

January 2018



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 New Year's Day	2	3	4	5	6	7
<p>9:30 A Stitch in Time (FL) 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 2:30 Play Train Dominoes (L2) 2:30 Movie Matinee: Our Souls At Night (T) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:00-12:00 Food Lion 10:30 Bingo (T) 12:00-1:00 West Regional Library 1:00-3:00 Walmart 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Town Hall and Cash Prize Drawing (T) 3:30 Teens and Technology (L2) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T)</p>	<p>9:00-1:00 Shopping Shuttle 11:00 Lunch at Panera 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Play Gin Rummy (T) 2:00 Art Workshop w/Tony D'Amico (FC) 2:30 Train Dominoes (L) 7:00 Music with Teresa (L)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 11:00 Great Courses: Turning Points in Modern 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)</p>	<p>9:00 Banks 10:00 Exercise w/ Nourma (FC) 10:45 Freddy's Steakburgers 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Ed Lyons (T) 7:00 St. Michael's Epiphany Service and Concert (Streamed Live) (T)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength Exercise with Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:30 Heroes and Legends of Literature (T) 5:45 Music w/ Linda Haney (L) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30-12:30 Shopping: Harris Teeter, Publix, and Walgreens 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)</p>
8	9	10	11	12	13	14
<p>9:30 A Stitch in Time (FL) 10:00 Exercise w/ Danielle (FC) 10:00-12:00 Food Lion 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 1:00-3:00 Joanne's Fabrics and Crafts 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (FL) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:30-3:00 Nasher Museum: The Medici's Painter 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 3:45-4:45 Terrific Tunes w/ Silver and Gold (L) 6:00 Parkinson's Support Group (T)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Play Gin Rummy (T) 2:00 Art Workshop w/Tony D'Amico (FC) 2:30 Train Dominoes (L) 3:30 Music and the Brain (T)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00 Banks 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 11:00 Great Courses: Turning Points in Modern 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)</p>	<p>9:00 Banks 10:00 Exercise w/ Nourma (FC) 10:45 Boiangles 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Debbie Verderamo (T)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength Exercise with Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (FL) 3:30 Heroes and Legends of Literature (T) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 1:00-5:00 Love Letters (Duke Energy Center) (\$55) 7:30 Movie (T)</p>
15 Martin Luther King Jr. Day	16	17	18	19	20	21
<p>9:30 A Stitch in Time (FL) 10:00 Exercise w/ Danielle (FC) 10:00-12:00 Food Lion 1:00 Bible Study (BR) 1:00-3:00 Pinochle (T) 1:00-2:30 West Regional Library 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 2:30 Trader Joe's 2:30 Happy Music by Marie (T) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>Podiatrist Visits 9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 10:30-1:00 Cary Towne Center Mall 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:00 Mystery Movie at Park West Village 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T) 7:30 Night Cap Social with Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle 11:30-12:30 Lunch at Broken Egg Cafe 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Play Gin Rummy (T) 2:00 Art Workshop w/ Tony D'Amico (FC) 2:30 Train Dominoes (L2) 3:30 Music and the Brain (T) 7:00 Music with Sara (L)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 11:00 Great Courses: Turning Points in Modern History (T) 1:30 Exercise w/ Brandon (FC) 2:15 West Regional Library: Japanese Temari Art Demonstration (FREE) 2:30 Wii Bowling (T) 2:30 Beginner Jewelry Making (BR) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:30-10:00 Audiology Clinic (WC) 9:00 Banks 10:00 Exercise w/ Nourma (FC) 10:45 Cracker Barrel 11:00 Jewelry Making w/ Laurie (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Dan Blaisdell (T)</p>	<p>10:00 Book Club (FL) 10:30 Bingo! (T) 10:30 Exercise with Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:30 Heroes and Legends of Literature (T) 5:45 Music w/ Linda Haney (L) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (Streamed) (T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)</p>
22	23	24	25	26	27	28
<p>9:30 A Stitch in Time (FL) 10:00 Exercise w/ Danielle (FC) 10:00-12:00 Food Lion 1:00 Bible Study (BR) 1:00-3:00 Walmart 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 4:45 Lighting of the Menorah (FL) 6:00 Rummikub (FL) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 12:00-1:30 Mardi Gras Celebration! (L and DR) 1:00 Poker Club (GR) 1:00 Mobility Clinic (OFC) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 The Crown (T) 3:45 Terrific Tunes w/ Tom Neuhauser (L)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:30 Play Train Dominoes (L2) 3:00 Flirting with French w/ Barbara Asher (T) 6:00 Music with the Hancock Family (L) 7:15 Veterans Memorial Foundation Meeting (T)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 11:00 Great Courses: Daily Life in the Ancient World (T) 1:30 Exercise w/ Brandon (FC) 2:30 Wii Bowling (T) 2:30 Beginner Jewelry Making (BR) 4:00 Catholic Communion (T) 6:30-10:00 In the Mood (Duke Energy Center) (\$55) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Exercise w/ Nourma (FC) 10:45 Boiangles 11:00 Jewelry Making (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Jackpot Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Caroline Gregory (T) 7:15 Shabbat Service (T)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength Exercise with Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:30 Heroes and Legends of Literature (T) 7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch Buffet (11:30 and 1:00) Music by Teresa Smith (L) Please make a reservation. 1:00-4:30 NC Opera: Rigoletto (\$65) 7:30 Movie (T)</p>
29	30	31				
<p>9:30 A Stitch in Time (FL) 10:00 Exercise w/ Danielle (FC) 10:00-12:00 Food Lion 1:00 Bible Study (BR) 1:00-3:00 Kohl's of Apex 2:00 Yoga with Brenda (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 Lunch at Lucky 32 Southern Kitchen 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)</p>	<p>9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:00 Play Gin Rummy (T) 2:30 Play Train Dominoes (L2) 3:30 Music and the Brain (T) 7:00 Resident and Family Education: Your Life, Your Hearing, and Our Solutions (T)</p>		<p>Doctor's Making House Calls: Monday, Tuesday Wednesday, Friday</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>