

August 2015



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
FL- Fireside Lounge (1st Floor) T- Theater (4th Floor) L- Lobby (1st Floor) FC- Fitness Center (Lower Level) C- Café (1st Floor) P- Back Patio (1st Floor) BR- Boardroom (Lower Level)	DR- Medallion Dining (1st Flr) DR3- Magnolia Dining (3rd Flr) WC- Wellness Center (2nd Floor) GR- Game Room (1st Floor) L2- Library (2nd Floor) OFC- Outside Fitness Center (Lower Level)		<u>Doctor's Making House Calls</u> Every Monday, Wednesday, and Friday		10:30 Strength Exercise (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:00 Catholic Bible Study (BR) 2:00 Card Games (T) 7:15 Movie (T)	8:15 <u>Transportation to St. Michael's and Genesis UMC</u> 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (T) 7:15 Movie (T)
3	4	5	6	7	8	9
8:45-10:15 <u>Swimming (Morrisville Aquatics Center)</u> 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 BP Clinic w/ Suzen (WC) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (L2) 3:00 Brain Games w/ Martha (T) 3:00 AVON calling (FL) 7:15 Sing-a-long w/ Lisa (T)	9:00-10:00 <u>Shopping: Food Lion</u> 9:30-11:30 <u>Portrait Project (FL)</u> 10:30 Bingo (T) 11:30-12:30 Sign Up for Urban Market Produce Box (FL) 1:30 <u>Cool Treats at SONIC Drive-In</u> 1:30 Exercise w/ Christy (FC) 2:00 Exercise w/ Christy (FC) 3:00 Town Hall w/ guest speaker from the Fire Department (T) 4:00 Devotional with Jordan Lutheran (T)	9:00-1:00 <u>Shopping Shuttle</u> 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 2:00 Art Workshop w/ Tony D'amico (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (L2) 3:00 Boredom Buster Bingo (T) 7:00 Evening Music w/ Teresa (piano) (L)	10:00 Community Volunteers: Flower Arranging (DR) 10:00 Zumba Gold (FC) 10:00 Thursday Bridge (GR) 11:15 <u>Lunch Bunch: Cracker Barrel</u> 1:30 & 2:00 Exercise w/Christy (FC) 2:30-4:30 <u>Portrait Project (FL)</u> 3:30 New Resident Orientation (FC) 4:00 Catholic Communion (T) 7:15 Movie (T)	8:45 <u>Banks & Cary Senior Center</u> 10:00 Stretch Exercise by DVD (FC) 10:45 <u>Bojangles</u> 11:00 Jewelry Making w/Jennifer (FC) 2:00 Bingo (T) 3:45-4:45 New Resident Welcome and Happy Hour w/ Debbie and Michael Verderamo (T)	10:30 Bingo (T) 10:30 Strength Exercise (FC) 11:45-1:00 <u>Shopping at Publix</u> 1:00 <u>Sleuth (Kennedy Theater -\$27)</u> 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:00 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Music for Dances thru time with Mary Ann Nilsson (T) 7:15 Movie (T)	8:15 <u>Transportation to St. Michael's</u> 9:30 <u>Transportation to Genesis UMC</u> 10:00-11:00 Teens and Technology (L2) 10:00-3:00 URBAN MARKET (P) 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (T) 7:15 Movie (T)
10	11	12	13	14	15	16
8:45-10:15 <u>Swimming (Morrisville Aquatics Center)</u> 8:45 Post Office 9:45-10:45 <u>Shopping: Food Lion</u> 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 BP Clinic w/ Suzen (WC) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 7:20 Classical Music Concert: Violin (T)	9:30-11:30 <u>Portrait Project (FL)</u> 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:30 <u>Shopping: Fresh Market</u> 1:30 & 2:00 Exercise w/Christy (FC) 2:30 Wii Bowling (T) 4:00 Women Pioneers w/ Esther (T) 4:00-6:00 <u>Dinner at Ruby Tuesday's</u> 6:00 Parkinson's Support Group (T)	9:00-1:00 <u>Shopping Shuttle</u> 11:30 <u>Lunch Bunch: Danny's BBQ</u> 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg 1:00 Tai Chi w/ Adrienne (FC) 2:00 <u>Artist's Club Trip to Jerry's Art-O-Rama</u> 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 6:15 <u>Durham Bulls Baseball Game (\$18)</u> 7:00 Evening Music w/ Barbara (Piano)	10:00 <u>Chic-fil-A</u> 10:00 Flower Arranging (DR) 10:00 Zumba Gold (FC) 10:00 Thursday Bridge (GR) 11:00 Current Events w/Frank Petinelli (T) 1:30 & 2:00 Exercise w/Christy (FC) 2:30-4:30 <u>Portrait Project (FL)</u> 4:00 Catholic Communion (T) 7:15 Movie (T)	8:45 <u>Banks & Cary Senior Center</u> 10:00 <u>West Regional Library</u> 10:00 Stretch Exercise by DVD (FC) 2:00 Bingo (T) 3:45-4:45 Food Drive for DORCAS and Happy Hour w/ Mike Gilmore (Piano) (T)	10:00 Book Club (BR) 10:30 Strength Exercise (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:00 Catholic Bible Study (BR) 2:00 Card Games (T) 7:15 Movie (T)	8:15 <u>Transportation to St. Michael's and Genesis UMC</u> 10:45-11:45 <u>Shopping at Aldi</u> 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service(T) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (T) 7:15 Movie (T)
17	18	19 Podiatrist Visits (sign up)	20	21 Audiologist Visits	22	23
8:45-10:15 <u>Swimming (Morrisville Aquatics Center)</u> 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 BP Clinic w/ Suzen (WC) 10:45 <u>Tour of DORCAS and Shopping</u> 1:00 Monday Bridge (GR) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (L2) 3:00 Ladies Tea (T) 7:15 Sing-a-long w/ Lisa (T)	9:00-10:00 <u>Shopping: Food Lion</u> 9:30-11:30 <u>Portrait Project (FL)</u> 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:30 <u>Shopping: Walmart</u> 1:30 Exercise w/ Christy 2:00 Exercise w/Christy (FC) 2:30 Wii Bowling (T) 4:00 Devotional w/ Jordan Lutheran (T) 7:15 Nite Cap Social (FL)	9:00-1:00 <u>Shopping Shuttle</u> 12:30 <u>MEN's Lunch: Lugano</u> 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg 1:00 Tai Chi w/ Adrienne (FC) 2:00 Art Workshop w/ Tony D'amico(FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T)	10:00 Community Volunteers: Flower Arranging (DR) 10:00 Thursday Bridge (GR) 11:00-1:30 <u>Cary Towne Center (Belk, JC Penney, Talbots, etc.)</u> 1:30 & 2:00 Exercise w/ Christy (FC) 2:30-4:30 <u>Portrait Project (FL)</u> 4:00 Catholic Communion (T) 7:00 <u>"Mame" (musical) (St. Michael's Players) (\$12.50)</u> 7:15 Movie (T)	National Senior Citizen Day 8:45 <u>Banks & Cary Senior Center</u> 10:00 Stretch Exercise by DVD (FC) 10:45 <u>Bojangles</u> 11:00 Jewelry Making w/ Laurie (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Debbie and Michael Verderamo (T)	10:30 Strength Exercise (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:00 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00-5:00 <u>Shopping at Hamrick's of Raleigh</u> 7:15 Movie (T)	8:15 <u>Transportation to St. Michael's and Genesis UMC</u> 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (T) 7:15 Movie (T)
24	25	26	27	28	29	30
8:45-10:15 <u>Swimming (Morrisville Aquatics Center)</u> 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 BP Clinic w/ Suzen (WC) 1:00 Bible Study (BR) 2:00 Men's Poker (GR) 2:00 Yoga (FC) 3:00 Play Train Dominoes (T)	9:00-10:00 <u>Shopping: Food Lion</u> 9:30-11:30 <u>Portrait Project (FL)</u> 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:30 <u>Shopping: Trader Joe's</u> 1:00-2:00 Walker/Wheelchair Clinic (OFC) 1:30 Exercise w/ Christy (FC) 2:00 Exercise w/Christy (FC) 2:30 Wii Bowling (T) 4:00 Women Pioneers w/ Esther (T) 4:30 <u>Dinner at Olive Garden</u>	9:00-1:00 <u>Shopping Shuttle</u> 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/Adrienne (FC) 2:00 Artist's Club (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 7:00 Evening Music w/ Sara (piano) (L)	10:00 Community Volunteers: Flower Arranging (DR) 11:15 <u>Lunch Bunch: Ashworth Drugs</u> 10:00 Zumba Gold (FC) 10:00 Thursday Bridge (GR) 1:30 & 2:00 Exercise w/Christy (FC) 2:30-4:30 <u>Portrait Project (FL)</u> 4:00 Catholic Communion (T) 7:15 Movie (T)	8:45 <u>Banks & Cary Senior Center</u> 10:00 <u>West Regional Library</u> 10:00 Stretch Exercise by DVD (FC) 11:00 Jewelry Making w/ Laurie 2:00 JACKPOT Bingo (T) 3:45-4:45 ART SHOW and Happy Hour w/Caroline Gregory (T)	10:30 Bingo (T) 10:30 Strength Exercise 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 2:00 Card Games (T) 7:15 Movie (T)	8:15 <u>Transportation to St. Michael's and Genesis UMC</u> 10:00-11:00 Teens and Technology (L2) 10:00-3:00 URBAN MARKET (P) Sunday Buffet (11:30, 1:00, 1:30) 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) 2:00 <u>Carousel (musical at Kennedy Theater-\$27)</u> 3:00 Train Dominoes (T) 7:15 Movie (T)