

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Daily Chronicle (MAA) 11:30 Women's Luncheon Group 1 (PDR) Armchair Traveling (MAA) Cooking Corner: Peach Milk Shakes (MAA) Name that Sound (MAA) Walking Club (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA) 1	Church Service : Highland Park Presbyterian Church (MCAA) Facials & Neck Massage (MCAA) Rhythm Exercise (MCAA) Sweet Treat Bingo (MCAA) 6:00 Bowling with Friends (MCAA) 7:30 Nighttime Cinema Delight (MCA) 2	Black Out BINGO (MCFLR) Healing Touch Hand Massages (MCAA) Crossword Puzzles (MAA) Lemonade & Current Events (MAA) Let's Play Go Fish card Game (MAA) Happy Hour & Lucky Dog Game (MCAA) 6:00 Balloon Badminton (MCAA) 7:30 Nighttime Cinema Delight (MCA) 3	Donut Social (MCAA) Inspirational Quotes\ History of the Day (MCAA) 11:00 Silver Sneakers With Tina (MCAA) Crafty Corner (MCAA) Sugar Rush BINGO (MCA) Trivia (MCAA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 7:30 Nighttime Cinema Delight (MCA) 4
After Breakfast Morning March (MAA) Praise Movement and Christian Hymns (MAA) Verse of the Day & This Day in History (MAA) 9:30 Televised Worship Service (MAA) Brain Aerobics (MAA) 1:00 Meditation Yoga (MAA) 6:00 Skill Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA) 5	Chair Yoga & Soft Music Oldies Sing-A-Long (MAA) Sensory Group: Touch, Feel, Listen 10:00 Galleria Dallas , Shopping Mall ,Scenic Drive (SD) Energy Burst: Walking Club WU: Culinary Creations: Pecan Pie 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA) 6	Crafty Corner (MAA) Energy Burst: Walking Club Chair Yoga & Soft Music Flower Arranging (MAA) Penthouse Nail Salon (MAA) 2:30 Music Therapy with Madelyn (AR(F) Happy Hour & Witches Brew (MCAA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA) 7	Daily Chronicle (MAA) Women's Luncheon Group 2 10:00 Beautifying Moments (MAA) Armchair Traveling (MAA) Cooking Corner: Pumpkin Mini Pie's (MAA) Walking Club (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA) 8	Church Service: Joel Osteen (MCAA) Facials & Neck Massage (MCAA) 9:00 Rhythm Exercise (MCAA) 10:00 WU Body and Rhythm with Johnny Reminiscing Pictures (ME) Sweet Treat Bingo (MCAA) 6:00 Bowling with Friends (MCAA) 7:30 Nighttime Cinema Delight (MCA) 9	Black Out BINGO (MCFLR) Healing Touch Hand Massages (MCAA) Stretching With Chassie (MCAA) Crossword Puzzles (MAA) Lemonade & Current Events (MAA) Happy Hour & Spooky Punch (MCAA) 6:00 Balloon Badminton (MCAA) 7:30 Nighttime Cinema Delight (MCA) 10	Donut Social (MCAA) Inspirational Quotes\ History of the Day (MCAA) 11:00 Silver Sneakers With Tina (MCAA) Sweet Treat Bingo (MCA) Trivia (MCAA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 6:00 Coloring with a purpose (MCAA) 7:30 Nighttime Cinema Delight (MCA) 11
After Breakfast Morning March (MAA) Praise Movement and Christian Hymns (MAA) Verse of the Day & This Day in History (MAA) 9:30 Televised Worship Service (MAA) Brain Aerobics (MAA) 1:00 Meditation Yoga (MAA) 6:00 Skill Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA) 12	Brain Games: Replace The Missing Letter Oldies Sing-A-Long (MAA) 9:45 The Dallas Arboretum Food and Wine Festival (BUS) Energy Burst: Walking Club WU: Culinary Creations: Pig -N- Blanket 1:00 Music Therapy 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA) 13	Crafty Corner (MAA) DYI Decorate Your Door, Halloween Style Flower Arranging (MAA) Penthouse Nail Salon (MAA) 1:00 Halloween Movie's Marathon 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA) 14	Daily Chronicle (MAA) Mens Luncheon 10:00 Beautifying Moments (MAA) Armchair Traveling (MAA) Cooking Corner: Halloween Cookies (MAA) Walking Club (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA) 15	ArmChair Fitness Workout Fall Craft Wreaths Making With Chassie Televised Worship Service Daily Chronicle Halloween Candy Bingo Halloween Movie Marathon 7:30 Nighttime Cinema Delight (MCA) 16	Guess Who Game (MAA) Healing Touch Hand Massages (MCAA) Crossword Puzzles (MAA) Lemonade & Current Events (MAA) Let's Play Go Fish card Game (MAA) 2:30 Happy Hour & Witches Brew 7:30 Nighttime Cinema Delight (MCA) 17	Inspirational Quotes\ History of the Day (MCAA) 10:30 Name That Tune W/ Mike Frankel (MAA) Candy Rush Bingo (MCA) Crafty Corner (MCAA) Trivia (MCAA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 1:30 Silver Sneakers With Tina 7:30 Nighttime Cinema Delight (MCA) 18
After Breakfast Morning March (MAA) Praise Movement and Christian Hymns (MAA) Verse of the Day & This Day in History (MAA) 9:30 Televised Worship Service (MAA) Brain Aerobics (MAA) 1:00 Meditation Yoga (MAA) 6:00 Skill Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA) 19	Chair Zumba Workout Oldies Sing-A-Long (MAA) 9:45 Scenic Drive & Fort Worth Dallas Zoo (SD) Crafty Corner: Water Color Painting WU: Culinary Creations: Apple Cider 1:30 WU: DAPS presents Move, Laugh, Connect 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA) 20	Crafty Corner: Fall Wreaths (MAA) Flower Arranging (MAA) Penthouse Nail Salon (MAA) 1:00 Halloween Movie's Marathon 2:30 Music Therapy with Madeline (MCA) 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA) 21	Daily Chronicle (MAA) 10:00 Beautifying Moments (MAA) Armchair Traveling (MAA) Cooking Corner: Chicken Wings (MAA) Walking Club (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA) 22	Brain Boosters : Hang Man Crafty Corner: Water Color Painting Daily Chronicle 10:00 WU Body and Rhythm with Johnny Reminiscing Pictures (ME) Slow Flow Yoga 2:30 Candy Rush Bingo 7:30 Nighttime Cinema Delight (MCA) 23	Energy Burst: Daily Readings of Chronicle Guess Who Game (MAA) Joyful Movement Crossword Puzzles (MAA) Lemonade & Current Events (MAA) Let's Play Go Fish card Game (MAA) Victorian Tea ,Happy Hour Spider Web Themed 7:30 Nighttime Cinema Delight (MCA) 24	Chair yoga Donut & Music Social Hour Inspirational Quotes\ History of the Day (MCAA) Guided Meditation Sugar Rush BINGO (MCA) 1:00 Saturday Matinee Movie & Popcorn (MCA) 3:00 Saturday Music : "Jazz Express" (L) 7:30 Nighttime Cinema Delight (MCA) 25
After Breakfast Morning March (MAA) Praise Movement and Christian Hymns (MAA) Verse of the Day & This Day in History (MAA) 9:30 Televised Worship Service (MAA) Brain Aerobics (MAA) 1:00 Meditation Yoga (MAA) 6:00 Skill Up! Work-N-Play (MAA) 7:30 Nighttime Cinema Delight (MCA) 26	Armchair Traveling: Aruba 9:00 Oldies Sing-A-Long (MAA) 9:45 Klyde Warren Park & Lunch At Mi Cocina Sole to Soul Walking Club WU: Culinary Creations: Avocado Dip 1:00 Music Therapy 6:00 Balloon Volleyball (MAA) 7:30 Nighttime Cinema Delight (MCA) 27	Crafty Corner (MAA) Best Halloween Costume Contest Flower Arranging (MAA) Penthouse Nail Salon (MAA) 2:30 Wear You're Halloween Costume's 6:00 Evening Coloring & Music (MAA) 7:30 Nighttime Cinema Delight (MCA) 28	Daily Chronicle (MAA) 10:00 Beautifying Moments (MAA) Armchair Traveling (MAA) Cooking Corner: Cheese & Cracker's (MAA) Name that Sound (MAA) Walking Club (MAA) 6:00 Brain Boosters : Hang Man (MAA) 7:30 Nighttime Cinema Delight (MCA) 29	Chair Zumba Workout Daily Chronicle H2O Hydration Station Televised Worship Service Halloween Pumpkin Contest Junk Drawer Detective Lucky Dog Card Game 7:30 Nighttime Cinema Delight (MCA) 30	Guess Who Game (MAA) Joyful Movement Crossword Puzzles (MAA) Guided Meditation Lemonade & Current Events (MAA) Let's Play Go Fish card Game (MAA) 3:30 Happy Hour Halloween ,Themed 7:30 Nighttime Cinema Delight (MCA) 31	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)

Leadership Team:

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

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 October 2025

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OF THE PARK CITIES

 A WATERMARK RETIREMENT COMMUNITY®