

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026



## PRESTON POINTE

SU = Sign Up  
 GR = Game Room  
 FC = Fitness Center  
 AR = Activity Room  
 L2 = Library  
 T = Theater  
 OF = Outside  
 Fitness Center  
 P = Patio

L = Lobby  
 FL = Fireside  
 Lounge  
 DR = Dining Room  
 RG = Raised  
 Gardens  
 C = Café  
 WC = Wellness  
 Center

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

- 1**
- 9:30 Trip to Pinehurst - Lunch and Shopping (SU)
  - 10:00 Strength Exercise (FC)
  - 11:00 Shuffleboard (GR)
  - 1:15 Get Fit w/ Legacy (FC)
  - 2:30 Music and Mingle w/ Luke Lowe (T)
  - 6:30 Movie - Oklahoma! (T)
  - 6:30 Rummikub (AR)

- 2**
- 10:00 Stretch Exercise (FC)
  - 10:30 Preston Players Meeting (T)
  - 11:00 Bingo w/ Young Men's Leadership Service (AR)
  - 1:00 Hand & Foot Card Game (AR)
  - 1:15 Seated Tai Chi (FC)
  - 2:00 Movie - The Penguin Lessons (T)
  - 6:00 Kentucky Derby Viewing (T)

- 3**
- 10:00 Church Shuttle (SU)
  - 10:30 St. Michael's Live Stream (T)
  - 1:00 Pinochle (GR)
  - 2:00 Movie - Poms (T)
  - 2:00 Rummikub (FL)
  - 2:00 Scrabble (AR)
  - 2:30 Strength Exercise (FC)
  - 3:00 Technology Support (L2)
  - 3:30 Christian Communion (AR)

- 4**
- 9:30 Shuttle - Food Lion/Dollar Tree (SU)
  - 10:00 Strength (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 (T)
  - 2:00 Rummikub (GR)
  - 6:30 Rummikub (AR)
  - 6:30 Train Dominoes (GR)

- 5**
- Cinco de Mayo
  - 10:00 Chair Yoga (FC)
  - 10:00 Shopping Trip to Wegmans (SU)
  - 11:00 Bingo (AR)
  - 1:15 Seated Tai Chi w/ Debbie (FC)
  - 2:30 Cinco de Mayo Celebration (T)
  - 6:30 Community Crossword (AR)

- 6**
- 9:30 Shuttle - Park West, Aquatic Center, CVS (SU)
  - 10:00 Chair Zumba (FC)
  - 1:00 Walker & Wheelchair Repair (OF)
  - 1:15 Stretch (FC)
  - 1:30 Bridge Club (T)
  - 1:30 Scrabble (GR)
  - 2:00 Mother's Day Tea (AR)
  - 3:00 Billiards (GR)
  - 3:30 Blackjack (AR)
  - 6:30 Rummikub (AR)
  - 6:30 Wellness Talk (AR)

- 7**
- 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)
  - 6:00 Pokeno (AR)

- 8**
- 10:00 Strength Exercise (FC)
  - 11:00 Shuffleboard (GR)
  - 11:00 Trip to NC Symphony (SU)
  - 1:15 Get Fit w/ Legacy (FC)
  - 2:30 Music and Mingle w/ Larry and Friends (T)
  - 4:00 Shabbat Service (AR)
  - 6:30 Movie - Jumanji (T)
  - 6:30 Rummikub (AR)

- 9**
- 10:00 Stretch Exercise (FC)
  - 10:30 Preston Players Meeting (T)
  - 1:00 Hand & Foot Card Game (AR)
  - 1:15 Seated Tai Chi (FC)
  - 2:00 Movie - Little Women (T)
  - 6:30 Movie - Mystic Pizza (T)

- 10**
- Mother's Day
  - 10:00 Church Shuttle (SU)
  - 10:30 St. Michael's Live Stream (T)
  - 11:00 Mother's Day Brunch (DR)
  - 1:00 Pinochle (GR)
  - 2:00 Movie - Mother's Day (T)
  - 2:00 Rummikub (FL)
  - 2:00 Scrabble (AR)
  - 2:30 Strength (FC)
  - 3:00 Technology Support (L2)

- 11**
- 9:30 Shuttle - Food Lion/Dollar Tree (SU)
  - 10:00 Strength (FC)
  - 11:00 Current Events (AR)
  - 12:30 Banks & Post Office (SU)
  - 2:00 Bible Study w/Betty (AR)
  - 2:00 Mahjong (T)
  - 2:00 Rummikub (GR)
  - 6:30 Rummikub (AR)
  - 6:30 Train Dominoes (GR)

- 12**
- 10:00 Chair Yoga (FC)
  - 11:00 Bingo (AR)
  - 1:15 Seated Tai Chi w/ Debbie (FC)
  - 1:30 Garden Club (RG)
  - 2:30 Explore Our World (T)
  - 6:30 Community Crossword (AR)

- 13**
- 9:30 Trip to Walmart (SU)
  - 10:00 COVID Vaccination Clinic (AR)
  - 10:00 Chair Zumba (FC)
  - 1:15 Stretch Exercise (FC)
  - 1:30 Bridge Club (AR)
  - 1:30 Scrabble (GR)
  - 2:00 Trip to West Regional Library (SU)
  - 3:00 Billiards (GR)
  - 3:30 Blackjack (AR)
  - 6:30 Rummikub (AR)

- 14**
- 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)
  - 6:00 Pokeno (AR)

- 15**
- 10:00 Strength Exercise (FC)
  - 10:00 Trip to Kohl's (SU)
  - 11:00 Shuffleboard (GR)
  - 1:15 Get Fit w/ Legacy (FC)
  - 2:30 Music and Mingle w/ Caroline (T)
  - 6:30 Movie - Bohemian Rhapsody (T)
  - 6:30 Rummikub (AR)

- 16**
- 10:00 Stretch Exercise (FC)
  - 10:30 Preston Players Meeting (T)
  - 1:00 Hand & Foot Card Game (AR)
  - 1:15 Seated Tai Chi (FC)
  - 2:00 Movie - The Sting (T)
  - 6:30 Movie - An Affair to Remember (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>● 10:00 Church Shuttle (SU)</li> <li>● 10:30 St. Michael's Live Stream (T)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:00 Scrabble (AR)</li> <li>● 2:30 Strength Exercise (FC)</li> <li>● 3:00 Bark and Hart Concert (T)</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>● 9:30 Shuttle - Food Lion/Dollar Tree (SU)</li> <li>● 10:00 Strength (FC)</li> <li>● 11:00 Current Events (AR)</li> <li>● 12:30 Banks &amp; Post Office (SU)</li> <li>● 2:00 Bible Study w/Betty (AR)</li> <li>● 2:00 Mahjong (T)</li> <li>● 2:00 Rummikub (GR)</li> <li>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC)</li> <li>● 11:00 Bingo (AR)</li> <li>● 1:15 Seated Tai Chi w/ Debbie (FC)</li> <li>● 2:30 Trivia and Treats with Senior Helpers (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU)</li> <li>● 10:00 Zumba Gold Chair Dance (FC)</li> <li>● 12:30 May Birthday Party (AR)</li> <li>● 1:15 Stretch Exercise (FC)</li> <li>● 1:30 Bridge Club (AR)</li> <li>● 1:30 Scrabble (GR)</li> <li>● 3:00 Billiards (GR)</li> <li>● 3:30 Blackjack (AR)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>20</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC)</li> <li>● 11:00 Bingo (AR)</li> <li>● 2:00 Corn Hole (T)</li> <li>● 2:00 Rummikub (GR)</li> <li>● 3:00 Catholic Communion (AR)</li> <li>● 3:30 Arts &amp; Crafts (AR)</li> <li>● 6:00 Pokeno (AR)</li> </ul> <p style="text-align: right;"><b>21</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Strength Exercise (FC)</li> <li>● 10:00 Trip to the State Farmers Market (SU)</li> <li>● 11:00 Shuffleboard (GR)</li> <li>● 1:15 Get Fit w/ Legacy (FC)</li> <li>● 2:30 Music and Mingle w/ Tom Neuhauser (T)</li> <li>● 6:30 Movie - Out of Africa (T)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>22</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Stretch Exercise (FC)</li> <li>● 10:30 Preston Players Meeting (T)</li> <li>● 1:00 Hand &amp; Foot Card Game (AR)</li> <li>● 1:15 Seated Tai Chi (FC)</li> <li>● 2:00 Movie - Night at the Museum (T)</li> <li>● 6:30 Movie - Same Time, Next Year (T)</li> </ul> <p style="text-align: right;"><b>23</b></p>
<ul style="list-style-type: none"> <li>● 10:00 Church Shuttle (SU)</li> <li>● 10:30 St. Michael's Live Stream (T)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Movie - Chinatown (T)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:00 Scrabble (AR)</li> <li>● 2:30 Strength Exercise (FC)</li> <li>● 3:00 Technology Support (L2)</li> </ul> <p style="text-align: right;"><b>24</b></p>	<p>Memorial Day</p> <ul style="list-style-type: none"> <li>● 10:00 Strength Exercise (FC)</li> <li>● 11:00 Memorial Day Brunch (DR)</li> <li>● 12:00 Mahjong (T)</li> <li>● 2:00 Bible Study w/Betty (AR)</li> <li>● 2:00 Rummikub (GR)</li> <li>● 3:00 Memorial Day Tribute (T)</li> <li>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC)</li> <li>● 11:00 Bingo (AR)</li> <li>● 1:15 Seated Tai Chi w/ Debbie (FC)</li> <li>● 2:00 Town Hall Meeting - Cash Prize Drawing (T)</li> <li>● 2:30 Community Connections with New Residents (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU)</li> <li>● 10:00 Chair Zumba (FC)</li> <li>● 11:00 Ambassador Meeting (AR)</li> <li>● 1:15 Stretch Exercise (FC)</li> <li>● 1:30 Bridge Club (AR)</li> <li>● 1:30 Scrabble (GR)</li> <li>● 3:00 Billiards (GR)</li> <li>● 3:30 Blackjack (AR)</li> <li>● 4:30 Dinner at Outback Steakhouse (SU)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>27</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC)</li> <li>● 11:00 Bingo (AR)</li> <li>● 2:00 Catholic Mass (AR)</li> <li>● 2:00 Corn Hole (T)</li> <li>● 2:00 Rummikub (GR)</li> <li>● 3:30 Art w/ Ali (AR)</li> <li>● 6:00 Pokeno (AR)</li> </ul> <p style="text-align: right;"><b>28</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Strength Exercise (FC)</li> <li>● 10:00 Trip to National Teapot Show (SU)</li> <li>● 11:00 Shuffleboard (GR)</li> <li>● 1:15 Get Fit w/ Legacy (FC)</li> <li>● 2:30 Music and Mingle w/ Dennis (T)</li> <li>● 6:30 Movie - The Producers (T)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>29</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Movement for Brain, Body, &amp; Soul (FC)</li> <li>● 10:30 Preston Players Meeting (T)</li> <li>● 1:00 Hand &amp; Foot Card Game (AR)</li> <li>● 1:15 Seated Tai Chi (FC)</li> <li>● 2:00 Movie - People We Meet on Vacation (T)</li> <li>● 6:30 Movie - Catch Me If You Can (T)</li> </ul> <p style="text-align: right;"><b>30</b></p>
<ul style="list-style-type: none"> <li>● 10:00 Church Shuttle (SU)</li> <li>● 10:30 St. Michael's Live Stream (T)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Movie - Message in a Bottle (T)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:00 Scrabble (AR)</li> <li>● 2:30 Strength Exercise (FC)</li> <li>● 5:00 Comedy Night (T)</li> </ul> <p style="text-align: right;"><b>31</b></p>				<p>SU = Sign Up GR = Game Room FC = Fitness Center AR = Activity Room L2 = Library T = Theater OF = Outside Fitness Center P = Patio</p>	<p>L = Lobby FL = Fireside Lounge DR = Dining Room RG = Raised Gardens C = Café WC = Wellness Center</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> </ul>