

July 2018



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 30	July 31					1
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers FLEX 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) 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) 11:00 Outback Steakhouse 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Benjamin Franklin (T)</p>		<p><i>Doctor's Making House Calls:</i> <i>Monday, Tuesday Wednesday, Friday</i></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) BR- Boardroom (Lower Level)</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)</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. 2:30-4:30 Room Reserved (GR) 7:30 Movie (T)</p>
2	3	4 Independence Day	5	6	7	8
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Classic 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 Happy Music by Marie (T) 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) 1:00 Poker Club (GR) 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) 7:00-10:00 Cary Town Band (FREE!)</p>	<p>SHOPPING SHUTTLE moved to Thursday due to holiday. 11:00 and 1:30 July 4th Lunch Seatings (DR) 1:00 Rummikub (FL) 2:30 Train Dominoes (L) 5:00 Music w/ Teresa (DR3) 7:00 Music w/ Teresa (L) 8:00-9:30 PBS: A Capitol Fourth (Concert and Fireworks) (T)</p>	<p>8:30-3:00 Room Reserved (T) 9:00-1:00 Shopping Shuttle 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 1:30 Exercise w/ Brandon (FC) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Silver Sneakers Classic Exercise w/ Nourma (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/ Ed Lyons (T)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength Exercise w/ Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (FL) 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>
9	10 Podiatrist	11	12	13	14	15
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Classic Exercise w/ Nourma (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) 7:15 Sing-a-long w/ 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) 12:30-4:00 Cary Towne Center Mall 12:30 Line Dancing with Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Benjamin Franklin (T) 3:45 Terrific Tunes with Bruce Smith Jazz Duo (L) 6:00 Parkinson's Support Group (T and BR)</p>	<p>9:00-1:00 Shopping Shuttle 11:00-1:00 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 (L2) 2:30 Culinary Services Meeting (T) 7:00 Music with Barbara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 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 Silver Sneakers Classic Exercise w/ Nourma (FC) 11:00 Chick-fil-A 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 w/ 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 (11:30 and 1:00) Please make a reservation. 4:00-5:00 MUSE Concert (T) 7:30 Movie (T)</p>
16	17 Pharmacist	18	19	20 Audiologist	21	22
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Classic Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 1:30-3:00 Trader Joe's 2:00 Yoga with Portia (FC) 2:30 Play Train Dominoes (L2) 2:30 Rhapsody in Gold (Waterbury Chorale) (T) 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) 10:00 Brunch at Brigs 10:30 Bingo (T) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 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) 1:30-2:30 Ice Cream Sundae Social and Music with the Bloomsbury Boys (DR) 2:30 Play Train Dominoes (L2) 3:30 Men's Group Meeting (T) 7:00 Music with Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 10:00 Flower Arranging (DR) 11:00 The Great American West: History, Myth and Legend (T) 1:30 Exercise w/ Brandon (FC) 2:30 Appalachian Mountain Dulcimer Lecture and Demonstration by Gladys Nielson (T) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>8:30-10:00 Audiology Clinic (WC) 9:00 Banks 10:00 Silver Sneakers Classic Exercise w/ Nourma (FC) 11:00 Freddy's Steakhouses 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 Cardio and Strength Exercise w/ Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:00 Theatre Raleigh: "Big Fish" (\$36) 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) Brunch Buffet (11:30 and 1:00) Please make a reservation. 5:15 Music w/Linda Haney (L) 7:30 Movie (T)</p>
23	24 Dermatologist	25	26	27	28	29
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Classic Exercise w/ Nourma (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) 7:15 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) 12:30-3:30 Kohls of Apex and AC Moore 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 11:00-1:00 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 Play Train Dominoes (L2) 7:00 Music with the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC) 9:45-12:00 Water Aerobics at Morrisville Aquatics Center 10:00 Flower Arranging (DR) 11:00 The Great American West: History, Myth and Legend (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 Silver Sneakers Classic Exercise w/ Nourma (FC) 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) 7:15 Shabbat Service (T)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength Exercise w/ 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 (11:30 and 1:00) Please make a reservation. 1:00-3:00 Music by Teresa Smith (L) 1:00-5:00 NC Theatre: "Newsies" (\$85) 7:30 Movie (T)</p>