

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<ul style="list-style-type: none"> <li>9:30 Balance Exercises with Chassie (MAA)</li> <li>10:30 Tuesday Trivia (MAA)</li> <li>11:00 Coffee and Daily Chronicles (MAA)</li> <li>1:00 Crafty Corner with Chassie (MAA)</li> <li>1:00 Morning Stroll (O)</li> <li>2:00 Bible and Prayer with Dr. Fern</li> <li>3:00 Flower Arranging with Nayas (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> <li>3:30 Penthouse Salon with Misrak (MAA)</li> <li>6:00 Evening Coloring &amp; Music (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Morning Stretch (MAA)</li> <li>9:30 Daily Chronicle (MAA)</li> <li>10:00 Beautifying Moments with Elsa (MAA)</li> <li>10:30 Cooking Corner with Chassie (MAA)</li> <li>10:30 Pet Therapy with Mariam (MAA)</li> <li>11:00 Armchair Traveling (MAA)</li> <li>11:30 Women's Luncheon Group 1 (PDR)</li> <li>1:00 Walking Club (MAA)</li> <li>1:30 Brain Boosters (MAA)</li> <li>3:30 Name that Sound with Chassie (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Rhythm Exercise (MCAA)</li> <li>9:30 Facials with Chassie (MCAA)</li> <li>10:00 Church Service (MCAA)</li> <li>11:00 Breath Exercises with Chassie</li> <li>1:00 Bowling with Friends (MCAA)</li> <li>1:30 Elegant Dining Napkin Folding Class</li> <li>2:00 Snack Time (MAA)</li> <li>3:30 BINGO with Misrak (MCAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Stretching with Chassie (MCAA)</li> <li>9:30 Healing Touch Hand Massages (MCAA)</li> <li>10:00 BINGO (MCFRL)</li> <li>10:30 Guess Who (MAA)</li> <li>1:00 Balloon Badminton (MCAA)</li> <li>1:30 Lemonade &amp; Current Events (MAA)</li> <li>1:30 Music Therapy with Maria (MAA)</li> <li>2:00 Crossword Puzzles (MAA)</li> <li>2:30 Go Fish (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March</li> <li>9:30 Boogie with Lisa (MCAA)</li> <li>10:00 Donut Social (MCAA)</li> <li>10:00 Quote/Word/History of the Day (MCAA)</li> <li>11:00 Math Scenario's</li> <li>1:30 Silver Sneakers with Tina (MCAA)</li> <li>2:30 Crafty Corner with Lisa (MCAA)</li> <li>2:30 Snack Time (MAA)</li> <li>3:00 Occupational Skills</li> <li>3:30 Trivia (MCAA)</li> <li>4:00 Patio Time &amp; Ball Counting</li> <li>6:00 Nighttime Cinema Delight</li> </ul>
<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March (MAA)</li> <li>9:30 Praise Movement (MAA)</li> <li>10:00 Televised Worship Service (MAA)</li> <li>11:00 Verse of the Day &amp; This Day in History (MAA)</li> <li>1:00 Meditation Yoga (MAA)</li> <li>1:30 Skill Up! Work-N-Play (MAA)</li> <li>2:30 Brain Aerobics (MAA)</li> <li>2:30 Irresistible Bites (MAA)</li> <li>6:00 Nighttime Cinema Delight</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Oldies Sing-A-Long (MAA)</li> <li>9:30 Jewelry Sale (L)</li> <li>9:30 Spa Time (MAA)</li> <li>10:00 Body and Rhythm with Johnny (MAA)</li> <li>10:00 Scenic Drive (SDASD)</li> <li>10:30 Kickball &amp; Music Circle (MAA)</li> <li>11:00 Popcorn &amp; Games (MAA)</li> <li>1:00 Balloon Volleyball (MAA)</li> <li>1:30 Music Therapy with Madelyn (MCA)</li> <li>2:30 Baking Club (MAA)</li> <li>2:30 Move, Laugh, Connect (CR)</li> <li>3:30 Connect Four Challenge (MAA)</li> <li>3:30 UNO with Friends (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Balance Exercises with Chassie (MAA)</li> <li>10:30 Tuesday Trivia (MAA)</li> <li>11:00 Coffee and Daily Chronicles (MAA)</li> <li>1:00 Crafty Corner with Chassie (MAA)</li> <li>1:00 Ice Cream Social -Banana Splits (CB)</li> <li>1:00 Morning Stroll (O)</li> <li>2:00 Bible and Prayer with Dr. Fern</li> <li>3:00 Flower Arranging with Nayas (MAA)</li> <li>3:30 Penthouse Salon with Misrak (MAA)</li> <li>3:30 Witches Tea Happy Hour (MCAA)</li> <li>6:00 Evening Coloring &amp; Music (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Morning Stretch (MAA)</li> <li>9:30 Daily Chronicle (MAA)</li> <li>10:00 Beautifying Moments with Elsa (MAA)</li> <li>10:30 Pet Therapy with Mariam (MAA)</li> <li>11:00 Armchair Traveling (MAA)</li> <li>1:00 Walking Club (MAA)</li> <li>1:30 Brain Boosters (MAA)</li> <li>2:30 Cooking Corner with Chassie (MAA)</li> <li>3:30 Name that Sound with Chassie (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Rhythm Exercise (MCAA)</li> <li>9:30 Facials with Chassie (MCAA)</li> <li>10:00 Church Service (MCAA)</li> <li>11:00 Breath Exercises with Chassie</li> <li>1:00 Bowling with Friends (MCAA)</li> <li>1:30 Reminiscing Pictures (ME)</li> <li>2:00 Snack Time (MAA)</li> <li>3:30 BINGO with Misrak (MCAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Stretching with Chassie (MCAA)</li> <li>9:30 Healing Touch Hand Massages (MCAA)</li> <li>10:00 BINGO (MCFRL)</li> <li>10:30 Guess Who (MAA)</li> <li>1:00 Balloon Badminton (MCAA)</li> <li>1:30 Lemonade &amp; Current Events (MAA)</li> <li>2:00 Crossword Puzzles (MAA)</li> <li>2:30 Go Fish (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> <li>3:30 Setting the Table with Onisha (MCDR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March</li> <li>9:30 Boogie with Lisa (MCAA)</li> <li>10:00 Donut Social (MCAA)</li> <li>10:00 Quote/Word/History of the Day (MCAA)</li> <li>11:00 Math Scenario's</li> <li>1:30 Silver Sneakers with Tina (MCAA)</li> <li>2:30 Crafty Corner with Lisa (MCAA)</li> <li>2:30 Snack Time (MAA)</li> <li>3:00 Occupational Skills</li> <li>3:30 Trivia (MCAA)</li> <li>4:00 Patio Time &amp; Ball Counting</li> <li>6:00 Nighttime Cinema Delight</li> </ul>
<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March (MAA)</li> <li>9:30 Praise Movement (MAA)</li> <li>10:00 Televised Worship Service (MAA)</li> <li>11:00 Verse of the Day &amp; This Day in History (MAA)</li> <li>1:00 Meditation Yoga (MAA)</li> <li>1:30 Skill Up! Work-N-Play (MAA)</li> <li>2:30 Brain Aerobics (MAA)</li> <li>2:30 Irresistible Bites (MAA)</li> <li>3:30 Parachute Ball Pop</li> <li>6:00 Nighttime Cinema Delight</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Oldies Sing-A-Long (MAA)</li> <li>9:30 Spa Time (MAA)</li> <li>10:00 Scenic Drive and lunch</li> <li>10:30 Kickball &amp; Music Circle (MAA)</li> <li>11:00 Popcorn &amp; Games (MAA)</li> <li>1:00 Balloon Volleyball (MAA)</li> <li>2:30 Baking Club (MAA)</li> <li>2:30 Move, Laugh, Connect (CR)</li> <li>3:30 UNO with Friends (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Balance Exercises with Chassie (MAA)</li> <li>10:30 Tuesday Trivia (MAA)</li> <li>11:00 Coffee and Daily Chronicles (MAA)</li> <li>1:00 Crafty Corner with Chassie Making Fall Wreaths (MAA)</li> <li>1:00 Morning Stroll (O)</li> <li>2:00 Bible and Prayer with Dr. Fern</li> <li>3:00 Flower Arranging with Nayas (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> <li>3:30 Penthouse Salon with Misrak (MAA)</li> <li>6:00 Evening Coloring &amp; Music (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Morning Stretch (MAA)</li> <li>9:30 Daily Chronicle (MAA)</li> <li>10:00 Beautifying Moments with Elsa (MAA)</li> <li>10:30 Pet Therapy with Mariam (MAA)</li> <li>11:00 Armchair Traveling (MAA)</li> <li>1:00 Walking Club (MAA)</li> <li>1:30 Brain Boosters (MAA)</li> <li>2:30 Cooking Corner with Chassie (MAA)</li> <li>3:30 Name that Sound with Chassie (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Rhythm Exercise (MCAA)</li> <li>9:30 Facials with Chassie (MCAA)</li> <li>10:00 Church Service (MCAA)</li> <li>11:00 Breath Exercises with Chassie</li> <li>1:00 Bowling with Friends (MCAA)</li> <li>1:30 Elegant Dining Napkin Folding Class</li> <li>2:00 Snack Time (MAA)</li> <li>3:30 BINGO with Misrak (MCAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Stretching with Chassie (MCAA)</li> <li>9:30 Healing Touch Hand Massages (MCAA)</li> <li>10:00 BINGO (MCFRL)</li> <li>10:30 Guess Who (MAA)</li> <li>1:00 Balloon Badminton (MCAA)</li> <li>1:30 Lemonade &amp; Current Events (MAA)</li> <li>1:30 Music Therapy with Maria (MAA)</li> <li>2:00 Crossword Puzzles (MAA)</li> <li>2:30 Go Fish (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March</li> <li>9:30 Boogie with Lisa (MCAA)</li> <li>10:00 Donut Social (MCAA)</li> <li>10:00 Quote/Word/History of the Day (MCAA)</li> <li>11:00 Math Scenario's</li> <li>11:45 Extraordinary Outing Medieval Times (MT)</li> <li>1:30 Silver Sneakers with Tina (MCAA)</li> <li>2:30 Crafty Corner with Lisa (MCAA)</li> <li>2:30 Snack Time (MAA)</li> <li>3:00 Occupational Skills</li> <li>3:30 Trivia (MCAA)</li> <li>4:00 Patio Time &amp; Ball Counting</li> <li>6:00 Nighttime Cinema Delight</li> </ul>
<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March (MAA)</li> <li>9:30 Praise Movement (MAA)</li> <li>10:00 Televised Worship Service (MAA)</li> <li>11:00 Verse of the Day &amp; This Day in History (MAA)</li> <li>1:00 Meditation Yoga (MAA)</li> <li>1:30 Skill Up! Work-N-Play (MAA)</li> <li>2:30 Brain Aerobics (MAA)</li> <li>2:30 Irresistible Bites (MAA)</li> <li>3:30 Parachute Ball Pop</li> <li>6:00 Nighttime Cinema Delight</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Oldies Sing-A-Long (MAA)</li> <li>9:30 Spa Time (MAA)</li> <li>10:00 Body and Rhythm with Johnny (MAA)</li> <li>10:30 Kickball &amp; Music Circle (MAA)</li> <li>11:00 Popcorn &amp; Games (MAA)</li> <li>1:00 Balloon Volleyball (MAA)</li> <li>1:30 Music Therapy with Madelyn (MCA)</li> <li>2:30 Baking Club with Delondria-Peanut Butter Cookies (MAA)</li> <li>2:30 Move, Laugh, Connect (CR)</li> <li>3:30 Connect Four Challenge (MAA)</li> <li>3:30 UNO with Friends (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Balance Exercises (MAA)</li> <li>10:30 Tuesday Trivia (MAA)</li> <li>11:00 Coffee and Daily Chronicles (MAA)</li> <li>1:00 Crafty Corner with Chassie Decorating Pumpkins (MAA)</li> <li>1:00 Morning Stroll (O)</li> <li>2:00 Bible and Prayer with Dr. Fern</li> <li>3:00 Flower Arranging with Nayas (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> <li>3:30 Penthouse Salon (MAA)</li> <li>6:00 Evening Coloring &amp; Music (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Morning Stretch (MAA)</li> <li>9:30 Daily Chronicle (MAA)</li> <li>10:00 Beautifying Moments with Elsa (MAA)</li> <li>10:30 Pet Therapy with Mariam (MAA)</li> <li>11:00 Armchair Traveling (MAA)</li> <li>1:00 Walking Club (MAA)</li> <li>1:30 Brain Boosters (MAA)</li> <li>2:30 Ice Cream Social with the Gardens (MAA)</li> <li>3:30 Name that Sound with Chassie (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Rhythm Exercise (MCAA)</li> <li>9:30 Facials with Chassie (MCAA)</li> <li>10:00 Church Service (MCAA)</li> <li>11:00 Breath Exercises with Chassie</li> <li>11:30 October Festival</li> <li>3:30 BINGO with Misrak (MCAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Stretching with Chassie (MCAA)</li> <li>9:30 Healing Touch Hand Massages (MCAA)</li> <li>10:00 BINGO (MCFRL)</li> <li>10:30 Guess Who (MAA)</li> <li>1:00 Balloon Badminton (MCAA)</li> <li>1:30 Lemonade &amp; Current Events (MAA)</li> <li>2:00 Crossword Puzzles (MAA)</li> <li>2:30 Go Fish (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> <li>3:30 Setting the Table with Onisha (MCDR)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March</li> <li>9:30 Boogie with Lisa (MCAA)</li> <li>10:00 Donut Social (MCAA)</li> <li>10:00 Quote/Word/History of the Day (MCAA)</li> <li>11:00 Math Scenario's</li> <li>1:30 Silver Sneakers with Tina (MCAA)</li> <li>2:30 Crafty Corner with Lisa (MCAA)</li> <li>2:30 Snack Time (MAA)</li> <li>3:00 Jazz Xpress (L)</li> <li>3:00 Occupational Skills</li> <li>3:00 Saturday Music: "Jazz Express" (L)</li> <li>3:30 Trivia (MCAA)</li> <li>4:00 Patio Time &amp; Ball Counting</li> <li>6:00 Nighttime Cinema Delight</li> </ul>
<ul style="list-style-type: none"> <li>9:00 After Breakfast Morning March (MAA)</li> <li>9:30 Praise Movement (MAA)</li> <li>10:00 Televised Worship Service (MAA)</li> <li>11:00 Verse of the Day &amp; This Day in History (MAA)</li> <li>1:00 Meditation Yoga (MAA)</li> <li>1:30 Skill Up! Work-N-Play (MAA)</li> <li>2:30 Brain Aerobics (MAA)</li> <li>2:30 Irresistible Bites (MAA)</li> <li>3:30 Parachute Ball Pop</li> <li>6:00 Nighttime Cinema Delight</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Oldies Sing-A-Long (MAA)</li> <li>9:30 Spa Time (MAA)</li> <li>10:00 Arboretum</li> <li>10:30 Kickball &amp; Music Circle (MAA)</li> <li>11:00 Popcorn &amp; Games (MAA)</li> <li>1:00 Balloon Volleyball (MAA)</li> <li>2:30 Baking Club (MAA)</li> <li>2:30 Move, Laugh, Connect (CR)</li> <li>3:30 UNO with Friends (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Balance Exercises (MAA)</li> <li>10:30 Tuesday Trivia (MAA)</li> <li>11:00 Coffee and Daily Chronicles (MAA)</li> <li>1:00 Crafty Corner with Chassie (MAA)</li> <li>1:00 Morning Stroll (O)</li> <li>2:00 Bible and Prayer with Dr. Fern</li> <li>3:00 Flower Arranging with Nayas (MAA)</li> <li>3:30 Happy Hour (MCAA)</li> <li>3:30 Penthouse Salon (MAA)</li> <li>6:00 Evening Coloring &amp; Music (MAA)</li> </ul>	<ul style="list-style-type: none"> <li>Nayas &amp; CM Inspirational Engagement</li> <li>9:00 Morning Stretch (MAA)</li> <li>9:30 Daily Chronicle (MAA)</li> <li>10:00 Beautifying Moments with Elsa (MAA)</li> <li>10:00 Haunted Halloween Tunes with Laurie Gabriel</li> <li>10:30 Pet Therapy with Mariam (MAA)</li> <li>11:00 Armchair Traveling (MAA)</li> <li>1:00 Walking Club (MAA)</li> <li>2:00 Spooky Decorating and Snack Social (M)</li> <li>5:30 Spooky Cinema Night (M)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Rhythm Exercise (MCAA)</li> <li>9:30 Facials with Chassie (MCAA)</li> <li>10:00 Church Service (MCAA)</li> <li>11:00 Breath Exercises with Chassie</li> <li>2:30 Halloween Bash (M)</li> <li>5:30 Cinema Night (M)</li> </ul>		

**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

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

# Gardens October 2024

 A WATERMARK RETIREMENT COMMUNITY®

 THE PRESTON  
OF THE PARK CITIES