November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 11:00 Champagne Brunch w/ French Toast Casserole *DR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 3:00 Technology 101: Q&A on Android & Apple Phones Turn clocks back 1hr on November 1st for Daylights Savings! 	**3** 10:45 Strength Training w/ Deb *DR 1:30 Bingo w/ Guest Caller Renee Elsner Medicare/Medicaid Resource *DR 1:30 Mahjong *MR 3:00 Medicare Talk w/ Renee *DR	**4** 10:00 Walmart / Target 12:00 Midweek Muscle w/ Charlette *DR 1:00 PW Bible Study @ Church 3:00 Mexican Train *MR 5:30 Texas Hold Em' w/ Suzy (WILL TEACH)*MR	**5** 11:00 Fitness Class w/ Ernesto *DR 5:00 Honky Tonk Happy Hour w/ Ric & Jen *DR 	**6** 10:30 Yoga Class w/ Mitra *DR 12:00 Lunch Bunch Outing: Barrel & Bones Bar & Smokehouse 12:30 Bridge *PR 1:30 Cards Games *MR 3:00 Trader Joe's	**7** 11:00 Crafts w/ Linda *DR 2:00 Movie Matinee: The Breadwinner (Slapstick) *MR 3:00 Mexican Train *PR **8 SUNDAY** 12:45 The Werewolf of London Melodrama at the Pocket Sandwich Theater $24 (Billed) Deadline 11/2
9 10:30 Discussion w/ Kingdom Seekers - "Giving Thanks; An Attitude of Gratitude *PR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 4-6PM Atlas Point Annual Craft & Bake Sale *DR 	**10** 10:45 Strength Training w/ Deb *DR 1:30 Bingo w/ Guest Caller Krystle w/ Mustang Park *DR 1:30 Mahjong *MR 4:00 Discussion Group w/ Lizzie Home Instead *DR	11 HAPPY VETERANS DAY <u>No Grocery Run Today</u> 12:00 Midweek Muscle w/ Charlette *DR 1:00 PW Bible Study @ Church 3:00 Mexican Train *MR 5:30 Texas Hold Em' w/ Suzy *MR	**12** 11:00 Fitness Class w/ Ernesto *DR 12-4 Medicare Enrollment Help Desk w/ Ty from Amerilife *DR 4:00 Charlette's Cooking Corner - Pumpkin Parfaits w/ Amy from HomeWell *DR 	**13** 10:30 Yoga Class w/ Mitra *DR 12:00 EL Rincon Mexican Kitchen & Tequila Bar Lunch Outing 1:30 Cards Games *MR 3:00 Kroger 7:00 Blank Slate *DR	**14** 11:00 Crafts w/ Linda *DR 2:00 Movie Matinee: Thelma & Louise (Drama) *MR 3:00 Mexican Train *PR
16 10:30 Tai Chi Yoga Fusion w/ Teri *DR 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 3:00 A Little Sweet Social w/ Andi's Angels Demetries & Lauren Introducing Sensi Ai *DR	**17** 10:45 Strength Training w/ Deb *DR 12:00 Harris Jewelry Repair *DR 1:30 Mahjong *MR 1:30 Bingo *DR 5:00 Fire Pit Conversations w/ Hot Chocolate & S'mores! *Near the Pool	**18** 10:00 Walmart / Target 12:00 Midweek Muscle w/ Charlette *DR 1:00 PW Bible Study @ Church 3:00 Mexican Train *MR 3:00 Blood Pressure Check *DR 5:00 Disco Party w/ Marty, Tonya, & Peggy *DR (Break out your bell-bottoms and dress in your disco best!) 5:30 Texas Hold Em' w/ Suzy *MR 	**19** 11:00 Fitness Class w/ Ernesto *DR 4:00 Birthday Bash *DR 	**20** 10:30 Yoga Class w/ Mitra *DR 12:30 Bridge *PR 1:30 Veterans Appreciation Gathering w/ the American Legion & Griswold *DR 1:30 Cards Games *MR 3:00 Market Street 	**21** 10:30 Christmas Bazaar at JPIIIHS Outing 11:00 Crafts w/ Linda *DR 2:00 Movie Matinee: Champions (Drama) MR 3:00 Mexican Train *PR
23 10:30 Discussion w/ Kingdom Seekers - "Hope, Peace, Love" 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 3:00 What's Happening in December *DR 4:00 Movie Monday Night at the Museum *MR	**24** 10:45 Strength Training w/ Deb *DR 1:30 Bingo *DR 1:30 Mahjong *MR 5:00 The Great November Pie-Off (bring your favorite pie to share!) w/ Griswold *DR 	**25** 10:00 Walmart / Target 12:00 Midweek Muscle w/ Charlette *DR 1:00 PW Bible Study @ Church 3:00 Mexican Train *MR 3:00 Blood Pressure Check w/ Cindy *DR 5:30 Texas Hold Em' w/ Suzy *MR	**26** Happy Thanksgiving Office Closed 1:30 Resident Potluck (Atlas will provided Turkey & Gravy - sign up required) bring your favorite sides! *DR	27 10:30 Yoga Class w/ Mitra *DR 12:30 Bridge *PR 1:30 Cards Games *MR 7:00 Blank Slate *DR	**28** 11:00 Crafts w/ Linda *DR 2:00 Movie Matinee: Love the Coopers (Comedy) *MR 3:00 Mexican Train *PR
30 1:30 Peg & Jokers *MR 1:30 PW Bible Study *PR 4:00 Getting To Know You Shindig (Q&A Games) *DR	**Legend** CR - Coffee Room DR - Dining Room L - Library / Billiard Room MR - Media Room PR - Promenade Room PW - Prestonwood C - Conference Room	Transportation in Blue Special Events in Orange & Green	Medical appointments can be scheduled Tuesday & Thursday from 10-2pm. Please submit requests 2 days in advance.	Food Drive Begins Nov 2nd! Donated to the Metrocrest Food Bank until 11/23! Bring items to the front office.	



Boo! Hiss! Throw Popcorn!
The classic 1935 tale gets the Pocket Sandwich Theatre treatment! After a mysterious bite in Tibet, botanist Dr. Ian Glendon returns to Victorian London with one very hairy problem. The story stays true to the original, but they've added bigger laughs, audience participation, villains to boo, heroes to cheer, and plenty of popcorn-tossing fun. It's a howling good time!









Check Out More Photos On Our Facebook Page!



metrocrest services

URGENT PANTRY NEEDS LIST

- Macaroni & Cheese
- 1lb bag of Rice
- Canned Peaches
- Canned Chicken
- Canned Tuna
- Canned Corn

Donations can be dropped off at the front office.

All food must be nonperishable and not expired. No glass, please.

SCAN ME

Learn More!
Scan the QR code for more information or visit metrocrestservices.org/donate/

1145 Josey Lane, Carrollton, TX 75006 | 972.446.2100 | metrocrestservices.org

Help *Fight Hunger* In Your Community

- DONATE
- HOST A DONATION DRIVE
- GIVE GROCERIES
- SHOP OUR AMAZON WISH LIST

Fall 2025



Join us for our Resident Thanksgiving Potluck
Thursday, November 26th at 1:30PM
in the Dining Room.
There will be Turkey & Gravy
or the entree.
Residents can bring homemade or storebought dishes. Please sign up in the activities book and list what you'll be bringing!

Atlas Point Staff

Tonia Hillis - Community Manager
Kelli Lindsay - Assistant Manager
Charlette Lee - Life Enrichment Coordinator / Driver
Mercedes Vazquez - Maintenance Supervisor
Yenny Urdaneta - Housekeeping

Atlas Point Directory

Atlas Office | 469.210.3033
Transportation Line | 469.381.7042
Blair's Nail Salon | 214.450.8421
Maintenance Emergency - Follow Prompt
Please Note: Text messaging is now available.

CRAFT FAIR

Holiday Craft Fair & Bake Sale...

Come shop for a variety of lovely handmade gifts crafted by our residents. Invite your friends to come shopping with you!

Monday, November 9 (Dining Room)
4 pm to 6 pm

The fair will start at 4 pm.
Only vendors will be allowed into the DR early.

Also, there will be a baked goods table with tasty, delicious treats. To all the amazing bakers, we are looking for donated items.

All proceeds from the bake sale will be donated to Metrocrest Services in Carrollton.

Bakers, please bring your treats to the DR kitchen on Monday, November 9 from 1 pm to 3 pm.

HONOR ★ SERVICE ★ SACRIFICE

VETERANS APPRECIATION

NOVEMBER 20

HONORING THOSE WHO SERVED

Today we honor the courage, dedication and sacrifice of our nation's veterans.

1:30PM
In Dining Room
Everyone is Invited

ORGANIZED BY American Legion

ATLAS POINT
AT PRESTONWOOD
an allure active adult community





YOU ARE THE best

A heartfelt thank you to everyone who donated and participated in our Operation Christmas Child Packing Party! Your generosity helped us spread joy to children around the world.

Our giving continues with a food drive benefiting Metrocrest Services, beginning November 2nd through the 23rd! We invite patrons to donate nonperishable food items to help local families in need. More info on the back page.

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