

June 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
<p><u>Doctor's Making House Calls:</u></p> <p>Monday, Tuesday Wednesday, Friday</p>			<p>8:00-10:00 Q2 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 (T) 11:00-1:00 Lunch at Charlie Grainger's 1:30 Exercise w/ Brandon (FC) 2:00 Wii Bowling (T) 3:00 Performance Edge Preview (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Stretch Exercise by DVD (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Jennifer (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/ Tom Neuhauer (T)</p>	<p>10:00 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) 3:30 Music w/ Linda Haney (T) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 Shopping at Harris Teeter, Publix, and Walgreens 10:30 St. Michael's Catholic Mass (Streamed) (T) 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) 3:00 Piano Recital (T) 7:30 Movie (T)</p>
5	6 Podiatrist Visits	7	8	9	10	11
<p>9:00-10:30 Kroger Grocery 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-2:00 Walmart 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 2:00 Yoga with Brenda (FC) 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>8:00-10:00 Q2 Fitness Water Aerobics 8:45 Post Office 9:00-10:15 Ask the Pharmacist (WC) 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:00-4:00 Lunch at Weathervane and Morehead Planetarium "Carolina Skies" Show 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 4:00 Heroes of Faith w/ Jordan Lutheran (T) 7:30 Canasta (GR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-12:00 Tea with Legacy (FL) 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) 3:00 Brain Games (T) 7:00 Music with Teresa (Lobby)</p>	<p>8:00-10:00 Q2 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 (T) 1:30 Exercise w/ Brandon (FC) 2:00 Wii Bowling (T) 3:00 Catholic Confession (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Stretch Exercise by DVD (FC) 10:30-12:30 Brunch at Toast 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)</p>	<p>10:00 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) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Catholic Mass (Streamed) (T) 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) 7:30 Movie (T)</p>
12	13	14	15	16 Audiology Clinic	17	18 Father's Day
<p>9:00-10:30 West Regional Library 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-1:00 Trader Joe's 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-10:00 Q2 Fitness Water Aerobics 8:45 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:00-3:00 Shopping at Cary Towne Center (Belk, Talbot's, JC Penney, Barnes and Noble) 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Town Hall and Cash Prize Drawing (T) 3:45-4:45 Terrific Tunes (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) 2:30 Train Dominoes (L2) 3:30 Musical Descriptions w/ Mary Anne Niellson (T) 7:00 Music with Barbara (L)</p>	<p>8:00-10:00 Q2 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 (T) 11:00-1:30 Lunch at D&S Cafeteria 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)</p>	<p>9:00 Banks 9:00-10:30 Audiology Clinic 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/ Dan Blaisdell (T)</p>	<p>10:00 Book Club (FL) 10:00 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) 1:00-5:00 Performance Edge Summer Showcase (\$20) 2:00 Card Games (T) 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 10:30 Shopping at Harris Teeter, Publix, and Walgreens 10:30 St. Michael's Catholic Mass (Streamed) (T) 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) 7:30 Movie (T)</p>
19	20	21	22	23	24	25
<p>9:00-10:30 Kroger Grocery 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-2:00 Walmart 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 2:30 Happy Music by Marie: Marie's Favorites (T) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-10:00 Q2 Fitness Water Aerobics 8:45 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:00 Living Well Exercise w/ Legacy (FC) 4:00 Heroes of Faith w/ Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Night Cap Social with Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:30-1:00 Lunch at Danny's BBQ 11:00-12:00 Tea with Legacy (FL) 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 Play Train Dominoes (L2) 3:30 Journey with Jim (T) 7:00 Music with Sara (L)</p>	<p>8:00-10:00 Q2 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 (T) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 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 w/ Cole Koffi (T)</p>	<p>10:00 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) 7:30 Movie (T)</p>	<p>8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Catholic Mass (Streamed) (T) 11:00 Televised Baptist Service (FL) Sunday Buffet (11:30 and 1:00) Music with Teresa Smith (piano) 7:30 Movie (T)</p>
26	27 Mobility Clinic	28	29	30		
<p>9:00-10:30 West Regional Library 9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-1:00 Fresh Market 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (GR) 7:30 Monday Night Bridge (GR)</p>	<p>8:00-10:00 Q2 Fitness Water Aerobics 8:45 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:30 Mystery Movie at park West (\$5 at door) 12:30 Line Dancing w/ Jennifer (FC) 1:00 Mobility Clinic (OFC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 7:30 Canasta (GR) 7:30 Classical Music with the Jacobowitz Duo (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 Dairy Queen 2:30 Play Train Dominoes (L2) 7:15 Resident and Family Education: "Hydration and Your Health" with Legacy Healthcare (T)</p>	<p>8:00-10:00 Q2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Community Volunteers: Flower Arranging (DR) 11:00-3:00 Lunch at Taziki's Mediterranean Café and Shopping at Steinmart of Parkside Town Commons 1:30 Exercise w/ Brandon (FC) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 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 Jackpot Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 New Resident Welcome and Happy Hour (T) 7:15 Shabbat Service with Jewish Family Services Volunteers (T)</p>	<p>FL- Fireside Lounge (1st Floor) T- Theater (4th Floor) 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>	