

August 2018



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
<p><u><i>Doctor's Making House Calls:</i></u></p> <p><i>Monday, Tuesday Wednesday, Friday</i></p>		<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:30 Train Dominoes (L2)</p> <p>5:00 Music with Teresa (DR3)</p> <p>7:00 Music with Teresa (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>No Water Aerobics today.</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00 Great Courses: American West (T)</p> <p>1:30 Cardio and Strength w/ Brandon (FC)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>9:00 Banks</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:45 Bojangles</p> <p>11:00 Jewelry Making w/ Jennifer (BR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:00 Bingo! (T)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:15-4:15 Happy Hour w/ Tom Neuhauser (T)</p>	<p>10:30 Bingo! (T)</p> <p>10:30 Cardio and Strength w/ Brandon (FC)</p> <p>1:00 Hand & Foot Card Game (L2)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>2:00 Card Games (T)</p> <p>5:45 Music w/ Linda Haney (L)</p> <p>7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC</p> <p>10:30 St. Michael's Mass (LIVE Stream)(T)</p> <p>Sunday Brunch Buffet (11:30 and 1:00)</p> <p>Please make a reservation.</p> <p>7:30 Movie (T)</p>
6	7 Podiatrist	8	9	10	11	12
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:00-12:00 Food Lion</p> <p>12:30-3:00 Walmart</p> <p>1:00 Bible Study (BR)</p> <p>2:00 Yoga with Portia (FC)</p> <p>2:30 Happy Music by Marie (T)</p> <p>2:30 Play Train Dominoes (L2)</p> <p>6:00 Rummikub (FL)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>Lifeline Screening (T)</p> <p>9:15 Post Office</p> <p>10:30 Bingo (DR3)</p> <p>12:30-4:00 Southpoint Mall</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>3:30 Teens and Technology (L2)</p> <p>4:00 Hymns & Scriptures w/ Jordan Lutheran (FC)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>11:00-1:00 Lunch at Panera</p> <p>12:15-2:00 Room Reserved (T)</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:00 Art Workshop w/Tony D'Amico (FC)</p> <p>2:30 Train Dominoes (L)</p> <p>7:00 Music w/ Barbara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>9:45-12:00 Water Aerobics at Morrisville Aquatics Center</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00 Great Courses: American West (T)</p> <p>1:30 Cardio and Strength w/ Brandon (FC)</p> <p>2:30 Wii Bowling (T)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>9:00 Banks</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>11:00 Smithfield's Chicken and BBQ</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:00 Bingo! (T)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:15-4:15 Happy Hour w/ Debbie Verderamo (T)</p>	<p>10:30 Bingo! (T)</p> <p>10:30 Cardio and Strength w/ Brandon (FC)</p> <p>1:00 Hand & Foot Card Game (L2)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>1:00-5:30 Theatre Raleigh: Master Class (Kennedy Theater of Raleigh-play/musical-\$32)</p> <p>2:00 Card Games (FL)</p> <p>7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC</p> <p>10:30 St. Michael's Mass (LIVE Stream) (T)</p> <p>Sunday Brunch Buffet (Make a reservation: 11:30 and 1:00)</p> <p>7:30 Movie (T)</p>
13	14	15	16	17 Audiologist	18	19
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:00-12:00 Food Lion</p> <p>12:30-1:30 West Regional Library</p> <p>1:00 Bible Study (BR)</p> <p>2:00 Yoga with Portia (FC)</p> <p>2:30 Train Dominoes (L2)</p> <p>6:00 Rummikub (FL)</p> <p>6:30-9:30 Beatles VS Elvis (\$52)</p> <p>7:15 Sing-a-long w/ Lisa (L)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>11:00 Lunch at Captain Stanley's</p> <p>12:30 Line Dancing with Jennifer (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:00-3:00 Harris Teeter</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Great Courses: Benjamin Franklin (T)</p> <p>3:45 Terrific Tunes w/ Ed Lyons (L)</p> <p>6:00 Parkinson's Support Group (T and BR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:30 Men's Group Meeting (T)</p> <p>7:00 Music with Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>9:45-12:00 Water Aerobics at Morrisville Aquatics Center</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00 Great Courses: American West (T)</p> <p>12:00-1:30 Tropical Paradise Party w/ the Calypso Kid (DR)</p> <p>1:30 Cardio and Strength w/ Brandon (FC)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>8:30-10:00 Audiology Clinic (WC)</p> <p>9:00 Banks</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:45 Cracker Barrel</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:00 Bingo! (T)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:15-4:15 Happy Hour w/ Dan Blaisdell (T)</p> <p>4:30-7:00 Room Reserved (T)</p>	<p>10:00 Book Club (FL)</p> <p>10:30 Bingo! (T)</p> <p>10:30 Cardio and Strength w/ Brandon (FC)</p> <p>1:00 Hand & Foot Card Game (L2)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>1:00-5:30 Solace Theater: Fractured (Garner Performing Arts Center-musical-\$12)</p> <p>2:00 Card Games (T)</p> <p>7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC</p> <p>10:30 St. Michael's Mass (LIVE Stream)(T)</p> <p>Sunday Brunch Buffet (11:30 and 1:00)</p> <p>Please make a reservation.</p> <p>5:15 Music w/ Linda Haney (L)</p> <p>7:30 Movie (T)</p>
20	21 Pharmacist	22	23	24	25	26
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:00-12:00 Food Lion</p> <p>12:30-3:00 Walmart</p> <p>1:00 Bible Study (BR)</p> <p>2:00 Yoga with Portia (FC)</p> <p>2:30 Train Dominoes (L2)</p> <p>6:00 Rummikub (FL)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:00-10:30 Talk to the Pharmacist (WC)</p> <p>9:15 Post Office</p> <p>10:00 Brunch at The Egg and I</p> <p>10:30 Bingo (T)</p> <p>1:00 Poker Club (GR)</p> <p>1:00-3:00 Publix</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Great Courses: Trials of World History (T)</p> <p>4:00 Hymns & Scriptures w/ Jordan Lutheran (T)</p> <p>7:30 Night Cap Social w/Silver Linings (FL)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:00 Art Workshop w/Tony D'Amico (FC)</p> <p>2:30 Play Train Dominoes (L2)</p> <p>7:00 Music with the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>9:45-12:00 Water Aerobics at Morrisville Aquatics Center</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00 Great Courses: American West (T)</p> <p>1:30 Cardio and Strength w/ Brandon (FC)</p> <p>2:30 Wit and Wisdom with Mark Twain (speaker) (T)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>9:00 Banks</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:45 Bojangles</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:00 Bingo! (T)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:15-4:15 Happy Hour w/ Cole Koffi (T)</p>	<p>10:30 Bingo! (T)</p> <p>10:30 Cardio and Strength w/ Brandon (FC)</p> <p>1:00 Hand & Foot Card Game (L2)</p> <p>1:00-2:30 Catholic Bible Study (BR)</p> <p>2:00 Card Games (T)</p> <p>7:30 Movie (T)</p>	<p>8:00-10:30 Transportation to St. Michael's and Genesis UMC</p> <p>10:30 St. Michael's Mass (LIVE Stream) (T)</p> <p>Sunday Brunch Buffet (Make a reservation: 11:30 and 1:00)</p> <p>1:00-3:00 Music with Teresa Smith (L)</p> <p>7:30 Movie (T)</p>
27	28 Dermatologist	29	30	31		
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>10:00-12:00 Food Lion</p> <p>12:30-1:30 West Regional Library</p> <p>1:00 Bible Study (BR)</p> <p>1:30-3:00 Trader Joe's</p> <p>2:00 Yoga with Portia (FC)</p> <p>2:30 Train Dominoes (L2)</p> <p>6:00 Rummikub (FL)</p> <p>7:15 Sing-a-long with Lisa (L)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>12:30-3:30 Shopping: Marshall's, DSW, Bed Bath & Beyond, Steinmart, Joanne's, Kohl's</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Mobility Clinic (OFC)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Great Courses: Trials of World History (T)</p> <p>3:45 Terrific Tunes w/ Tom Neuhauser (L)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>11:00-1:00 Lunch at Panera</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi w/ Adrienne (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>1:30-2:30 Baby Shower for Shaquanda (T)</p> <p>2:30 Play Train Dominoes (L2)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>9:45-12:00 Water Aerobics at Morrisville Aquatics Center</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00 Great Courses: American West (T)</p> <p>1:30 Cardio and Strength w/ Brandon (FC)</p> <p>2:30 Wii Bowling (T)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</p>	<p>9:00 Banks</p> <p>10:00 Silver Sneakers Exercise w/ Nourma (FC)</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:00 JACKPOT Bingo! (T)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:15-4:15 New Resident Welcome and Happy Hour (T)</p> <p>7:15 Shabbat Service (T)</p>	<p>DR- Medallion Dining (1st Flr)</p> <p>DR3- Magnolia Dining (3rd For)</p> <p>WC- Wellness Center (2nd Floor)</p> <p>GR- Game Room (1st Floor)</p> <p>L2- Library (2nd Floor)</p> <p>OFC- Outside Fitness Center (Lower Level)</p> <p>BR- Boardroom (Lower Level)</p>	<p>FL- Fireside Lounge (1st Floor)</p> <p>T- Theater (4th Floor)</p> <p>L- Lobby (1st Floor)</p> <p>FC- Fitness Center (Lower Level)</p> <p>C- Café (1st Floor)</p> <p>P- Back Patio (1st Floor)</p>