

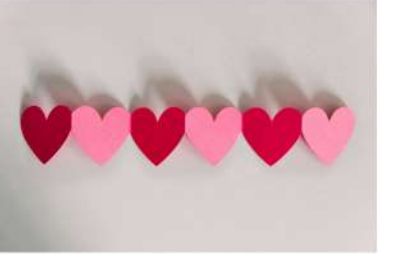





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<ul style="list-style-type: none"> Dance Exercise (MCAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 9:30 Donut Social (MCAA) 10:00 BINGO (MCA) Energy Burst Trivia: Black History Month (MCAA) 1:30 Silver Sneakers (MCAA) 2:30 Irresistible Bites (MAA) 6:00 Coloring with a purpose (MCAA) 7:30 Nighttime Cinema Delight (MCA)
<ul style="list-style-type: none"> Praise Movement and Christian Hymns (MAA) Sole to Soul Walking Club Televised Worship Service (MAA) Verse of the Day & This Day in History (MAA) 9:00 After Breakfast Morning March (MAA) Energy Burst Meditation Yoga (MAA) 2:30 Irresistible Bites (MAA) 6:00 Sudoku Puzzles 7:30 Nighttime Cinema Delight (MCA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Joyful Movement Spa Time : Nails Cleaning (MAA) Studio Movie Grill: Surprise Movie 9:00 Oldies Sing-A-Long (MAA) Baking Club: Mini Pancakes (MAA) Energy Burst WU: Culinary Creations 1:30 WU: DAPS presents Move, Laugh, Connect (CR) 2:30 Irresistible Bites: Something sweet (MAA) 6:00 Balloon Volleyball & 50, 60 Music (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Coffee and Daily Chronicles (MAA) Stretching Chair Yoga (MCA) Tai Chi Balance WU: An Eye for Art 10:00 Tuesday Trivia: Valentine's Love Theme (MAA) 10:45 Crafty Corner : Heart Making (MAA) Energy Burst Flower Arranging with Vases (MAA) Penthouse Salon: Polishing Finger Nails (MAA) WU: Artistry Unleashed 1:30 Music Therapy with Madelyn (AR/F) 2:30 Irresistible Bites (MAA) 3:30 Happy Hour Mixer (MCAA) 6:00 Evening Coloring & Music (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Armchair Traveling (MAA) Beautiful Moments (MAA) Strength & Balance 8:00 Daily Chronicle Read Aloud (MAA) 10:30 Lauri Gabriel (MCA) 11:30 Women's Luncheon Group 1 (PDR) Cooking Corner: Heart Cookies (MAA) Name that Sound (MAA) Walking Club (MAA) 2:30 Irresistible Bites (MAA) Gratitude and Reflections 6:00 Morning Stretch Exercises with 50, 60 Disco Music (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Brain Games Chair Rhythm Exercise (MCAA) Mindful Breathing with Spin Wheel Art Relaxing Spa Day (MCAA) Slow Flow Yoga Televised Church Service: Joel Osteen (MCAA) Candy Bingo (MCAA) Elegant Dining Napkin Folding Class Energy Burst Virtual Adventure 2:30 Irresistible Bites (MAA) 2:30 Mix-N-Mingle w/ Mayra Robles (singer) (L) 6:00 Western Cinema Night 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Animals: Guess Who ? (MAA) Healing Touch Hand Massages (MCAA) Joyful Movement Stretching Chair Yoga (MCAA) WU: Person of Interest Balloon Badminton (MCAA) Crossword Puzzles (MAA) Energy Burst Lemonade & Current Events (MAA) 2:30 Irresistible Bites (MAA) 3:30 Happy Hour & Country Music (MCAA) BINGO With Friends (MCFLR) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Candy Rush Bingo Dance Exercise (MCAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 9:30 Donut Social (MCAA) Crafty Corner : Surprise Art (MCAA) Energy Burst Junk Drawer Detective 1:30 Silver Sneakers (MCAA) 2:30 Irresistible Bites (MAA) 7:00 Cinema Night (MAA) 7:30 Nighttime Cinema Delight (MCA)
<ul style="list-style-type: none"> Sports Sunday Praise Movement and Christian Hymns (MAA) Sole to Soul Walking Club Televised Worship Service: Highland Park Presbyterian Church (MAA) Verse of the Day & This Day in History (MAA) 9:00 After Breakfast Morning March (MAA) Energy Burst Meditation Yoga (MAA) Skill Up! Work-N-Play (MAA) 2:30 Irresistible Bites : Guess What it is? (MAA) Nighttime Cinema Delight (MCA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Joyful Movement Spa Time : Nails Cleaning (MAA) 9:00 Oldies Sing-A-Long (MAA) 10:00 Body and Rhythm with Johnny (MAA) 10:00 Scenic Drive & Lunch at Maggiano's Little Italy (SDAHP) Baking Club: Quiche Pie (MAA) Connect Four Challenge (MAA) Energy Burst WU: Culinary Creations 1:30 WU: DAPS presents Move, Laugh, Connect (CR) 2:30 Irresistible Bites (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Brain Games Coffee and Daily Chronicles (MAA) Tai Chi Balance Tuesday Trivia: Magazine Scavenger Hunt (MAA) Crafty Corner : Heart Wreaths (MAA) Energy Burst Flower Arranging (MAA) Penthouse Salon (MAA) WU: An Eye for Art 2:30 Irresistible Bites (MAA) 3:30 Happy Hour & Heart Chocolate Tasting (MCAA) 6:00 Evening Coloring & Music (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Armchair Traveling (MAA) Beautiful Moments (MAA) Daily Chronicle (MAA) Guided Meditation Morning Stretch (MAA) Strength & Balance Women's Luncheon Group 2 Cooking Corner: Chocolate Covered Strawberries (MAA) Energy Burst Name that Sound (MAA) Walking Club (MAA) 2:30 Irresistible Bites (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Brain Games Breath Exercises Facials And Calming Music (MCAA) Rhythm Exercise (MCAA) Slow Flow Yoga Televised Church Service: Joel Osteen (MCAA) 11:30 Valentine's Day Party: Family & Friends Bowling with Friends (MCAA) Candy Bingo (MCAA) Energy Burst Reminiscing Pictures (ME) Virtual Trip Down Memory Lane 2:30 Irresistible Bites (MAA) 2:30 Mix-N-Mingle w/ Julie Free (Piano) (L) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Candy Rush Bingo (MCFLR) Community Life Committee Meeting Gentle Stretching Circle (MCAA) Healing Touch Hand Massages (MCAA) Joyful Movement Balloon Badminton (MCAA) Energy Burst Lemonade & Current Events (MAA) 2:15 DIMA Jazz Lecture (MCA) 2:30 Irresistible Bites (MAA) 3:30 Happy Hour & Love Music (MCAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Dance Exercise (MCAA) Karaoke Songs with Lyrics (MAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 9:30 Donut Social (MCAA) Energy Burst Trivia Game Hour (MCAA) 1:30 Silver Sneakers (MCAA) 2:30 Irresistible Bites (MAA) 6:00 Coloring with a purpose (MCAA) 7:00 Cinema Night (MAA) 7:30 Nighttime Cinema Delight (MCA)
<ul style="list-style-type: none"> Praise Movement and Christian Hymns (MAA) Sole to Soul Walking Club Televised Worship Service: Highland Park Presbyterian Church (MAA) Verse of the Day & This Day in History (MAA) 9:00 After Breakfast Morning March (MAA) Brain Aerobics: What's in a Word (MAA) Energy Burst Meditation Yoga (MAA) Skill Up! Work-N-Play (MAA) 2:30 Irresistible Bites : Surprise Snack (MAA) 7:00 Cinema Night (MAA) 7:30 Nighttime Cinema Delight (MCA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Chair Rhythm Exercise (MAA) Joyful Movement Relaxing Nail Spa with Music (MAA) 9:00 Oldies Sing-A-Long (MAA) 10:00 Brunch & Perot Museum Of Nature & Science Baking Club: Chex Mix (MAA) Balloon Volleyball (MAA) Energy Burst Move, Laugh, Connect (CR) WU: Culinary Creations 1:30 WU: DAPS presents Move, Laugh, Connect (CR) 2:30 Mix-N-Mingle w/ Cameo Club (L) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Coffee and Daily Chronicles (MAA) Tai Chi Balance Tuesday Trivia: Words With .B. (MAA) Crafty Corner: Sweetheart Rings (MCA) Energy Burst Flower Arranging (MAA) Penthouse Salon: Pick A Color (MAA) WU: Artistry Unleashed 2:30 Irresistible Bites : Surprise Snack (MAA) 3:30 Happy Hour & Karaoke Singing (MCAA) 6:00 Evening Coloring & Music (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Armchair Traveling (MAA) Beautiful Moments (MAA) Daily Chronicle (MAA) Mens Luncheon Strength & Balance Brain Boosters : Hang Man (MAA) Cooking Corner: Banana Bread (MAA) Energy Burst Name that Music Tune (MAA) Walking Club (MAA) 2:30 Irresistible Bites (MAA) Gratitude and Reflections 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Brain Games Breath Exercises Facials And Calming Music (MCAA) Rhythm Exercise (MCAA) Slow Flow Yoga Televised Church Service : First Baptist (MCAA) Candy Bingo (MCAA) Elegant Dining Napkin Folding Class Energy Burst Snack Time (MAA) Virtual Roadtrippers 2:30 Irresistible Bites (MAA) 2:30 Mix-N-Mingle w/ Toni Macaroni (L) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement BINGO With Friends (MCFLR) Celebrity Guess Who? (MAA) Gentle Stretching Circle (MCAA) Joyful Movement Service Circles Crossword Puzzles (MAA) Energy Burst Go Fish Card Playing (MAA) Lemonade & Current Events (MAA) 2:30 Irresistible Bites (MAA) 3:30 Happy Hour: Wine & Chocolate Tasting (MCAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Dance Exercise (MCAA) Quote/Word/History of the Day (MCAA) Stretch & Strength 9:30 Donut Social (MCAA) 10:00 BINGO (MCA) Crafty Corner : Canvas Painting (MCAA) Energy Burst Tuesday Trivia : General Knowledge Questions (MCAA) 1:30 Silver Sneakers (MCAA) 2:30 Irresistible Bites (MAA) 3:00 Saturday Music : "Jazz Express" (L) 7:00 Cinema Night (MAA) 7:30 Nighttime Cinema Delight (MCA)
<ul style="list-style-type: none"> Praise Movement and Christian Hymns (MAA) Sole to Soul Walking Club Televised Worship Service: Joel Osteen 2025 (MAA) Verse of the Day & This Day in History (MAA) 9:00 After Breakfast Morning March (MAA) Brain Aerobics : Words with A (MAA) Energy Burst Meditation Yoga (MAA) 2:30 Irresistible Bites: Something sweet (MAA) 7:00 Cinema Night (MAA) 7:30 Nighttime Cinema Delight (MCA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Joyful Movement Spa Time & Relaxing Music (MAA) 8:30 Dr. Pepper Museum 9:00 Oldies Sing-A-Long (MAA) 10:00 WU: Rhythm & Motion w/ Johnny (MCA) Baking Club: Avocado Toast (MAA) Balloon Volleyball Competition (MAA) Energy Burst WU: Culinary Creations 1:30 WU: DAPS presents Move, Laugh, Connect (CR) 1:30 WU: Music with Madelyn (MCA) 2:30 Irresistible Bites (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Coffee and Daily Chronicles (MAA) Tai Chi Balance Tuesday Trivia : General Knowledge Questions (MAA) Crafty Corner : Magazine Colleges (MAA) Energy Burst Flower Arranging (MAA) Penthouse Salon (MAA) 1:00 Mix-N-Mingle w/ Sherry Hamilton (L) 2:30 Irresistible Bites (MAA) 3:30 Happy Hour & Country Music (MCAA) 6:00 Evening Coloring & Music (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Armchair Traveling (MAA) Daily Chronicle (MAA) Guided Meditation Morning Stretch (MAA) Strength & Balance Brain Boosters : Hang Man (MAA) Cooking Corner: Yogurt Parfaits (MAA) Energy Burst Name that Sound (MAA) Walking Club (MAA) 2:30 Irresistible Bites (MAA) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Breath Exercises Rhythm Chair Exercise (MCAA) Slow Flow Yoga Televised Church Service: Joel Osteen (MCAA) Candy Bingo (MCAA) Energy Burst Reminiscing Pictures: Old Cars (ME) 1:00 Southern Grace Presents Strawberry Milkshakes (CB) 2:30 Irresistible Bites: Something sweet (MAA) 2:30 Mix-N-Mingle w/ Mark Dunn (Singer w/ Piano) (L) 7:00 Cinema Night (MAA) 	<ul style="list-style-type: none"> Nayas & CM Inspirational Engagement Candy Rush Bingo (MCFLR) Healing Touch Hand Massages (MCAA) Stretching Chair Yoga (MCAA) WU: Lives Well Lived Crossword Puzzles & Hot Tea (MAA) 2:15 WU: DIMA Jazz Lecture (MCA) 2:30 Irresistible Bites: Healthy Snack (MAA) 3:30 Happy Hour & Name that Tune (MCAA) 7:00 Cinema Night (MAA) 	

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
- Community Life Director: Lakeisha Brothers
- Dining Services Director: Kyle Blazer
- Maintenance Director: Brandon DeLeon
- Sales Director: Cynthia Seskes
- Human Resources Director: Patricia Gloria-Barraza
- Business Office Manager: Tomicca Wilson

The Gardens February 2025

- Body
- Community
- Entertainment
- Mind
- Outing
- Spirit