

July 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<i>Doctor's Making House Calls:</i> <i>Monday, Tuesday Wednesday, and Friday</i>	<i>Activities in bold GREEN require sign up.</i>	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)	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)	8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Christy (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour w/ Mike Palermo (T)	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) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	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 (L2) 7:30 Movie (T)
4 Independence Day	5	6	7 National Chocolate Lovers' Day	8	9	10
9:30 A Stitch in Time (FL) 10:00 Exercise by DVD (FC) 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 3:00 Play Train Dominoes (L2) 3:00 July 4th Trivia Quiz w/ Barbara (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR) 8:00-9:30 PBS Broadcast: "A Capital Fourth" (Fireworks and Entertainment - popcorn and beverages provided) (T)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00-12:30 Shopping (Marshalls, Stenimart, Michaels, DSW, and Bed, Bath, & Beyond of Cary) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 1:15 Living Well Exercise w/ Christy (FC) 2:30 Town Hall and Cash Prize Drawing (\$1 per ticket) (T) 4:00 Devotional with Jordan Lutheran (T) 7:15 Sing-a-long with Lisa (L) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Another Broken Egg Cafe 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 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Art Workshop w/ Tony D'Amico (FC) 3:00 Play Train Dominoes (L2) 3:00 Brain Booster Bingo (T) 7:00 Evening Music with Teresa (Lobby)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30-12:00 Lowes Home Improvement 1:00 Movie: Forrest Gump (T) 1:30 Strength Exercise (FC) 3:30 "For the Love of Chocolate and Wine" Social (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 11:00-2:30 NC Symphony Friday Favorites: Mozart Night and Day (\$18) (17 seats available) 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Christy (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Paula Snyder (T)	10:30 Strength Exercise by DVD (FC) 10:30 Bingo (T) 1:00-5:00 NC Theatre Conservancy: Joseph and the Amazing Technicolor Dreamcoat (\$30) 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	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 (L2) 7:30 Movie (T)
11	12 Podiatrist Visits	13	14	15 Audiologist Visits	16	17
8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping at Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 2:00 Yoga with Brenda (FC) 3:00 Play Train Dominoes (L2) 3:45 Women of the Bible with Esther (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 Wii Bowling (T) 12:30 Line Dancing (FC) 1:15 Living Well Exercise w/ Christy (FC) 2:15 Time Travelers w/ Karen Raines (T) 3:45-4:45 Terrific Tunes Tuesday (L) 6:00 Parkinson's Support Group (T) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Zoe'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 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Collectibles Showcase w/ Grant (GR) 3:00 Art Workshop w/ Tony D'Amico (FC) 3:00 Play Train Dominoes (L2) 7:00 Evening Music with Barbara (piano) (L)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00-1:00 Ladies Lunch at Crosswinds Café of RDU 1:30 Strength Exercise (FC) 2:30 Word Games (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:30-10:00 Audiologist Visits (WC) 8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Christy (FC) 2:00 Bingo (T) 3:45-4:45 Happy Hour w/ Dan Blaisdell (T)	10:00 Book Club (FL) 10:30 Strength Exercise by DVD (FC) 10:30 Bingo (T) 10:30-12:00 Shopping at Kohls and Publix 1:00 Men's Bridge Group (FL) 1:00 Hand & Foot Card Game (GR) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (GR) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	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 (L2) 7:30 Movie (T)
18	19	20	21	22	23	24
8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:30 A Stitch in Time (FL) 10:00 Tone & Balance w/ Nourma (FC) 10:30-11:30 Shopping at Food Lion 12:30-2:30 Shopping at Walmart 1:00 Bible Study (T) 2:00 Yoga with Brenda (FC) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (T)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:45-4:30 Magic Wings Butterfly House (\$8) 1:15 Living Well Exercise w/ Christy (FC) 2:30 Wii Bowling (T) 4:00 Devotional with Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Nite Cap Social w/ Silver Linings (FL)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Zoe'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 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Collectibles Showcase w/ Grant (GR) 3:00 Art Workshop w/ Tony D'Amico (FC) 3:00 Play Train Dominoes (L2) 7:00 Evening Music w/ Sara (piano) (L)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00-1:30 Lunch at Ashworth Drugs and Soda Fountain 1:30 Strength Exercise (FC) 2:30 Laugh Out Loud Videos w/ Amy (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Chic-fil-a 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Christy (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour w/ Cole Koffi (T)	9:30-12:00 Biscuitville, Dollar Tree, and Walmart Neighborhood Market 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) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	8:15 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 10:00-3:00 URBAN MARKET (BP) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)
25	26	27	28	29	30	31
8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:30 A Stitch in Time (FL) 10:00 Exercise by DVD (FC) 10:30-11:30 Shopping at Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (T) 2:00 Yoga by DVD (FC) 2:30 Monday Musical Movie Matinee: Chitty Chitty Bang Bang (NR, Classic) 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 10:30 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:00-2:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Christy (FC) 1:30-3:00 Shopping at Trader Joe's 2:15 Culture Club w/ Karen Raines (T) 3:45-4:45 Terrific Tunes Tuesday (L) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 10:00-12:00 Hydration Station (L) 1:00 Men's Bridge Group (FL) 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 3:00 Play Train Dominoes (L2) 3:00 Culinary Services Meeting (T) 7:15 Wellness Presentation: "Gotta go! Gotta Go!" New Research and Treatment for Continence Management (T)	8:15-10:00 Morrisville Aquatics Center for Water Aerobics and Swimming 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 12:30-3:30 Shopping at Cary Town Center Mall 1:30 Strength Exercise (FC) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:45 Banks, Post Office, and Senior Center 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Christy (FC) 2:00 Jackpot Bingo! (T) 3:45-4:45 New Resident Welcome and Happy Hour w/ Justin Sesler (T) 7:15 Shabbat Service (T)	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) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 6:00-9:30 ADF Performance: Paul Taylor Dance Company (DPAC) (\$30) 7:30 Movie (T)	8:15 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 10:00-3:00 URBAN MARKET (BP) 11:00 Televised Baptist Service (T) Sunday Buffet (11:30, 1:00, 2:00) 12:00 Televised Catholic Mass (T) 1:00-5:30 3:00 Train Dominoes (L2) 7:30 Movie (T)