

March 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
<p><u>Doctor's Making House Calls:</u></p> <p>Monday, Tuesday Wednesday, and Friday</p>	<p>Activities in bold GREEN require sign up.</p>	<p>Ash Wednesday 9:00-1:00 Shopping Shuttle 1:00 Rummikub (L2) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Art Workshop w/ Tony D'Amico (FC) 2:30 Train Dominoes (L2) 4:00 Catholic Communion and Distribution of Ashes (T) 7:00 Music with Teresa (piano) (L) 7:00 -10:30 Lang Lang and the NC Symphony (Sign Up Closed)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling Beginners (FC) 2:30 Wii Bowling Advanced (T) Catholic Communion moved to Wednesday, March 1st 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 12:30-5:30 Temple Theater of Savannah: Savannah Sipping Society (\$25) 1:15 Living Well Exercise w/Audra (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 New Resident Welcome and Happy Hour w/ Justin Selser (piano) (T)</p>	<p>10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 3:00 Music and Memories Sing-a-long w/ Linda Haney (T) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 10:30-12:30 Shopping: Harris Tee-ter and Publix 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 4:30 Piano Recital (T) 7:30 Movie (T)</p>
6	7	8	9	10	11	12 Daylight Saving Time
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Shopping: Food Lion 12:00-1:30 West Regional Library 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00-4:00 Shopping: Walmart 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long w/ Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-3:30 Shopping: Southpoint Mall (Belk, Nordstrom, JC Penney, etc.) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Town Hall Meeting (T) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Moments in Rhyme and Tales Sub-lime w/ Karen Raines (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch Bunch: Danny's BBQ 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:30 Train Dominoes (L2) 3:30 Brain Games w/ Jennifer 7:00 Music with Barbara (Lobby)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling Beginners (FC) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 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/Audra (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Debbie Verderamo (T) 5:30-7:30 Music and Memories with Linda Haney (piano) (L)</p>	<p>10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 12:00-4:30 Met Opera in Cinema: La Traviata (\$20) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>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 Selser 12:00 Televised Catholic Mass (T) 4:00 Trionoide Irish Dancers Perform (T) 7:30 Movie (T)</p>
13	14	15	16	17 St. Patrick's Day	18	19
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Shopping: Food Lion 12:00-2:30 Lunch Bunch: Doherty's Irish Pub 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30-4:30 Shopping: Trader Joe's 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>9:00-10:15 Talk to the Pharmacist (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:15-3:30 NC Museum of Art: Ansel Adams 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 3:45-4:45 Terrific Tunes Tuesday (L) 6:00 Parkinson's Support Group (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (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) 2:30 Train Dominoes (L2) 3:00 Meet the Pharmacist: Brent Talley (T) 7:00 Music with Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 St. Patrick's Trivia Quiz and Prizes with Barbara Asher (T) 4:00 Catholic Communion (FC) 7:30 Movie (T)</p>	<p>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) 2:30 Train Dominoes (L2) 3:45-4:45 St. Patrick's Day Happy Hour w/ Dan Blaisdell (Potato Putt for Prizes, "Pot of Gold" Drawing-\$1 per ticket, winner takes all) (T)</p>	<p>One Day University (see newsletter for details) 10:00 Book Club (FL) 10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 5:30 Music with Linda Haney (L) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00-11:00 Teens and Technology (L2) 12:00-4:30 Bolshoi Ballet in Cinema at Regal Brier Creek 11:00 Televised Baptist Service (T) Sunday Buffet (11:30 and 1:00) 12:00 Televised Catholic Mass (T) 7:30 Movie (T)</p>
20	21	22	23	24	25	26
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Shopping: Food Lion 12:00-1:30 West Regional Library 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) HAPPY MUSIC: Hodgepodge III (T) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:30 Mystery Movie at Park West 12:30 Line Dancing w/ Jennifer (FC) 1:00 Walker/Wheelchair Clinic (OFC) 1:15 Living Well Exercise w/ Legacy (FC) 1:45 Exercise Equipment Training (FC) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Nite Cap Social w/ Silver Linings (T)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Culinary Services Meeting (T) 2:30 Play Train Dominoes (L2) 3:00 Scrabble and Boggle (T) 7:00 Music with the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 11:30-2:00 Lunch Bunch: Two Guys Grille 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 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/ Audra (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Caroline Gregory(T)</p>	<p>10:30 Cardio and Strength Exercise w/ Brandon (FC) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Tai Chi by DVD (FC) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:00 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) 7:30 Movie (T)</p>
27	28	29	30	31		
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Shopping: Food Lion 12:00-2:00 Lunch Bunch: Tribecca Tavern 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:00-4:00 Shopping: Walmart 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>9:30-11:30 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:15-3:30 NC Museum of History: 1920s Drugstore 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 3:45-4:45 Terrific Tunes Tuesday (L) 7:30 Canasta (GR) 7:30 Whose Words These Are w/ Karen Raines (FL)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Culinary Services Meeting (T) 2:30 Play Train Dominoes (L2) 3:00 Brain Games w/ Jennifer (T) 7:15 Resident and Family Education: "What You Need to Know if You are 65 and Take Medication" with Brent Talley (T)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:30 O2 Fitness Water Aerobics 10:00 Community Volunteers: Flower Arranging (DR) 11:30-2:30 Lunch Bunch: Ashworth Drugstore 1:30 Cardio and Strength Exercise w/ Brandon (FC) 2:30 Wii Bowling Beginners (FC) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Laurie (BR) 11:00-2:00 Shred-It Event (L) 1:15 Living Well Exercise w/ Audra (FC) 2:00 JACKPOT Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour (T) 7:30 Movie (T)</p>	<p>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)</p>	<p>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)</p>