

August 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
<p>8:15-10:00 Morrisville Aquatics Center (Water Aerobics and Swimming) 9:30 A Stitch in Time (FL) 10:00 Tone and Balance w/ (FC) 10:30-11:30 Shopping at Food Lion 12:30-2:30 Shopping at Dorcas 1:00 Bible Study (T) 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 (T)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 1:15 Living Well Exercise w/ Christy (FC) 2:30 Town Hall and Cash Prize Drawing (\$1 per ticket) (T) 4:00 Hymns and Scriptures with Jordan Lutheran Church (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Danny's BBQ 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/ Tony D'Amico (FC) 3:00 Play Train Dominoes (L2) 3:00 Bingo for Prizes w/ Silver Linings (T) 7:00 Evening Music with Teresa (piano) (L)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:30-3:30 Potluck Lunch (free) and Bingo (\$1 per game) at Cedar Forks Community Center (SIGN UP) 1:30 Strength Exercise (FC) 2:30 Wii Bowling (Theater) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Chic-fil-a 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 w/ Mike Palermo (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) 1:00-2:30 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 and 1:00) 12:00 Televised Catholic Mass (T) 2:00-5:30 Theatre Raleigh: Steel Magnolias (\$30) 3:00 Train Dominoes (L2) 7:30 Movie (T)</p>
8	9	10	11	12	13	14
<p>8:15-10:00 Morrisville Aquatics Center (Water Aerobics and Swimming) 9:30 A Stitch in Time (FL) 9:30-12:00 Assistance with Voter Registration and Absentee Ballot Requests (T) 10:00 Tone & Balance w/ (FC) 10:30-11:30 Shopping at Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 2:00 Poker Club (GR) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:15 Living Well Exercise w/ Christy (FC) 2:15 Time Travelers w/ Karen Raines: 1940s (T) 3:45-4:45 Terrific Tunes Tuesday (L) 6:00 Parkinson's Support Group (T) 7:30 An Evening of Song w/ Performance Edge (L) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 3:00 Play Train Dominoes (L2) 3:00 "An Insider's Experience: Watergate" (with Jim Davey) (T) 7:00 Evening Music with Barbara (Lobby)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30-2:30 Nasher Museum and Lunch at the Nasher Cafe 1:30 Strength Exercise (FC) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 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 w/ Steve Daniels (T)</p>	<p>10:30 Strength Exercise by DVD (FC) 10:30 Bingo! (T) 11:30-1:00 Harris Teeter and Publix 1:00-2:30 Cool Treats/Lunch at Dairy Queen 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (L2) 3:00 Celebration of Life: Ed Vopat (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 and 1:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)</p>
15	16	17	18	19 Audiologist Visits	20	21 National Senior Citizen Day
<p>8:15-10:00 Morrisville Aquatics Center (Water Aerobics and Swimming) 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ (FC) 10:30-11:30 Shopping at Food Lion 1:00 Bible Study (T) 2:00 Yoga with Brenda (FC) 2:00 Poker Club (GR) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (T)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:00-3:30 An Afternoon at CAM 1:15 Living Well Exercise w/ Christy (FC) 2:30 Stay Sharp (AARP Brain Fitness) (T) 4:00 Hymns and Scriptures with Jordan Lutheran Church (T) 7:30 Canasta (GR) 7:30 Nite Cap Social w/ Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/ tony D'Amico(FC) 2:30 Build Your Own Ice Cream Sundae Social (T) 3:00 Play Train Dominoes (L2) 7:00 Music with Sara (piano) (L)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00-1:30 Lunch at Outback 1:30 Strength Exercise (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:30-10:00 Audiologist Visits (WC) 9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Chic-fil-a 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 w/ Dan Blaisdell (T)</p>	<p>10:00 Book Club (FL) 10:30 Strength Exercise by DVD (FC) 10:30 Bingo with Girls Soccer Club (T)) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:00 Newsies (DPAC-musical) (\$60) 2:00 Card Games (GR) 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 and 1:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 3:00 Piano Recital w/ Treana Havranek Students (T) 7:30 Movie (T)</p>
22	23	24	25	26	27	28
<p>8:15-10:00 Morrisville Aquatics Center (Water Aerobics and Swimming) 9:30 A Stitch in Time (FL) 10:00 Tone and Balance w/ (FC) 10:30-11:30 Shopping at Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (T) 2:00 Yoga by DVD (FC) 2:00 Poker Club (GR) 2:30 Happy Music: "Dreaming" Part 1 (T) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:30 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-1:30 Lunch at Golden Corral 1:15 Living Well Exercise w/ Christy (FC) 2:15 Culture Club w/ Karen Raines: China (T) 3:45-4:45 Terrific Tunes Tuesday (L) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 10:00 Brunch Bunch: Brigg's 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Coins and their History w/ Don Kruse (T) 3:00 Play Train Dominoes (L2) 7:00 Music w/ the Hancock Family (L)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00-1:30 Lunch at Ledo Pizza 1:30 Strength Exercise (FC) 2:30 The Brain Fitness Program: Understanding How Your Brain Works (DVD) (Theater) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 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 Jackpot Bingo! (T) 3:45-4:45 Happy Hour w/ Caroline Gregory (T) 7:15 Shabbat Service (T)</p>	<p>9:30-12:00 Biscuitville, Dollar Tree, and Walmart Neighborhood Market 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) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:00 Million Dollar Quartet (musical) (\$30) 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) 10:00-3:00 URBAN MARKET (BP) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)</p>
29	30	31 Island Paradise Party				
<p>8:15-10:00 Morrisville Aquatics Center (Water Aerobics and Swimming) 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ (FC) 10:30-11:30 Shopping at Food Lion 12:30-2:30 Shopping at Walmart 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 2:00 Poker Club (GR) 2:30 Happy Music: "Dreaming" Part 2 (T) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (T)</p>	<p>8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00-11:30 Shopping at Trader Joe's 10:30 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-1:30 Lunch at Olive Garden 12:30 Line Dancing (FC) 1:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Christy (FC) 2:30 Stay Sharp (AARP Brain Fitness) (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 12:00-2:00 Island Paradise Party!!!! (Island inspired hor's oeuvres and entertainment, games and prizes) (L and DR) 3:00 Play Train Dominoes (L2) 7:15 Wellness Presentation: "Get Scam Savvy!" w/ the Department of Justice (T)</p>	<p><i>Activities in bold GREEN require sign up.</i></p>	<p><i>Doctor's Making House Calls: 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>