

May 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
<p>9:00-10:30 West Regional Library 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-2:00 Walmart 1:00 Bible Study (BR) 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>8:00-10:00 O2 Fitness Water Aerobics 8:45 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:00-3:00 Cary Towne Center 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 4:00 Heroes of Faith w/ Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:30-1:00 Lunch Bunch: Danny's BBO 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:30 Play Train Dominoes (L2) 2:00 Decorate a Derby Hat (FC) 3:00 Culinary Services Meeting (T) 7:00 Music with Teresa (L)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30-3:00 NC Farmer's Market for Lunch, Strawberry Day and Shopping 11:00 Great Courses: The Skeptic's Guide to American History (T) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 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) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Ed Lyons (saxophone) (T)</p>	<p>10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:00 Hymn Sing w/ Linda Haney (T) 4:30-5:30 Kentucky Derby Bets (L) 6:00-7:00 Kentucky Derby Race (T) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Catholic Mass (Streamed) (T) 10:30-12:30 Shopping at Kohl's of Apex 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) 2:30 Piano Recital (T) 7:30 Movie (T)</p>
8	9	10	11	12	13	14
<p>9:00-10:30 Trader Joe's 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-2:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 8:45 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 Mystery Movie at Park West 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 3:45-4:45 Terrific Tunes Tuesday (L) 6:00 Parkinson's Support Group (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) 3:00 Goodberry's Frozen Custard 7:00 Music with Barbara (Lobby)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30-4:00 Train to Burlington and Lunch at Zack's Famous Hot Dogs 11:00 The Skeptic's Guide to American History (T) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Stretch Exercise by DVD (FC) 11:00-2:30 NC Symphony Friday Favorites: Brahms Symphony No. 1 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/ Debbie Verderamo (T)</p>	<p>10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:00 Chicago (DPAC-\$60) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>Mother's Day 8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Catholic Mass (Streamed) (T) 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) Music with Tom Neuhauser (L) 2:30 Piano Recital (T) 7:30 Movie (T)</p>
15	16	17	18	19	20	21
<p>9:00-10:30 West Regional Library 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-2:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 2:30 Happy Music by Marie: Hodgepodge III (Theater) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>Podiatrist Visits 8:00-10:00 O2 Fitness Water Aerobics 8:45 Post Office 9:00-10:15 Talk to the Pharmacist (WC) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:00-4:00 Southpoint Mall 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 4:00 Heroes of Faith w/ Jordan Lutheran (T) 4:15-4:45 Trivia with Jean (FC) 7:30 Canasta (GR) 7:30 Night Cap Social with Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:30-1:00 Lunch Bunch: Zoe'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)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00 The Skeptic's Guide to American History (T) 11:00-3:00 PF Chang's Bistro 1:30 Exercise w/ Brandon (FC) 2:00 Bingo! (T) 4:00 Catholic Communion (FC) 7:30 Movie (T)</p>	<p>Lifeline Screening (Registration Required) (T) 9:00 Banks 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) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Dan Blaisdell (L)</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 (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 5:30 Music with Linda Haney (L) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Catholic Mass (Streamed) (T) 10:30-12:30 Harris Teeter, Publix, and Walgreens 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) 3:00-4:00 Piano Recital (T) 4:00 Senior Serenaders (L) 7:30 Movie (T)</p>
22	23	24	25	26	27	28
<p>9:00-10:30 Fresh Market 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-2:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 8:45 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:30 Lunch at Paison's 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 3:45-4:45 Terrific Tunes Tuesday (L) 7:30 Canasta (GR) 7:30 Whose Words These Are w/ Karen Raines (FL)</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 Play Train Dominoes (L2) 3:00 Brain Games (T) 7:00 Music with the Hancock Family (L)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:00-2:00 Health Fair (T) 10:30 Exercise for Seniors w/ Dani (FC) 11:30 Exercise for Seniors w/ Dani (FC) 1:00 Walker/Wheelchair Clinic (OFC) 4:00 Catholic Communion (FC) 7:30 Movie (T)</p>	<p>Audiologist Visits 9:00 Banks 10:00 Stretch Exercise by DVD (FC) 10:45 Skipper's Seafood 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Audra (FC) 2:00 Jackpot Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Caroline Gregory (T) 7:15 Shabbat Service with JFS Volunteers (T)</p>	<p>10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (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>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Catholic Mass (Streamed) (T) 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) 7:30 Movie (T)</p>
29	30	31				
<p>Memorial Day 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 3:00 A Time for Sharing: Memories of Loved Ones (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 8:45 Post Office 10:30-11:30 West Regional Library 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:30-1:00 Lunch Bunch: Freddy's Streakburgers and Frozen Custard 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 3:00 Journey with Jim Davey (T) 2:30 Play Train Dominoes (L2) 7:30 "The Voice", Russell Watson (Concert on DVD) (T)</p>	<p>Doctor's Making House Calls: Monday, Tuesday Wednesday, Friday</p>	<p>Activities in bold GREEN require sign up.</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>