

May 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8 <i>Mother's Day</i>
<p>9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping: Food Lion 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:15 Living Well Exercise w/ Christy (FC) 2:00 Town Hall and Cash Prize Drawing (\$1 per ticket) (T) 4:00 Devotional with Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Danny's BBQ 1:00 Preston 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) 2:00 Art Workshop w/Tony D'amico (FC) 3:00 Brain Booster Bingo w/ Silver Linings (T) 3:00 Play Train Dominoes (L2) 7:15 Music with Teresa (piano) (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:30-3:30 Picnic at WRAL Gardens (\$8, weather permitting) 1:30 Tone and Balance w/ Renee (FC) 2:00 Scrabble (GR) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 11:00-2:00 NC Symphony Friday Favorites: A Day in Paris (\$18) 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Christy (FC) 2:00 Bingo! (T) 3:45-4:45 New Resident Welcome Social (T)</p>	<p>10:30 Strength Exercise by DVD (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:30 42nd Street (DPAC-\$75) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 4:00-7:00 Kentucky Derby "Run for the Roses" (T) 7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) with Music by Teresa Smith (Lobby) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)</p>
9	10	11	12	13	14	15
<p>9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping at Food Lion 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 3:00 Play Train Dominoes (L2) 3:45 Women of the Bible with Esther Osman (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 12:30 Movie at Carmike Cinema: Mother's Day (\$7 plus tax and cost of food) 1:15 Living Well Exercise w/ Christy (FC) 2:15 Time Travelers w/ Karen Raines (T) 3:45-4:45 Terrific Tunes Tuesday w/ the Steve Daniels Duo (L) 6:00 Parkinson's Support Group (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Panera 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) 2:00-3:45 AC Moore for Art and Jewelry Supplies 3:00 Play Train Dominoes (L2) 7:00 Evening Music with Barbara (piano) (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Tone and Balance w/ Renee (FC) 2:00 Scrabble (GR) 2:00 Ladies Tea and Lecture: The History and Traditions of Afternoon Tea (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Christy (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour with 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 & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:30 Catholic Bible Study (BR) 1:00-4:30 Toast and Tunes at Cloer Family Vineyard 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:30 "Women Composers and their Male Counterparts" with Mary Anne Nielson (T) 7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 4:00 Young Musicians Concert (T) 7:30 Movie (T)</p>
16	17 <i>Podiatrist Visits</i>	18	19	20 <i>Audiologist Visits</i>	21	22
<p>9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping at Food Lion 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 3:00 Resident Spotlight (T) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Patriotic Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-2:00 Hearing Loss Expo 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:15 Living Well Exercise w/ Christy (FC) 3:00 Wellness Presentation: Dental Health for Seniors w/ Tina Goodall, DDS (T) 4:00 Devotional with Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Nite Cap Social w/ Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Chili's 1:00 Preston 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 Art Workshop with Tony D'Amico (FC) 3:00 Play Train Dominoes (L2) 3:45 Trivia Challenge (T) 7:00 Evening Music with Sara (piano) (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:00-2:00 NC Museum of Art: American Impressionist and Mark of Genius (\$9) and Lunch at Iris 1:30 Tone and Balance w/ Renee (FC) 2:00 Scrabble (GR) 2:30 Wii Bowling 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:00 West Regional Library 11:30 Lunch Bunch: Cameron Village Cafeteria 1:15 Living Well Exercise w/ Christy (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour with 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 & Foot Card Game (GR) 1:00 Canasta (L) 1:00-2:30 Catholic Bible Study (BR) 1:30-3:30 "Stroke Savvy Seniors" Wellness Presentation (T) 2:00 Card Games (GR) 2:00-6:00 NC Symphony Pops: The Rat Pack! 100 Years of Sinatra (\$45-65) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 10:00-3:00 URBAN MARKET (BP) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)</p>
23	24	25	26	27	28	29
<p>9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping at Food Lion 1:00 Bible Study (T) 2:00 Yoga with Brenda (FC) 2:30 Happy Music Reprise with Marie (T) 3:00 Play Train Dominoes (L2) 3:45 Women of the Bible with Esther Osman (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (T)</p>	<p>9:30-11:30 Breakfast at IHOP 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 12:30-2:00 Shopping at Walmart 1:00-2:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Christy (FC) 2:15 Culture Club w/Karen Raines (T) 3:45-4:45 Terrific Tunes Tuesday w/ the Bowman-Kena Duo (L) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Backfin Pub 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) 2:00 Art Club w/ Caroline (FC) 3:00 Play Train Dominoes (L2) 7:00 Evening Music w/ the Hancock Family (piano) (L) 7:15 Wellness Presentation: "Don't Let Falls Get You Down" w/ Christy Pate (T)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30-2:30 Boat Tour of Jordan Lake and Lunch (\$25) 1:30 Tone and Balance w/ Renee (FC) 2:00 Scrabble (GR) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/Laurie (BR) 1:15 Living Well Exercise w/ Christy (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour with Cole Koffi (T)</p>	<p>10:00-12:30 Shopping at Hamrick's of Raleigh 10:30 Strength Exercise by DVD (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 3:30-4:30 Piano Recital w/ Treana Havaranek Students (T) 8:00-9:30 Live Broadcast of PBS National Memorial Day Concert (T)</p>
30 <i>Memorial Day</i>	31					
<p>9:30 A Stitch in Time (FL) 10:00 Exercise by DVD (FC) 11:30 Memorial Day Service (T) 1:00 Bible Study (T) 2:00 Yoga by DVD (FC) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR) 7:30 Documentary: Honor Flight (T)</p>	<p>10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 12:30-2:00 Shopping at Trader Joe's 1:15 Living Well Exercise w/ Christy (FC) 2:30 Wii Bowling (T) 4:30-6:30 Dinner at Asian Buffet 7:30 Canasta (GR)</p>	<p><i>Doctor's Making House Calls:</i> <i>Monday, Tuesday Wednesday, and Friday</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>	<p><i>Activities in bold GREEN require sign up.</i></p>	