

April 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
<u><i>Doctor's Making House Calls:</i></u> <i>Monday, Tuesday Wednesday, Friday</i>	<i>Activities in bold <u>GREEN</u> 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)		10:00-2:00 Shopping Shuttle (CVS, Target, and Food Lion ONLY) 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)	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: Walgreens, Harris Teeter 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)
3	4	5	6	7	8	9
Drop off Library Books to Return and Make Requests for Pick Up 8:45 AARP Tax Assistance 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 3:00-4:00 Ladies Tea (T) 6:00 Rummikub (GR) 7:15 Sing-a-long w/ Lisa (L) 7:30 Monday Night Bridge (GR)	10:00-10:30 First Baptist Church Choir Performance (T) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Town Hall and Cash Prize Drawing (\$1 per ticket, winner takes all) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Moments in Rhyme and Tales Sub-lime w/ Karen Raines (FL)	8:45 AARP Tax Assistance 12:30-1:30 Pizza Party! (\$5-two slices and a drink) (T) 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) 7:00 Music with Teresa (Lobby)	9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 10:30 Preston Pointe Ambassador Meeting (by invitation) (T) 1:30 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)	8:45 AARP Tax Assistance 9:00 Banks and Post Office 10:45 Bojangles 10:00 Stretch Exercise by DVD (FC) 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 T)	10:00-2:00 Shopping Shuttle (CVS, Target, and Food Lion ONLY) 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)	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) 7:30 Movie (T)
10 Passover Begins	11	12	13	14	15	16 Easter
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 2:30 Mock Auction w/ Jennifer (T) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)	9:00-10:15 Talk to the Pharmacist (WC) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 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)	1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:00 Make Your Own Ice Cream Sundae Social and New Resident Welcome (T) 2:30 Train Dominoes (L2) 3:30 Decorate an Easter Hat (FC) 7:00 Music with Barbara (L)	9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00 Great Courses: The Skeptic's Guide to American History (Lecture 1) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling Beginners (FC) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (FC) 7:30 Movie (T)	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 (Easter Hat Parade and Basket Giveaway) (T)	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) 1:00-4:30 Playmakers: My Fair Lady (TICKETS: \$35-60) 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) 7:30 Movie (T)
17	18 Passover Ends	19	20	21	22	23
9:30 A Stitch in Time (FL) 9:00-10:15 West Regional Library 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Shopping: Food Lion 12:00-2:00 Shopping: Walmart 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30 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)	8:00-10:00 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:30 Garden Supply Company and Lunch at Abbey Road Grill 12:30 Line Dancing w/ Jennifer (FC) 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)	9:30-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 1:30-4:00 Shopping at Cary Towne Center (Belk, Talbots, JC Penney, etc.) 2:00 Card Games (T) 2:00 Culinary Services Meeting (T) 2:00 Art Workshop w/ Tony D'Amico (FC) 2:30 Play Train Dominoes (L2) 3:00 Scrabble and Boggle (T) 7:00 Music with Sara (L)	8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 9:30-11:00 Breakfast Bunch: Brigg's 10:00 Community Volunteers: Flower Arranging (DR) 11:00 Great Courses: The Skeptic's Guide to American History (Lecture 2) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling Advanced (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	Audiologist Visits 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 Happy Hour w/ Dan Blaisdell (T)	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 and Memories w/ Linda Haney (L) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30-12:30 Shopping: Walgreens, Harris Teeter, and Publix 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)
24	25	26	27	28	29	30
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 Shopping: Walmart 1:00 Bible Study (BR) 1:30 Poker Club (GR) 2:00 Yoga with Brenda (FC) 2:30-4:00 Shopping: Trader Joe's 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)	Podiatrist Visits 8:00-10:00 O2 Fitness Water Aerobics 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 1:30-2:30 April Fashion Show (DR) 1:00 Walker/Wheelchair Clinic (OFC) 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)	9:30-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Card Games (T) 2:30 Play Train Dominoes (L2) 3:00 Brain Games w/ Jennifer (T) 6:00 Music w/ the Hancock Family 7:15 Resident and Family Education with Suzen McCann (T)	8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00 Great Courses: The Skeptic's Guide to American History (Lecture 3) 1:30 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)	9:00 Banks and Post Office 10:00 Stretch Exercise by DVD (FC) 10:45 Lunch Bunch: Ledo Pizza 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Audra (FC) 2:00 JACKPOT Bingo! (T) 2:30 Train Dominoes (L2) 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 (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)	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) 2:30-4:30 Songs and Drama with the Cary Christian School (T) 7:30 Movie (T)