

# February 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p>9:30 A Stitch in Time (FL)            10:00 Tone &amp; Balance w/ Nourma (FC)            10:30-11:30 <b>Shopping: Food Lion</b>            1:00 Bible Study (T)            2:00 Men's Poker (GR)            2:00 Yoga (FC)            2:00 MEETING: New Emergency Call System Details and Cash Prize Drawing (\$1 per ticket) (T)            3:00 Play Train Dominoes (L2)            6:00 Rummikub (GR)            7:15 Sing-a-long w/ Lisa (T)            7:30 Monday Night Bridge (GR)</p>	<p>10:00 Tai Chi by DVD (FC)            10:30 Bingo (T)            11:30 CRAFT: Decorate a Mask for Mardi Gras (BR)            12:45 Line Dancing (FC)            1:00 Brainteaser Trivia w/ Amy: Mardi Gras (T)            1:30 Living Well Exercise w/ Christy (FC)            2:00 MEETING: New Emergency Call System Details and Cash Prize Drawing (\$1 per ticket) (T)            4:00 Devotional with Jordan Lutheran (T)            7:30 Canasta (GR)</p>	<p><b>Go Red for Women Day: Wear red to support heart disease awareness!</b>            9:00-1:00 <b>Shopping Shuttle</b>            11:30 <b>Lunch Bunch: Danny's BBO</b>            1:00 Preston Bridge Club (GR)            1:00 Men's Bridge Group (FL)            1:00 Tai Chi with Adrienne (FC)            1:00 Rummikub (T)            1:00 Mah Jongg (T)            2:00 Card Games (T)            2:00 Art Workshop w/ Tony D'Amico (FC)            3:00 Train Dominoes (L2)            3:00 Bingo for Prizes w/ Silver Linings (T)            7:00 Evening Music with Teresa (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)            10:00 Community Volunteers: Flower Arranging (DR)            12:30 <b>Mystery Movie at Park West Village</b>            1:30 Tone and Balance w/ Renee (FC)            2:00 Scrabble (GR)            2:45 Grief Support Group for Women (T)            4:00 Catholic Communion (T)            7:30 Movie (T)</p>	<p>8:45 <b>Banks, Post Office, and Senior Center</b>            10:00 Stretch Exercise by DVD (FC)            10:00 <b>West Regional Library</b>            12:00-2:00 <b>Mardi Gras Celebration w/ Dixieland Jazz Band (DR)</b>            1:30 Living Well Exercise w/ Christy (FC)            2:30 Bingo! (T)            3:45 Encores!: Met Opera DVD (repeat showing) (T)            7:15 Shabbat Service (T)</p>	<p>10:30 Strength Exercise by DVD (FC)            10:30 Bingo! (T)            10:30 -12:00 <b>Shopping: Publix</b>            12:30-2:00 <b>Shopping: Marshall's of Cary</b>            1:00 Men's Bridge Group (FL)            1:00 Hand &amp; Foot Card Game (GR)            1:00 Canasta (T)            1:00-2:30 Catholic Bible Study (BR)            2:00 Card Games (T)            3:00 Tai Chi by DVD (FC)            7:30 Movie (T)</p>	<p>8:15 <b>Transportation to St. Michael's and Genesis UMC</b>            10:00-11:00 Teens and Technology (L2)            11:00 Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>            12:00 Televised Catholic Mass (T)            3:00 Train Dominoes (L2)            6:30 Super Bowl 50 Party! (T)</p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p>9:30 A Stitch in Time (FL)            9:30-10:30 Warm Winter Hat Sale w/ Donna (FL)            10:00 Tone &amp; Balance w/ Nourma (FC)            10:30-11:30 <b>Shopping: Food Lion</b>            1:00 Bible Study (BR)            2:00 Yoga (FC)            2:00 Men's Poker (GR)            3:00 Play Train Dominoes (L2)            6:00 Rummikub (GR)            7:30 Monday Night Bridge (R)</p>	<p>10:00 Tai Chi by DVD (FC)            10:30 Bingo (T)            12:00 <b>Lunch Bunch: The Big Easy (New Orleans Cuisine)</b>            12:45 Line Dancing (FC)            1:30 Living Well Exercise w/ Christy (FC)            2:30 Wii Bowling (T)            2:30-4:00 <b>Shopping: Walmart</b>            4:00-5:00 Terrific Tunes Tuesdays: Cole Koffi (piano and vocals) (L)            6:00 Parkinson's Support Group (T)            7:30 Canasta (GR)</p>	<p>9:00-1:00 <b>Shopping Shuttle</b>            1:00 Preston Party Bridge Club (GR)            1:00 Men's Bridge Group (FL)            1:00 Rummikub (T)            1:00 Mah Jongg (T)            1:00 Tai Chi w/ Adrienne (FC)            2:00 Card Games (T)            3:00 Play Train Dominoes (L2)            4:00 Ash Wednesday Service (T)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)            10:00 Community Volunteers: Flower Arranging (DR)            10:30-2:00 <b>Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, Barnes and Noble, etc.)</b>            1:30 Tone and Balance w/ Renee (FC)            2:00 Scrabble (GR)            7:30 Movie (T)</p>	<p>8:45 <b>Banks, Post Office, and Senior Center</b>            10:00 Tone and Balance w/ Renee (FC)            10:45 <b>Bojangles</b>            11:00 Jewelry Making w/ Laurie (BR)            12:00-2:00 Girl Scout Cookie Sale (L)            1:30 Living Well Exercise w/Christy (FC)            2:00 Bingo (T)            3:45-4:45 Happy Hour w/ the Steven Daniels Duo (T)</p>	<p>10:30 Bingo (T)            10:30 Strength Exercise by DVD (FC)            1:00 Men's Bridge Group (FL)            1:00 Hand &amp; Foot Card Game (GR)            1:00 Canasta (T)            1:00-5:00 <b>"Grease" the Musical (Tickets: \$60 and up)</b>            1:00-2:30 Catholic Bible Study (BR)            2:00 Card Games (T)            3:00 Tai Chi by DVD (FC)            7:30 Movie (T)</p>	<p><b>Happy Valentine's Day!</b>            8:15 <b>Transportation to St. Michael's and Genesis UMC</b>            10:00-11:00 Teens and Technology (L2)            11:00 Televised Baptist Service (T)            11:30-1:30 Girl Scout Cookie Sale (L)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>            12:00 Televised Catholic Mass (T)            3:00 Train Dominoes (L2)            4:30 Musical Performance: Lace (ladies quartet-performs love songs) (T)            7:30 Movie (T)</p>
<b>15</b>	<b>16 Podiatrist Visits</b>	<b>17</b>	<b>18</b>	<b>19 Audiologist Visits</b>	<b>20</b>	<b>21</b>
<p>9:30 A Stitch in Time (FL)            10:00 Tone &amp; Balance w/ Nourma (FC)            10:30-11:30 <b>Shopping: Food Lion</b>            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)            6:00 Rummikub (GR)            7:15 Sing-a-long w/ Lisa (T)            7:30 Monday Night Bridge (GR)</p>	<p>8:45 <b>"Tuesdays with Morrie"(play) (\$14)</b>            10:00 Tai Chi by DVD (FC)            10:30 Bingo (T)            12:45 Line Dancing (FC)            1:30 Living Well Exercise w/Christy (FC)            2:30 Wii Bowling (T)            2:30-3:30 <b>Shopping: Trader Joe's</b>            4:00 Devotional with Jordan Lutheran (T)            7:15 Nite Cap Social (FL)            7:30 Canasta (GR)</p>	<p>9:00-1:00 <b>Shopping Shuttle</b>            11:30 <b>Lunch Bunch: Ruckus</b>            1:00 Men's Bridge Group (FL)            1:00 Rummikub (T)            1:00 Mah Jongg (T)            1:00 Tai Chi w/ Adrienne (FC)            2:00 Art Workshop w/ Tony D'Amico (FC)            3:00 Play Train Dominoes (L2)            7:00 Evening Music w/ Sara (piano) (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)            10:00 Community Volunteers: Flower Arranging (DR)            12:30 <b>Mystery Movie at Park West Village</b>            1:30 Tone and Balance w/ Renee (FC)            2:00 Scrabble (GR)            2:45 Grief Support Group for Men (FC)            4:00 Catholic Communion (T)            7:30 Movie (T)</p>	<p>8:45 <b>Banks, Post Office, and Senior Center</b>            10:00 Stretch Exercise by DVD (FC)            10:00 <b>West Regional Library</b>            11:00 Jewelry Making w/ Laurie (BR)            11:30 <b>Lunch Bunch: Chic-fil-A</b>            1:30 Living Well Exercise w/Christy (FC)            2:00 Bingo (T)            3:45-4:45 Happy Hour w/ Dan Blaisdell (T)</p>	<p>10:00 Book Club (FL)            10:30 Strength Exercise by DVD (FC)            10:30 Bingo (T)            1:00 Men's Bridge Group (FL)            1:00 Hand &amp; Foot Card Game (GR)            1:00 Canasta (T)            1:00-2:30 Catholic Bible Study (BR)            2:00 Card Games (T)            3:00 Tai Chi by DVD (FC)            7:00-10:30 <b>Johnny Mathis w/ the NC Symphony (TICKETS: \$80)</b>            7:30 Movie (T)</p>	<p>8:15 <b>Transportation to St. Michael's and Genesis UMC</b>            10:00-11:00 Teens and Technology (L2)            11:00 Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>            12:00 Televised Catholic Mass (T)            3:00 Train Dominoes (L2)            4:30 Young Musicians: Senior Serenaders (T)            7:30 Movie (T)</p>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p>9:30 A Stitch in Time (FL)            10:00 Tone &amp; Balance w/ Nourma (FC)            10:30-11:30 <b>Shopping: Food Lion</b>            1:00 Bible Study (T)            2:00 Yoga (FC)            2:00 Men's Poker (GR)            3:00 Resident Spotlight (T)            3:00 Play Train Dominoes (L2)            6:00 Rummikub (GR)            7:00 Evening Music w/ Barbara (piano) (L)            7:30 Monday Night Bridge (T)</p>	<p>10:00 Tai Chi by DVD (FC)            10:30 Bingo (T)            12:00-2:30 <b>Lunch at Mamma Mia's and Shopping at Guardian Angel Thrift Store (supporting Alzheimer's Research)</b>            12:45 Line Dancing (FC)            1:00-2:00 Walker/Wheelchair Clinic (OFC)            1:30 Living Well Exercise w/ Christy (FC)            2:30 Wii Bowling (T)            2:30-4:00 <b>Shopping: Walmart</b>            4:00-5:00 Terrific Tunes Tuesdays: Steven Daniels Duo (L)            7:30 Canasta (GR)</p>	<p>9:00-1:00 <b>Shopping Shuttle</b>            1:00 Preston Party Bridge Club (GR)            1:00 Men's Bridge Group (FL)            1:00 Rummikub (T)            1:00 Mah Jongg (T)            1:00 Tai Chi w/ Adrienne (FC)            2:00 Card Games (T)            3:00 Play Train Dominoes (L2)            7:00 Music w/ the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)            10:00 Community Volunteers: Flower Arranging (DR)            10:30-2:30 <b>CAM Museum (contemporary art) and Lunch</b>            1:30 Tone and Balance w/ Renee (FC)            2:00 Scrabble (GR)            2:00 Culinary Services Meeting (T)            4:00 Catholic Communion (T)            7:30 Movie (T)</p>	<p>8:45 <b>Banks, Post Office, and Senior Center</b>            10:00 Stretch Exercise by DVD (FC)            10:45 <b>Bojangles</b>            11:00 Jewelry Making w/Jennifer (BR)            1:30 Living Well Exercise w/ Christy (FC)            3:45-4:45 Happy Hour w/ Caroline Gregory (T)</p>	<p>10:30 Strength Exercise by DVD (FC)            10:30 Bingo (T)            1:00 Men's Bridge Group (FL)            1:00 Hand &amp; Foot Card Game (GR)            1:00 Canasta (T)            1:00-2:30 Catholic Bible Study (BR)            2:00 Card Games (T)            3:00 Tai Chi by DVD (FC)            7:30 Movie (T)</p>	<p>8:15 <b>Transportation to St. Michael's and Genesis UMC</b>            10:00-11:00 Teens and Technology (L2)            11:00 Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>            12:00 Televised Catholic Mass (T)            3:00 Train Dominoes (L2)            7:30 Movie (T)</p>
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<p>9:30 A Stitch in Time (FL)            10:00 Tone &amp; Balance w/ Nourma (FC)            10:30-11:30 <b>Shopping: Food Lion</b>            1:00 Bible Study (T)            2:00 Men's Poker (GR)            2:00 Yoga (FC)            2:00 Men's Poker (GR)            3:00 Play Train Dominoes (L2)            6:00 Rummikub (GR)            7:30 Monday Night Bridge (GR)</p>			<p><i>Doctor's Making House Calls:</i>   <i>Monday, Tuesday Wednesday, and Friday</i></p>	<p><i>Activities in bold GREEN require sign up.</i></p>	<p>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)</p>	<p>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)</p>