

FEBRUARY 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Ruckus 1:00 Rummikub (L2) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/ Tony D'Amico (FC) 2:30 Train Dominoes (L2) 3:00 Bingo for Prizes w/ Silver Linings (T) 7:00 Music with Teresa (piano) (L)	9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 10:30- 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:00 Wii Bowling Beginners (T) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 11:00-2:30 NC Symphony: All Mozart (\$18) 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Audra (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Justin Selser (piano) (T) 6:00-8:00 Melodious Music with Linda Haney (piano) (L)	10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 10:30-12:30 Biscuitville, Dollar Store, Walmart Neighborhood Market 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 7:30 Movie (T)
6	7	8	9	10	11	12
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Brandon (FC) 10:30-11:30 Shopping: Food Lion 12:30-2:00 West Regional Library 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:30-4:00 Shopping: Walmart 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long w/ Lisa (L) 7:30 Monday Night Bridge (GR)	9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:00-2:30 Shopping: Cary Towne Center mall (Belk, Talbots, JC Penney, Barnes and Noble, etc.) 1:15 Living Well Exercise w/ Audra (FC) 2:30 Town Hall Meeting (T) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Chili's 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (L2) 2:30 Train Dominoes (L2) 3:30 Brain Games w/ Jennifer 7:00 Music with Barbara (Lobby)	9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:00 Wii Bowling Beginners (T) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	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/Audra (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour w/ Debbie Verderamo (T) 5:30-7:30 Music and Memories with Linda Haney (piano) (L)	10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 11:00-12:30 Shopping: Harris Teeter and Publix 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) Music by pianist Justin Selser 12:00 Televised Catholic Mass (T) 7:30 Movie (T)
13	14	15	16	17 Podiatrist/Audiologist Visit	18	19
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Danielle (FC) 10:30-11:30 Shopping: Food Lion 12:00-3:00 Lunch at Mama Mia's and Shopping at Guardian Angel Thrift 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30 Happy Music: Love Songs (T) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)	9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:00-2:00 Sweet Treat Bake Sale (L) 1:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Audra (FC) 3:45-4:45 Terrific Tunes with Rory John Zak (L) 6:00 Parkinson's Support Group (T) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Wendy's 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Art Workshop w/ Tony D'Amico (FC) 2:30 Train Dominoes (L2) 7:00 Music with Sara (L) 7:15 Resident and Family Education w/ Suzen McCann (T)	9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:00 Wii Bowling Beginners (T) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (FC) 7:30 Movie (T)	8:30-10:00 Audiologist Visits (WC) 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/ Audra (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour w/ Dan Blaisdell (T) 7:00-11:00 NC Symphony Pops: Romantic Nights with Music from Phantom of the Opera (\$50)	10:00 Book Club (FL) 10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:00 Old Fashioned Hymn Sing with Linda Haney (T) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 11:00-12:30 Shopping: Aldi 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 7:30 Movie (T)
20	21	22	23	24	25	26
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Brandon (FC) 10:30-11:30 Shopping: Food Lion 12:30-2:00 West Regional Library 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30-4:00 Shopping: Walmart 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)	9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 1:45 Exercise Equipment Training (FC) 2:30 Laugh Out Loud w/ Amy (T) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Nite Cap Social w/ Silver Linings (T)	9:00-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Culinary Services Meeting (T) 2:30 Play Train Dominoes (L2) 3:00 Meet the Pharmacist (Brent Talley) (T) 7:00 Music with the Hancock Family (L)	9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 11:30 Lunch Bunch: Freddy's Steaks-burgers and Frozen Custard 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:00 Wii Bowling Beginners (T) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 11:00-2:30 NC Symphony: Ives's Symphony (\$18) 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Audra (FC) 2:00 JACKPOT Bingo! (T) 3:45-4:45 Happy Hour w/ Cole Koffi (T) 7:30 Movie (T)	10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00 Teens and Technology (L2) 10:30-12:30 Shopping: Kohl's of Apex 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) Music by pianist Teresa Smith 12:00 Televised Catholic Mass (T) 7:30 Movie (T)
27	28	<i>Doctor's Making House Calls:</i> <i>Monday, Tuesday</i> <i>Wednesday, and Friday</i>		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)	Activities in bold GREEN require sign up.