

# September 2017



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b>	<b>2</b>	<b>3</b>
<p><u><b>Doctor's Making House Calls:</b></u></p> <p><b>Monday, Tuesday Wednesday, Friday</b></p>	<p><b>DR-</b> Medallion Dining (1st Flr)  <b>DR3-</b> Magnolia Dining (3rd Flr)  <b>WC-</b> Wellness Center (2nd Floor)  <b>GR-</b> Game Room (1st Floor)  <b>L2-</b> Library (2nd Floor)  <b>OFC-</b> Outside Fitness Center (Lower Level)</p>	<p><b>FL-</b> Fireside Lounge (1st Floor)  <b>T-</b> Theater (4th Floor)  <b>L-</b> Lobby (1st Floor)  <b>FC-</b> Fitness Center (Lower Level)  <b>C-</b> Café (1st Floor)  <b>P-</b> Back Patio (1st Floor)  <b>BR-</b> Boardroom (Lower Level)</p>		<p><b>9:00 Banks</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:30 Brunch at IHOP</b>  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Tom Neuhauser (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>1:00</b> Hand &amp; Foot Card Game (T)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>3:00</b> Music w/ Linda Haney (L)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30 Transportation to St. Michael's and Genesis UMC</b></p> <p><b>Sunday Brunch Buffet (11:30 and 1:00)</b>  <b>Please make a reservation.</b></p> <p><b>7:30</b> Movie (T)</p>
<b>4 Labor Day</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Cardio and Strength Exercise (FC)  <b>1:00</b> Bible Study (BR)  <b>1:00-3:00</b> Pinochle (T)  <b>2:30</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <b>7:15</b> Sing-a-long with Lisa (L)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15 Post Office</b>  <b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>10:30-11:30 Food Lion</b>  <b>12:30-3:30 Cary Towne Center Mall</b>  <b>12:30</b> Line Dancing (FC)  <b>1:00</b> Poker Club (GR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:30</b> Prince Phillip: The Plot to Make a King (Documentary) (T)  <b>4:00</b> Hymns &amp; Scriptures w/ Jordan Lutheran (T)  <b>7:30</b> Moments in Rhyme w/ Karen (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>11:00-1:00 Lunch at Chili's</b>  <b>1:00</b> Rummikub (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>1:00</b> Preston Bridge Club (GR)  <b>2:00</b> Card Games (T)  <b>2:00</b> Art Workshop w/ Tony D'Amico (FC)  <b>2:30</b> Train Dominoes (L2)  <b>7:00</b> Music with Teresa (L)</p>	<p><b>8:00-10:00 O2 Fitness Water Aerobics</b>  <b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>11:00</b> The Skeptic's Guide to American History (T)  <b>1:30</b> Exercise w/ Brandon (FC)  <b>2:30</b> Wii Bowling (T)  <b>2:30</b> Beginner Jewelry Making (BR)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00 Banks</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45 Bojangles</b>  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Debbie Verderamo (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>1:00</b> Hand &amp; Foot Card Game (T)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30 Transportation to St. Michael's and Genesis UMC</b></p> <p><b>10:30-12:30 Shopping: Harris Teeter, Publix, and Walgreens</b></p> <p><b>Sunday Brunch Buffet (11:30 and 1:00)</b>  <b>Please make a reservation.</b></p> <p><b>7:30</b> Movie (T)</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15 Audiology Clinic</b>	<b>16</b>	<b>17</b>
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Cardio and Strength Exercise (FC)  <b>10:30-11:30 Food Lion</b>  <b>11:30-2:00 Walmart</b>  <b>1:00</b> Bible Study (BR)  <b>1:00-3:00</b> Pinochle (T)  <b>2:00</b> Yoga with Brenda (FC)  <b>2:30-3:30 West Regional Library</b>  <b>2:30</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15 Post Office</b>  <b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>12:30</b> Line Dancing w/ Jennifer (FC)  <b>12:30-2:30 Visit the Holy Name of Jesus Cathedral</b>  <b>1:00</b> Poker Club (GR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:30</b> Winston Churchill: Walking with Destiny (Documentary) (T)  <b>3:45</b> Terrific Tunes w/ Ed Lyons (L)  <b>6:00</b> Parkinson's Support Group (T)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>11:00-1:00 Lunch at Eighty 8 (Asian Bistro and Sushi)</b>  <b>1:00</b> Rummikub (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>1:00</b> Preston Bridge Club (GR)  <b>2:00</b> Card Games (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:30</b> Mock Auction w/ Jennifer (T)  <b>7:00</b> Music with Barbara (L)</p>	<p><b>8:00-10:00 O2 Fitness Water Aerobics</b>  <b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>11:00</b> The Skeptic's Guide to American History (T)  <b>1:30</b> Exercise w/ Brandon (FC)  <b>2:30</b> Music Video Premiere Party! (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:30-10:00</b> Audiology Clinic (WC)  <b>9:00 Banks</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>11:30 Freddy's Steakhouses</b>  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Dan Blaisdell (T)</p>	<p><b>10:00</b> Book Club (FL)  <b>10:30</b> Bingo! (T)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>1:00</b> Hand &amp; Foot Card Game (T)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30 Transportation to St. Michael's and Genesis UMC</b></p> <p><b>Sunday Brunch Buffet (11:30 and 1:00)</b>  <b>Please make a reservation.</b></p> <p><b>4:00</b> Young Musicians Concert: Senior Serenaders (T)  <b>7:30</b> Movie (T)</p>
<b>18</b>	<b>19 Podiatrist Visits</b>	<b>20 Rosh Hashanah</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Cardio and Strength Exercise (FC)  <b>10:30-11:30 Food Lion</b>  <b>11:30-2:00 Walmart</b>  <b>1:00</b> Bible Study (BR)  <b>2:00</b> Yoga with Brenda (FC)  <b>2:30</b> Play Train Dominoes (L2)  <b>2:30</b> Happy Music by Marie: The Best of the Best (T)  <b>6:00</b> Rummikub (GR)  <b>7:15</b> Sing-a-long with Lisa (L)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:00-10:30</b> Ask the Pharmacist (WC)  <b>9:15 Post Office</b>  <b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>11:30-2:00 Lunch at Captain Stanley's</b>  <b>1:00</b> Poker Club (GR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:30</b> Secrets of Westminster (Documentary) (Theater)  <b>4:00</b> Hymns &amp; Scriptures w/ Jordan Lutheran (T)  <b>7:30</b> Canasta (GR)  <b>7:30</b> Night Cap Social with Silver Linings (FL)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>1:00</b> Rummikub (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>1:00</b> Preston Bridge Club (GR)  <b>2:00</b> Art Workshop w/ Tony D'Amico (FC)  <b>2:30</b> Play Train Dominoes (L2)  <b>3:30</b> Things I Never Noodle Now (T)  <b>7:00</b> Music with Sara (L)</p>	<p><b>8:00-10:00 O2 Fitness Water Aerobics</b>  <b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>11:00</b> The Skeptic's Guide to American History (T)  <b>1:30</b> Exercise w/ Brandon (FC)  <b>2:30</b> Wii Bowling (T)  <b>2:30</b> Beginner Jewelry Making (BR)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00 Banks</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45 Bojangles</b>  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Caroline Gregory (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>1:00</b> Hand &amp; Foot Card Game (T)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>5:45</b> Music with Linda Haney (L)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30 Transportation to St. Michael's and Genesis UMC</b></p> <p><b>Sunday Brunch Buffet (11:30 and 1:00)</b>  <b>Please make a reservation.</b>  <b>Music by Teresa Smith (piano) (L)</b></p> <p><b>5:00-7:00 German Dinner (Only 50 seats, \$25 per person, Sign up!)</b></p> <p><b>7:30</b> Movie (T)</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 Yom Kippur</b>	<b>30</b>	
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> Cardio and Strength Exercise (FC)  <b>10:30-11:30 Food Lion</b>  <b>11:30-1:30 Trader Joe's</b>  <b>1:00</b> Bible Study (BR)  <b>1:00-3:00</b> Pinochle (T)  <b>1:30-3:00 West Regional Library</b>  <b>2:00</b> Yoga with Brenda (FC)  <b>2:30</b> Play Train Dominoes (L2)  <b>6:00</b> Rummikub (GR)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15 Post Office</b>  <b>10:00</b> Tai Chi by DVD (FC)  <b>10:30</b> Bingo (T)  <b>11:30-2:00 Lunch at Danny's BBQ</b>  <b>1:00</b> Poker Club (GR)  <b>1:00</b> Mobility Clinic (OFC)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:30</b> Elizabeth at 90: A Family Tribute (Documentary) (T)  <b>3:45</b> Terrific Tunes w/ Tom Neuhauser (L)  <b>7:30</b> Canasta (GR)</p>	<p><b>9:00-1:00 Shopping Shuttle</b>  <b>1:00</b> Rummikub (T)  <b>1:00</b> Tai Chi w/ Adrienne (FC)  <b>1:00</b> Preston Bridge Club (GR)  <b>2:00</b> Card Games (T)  <b>2:30</b> Play Train Dominoes (L2)  <b>3:00</b> Culinary Services Meeting (T)  <b>7:15</b> Resident and Family Education (T)</p>	<p><b>8:00-10:00 O2 Fitness Water Aerobics</b>  <b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Community Volunteers: Flower Arranging (DR)  <b>11:00</b> The Skeptic's Guide to American History (T)  <b>1:30</b> Exercise w/ Brandon (FC)  <b>2:30</b> Wii Bowling (T)  <b>2:30</b> Beginner Jewelry Making (BR)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00 Banks</b>  <b>10:00</b> Stretch Exercise by DVD (FC)  <b>10:45 Chick-fil-A</b>  <b>11:00</b> Jewelry Making w/ Laurie (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> JACKPOT Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> New Resident Welcome and Happy Hour (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>10:30</b> Strength Exercise by DVD (FC)  <b>1:00</b> Hand &amp; Foot Card Game (T)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>7:30</b> Movie (T)</p>	