

August 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 10:30-2:00 Cary Towne Center Mall 1:00 Poker Club (GR) 2:30 Town Hall & Cash Prize Drawing (T) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR)	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 Art Workshop w/ Tony D'Amico (FC) 2:30 Train Dominoes (L2) 7:00 Music with Teresa (L)	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) 2:30 Wii Bowling (T) 2:30 Beginner Jewelry Making (BR) 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks 10:00 Stretch Exercise by DVD (FC) 10:45 Chick-fil-A 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 Neuhauser (L) 6:30-9:30 Theatre in the Park: Glorious! (\$20)	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 Music w/ Linda Haney (L) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC Sunday Brunch Buffet (11:30 and 1:00) 3:00 "GRANDS" Movie Matinee: Trolls (T) 5:00-7:00 French Wine Dinner (\$25. RESIDENTS ONLY) 7:30 Movie (T)
7	8	9	10	11 Audiology Clinic	12	13
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)	9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-3:00 NC Museum of History: Lunch at Pharaoh's/ NC and World War I (Exhibit) 1:00 Poker Club (GR) 2:30 The Crown (T) 3:45 Terrific Tunes w/ Ed Lyons (L) 6:00 Parkinson's Support Group (T) 7:30 Canasta (GR)	9:00-1:00 Shopping Shuttle 1:00 Rummikub (T) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 1:30-3:30 AC Moore Craft Supply 2:30 Train Dominoes (L2) 7:00 Music with Barbara (L)	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) 2:30 Wii Bowling (T) 2:30 Beginner Jewelry Making (BR) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:30-10:00 Audiology Clinic (WC) 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 (T)	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)	8:15-10:30 Transportation to St. Michael's and Genesis UMC Sunday Brunch Buffet (11:30 and 1:00) 7:30 Movie (T)
14	15 Podiatrist and Pharmacist	16	17	18	19	20
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) 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)	9:00-10:15 Pharmacist Visits (WC) 9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:00 Lunch at Bonefish Grill 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:00 AVON Calling (FL) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T) 7:30 Canasta (GR) 7:30 Night Cap Social with Silver Linings (FL)	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 Art Workshop w/ Tony D'Amico (FC) 2:00 Card Games (T) 2:30 Train Dominoes (L2) 7:00 Music with Sara (L)	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) 12:00-1:30 Hawaiian Luau (L and DR) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks 10:00 Stretch Exercise by DVD (FC) 10:45 Chick-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)	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) 5:45 Music with Linda Haney (L) 7:30 Movie (T)	8:15-10:30 Transportation to St. Michael's and Genesis UMC 10:30-12:30 Shopping: Harris Teeter, Publix, and Walgreens Sunday Brunch Buffet (11:30 and 1:00) 7:30 Movie (T)
21	22	23	24	25	26	27
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) 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 2:30 Happy Music: Andre Rieu Concert (T) 6:00 Rummikub (GR) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)	9:00-10:15 Ask the Pharmacist (WC) 9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-3:00 NC Museum of Natural Science: Lunch at Acro Café and RACE: Are We so Different? (Exhibit) 1:00 Mobility Clinic (OFC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 3:45 Terrific Tunes w/ Tom Neuhauser (L) 7:30 Canasta (GR)	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) 2:30 SPECIAL PRESENTATION by Dr. David Rogne: Ernest Shackleton Survives Disaster in Antarctica (T) 2:30 Play Train Dominoes (L2) 7:00 Music with the Hancock Family (L)	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) 2:30 Wii Bowling (T) 2:30 Beginner Jewelry Making (BR) 4:00 Catholic Communion (T) 7:30 Movie (T)	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/ Cole Koffi (T)	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)	8:15-10:30 Transportation to St. Michael's and Genesis UMC Sunday Brunch Buffet (11:30 and 1:00) Music by Teresa Smith (piano) (L) 7:30 Movie (T)
28	29	30	31			
9:30 A Stitch in Time (FL) 10:00 Cardio and Strength Exercise (FC) 10:30-11:30 Food Lion 11:30-1:30 Dorcas 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)	9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30-2:00 Lunch at Verandah of Cary 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) 7:30 Canasta (GR) 7:30 Whose Words These Are w/ Karen Raines (FL)	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 Play Train Dominoes (L2) 3:00 Things I Never Noodle Now (T) 7:15 Resident and Family Education (T)	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) 2:30 Beginner Jewelry Making (BR) 4:00 Catholic Communion (T) 7:30 Movie (T)	Doctor's Making House Calls: Monday, Tuesday Wednesday, 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) el)	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)