

# June 2026



PRESTON POINTE

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

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

- P = Patio
- L = Lobby
- FL = Fireside Lounge
- DR = Dining Room
- RG = Raised Gardens
- WC = Wellness Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<ul style="list-style-type: none"> <li>● 9:30 Shuttle - Food Lion/Dollar Tree (SU) <b>1</b></li> <li>● 10:00 Strength (FC)</li> <li>● 11:00 Current Events (AR)</li> <li>● 12:30 Banks &amp; Post Office (SU)</li> <li>● 1:30 Chef Talk (AR)</li> <li>● 2:00 Bible Study w/Betty (AR)</li> <li>● 2:00 Mahjong (T)</li> <li>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC) <b>2</b></li> <li>● 10:00 Shopping Trip to Wegmans (SU)</li> <li>● 11:00 Bingo (AR)</li> <li>● 1:15 Seated Tai Chi w/ Debbie (FC)</li> <li>● 2:30 Community Connections (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) <b>3</b></li> <li>● 10:00 Chair Zumba (FC)</li> <li>● 1:00 Walker Repair (OF)</li> <li>● 1:15 Stretch (FC)</li> <li>● 1:30 Bridge Club (AR)</li> <li>● 1:30 Scrabble (GR)</li> <li>● 2:00 Library Trip (SU)</li> <li>● 2:30 Music w/ Christian Green (T)</li> <li>● 3:00 Billiards (GR)</li> <li>● 3:30 Blackjack (AR)</li> <li>● 6:30 Rummikub (AR)</li> <li>● 6:30 Wellness Talk (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC) <b>4</b></li> <li>● 10:00 Shopping Trip to Harris Teeter (SU)</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>	<ul style="list-style-type: none"> <li>● 10:00 Strength Exercise (FC) <b>5</b></li> <li>● 10:00 Trip to Dorcas (SU)</li> <li>● 11:00 Shuffleboard (GR)</li> <li>● 1:15 Get Fit w/ Legacy (FC)</li> <li>● 2:30 Music and Mingle w/ Luke Lowe (T)</li> <li>● 6:30 Movie - Back to the Future (T)</li> <li>● 6:30 Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Trip to Cars and Coffee (SU) <b>6</b></li> <li>● 10:00 Stretch (FC)</li> <li>● 10:30 Preston Players Meeting (T)</li> <li>● 11:00 Bingo w/ Young Men's Leadership Service (AR)</li> <li>● 1:00 Hand &amp; Foot (AR)</li> <li>● 1:15 Seated Tai Chi (FC)</li> <li>● 2:00 Movie - The Breakfast Club (T)</li> <li>● 6:30 Movie - The Proposal (T)</li> </ul>
<ul style="list-style-type: none"> <li>● 10:00 Church Shuttle (SU) <b>7</b></li> <li>● 10:30 St. Michael's Live Stream (T)</li> <li>● 12:00 Mahjong (AR)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Movie - Doctor Zhivago (T)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:30 Strength Exercise (FC)</li> <li>● 3:00 Technology Support (L2)</li> <li>● 3:30 Christian Communion (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 Shuttle - Food Lion/Dollar Tree (SU) <b>8</b></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>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00 Chair Yoga (FC) <b>9</b></li> <li>● 11:00 Bingo (AR)</li> <li>● 1:15 Seated Tai Chi w/ Debbie (FC)</li> <li>● 1:30 Garden Club (RG)</li> <li>● 2:30 Explore Our World (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:30 Shopping Trip to Walmart (SU) <b>10</b></li> <li>● 10:00 Chair Zumba (FC)</li> <li>● 11:00 Ambassador Meeting (AR)</li> <li>● 1:15 Stretch (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> <li>● 6:30 Trivia Night w/ Jean (T)</li> </ul>	<ul style="list-style-type: none"> <li>● 9:00 Audiology Clinic (WC) <b>11</b></li> <li>● 10:00 Chair Yoga (FC)</li> <li>● 11:00 Bingo (AR)</li> <li>● 1:30 Movercize w/ Richard (FC)</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>	<ul style="list-style-type: none"> <li>● 9:30 Trip to Greensboro Aquarium (SU) <b>12</b></li> <li>● 10:00 Strength (FC)</li> <li>● 11:00 Shuffleboard (GR)</li> <li>● 1:15 Get Fit w/ Legacy (FC)</li> <li>● 2:30 Music and Mingle w/ Cole Koffi (T)</li> <li>● 4:00 Shabbat Service (AR)</li> <li>● 6:30 Movie - To Kill a Mockingbird (T)</li> <li>● 6:30 Rummikub (AR)</li> </ul>	<ul style="list-style-type: none"> <li>● 10:00 Stretch Exercise (FC) <b>13</b></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 Preston Players Show (T)</li> <li>● 6:30 Movie - Remarkably Bright Creatures (T)</li> </ul>

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>● 12:00 Barber Shop Quartet (DR)</li> <li>● 12:00 Mahjong (AR)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Movie - Like Father (T)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:30 Strength (FC)</li> <li>● 3:00 Scrabble (AR)</li> <li>● 3:00 Technology Support (L2)</li> </ul> <p style="text-align: right;"><b>14</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>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul> <p style="text-align: right;"><b>15</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 Ice Cream Social (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul> <p style="text-align: right;"><b>16</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>● 12:30 June 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>● 2:00 Trip to Cary Art Show (SU)</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>17</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 Arts &amp; Crafts (AR)</li> <li>● 6:00 Pokeno (AR)</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>● Juneteenth</li> <li>● 10:00 Historical Raleigh Trolley Tour (SU)</li> <li>● 10:00 Strength Exercise (FC)</li> <li>● 11:00 Shuffleboard (GR)</li> <li>● 1:15 Get Fit w/ Legacy (FC)</li> <li>● 2:30 Music and Mingle w/ Caroline (T)</li> <li>● 6:30 Movie - Green Book (T)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>19</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 - Father of the Bride (T)</li> <li>● 6:30 Movie - Daddy's Home (T)</li> </ul> <p style="text-align: right;"><b>20</b></p>		
<ul style="list-style-type: none"> <li>● Father's Day</li> <li>● 10:00 Church Shuttle (SU)</li> <li>● 10:30 St. Michael's Live Stream (T)</li> <li>● 11:00 Father's Day Brunch (DR)</li> <li>● 12:00 Mahjong (AR)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Movie - Fatherhood (T)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:30 Strength (FC)</li> <li>● 3:00 Scrabble (AR)</li> <li>● 3:00 Tech Support (L2)</li> </ul> <p style="text-align: right;"><b>21</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>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul> <p style="text-align: right;"><b>22</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 Explore Our World (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul> <p style="text-align: right;"><b>23</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>● 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 Outing to Babymoon Cafe (SU)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>24</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 Painting Party (AR)</li> <li>● 2:00 Rummikub (GR)</li> <li>● 3:00 Catholic Communion (FL)</li> <li>● 6:00 Pokeno (AR)</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>● 9:30 Boat Tour of Jordan Lake (SU)</li> <li>● 10:00 Strength Exercise (FC)</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 - Song Sung Blue (T)</li> <li>● 6:30 Rummikub (AR)</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>● 10:00 Movement for Brain, Body, &amp; Soul (FC)</li> <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 - Book Club (T)</li> <li>● 6:30 Movie - Book Club: The Next Chapter (T)</li> </ul> <p style="text-align: right;"><b>27</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>● 12:00 Mahjong (AR)</li> <li>● 1:00 Pinochle (GR)</li> <li>● 2:00 Rummikub (FL)</li> <li>● 2:30 Strength Exercise (FC)</li> <li>● 3:00 Flip Side Concert (T)</li> <li>● 3:00 Scrabble (AR)</li> <li>● 5:00 Stand-Up Comedy Screening (T)</li> </ul> <p style="text-align: right;"><b>28</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>● 12:00 Mahjong (T)</li> <li>● 12:30 Banks &amp; Post Office (SU)</li> <li>● 2:00 Bible Study (AR)</li> <li>● 2:30 Music w/ Christian Green (T)</li> <li>● 6:30 Rummikub (AR)</li> <li>● 6:30 Train Dominoes (GR)</li> </ul> <p style="text-align: right;"><b>29</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 The Spoons Concert (T)</li> <li>● 6:30 Community Crossword (AR)</li> </ul> <p style="text-align: right;"><b>30</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 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>