

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Joyful Movement Scenic Drive , Labor Day Fun (CB) Sing-A-Long To Patriotic Music (MAA) Energy Burst: Labor Day , Carnival Fun & Games WU: Culinary Creations: Brownie Sundae's 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) 1	Brain Games Word Search Gentle Movement WU: An Eye for Art Energy Burst Flower Arranging (MAA) WU: Artistry Unleashed 2:30 Music Therapy with Madelyn (AR(F) Lemonade Happy Hour (MCAA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (AA(F) 2	Gratitude and Reflections Strength & Balance 10:30 For Love Of Art Program W/Mark 11:30 Women's Luncheon Group 1 (PDR) Armchair Traveling: Southeast Asia (Thailand) (MAA) Energy Burst: Walking Club WU: Culinary Creations : Avocado Toast (AA(F) 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (AA(F) 3	Brain Games Facials And Calming Music (MCAA) Slow Flow Yoga Televised Church Service : First Baptist (MCAA) Sweet Treat Bingo (MCAA) Virtual Adventure 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 4	Candy Rush Bingo (MCFLR) Joyful Movement WU: Person of Interest Crossword Puzzles (MAA) Energy Burst: Walking Club Lemonade & Current Events (MAA) 2:30 Irresistible Bites (MAA) Happy Hour & Wine Social (MCAA) 6:00 Balloon Badminton (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 5	Donut Social (MCAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 11:00 Silver Sneakers With Tina (MCAA) Crafty Corner: Water Color Painting (MCAA) Energy Burst: Pickle Ball 1:00 Saturday Matinee Movie & Popcorn (AA(F) 2:30 Irresistible Bites (MAA) 7:30 Nighttime Cinema Delight (AA(F) 6
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 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) 7	Joyful Movement Junk Drawer Detective Name That Music Song (MAA) 9:45 Scenic Drive & Razzoo's Cajun Cafe For Lunch (SD) Energy Burst: Bowling Pins WU: Culinary Creations: Mixed Fruit 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) 8	Brain Games: Spelling Bee Contest Gentle Movement Energy Burst: Walking Club Flower Arranging (MAA) Penthouse Salon (MAA) WU: An Eye for Art 2:30 Irresistible Bites (MAA) Happy Hour & Country Music (MCAA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (AA(F) 9	Daily Chronicle (MAA) Strength & Balance Women's Luncheon Group 2 Armchair Traveling: Barbados Island (MAA) Cooking Corner: Ice Cream Sundae's (MAA) Energy Burst: Golf Guided Meditation 2:30 Irresistible Bites (MAA) Sweet Treat Bingo (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (AA(F) 10	Brain Games Church Service : Highland Park Presbyterian Church (MCAA) Facials & Neck Massage (MCAA) Slow Flow Yoga 10:00 WU Body and Rhythm with Johnny Energy Burst: Golf Reminiscing Pictures (ME) Virtual Trip Down Memory Lane 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 11	Community Life Committee Meeting Guess Who Game (MAA) Healing Touch Hand Massages (MCAA) Joyful Movement Sweet Treat Bingo (MCFLR) Crossword Puzzles (MAA) Energy Burst: Kickball 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) 7:30 Nighttime Cinema Delight (AA(F) 12	Donut Social (MCAA) Stretch & Strength 11:00 Silver Sneakers With Tina (MCAA) Candy Rush Bingo (AA(F) Energy Burst: Golf Tuesday Trivia : General Knowledge Questions (MCAA) 1:00 Saturday Matinee Movie & Popcorn (AA(F) 2:30 Irresistible Bites (MAA) 6:00 Coloring with a purpose (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 13
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: Pickle Ball 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) 14	Joyful Movement Sing-A-Long Country Music (MAA) Top Golf & Lunch Energy Burst: Patio Games WU: Culinary Creations: Milk Shakes 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) 15	Brain Games Gentle Movement Energy Burst Flower Arranging (MAA) Penthouse Salon (MAA) WU: Artistry Unleashed 2:30 Irresistible Bites (MAA) 2:30 Music Therapy with Madeline (AA(F) Happy Hour & Wine Social (MCAA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (AA(F) 16	Daily Chronicle (MAA) Gratitude and Reflections Mens Luncheon Strength & Balance Armchair Traveling: Barcelona (MAA) Cooking Corner: Chocolate Chip Cookies (MAA) Energy Burst: Walking Club 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (AA(F) 17	Brain Games Church Service: Joel Osteen (MCAA) Facials And Calming Music (MCAA) Slow Flow Yoga Energy Burst Sweet Treat Bingo (MCAA) Virtual Roadtrippers 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 18	Black Out BINGO (MCFLR) Healing Touch Hand Massages (MCAA) Joyful Movement Service Circles : Get To Know You Crossword Puzzles (MAA) Energy Burst: Ring Toss Lemonade & Current Events (MAA) 2:30 Irresistible Bites (MAA) Lemonade & Happy Hour (MCAA) 6:00 Balloon Badminton (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 19	Donut Social (MCAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 10:30 Name That Tune W/ Mike Frankel (MAA) Crafty Corner: Water Color Painting (MCAA) Energy Burst: Walking Club Trivia: Foods (MCAA) 1:00 Saturday Matinee Movie & Popcorn (AA(F) 1:30 Silver Sneakers With Tina (MCAA) 2:30 Irresistible Bites (MAA) 7:30 Nighttime Cinema Delight (AA(F) 20
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: Walking Club 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) 21	Joyful Movement Scenic Drive & Kimball Museum (SD) Sing-A-Long MoTown Legends (MAA) Energy Burst: Ball Toss WU: Culinary Creations: Apples & Peanut Butter 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) 22	Brain Games Gentle Movement Crafty Corner (MAA) Energy Burst Flower Arranging (MAA) Penthouse Salon (MAA) 2:30 Irresistible Bites (MAA) Happy Hour & Wine Social (MCAA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (AA(F) 23	Daily Chronicle (MAA) Guided Meditation 12:00 Western Barbecue on the patio with Family and Friends Armchair Traveling: Aruba (MAA) Cooking Corner: Tuna Salad (MAA) Energy Burst: Pickle Ball 2:30 Irresistible Bites (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (AA(F) 24	Church Service : Highland Park Presbyterian Church (MCAA) Facials And Calming Music (MCAA) Slow Flow Yoga 10:00 Body and Rhythm with Johnny Energy Burst Reminiscing Pictures (ME) Sweet Treat Bingo (MCAA) 2:30 Irresistible Bites (MAA) 6:00 Bowling with Friends (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 25	Candy Rush Bingo (MCFLR) Healing Touch Hand Massages (MCAA) Joyful Movement WU: Lives Well Lived Crossword Puzzles (MAA) Energy Burst: Dancing in yo Chair's Lemonade & Current Events (MAA) Let's Play Go Fish (MAA) 2:30 Irresistible Bites (MAA) Happy Hour & Name that Tune (MCAA) 6:00 Balloon Badminton (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 26	Donut Social (MCAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 11:00 Silver Sneakers With Tina (MCAA) Energy Burst: Pickle Ball Sugar Rush BINGO (AA(F) 1:00 Saturday Matinee Movie & Popcorn (AA(F) 2:30 Irresistible Bites (MAA) 3:00 Saturday Music : "Jazz Express" (LIF) 6:00 Coloring with a purpose (MCAA) 7:30 Nighttime Cinema Delight (AA(F) 27
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: Balloon Badminton 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) 28	Country Sing-A-Long (MAA) Dallas Reunion Tower Joyful Movement Energy Burst: Volley Ball WU: Culinary Creations: Guacamole Dip 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) 29	Brain Games Gentle Movement 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) 30				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
Community Life Director: Sonny Peterson
Memory Care Director: Delondria Epps
Dining Services Director: Kyle Blazer
Maintenance Director: Brandon DeLeon
Sales Director: Cynthia Seskes

The Gardens September 2025

THE PRESTON
OF THE PARK CITIES

A WATERMARK RETIREMENT COMMUNITY®