

October 2015



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
<p><i>Doctor's Making House Calls:</i></p> <p><i>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>	<p>10:00 Community Volunteers: Flower Arranging(Dining Room) 12:00-2:00 OKTOBERFEST Celebration: Welcome Autumn with the Little Oom-Pah Band (Traditional German food and beverages served) (DR) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (FC) 1:00 Tone and Balance with Renee (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Debbie and Michael Verderamo (T)</p>	<p>10:00-11:15 Shopping: Fresh Market 10:30 Strength Exercise (FC) 10:30 Bingo (T) 11:30-12:30 Shopping: Steinmart and Dollar Tree 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (L) 1:00-2:30 Catholic Bible Study (FC) 2:00 Card Games (L) 2:00-4:30 Memorial Service for Janice Busse (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, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 12:00 Beautiful (Musical at DPAC) 3:00 Train Dominoes (T) 7:30 Movie (T)</p>
5	6	7	8	9	10	11
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:30-11:30 Shopping: Food Lion 10:00 Tone & Balance w/ Nourma (FC) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (L) 3:00 Brain Games w/ Martha (T) 7:15 Sing-a-long w/ Lisa (T) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-4:30 DAY TRIP: Sylvan Heights Bird Park (\$20) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 1:30 Living Well Exercise w/ Christy (FC) 2:30 Town Hall Meeting (T) 4:00 Devotional w/ Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:30 Lunch Bunch: Wendy's 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 (L) 3:00 Bingo for Prizes! (FREE) (T) 3:00 Culinary Services Meeting (FC) 7:00 Evening Music w/ Teresa (L)</p>	<p>10:00 Flower Arranging (DR) 11:15 Brain Games w/ Susan (T) 1:30 Living Well Exercise w/Christy (FC) 2:00 Scrabble (GR) 4:00 Catholic MASS (T) 7:30 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Stretch Exercise by DVD (FC) 10:00 West Regional Library 11:00 Jewelry Making w/Laurie (FC) 1:00 Tone and Balance with Renee (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Caroline Gregory(T)</p>	<p>10:30 Bingo (T) 10:30 Strength Exercise (FC) 12:15 Chatam Hill Winery Tour and Tasting (\$20+tax) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (L) 1:00-2:30 Catholic Bible Study (FC) 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 (P) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 2:00 Church Service w/ Bob and Melcy (T) 3:00 Train Dominoes (T) 6:30 NC Symphony with Renee Fleming (Gala Benefit Evening-\$100) 7:30 Movie (T)</p>
12	13	14	15	16	17	18
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:30-11:30 Shopping: Food Lion 10:00 Tone & Balance w/ Nourma (FC) 1:00 Bible Study (BR) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 7:30 Monday Night Bridge (GR)</p>	<p>10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30-2:30 Shopping: Walmart 12:45 Line Dancing (FC) 1:30 Living Well Exercise w/Christy (FC) 2:30 Wii Bowling (T) 4:00 Women Pioneers with Esther (T) 4:00-6:00 Dinner at Red Lobster 6:00 Parkinson's Support Group (T) 7:15 Nite Cap Social (FL) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Preston Party 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 Card Games (T) 3:00 Play Train Dominoes (T) 3:00-4:00 Fall Foliage Joy Ride 7:00 Evening Music w/ Barbara (L)</p>	<p>10:00 Community Volunteers: Flower Arranging (DR) 11:15 Brain Games w/ Susan (T) 12:30-2:30 Lunch Bunch: Cracker Barrel 1:30 Living Well Exercise w/Christy (FC) 2:00 Scrabble (GR) 3:30 New Resident Orientation (FC) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Stretch Exercise by DVD (FC) 11:00-2:00 NC Symphony Friday Favorites: Tchaikovsky's symphony No. 6 (\$18) 11:00 Jewelry Making w/ Laurie (FC) 1:00 Tone and Balance w/ Renee (FC) 2:00 Bingo (T) 3:45-4:45 New Resident Welcome and Happy Hour w/ Debbie and Michael Verderamo (T)</p>	<p>10:00 Book Club (BR) 10:30 Strength Exercise (FC) 10:30 Bingo (T) 11:45 Bojangles 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:30 Catholic Bible Study (FC) 1:30 Shopping: Burlington Coat Factory 3:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's 10:00-11:00 Teens and Technology (L2) 11:00 Televised Baptist Service(T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (T) 4:30 Young Musicians Classical Music Concert (T) 7:30 Movie (T)</p>
19	20	21	22	23	24	25
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:30-11:30 Shopping at Food Lion 10:00 Tone & Balance w/ Nourma (FC) 10:00-11:00 BP Clinic w/ Suzen (WC) 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 7:15 Sing-a-long w/ Lisa (T) 7:30 Monday Night Bridge (T)</p>	<p>10:00-1:00 Triangle Boat Tours (Jordan Lake) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:00 Walker/Wheelchair Clinic (OFC) 1:00-2:30 Shopping: Trader Joe's 1:30 Living Well Exercise w/ Christy (FC) 2:30 Wii Bowling (T) 4:00 Devotional w/Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:30 Lunch Bunch: Danny's BBQ 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 Artist's Club (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 3:00-4:00 Fall Foliage Joy Ride 7:00 Evening Music w/ Sara (L)</p>	<p>9:45-1:30 Tour of Hunt Library and Lunch 10:00 Community Volunteers: Flower Arranging (DR) 11:15 Brain Games w/ Susan (T) 1:30 Living Well Exercise w/ Christy (FC) 2:00 Scrabble (GR) 4:00 Catholic Communion (T) 7:30Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Stretch Exercise by DVD (FC) 10:00 West Regional Library 11:00 Jewelry Making w/ Laurie (FC) 1:00 Tone and Balance w/ Renee (FC) 2:00 JACKPOT Bingo (T) 3:45-4:45 Happy Hour w/ Paul Bowman Duo (T)</p>	<p>10:30 Strength Exercise (FC) 10:30 Bingo (T) 10:30-12:00 Shopping: Publix 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:30 Catholic Bible Study (FC) 1:00-2:30 Guardian Angel Thrift Store of Apex (Alzheimer's Charity) 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 (P) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (T) 7:30 Movie (T)</p>
26	27	28	29	30	31	
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:30-11:30 Shopping: Food Lion 11:45 Great Harvest Bread Company 10:00 Tone & Balance w/ Nourma(FC) 10:00-11:00 BP Clinic w/ Suzen (WC) 1:00 Bible Study (BR) 2:00 Men's Poker (GR) 2:00 Yoga (FC) 3:00 Play Train Dominoes (T) 7:30 Monday Night Bridge (GR)</p>	<p>10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30-2:30 Shopping: Walmart 12:45 Line Dancing (FC) 1:30 Living Well Exercise w/ Christy (FC) 2:30 Wii Bowling (T) 4:00 Women Pioneers w/ Esther (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Preston Party Bridge Club (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 Artist's Club (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (T) 7:00 Evening Music w/ the Hancock Family (L)</p>	<p>10:00 Community Volunteers: Flower Arranging (DR) 11:15 Brain Games w/ Suzen (T) 11:30 Lunch Bunch: Olive Garden 1:30 Living Well Exercise w/Christy (FC) 2:00 Scrabble (GR) 3:00-4:00 Fall Foliage Joy Ride 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (FC) 1:00 Tone and Balance w/ Renee (FC) 2:00 JACKPOT Bingo! (T) 3:45-4:45 Halloween Happy Hour and Costume Party (T)</p>	<p>10:30 Strength Exercise (FC) 10:30 Bingo (T) 11:30-2:00 Shopping and Lunch at Cary Town Center (Belk, Talbots, JC Penney) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 1:00-2:30 Catholic Bible Study (FC) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p><i>Activities in bold GREEN require sign up.</i></p>