

December 2015



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6 Hanukkah Begins
<p><i>Doctor's Making House Calls:</i></p> <p><i>Monday, Tuesday Wednesday, and Friday</i></p>	<p>9:00-1:00 Shopping Shuttle 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:45 Lunch Bunch: Danny's BBQ 12:45 Line Dancing (FC) 1:30 AND 2:00 Living Well Exercise w/ Christy (FC) 4:00 Devotional with Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>1:00-4:00 Holiday Open House and Craft Fair (T) 1:00 Men's Bridge Group (FL) 1:00 Tai Chi with Adrienne (FC) 3:00 Train Dominoes (L2) 7:00 Evening Music with Teresa (L)</p> 	<p>8:45 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30-11:30 West Regional Library 1:30 AND 2:00 Living Well Exercise w/ Christy (FC) 2:00 Scrabble (GR) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:45 Banks and Senior Center 10:00 Stretch Exercise by DVD (FC) 11:00-2:00 NC Symphony Friday Favorites: Baroque Christmas (\$18) 11:00 Jewelry making with Laurie (FC) 1:00 Tone and Balance w/ Renee (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour with Steve Daniels (T)</p>	<p>10:30 Bingo (T) 11:30-12:30 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 (BR) 1:00-4:45 Christmas Sweets Concert at Colonial Baptist Church of Cary (\$12) 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) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 11:00-2:00 Gingerbread House Display at The Umstead Hotel (\$25) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (GR) 3:30 Holiday Program: First United Methodist Children Perform (T) 4:30 Hanukkah Menorah Lighting (FL) 7:30 Movie (T)</p>
7	8	9	10	11	12	13
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping: Food Lion 1:00 Bible Study (BR) 2:00 Yoga (FC) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 4:30 Hanukkah Menorah Lighting (FL) 6:00 Rummikub (GR) 7:15 Sing-a-long w/ Lisa (T) 7:30 Monday Night Bridge (R)</p>	<p>9:00-11:00 Shopping at Walmart 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:30 Lunch at Cheesecake Factory and Viewing of Swarovski Crystal Christmas Tree 12:45 Line Dancing (FC) 1:30 AND 2:00 Living Well Exercise w/ Christy (FC) 2:30 Wii Bowling (T) 3:30 Craft: Holiday Napkin Rings (FC) 4:30 Hanukkah Menorah Lighting (FL) 6:00 Parkinson's Support Group (T) 7:15 Piano Recital with Tammy Eldridge (L) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 12:45 "Suffragette" (Movie at Park West-\$5.50) 1:00 Preston Party Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Rummikub (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 (L2) 3:00 Wellness Presentation: How to Beat the Holiday Blues (T) 4:30 Hanukkah Menorah Lighting (FL) 7:00 Evening Music w/ Barbara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:30 Celebrate Hanukkah Performance with Carolina Preserve(T) 10:30-2:00 Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, etc.) 1:30 AND 2:00 Living Well Exercise w/Christy (FC) 2:00 Scrabble (GR) 4:00 Catholic Communion (T) 4:30 Hanukkah Menorah Lighting (FL) 7:30 Movie (T)</p>	<p>8:45 Banks & Cary Senior Center 10:00 Tone and Balance w/ Renee (FC) 10:45 Bojangles 12:00-2:00 HOLIDAY PARTY with Caroline Gregory, Santa and Mrs. Clause (DR) 1:00 Stretch Exercise by DVD (FC) 2:00 Bingo (T) 3:00 "The Best Christmas Pageant Ever" reading by resident Marie Thomas (T) 4:00 Music Performance: Violin (L) 4:30 Hanukkah Menorah Lighting (FL) 5:30-6:45 Magical Winter Lights Show (FREE-outside Park West Village Theater)</p>	<p>10:30 Bingo (T) 10:30 Strength Exercise by DVD (FC) 1:00-5:00 Nutcracker Ballet (DPAC) (\$45-70) 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) 3:30-4:30 Piano Recital with Jill Fetch (T) 4:30 Hanukkah Menorah Lighting (FL) 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) 3:00 Train Dominoes (GR) 3:30 Holiday Program: Genesis Children Perform (T) 4:30 Hanukkah Menorah Lighting (FL) 7:30 Movie (T)</p>
14 Hanukkah Ends	15 Podiatrist Visits	16	17	18 Audiologist Visits	19	20
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping: Food Lion 1:00 Bible Study (BR) 2:00 Men's Poker (GR) 3:00 Play Train Dominoes (T) 6:00 Rummikub (GR) 7:15 Holiday Violin Sing-a-long (T) 7:30 Monday Night Bridge (GR)</p>	<p>10:00-3:30 Visit Laurie's House and Lunch at Brixx Wood Fired Pizza 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:30 AND 2:00 Living Well Exercise w/Christy (FC) 2:30 Wii Bowling (T) 4:00 Devotional with Jordan Lutheran (T) 7:15 Nite Cap Social (FL) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:30 Lunch Bunch: Ruckus 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 2:00-4:00 Giving Social (Distribution of Holiday Gifts to Employees) (T) 3:00 Play Train Dominoes (L2) 7:00 Evening Music w/ Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:30-2:00 Southern Season for Shopping and Lunch at Weathervane 11:00-12:00 Gift Wrapping (FC) 1:30 AND 2:00 Living Well Exercise w/Christy (FC) 2:00 Scrabble (GR) 2:00-3:00 Old Fashioned Hymns and Carols with Fellowship Baptist (T) 2:45 Grief Support Group (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) 10:00 West Regional Library 11:00 Jewelry Making w/ Laurie (FC) 11:30 Lunch Bunch: Chic-fil-A 1:00 Tone and Balance w/ Renee (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Paula Snyder (T) 7:30 Andre Rieu "Home for the Holidays" Concert DVD (T)</p>	<p>10:00 Book Club (FL) 10:30 Strength Exercise by DVD (FC) 10:30 Bingo (T) 10:45-12:00 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) 4:00-6:30 "Glorious Christmas" Concert (\$15) 5:00-7:00 Holiday Fest w/ CAPTA (piano) (L) 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 (GR) 4:00 Christmas Time is Here!: Piano and Voice Recital (T) 4:30 Young Musicians: Senior Serenaders (L) 7:30 Movie (T)</p>
21	22	23	24	25 Christmas	26	27
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping: Food Lion 1:00 Bible Study (T) 2:00 Yoga (FC) 3:00 Resident Spotlight (T) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (T) 7:30 Monday Night Bridge (T)</p>	<p>9:00-1:00 Shopping Shuttle 11:30 Lunch Bunch: Broken Egg Cafe 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:45 Line Dancing (FC) 1:00-2:00 Walker/Wheelchair Clinic (OFC) 1:30 AND 2:00 Living Well Exercise w/ Christy (FC) 2:00-3:00 Shopping: Trader Joe's 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:15 Holiday Music with Paula and Amber (L) 7:30 Canasta (GR)</p>	<p>9:00 Banks 1:00 Preston Party Bridge Club (GR) 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 2:00 Card Games (T) 2:00 Tone and Balance w/ Renee (FC) 3:00 Play Train Dominoes (L2) 3:00 Bingo for Prizes with Silver Linings (T) 7:00 Music w/ the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:00 Bojangles 11:30 Holiday Mock Auction (T) 1:30 Strength Exercise by DVD (FC) 2:00 Scrabble (GR) 2:00 Andre Rieu Home for the Holidays Concert DVD (T) 7:30 Movie (T)</p>	 <p>10:00 Stretch Exercise by DVD (FC) Holiday Buffet (11:30, 1:00, & 2:00) 3:00-4:00 Merry Christmas Sing-a-long with Teresa (T) 7:30 Movie (T)</p>	<p>10:30 Strength Exercise by DVD (FC) 10:30 Bingo (T) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00 Canasta (T) 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) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (GR) 7:30 Movie (T)</p>
28	29	30	31			
<p>8:45-10:15 Swimming (Morrisville Aquatics Center) 8:45 Post Office 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping: Food Lion 1:00 Bible Study (T) 2:00 Men's Poker (GR) 2:00 Yoga (FC) 3:00 Play Train Dominoes (T) 6:00 Rummikub (GR) 7:00 Music Performance: Violin (L) 7:30 Monday Night Bridge (GR)</p>	<p>8:45 Banks 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30-2:30 Shopping: Walmart 12:45 Line Dancing (FC) 1:30 AND 2:00 Living Well Exercise w/ Christy (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (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 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 2:00 Art Workshop with Tony D'Amico (FC) 2:00 Card Games (T) 3:00 Play Train Dominoes (L2)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 10:30-2:00 Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, etc.) 1:30 AND 2:00 Living Well Exercise w/Christy (FC) 2:00 Scrabble (GR) 4:00 Catholic Communion (T) 7:00-9:00 Ring in the New Year! (L)</p>	<p><i>Activities in bold GREEN require sign up.</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>