

May 2018



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Early Voting	2	3	4	5	6
	<p>9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 11:30 Early Voting 12:30 Line Dancing w/ Jennifer (FC) 1:00 Early Voting 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Early Voting 3:30 Teens and Technology (L2) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-12:30 Lunch at Panera 1:00 Rummikub (FL) 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 (L) 3:30 Great Orchestral Works (T) 5:00-6:00 Music w/ Teresa (DR3) 7:00 Music w/ 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: Ancient Civilizations (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 Exercise w/ Nourma (FC) 10:30-12:30 Brunch at Toast 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)</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) 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 (LIVE Stream)(T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 2:15-5:15 Plaza Suite (Cary Players-\$25) 7:30 Movie (T)</p>
7	8 Election	9	10	11	12	13 Mother's Day
<p>9:30 A Stitch in Time (FL) 10:00 Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 1:45 Gigi's Handbell Choir (T) 2:00 Yoga with Portia (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 Vote at Polling Place 10:30 Bingo (T) 11:00 Vote at Polling Place 12:00 Vote at Polling Place 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 1:15-3:45 Duke Gardens Tour (\$10) 6:00 Parkinson's Support Group (T and BR)</p>	<p>9:00-1:00 Shopping Shuttle 11:30-1:00 Lunch at Dean's Kitchen 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:30 Train Dominoes (L2) 3:30 Great Orchestral Works (T) 7:00 Music with Barbara (L)</p>	<p>8:00-10:00 O2 Fitness Water Aerobics 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 10:30 Cardinal Singers of Raleigh (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 Strength Exercise by DVD (FC) 10:45 Bojangles 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) 5:30-10:30 Live Music Soiree and Film Screening: "A Late Quartet" (\$30) 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) Mother's Day Brunch Buffet (Make a reservation: 11:30 and 1:00) 7:30 Movie (T)</p>
14	15 Podiatrist Visits	16	17	18 Audiology Clinic	19	20
<p>9:30 A Stitch in Time (FL) 10:00 Strength Exercise by DVD (FC) 10:00-12:00 Food Lion 12:30-3:00 Walmart 1:00 Bible Study (BR) 2:00 Yoga with Portia (FC) 2:30 Play Train Dominoes (L2) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:00-10:30 Talk to the Pharmacist (WC) 9:15 Post Office 10:00 Tai Chi by DVD (FC) 10:30 Bingo (T) 1:00 Poker Club (GR) 1:15-3:45 Duke Gardens Tour (\$10) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Benjamin Franklin (T) 3:30 Teens and Technology (L2) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T) 7:30 Night Cap Social w/Silver Linings (FL)</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) 1:45-3:15 Ladies Tea (music from the harp and the history of tea) (DR) 2:30 Play Train Dominoes (L2) 3:30 Great Orchestral Works (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) 11:00-2:30 Cary Towne Center and Barnes and Noble 11:00 Great Courses: Ancient Civilizations (T) 1:30 Exercise w/ Brandon (FC) 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) 11:00-1:00 Lunch at Smithfield's Chicken and BBQ 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>10:30 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) 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 (Make a reservation: 11:30 and 1:00) 4:00-5:00 MUSE Concert (T) 5:15 Music w/Linda Haney (L) 7:30 Movie (T)</p>
21	22	23	24	25	26	27
<p>9:30 A Stitch in Time (FL) 10:00 Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 2:00 Yoga with Portia (FC) 2:30 Play Train Dominoes (L2) 2:30 Happy Music by Marie: Inspirational (T) 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 Shopping at Kohl's and AC Moore 1:00 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:00 Mobility Clinic (OFC) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Benjamin Franklin (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 Laugh Out Loud: "If You're Not in the Obits, Eat Breakfast" (T) 6:00 Music with the Hancock Family</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: Ancient Civilizations (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 Bojangles 11:00 Jewelry Making w/ Laurie (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)</p>	<p>10:00 Book Club (FL) 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) 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 (Make a reservation: 11:30 and 1:00) 1:00-3:00 Music by Teresa Smith (L) 8:00-9:30 PBS National Memorial Day Concert (T)</p>
28 Memorial Day	29	30	31			
<p>"Remembrance Poppies" available at the front desk. 9:30 A Stitch in Time (FL) 10:00 Exercise w/ Nourma (FC) 1:00 Bible Study (BR) 2:00 Yoga with Portia (FC) 2:30 Play Train Dominoes (L2) 2:30 Movie Matinee: This is the Army (patriotic musical) (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) 12:30-3:00 Shopping at Stein Mart and Hobby Lobby 12:30 Line Dancing w/ Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Benjamin Franklin (T)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-1:00 Lunch at Mellow Mushroom 1:00 Rummikub (FL) 1:00 Tai Chi w/ Adrienne (FC) 1:00 Preston Bridge Club (GR) 2:30 Play Train Dominoes (L2) 3:30 Great American Songbook w/ the Smith Jazz Duo (T) 7:15 Wellness Presentation: Onsite Dermatology (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: Ancient Civilizations (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>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>	