

- Emotional
- Entertainment
- Intellectual
- Off-site Outing
- Physical
- Social
- Spiritual

February 2026



PRESTON POINTE

SU = Sign Up
GR = Game Room
FC = Fitness Center
AR = 3rd Floor
Activity Room
L2 = Library, 2nd Floor

T = Theater
OF = Outside
Fitness Center
L = Lobby
FL = Fireside Lounge
DR = Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 1:00 Pinochle (GR) ● 2:00 Movie - Old Yeller (T) ● 2:00 Rummikub (GR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2) ● 3:30 Christian Communion (OF) ● 5:00 Comedy Night (T)	● 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) ● 2:00 Mahjong Lessons and Play (T) ● 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) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 2:00 Stretch Exercise (FC) ● 2:00 Trip to West Regional Library (SU) ● 3:00 Billiards (GR) ● 6:30 Rummikub (AR) ● 6:30 Wellness Talk w/	● 10:00 Chair Yoga (FC) ● 10:00 Shopping Trip to Harris Teeter (SU) ● 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 Strength Exercise (FC) ● 11:00 Shuffleboard (GR) ● 11:00 Trip to NC Symphony (SU) ● 1:00 Poker (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:00 St. Michael's Children's Choir Performance (T) ● 2:30 Happy Hour w/ Luke Lowe (T) ● 6:30 Movie - Mary Poppins (T)	● 10:00 Stretch Exercise (FC) ● 10:30 Preston Players Meeting (T) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Strength Exercise (FC) ● 1:30 Music w/ Christian Green (T) ● 6:30 Movie - Blue Hawaii (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 Technology Support (L2) ● 6:00 Super Bowl Party (T)	● 10:00 Strength Exercise (FC) ● 11:00 Current Events (AR) ● 1:00 Parkinson Support Group (T) ● 2:00 Bible Study w/Betty (AR) ● 2:00 Mahjong Lessons and Play (T) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 1:30 Fraud and AI Safety Presentation w/ Morrisville Police Department (T) ● 2:30 Happy Hour (T) ● 6:30 Community Crossword (AR)	● 10:00 Zumba Gold Chair Dance (FC) ● 11:00 Ambassador Meeting (AR) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 2:00 Stretch Exercise (FC) ● 3:00 Billiards (GR) ● 6:30 Rummikub (AR) ● 6:30 Trivia Night w/ Jean (T)	● 9:00 Audiology Clinic (WC) ● 10:00 Chair Yoga (FC) ● 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 Strength Exercise (FC) ● 11:00 Shuffleboard (GR) ● 1:00 Poker (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Happy Hour w/ Cole Koffi (T) ● 4:00 Shabbat Service (AR) ● 6:30 Movie - My Fair Lady (T) ● 6:30 Rummikub (AR)	● Valentine's Day ● 10:00 Stretch Exercise (FC) ● 10:30 Preston Players Meeting (T) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Strength Exercise (FC) ● 2:30 Valentine's Day Party w/ Body and Soul (T) ● 6:30 Movie - Valentine's Day (T)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● 10:00 Church Shuttle (SU) 15 ● 10:30 St. Michael's Live Stream (T) ● 1:00 Pinochle (GR) ● 2:00 Movie - Annie Hall (T) ● 2:00 Rummikub (GR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 16 ● 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) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) 17 ● 11:00 Bingo (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Mardi Gras Party (T) ● 6:30 Community Crossword (AR)	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) 18 ● 10:00 Zumba Gold Chair Dance (FC) ● 12:30 February Birthday Party (AR) ● 1:30 Bridge Club (T) ● 1:30 Scrabble (GR) ● 2:00 Presbyterian Ash Wednesday Service (AR) ● 2:00 Stretch Exercise (FC) ● 3:00 Billiards (GR) ● 3:30 Catholic Ash Wednesday Service (AR)	● 10:00 Chair Yoga (FC) 19 ● 11:00 Bingo (AR) ● 12:00 Pardon Me Show at Temple Theater (SU) ● 2:00 Corn Hole (T) ● 2:00 Rummikub (GR) ● 3:30 Arts & Crafts (AR) ● 6:30 Pokeno (AR)	● 10:00 Strength Exercise (FC) 20 ● 10:00 Trip to Macy's and Belk (SU) ● 11:00 Shuffleboard (GR) ● 1:00 Poker (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Winter Olympics Happy Hour w/ Caroline (T) ● 6:30 Movie - La La Land (T) ● 6:30 Rummikub (AR)	● 10:00 Stretch Exercise (FC) 21 ● 10:30 Preston Players Meeting (T) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Strength Exercise (FC) ● 2:00 Movie - Bullitt (T) ● 6:30 Movie - The Blind Side (T)
● 10:00 Church Shuttle (SU) 22 ● 10:30 St. Michael's Live Stream (T) ● 1:00 Pinochle (GR) ● 2:00 Movie - 50 First Dates (T) ● 2:00 Rummikub (GR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2) ● 5:00 Comedy Night (T)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 23 ● 10:00 Strength Exercise (FC) ● 11:00 Current Events (AR) ● 12:30 Banks & Post Office (SU) ● 1:00 Snowball Bocce- Winter Olympics (T) ● 2:00 Bible Study w/Betty (AR) ● 2:30 Happy Hour w/ Christian Green (T) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) 24 ● 11:00 Bingo (AR) ● 1:00 Pool Noodle Hockey - Winter Olympics (AR) ● 2:00 Town Hall Meeting- Cash Prize Drawing (T) ● 2:30 New Resident Social/Happy Hour (T) ● 6:30 Community Crossword (AR)	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) 25 ● 10:00 Zumba Gold Chair Dance (FC) ● 1:00 Pass the Snowballs- Winter Olympics (T) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 2:00 Stretch Exercise (FC) ● 3:00 Billiards (GR) ● 6:30 Rummikub (AR)	● 10:00 Chair Yoga (FC) 26 ● 11:00 Bingo (AR) ● 1:00 Pick Up the Snowballs - Winter Olympics (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 Strength Exercise (FC) 27 ● 11:00 Shuffleboard (GR) ● 11:00 Winter Olympics Bingo (AR) ● 1:00 Poker (AR) ● 1:15 Living Well w/ Legacy (FC) ● 2:30 Winter Olympics Closing Ceremony Happy Hour w/ Tom (T) ● 6:30 Movie - Respect (T) ● 6:30 Rummikub (AR)	● 10:00 Movement for Brain, Body, & Soul (FC) 28 ● 10:30 Preston Players Meeting (T) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Strength Exercise (FC) ● 2:00 Movie - Eddie the Eagle (T) ● 6:30 Movie - Chicago (T)