









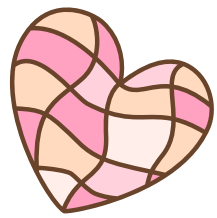


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 No Kroger Run Today 11:00 Champagne Brunch w/ Brisket Quesadillas *DR 12:00 <u>National Library Lovers Month</u> - Visit w/ The Carrollton Library *DR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 2:00 Trader Joe's	3 10:45 Strength & Balance w/ Deb *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Technology 101 & Rent Cafe *DR 6:30 Men's Bible Study *NEW* - in the Library / Billiard Room	4 10:00 Walmart / Target 11:30 Line Dancing w/ Cici *DR 1:00 PW Bible Study @ Church 2:30 Mexican Train *MR 3:00 Valentine Wood Painted Craft w/ Amy - HomeWell Care Services *DR - sign up in the activities book!	5 11:00 Fitness Class w/ Ernesto *DR 1:00 Carrollton Public Library Outing 2:00 Blood Pressure Check w/ Cindy - Griswold Home Care *DR *NEW* 5:00 Fire Pit Conversations - Hot Chocolate & S'mores @ The Pool 	6 11:00 Yoga Class w/ Mitra *DR 12:30 Lunch Bunch: Gazebo Burgers 12:30 Bridge *PR 1:30 Cards Games *MR 7:00 Blank Slate *DR	7 11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR
9 10:00 Kroger 10:30 Discussion w/ Kingdom Seekers - "G.R.A.C.E." *PR 1:00 Mary Kay Sale w/ Amanda *CR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 2:00 Market Street	10 10:45 Strength & Balance w/ Deb *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Salt & Sugar Intake + Mental Health + Physical Health Benefits Talk w/ Lizzie Home Instead *DR  6:30 Men's Bible Study *L	11 10:00 Walmart / Target 12:00 Midweek Muscle w/ Charlette 1:00 PW Bible Study @ Church 2:30 Mexican Train *MR 5:00 Black History Month: Jazz Vocalist Ruby Weston 	12 11:00 Fitness Class w/ Ernesto *DR 2:00 Blood Pressure Check w/ Cindy *DR  5:00 Happy Hearts Chocolate & Wine Tasting (Sign-Up Required) *DR 	13 11:00 Yoga Class w/ Mitra *DR 12-3 Zooey Pop-Up Jewelry & Handbag Sale (Cash & Credit Accepted) *CR 12:30 Galentine's Day - (Women Only) Sam Moon & Chick Fil A Outing 12:30 Bridge *PR 1:30 Cards Games *MR 2:00 Silver Derby *DR 	8 SUNDAY 4:30 Remix Superbowl LX - Chili Cook Off \$5 Admission (Sign-Up Required) & Watch Party *DR 
16 10:00 Kroger 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 2:00 H-E-B 5:00 Mardi Gras Supper Outing - Pappadeaux Seafood Kitchen	17 10:45 Strength & Balance w/ Deb *DR 12:00 Harris Jewelry Repair *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Mardi Gras Celebration w/ TX Winds - Trinity River Jazz Kings  6:30 Men's Bible Study *L	18 10:00 Walmart / Target 12:00 Midweek Muscle *DR 1:00 PW Bible Study @ Church 2-4pm Second Chance Treasures Sale w/ The Silver Stars Line Dancers *DR 2:30 Mexican Train *MR	19 8:00 Graff Mobile Podiatry (Located Behind Building 600) 11:00 Fitness Class w/ Ernesto *DR 2:00 Blood Pressure Check w/ Cindy *D 4:00 Birthday Bash *DR 5:00 For the Love of Art: Mosaics at Make Expression Art Studio Outing \$25 Deadline 2/5	20 11:00 Yoga Class w/ Mitra *DR 12:30 Lunar New Year Outing - Xiao Ling's Noodles & Dumplings  12:30 Bridge *PR 1:30 Cards Games *MR 7:00 Blank Slate *D	21 11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR
23 10:00 Kroger 10:30 Kingdom Seekers - "Peace, Hope, Faith, Love" *PR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 2:00 ALDI 4:00 What's Happening in March (Early Sign Up) *DR	24 10:45 Strength & Balance w/ Deb *DR 1:30 Bingo *DR 1:30 Mahjong *MR 4:00 Technology 101 & Rent Cafe *D 6:30 Men's Bible Study *L	25 10:00 Walmart / Target 12:00 Midweek Muscle *DR 1:00 PW Bible Study @ Church 2:30 Mexican Train *MR 4:00 Black History Month: Music Lecture & Performance w/ Instrumentalist Matthew Banks *DR	26 11:00 Fitness Class w/ Ernesto *DR 2:00 Blood Pressure Check w/ Cindy - Griswold Home Care *DR 3:00 Fire Safety Presentation w/ Carrollton Fire Dept. *DR 5:00 Dinner w/ the Directors Outing - Uncle Julio's	27 11:00 Yoga Class w/ Mitra *DR 12:30 Well-Fed Fellows Braum's Outing (Men Only) 12:30 Bridge *PR 1:30 Cards Games *MR 3:00 Heart Health & Tips for Self-Love (Taking Care of Your Heart) w/ Amy *DR 	28 11:00 Crafts w/ Linda *DR 2:30 Mexican Train *PR 3:00 Movie Matinee *MR Legend CR - Coffee Room MR - Media Room DR - Dining Room PR - Promenade Room L - Library / Billiard Room PW - Prestonwood Transportation in Blue Special Events in Red



For the Love of Art – Where Creativity Takes Shape

Valentine Wood Painted Craft w/ Amy - Wednesday, February 4th at 3pm

Spend some time painting with us in the dining room with one of our vetted home care partners. Free craft, the supplies are provided! Sign up in the activity book in the office so we can save a spot for you.



Join us for an evening out on **Thursday, February 19th at 5pm at Make Expression Art Studio**, where color, texture, and imagination come together! We'll spend a few relaxed hours creating **custom mosaic art**, with the freedom to choose the project that speaks to you. Mosaic projects starting at \$25, with additional projects as priced. This hands-on experience is perfect for beginners and seasoned creatives alike. Feel free to bring your favorite beverage (BYOB) and enjoy a fun, social night of artmaking. Deadline for sign-up is 2/5.

Second Chance Treasures Sale w/ The Silver Stars Line Dancers Wednesday, February 18th from 2–4pm In the Dining Room

Silver Stars is a non-profit group created over a year ago to enrich the lives of all ages and diverse communities through the art of line dancing.

Clean out your closet or find a new favorite piece – all proceeds from the sale helps the group continue bringing joy & energy to neighboring communities that may not otherwise have access to live entertainment.

How the sale works – Clothing donations are accepted between 12–2pm in the dining room. We kindly ask that donated items be clean and in good wearable condition. Accessories are also accepted! Sale begins at 2pm – **\$10 Stuff-a-Bag (whatever you're able to fit in the bag provided)**, and other items are available for purchase as priced. Items that do not sell will be donated. **Cash & Checks accepted**



Fire Safety Presentation w/ The Carrollton Fire Department - Thursday, February 26th at 3pm

In the Dining Room – Fire professionals will share practical tips on preventing fires at home, staying safe in an emergency, and understanding basic safety practices that help protect you and your neighbors. We hope you'll attend, learn something new, and feel more confident about fire safety.

Remix & Mingle - Annual Chili Cook-Off & Superbowl Watch Party - Sunday, February 8th at 4:30pm

Each year Atlas Point has an amazing event where residents can show off their master cooking skills with friendly competition! There will be a variety of chilis, along w/ the fixings to go with it. Refreshments will be provided. Be part of a great tradition and enjoy watching the game! Admission \$5 – sign up will be in the activity book. If you have any questions, please contact Stacy or Judy.



Atlas Point Staff

Tonia Hillis – Community Manager
Eva-Marie Lewis – Assistant Community Manager
Charlette Lee – Life Enrichment Coordinator / Driver
Mercedes Vazquez – Maintenance Supervisor
Adolfo Ortega – Maintenance Tech
Yenny Urdaneta – Housekeeping

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



Because the things we LOVE are even better when shared!

For the Love of Literature – National Library Lovers Month!

Honoring libraries as vital community hubs for books, information, and connection, encouraging people to visit, get a library card, attend programs, support their local branch, and appreciate the essential services they offer beyond just lending books. The Carrollton Library will be coming to our community to share what they offer on **Monday, February 2nd at 12pm** in the dining room. We will also take a trip to the local library on **Thursday, February 5th at 1pm**. Please see Charlette if you have any questions!

For the Love of Connection – Where Being Together Truly Matters

Thursday, February 12th at 5pm – Happy Hearts Chocolate & Wine Tasting – Join us for an evening of chocolate & wine as we gather to enjoy sweet treats & even sweeter company. Not a wine drinker? No problem – there will be plenty of chocolate to eat and non-alcoholic beverages! This event is free, with sign-up required to help us plan appropriately for quantities.

Friday, February 13th at 12:30pm – An outing just for the ladies! Celebrate **Galentine's Day** with a fun trip to Sam Moon, followed by lunch at Chick-fil-A. This women-only outing is a great opportunity to relax, shop, laugh, and enjoy time together – because friendships deserve celebrating too!

Friday, February 27th at 12:30pm – Calling all gentlemen! Join us for a men-only outing featuring free ice cream, plus the option to purchase burgers & shakes at Braum's. We will also discuss what future programming will look like for the men of Atlas Point. In addition, we're launching a **Men's Bible Study**, meetups on **Wednesdays at 6:30pm in the Library/Billiard Room**. Interdenominational, great time for fellowship!



For the Love of Music – Black History Month & Mardi Gras

We are proud to present two special musical programs honoring the profound impact of Black artists in music history. Vocalist extraordinaire Ruby Weston will perform songs of soul **Wednesday, February 11th at 5pm**. Matthew Banks, a local jazz instrumentalist, will take us on a musical journey through rhythm, melody, and influence, highlighting the sounds that defined generations. Matthew's performance & music lecture will be on **Wednesday, February 25th at 4pm**.

Trinity River Jazz Kings, presented by The Texas Winds, will be performing during our Mardi Gras Celebration on **Tuesday, February 17th at 4pm**.

This lively brass ensemble features Peter Clagett on trumpet, Mario Cruz on clarinet, Simon Willats on trombone, and Vurl Bland on tuba. All performances will be held in the dining room.

For the Love Of Series Continued on the Back Page

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



Peanut Butter Drive



Spread the love this month! Bring jars of peanut butter to the front office for the month of February.

All donations will be going to the North Texas Food Bank!

No glass jars Thanks!

