

JANUARY 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Danielle (FC) 10:30-11:30 Shopping: Food Lion 1:00 Bible Study (BR) 1:30 Poker Club (GR) 1:30-3:00 Shopping: Walmart 2:00 Yoga with Brenda (FC) 2:30 Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-1:30 Lunch Bunch: Dame's Chicken and Waffles 12:30 Line Dancing with Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 1:45 Exercise Equipment Training (Fitness Center) 2:00-3:15 Shopping: Lowe's Home Improvement and Garden Center 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (L2) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 1:00 O2 Fitness Representative will explain Silver Sneakers and Water Aerobics Participation (FL) 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)</p>	<p>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)</p>	<p>9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00-1:00 Celebration of Life for Ann Mazzara (T) 1:15 Living Well Exercise w/Audra (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 New Resident Welcome Social and Happy Hour w/ Justin Selser (piano) (T) 6:00-8:00 Melodious Music with Linda Haney (piano) (L)</p>	<p>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)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 10:30-12:00 Shopping: Harris Tee-ter and Publix 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 7:30 Movie (T)</p>
9	10	11	12	13	14	15
<p>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) 2:00-3:30 Shopping: Guardian Angel 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR) 7:30 Moments in Rhyme and Tails Sublime w/ Karen Raines (FL)</p>	<p>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) 3:45-4:45 Terrific Tunes with Rory John Zak (L) 6:00 Parkinson's Support Group Meeting (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Danny's BBQ 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)</p>	<p>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)</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/Audra (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour w/ Debbie Verderamo (T)</p>	<p>9:30-11:30 Biscuitville, Dollar Store, and Walmart Neighborhood Market 10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 11:30-1:15 Shopping at Kohl's of Apex 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)</p>	<p>8:15-10:30 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) Music by pianist Justin Selser 12:00 Televised Catholic Mass (T) 7:30 Movie (T)</p>
16 Martin Luther King Jr. Day	17 Podiatrist Visits	18	19	20 Audiologist Visits	21	22
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Danielle (FC) 10:30-11:30 Shopping: Food Lion 12:30-3:00 Shopping: Walmart 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 3:30 History Trivia: Martin Luther King Jr. (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-3:30 Mystery Movie 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Nite Cap Social w/ Silver Linings (T)</p>	<p>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) 2:30 Train Dominoes (L2) 3:30 Laugh Out Loud w/ Amy (T) 7:00 Music with Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 11:30-2:00 Lunch Bunch: Fujisan Japanese Hibachi Grill 1:30 Cardio and Strength Exercise w/ Brandon (FC) 4:00 Catholic Communion (FC) 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 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) 7:00-8:00 Music and Memories Sing-a-long w/ Linda Haney (T)</p>	<p>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) 6:30-10:30 Elvis Lives (Duke Energy Center, \$80) 7:30 Movie (T)</p>	<p>8:15-10:30 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) 11:00-2:00 Girl Scout Cookie Sale (L) 12:00 Televised Catholic Mass (T) 7:30 Movie (T)</p>
23	24	25	26	27	28	29
<p>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) 2:00-3:30 Shopping: Dorcas 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:00-3:00 Shopping at Southpoint Mall (Belk, Nordstrom, Macy's) 12:30 Line Dancing w/ Jennifer (FC) 1:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Audra (FC) 1:45 Exercise Equipment Training (FC) 7:30 Canasta (GR) 7:30 Whose Words These Are w/ Karen Raines (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: B. Good 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) 3:30 Images of India w/ Laurie (T) 7:00 Music with the Hancock Family (L) 7:15 Resident and Family Education w/ Suzen McCann (T)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 12:30-5:30 Classic Nashville Road-show at Temple Theater of Sanford (\$25) 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)</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/ Audra (FC) 2:00 JACKPOT Bingo! (T) 3:45-4:45 Happy Hour w/ Caroline Gregory (T) 7:30 Movie (T)</p>	<p>10:30 Cardio and Strength Exercise by DVD (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:00 Always Patsy Cline (NC Theatre, \$80) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00 Teens and Technology (L2) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 7:30 Movie (T)</p>
30	31	<i>Doctor's Making House Calls: Monday, Tuesday Wednesday, and Friday</i>		<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>	<i>Activities in bold GREEN require sign up.</i>