

July 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 31					1	2
<p>9:00-10:30 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) 7:30 Monday Night Bridge (GR)</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>	<p><u>Doctor's Making House Calls:</u> Monday, Tuesday Wednesday, Friday</p>	<p>10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 5:30 Music w/ Linda Haney (L) 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) 12:00 Televised Catholic Service (T) Sunday Brunch Buffet (11:30 and 1:00) 7:30 Movie (T)</p>
3	4	5 Podiatrist Visits	6	7	8	9
<p>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>10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 and 1:00 July 4th Lunch (DR) 1:00 Poker Club (GR) 4:00 Hymns and Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR) 8:00-9:30 "A Capital Fourth" (Fireworks and Music from DC) (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 SPECIAL SPEAKER: WW II Veteran, Keith Allen, "SACO" (T) 2:30 Train Dominoes (L2) 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 The Skeptic's Guide to American History (T) 1:00-3:00 Chocolate Lover's Indulgence Party (T) 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) 10:30-12:30 Brunch at First Watch 1:15 Living Well Exercise w/Audra (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Ed Lyons (T)</p>	<p>10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 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) 12:00 Televised Catholic Service (T) Sunday Brunch Buffet (11:30 and 1:00) 1:00-5:00 NC Theatre Conservatory: Oklahoma! (\$35) (Duke Energy Center-Raleigh) 7:30 Movie (T)</p>
10	11	12	13	14	15	16
<p>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) 2:00-3:00 West Regional Library 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) 11:30-1:30 Lunch at Gypsy's Shiny Diner 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 3:45-4:45 Terrific Tunes (L) 6:00 Parkinson's Support Group (T) 7:30 Canasta (GR) 7:30 Moments in Rhyme and Tales Sublime (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-12:00 Chat with Legacy and FREE Notary Services (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 Flirting with French w/ Barbara Asher (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 The Skeptic's Guide to American History (T) 1:30 Exercise w/ Brandon (FC) 4:00 Catholic Communion (FC) 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 Bingo! (T) 2:30 Train Dominoes (L2) 3:45-4:45 Happy Hour w/ Debbie Verderamo (T)</p>	<p>10:00 Book Club (FL) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 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 St. Michael's Catholic Mass (Streamed) (T) 10:30 Shopping: Harris Teeter, Publix, and Walgreens 11:00 Televised Baptist Service (FL) 12:00 Televised Catholic Service (T) Sunday Brunch Buffet (11:30 and 1:00) 7:30 Movie (T)</p>
17	18 Pharmacist Visits	19	20	21 Audiology Clinic	22	23
<p>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: Music from the Movies (Theater) 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) 12:00-3:00 Shopping at Southpoint 12:30 Line Dancing w/ Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 4:00 Hymns and Scriptures 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 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) 3:00 Laugh Out Loud w/ Amy (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 The Skeptic's Guide to American History (T) 1:30 Exercise w/ Brandon (FC) 2:00 Journey Through France w/ Mike Johnson (T) 4:00 Catholic Communion (FC) 7:30 Movie (T)</p>	<p>8:30-10:00 Audiology Clinic (WC) 9:00 Banks 10:00 Stretch Exercise by DVD (FC) 10:30-12:30 Brunch at IHOP 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>10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 6:00-9:30 ADF Performance: Mark Morris Dance Company (\$60) (DPAC-Durham) 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) 12:00 Televised Catholic Service (T) Sunday Brunch Buffet (11:30 and 1:00) 7:30 Movie (T)</p>
24	25	26	27	28	29	30
<p>9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-1:00 Aldi 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 1:30-3:00 West Regional Library 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) 11:30-2:00 Joy Ride and Lunch at La Madeleine Country French Cafe 12:30 Line Dancing w/ Jennifer (FC) 1:00 Mobility Clinic (OFC) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 3:45-4:45 Terrific Tunes (L) 7:30 Canasta (GR) 7:30 Whose Words These Are (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-12:00 Chat with Legacy and FREE Notary Services (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 Play Train Dominoes (L2) 3:00 Watermelon Social (T) 6:00 Music with the Hancock Family (L) 7:15 Resident and Family Education: "What Does a Geriatric Psychiatrist do?" (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 Great Courses: The Skeptic's Guide to American History (T) 1:15-4:45 Maple View Dairy Farm Tour and Ice Cream (\$8 per person for tour, \$3-6 for ice cream) 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 Happy Hour w/ Caroline Gregory (T)</p>	<p>10:30 Bingo! (T) 1:00 Hand & Foot Card Game (T) 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) 12:00 Televised Catholic Service (T) Sunday Brunch Buffet (11:30 and 1:00) 5:00-7:00 Tour de France Dinner 7:30 Movie (T)</p>