

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 10:15 The Men's Club (TR/F)</div> <div><div></div> 1:30 WU: DAPS presents Move, Laugh, Connect (CR/F)</div> <div><div></div> 2:30 Music with Mark: Classical Piano (L/F)</div> <div><div></div> 3:30 Happy Hour with Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 10:30 WU: Prayer &amp; Bible Discussion (CR/F)</div> <div><div></div> 1:30 Rummikub with Friends (CB/F)</div> <div><div></div> 1:30 Rummikub with Friends (CB/F)</div> <div><div></div> 3:30 Happy Hour /Sweet Bingo (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Chair Yoga Strength (B/F)</div> <div><div></div> 10:15 WU Geography: Travelogue to Tanzania (CR/F)</div> <div><div></div> 12:00 Mary Kay Hand Tips (L/F)</div> <div><div></div> 1:30 Mexican Train Game (CB/F)</div> <div><div></div> 3:30 The Daily Splash: Name that Tune (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Total Body Workout with Sharon (B/F)</div> <div><div></div> 10:00 Spirit: Meditation and Breathing (B/F)</div> <div><div></div> 1:30 WU:Silver Sneakers w/Tina (B/F)</div> <div><div></div> 2:30 Music with Brad Ackland, singer (L/F)</div> <div><div></div> 3:30 Are You Smarter than a Sixth Grader (CR/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> AL Outing</div> <div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 10:15 WU History: "Kingdoms and Dynasties" with Sonny (CR/F)</div> <div><div></div> 2:30 Song Stylings of Doran Bugg (L/F)</div> <div><div></div> 3:30 Happy Hour /Pokeno Game (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:00 Doughnut Social (CB/F)</div> <div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 2:00 Craft Corner : Origami (B/F)</div> <div><div></div> 3:30 Happy Hour w/Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>
<div><div></div> 9:30 Senior Shape Yoga Stretch (B/F)</div> <div><div></div> 10:30 Spirit: Televised Catholic Service (CB/F)</div> <div><div></div> 10:30 Televised Worship Service (CR/F)</div> <div><div></div> 11:00 Brain Aerobics (CR/F)</div> <div><div></div> 11:00 Dallas Museum of Art (CB)</div> <div><div></div> 1:30 Fitness Fun: Tai Chi (B/F)</div> <div><div></div> 2:30 Word Search Mania (B/F)</div> <div><div></div> 3:30 Sunday Happy Hour (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 10:15 The Men's Club (TR/F)</div> <div><div></div> 10:30 WU: For Love and Art (CR/F)</div> <div><div></div> 1:30 WU: DAPS presents Move, Laugh, Connect (CR/F)</div> <div><div></div> 2:00 Rummikub with Friends (CR/F)</div> <div><div></div> 3:30 Happy Hour with Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 10:30 WU: Prayer &amp; Bible Discussion (CR/F)</div> <div><div></div> 1:30 Rummikub with Friends (CB/F)</div> <div><div></div> 2:30 WU: Current Events w/ Randy Mayeux (CR/F)</div> <div><div></div> 3:30 Happy Hour /Sweet Bingo (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Chair Yoga Strength (B/F)</div> <div><div></div> 10:30 National Geo Series: World Geography and Cultures (CR/F)</div> <div><div></div> 1:30 Mexican Train Game (CB/F)</div> <div><div></div> 1:30 WU Learning /Biography Club/Mark Twain (TR/F)</div> <div><div></div> 3:30 The Daily Splash: Name that Tune (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Total Body Workout with Sharon (B/F)</div> <div><div></div> 10:00 Spirit: Meditation and Breathing (B/F)</div> <div><div></div> 10:15 Mind Your Body: Thirsty Thursday (CB/F)</div> <div><div></div> 1:30 WU:Silver Sneakers w/Tina (B/F)</div> <div><div></div> 2:30 Music with Norris Perry, singer (L/F)</div> <div><div></div> 3:30 Are You Smarter than a Sixth Grader (CR/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> AL Outing</div> <div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 10:15 WU History: "Kingdoms and Dynasties" with Sonny (CR/F)</div> <div><div></div> 2:00 WU: HealthPro 360 Wellness Jazib</div> <div><div></div> 3:30 New Neighbors Mixer: Happy Hour Games Extravaganza (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:00 Doughnut Social (CB/F)</div> <div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 2:00 Craft Corner "Paintingt" (B/F)</div> <div><div></div> 3:30 Happy Hour w/Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>
<div><div></div> 9:30 Senior Shape Yoga Stretch (B/F)</div> <div><div></div> 10:30 Spirit: Televised Catholic Service (CB/F)</div> <div><div></div> 10:30 Televised Worship Service (CR/F)</div> <div><div></div> 11:00 Brain Aerobics (CR/F)</div> <div><div></div> 1:30 Fitness Fun: Tai Chi (B/F)</div> <div><div></div> 2:30 Word Search Mania (B/F)</div> <div><div></div> 3:30 Sunday Happy Hour (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 10:15 The Men's Club (TR/F)</div> <div><div></div> 1:30 WU: DAPS presents Move, Laugh, Connect (CR/F)</div> <div><div></div> 2:30 Rummikub with Friends (CR/F)</div> <div><div></div> 3:30 Happy Hour with Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 9:30 Shopping Outing: Target, CVS, Northpark (RSVP Needed) (L/F)</div> <div><div></div> 10:30 WU: Prayer &amp; Bible Discussion (CR/F)</div> <div><div></div> 1:30 Residents Council Meeting (CR/F)</div> <div><div></div> 3:30 Happy Hour /Sweet Bingo (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Chair Yoga Strength (B/F)</div> <div><div></div> 10:15 WU Geoagraphy: Travelogue to Cuba</div> <div><div></div> 12:00 Mary Kay Hand Tips (L/F)</div> <div><div></div> 1:30 Jewelry Making with Beccy (TR/F)</div> <div><div></div> 1:30 Mexican Train Game (CB/F)</div> <div><div></div> 2:30 Social Hour: Birthday Happy Hour (CB/F)</div> <div><div></div> 3:30 The Daily Splash: Name that Tune (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Total Body Workout with Sharon (B/F)</div> <div><div></div> 10:00 Spirit: Meditation and Breathing (B/F)</div> <div><div></div> 1:30 WU:Silver Sneakers w/Tina (B/F)</div> <div><div></div> 2:30 Music Appreciation with Julie Free (L/F)</div> <div><div></div> 3:30 Happy Hour: Are You Smarter than a Sixth Grader? (CR/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> AL Outing</div> <div><div></div> 9:30 Chair Yoga Dancing</div> <div><div></div> 10:15 WU History: "Kingdoms and Dynasties" with Sonny (CR/F)</div> <div><div></div> 1:30 Rummikub with Friends (CB/F)</div> <div><div></div> 3:30 Happy Hour /Pokeno Game (CB/F)</div> <div><div></div> 3:30 New Neighbors Mixer: Happy Hour Games Extravaganza (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:00 Doughnut Social (CB/F)</div> <div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 2:00 Craft Corner "Working with Clay Sculpture" (B/F)</div> <div><div></div> 3:30 Happy Hour w/Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>
<div><div></div> 9:30 Senior Shape Yoga Stretch (B/F)</div> <div><div></div> 10:30 Spirit: Televised Catholic Service (CB/F)</div> <div><div></div> 10:30 Televised Worship Service (CR/F)</div> <div><div></div> 11:00 Brain Aerobics (CR/F)</div> <div><div></div> 1:30 Fitness Fun: Tai Chi (B/F)</div> <div><div></div> 2:30 Word Search Mania (B/F)</div> <div><div></div> 3:30 Sunday Happy Hour (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 10:15 The Men's Club (TR/F)</div> <div><div></div> 1:30 WU: DAPS presents Move, Laugh, Connect (CR/F)</div> <div><div></div> 2:30 Rummikub with Friends (CR/F)</div> <div><div></div> 3:30 Happy Hour with Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 10:30 WU: Prayer &amp; Bible Discussion (CR/F)</div> <div><div></div> 2:30 Rummikub with Friends (CB/F)</div> <div><div></div> 2:30 WU: Current Events w/ Randy Mayeux (CR/F)</div> <div><div></div> 3:30 Happy Hour /Sweet Bingo (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Chair Yoga Strength (B/F)</div> <div><div></div> 10:00 Outing to The George W Bush Presidential Library &amp; lunch</div> <div><div></div> 10:30 National Geo Series: World Geography and Cultures (CR/F)</div> <div><div></div> 1:30 Mexican Train Game (CB/F)</div> <div><div></div> 2:30 WU: Name That Tune w/ Mike Frankel (CR/F)</div> <div><div></div> 3:30 The Daily Splash: Name that Tune (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Total Body Workout with Sharon (B/F)</div> <div><div></div> 10:00 Spirit: Meditation and Breathing (B/F)</div> <div><div></div> 10:15 Mind Your Body: Thirsty Thursdays (CB/F)</div> <div><div></div> 1:30 WU:Silver Sneakers w/Tina (B/F)</div> <div><div></div> 2:30 Pianist Mike Coldewey Performs with Context (L/F)</div> <div><div></div> 3:30 Are You Smarter than a Sixth Grader, Happy Hour (TB)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> AL Outing</div> <div><div></div> 9:30 Chair Yoga Dancing</div> <div><div></div> 10:00 Self Care : Jewelry Repair &amp; Therapy Pillows (L/F)</div> <div><div></div> 10:15 WU History: "Kingdoms and Dynasties" with Sonny (CR/F)</div> <div><div></div> 3:30 Happy Hour /Pokeno Game (CB/F)</div> <div><div></div> 3:30 New Neighbors Mixer: Happy Hour Games Extravaganza (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:00 Doughnut Social (CB/F)</div> <div><div></div> 9:30 Fitness Fun:Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 2:00 Craft Corner "Matchbook Candy Greeting for gifts " (B/F)</div> <div><div></div> 3:30 Happy Hour w/Music (CB/F)</div> <div><div></div> 3:30 Saturday Music : "Jazz Express" (L/F)</div> <div><div></div> 6:00 Live Entertainment with Ruby Weston, singer (L/F)</div>
<div><div></div> 9:30 Senior Shape Yoga Stretch (B/F)</div> <div><div></div> 10:30 Spirit: Televised Catholic Service (CB/F)</div> <div><div></div> 10:30 Televised Worship Service (CR/F)</div> <div><div></div> 11:00 Brain Aerobics (CR/F)</div> <div><div></div> 1:30 Fitness Fun: Tai Chi (B/F)</div> <div><div></div> 2:30 Word Search Mania (B/F)</div> <div><div></div> 3:30 Sunday Happy Hour (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Fitness Fun: Hasfit Aerobics and Strength (B/F)</div> <div><div></div> 10:15 The Men's Club (TR/F)</div> <div><div></div> 1:30 Mosaic Art Class (TR/F)</div> <div><div></div> 1:30 WU: DAPS presents Move, Laugh, Connect (CR/F)</div> <div><div></div> 2:30 Rummikub with Friends (CR/F)</div> <div><div></div> 3:30 Happy Hour with Music (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>	<div><div></div> 9:30 Chair Yoga Dancing (B/F)</div> <div><div></div> 10:30 WU: Prayer &amp; Bible Discussion (CR/F)</div> <div><div></div> 1:30 Rummikub with Friends (CB/F)</div> <div><div></div> 1:30 Rummikub with Friends (CB/F)</div> <div><div></div> 2:30 Music with Krystal Rodriguez (L/F)</div> <div><div></div> 3:30 Happy Hour /Sweet Bingo (CB/F)</div> <div><div></div> 6:00 Nightly Cinema (CR/F)</div>				

Activity Locator Key:

Body

Community

Entertainment

Mind

Outing

Spirit

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)

WU = Watermark University

BR = Bridge (3rd Floor)

DR = Dining Room(1st Floor)

GR = Grill Room (1st Floor)

Leadership Team:

Executive Director: Chad Hubbard

Resident Care Director: Rhonda Battee

Community Life Director: Sonny Peterson

Dining Services Director: Kyle Blazer

Maintenance Director: Brandon DeLeon

Sales Director: Cynthia Seskes

September 2025 Assisted Living

A WATERMARK RETIREMENT COMMUNITY®

THE PRESTON

OF THE PARK CITIES