

# January 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<i>1</i>	<i>2</i>	<i>3</i>
<p><i>Doctor's Making House Calls:</i></p> <p><i>Monday, Tuesday Wednesday, and Friday</i></p>	<p><b>FL-</b> Fireside Lounge (1st Floor)  <b>T-</b> Theater (4th Floor)  <b>L-</b> Lobby (1st Floor)  <b>FC-</b> Fitness Center (Lower Level)  <b>C-</b> Café (1st Floor)  <b>P-</b> Back Patio (1st Floor)  <b>BR-</b> Boardroom (Lower Level)</p>	<p><b>DR-</b> Medallion Dining (1st Flr)  <b>DR3-</b> Magnolia Dining (3rd Flr)  <b>WC-</b> Wellness Center (2nd Floor)  <b>GR-</b> Game Room (1st Floor)  <b>L2-</b> Library (2nd Floor)  <b>OFC-</b> Outside Fitness Center (Lower Level)</p>	<p><i>Activities in bold GREEN require sign up.</i></p>	<p><b>10:00</b> Stretch Exercise by DVD (FC)  <b>2:00</b> Bingo! (T)  <b>3:45-4:45</b> Happy Hour with David Klingman (piano) (T)  <b>7:30</b> Movie (T)</p>	<p><b>10:30</b> Bingo (T)  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Hand &amp; Foot Card Game (GR)  <b>1:00</b> Canasta (T)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>3:00</b> Tai Chi by DVD (FC)  <b>7:30</b> Movie (T)</p>	<p><b>8:15</b> Transportation to St. Michael's and Genesis UMC  <b>10:00-11:00</b> Teens and Technology (L2)  <b>10:30-11:30</b> Shopping at Publix  <b>11:00</b> Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>  <b>12:00</b> Televised Catholic Mass (T)  <b>3:00</b> Train Dominoes (GR)  <b>7:30</b> Movie (T)</p>
<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<p><b>8:45-10:15</b> Swimming (Morrisville Aquatics Center)  <b>8:45</b> Post Office  <b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30</b> Shopping: Food Lion  <b>1:00</b> Bible Study (BR)  <b>2:00</b> Yoga (FC)  <b>2:00</b> Men's Poker (GR)  <b>3:00</b> Play Train Dominoes (T)  <b>6:00</b> Rummikub (FL)  <b>7:15</b> Sing-a-long w/ Lisa (T)  <b>7:30</b> Monday Night Bridge (R)</p>	<p><b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>12:45</b> Line Dancing (FC)  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:00-3:00</b> Shopping at Trader Joe's  <b>2:30</b> Wii Bowling (T)  <b>4:00</b> Devotional with Jordan Lutheran (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00</b> Shopping Shuttle  <b>11:30</b> Lunch Bunch: Danny's BBQ  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Rummikub (T)  <b>1:00</b> Mah Jongg (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>2:00</b> Art Workshop w/ Tony D'Amico (FC)  <b>2:00</b> Card Games (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>3:00</b> "Morrisville: Year in Review" with Mayor Pro Tem Steve Rao (T)  <b>7:00</b> Evening Music w/ Teresa (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>11:00-1:00</b> Lunch Bunch: Olive Garden  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Scrabble (GR)  <b>2:45</b> Grief Support Group for Women (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:45</b> Banks &amp; Cary Senior Center  <b>10:00</b> Tone and Balance w/ Renee (FC)  <b>10:00</b> West Regional Library  <b>11:00</b> Jewelry making with Laurie (FC)  <b>1:00</b> Stretch Exercise by DVD (FC)  <b>2:00</b> Bingo (T)  <b>3:45-4:45</b> Happy Hour w/ Cole Koffi (T)</p>	<p><b>10:00-12:00</b> Biscuitville and Dollar Store  <b>10:30</b> Bingo (T)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Hand &amp; Foot Card Game (GR)  <b>1:00</b> Canasta (T)  <b>1:00-2:30</b> Catholic Bible Study (FC)  <b>2:00</b> Card Games (T)  <b>3:00</b> Tai Chi by DVD (FC)  <b>7:30</b> Movie (T)</p>	<p><b>8:15</b> Transportation to St. Michael's and Genesis UMC  <b>10:00-11:00</b> Teens and Technology (L2)  <b>11:00</b> Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>  <b>12:00</b> Televised Catholic Mass (T)  <b>3:00</b> Train Dominoes (GR)  <b>7:30</b> Movie (T)</p>
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>
<p><b>8:45-10:15</b> Swimming (Morrisville Aquatics Center)  <b>8:45</b> Post Office  <b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30</b> Shopping: Food Lion  <b>1:00</b> Bible Study (BR)  <b>2:00</b> Men's Poker (GR)  <b>2:00</b> Yoga (FC)  <b>3:00</b> Play Train Dominoes (T)  <b>6:00</b> Rummikub (FL)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>Podiatrist Visits (appointment only)</b>  <b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>12:00-2:30</b> Shopping at Walmart  <b>12:45</b> Line Dancing (FC)  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:30</b> Wii Bowling (T)  <b>2:30-3:30</b> AVON calling w/ Mahdu (T)  <b>6:00</b> Parkinson's Support Group (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00</b> Shopping Shuttle  <b>11:30</b> Lunch Bunch: Chili's  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Preston Party Bridge (GR)  <b>1:00</b> Rummikub (T)  <b>1:00</b> Mah Jongg (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>3:00</b> Play Train Dominoes (L2)  <b>7:00</b> Evening Music w/ Barbara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:30-2:00</b> Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, etc.) and Barnes and Noble  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Scrabble (GR)  <b>2:30-3:30</b> Wine and Cheese Welcome Social (meet new residents) (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>Audiologist Visits (9:00-10:00)</b>  <b>8:45</b> Banks &amp; Cary Senior Center  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45</b> Bojangles  <b>11:00</b> Jewelry Making w/ Laurie (FC)  <b>1:00</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Bingo (T)  <b>3:45-4:45</b> Happy Hour w/ Dan Blaisdell (T)</p>	<p><b>10:00</b> Book Club (FL)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>10:30</b> Bingo (T)  <b>10:45-12:00</b>  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Hand &amp; Foot Card Game (GR)  <b>1:00</b> Canasta (T)  <b>1:00-2:30</b> Catholic Bible Study (FC)  <b>1:00</b> Ragtime (Musical at Duke Energy Center)  <b>2:00</b> Card Games (T)  <b>3:00</b> Tai Chi by DVD (FC)  <b>5:00-7:00</b> Girl Scout Cookie Sale (L)  <b>7:30</b> Movie (T)</p>	<p><b>8:15</b> Transportation to St. Michael's and Genesis UMC  <b>10:00-11:00</b> Teens and Technology (L2)  <b>11:00</b> Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>  <b>11:00-2:00</b> Girl Scout Cookie Sale (L)  <b>12:00</b> Televised Catholic Mass (T)  <b>3:00</b> Train Dominoes (GR)  <b>4:30</b> Young Musicians: Senior Serenaders (T)  <b>7:30</b> Movie (T)</p>
<i>18 Martin Luther King Jr. Day</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>
<p><b>8:45-10:15</b> Swimming (Morrisville Aquatics Center)  <b>8:45</b> Post Office  <b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30</b> Shopping: Food Lion  <b>1:00</b> Bible Study (T)  <b>2:00</b> Yoga (FC)  <b>3:00</b> MLK Documentary (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (FL)  <b>7:15</b> Sing-a-long with Lisa (T)  <b>7:30</b> Monday Night Bridge (T)</p>	<p><b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>11:00-1:00</b> Mens' Lunch with Grant  <b>12:45</b> Line Dancing (FC)  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:00-3:00</b> Shopping: Trader Joe's  <b>2:30</b> Wii Bowling (T)  <b>4:00</b> Devotional with Jordan Lutheran (T)  <b>7:15</b> Nite Cap Social (FL)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00</b> Shopping Shuttle  <b>11:30</b> Lunch Bunch: Panera  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Rummikub (T)  <b>1:00</b> Mah Jongg (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>2:00</b> Card Games (T)  <b>2:00</b> Art Workshop with Tony D'Amico (FC)  <b>3:00</b> Play Train Dominoes (L2)  <b>3:00</b> Wellness Speaker: VA Benefits (T)  <b>7:00</b> Evening Music w/ Sara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:00-3:00</b> Ava Gardner Museum and Lunch in Smithfield  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Scrabble (GR)  <b>2:45</b> Grief Support Group for Men (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:45</b> Banks and Cary Senior Center  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:00</b> West Regional Library  <b>11:00</b> Jewelry Making w/ Laurie (FC)  <b>11:30</b> Lunch Bunch: Chic-fil-a  <b>1:00</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Bingo! (T)  <b>3:45-4:45</b> Happy Hour w/ Teresa (piano) (T)</p>	<p><b>10:30</b> Strength Exercise by DVD (FC)  <b>10:30</b> Bingo (T)  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Hand &amp; Foot Card Game (GR)  <b>1:00</b> Canasta (T)  <b>2:00</b> Card Games (T)  <b>2:00</b> NC Symphony: Rodgers and Hammerstein  <b>3:00</b> Tai Chi by DVD (FC)  <b>7:30</b> Movie (T)</p>	<p><b>8:15</b> Transportation to St. Michael's and Genesis UMC  <b>10:00-11:00</b> Teens and Technology (L2)  <b>11:00</b> Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>  <b>12:00</b> Televised Catholic Mass (T)  <b>1:00</b> Shen Yun Dance Performance  <b>3:00</b> Train Dominoes (GR)  <b>7:30</b> Movie (T)</p>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>
<p><b>8:45-10:15</b> Swimming (Morrisville Aquatics Center)  <b>8:45</b> Post Office  <b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30</b> Shopping: Food Lion  <b>1:00</b> Bible Study (T)  <b>2:00</b> Men's Poker (GR)  <b>2:00</b> Yoga (FC)  <b>3:00</b> Play Train Dominoes (T)  <b>6:00</b> Rummikub (FL)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>12:30-2:30</b> Shopping: Walmart  <b>12:45</b> Line Dancing (FC)  <b>1:00-2:00</b> Walker/Wheelchair Clinic (OFC)  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:30</b> Wii Bowling (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00</b> Shopping Shuttle  <b>1:00</b> Preston Party Bridge Club (GR)  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Rummikub (T)  <b>1:00</b> Mah Jongg (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>3:00</b> Guest Speaker: "Journey on the Appalachian Trail: with Susan Levy (T)  <b>2:00</b> Card Games (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>7:00</b> Evening Music w/ the Hancock Family (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:30-2:00</b> Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, etc.) and Barnes and Noble  <b>1:30 AND 2:00</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Scrabble (GR)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:45</b> Banks &amp; Cary Senior Center  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45</b> Bojangles  <b>11:00</b> Jewelry Making w/ Laurie (FC)  <b>1:00</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Jackpot Bingo (T)  <b>3:45-4:45</b> Happy Hour w/ the Bowman and Keena Duo (T)</p>	<p><b>10:00-11:30</b> Shopping: Fresh Market  <b>10:30</b> Strength Exercise by DVD (FC)  <b>10:30</b> Bingo (T)  <b>11:30-1:00</b> Shopping: Kohl's of Apex  <b>1:00</b> Men's Bridge Group (FL)  <b>1:00</b> Hand &amp; Foot Card Game (GR)  <b>1:00</b> Canasta (T)  <b>2:00</b> Card Games (T)  <b>3:00</b> Tai Chi by DVD (FC)  <b>7:30</b> Movie (T)</p>	<p><b>8:15</b> Transportation to St. Michael's and Genesis UMC  <b>10:00-11:00</b> Teens and Technology (L2)  <b>11:00</b> Televised Baptist Service (T)  <b>Sunday Buffet (11:30, 1:00, 2:00)</b>  <b>12:00</b> Televised Catholic Mass (T)  <b>3:00</b> Train Dominoes (GR)  <b>7:30</b> Movie (T)</p>