

February 2019



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
<p><u>Doctors Making House Calls:</u></p> <p>Monday, Tuesday Wednesday, Friday</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>11:00-2:30 NC Symphony: Tchaikovsky Serenade (\$18)</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>10:00 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>
4	5	6	7 <i>National Send a Friend a Card Day</i>	8	9	10
<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>11:00-1:00 Lunch at Red Lobster</p> <p>12:30 Line Dancing (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Great Courses: Tour Medieval Europe (T)</p> <p>2:30 Town Hall (T)</p> <p>3:30 Teens and Technology (L2)</p> <p>4:00 Hymns & Scriptures w/ Jordan Lutheran (T)</p>	<p>9:00-1:00 Shopping Shuttle</p> <p>11:30 Craft: Create a Card for a Friend (FC)</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 (L2)</p> <p>3:00 Seniors Sing!-Voices in Harmony Choral Group (T)</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>11:00 Bojangles</p> <p>11:00 Banana Bread and Coffee (C)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (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>10:45 K&W Cafeteria (Cameron Village)</p> <p>11:00 Jewelry Making (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>4:00 Music with Barbara (piano) (L)</p> <p>7:30 Movie (T)</p>
11 <i>National Make a Friend Day</i>	12 <i>Podiatrist</i>	13	14 <i>Valentine's Day / Wear RED or PINK</i>	15 <i>Audiology Clinic</i>	16	17 <i>National Random Acts of Kindness Day</i>
<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>1:00 AVON Calling with Mahdu (FL)</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>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>11:30-12:30 Games with the Guys (GR)</p> <p>12:30 Line Dancing (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Great Courses: Tour Medieval Europe (T)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Taboo with Joanna (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>1:00 Rummikub (FL)</p> <p>1:00 Tai Chi by DVD (FC)</p> <p>1:00 Preston Bridge Club (GR)</p> <p>1:00 Putting Contest with Jean (T)</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>9:00-10:30 Blood Pressure Clinic (WC)</p> <p>10:00 Flower Arranging (DR)</p> <p>1:00-2:30 Valentines' Day Chocolate Indulgence Party with the Sweetheart Quartet (DR)</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>10:45 O'Charleys</p> <p>11:00 Jewelry Making (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>1:00-5:00 Mama Mia-Musical (Duke Energy Center-\$85)</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>1:00-5:00 Carolina Ballet-Love in the Times of the Day (\$75-85)</p> <p>7:30 Movie (T)</p>
18 <i>Presidents' Day</i>	19 <i>Pharmacist</i>	20	21 <i>Wear Your Favorite Sweater</i>	22	23	24
<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>9:00-10:30 Talk to the Pharmacist (WC)</p> <p>9:15 Post Office</p> <p>10:30 Bingo (T)</p> <p>11:30-3:00 Southpoint Mall</p> <p>12:30 Line Dancing (FC)</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Great Courses: Tour Medieval Europe (T)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Thanks for the Memories (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>11:00 Lunch at Wendy's</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 (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 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 Cinnamon Buns and Hot Cider (C)</p> <p>12:00-1:00 February Birthday Party (DR)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (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>10:30 Cracker Barrel</p> <p>11:00 Jewelry Making (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 Happy Hour w/ Cole Koffi and New Resident Welcome (T)</p> <p>7:15 Shabbat Service (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>1:00-3:00 Music with Teresa (Lobby)</p> <p>5:00 Wine Dinner (\$25)</p> <p>7:30 Movie (T)</p>
25	26 <i>Dermatologist</i>	27	28 <i>Wear Your Favorite Jeans</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 (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>7:15 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>11:00-1:00 Lunch at Babymoon Cafe</p> <p>1:00 Poker Club (GR)</p> <p>1:00 Great Courses: Tour Medieval Europe (T)</p> <p>1:00-2:00 Mobility Clinic w/ Dressen Medical (OFC)</p> <p>1:15 Living Well Exercise w/ Legacy (FC)</p> <p>2:30 Taboo with Joanna (T)</p> <p>3:45-4:45 Terrific Tunes w/ Tom Neuhauser (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>2:30 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 Pastries and Coffee (C)</p> <p>1:00 Great Courses: How Winston Churchill Changed the World (T)</p> <p>2:30 Presentation: Eleanor Roosevelt (T)</p> <p>3:30 Catholic Confession (T)</p> <p>4:00 Catholic Mass (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>