

# April 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<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>8:45 Banks, Post Office, and Senior Center</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:00 West Regional Library</b>  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>11:30 Lunch Bunch: Chic-fil-A</b>  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Bingo! (T)  <b>3:45-4:45</b> Happy Hour with Lisa Sharp (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>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 Transportation to St. Michael's and Genesis UMC</b>  <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 (L2)  <b>4:00</b> Piano Recital with the Students of Anna Sledge (T)  <b>7:30</b> Movie (T)</p>
4 National Baking Week	5	6	7	8	9	10
<p><b>9:00 AARP Tax Assistance</b>  <b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30 Shopping: Food Lion</b>  <b>12:45-3:30 Shopping at Cary Towne Center Mall (Belk, Talbot's, JC Penney, Barnes and Noble, etc.)</b>  <b>1:00</b> Bible Study (BR)  <b>2:00</b> Yoga with Brenda (FC)  <b>3:00</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <b>7:15</b> Sing-a-long with Lisa (L)  <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>11:00-2:30 National Parks Movie (IMAX)</b>  <b>12:30</b> Line Dancing (FC)  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Town Hall and Cash Prize Drawing (\$1 per ticket) (T)  <b>3:45-4:45</b> Terrific Tunes Tuesday (L)  <b>4:00</b> Devotional with Jordan Lutheran (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>11:30 Lunch Bunch: Danny's BBO</b>  <b>1:00</b> Preston 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>2:00</b> Card Games (T)  <b>2:00</b> Art Workshop w/ Tony D'Amico (FC)  <b>2:30 Buttercream's Bake Shop of Apex</b>  <b>3:00</b> Brain Booster Bingo w/ Silver Linings (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>7:15</b> Music with Teresa (piano) (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>10:00-2:30 NC Museum of Art (Art in Bloom Tour-\$15) and Lunch at Iris (Museum Cafe)</b>  <b>1:30</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Scrabble (GR)  <b>2:45</b> Grief Support Group (T)  <b>4:00</b> Catholic Communion (T)  <b>4:00-5:00</b> Charity Bake Sale (L)  <b>7:30</b> Movie (T)</p>	<p><b>8:45 Banks, Post Office, and Senior Center</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45 Bojangles</b>  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>1:15</b> Living Well Exercise w/Christy (FC)  <b>2:00</b> Bingo (T)  <b>3:45-4:45</b> Happy Hour with Songs of Inspiration (T)  <b>7:15</b> Shabbat Service (T)</p>	<p><b>9:30-12:30 Ladies Brunch at Genesis UMC</b>  <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>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 Transportation to St. Michael's and Genesis UMC</b>  <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 (L2)  <b>7:30</b> Movie (T)</p>
11	12	13	14	15 Audiologist Visits	16	17
<p><b>9:00 AARP Tax Assistance</b>  <b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30 Shopping: Food Lion</b>  <b>12:45-2:15 Shopping: Trader Joe's</b>  <b>1:00</b> Bible Study (BR)  <b>2:00</b> Yoga with Brenda (FC)  <b>2:30</b> Musical Movie Matinee: Allison Krause and Union Station in Concert (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <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>11:45-2:30 Picnic at WRAL Gardens</b>  <b>12:30</b> Line Dancing (FC)  <b>1:15</b> Living Well Exercise with Christy (FC)  <b>2:15</b> Time Travelers with Karen Raines: Events of the 1910's (T)  <b>6:00</b> Parkinson's Support Group (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>11:30 Lunch Bunch: Lugano</b>  <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>2:00</b> Art Club with Caroline (FC)  <b>2:30 Cool Treats at Dairy Queen</b>  <b>3:00</b> Play Train Dominoes (L2)  <b>7:00</b> Evening Music with Barbara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>10:00-3:30 Visit Alpaca Dreams Farm and Gift Shop (\$5 donation) and Lunch at Remington Grill</b>  <b>1:30</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Scrabble (GR)  <b>4:00</b> Catholic Communion (T)  <b>6:30-10:00 NC Symphony: Beethoven's Triple and Brahms Double (\$49)</b>  <b>7:30</b> Movie (T)</p>	<p><b>8:45 Banks, Post Office, and Senior Center</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:00 West Regional Library</b>  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>11:30 Lunch Bunch: Freddy's</b>  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Bingo (T)  <b>3:45-4:45</b> Happy Hour with 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>1:00-5:00 Carolina Ballet: Macbeth (\$55)</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 (L)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (GR)  <b>3:00</b> Tai Chi by DVD (FC)  <b>7:30</b> Movie (T)</p>	<p><b>8:15 Transportation to St. Michael's and Genesis UMC</b>  <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 (L2)  <b>7:30</b> Movie (T)</p>
18	19 Podiatrist Visits	20 Volunteer Recognition Day	21	22 Passover Begins at Sunset	23	24
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30 Shopping: Food Lion</b>  <b>12:45-2:45 Shopping: Walmart</b>  <b>1:00</b> Bible Study (T)  <b>2:00</b> Yoga with Brenda (FC)  <b>3:00</b> Resident Spotlight: Pauline Bart (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <b>7:15</b> Sing-a-long with Lisa (L)  <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>10:00-1:30 Logan's Trading Company (Plant Nursery/ Gift Shop) and Lunch at Seaboard Cafe</b>  <b>12:30</b> Line Dancing (FC)  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:30</b> Wii Bowling (T)  <b>3:45-4:45</b> Terrific Tunes Tuesday (L)  <b>4:00</b> Devotional with Jordan Lutheran (T)  <b>7:30</b> Canasta (GR)  <b>7:30</b> Nite Cap Social w/ Silver Linings (FL)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>11:30 Lunch Bunch: Ruckus</b>  <b>11:30-12:30</b> Men's Lunch (DR)  <b>12:00-1:30</b> Community Volunteers Pizza Party! (T)  <b>1:00</b> Preston 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>2:00</b> Card Games (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>7:00</b> Music with Sara (piano) (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>10:00-3:00 NC Museum of History (Exhibit: Made Especially for You by Willie Kay) and Lunch at Pharaoh's</b>  <b>1:30</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Scrabble (GR)  <b>2:45</b> Grief Support Group (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:45 Banks, Post Office, and Senior Center</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45 Bojangles</b>  <b>11:00</b> Jewelry Making w/Laurie (BR)  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Bingo! (T)  <b>3:45-4:45</b> Happy Hour with Caroline Gregory (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>1:00-2:30</b> Catholic Bible Study (BR)  <b>1:00-5:00 Toasts &amp; Tunes Concert at Cloer Family Vineyard (music by Island Bob)</b>  <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 Transportation to St. Michael's and Genesis UMC</b>  <b>10:00-11:00</b> Teens and Technology (L2)  <b>10:00-3:00 URBAN MARKET (BP)</b>  <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>2:15-5:00 The Wizard of Oz (Cary Players) (\$18)</b>  <b>3:00</b> Train Dominoes (L2)  <b>7:30</b> Movie (T)</p>
25	26	27	28	29	30	
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Tone &amp; Balance w/ Nourma (FC)  <b>10:30-11:30 Shopping: Food Lion</b>  <b>12:45-2:15 Shopping: Publix</b>  <b>1:00</b> Bible Study (T)  <b>2:00</b> Yoga with Brenda (FC)  <b>2:30</b> Happy Music w/ Marie Thomas (T)  <b>3:00</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <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</b> Line Dancing (FC)  <b>12:45 Movie at Park West Village (\$5.50 +food costs)</b>  <b>1:00-2:00</b> Walker/Wheelchair Clinic (OFC)  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:15</b> Culture Club w/ Karen Raines: April in Paris (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <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>2:00</b> Card Games (T)  <b>2:00-3:00 Spring Fashion Show! (DR)</b>  <b>3:00</b> Play Train Dominoes (L2)  <b>7:00</b> Evening Music with the Hancock Family (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>1:30</b> Tone and Balance w/ Renee (FC)  <b>2:00</b> Scrabble (GR)  <b>4:00</b> Catholic Communion (T)  <b>4:00-6:30 Dinner at Longhorn Steak-house of Apex</b>  <b>7:30</b> Movie (T)</p>	<p><b>8:45 Banks, Post Office, and Senior Center</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:00 West Regional Library</b>  <b>11:00</b> Jewelry Making w/Laurie (BR)  <b>11:30 Lunch Bunch: Chic-fil-A</b>  <b>1:15</b> Living Well Exercise w/ Christy (FC)  <b>2:00</b> Jackpot Bingo! (T)  <b>3:45-4:45</b> Happy Hour with Tina Seldin Cash (T)</p>	<p><b>10:30</b> Strength Exercise by DVD (FC)  <b>10:30</b> Bingo (T)  <b>12:00-4:00 Met Opera LIVE in Cinema: Elektra (\$24.00)</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 (L)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (GR)  <b>3:00</b> Tai Chi by DVD (FC)  <b>7:30</b> Movie (T)</p>	