

# August 2019



PRESTON POINTE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><u><b>Doctors Making House Calls:</b></u></p> <p><b>Monday, Tuesday Wednesday, Friday</b></p>	<p><b>FL-</b> Fireside Lounge (1st Floor)  <b>T-</b> Theater (4th Floor)  <b>L-</b> Lobby (1st Floor)  <b>FC-</b> Fitness Center (Lower Level)  <b>C-</b> Café (1st Floor)  <b>P-</b> Back Patio (1st Floor)</p>	<p><b>DR-</b> Medallion Dining (1st Floor)  <b>DR3-</b> Magnolia Dining (3rd Floor)  <b>WC-</b> Wellness Center (2nd Floor)  <b>GR-</b> Game Room (1st Floor)  <b>L2-</b> Library (2nd Floor)  <b>OFC-</b> Outside Fitness Center (Lower Level)  <b>BR-</b> Boardroom (Lower Level)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:00</b> Chair Yoga with Leslie (FC)  <b>11:00</b> Cinnamon Rolls and Coffee (C)  <b>1:00</b> Great Courses: Historic Voyages (T)  <b>1:00</b> Beginner Canasta (GR)  <b>2:30</b> Wii Bowling (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00</b> <b>Banks</b>  <b>10:00</b> SS Stability and Balance w/ Nourma (FC)  <b>10:45</b> <b>Bojangles</b>  <b>11:00</b> Jewelry Making (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> New Resident Welcome and Happy Hour (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>1:00</b> Hand &amp; Foot Card Game (L2)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>4:00-5:00</b> Games with the Guys (GR)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b>  <b>10:30</b> St. Michael's Mass (LIVE Stream) (T)  <b>Sunday Brunch (11:30 and 1:00)</b>  <b>Please make a reservation.</b>  <b>2:30</b> <b>Protestant Communion w/ Cornerstone Presbyterian (FL)</b>  <b>7:30</b> Movie (T)</p>
<b>5</b>	<b>6</b> <i>Podiatrist</i>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> SS CIRCUIT Exercise w/ Nourma (FC)  <b>10:00-12:00</b> <b>Food Lion</b>  <b>12:30-3:00</b> <b>Walmart</b>  <b>1:00</b> Bible Study (BR)  <b>2:30</b> Train Dominoes (L2)  <b>2:30</b> Happy Music by Marie (T)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>6:00</b> Rummikub (FL)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15</b> <b>Post Office</b>  <b>10:30</b> Bingo (T)  <b>10:30-2:30</b> <b>Shopping: Southpoint Mall</b>  <b>12:30</b> Line Dancing (FC)  <b>1:00</b> Poker Club (GR)  <b>1:00</b> Great Courses: Smithsonian (T)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:30</b> Culinary Services Meeting (T)  <b>4:00</b> Hymns &amp; Scriptures w/ Jordan Lutheran (T)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b>  <b>1:00</b> Rummikub (FL)  <b>1:00</b> Preston Bridge Club (GR)  <b>1:00</b> Zumba Gold Chair Dance Exercise (FC)  <b>2:00</b> Art Workshop w/Tony D'Amico (FC)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>6:30</b> Music with Teresa (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:00</b> Chair Yoga with Leslie (FC)  <b>11:00</b> Lemon Squares and Hot Tea (C)  <b>1:00</b> Great Courses: Historic Voyages (T)  <b>1:00</b> Beginner Canasta (GR)  <b>3:30</b> Catholic Confession (T)  <b>4:00</b> Catholic Mass (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00</b> <b>Banks</b>  <b>10:00</b> SS Stability and Balance Exercise w/ Nourma (FC)  <b>11:00</b> <b>Lunch at Smithfield's Chicken and BBQ</b>  <b>11:00</b> Jewelry Making (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Tom Neuhauser (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>1:00</b> Hand &amp; Foot Card Game (L2)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>1:00-5:00</b> <b>Play: Bridges of Madison County (\$40)</b>  <b>2:00</b> Card Games (T)  <b>3:00</b> God so Loved the World Bible Study w/ Glenn (T)  <b>4:00-5:00</b> Games with the Guys (GR)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b>  <b>10:30</b> St. Michael's Mass (LIVE Stream) (T)  <b>Sunday Brunch (11:30 and 1:00)</b>  <b>Please make a reservation.</b>  <b>7:30</b> Movie (T)</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> <i>Audiologist</i>	<b>17</b>	<b>18</b>
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> SS CIRCUIT Exercise w/ Nourma (FC)  <b>10:00-12:00</b> <b>Food Lion</b>  <b>12:30-1:30</b> <b>West Regional Library</b>  <b>1:00</b> Bible Study (BR)  <b>1:30-3:00</b> <b>Trader Joe's</b>  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>6:00</b> Rummikub (FL)  <b>7:15</b> Sing-a-long with Lisa (L)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15</b> <b>Post Office</b>  <b>10:30</b> Bingo (T)  <b>12:00-1:30</b> Hawaiian Luau Party w/ Music and Dance by Hula Carolina (L and DR)  <b>1:00</b> Poker Club (GR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>6:00</b> Parkinson's Support Group (T and BR)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b>  <b>11:00</b> <b>Lunch at Another Broken Egg Cafe</b>  <b>1:00</b> Rummikub (FL)  <b>1:00</b> Preston Bridge Club (GR)  <b>1:00</b> Zumba Gold Chair Dance Exercise (FC)  <b>2:30</b> Train Dominoes (L)  <b>3:00</b> Seniors Sing!-Choir Practice (T)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>7:00</b> Music with Barbara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:00</b> Chair Yoga with Leslie (FC)  <b>11:00</b> Cookies and Lemonade (C)  <b>12:00-1:00</b> <b>August Birthday Party (DR3)</b>  <b>1:00</b> Great Courses: Historic Voyages (T)  <b>1:00</b> Beginner Canasta (GR)  <b>2:30</b> Wii Bowling (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>8:30-10:00</b> Audiology Clinic (WC)  <b>9:00</b> <b>Banks</b>  <b>11:00</b> Jewelry Making (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Dan Blaisdell (T)</p>	<p><b>10:00</b> Book Club (FL)  <b>10:30</b> Bingo! (T)  <b>1:00</b> Hand &amp; Foot Card Game (L2)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>4:00-5:00</b> Games with the Guys (GR)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b>  <b>10:30</b> St. Michael's Mass (LIVE Stream) (T)  <b>Sunday Brunch (11:30 and 1:00)</b>  <b>Please make a reservation.</b>  <b>7:30</b> Movie (T)</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> <i>Donate \$1 and Wear Jeans</i>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00-12:00</b> <b>Food Lion</b>  <b>12:30-3:00</b> <b>Walmart</b>  <b>1:00</b> Bible Study (BR)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>4:30-7:00</b> <b>Dinner at Outback Steakhouse</b>  <b>6:00</b> Rummikub (FL)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15</b> <b>Post Office</b>  <b>10:30</b> Bingo (T)  <b>10:30-1:30</b> <b>Shopping: Cary Town Center Mall</b>  <b>12:30</b> Line Dancing (FC)  <b>1:00</b> Poker Club (GR)  <b>1:15</b> Living Well Exercise w/Legacy (FC)  <b>2:30</b> Town Hall and Cash Prize Drawing (T)  <b>3:15-4:15</b> Terrific Tunes w/ Ed Lyons (L)  <b>4:00</b> Hymns &amp; Scriptures w/ Jordan Lutheran (T)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b>  <b>1:00</b> Rummikub (FL)  <b>1:00</b> Preston Bridge Club (GR)  <b>1:00</b> Zumba Gold Chair Dance Exercise (FC)  <b>2:00</b> Art Workshop w/Tony D'Amico (FC)  <b>2:30</b> Train Dominoes (L2)  <b>3:00</b> Seniors Sing!-Choir Practice (T)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>7:00</b> Music with Sara (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:00</b> Chair Yoga with Leslie (FC)  <b>11:00</b> Pastries and Coffee (C)  <b>1:00</b> Great Courses: Historic Voyages (T)  <b>1:00</b> Beginner Canasta (GR)  <b>2:30</b> Wii Bowling (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00</b> <b>Banks</b>  <b>10:00</b> SS Stability and Balance w/ Nourma (FC)  <b>11:00</b> <b>Lunch at Ashworth Drugs</b>  <b>11:00</b> Jewelry Making (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Happy Hour w/ Cole Koffi (T)  <b>7:15</b> Shabbat Service (FL)</p>	<p><b>10:30</b> Bingo! (T)  <b>1:00</b> Hand &amp; Foot Card Game (L2)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>3:00</b> God so Loved the World Bible Study w/ Glenn (T)  <b>4:00-5:00</b> Games with the Guys (GR)  <b>7:30</b> Movie (T)</p>	<p><b>8:00-10:30</b> <b>Transportation to St. Michael's and Genesis UMC</b>  <b>10:30</b> St. Michael's Mass (LIVE Stream) (T)  <b>Sunday Brunch (11:30 and 1:00)</b>  <b>Please make a reservation.</b>  <b>1:00-2:00</b> Piano with Teresa (L)  <b>7:30</b> Movie (T)</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<p><b>9:30</b> A Stitch in Time (FL)  <b>10:00</b> SS CIRCUIT Exercise w/ Nourma (FC)  <b>10:00-12:00</b> <b>Food Lion</b>  <b>12:30-1:30</b> <b>West Regional Library</b>  <b>1:00</b> Bible Study (BR)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>6:00</b> Rummikub (FL)  <b>7:15</b> Sing-a-long with Lisa (L)  <b>7:30</b> Monday Night Bridge (GR)</p>	<p><b>9:15</b> <b>Post Office</b>  <b>10:30</b> Bingo (T)  <b>10:30-1:30</b> <b>Lunch and Shopping at NC Farmer's Market</b>  <b>1:00</b> Poker Club (GR)  <b>1:00-2:00</b> Mobility Clinic (OFC)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:30</b> TED Talk (T)  <b>3:15-4:15</b> Terrific Tunes w/ Tom Neuhauser (L)</p>	<p><b>9:00-1:00</b> <b>Shopping Shuttle</b>  <b>10:45</b> <b>Lunch at Panera</b>  <b>1:00</b> Rummikub (FL)  <b>1:00</b> Preston Bridge Club (GR)  <b>1:00</b> Zumba Gold Chair Dance Exercise (FC)  <b>2:30</b> Train Dominoes (L2)  <b>3:00</b> Seniors Sing!-Choir Practice (T)  <b>3:15-4:15</b> Wine and Cheese (L)  <b>7:00</b> Music w/ the Hancock Family (L)</p>	<p><b>9:00-10:30</b> Blood Pressure Clinic (WC)  <b>10:00</b> Flower Arranging (DR)  <b>10:00</b> Chair Yoga with Leslie (FC)  <b>12:00-1:30</b> Labor Day Weekend Kick Off Party w/ the Casablanca All Stars Quartet (DR)  <b>2:30</b> Wii Bowling (T)  <b>4:00</b> Catholic Communion (T)  <b>7:30</b> Movie (T)</p>	<p><b>9:00</b> <b>Banks</b>  <b>10:00</b> SS Stability and Balance w/ Nourma (FC)  <b>11:00</b> Jewelry Making (BR)  <b>1:15</b> Living Well Exercise w/ Legacy (FC)  <b>2:00</b> JACKPOT Bingo! (T)  <b>2:30</b> Train Dominoes (L2)  <b>3:15-4:15</b> New Resident Welcome and Happy Hour (T)</p>	<p><b>10:30</b> Bingo! (T)  <b>1:00</b> Hand &amp; Foot Card Game (L2)  <b>1:00-2:30</b> Catholic Bible Study (BR)  <b>2:00</b> Card Games (T)  <b>4:00-5:00</b> Games with the Guys (GR)  <b>7:30</b> Movie (T)</p>	