

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 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 FL = Fireside Lounge DR = Dining Room RG = Raised Gardens WC = Wellness Center	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) ● 10:00 Chair Zumba (FC) ● 1:00 Walker & Wheelchair Repair (OF) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 3:00 Billiards (GR) ● 3:30 Blackjack (AR) ● 6:30 Rummikub (AR) ● 6:30 Wellness Talk w/ Leslie (AR) 1	● 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) ● 6:00 Pokeno (AR) 2	● 10:00 Strength Exercise (FC) ● 10:00 Trip to Hamrick's (SU) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (GR) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Music and Mingle w/ Luke Lowe (T) ● 6:30 Movie - The Philadelphia Story (T) ● 6:30 Rummikub (AR) 3	● Independence Day ● 10:00 Stretch Exercise (FC) ● 11:00 4th of July Brunch (DR) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Seated Tai Chi (FC) ● 3:00 4th of July Celebration (T) ● 6:30 Movie - Jaws (T) 4
● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (AR) ● 1:00 Pinochle (GR) ● 2:00 Movie - The Intern (T) ● 2:00 Rummikub (FL) ● 2:30 Strength Exercise (FC) ● 3:30 Christian Communion (AR) 5	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) ● 10:00 Strength (FC) ● 11:00 Current Events (AR) ● 12:30 Banks & Post Office (SU) ● 12:30 Pinochle w/ Young Men's Leadership Service (GR) ● 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) 6	● 10:00 Chair Yoga (FC) ● 10:00 Shopping Trip to Wegmans (SU) ● 11:00 Bingo (AR) ● 1:15 Seated Tai Chi w/ Debbie (FC) ● 2:00 Book Club Interest Meeting (AR) ● 2:30 Explore Our World - Piedmont Wildlife (T) ● 6:30 Community Crossword (AR) 7	● 9:30 Shopping Trip to Walmart (SU) ● 10:00 Chair Zumba (FC) ● 11:00 Ambassador Meeting (AR) ● 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) ● 6:30 Trivia Night w/ Jean (T) 8	● 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) 9	● 10:00 Strength Exercise (FC) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (GR) ● 1:15 Get Fit w/ Legacy (FC) ● 1:30 Preston Pointe Goes to Sicily Presentation (T) ● 2:30 Music and Mingle w/ Larry and Friends (T) ● 4:00 Shabbat Service (AR) ● 6:30 Movie - Forrest Gump (T) ● 6:30 Rummikub (AR) 10	● 10:00 Stretch Exercise (FC) ● 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 - Rear Window (T) ● 6:30 Movie - The Jane Austen Book Club (T) 11

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● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (AR) ● 1:00 Pinochle (GR) ● 2:00 Rummikub (FL) ● 2:30 Strength Exercise (FC) ● 3:00 Oak City Sound Concert (T) ● 3:00 Scrabble (AR) 12	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) ● 10:00 Strength (FC) ● 11:00 Current Events (AR) ● 12:30 Banks & Post Office (SU) ● 12:30 Pinochle w/ YMLS (GR) ● 2:00 Bible Study w/Betty (AR) ● 2:00 Mahjong (T) ● 4:30 Wine Tasting (C) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR) 13	● 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 - Nature Documentary (T) ● 2:30 UNO and Ice Pops w/ Young Men's Leadership Service (AR) ● 6:30 Community Crossword (AR) 14	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) ● 10:00 Chair Zumba (FC) ● 12:30 July Birthday Party (AR) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 3:00 Billiards (GR) ● 3:30 Blackjack (AR) ● 6:30 Rummikub (AR) 15	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 1:00 Preston Players Show Viewing (T) ● 2:00 Catholic Mass (AR) ● 2:00 Corn Hole (T) ● 2:00 Rummikub (GR) ● 3:30 Arts & Crafts (AR) ● 6:00 Pokeno (AR) 16	● 10:00 Strength Exercise (FC) ● 10:00 Trip to NC Museum of Art: Knowing the West (SU) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (GR) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Music and Mingle w/ Caroline (T) ● 6:30 Movie - Jurassic Park (T) ● 6:30 Rummikub (AR) 17	● 10:00 Stretch Exercise (FC) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Seated Tai Chi (FC) ● 2:00 Movie - The Guernsey Literary and Potato Peel Pie Society (T) ● 6:30 Movie - The Apartment (T) 18
● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (AR) ● 1:00 Pinochle (GR) ● 2:00 Movie - Pride and Prejudice (T) ● 2:00 Rummikub (FL) ● 2:30 Strength Exercise (FC) ● 3:00 Scrabble (AR) ● 3:00 Technology Support (L2) 19	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) ● 10:00 Strength (FC) ● 11:00 Current Events (AR) ● 12:30 Banks & Post Office (SU) ● 12:30 Pinochle w/ YMLS (GR) ● 2:00 Bible Study w/Betty (AR) ● 2:00 Mahjong (T) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR) 20	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 1:15 Seated Tai Chi w/ Debbie (FC) ● 2:30 Explore Our World - Flamingo Presentation (T) ● 6:30 Community Crossword (AR) 21	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) ● 10:00 Chair Zumba (FC) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 2:00 Music w/ Robert (T) ● 3:00 Billiards (GR) ● 3:30 Blackjack (AR) ● 6:30 Rummikub (AR) 22	● 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) ● 6:00 Pokeno (AR) 23	● 10:00 Step-On Tour of Chapel Hill (SU) ● 10:00 Strength (FC) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (GR) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Music and Mingle w/ Tom Neuhauser (T) ● 6:30 Movie - Something's Gotta Give (T) ● 6:30 Rummikub (AR) 24	● 10:00 Movement for Brain, Body, & Soul (FC) ● 10:00 Stretch Exercise (FC) ● 1:00 Hand & Foot Card Game (AR) ● 1:15 Seated Tai Chi (FC) ● 2:00 Movie - The Magic of Belle Isle (T) ● 6:30 Movie - Airplane! (T) 25
● 10:00 Church Shuttle (SU) ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (AR) ● 1:00 Pinochle (GR) ● 2:00 Movie - The Candidate (T) ● 2:00 Rummikub (FL) ● 2:30 Strength (FC) ● 3:00 Scrabble (AR) ● 3:00 Technology Support (L2) ● 5:00 Stand-Up Comedy Screening (T) 26	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) ● 10:00 Strength (FC) ● 11:00 Current Events (AR) ● 12:00 Mahjong (T) ● 12:30 Banks & Post Office (SU) ● 12:30 Pinochle w/ YMLS (GR) ● 2:00 Bible Study (AR) ● 2:30 Music w/ Christian Green (T) ● 6:30 Rummikub (AR) ● 6:30 Train Dominoes (GR) 27	● 10:00 Chair Yoga (FC) ● 11:00 Bingo (AR) ● 1:15 Seated Tai Chi w/ Debbie (FC) ● 2:00 Town Hall Meeting - Cash Prize Drawing (T) ● 2:30 Music and Community Connections with New Residents (T) ● 6:30 Community Crossword (AR) 28	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) ● 10:00 Chair Zumba (FC) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (AR) ● 1:30 Scrabble (GR) ● 3:00 Billiards (GR) ● 3:30 Blackjack (AR) ● 4:30 Dinner Outing to Squid's (SU) ● 6:30 Rummikub (AR) 29	● 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) ● 6:00 Pokeno (AR) 30	● 10:00 Strength Exercise (FC) ● 11:00 Lunch at Prestonwood Country Club (SU) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (GR) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Music and Mingle w/ Dennis (T) ● 6:30 Movie - On the Waterfront (T) ● 6:30 Rummikub (AR) 31	● Emotional ● Entertainment ● Intellectual ● Off-site Outing ● Physical ● Social ● Spiritual SU = Sign Up L2 = Library T = Theater GR = Game Room FC = Fitness Center AR = Activity Room OF = Outside Fitness Center FL = Fireside Lounge RG = Raised Gardens WC = Wellness Center