

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		- Brain Games: Spelling Bee Contest - Flower Arranging (MAA) - Penthouse Salon (MAA) - Crafty Corner (MAA) - One on One's 2:30 Music Therapy with Madelyn (AR/F) - Happy Hour & Oldies Music (MCA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle (MAA) - Morning Stretch (MAA) 10:30 Ten Love Of Art Program W/Mark 11:30 Women's Luncheon Group 1 (FDR) - Armchair Traveling: Greenland's Glaciers (MAA) - Beautifying Moments (MAA) 2:30 Irresistible Bites (MAA) 4:30 Fourth July Celebration Dinner 6:00 Brain Boosters: Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Church Service: Highland Park Presbyterian Church (MCA) - Kazals And Calming Music (MCA) - Rhythm Exercise (MCA) 10:45 The Ann & Gabriel Bathen: Mueller Museum (ZHSOT7) - Reminiscing Pictures (ME) - Sweet Treat Bingo (MCA) 1:30 WU Silver Sneakers w/Tina (BR) 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCA) 7:30 Nighttime Cinema Delight (MCA)	- Energy Burst: Chair Stretching (MCA) - Fourth July Parade (MCA) - Super Rush BINGO (MCA) - Crossword Puzzles (MAA) - Let's Play Go Fish card Game (MAA) - Red, White, Blue Bomb Popsicles on Patio (MAA) 2:30 Irresistible Bites (MAA) - Fourth July Happy Hour Celebration (MCA) 6:00 Balloon Badminton (MCA) 7:30 Nighttime Cinema Delight (MCA)	- Donut Social (MCA) - Quote/Word/History of the Day (MCA) 11:00 Silver Sneakers (MCA) - Sweet Treat Bingo (MCA) - Tuesday Trivia: General Knowledge Questions (MCA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 2:30 Irresistible Bites (MAA) 6:00 Coloring with a purpose (MCA) 7:30 Nighttime Cinema Delight (MCA)
- Prayer Movement and Christian Hymns (MAA) - Televised Worship Service (MAA) - Verses of the Day & This Day in History (MAA) - Brain Aerobics (MAA) - Calendar Planning w/Chassee 1:00 Meditation Yoga (MAA) 2:30 Irresistible Bites (MAA) 6:00 Still Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle - Defies Sing-A-Long (MAA) 10:00 Dallas Arboretum & Botanical Garden/Lunch Smokey Ride - Cooking Corner: Avocado Salsa Dip & Chips - Horse Race Game 1:00 Music Therapy 2:30 WU: DAPS presents Movie, Laugh, Connect (CR) 2:30 Irresistible Bites (MAA) 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle - Joyful Movement: Chair Yoga - Penthouse Salon (MAA) - Crafty Corner (MAA) - Flower Arranging (MAA) 2:30 Irresistible Bites (MAA) - Happy Hour & Play lucky Dog (MCA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle (MAA) - Morning Stretch (MAA) - Women's Luncheon Group 2 10:30 Music Therapy with Laurie Gabriel (MCA) - Armchair Traveling: Costa Rica (MAA) - Cooking Corner: Banana Split (MAA) - Walking Club (MAA) 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters: Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Church Service (MCA) - Facials (MCA) 9:00 Rhythm Exercise (MCA) - Snack Time (MAA) - Sweet Treat Bingo (MCA) 1:30 WU Silver Sneakers w/Tina (BR) 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCA) 7:30 Nighttime Cinema Delight (MCA)	- BINGO (MCA) - Games Who (MAA) - Stretching (MCA) 9:00 Healing Touch Hand Massage (MCA) - Crossword Puzzles (MAA) - Lemonade & Current Events (MAA) - Let's Play Go Fish card Game (MAA) 2:30 Irresistible Bites (MAA) - Happy Hour (MCA) 6:00 Balloon Badminton (MCA) 7:30 Nighttime Cinema Delight (MCA)	- Donut Social (MCA) - Quote/Word/History of the Day (MCA) 11:00 Silver Sneakers (MCA) - Candy Rush Bingo (MCA) - Crafty Corner (MCA) - Trivia (MCA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 2:30 Irresistible Bites (MAA) 7:30 Nighttime Cinema Delight (MCA)
- After Breakfast Morning March (MAA) - Verses of the Day & This Day in History (MAA) 9:00 Prayer Movement and Christian Hymns (MAA) 9:30 Televised Worship Service (MAA) - Brain Aerobics (MAA) 1:00 Meditation Yoga (MAA) 2:30 Irresistible Bites (MAA) 6:00 Still Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle - Oldies Sing-A-Long (MAA) 10:00 Body and Rhythm with Johnny (MAA) 10:30 Scenic Drive & Brunching (SDBS) 1:30 WU: DAPS presents Movie, Laugh, Connect (CR) 2:30 Cooking Corner: Mixed Fruit 2:30 Irresistible Bites (MAA) 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle - Flower Arranging (MAA) - Penthouse Salon (MAA) - Brain Aerobics - Crafty Corner (MAA) 2:30 Irresistible Bites (MAA) - Happy Hour (MCA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle (MAA) - Mens Luncheon - Morning Stretch (MAA) - Armchair Traveling (MAA) - Cooking Corner: Banana Bread (MAA) - Walking Club (MAA) 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters: Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Church Service (MCA) - Facials (MCA) - Rhythm Exercise (MCA) - Reminiscing Pictures (ME) - Snack Time (MAA) - Sweet Treat Bingo (MCA) 1:30 WU Silver Sneakers w/Tina (BR) 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCA) 7:30 Nighttime Cinema Delight (MCA)	- Candy Rush Bingo (MCA) - Energy Burst: Chair Stretching (MCA) - Healing Touch Hand Massages (MCA) - Crossword Puzzles (MAA) - Lemonade & Current Events (MAA) - Let's Play Go Fish card Game (MAA) - Proper Table Setting Practice (MCA) 2:30 Irresistible Bites (MAA) - Happy Hour & Play lucky Dog (MCA) 6:00 Balloon Badminton (MCA) 7:30 Nighttime Cinema Delight (MCA)	- Donut Social (MCA) - Quote/Word/History of the Day (MCA) 10:30 Name That Tune W/ Mike Franklin (MAA) - Candy Rush Bingo (MCA) - Trivia: Animals (MCA) 1:00 Silver Sneakers (MCA) 2:30 Irresistible Bites (MAA) 6:00 Coloring with a purpose (MCA) 7:30 Nighttime Cinema Delight (MCA)
- After Breakfast Morning March (MAA) - Verses of the Day & This Day in History (MAA) 9:00 Prayer Movement and Christian Hymns (MAA) 9:30 Televised Worship Service (MAA) - Brain Aerobics (MAA) - Pavich's Golf Pro 1:00 Meditation Yoga (MAA) 2:30 Irresistible Bites (MAA) 6:00 Still Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle - Oldies Sing-A-Long (MAA) - Water Color Painting & Calming Music - Cooking Corner: Loaded French Fries 1:00 Music Therapy 1:30 WU: DAPS presents Movie, Laugh, Connect (CR) 2:30 Irresistible Bites (MAA) 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Chair Yoga Stretch - Crafty Corner (MAA) - Flower Arranging (MAA) - Penthouse Salon (MAA) 2:30 Irresistible Bites (MAA) 2:30 Music Therapy with Madelyn - Happy Hour & Name that Tune (MCA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle (MAA) - Morning Stretch (MAA) - Armchair Traveling (MAA) - Cooking Corner: Chicken Wings (MAA) - Name that Tune (MAA) - Walking Club (MAA) 2:30 Black Bean Band (MCA) 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters: Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Facials And Calming Music (MCA) - Rhythm Exercise (MCA) - Televised Church Service: First Baptist (MCA) - Patio Games & Music - Sweet Treat Bingo (MCA) - Tuesday Trivia - General Knowledge Questions 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCA) 7:30 Nighttime Cinema Delight (MCA)	- Christmas Candy Bingo (MCA) - Christmas Craft Art (MAA) - Energy Burst: Chair Stretching Christmas Edition (MCA) - Christmas Music: Sing-A-Long (MAA) - Christmas Puzzle Races (MAA) - Lemonade & Current Events (MAA) 2:30 Irresistible Bites (MAA) - Christmas in July: Happy Hour/ Christmas Dinner Celebration (MCA) 6:00 Balloon Badminton (MCA) 7:30 Christmas Cinema Delight Movie (MCA)	- Donut Social (MCA) - Quote/Word/History of the Day (MCA) 11:00 Silver Sneakers (MCA) - Crafty Corner (MCA) - Sugar Rush BINGO (MCA) - Trivia: Feeds (MCA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 2:30 Irresistible Bites (MAA) 3:00 Saturday Music: "Jazz Express" (L) 7:30 Nighttime Cinema Delight (MCA)
- After Breakfast Morning March (MAA) - Prayer Movement and Christian Hymns (MAA) - Televised Worship Service (MAA) - Verses of the Day & This Day in History (MAA) - Brain Aerobics (MAA) 1:00 Meditation Yoga (MAA) 2:30 Irresistible Bites (MAA) 6:00 Still Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle 10:00 Scenic Drive & Lunch at Babes Chicken (SD&IBRG77) 10:00 WU: Rhythm & Motion w/ Johnny (MCA) 1:00 Music Therapy 1:30 WU: DAPS presents Movie, Laugh, Connect (CR) 2:30 WU: Culinary Creations: Waffle's House (MAA) 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Chair Yoga Stretch - Daily Chronicle - Penthouse Nail Salon (MAA) - Crafty Corner (MAA) - Flower Arranging (MAA) 2:30 Irresistible Bites (MAA) - Happy Hour & Wine Social (MCA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Daily Chronicle (MAA) - Morning Stretch (MAA) - Armchair Traveling: Brazil's Coastlines (MAA) - Beautifying Moments (MAA) - Cooking Corner: Fruit Jello (MAA) - Walking Club (MAA) 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters: Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA)	- Chair Zumba Exercise (MCA) - Church Service: Joel Osteen (MCA) - Facials & Neck Massage (MCA) - Reminiscing Pictures (ME) - Sweet Treat Bingo (MCA) 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCA) 7:30 Nighttime Cinema Delight (MCA)		- 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
Dining Services Director: Kyle Blazer
Maintenance Director: Brandon DeLeon
Sales Director: Cynthia Seskes

The Gardens July 2025

 **THE PRESTON**
OF THE PARK CITIES

 A WATERMARK RETIREMENT COMMUNITY®