


November 2016



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6 Daylight Saving Time Ends
	10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 Early Voting 12:30 Line Dancing with Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 2:30 Town Hall and Cash Prize Drawing (\$1 per ticket) (T) 3:30 Early Voting 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 1:30 Early Voting 2:00 Card Games (T) 2:00 Art Workshop w/ Tony D'Amico (FC) 3:00 Play Train Dominoes (L2) 3:00 BINGO for Prizes (T) 3:00 Assemble Goody Bags for Vets (BR) 3:30 Early Voting 7:00 Music with Teresa (Lobby)	9:00-10:30 Blood Pressure Clinic (WC) 10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Flower Arranging (DR) 11:30 Early Voting 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 3:30 Early Voting 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 12:30 Early Voting 1:15 Living Well Exercise w/Audra (FC) 2:00 Bingo! (T) 2:30 Early Voting 3:45-4:45 New Resident Welcome and Happy Hour w/ Justin Selsler (T) 7:00-9:00 An Evening of Remembrance at St. Michael's	10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 11:30-1:00 Shopping at Publix OR Harris Teeter 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 1:30-3:30 Park West Village Stone Theaters MOVIE: Sully (PG-13) (\$8) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)	8:15-10:30 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 and 1:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 4:00 Piano with Resident Jim Davey's Daughter (L) 7:30 Movie (T)
7	8 Election Day	9	10	11 Veterans Day	12	13
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength by DVD (FC) 10:30-11:30 Shopping: Food Lion 11:30-12:30 Shopping: Fresh Market 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30 Happy Music "Hodgepodge II" (T) 3:00 Play Train Dominoes (L2) 3:30 Wii Bowling (FL) 6:00 Rummikub (GR) 7:15 Sing-a-long w/ Lisa (L) 7:30 Monday Night Bridge (GR)	9:30 Vote 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 Vote 12:30 Line Dancing with Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 1:30 Vote 2:15 Time Travelers w/ Karen Raines: Colonial Era (T) 3:00 Vote 3:45-4:45 Terrific Tunes (L) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Danny's BBQ 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (L2) 3:00 Play Train Dominoes (L2) 3:30 Brain Games w/ Jennifer (T) 7:00 Music with Barbara (Lobby)	9:00 Banks and Post Office 9:00-10:30 Blood Pressure Clinic (WC) 10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	10:00 Stretch Exercise by DVD (FC) 10:30 US Flag Raising Ceremony with the Boy Scouts 11:00-2:30 NC Symphony Friday Favorites: Violin Concerto (\$18) 11:30-1:00 Veterans Luncheon (by invitation only) (DR) 1:15 Living Well Exercise w/Audra (FC) 2:00 Bingo! (T) 3:45-4:45 Patriotic Pride Celebration & Sing-a-long w/ Linda Haney (T)	10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:00 Community Volunteers: Make Poinsettia Napkin Rings (BR) 7:30 Movie (T)	8:15-10:30 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 and 1:00) Music by pianist Justin Selsler 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)
14	15 Podiatrist Visits	16	17	18 Audiologist Visits	19	20
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Brandon (FC) 10:30-11:30 Shopping at Food Lion 12:30-2:00 West Regional Library 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30-4:00 Shopping at Walmart 3:00 Play Train Dominoes (L2) 3:30 Wii Bowling (FL) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)	10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-4:30 Fruitcake Factory Tour and Shopping (bag lunch provided) 12:30 Line Dancing with Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 2:15 Time Travelers w/ Karen Raines (T) 4:00 Hymns and Scriptures w/ 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: Ledo Pizza 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Art Workshop w/ Tony D'Amico (FC) 3:00 Brain Games: Jeopardy! (T) 3:00 Play Train Dominoes (L2) 7:00 Music with Sara (L)	9:00-10:30 Blood Pressure Clinic (WC) 10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:30-10:00 Audiologist Visits (WC) 9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Audra (FC) 2:00 Bingo! (T) 3:45-4:45 Happy Hour w/ Dan Blaisdell (T) 6:15-8:30 "SALON" (Page Walker Arts and History Center) (\$20)	9:30-12:30 Ladies Brunch (featuring the Duke Lady Blue Singers) (FREE!) 10:00 Book Club (FL) 10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00-2:30 Holiday Craft Fair (Cary Senior Center) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:00 Community Volunteers: Make Poinsettia Napkin Rings (BR) 7:30 Movie (T)	8:15-10:30 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 and 1:00) 12:00 Televised Catholic Mass (T) 3:00 Train Dominoes (L2) 7:30 Movie (T)
21	22	23	24 Thanksgiving	25	26	27
9:00 Banks and Post Office 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength by DVD (FC) 10:30-11:30 Shopping at Food Lion 11:30-1:30 Men's Lunch: Chuy's (Tex Mex) 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga by DVD (FC) 2:00-3:30 Shopping at Trader Joe's 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)	10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:30 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:45-1:30 Lunch Bunch: Captain Stanley's 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Audra (FC) 2:15 Crafting w/ Karen Raines: Painted Poinsettias (FC) 3:45 Terrific Tunes (L) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Another Broken Egg Cafe 1:00 Rummikub (T) 1:00 Mah Jongg (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 3:00 Play Train Dominoes (L2) 3:00 Laugh Out Loud w/ Amy (T) 4:00 Catholic Communion (T) 7:30 Movie Musical: Annie (T)	9:30 Coffee and Donuts (C) Holiday Buffet (11:30 and 1:00) 1:30 Cardio and Strength Exercise by DVD (FC) *Catholic Communion moved to 11/23* 7:30 Movie (T)	10:00 Community Volunteers: Flower Arranging (DR) 10:00 Stretch Exercise by DVD (FC) 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Audra (FC) 2:00 JACKPOT Bingo! (T) 3:45-4:45 Happy Hour w/ Cole Koffi (T)	10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:00 Community Volunteers: Make Poinsettia Napkin Rings (BR) 7:30 Movie (T)	8:15-10:30 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 and 1:00) Music by pianist Teresa Smith 12:00 Televised Catholic Mass (T) 1:00-4:00 Carolina Ballet: Carmina Burana (\$60) 3:00 Train Dominoes (L2) 4:00 Senior Serenaders Concert (T) 7:30 Movie (T)
28	29	30				
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise w/ Brandon (FC) 10:30-11:30 Shopping at Food Lion 12:30-2:00 West Regional Library 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30-4:00 Shopping at Walmart 3:00 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR) 7:30 "Home for Christmas" (Andre Rieu DVD) (T)	10:00-11:30 Morrisville Aquatics Center for Water Aerobics and Swimming 10:30 Tai Chi by DVD (FC) 10:30 Bingo (T) 1:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Audra (FC) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Zoe's 1:00 Rummikub (L2) 1:00 Mah Jongg (L2) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 3:00 Play Train Dominoes (L2) 3:00 Brain Games: Jeopardy! (T)	Doctor's Making House Calls: Monday, Tuesday Wednesday, and Friday	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)	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)	