

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>● 10:00am Church Shuttle (SU)</li> <li>● 10:30am Live Stream Service from St. Michael the Archangel (T)</li> <li>● 1:15pm Rummikub (L2)</li> <li>● 2:00pm Afternoon Movie - King Richard (T)</li> <li>● 2:00pm Bible Study w/ Sudie (AR)</li> <li>● 2:30pm Strength Exercise (FC)</li> <li>● 3:00pm Technology Support (AR)</li> <li>● 3:30pm Christian Communion (OF)</li> <li>● 4:00pm Sunday Social Club (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Strength Exercise (FC)</li> <li>● 11:00am Coffee &amp; Current Events (AR)</li> <li>● 11:00am Labor Day Brunch (DR)</li> <li>● 2:00pm Bible Study w/Betty (AR)</li> <li>● 2:00pm Train Dominoes (L2)</li> <li>● 2:30pm Labor Day Celebration (T)</li> <li>● 6:30pm Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Chair Yoga (FC)</li> <li>● 10:00am Shopping Trip to Wegman's (SU)</li> <li>● 11:00am Bingo (AR)</li> <li>● 1:00pm King's Poker (OF)</li> <li>● 1:15pm Living Well w/ Legacy (FC)</li> <li>● 2:00pm Mahjong (AR)</li> <li>● 2:00pm Town Hall - Cash Prize Drawing (T)</li> <li>● 2:30pm Wine &amp; Cheese Social (T)</li> <li>● 6:30pm Community Crossword (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30am Shuttle - Park West/Aquatic Center (SU)</li> <li>● 10:00am Zumba Gold Chair Dance (FC)</li> <li>● 11:00am Golden Expressions Wellness Group w/ NC State Students (AR)</li> <li>● 1:00pm Bridge Club (AR)</li> <li>● 1:00pm Walker &amp; Wheelchair Repair (OF)</li> <li>● 1:30pm Scrabble (GR)</li> <li>● 2:00pm West Regional Library (SU)</li> <li>● 2:30pm Pinochle (AR)</li> <li>● 2:30pm Tai Chi w/ Ye-Ning (FC)</li> <li>● 6:30pm Fiddle Concert w/ Andrew Magill (T)</li> <li>● 6:30pm Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Chair Yoga (FC)</li> <li>● 10:00am Shopping Trip to Harris Teeter (SU)</li> <li>● 11:00am Bingo (AR)</li> <li>● 1:00pm Queen's Poker (AR)</li> <li>● 2:00pm Wii Bowling (T)</li> <li>● 2:30pm Mahjong (L2)</li> <li>● 2:30pm Stitch Together (OF)</li> <li>● 3:00pm Catholic Communion (AR)</li> <li>● 3:30pm Craftsmanship (AR)</li> <li>● 6:30pm Pokeno (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Strength Exercise (FC)</li> <li>● 10:00am Trip to Howling Cow Creamery (SU)</li> <li>● 1:00pm Kings Poker (OF)</li> <li>● 1:15pm Living Well w/Legacy (FC)</li> <li>● 2:00pm Train Dominoes (AR)</li> <li>● 2:30pm Happy Hour w/ Luke Lowe (T)</li> <li>● 6:30pm Friday Night Movie - Going in Style (T)</li> <li>● 6:30pm Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Stretch Exercise (FC)</li> <li>● 1:00pm Hand &amp; Foot (AR)</li> <li>● 1:00pm Play Boggle (AR)</li> <li>● 1:15pm Strength Exercise (FC)</li> <li>● 2:00pm Afternoon Movie - Where the Crawdads Sing (T)</li> <li>● 6:30pm Saturday Night Movie - Wild (T)</li> </ul>
<ul style="list-style-type: none"> <li>● 10:00am Church Shuttle (SU)</li> <li>● 10:30am Live Stream Service from St. Michael the Archangel (T)</li> <li>● 1:15pm Rummikub (L2)</li> <li>● 1:30pm Music w/ Emma (AR)</li> <li>● 2:00pm Afternoon Movie - Going My Way (T)</li> <li>● 2:30pm Strength Exercise (FC)</li> <li>● 3:00pm Technology Support (AR)</li> <li>● 4:00pm Sunday Social Club (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30am Shuttle - Food Lion/Dollar Tree (SU)</li> <li>● 10:00am Strength Exercise (FC)</li> <li>● 11:00am Coffee &amp; Current Events (AR)</li> <li>● 12:30pm Banks &amp; Post Office (SU)</li> <li>● 1:30pm Chef Talk (AR)</li> <li>● 2:00pm Bible Study w/Betty (AR)</li> <li>● 2:00pm Train Dominoes (L2)</li> <li>● 6:30pm Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Chair Yoga (FC)</li> <li>● 11:00am Bingo (AR)</li> <li>● 1:00pm King's Poker (OF)</li> <li>● 2:00pm Mahjong (AR)</li> <li>● 2:30pm Happy Hour w/ Robert Trout (T)</li> <li>● 6:30pm Community Crossword (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30am Shopping Trip to Walmart (SU)</li> <li>● 10:00am Zumba Gold Chair Dance (FC)</li> <li>● 11:00am Activities Meeting (AR)</li> <li>● 1:00pm Bridge Club (AR)</li> <li>● 1:00pm Southern Luxe Salon Meet &amp; Greet (OF)</li> <li>● 1:15pm Stretch Exercise (FC)</li> <li>● 1:30pm Scrabble (GR)</li> <li>● 2:30pm Pinochle (AR)</li> <li>● 6:30pm Rummikub (AR)</li> <li>● 6:30pm Trivia Night w/ Jean (T)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00am Audiology Clinic (WC)</li> <li>● 10:00am Chair Yoga (FC)</li> <li>● 11:00am Bingo (AR)</li> <li>● 1:00pm Queen's Poker (AR)</li> <li>● 1:30pm Movercize w/ Richard (FC)</li> <li>● 2:00pm Wii Bowling (T)</li> <li>● 2:30pm Mahjong (L2)</li> <li>● 2:30pm Stitch Together (OF)</li> <li>● 3:00pm Catholic Communion (AR)</li> <li>● 3:30pm Craftsmanship (AR)</li> <li>● 6:30pm Pokeno (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Strength Exercise (FC)</li> <li>● 10:00am Trip to NC State Arboretum (SU)</li> <li>● 1:00pm Kings Poker (OF)</li> <li>● 1:15pm Living Well w/Legacy (FC)</li> <li>● 2:00pm Train Dominoes (AR)</li> <li>● 2:30pm Happy Hour w/ Larry &amp; Friends (T)</li> <li>● 6:30pm Friday Night Movie - American Graffiti (T)</li> <li>● 6:30pm Rummikub (AR)</li> <li>● 6:30pm Shabbat w/ the Lowes Family (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Stretch Exercise (FC)</li> <li>● 1:00pm Hand &amp; Foot (AR)</li> <li>● 1:00pm Play Boggle (AR)</li> <li>● 1:15pm Strength Exercise (FC)</li> <li>● 2:00pm Afternoon Movie - Anna and the King (T)</li> </ul>
<ul style="list-style-type: none"> <li>● 10:00am Church Shuttle (SU)</li> <li>● 10:30am Live Stream Service from St. Michael the Archangel (T)</li> <li>● 1:15pm Rummikub (L2)</li> <li>● 1:30pm Music w/ Emma (AR)</li> <li>● 2:00pm Afternoon Movie - The Joy Luck Club (T)</li> <li>● 2:30pm Strength Exercise (FC)</li> <li>● 3:00pm Technology Support (AR)</li> <li>● 4:00pm Sunday Social Club (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30am Shuttle - Food Lion/Dollar Tree (SU)</li> <li>● 10:00am Strength Exercise (FC)</li> <li>● 11:00am Coffee &amp; Current Events (AR)</li> <li>● 12:30pm Banks &amp; Post Office (SU)</li> <li>● 2:00pm Bible Study w/Betty (AR)</li> <li>● 2:00pm Train Dominoes (L2)</li> <li>● 6:30pm Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Chair Yoga (FC)</li> <li>● 11:00am Bingo (AR)</li> <li>● 1:00pm King's Poker (OF)</li> <li>● 1:15pm Living Well w/ Legacy (FC)</li> <li>● 2:00pm Big Red Dance Company Show (T)</li> <li>● 2:00pm Mahjong (AR)</li> <li>● 2:30pm Wine &amp; Cheese Social (T)</li> <li>● 6:30pm Community Crossword (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30am Shuttle - Park West/Aquatic Center (SU)</li> <li>● 10:00am Zumba Gold Chair Dance (FC)</li> <li>● 11:00am Ambassador Meeting (AR)</li> <li>● 12:30pm September Birthday Party (AR)</li> <li>● 1:00pm Bridge Club (AR)</li> <li>● 1:15pm Stretch Exercise (FC)</li> <li>● 1:30pm Scrabble (GR)</li> <li>● 2:30pm Pinochle (AR)</li> <li>● 6:30pm Rummikub (AR)</li> <li>● 6:30pm Wellness Talk w/ Leslie (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Chair Yoga (FC)</li> <li>● 11:00am Bingo (AR)</li> <li>● 12:30pm Joseph and the Amazing Technicolor Dreamcoat @ Temple Theater (SU)</li> <li>● 1:00pm Queen's Poker (AR)</li> <li>● 2:00pm Wii Bowling (T)</li> <li>● 2:30pm Mahjong (L2)</li> <li>● 2:30pm Stitch Together (OF)</li> <li>● 3:00pm Catholic Communion (AR)</li> <li>● 3:30pm Craftsmanship (AR)</li> <li>● 6:30pm Pokeno (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Strength Exercise (FC)</li> <li>● 11:00am Tea at Ferrington Village (SU)</li> <li>● 1:00pm Kings Poker (OF)</li> <li>● 1:15pm Living Well w/Legacy (FC)</li> <li>● 2:00pm Train Dominoes (AR)</li> <li>● 2:30pm Happy Hour w/ Caroline Gregory (T)</li> <li>● 6:30pm Friday Night Movie - Brooklyn (T)</li> <li>● 6:30pm Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00am Book Club (AR)</li> <li>● 10:00am Stretch Exercise (FC)</li> <li>● 1:00pm Hand &amp; Foot (AR)</li> <li>● 1:00pm Play Boggle (AR)</li> <li>● 1:15pm Strength Exercise (FC)</li> <li>● 2:00pm Afternoon Movie - Green Book (T)</li> <li>● 6:30pm Saturday Night Movie - Mamma Mia! (T)</li> </ul>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>● <b>10:00am</b> Church Shuttle (SU) <span style="float: right;">22</span></li> <li>● <b>10:30am</b> Live Stream Service from St. Michael the Archangel (T)</li> <li>● <b>1:15pm</b> Rummikub (L2)</li> <li>● <b>1:30pm</b> Music w/ Emma (AR)</li> <li>● <b>2:00pm</b> Afternoon Movie - 42 (T)</li> <li>● <b>2:30pm</b> Strength Exercise (FC)</li> <li>● <b>3:00pm</b> Technology Support (AR)</li> <li>● <b>4:00pm</b> Sunday Social Club (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>9:30am</b> Shuttle - Food Lion/Dollar Tree (SU) <span style="float: right;">23</span></li> <li>● <b>10:00am</b> Strength Exercise (FC)</li> <li>● <b>11:00am</b> Coffee &amp; Current Events (AR)</li> <li>● <b>12:30pm</b> Banks &amp; Post Office (SU)</li> <li>● <b>2:00pm</b> Bible Study w/Betty (AR)</li> <li>● <b>2:00pm</b> Train Dominoes (L2)</li> <li>● <b>2:30pm</b> Happy Hour w/ Christian Green (T)</li> <li>● <b>6:30pm</b> Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>10:00am</b> Chair Yoga (FC) <span style="float: right;">24</span></li> <li>● <b>11:00am</b> Bingo (AR)</li> <li>● <b>1:00pm</b> King's Poker (OF)</li> <li>● <b>2:00pm</b> Mahjong (AR)</li> <li>● <b>2:00pm</b> Town Hall - Cash Prize Drawing (T)</li> <li>● <b>2:30pm</b> New Resident Social (T)</li> <li>● <b>6:30pm</b> Community Crossword (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>9:30am</b> Shuttle - Park West/Aquatic Center (SU) <span style="float: right;">25</span></li> <li>● <b>10:00am</b> Zumba Gold Chair Dance (FC)</li> <li>● <b>11:00am</b> Golden Expressions Wellness Group w/ NC State Students (AR)</li> <li>● <b>1:00pm</b> Bridge Club (AR)</li> <li>● <b>1:15pm</b> Stretch Exercise (FC)</li> <li>● <b>1:30pm</b> Scrabble (GR)</li> <li>● <b>2:30pm</b> NC Medical Board Presentation (T)</li> <li>● <b>2:30pm</b> Pinochle (AR)</li> <li>● <b>4:30pm</b> Dinner Outing - Nantucket Grill (SU)</li> <li>● <b>6:30pm</b> Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>10:00am</b> Chair Yoga (FC) <span style="float: right;">26</span></li> <li>● <b>11:00am</b> Bingo (AR)</li> <li>● <b>1:00pm</b> Queen's Poker (AR)</li> <li>● <b>2:00pm</b> Wii Bowling (T)</li> <li>● <b>2:30pm</b> Mahjong (L2)</li> <li>● <b>2:30pm</b> Stitch Together (OF)</li> <li>● <b>3:00pm</b> Catholic Communion (AR)</li> <li>● <b>3:30pm</b> Craftsmanship (AR)</li> <li>● <b>6:30pm</b> Pokeno (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>10:00am</b> Strength Exercise (FC) <span style="float: right;">27</span></li> <li>● <b>11:00am</b> NC Symphony (L)</li> <li>● <b>1:00pm</b> Kings Poker (OF)</li> <li>● <b>1:15pm</b> Living Well w/Legacy (FC)</li> <li>● <b>2:00pm</b> Train Dominoes (AR)</li> <li>● <b>2:30pm</b> Happy Hour w/ Tom Neuhauser (T)</li> <li>● <b>6:30pm</b> Friday Night Movie - The Lightkeepers (T)</li> <li>● <b>6:30pm</b> Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>10:00am</b> Stretch Exercise (FC) <span style="float: right;">28</span></li> <li>● <b>1:00pm</b> Hand &amp; Foot (AR)</li> <li>● <b>1:00pm</b> Play Boggle (AR)</li> <li>● <b>1:15pm</b> Strength Exercise (FC)</li> <li>● <b>2:00pm</b> Afternoon Movie - Fried Green Tomatoes (T)</li> <li>● <b>6:30pm</b> Saturday Night Movie - The Glenn Miller Story (T)</li> </ul>
<ul style="list-style-type: none"> <li>● <b>10:00am</b> Church Shuttle (SU) <span style="float: right;">29</span></li> <li>● <b>10:30am</b> Live Stream Service from St. Michael the Archangel (T)</li> <li>● <b>1:15pm</b> Rummikub (L2)</li> <li>● <b>3:00pm</b> Oak City Sound Concert (T)</li> <li>● <b>4:00pm</b> Sunday Social Club (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● <b>9:30am</b> Shuttle - Food Lion/Dollar Tree (SU) <span style="float: right;">30</span></li> <li>● <b>10:00am</b> Strength Exercise (FC)</li> <li>● <b>11:00am</b> Coffee &amp; Current Events (AR)</li> <li>● <b>12:30pm</b> Banks &amp; Post Office (SU)</li> <li>● <b>2:00pm</b> Bible Study w/Betty (AR)</li> <li>● <b>2:00pm</b> Train Dominoes (L2)</li> <li>● <b>3:00pm</b> Movement for Brain, Body, &amp; Soul (FC)</li> <li>● <b>6:30pm</b> Rummikub (AR)</li> </ul>	<p>SU = Sign Up  GR = Game Room  FC = Fitness Center  AR = Activity Room  L2 = Library, 2nd Floor  T = Theater  OF = Outside Fitness Center  WC = Wellness Center  P = Patio  L = Lobby  FL = Fireside Lounge  DR = Dining Room</p>	<ul style="list-style-type: none"> <li>● Emotional</li> <li>● Entertainment</li> <li>● Intellectual</li> <li>● Off-site Outing</li> <li>● Physical</li> <li>● Social</li> <li>● Spiritual</li> </ul>			

# September 2024



PRESTON POINTE