



**Senior Health fair
Tuesday, May 12th,
10:00 AM—2:00 PM
Preston Pointe Theater**

Empower your self to be your best healthcare advocate by educating yourself about health issues, facts, and care availability. Vendors and Representatives will share information on a wide variety of health related topics. Free screenings available. Have a free "Medical Alert" card created to carry with you at all times courtesy of NY Life. Enter to win door prizes!

May 2015



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Activity Location Guide</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>Evening Chat with Suzen</i></p> <p>Thursday May 7, 14, 21 6:00-7:30 PM Wellness Center</p>	<p><i>Doctor's Making House Calls</i></p> <p>Every Monday, Wednesday, and Friday</p>	<p>1</p> <p>8:45 Banks & Cary Senior Center 10:00 Exercise by DVD (FC) 11:00 Jewelry Making w/ Laurie (FC) 11:00-2:00 NC Symphony Friday Favorites: Appalachian Spring 2:00 Bingo (T) 3:45-4:45 "Special Requests" Happy Hour and 5th Anniversary Party w/ Michael Verderamo (T) 7:15 Movie (T)</p>	<p>2</p> <p>10:30 Bingo (T) 10:30 Strength Exercise 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 2:00 Card Games 2:30 -3:00 Music Pillbox (young musicians perform) (L) 4:00-7:00 Kentucky Derby Party (T)</p>	<p>3</p> <p>8:15 Transportation to St. Michael's and Genesis UMC 10:30 Brunch at Dean's Seafood (\$23) 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) 3:00 Music from the Movies (piano and voice recital) (T) 7:15 Movie (T)</p>
4	5	6	7	8	9	10 Mother's Day
<p>NO Swimming (Aquatics Center Closed) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 Ask the Pharmacist and BP Clinic (WC) 1:00 Monday Bridge (GR) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 8:00 Dancing w/ the Stars (T)</p>	<p>10:30 Bingo (T) 11:00 Cinco De Mayo Lunch at Los Tres Maqueveys 12:45 Line Dancing 1:00-2:30 Shopping: Harris Teeter 1:30 Exercise w. Christy (FC) 2:00 Exercise w/Christy (FC) 3:00 Town Hall (T) 4:00 Devotional w/ Jordan Lutheran (T)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Danny's BBQ 12:45-2:45 Movie: Woman in Gold (Carmike Cinema) (\$7) 1:00 Preston Bridge (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 2:00 Art Workshop w/ Tony D'amico (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 3:00 Boredom Buster Bingo (L2) 7:00 Evening Music w/ Teresa (piano)(L)</p>	<p>9:30 WRAL Gardens and Picnic Lunch (\$5) 10:00 Community Volunteers: Flower Arranging (DR) 10:00 Zumba Gold (FC) 10:00 Thursday Bridge (GR) 1:30 & 2:00 Exercise w/Christy (FC) 2:30 Mock Auction w/ Jennifer (T) 4:00 Catholic Communion (T) 7:15 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Exercise by DVD (FC) 9:45 West Regional Library 10:45 Bojangles 11:00 Jewelry Making w/Laurie (FC) 1:15-2:30 "Living Well" Senior Health Fair at St. Michael's (T) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Mike Palermo(T)</p>	<p>10:30 Bingo (T) 10:30 Strength Exercise (FC) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:15-4:00 Cloer Family Vineyard: Toast to Tunes (Outdoor Concert of Bluegrass Music) 2:00 Card Games (T) 7:15 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 11:00 Televised Baptist Service (T) Mother's Day Buffet Seatings at 11:30, 1:00, and 2:00 (music by pianist Teresa Smith) 12:00 Televised Catholic Mass (T) 2:00 Church w/ Bob and Melcy Meyer (T) 7:15 Movie (T)</p>
11	12	13	14	15 Audiologist Visits	16	17
<p>8:45-10:15 Swimming 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 Ask the Pharmacist and BP Clinic (WC) 1:00 Monday Bridge (GR) 1:00 Bible Study (BR) 2:00 Yoga (FC) 3:00 Play Train Dominoes (L2) 3:00 Brain Games w/ Martha Grove Hipskind (T) 7:15 Sing-a-long w/ Lisa (T) 8:00 Dancing with the Stars (T)</p>	<p>10:30-2:30 Senior Day Movie and Lunch at Raleighwood Cinema and Grill (\$16) 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:30 & 2:00 Exercise w/Christy (FC) 2:30 Wii Bowling (T) 4:00 Women Pioneers w/ Esther (T) 4:00 Dinner at Red Robin of Apex 6:00 Parkinson's Support Group (T)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Broken Egg Cafe 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg (T) 2:00 Artist's Club (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 7:00 Evening Music w/ Barbara (piano) (L)</p>	<p>10:00 Community Volunteers: Flower Arranging (DR) 10:00 Zumba Gold (FC) 10:00 Thursday Bridge (GR) 11:00-1:00 Lunch at Ashworth Drugstore 1:30 & 2:00 Exercise w/Christy (FC) 3:00 Controversial Women's Issues Research w/ Professor Pauline Bart (T) 4:00 Catholic Communion (T) 6-8:00 Evening Chat w/Suzen 7:15 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 8:45 Audiologist Visits (WC) 10:00 Exercise by DVD (FC) 10:00-3:00 Urban Market (P) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (FC) 12:30 Christine's Ice Cream Truck (P) 2:00 Bingo (T) 3:45-4:45 New Resident Welcome and Happy Hour w/Debbie (T) 7:15 Shabbat Service (T)</p>	<p>10:00 Book Club (BR) 10:30 Strength Exercise (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 2:00 Card Games (T) 7:00-10:30 NC Symphony: Pops Goes Vegas (\$45) 7:15 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 11:00 Televised Baptist Service(T) 12:00 Televised Catholic Mass (T) 2:30 Mystery Musical (T) 7:15 Movie (T)</p>
18	19 Podiatrist Visits	20	21	22	23	24
<p>8:45-10:15 Swimming 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 10:00-11:00 Ask the Pharmacist and BP Clinic (WC) 1:00 Monday Bridge (GR) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 7:15 Twilight Tunes on the Terrace w/ Greg Seymour (P) 8:00 Dancing w/ the Stars (T)</p>	<p>10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:30 Shopping: Walmart 1:30 Exercise w/ Christy 2:00 Exercise w/Christy (FC) 2:30 Wii Bowling (T) 3:30 Play Billiards (GR) 4:00 Devotional w/ Jordan Lutheran (T) 7:15 Nite Cap Social (FL) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Ginza Japanese Steakhouse 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg 1:00 Tai Chi w/ Adrienne (FC) 2:00 Art Workshop w/ Tony D'amico (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 7:00 Evening Music w/ Sara (piano) (L)</p>	<p>10:00 Community Volunteers: Flower Arranging (DR) 10:00 Thursday Bridge (GR) 11:00-1:30 Cary Towne Center (Belk, JC Penney, Talbots, etc.) 1:30 Exercise w/ Christy (FC) 2:00 Exercise w/Christy (FC) 4:00 Catholic Communion (T) 6-8:00 Evening Chat w/Suzen 7:15 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Exercise by DVD (FC) 10:00 West Regional Library 11:00 Jewelry Making w/ Laurie (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour "Show Tunes" w/ the Redwood Duo (T) 7:15 Bunco! (T)</p>	<p>10:30 Strength Exercise (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 2:00 Card Games (T) 3:00 Marvelous Medleys for Memorial Day w/ Touch of Brass Quartet (T) 6:30 Christine's Ice Cream Truck (BP) 7:15 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) 2:00 Church w/ Bob and Melcy Meyer (T) 7:15 Movie (T)</p>
25 Memorial Day	26	27	28	29	30	31
<p>9:30 A Stitch in Time (FL) 10:00 Tone & Balance (FC) 1:00 Bible Study (BR) 2:00 Yoga (FC) 3:00 Play Train Dominoes (T) 7:15 Patriotic Sing-a-long with Lisa (T) 8:00 Dancing w/ the Stars (T)</p>	<p>10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:30 Shopping: Trader Joe's 1:00-2:00 Walker/Wheelchair Clinic(OFC) 1:30 Exercise w/ Christy (FC) 2:00 Exercise w/Christy (FC) 2:30 Wii Bowling (T) 3:30 Play Billiards (GR) 4:00 Women Pioneers w/ Esther (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Wendy's 1:00 Preston Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (T) 1:00 Mah Jongg 1:00 Tai Chi w/ Adrienne (FC) 2:00 Art Workshop w/ Tony D'amico (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T)</p>	<p>10:00 Community Volunteers: Flower Arranging (DR) 10:30 Museum of Natural Sciences: Butterflies and Nature Exhibit and Lunch at the Acro Cafe 10:00 Zumba Gold (FC) 10:00 Thursday Bridge (GR) 1:30 & 2:00 Exercise w/Christy (FC) 3:30 Men's Group: Build a Bird Feeder (FC) 4:00 Catholic Communion (T) 6:00 -8:00 Evening Chat w/Suzen (WC) 7:15 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (FC) 2:00 Jackpot Bingo (T) 3:45-4:45 Happy Hour w/ Caroline Gregory (T) 7:15 Bunco!</p>	<p>10:30 Bingo (T) 10:30 Strength Exercise 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:15 The General Assembly Chorus Benefit Concert: Harmony, Hope, and Healing (An Evening of A Capella) 2:00 Card Games 7:15 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC 11:00 Televised Baptist Service (T) 12:00 Televised Catholic Mass (T) SUNDAY BUFFET Seatings at 11:30, 1:00, and 2:00 (music by pianist Teresa Smith) 7:15 Movie (T)</p>