A-Long (MAA) ● 10:00 Body and Rhythm with Johnny ● 10:00 Dallas Arboretum & Botanical Garden/Lunch Smokey Rose ● Energy Burst ● WU: Culinary Creations: Crescent Rolls ● 1:30 WU: DAPS presents Move, Laugh, Connect (CR(F)) ● 2:30 Irresistible Bites ● 6:00 Balloon Volleyball (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	2 ● Brain Games ● Tai Chi Balance ● WU: An Eye for Art ● 10:00 Kimball Art Museum/Lunch Vickery Cafe ● Crafty Corner (MAA) ● Energy Burst ● Flower Arranging (MAA) ● Penthouse Salon (MAA) ● 2:30 Irresistible Bites (MAA) ● 2:30 Music Therapy with Madelyn (AR(F)) ● Happy Hour (MCAA) ● 6:00 Evening Coloring & Music (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	3 ● Daily Chronicle (MAA) ● Guided Meditation ● Morning Stretch (MAA) ● Strength & Balance ● 10:00 Beautifying Moments (MAA) ● 11:30 Women's Luncheon Group 1 (PDR) ● Armchair Traveling (MAA) ● Cooking Corner: Yummy Smoothie's (MAA) ● Energy Burst ● Name that Sound (MAA) ● Walking Club (MAA) ● 2:30 Irresistible Bites (MAA) ● 6:00 Brain Boosters : Hang Man (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	4 ● Brain Games ● Church Service (MCAA) ● Facials (MCAA) ● Slow Flow Yoga ● Soul Drumming to the Beat (AA(F)) ● Energy Burst ● Reminiscing Pictures (ME) ● Snack Time (MAA) ● Sweet Treat Bingo (MCAA) ● Virtual Adventure ● 2:30 Irresistible Bites (MAA) ● 6:00 Bowling with Friends (MCAA) ● Happy Hour (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	5 ● BINGO (MCFLR) ● Guess Who (MAA) ● Healing Touch Hand Massages (MCAA) ● Joyful Movement ● Stretching (MCAA) ● WU: Person of Interest ● Crossword Puzzles (MAA) ● Energy Burst ● Lemonade & Current Events (MAA) ● Let's Play Go Fish card Game (MAA) ● Proper Table Setting Practice (MCDR) ● 2:30 Irresistible Bites (MAA) ● Happy Hour (MCAA) ● 6:00 Balloon Badminton (MCAA)	6 ● Dance Exercise (MCAA) ● Donut Social (MCAA) ● Quote/Word/History of the Day (MCAA) ● Stretch & Strength ● 11:00 Silver Sneakers (MCAA) ● BINGO Fun (AA(F)) ● Energy Burst ● Trivia (MCAA) ● 1:00 Saturday Matinee Movie & Popcorn (CR(F)) ● 2:30 Irresistible Bites (MAA) ● 6:00 Coloring with a purpose (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))
● After Breakfast Morning March (MAA) ● Sole to Soul Walking Club ● Verse of the Day & This Day in History (MAA) ● 9:00 Praise Movement and Christian Hymns (MAA) ● 9:30 Televised Worship Service (MAA) ● Brain Aerobics (MAA) ● Energy Burst ● Parachute Ball Pop ● 1:00 Meditation Yoga (MAA) ● 2:30 Irresistible Bites (MAA) ● 6:00 Skill Up! Work-N-Play (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	8 ● Joyful Movement ● Oldies Sing-A-Long (MAA) ● 10:00 Body and Rhythm with Johnny ● 10:00 Strike and Reel ● Energy Burst ● WU: Culinary Creations: Banana Pudding ● 1:00 Music Therapy ● 1:30 WU: DAPS presents Move, Laugh, Connect (CR(F)) ● 2:30 Irresistible Bites (MAA) ● 6:00 Balloon Volleyball (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	9 ● Tai Chi Balance ● Crafty Corner (MAA) ● Flower Arranging (MAA) ● Penthouse Salon (MAA) ● WU: Artistry Unleashed ● 2:30 Irresistible Bites (MAA) ● Happy Hour & Music (MCAA) ● 6:00 Evening Coloring & Music (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	10 ● Daily Chronicle (MAA) ● Gratitude and Reflections ● Strength & Balance ● Women's Luncheon Group 2 ● 10:00 Beautifying Moments (MAA) ● Armchair Traveling (MAA) ● Cooking Corner: Egg & Avocado Toast (MAA) ● Energy Burst ● 2:30 Irresistible Bites (MAA) ● 6:00 Brain Boosters : Hang Man (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	11 ● Brain Games ● Church Service (MCAA) ● Facials And Calming Music (MCAA) ● Slow Flow Yoga ● Energy Burst ● Sweet Treat Bingo (MCAA) ● Virtual Trip Down Memory Lane ● 2:30 Irresistible Bites (MAA) ● 6:00 Bowling with Friends (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	12 ● Community Life Committee Meeting ● Joyful Movement ● Sugar Rush BINGO (MCFLR) ● Crossword Puzzles (MAA) ● Energy Burst: Chair Stretching ● Healing Touch Hand Massages (MCAA) ● 2:30 Irresistible Bites (MAA) ● Father's Day Celebration Happy Hour (MCAA) ● 6:00 Balloon Badminton (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	13 ● Dance Exercise (MCAA) ● Donut Social (MCAA) ● Quote/Word/History of the Day (MCAA) ● 11:00 Silver Sneakers (MCAA) ● BINGO (AA(F)) ● Energy Burst ● Trivia (MCAA) ● 1:00 Saturday Matinee Movie & Popcorn (CR(F)) ● 2:30 Irresistible Bites (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))
● Brain Aerobics (MAA) ● Televised Worship Service (MAA) ● Textured Collage Creations (AA(F)) ● Verse of the Day & This Day in History (MAA) ● Soul Drumming to the Beat (AA(F)) ● 1:00 Meditation Yoga (MAA) ● 2:30 Father's Day Celebration with Toney Walsh (L(F)) ● 2:30 Irresistible Bites (MAA) ● 6:00 Skill Up! Work-N-Play (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	15 ● Joyful Movement ● Oldies Sing-A-Long (MAA) ● 10:00 Body and Rhythm with Johnny ● 10:00 Scenic Drive Around White Rock Lake & Stop get Ice Cream Cones ● Energy Burst ● WU: Culinary Creations: Chocolate Covered Strawberries ● 1:30 WU: DAPS presents Move, Laugh, Connect (CR(F)) ● 2:00 Scenic Drive Around White Rock Lake & Stop get Ice Cream Cones ● 2:30 Irresistible Bites (MAA) ● 6:00 Balloon Volleyball (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	16 ● Tai Chi Balance ● 10:30 African American Museum of Dallas & Lunch ● Crafty Corner (MAA) ● Energy Burst ● Flower Arranging (MAA) ● 2:30 Irresistible Bites (MAA) ● 2:30 Music Therapy with Madeline (AA(F)) ● Happy Hour & Karaoke Singing (MCAA) ● 6:00 Evening Coloring & Music (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	17 ● Daily Chronicle (MAA) ● Guided Meditation ● Mens Luncheon ● Strength & Balance ● 10:00 Beautifying Moments (MAA) ● Armchair Traveling (MAA) ● Cooking Corner: Chips & White Queso (MAA) ● Energy Burst ● 2:30 Irresistible Bites (MAA) ● 6:00 Brain Boosters : Hang Man (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	18 ● Brain Games ● Church Service: Joel Osteen (MCAA) ● Facials & Neck Massage (MCAA) ● Slow Flow Yoga ● Reminiscing Pictures (ME) ● Soul Drumming to the Beat (AA(F)) ● Sweet Treat Bingo (MCAA) ● Virtual Roadtrippers ● 2:30 Irresistible Bites (MAA) ● 6:00 Bowling with Friends (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	19 ● Healing Touch Hand Massages (MCAA) ● Joyful Movement ● Service Circles ● Sugar Rush BINGO (MCFLR) ● Current Events w\, Chassie (MAA) ● Crossword Puzzles (MAA) ● Energy Burst: Patio Fun ● Proper Table Setting Practice (MCDR) ● 2:30 Irresistible Bites (MAA) ● Lemonade Happy Hour (MCAA) ● 6:00 Balloon Badminton (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	20 ● Dance Exercise (MCAA) ● Donut Social (MCAA) ● Quote/Word/History of the Day (MCAA) ● 10:30 Name That Tune W\ Mike Frankel (MAA) ● Candy Rush Bingo (AA(F)) ● Energy Burst: Golf ● 1:30 Silver Sneakers (MCAA) ● 2:30 Irresistible Bites (MAA) ● 6:00 Coloring with a purpose (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))
● Praise Movement and Christian Hymns (MAA) ● Sole to Soul Walking Club ● Televised Worship Service (MAA) ● Verse of the Day & This Day in History (MAA) ● Brain Aerobics (MAA) ● Energy Burst ● Parachute Ball Pop ● 1:00 Meditation Yoga (MAA) ● 2:30 Irresistible Bites (MAA) ● 6:00 Skill Up! Work-N-Play (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	22 ● Joyful Movement ● Oldies Sing-A-Long (MAA) ● 10:00 Scenic Drive and Vidorra ● 10:00 WU: Rhythm & Motion w/ Johnny (AA(F)) ● Energy Burst ● WU: Culinary Creations: Apple's & Peanut Butter ● 1:00 Music Therapy ● 1:30 WU: DAPS presents Move, Laugh, Connect (CR(F)) ● 2:30 Irresistible Bites (MAA) ● 6:00 Balloon Volleyball (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	23 ● Brain Games ● Tai Chi Balance ● Crafty Corner (MAA) ● Energy Burst ● Flower Arranging (MAA) ● Penthouse Salon (MAA) ● WU: Artistry Unleashed ● 2:30 Irresistible Bites (MAA) ● Happy Hour (MCAA) ● 6:00 Evening Coloring & Music (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	24 ● Daily Chronicle (MAA) ● Gratitude and Reflections ● Strength & Balance ● 10:30 Music Therapy with Laurie Gabriel (AA(F)) ● Armchair Traveling (MAA) ● Cooking Corner: Fruit Salad (MAA) ● Energy Burst ● 2:30 Irresistible Bites (MAA) ● 6:00 Brain Boosters : Hang Man (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	25 ● Brain Games ● Facials And Calming Music (MCAA) ● Slow Flow Yoga ● Televised Church Service : First Baptist (MCAA) ● Energy Burst ● Sweet Treat Bingo (MCAA) ● 2:30 Irresistible Bites (MAA) ● 6:00 Bowling with Friends (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	26 ● Candy Rush Bingo (MCFLR) ● Healing Touch Hand Massages (MCAA) ● Joyful Movement ● WU: Lives Well Lived ● Crossword Puzzles (MAA) ● Energy Burst ● Let's Play Lucky Dog card Game (MAA) ● 2:30 Irresistible Bites (MAA) ● Happy Hour (MCAA) ● 6:00 Balloon Badminton (MCAA) ● 7:30 Nighttime Cinema Delight (AA(F))	27 ● Donut Social (MCAA) ● Quote/Word/History of the Day (MCAA) ● Stretch & Strength ● 11:00 Silver Sneakers (MCAA) ● BINGO (AA(F)) ● Energy Burst ● 1:00 Saturday Matinee Movie & Popcorn (CR(F)) ● 2:30 Irresistible Bites (MAA) ● 3:00 Saturday Music : "Jazz Express" (L(F)) ● 7:30 Nighttime Cinema Delight (AA(F))
● After Breakfast Morning March (MAA) ● Brain Aerobics (MAA) ● Televised Worship Service (MAA) ● Verse of the Day & This Day in History (MAA) ● Soul Drumming to the Beat (AA(F)) ● 1:00 Meditation Yoga (MAA) ● 2:30 Irresistible Bites (MAA) ● 6:00 Skill Up! Work-N-Play (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	29 ● Joyful Movement ● Oldies Sing-A-Long (MAA) ● 11:00 Studio Movie Grill ● Energy Burst: Balloon Badminton ● WU: Culinary Creations: Cinnamon Rolls ● 1:30 WU: DAPS presents Move, Laugh, Connect (CR(F)) ● 2:30 Irresistible Bites (MAA) ● 6:00 Balloon Volleyball (MAA) ● 7:30 Nighttime Cinema Delight (AA(F))	30				

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)

Leadership Team:

Executive Director: Chad Hubbard

Resident Care Director: Rhonda Battee

Memory Care Director: Delondria Epps

Dining Services Director: Kyle Blazer

Maintenance Director: Brandon DeLeon

Sales Director: Cynthia Seskes

The Gardens June 2025

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A WATERMARK RETIREMENT COMMUNITY®