

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 2026 PRESTON POINTE		Emotional Entertainment Intellectual Off-site Outing Physical Social Spiritual	SU = Sign Up GR = Game Room FC = Fitness Center AR = Activity Room L2 = Library, 2nd Floor T = Theater OF = Outside Fitness Center P = Patio L = Lobby FL = Fireside Lounge DR = Dining Room	New Year's Day 11:00 New Year's Day Brunch (DR) 2:00 Corn Hole (T) 2:00 Rummikub (GR) 3:00 Holiday Movie - When Harry Met Sally (T)	10:00 Strength Exercise (FC) 10:00 Trip to Kohl's (SU) 11:00 Shuffleboard (GR) 1:00 Poker (AR) 1:15 Living Well w/ Legacy (FC) 2:30 Happy Hour w/ Luke Lowe (T) 6:30 Movie - The Greatest Showman (T) 6:30 Rummikub (AR)	10:00 Stretch Exercise (FC) 1:00 Hand & Foot Card Game (AR) 1:15 Strength Exercise (FC) 2:00 Movie - The Iron Lady (T) 6:30 Movie - The French Connection (T)
10:00 Church Shuttle (SU) 10:30 St. Michael's Live Stream (T) 1:00 Pinochle (GR) 2:00 Movie - The Game Plan (T) 2:00 Rummikub (GR) 2:30 Strength Exercise (FC) 3:00 Tech Support (L2) 3:30 Christian Communion (OF) 4:00 Sunday Social Club (AR)	9:30 Shuttle - Food Lion/Dollar Tree (SU) 10:00 Strength Exercise (FC) 11:00 Current Events (AR) 12:30 Banks & Post Office (SU) 1:30 Chef Talk (AR) 2:00 Bible Study w/Betty (AR) 6:30 Rummikub (AR) 6:30 Train Dominoes (GR)	10:00 Chair Yoga (FC) 10:00 Shopping Trip to Wegmans (SU) 11:00 Bingo (AR) 1:15 Living Well w/ Legacy (FC) 2:30 Happy Hour (T) 6:30 Community Crossword (AR)	9:30 Shuttle - Park West, Aquatic Center, CVS (SU) 10:00 Zumba Gold Chair Dance (FC) 1:00 Walker & Wheelchair Repair (OF) 1:15 Stretch Exercise (FC) 1:30 Bridge Club (AR) 1:30 Scrabble (GR) 2:00 Library Trip (SU) 3:00 Billiards (GR) 6:30 Wellness Talk w/ Leslie (AR)	9:00 Audiology Clinic (WC) 10:00 Chair Yoga (FC) 10:00 Shopping Trip to Harris Teeter (SU) 11:00 Bingo (AR) 1:30 Movercize w/ Richard (FC) 2:00 Corn Hole (T) 2:00 Rummikub (GR) 3:00 Catholic Communion (AR) 3:30 Arts & Crafts (AR) 6:30 Pokeno (AR)	10:00 Historical Tour of Durham (SU) 10:00 Strength Exercise (FC) 11:00 Shuffleboard (GR) 1:00 Poker (AR) 1:15 Living Well w/ Legacy (FC) 2:30 Happy Hour w/ Larry and Friends (T) 4:00 Shabbat Service (AR) 6:30 Movie - Mamma Mia (T) 6:30 Rummikub (AR)	10:00 Stretch Exercise (FC) 10:30 Preston Players Meeting (T) 1:00 Hand & Foot Card Game (AR) 1:15 Strength Exercise (FC) 2:00 Movie - On the Basis of Sex (T) 6:30 Movie - Somewhere in Time (T)
10:00 Church Shuttle (SU) 10:30 St. Michael's Live Stream (T) 1:00 Pinochle (GR) 2:00 Movie - On Thin Ice (T) 2:00 Rummikub (GR) 2:30 Strength Exercise (FC) 3:00 Carpe Diem Sax Quartet Concert (T) 4:00 Sunday Social Club (AR)	9:30 Shuttle - Food Lion/Dollar Tree (SU) 10:00 Strength Exercise (FC) 11:00 Current Events (AR) 12:30 Banks & Post Office (SU) 1:00 Parkinson Support Group (T) 2:00 Bible Study w/Betty (AR) 2:00 Mahjong (T) 6:30 Rummikub (AR) 6:30 Train Dominoes (GR)	10:00 Chair Yoga (FC) 11:00 Bingo (AR) 2:00 Financial Presentation (T) 2:30 Happy Hour (T) 6:30 Community Crossword (AR)	9:30 Shuttle - Walmart (SU) 10:00 Zumba Gold Chair Dance (FC) 11:00 Ambassador Meeting (AC) 1:15 Stretch Exercise (FC) 1:30 Bridge Club (T) 1:30 Scrabble (GR) 2:00 Afternoon Tea (AR) 3:00 Billiards (GR) 6:30 Rummikub (AR) 6:30 Trivia Night w/ Jean (T)	10:00 Chair Yoga (FC) 11:00 Bingo (AR) 2:00 Corn Hole (T) 2:00 Rummikub (GR) 3:00 Catholic Communion (AR) 3:30 Arts & Crafts (AR) 6:30 Pokeno (AR)	10:00 NC Pottery Center Tour and Demonstration (SU) 10:00 Strength Exercise (FC) 11:00 Shuffleboard (GR) 1:00 Poker (AR) 1:15 Living Well w/ Legacy (FC) 2:30 Happy Hour w/ Caroline (T) 6:30 Movie - Butch Cassidy and the Sundance Kid (T) 6:30 Rummikub (AR)	10:00 Stretch Exercise (FC) 10:30 Preston Players Meeting (T) 1:00 Hand & Foot Card Game (AR) 1:15 Strength Exercise (FC) 2:00 Movie - My Big Fat Greek Wedding (T) 6:30 Movie - American Graffiti (T)

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● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 1:00 Pinochle (GR) ● 2:00 Movie - Selma (T) ● 2:00 Rummikub (GR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2) ● 4:00 Sunday Social Club (AR) 18	● Martin Luther King Jr. Day ● 9:30 Shuttle - Food Lion/Dollar Tree (SU) ● 10:00 Strength Exercise (FC) ● 11:00 Current Events (AR) ● 12:30 Banks & Post Office (SU) ● 1:30 Martin Luther King Jr. Tribute and Sing-Along (T) ● 2:00 Bible Study w/Betty (AR) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR) 19	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Happy Hour w/ Dennis (T) ● 6:30 Community Crossword (AR) 20	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) ● 10:00 Zumba Gold Chair Dance (FC) ● 12:30 January Birthday Party (AR) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 3:00 Billiards (GR) ● 6:30 Rummikub (AR) 21	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 2:00 Catholic Mass (AC) ● 2:00 Corn Hole (T) ● 2:00 Rummikub (GR) ● 3:30 Arts & Crafts (AR) ● 6:30 Pokeno (AR) 22	● 10:00 Strength Exercise (FC) ● 10:00 Trip to Cracker Barrel (SU) ● 11:00 Shuffleboard (GR) ● 1:00 Poker (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Happy Hour w/ Tom Neuhauser (T) ● 6:30 Movie - Analyze That (T) ● 6:30 Rummikub (AR) 23	● 10:00 Stretch Exercise (FC) ● 10:30 Preston Players Meeting (T) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Strength Exercise (FC) ● 2:00 Movie - Rocketman (T) ● 6:30 Movie - One Flew Over the Cuckoo's Nest (T) 24
● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 1:00 Pinochle (GR) ● 2:00 Movie - La La Land (T) ● 2:00 Rummikub (GR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2) ● 4:00 Sunday Social Club (AR) ● 5:00 Comedy Night (T) 25	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) ● 10:00 Strength Exercise (FC) ● 11:00 Current Events (AR) ● 12:30 Banks & Post Office (SU) ● 2:00 Bible Study w/Betty (AR) ● 2:00 Mahjong Lessons and Play (T) ● 2:30 Happy Hour w/ Christian Green (T) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR) 26	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 2:00 Town Hall Meeting - Cash Prize Drawing (T) ● 2:30 New Resident Social/Happy Hour (T) ● 6:30 Community Crossword (AR) 27	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) ● 10:00 Zumba Gold Chair Dance (FC) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 3:00 Billiards (GR) ● 4:30 Dinner Outing to Cape Fear Seafood Company (SU) ● 6:30 Rummikub (AR) 28	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 12:00 Side by Side by Sondheim Show at Temple Theater (SU) ● 2:00 Corn Hole (T) ● 2:00 Rummikub (GR) ● 3:00 Catholic Communion (AR) ● 3:30 Arts & Crafts (AR) ● 6:30 Pokeno (AR) 29	● 10:00 Strength Exercise (FC) ● 11:00 Shuffleboard (GR) ● 11:00 Tour of Duke Chapel (SU) ● 1:00 Poker (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Happy Hour w/ Dennis (T) ● 6:30 Movie - Manhattan (T) ● 6:30 Rummikub (AR) 30	● 10:00 Movement for Brain, Body, & Soul (FC) ● 10:30 Preston Players Meeting (T) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Strength Exercise (FC) ● 2:00 Movie - School of Rock (T) ● 6:30 Movie - A Walk to Remember (T) 31