

September 2018



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
<p><u>Doctor's Making House Calls:</u></p> <p>Monday, Tuesday Wednesday, Friday</p>	<p>DR- Medallion Dining (1st Flr) DR3- Magnolia Dining (3rd For) 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>10:30 Bingo! (T) 10:30 Cardio and Strength w/ Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (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 (LIVE Stream)(T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)</p>
3 Labor Day	4	5	6	7	8	9 Rosh Hashanah
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers Exercise w/ Nourma (FC) Labor Day Lunch (11:30 and 1:00) Please make a reservation. 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 10:00-12:00 Food Lion 10:30 Bingo (T) 12:30-3:00 Walmart 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Trials of World History (T) 3:30 Teens and Technology (L2) 4:00 Hymns & Scriptures w/ Jordan Lutheran (FC)</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 (L) 5:00 Music w/ Teresa (DR3) 7:00 Music w/ Teresa (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: American West (T) 1:30 Cardio and Strength 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 Exercise w/ Nourma (FC) 10:30 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/ Tina Seldin Cash (T)</p>	<p>9:00-11:45 Men's Group Volunteers: Brown Bag Ministry (St. Andrew the Apostle of Apex) 10:30 Bingo! (T) 10:30 Cardio and Strength 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 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch Buffet (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)</p>
10	11 Podiatrist	12	13	14	15	16
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers 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 Train Dominoes (L2) 2:30 Happy Music by Marie (T) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR) 7:30 Chamber Music : Violin and Cello (T)</p>	<p>9:15 Post Office 10:30 Bingo (T) 11:00 Lunch at O'Charley's 12:30 Line Dancing with Jennifer (FC) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00-4:00 Harris Teeter and Publix 2:30 Great Courses: Trials of World History (T) 3:45 Terrific Tunes w/ Ed Lyons (L) 6:00 Parkinson's Support Group (T and BR)</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 Train Dominoes (L2) 7:00 Music with Barbara (L)</p>	<p>9:00-4:30 Day Trip to High Point Museum and Lunch at Mayberry (\$8-12) 9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 11:00 Great Courses: American West (T) 1:30 Cardio and Strength w/ Brandon (FC) 4:00 Catholic Communion (T) 7:30 Movie (T)</p>	<p>9:00 Banks 10:00 Silver Sneakers Exercise w/ Nourma (FC) 10:45 Bojangles 11:00 Jewelry Making w/ Jennifer (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>10:00 Book Club (FL) 10:30 Bingo! (T) 10:30 Cardio and Strength w/ Brandon (FC) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 1:00-5:30 Theatre Raleigh: Once (Kennedy Theater-musical-\$40) 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) 5:15 Music w/ Linda Haney (L) 7:30 Movie (T)</p>
17	18 Yom Kippur	19	20	21 Audiologist	22 Fall Begins	23
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers 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 Train Dominoes (L2) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office 10:00-11:30 Coffee and Crepes 10:30 Bingo (T) 1:00 Poker Club (GR) 12:30 Line Dancing with Jennifer (FC) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Great Courses: Trials of World History (T) 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 11:30-2:00 Art and Hobby Show (DR) 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 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 Great Courses: American West (T) 1:30 Cardio and Strength w/ Brandon (FC) 2:30 Presentation: The Importance of Influenza Vaccinations w/ Brent Talley (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 Exercise w/ Nourma (FC) 10:30 Brunch at First Watch 11:00 Jewelry Making w/ Jennifer (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) 7:30 Island Time Band (L)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength 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. 7:30 Movie (T)</p>
24	25 Dermatologist	26	27	28	29	30
<p>9:30 A Stitch in Time (FL) 10:00 Silver Sneakers 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 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 10:00-1:00 Shopping: Cary Town Center Mall 10:30 Bingo (T) 1:00 Poker Club (GR) 1:00 Mobility Clinic (OFC) 1:15 Living Well Exercise w/ Legacy (FC) 1:30 USA Trivia with Jean (T) 2:30 Great Courses: Trials of World History (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) 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 Great Courses: American West (T) 1:30 Cardio and Strength 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 Exercise w/ Nourma (FC) 11:00 Jewelry Making w/ Jennifer (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 JACKPOT Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 New Resident Welcome and Happy Hour with Caroline Gregory (T) 7:15 Shabbat Service (T)</p>	<p>10:30 Bingo! (T) 10:30 Cardio and Strength w/ Brandon (FC) 11:00-2:00 East Meets West Festival 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) 1:00-3:00 Music with Teresa Smith (L) 2:15-5:30 Cary Players: Joseph and the Technicolor Dreamcoat (Cary Arts Center - \$35) 7:30 Movie (T)</p>