

January 2019



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <i>New Year's Day</i>	2	3	4 <i>National Spaghetti Day</i>	5	6
Happy New Year!	<p>10:30 Bingo (T)</p> <p>New Year's Day Meal 11:30 and 1:00 Please sign up! (No evening meal served.)</p> <p>1:00 Poker Club (GR)</p> <p>3:30 Teens and Technology (L2)</p> <p>4:00 Hymns & Scriptures w/ Jordan Lutheran (T)</p> <p>7:30 Movie (T)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi by DVD (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>1:30 Post Office</p> <p>2:30 Train Dominoes (L2)</p> <p>3:30 Wine and Cheese (L)</p> <p>5:00 Music with Teresa (DR3)</p> <p>6:30 Music with Teresa (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Flower Arranging (DR)</p> <p>1:00 Great Courses: Investigating Presidents (Last Lectures) (T)</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 SS Stability and Balance Exercise w/ Nourma (FC)</p> <p>11:00 Jewelry Making (BR)</p> <p>11:00 Bojangles</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/ Ed Lyons (T)</p>	<p>10:00 Silver Sneakers CIRCUIT Exercise w/ Nourma (FC)</p> <p>10:30 Bingo! (T)</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 (11:30 and 1:00) Please make a reservation.</p> <p>7:30 Movie (T)</p>
7	8 <i>Podiatrist</i>	9	10 <i>Crazy Sock Day</i>	11	12	13
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 SS CIRCUIT 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 by DVD (FC)</p> <p>2:30 Play Train Dominoes (L2)</p> <p>2:30 Happy Music by Marie (T)</p> <p>3:30 Wine and Cheese (L)</p> <p>6:00 Rummikub (FL)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>11:15-2:00 MOVIE: Mary Queen of Scots (\$5 admission and concession discounts)</p> <p>12:30 Line Dancing (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Great Courses: Tour Medieval Europe</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Happy Music by Marie: ELVIS (T)</p> <p>3:45-4:45 Terrific Tunes w/ Ed Lyons (T)</p> <p>6:00 Parkinson's Support Group (T and BR)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>10:00 Celebration of Life: Rose Comitta (T)</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi by DVD (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:00 Seniors Sing!-Voices in Harmony Choral Group (T)</p> <p>3:30 Wine and Cheese (L)</p> <p>7:00 Music with Barbara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00 Mock Auction (T)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (Lectures 1 and 2) (T)</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 SS Stability and Balance Exercise w/ Nourma (FC)</p> <p>11:00 Chick-fil-a</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>10:00 Silver Sneakers CIRCUIT Exercise w/ Nourma (FC)</p> <p>10:30 Bingo! (T)</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 (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 (11:30 and 1:00) Please make a reservation.</p> <p>7:30 Movie (T)</p>
14	15 <i>Pharmacist / National Hat Day</i>	16	17 <i>Favorite Team Day</i>	18 <i>Audiology Clinic</i>	19	20
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 SS CIRCUIT 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 by DVD (FC)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:30 Wine and Cheese (L)</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>9:00-10:30 Talk to the Pharmacist (WC)</p> <p>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>11:30-3:00 Cary Town Center Mall and Barnes and Noble</p> <p>12:30 Line Dancing (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</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>11:00 Lunch at Noodles and Company</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi by DVD (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>3:00 Seniors Sing!-Voices in Harmony Choral Group (T)</p> <p>3:30 Wine and Cheese (L)</p> <p>7:00 Music with Sara (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00-12:00 Donuts and Coffee (C)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (Lectures 3 and 4) (T)</p> <p>2:30 Wii Bowling (T)</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 SS Stability and Balance Exercise w/ Nourma (FC)</p> <p>11:00 Smithfield's Chicken and BBO</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>10:00 Book Club (FL)</p> <p>10:00 Silver Sneakers CIRCUIT Exercise w/ Nourma (FC)</p> <p>10:30 Bingo! (T)</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 (11:30 and 1:00) Please make a reservation.</p> <p>7:30 Movie (T)</p>
21 <i>Martin Luther King Jr. Day</i>	22 <i>Dermatologist</i>	23	24 <i>Favorite Sweatshirt Day</i>	25	26	27
<p>9:30 A Stitch in Time (FL)</p> <p>10:00 SS CIRCUIT 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 by DVD (FC)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:30 Wine and Cheese (L)</p> <p>6:00 Rummikub (FL)</p> <p>7:30 Monday Night Bridge (GR)</p>	<p>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>10:30-2:30 Crossroads Mall</p> <p>12:30 Line Dancing (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Netflix Movie Matinee: Dumplin (T)</p> <p>1:00-2:00 Mobility Clinic w/ Dessen Medical (OFC)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>3:45-4:45 Terrific Tunes w/ Tom Neuhauser (T)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>11:00 Brunch at Another Broken Egg</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi by DVD (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:00 Seniors Sing!-Voices in Harmony Choral Group (T)</p> <p>3:30 Wine and Cheese (L)</p> <p>7:00 Music with the Hancock Family (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00-12:00 Hot Tea and Scones (C)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (Lectures 5 and 6) (T)</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 SS Stability and Balance Exercise w/ Nourma (FC)</p> <p>11:00 Jewelry Making w/ Laurie (BR)</p> <p>11:00 Captain Stanley's</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 Happy Hour w/ Caroline Gregory (T)</p>	<p>10:00 Silver Sneakers CIRCUIT Exercise w/ Nourma (FC)</p> <p>10:30 Bingo! (T)</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 (11:30 and 1:00) Please make a reservation.</p> <p>1:00-5:30 NC Opera: Carmen (\$65-\$85)</p> <p>1:00-3:00 Music with Teresa (Lobby)</p> <p>7:30 Movie (T)</p>
28	29 <i>National Puzzle Day</i>	30	31 <i>National Croissant Day</i>			
<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 (T)</p> <p>2:00 Yoga by DVD (FC)</p> <p>2:30 Train Dominoes (L2)</p> <p>3:30 Wine and Cheese (L)</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>1:00 Poker Club (GR)</p> <p>1:00-3:00 SAS Shoes and Nordstrom Rack</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>4:00 Hymns & Scriptures w/ Jordan Lutheran (T)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi by DVD (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>2:00 Presentation: NC Medical Board (T)</p> <p>2:00 Art Workshop w/Tony D'Amico (FC)</p> <p>2:00 Presentation: NC Medical Board (T)</p> <p>2:30 Play Train Dominoes (L2)</p> <p>3:00 Seniors Sing!-Voices in Harmony Choral Group (T)</p> <p>3:30 Wine and Cheese (L)</p>	<p>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Flower Arranging (DR)</p> <p>11:00-12:00 Chocolate Croissants and Coffee (C)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (Lectures 7 and 8) (T)</p> <p>2:30 Wii Bowling (T)</p> <p>4:00 Catholic Communion (T)</p> <p>7:30 Movie (T)</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>	<p>DR- Medallion Dining (1st Floor)</p> <p>DR3- Magnolia Dining (3rd Floor)</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>Doctors Making House Calls:</p> <p>Monday, Tuesday Wednesday, Friday</p>