

March 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 Old Stuff Day	3	4	5	6
<p><i>Doctor's Making House Calls:</i></p> <p><i>Monday, Tuesday Wednesday, and Friday</i></p>	<p>10:00 Tai Chi by DVD (FC)</p> <p>10:00-1:30 Shopping at Guardian Angel Thrift and Lunch at Mama Mia's</p> <p>10:30 Bingo (T)</p> <p>12:30 Line Dancing (FC)</p> <p>1:15 Living Well Exercise w/ Christy (FC)</p> <p>2:00 Town Hall Meeting (Theater)</p> <p>4:00 Devotional with Jordan Lutheran (T)</p> <p>7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Preston Bridge Club (GR)</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Tai Chi with Adrienne (FC)</p> <p>1:00 Rummikub (T)</p> <p>1:00 Mah Jongg (T)</p> <p>2:00 Card Games (T)</p> <p>2:00 Art Workshop w/ Tony D'Amico (FC)</p> <p>3:00 Train Dominoes (L2)</p> <p>3:00 Brain Booster Bingo w/Silver Linings (T)</p> <p>4:00-4:45 Antiques Showcase w/ Karen</p> <p>7:00 Evening Music with Teresa (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Community Volunteers: Flower Arranging (DR)</p> <p>10:00-11:30 West Regional Library</p> <p>11:30-1:30 Lunch: Golden Corral</p> <p>1:30 Tone and Balance w/ Renee (FC)</p> <p>2:00 Scrabble (GR)</p> <p>2:00 Culinary Services Meeting (T)</p> <p>2:45 Grief Support Group (T)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center</p> <p>10:00 Stretch Exercise by DVD (FC)</p> <p>11:00-2:30 NC Symphony Friday Favorites: Tchaikovsky's 5th (\$18)</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>1:15 Living Well Exercise w/ Christy (FC)</p> <p>2:00 Bingo! (T)</p> <p>3:45-4:45 Happy Hour w/ Terry Harder (T)</p> <p>7:15 Shabbat Service (T)</p>	<p>10:30 Strength Exercise by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>10:30 -12:30 Shopping: Publix</p> <p>1:00-2:15 Shopping: Fresh Market</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Hand & Foot Card Game (GR)</p> <p>1:00 Canasta (T)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>2:00 Card Games (T)</p> <p>3:00 Tai Chi by DVD (FC)</p> <p>7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC</p> <p>10:00-11:00 Teens and Technology (L2)</p> <p>11:00 Televised Baptist Service (T)</p> <p>Sunday Buffet (11:30, 1:00, 2:00)</p> <p>12:00 Televised Catholic Mass (T)</p> <p>3:00 Train Dominoes (L2)</p> <p>4:30 MUSIC w/ Tina Seldin Cash (T)</p> <p>7:30 Movie (T)</p>
7	8 National Name Tag Day	9	10 National Blueberry Day (wear blue)	11	12	13 National Agriculture Week (13-19)
<p>9:30 A Stitch in Time (FL)</p> <p>9:30 AARP Tax Assistance</p> <p>10:00 Tone & Balance w/ Nourma (FC)</p> <p>10:30-11:30 Shopping: Food Lion</p> <p>1:00 Bible Study (BR)</p> <p>2:00 Men's Poker (GR)</p> <p>2:00 Monday Musical Matinee (T)</p> <p>2:00 Yoga by DVD (FC)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>6:00 Rummikub (GR)</p> <p>7:30 Monday Night Bridge (R)</p>	<p>10:00 Tai Chi by DVD (FC)</p> <p>9:45 Early Voting</p> <p>10:30 Bingo (T)</p> <p>12:00-2:00 Lunch Bunch: Belgian Cafe</p> <p>12:30 Line Dancing (FC)</p> <p>1:15 Living Well Exercise w/ Christy (FC)</p> <p>2:30 Wii Bowling (T)</p> <p>2:30-4:00 Shopping: Walmart</p> <p>3:45-4:45 Terrific Tunes Tuesday (L)</p> <p>6:00 Parkinson's Support Group (T)</p> <p>7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Preston Party Bridge Club (GR)</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Rummikub (T)</p> <p>1:00 Mah Jongg (T)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:30 Early Voting</p> <p>2:00 Card Games (T)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>3:30 Windows to the World with Karen (T)</p> <p>7:15 Sing-a-long with Lisa (T)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>9:45 Early Voting</p> <p>10:00 Community Volunteers: Flower Arranging (DR)</p> <p>12:30-3:30 Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, Barnes and Noble, etc.)</p> <p>1:30 Tone and Balance w/ Renee (FC)</p> <p>2:00 Scrabble (GR)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center</p> <p>10:00 Tone and Balance w/ Renee (FC)</p> <p>10:45 Bojangles</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>1:15 Living Well Exercise w/Christy (FC)</p> <p>2:00 Bingo (T)</p> <p>3:45-4:45 New Resident Welcome Social (T)</p>	<p>10:30 Strength Exercise by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Hand & Foot Card Game (GR)</p> <p>1:00 Canasta (T)</p> <p>1:00-5:30 Lion King (DPAC)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>2:00 Card Games (T)</p> <p>3:00 Tai Chi by DVD (FC)</p> <p>7:30 Movie (T)</p>	<p>Daylight Saving Time Begins</p> <p>8:15 Transportation to St. Michael's and Genesis UMC</p> <p>10:00-11:00 Teens and Technology (L2)</p> <p>11:00 Televised Baptist Service (T)</p> <p>Sunday Buffet (11:30, 1:00, 2:00)</p> <p>12:00 Televised Catholic Mass (T)</p> <p>3:00 Train Dominoes (L2)</p> <p>3:00 Trionoide Irish Dance Academy Performance (T)</p> <p>7:30 Movie (T)</p>
14	15 Podiatrist Visits	16	17 St. Patrick's Day (wear green)	18 Audiologist Visits	19	20 Spring Begins
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 Tone & Balance w/ Nourma (FC)</p> <p>9:30-10:30 Shopping: Food Lion</p> <p>10:45-2:00 Farmer's Market Shopping and Lunch</p> <p>1:00 Bible Study (BR)</p> <p>2:00 Yoga w/ Brenda (FC)</p> <p>2:00 Men's Poker (GR)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>6:00 Rummikub (GR)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:30 Voting</p> <p>10:00 Tai Chi by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>11:30 Voting</p> <p>12:30 Line Dancing (FC)</p> <p>1:15 Living Well Exercise w/Christy (FC)</p> <p>1:30 Voting</p> <p>3:30-4:30 Shopping: Trader Joe's</p> <p>4:00 Devotional with Jordan Lutheran (T)</p> <p>7:15 Nite Cap Social (FL)</p> <p>7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>11:30-1:30 Lunch Bunch: Doherty's Irish Pub and Restaurant</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Rummikub (T)</p> <p>1:00 Mah Jongg (T)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>2:00 Art Workshop w/ Tony D'Amico (FC)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>7:00 Evening Music w/ Sara (piano) (L)</p>	<p>Lucky Leprechaun and Shamrock Hunt</p> <p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Community Volunteers: Flower Arranging (DR)</p> <p>10:00-12:00 Cary Senior Health Fair</p> <p>1:30 Tone and Balance w/ Renee (FC)</p> <p>2:00 Scrabble (GR)</p> <p>2:45 Grief Support Group (T)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>8:45 Banks, Post Office, and Senior Center</p> <p>10:00 Stretch Exercise by DVD (FC)</p> <p>10:00 West Regional Library</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>11:30 Lunch Bunch: Chic-fil-A</p> <p>1:15 Living Well Exercise w/Christy (FC)</p> <p>2:00 Bingo (T)</p> <p>2:00 Help fill Easter Eggs (FC)</p> <p>3:45-4:45 Happy Hour w/ Dan Blaisdell (T)</p>	<p>10:00 Book Club (FL)</p> <p>10:30 Strength Exercise by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>11:45-2:00 Biscuitville and Dollar Store</p> <p>2:00-3:30 Shopping: Lowes Foods</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Hand & Foot Card Game (GR)</p> <p>1:00 Canasta (L)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>2:00 Card Games (GR)</p> <p>3:00 Tai Chi by DVD (FC)</p> <p>7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC</p> <p>10:00-11:00 Teens and Technology (L2)</p> <p>11:00 Televised Baptist Service (T)</p> <p>Sunday Buffet (11:30, 1:00, 2:00)</p> <p>12:00 Televised Catholic Mass (T)</p> <p>4:30 Young Musicians: Senior Serenaders (T)</p> <p>7:30 Movie (T)</p>
21 National Strawberry Day (wear red)	22	23	24	25 Good Friday	26	27 Easter
<p>9:30 A Stitch in Time (FL)</p> <p>10:00-12:30 Easter Fun w/ Wee Play (T)</p> <p>10:00 Tone & Balance w/ Nourma (FC)</p> <p>10:30-11:30 Shopping: Food Lion</p> <p>1:00 Bible Study (T)</p> <p>2:00 Yoga w/ Brenda (FC)</p> <p>2:00 Men's Poker (GR)</p> <p>3:00 Resident Spotlight (T)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>6:00 Rummikub (GR)</p> <p>7:30 Monday Night Bridge (T)</p>	<p>10:00 Tai Chi by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>12:30 Mystery Movie at Park West 14</p> <p>1:00-2:00 Walker/Wheelchair Clinic (OFC)</p> <p>1:15 Living Well Exercise w/ Christy (FC)</p> <p>2:30 Wii Bowling (T)</p> <p>3:45-4:45 Terrific Tunes Tuesday (L)</p> <p>7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Preston Party Bridge Club (GR)</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Rummikub (T)</p> <p>1:00 Mah Jongg (T)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:30 AARP Tax Assistance</p> <p>2:00 Card Games (T)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>7:00 Music w/ the Hancock Family (L)</p>	<p>8:45 Banks and Post Office</p> <p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Community Volunteers: Flower Arranging (DR)</p> <p>12:45-5:30 "Always a Bridesmaid" (Temple Theater of Sanford) (\$25)</p> <p>1:30 Tone and Balance w/ Renee (FC)</p> <p>2:00 Scrabble (GR)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>10:00 Stretch Exercise by DVD (FC)</p> <p>10:00-11:00 Resident Easter Egg Hunt!</p> <p>11:00 Jewelry Making w/Laurie (BR)</p> <p>12:00 Bojangles</p> <p>1:15 Living Well Exercise w/ Christy (FC)</p> <p>2:00 Jackpot Bingo! (T)</p> <p>3:45-4:45 Happy Hour w/ Cole Koffi (T)</p>	<p>10:30 Strength Exercise by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>10:30-12:00 Shopping at Publix</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Hand & Foot Card Game (GR)</p> <p>1:00 Canasta (T)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>2:00 Card Games (T)</p> <p>3:00 Tai Chi by DVD (FC)</p> <p>7:30 Movie (T)</p>	<p>8:15 Transportation to St. Michael's and Genesis UMC</p> <p>10:00-11:00 Teens and Technology (L2)</p> <p>11:00 Televised Baptist Service (T)</p> <p>Sunday Buffet (11:30, 1:00, 2:00)</p> <p>12:00 Televised Catholic Mass (T)</p> <p>3:00 Train Dominoes (L2)</p> <p>7:30 Movie (T)</p>
28	29	30	31			
<p>9:30 A Stitch in Time (FL)</p> <p>9:30 AARP Tax Assistance</p> <p>10:00 Tone & Balance w/ Nourma (FC)</p> <p>10:30-11:30 Shopping: Food Lion</p> <p>1:00 Bible Study (T)</p> <p>2:00 Men's Poker (GR)</p> <p>2:00 Yoga (FC)</p> <p>2:00 Men's Poker (GR)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>6:00 Rummikub (GR)</p> <p>7:15 Sing-a-long w/ Lisa (T)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:00-11:30 Breakfast Bunch: Toast</p> <p>10:00 Tai Chi by DVD (FC)</p> <p>10:30 Bingo (T)</p> <p>12:30 Line Dancing (FC)</p> <p>1:15 Living Well Exercise w/ Christy (FC)</p> <p>2:30-4:00 Shopping: Walmart</p> <p>7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Preston Party Bridge Club (GR)</p> <p>1:00 Men's Bridge Group (FL)</p> <p>1:00 Rummikub (T)</p> <p>1:00 Mah Jongg (T)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:30 AARP Tax Assistance</p> <p>2:00 Card Games (T)</p> <p>3:00 Play Train Dominoes (L2)</p> <p>7:15 "Understanding the Difference between IL and AL" w/ Laurie Steber (T)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Community Volunteers: Flower Arranging (DR)</p> <p>12:45-3:45 NC Museum of Art</p> <p>1:30 Tone and Balance w/ Renee (FC)</p> <p>2:00 Scrabble (GR)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p><i>Activities in bold GREEN require sign up.</i></p>	<p>FL- Fireside Lounge (1st Floor)</p> <p>T- Theater (4th Floor)</p> <p>L- Lobby (1st Floor)</p> <p>FC- Fitness Center (Lower Level)</p> <p>C- Café (1st Floor)</p> <p>P- Back Patio (1st Floor)</p> <p>BR- Boardroom (Lower Level)</p>	<p>DR- Medallion Dining (1st Flr)</p> <p>DR3- Magnolia Dining (3rd Flr)</p> <p>WC- Wellness Center (2nd Floor)</p> <p>GR- Game Room (1st Floor)</p> <p>L2- Library (2nd Floor)</p> <p>OFC- Outside Fitness Center (Lower Level)</p>