

🌿 **Healthy Beginnings: New Year, Fresh Start** 🌿

Our Healthy Beginnings series is designed to support renewal in the new year—focusing on nourishment, organization, and overall well-being. Through outings, discussions, and interactive programs, we'll explore ways to care for ourselves physically, mentally, and emotionally while building healthy habits together.

Flower Child Lunch Outing Friday, January 2 | 12:30 PM

Enjoy a group lunch featuring fresh, wholesome menu options focused on balanced eating.

The Art of Decluttering (Discussion Group) Tuesday, January 7 | 4:00 PM | Dining Room

Learn simple strategies to optimize and organize your space for a calmer, more functional home.

Mental Health: Seasonal Depression w/ Home Instead Monday, January 13 | 4:00 PM | Dining Room

A thoughtful discussion on caring for yourself mentally and emotionally, especially during seasonal changes.



Dimassi's Mediterranean Buffet Lunch Outing Thursday, January 16 | 12:30 PM

Explore nutritious Mediterranean dishes while dining out together.

3 ESSENTIAL HACKS — FOR A HEALTHIER YOU —

Practical tips for improving everyday wellness through small, achievable changes.

Three Hacks to a Healthier You w/ Natural Grocers Wednesday, January 22 | 1:00 PM | Dining Room

Sprouts Nutrition Tour Friday, January 23 | 12:00 PM

A free guided tour focused on smarter grocery shopping, with time to shop afterward.



"Shake It Up" Salad Potluck Tuesday, January 27 | 5:00 PM

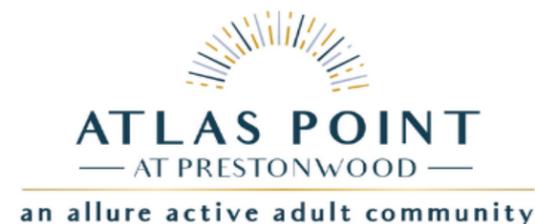
Residents are invited to bring a salad item to share, store-bought & homemade items are welcome—sign-up required.

Atlas Point Staff

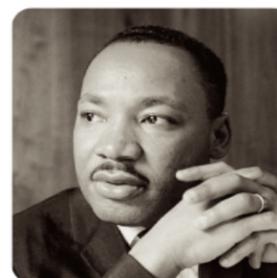
Tonia Hillis - Community Manager
Charlette Lee - Activities Manager / Driver
Mercedes Vazquez - Maintenance Supervisor
Adolfo Ortega - Maintenance Tech
Yenny Urdaneta - Housekeeper

Atlas Point Directory

Atlas Office | 469.210.3033
Salon by Maryum | 469.471.8117
Blair's Nail Salon | 214.450.8421
Maintenance Emergency - Follow Prompt



Check out more on our Facebook Page!



The Office will be Closed on New Year's Day 1/1 & Martin Luther King, Jr. Day 1/19.

Announcements At Atlas Point

Atlas Adventure This Month: Martin Luther King, Jr. Parade Downtown Carrollton - Saturday, January 17th Departure Time 9:15AM

Join us as we come together to celebrate and honor the legacy of Dr. Martin Luther King Jr., we will gather at Carrollton City Hall to enjoy the parade followed by a presentation afterward. Feel free to bring your own lawn chairs for comfort. Lunch will not be provided, so please bring snacks if needed. Texas weather can be unpredictable— whether it's chilly or surprisingly warm, we recommend dressing in layers and plan accordingly.



Music to Our Ears ...

Get ready for an exciting mix of entertainment coming to our community! This month's lineup features Brad Ackland, Tonya Rekemeyer, and Analisa Thirlwall, each bringing a unique style & energy to the stage. Please check your calendar for dates.



Silver Stars Line Dancing Showcase & Happy Hour - Friday, January 9th at 5pm
Our annual showcase where residents show off their moves! See you there!

3033 E. Hebron Pkwy, Carrollton, TX 75010 | 469.210.3033

MONDAY

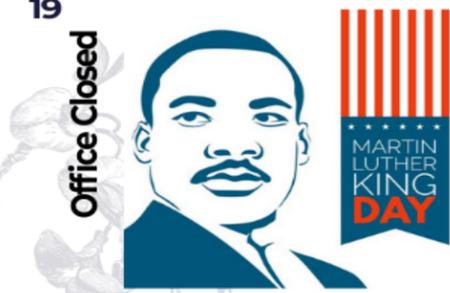
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>January 2026</p> 	<p>Legend *DR = Dining Room * PR = Promenade Room * DR = Dining Room * CR = Coffee Room * MR = Media Room *PW = Prestonwood Transportation in Blue</p>	<p>Office Hours Monday-Friday 9am-6pm Saturday 10am-5pm Sunday Closed</p> <p>Coffee Chat Everyday at 3pm in the Coffee Room Special Events in Red</p>	<p>1</p>  <p>Office Closed</p>	<p>2</p> <p>11:00 Yoga Class w/ Mitra *DR *DR 12:30 Healthy Beginnings - Flower Child Restaurant Outing 12:30 Bridge *PR 1:30 Card Games *MR</p>	<p>3</p> <p>11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR</p>
<p>5</p> <p>No Kroger Run Today 11:00 Champagne Brunch w/ Pancakes by Mercedes *DR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 2:00 Trader Joe's</p>	<p>6</p> <p>10:45 Strength & Balance w/ Deb *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Technology 101 & Rent Cafe *DR</p>	<p>7</p> <p>10:00 Walmart / Target 11:30 Line Dancing w/ Cici *DR 2:30 Mexican Train *MR 4:00 The Art of Decluttering Discussion (Organizing Your Space) *DR</p>	<p>8</p> <p>11:00 Lunch Bunch: Outback Steakhouse 11:00 Fitness Class w/ Ernesto *DR 5:00 Fire Pit Conversations & S'mores @ The Pool</p>	<p>9</p> <p>9:00 First Watch Breakfast Outing 11:00 Yoga Class *DR 12:30 Bridge *PR 1:30 Card Games *MR 2:00 Silver Derby *DR 5:00 Silver Stars Line Dancing Showcase & Happy Hour *DR</p>	<p>10</p> <p>11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR</p>
<p>12</p> <p>10:00 Kroger 10:30 Discussion w/ Kingdom Seekers - Broken Resolution *PR 1:30 PW Bible Study *PR 1:30 Peg & Jokers *MR 2:00 Market Street 5:00 Re-Mix & Mingle Free for ALL *DR</p>	<p>13</p> <p>10:45 Strength & Balance *DR 1:30 Bingo *DR 1:30 Mahjong *MR No Technology 101 & Rent Cafe *DR 4:00 Mental Health: Seasonal Depression w/ Home Instead *DR</p>	<p>14</p> <p>10:00 Walmart / Target 12:00 Midday Muscle w/ Charlette *DR 1:00 PW Bible Study @ Church 2:30 Mexican Train *MR</p>	<p>15</p> <p>11:00 Fitness Class *DR 2:00 "Guess That" Game *DR - TV Show Intros! 4:00 Cocktail Hour w/ Crooner Brad Ackland *DR</p>	<p>16</p> <p>11:00 Yoga Class *DR 12:30 Healthy Beginnings: Dimassi's Mediterranean Buffet 12:30 Bridge *PR 1:30 Card Games *MR 7:00 Blank Slate *DR</p>	<p>17</p> <p>9:15 Atlas Adventure: MLK Parade & Presentation in Downtown Carrollton Outing 11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR</p>
<p>19</p> <p>Office Closed</p> 	<p>20</p> <p>10:45 Strength & Balance *DR 12:00 Harris Jewelry Repair *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Technology 101 & Rent Cafe *DR</p>	<p>21</p> <p>10:00 Walmart / Target 12:00 Midday Muscle *DR 1:00 PW Bible Study @ Church 2:30 Mexican Train *MR 5:00 Wine Down Wednesday w/ Singer Tonya Rekemeyer *DR</p>	<p>22</p> <p>11:00 Fitness Class *DR 1:00 "3 Hacks to a Healthier You" w/ Natural Grocer's *DR</p> <p>4:00 Birthday Bash *DR Sponsored by HomeWell</p>	<p>23</p> <p>11:00 Yoga Class *DR 12:00 Sprouts Nutrition Tour Outing (Free) 12:30 Bridge *PR 1:30 Card Games *MR</p>	<p>24</p> <p>11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR</p>
<p>26</p> <p>10:00 Kroger 10:30 Discussion w/ Kingdom Seekers - A New Beginning *PR 12:30 Bridge *PR 2:00 ALDI 4:00 What's Happening in February (Early Sign Up) *DR</p>	<p>27</p> <p>10:45 Strength & Balance *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Technology 101 & Rent Cafe *DR 5:00 Healthy Beginnings: Shake It Up Salad Potluck (sign up what you'll be bringing) *DR</p>	<p>28</p> <p>10:00 Walmart / Target 12:00 Midday Muscle *DR 1:00 PW Bible Study @ Church 2:30 Mexican Train *MR</p>	<p>29</p> <p>11:00 Fitness Class *DR 1:30 Peg & Jokers *MR 3:00 DIY Winter Sugar Scrubs (we will provide all the supplies) *DR sign up in the activity book by 1/22 5:00 Dinner w/ the Directors - Cheddar's</p>	<p>30</p> <p>11:00 Yoga Class *DR 2:30 Bridge *PR 1:30 Card Games *MR 4:00 TGIF Happy Hour w/ Singer Analisa Thirlwall *DR 7:00 Blank Slate *DR</p>	<p>31</p> <p>11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR</p>