

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 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 T = Theater OF = Outside Fitness Center P = Patio L = Lobby FL = Fireside Lounge DR = Dining Room RG = Raised Gardens WC = Wellness Center			● 10:00 Stretch Exercise (FC) 1 ● 11:00 Bingo w/ Young Men's Leadership Service (3FAR) ● 1:00 Hand & Foot Card Game (3FAR) ● 1:15 Seated Tai Chi (FC) ● 2:00 Movie - Rain Man (T) ● 6:30 Movie - Anaconda (T)
● 10:00 Church Shuttle (SU) 2 ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (3FAR) ● 1:00 Pinochle (GR) ● 2:00 Movie - A Secret Affair (T) ● 2:00 Rummikub (FL) ● 2:30 Spades (GR) ● 2:30 Strength (FC) ● 3:00 Tech Support (L2F) ● 3:30 Christian Communion (3FAR)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 3 ● 10:00 Strength (FC) ● 11:00 Current Events (3FAR) ● 12:30 Banks & Post Office (SU) ● 12:30 Pinochle w/ YMLS (GR) ● 2:00 Bible Study w/Betty (3FAR) ● 2:00 Mahjong Lessons and Play (T) ● 6:30 Rummikub (3FAR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) 4 ● 10:00 Shopping Trip to Wegmans (SU) ● 11:00 Bingo (3FAR) ● 1:15 Seated Tai Chi w/ Debbie (FC) ● 2:00 Book Club Meeting (3FAR) ● 2:30 Chinese Dance Show (T) ● 6:30 Community Crossword (3FAR)	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) 5 ● 10:00 Chair Zumba (FC) ● 1:00 Walker & Wheelchair Repair (OFC) ● 1:15 Stretch (FC) ● 1:30 Bridge Club (3FAR) ● 1:30 Scrabble (GR) ● 2:00 Mary Kay Makeup Party (T) ● 2:00 Library Trip (SU) ● 3:00 Billiards (GR) ● 3:30 Blackjack (3FAR) ● 6:30 Rummikub (3FAR) ● 6:30 Wellness Talk (3FAR)	● 10:00 Chair Yoga (FC) 6 ● 10:00 Shopping Trip to Harris Teeter (SU) ● 11:00 Bingo (3FAR) ● 2:00 Catholic Mass (3FAR) ● 2:00 Cornhole (T) ● 2:00 Rummikub (GR) ● 3:30 Arts & Crafts (3FAR) ● 6:30 Cribbage Game (3FAR)	● 10:00 Strength Exercise (FC) 7 ● 10:00 Trip to Dorcas (SU) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (T) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Music and Mingle w/ Luke Lowe (T) ● 6:30 Movie - National Treasure (T) ● 6:30 Rummikub (3FAR)	● 10:00 Stretch Exercise (FC) 8 ● 11:00 Piano Concert w/ Adam and Audrey (L) ● 1:00 Hand & Foot Card Game (3FAR) ● 1:15 Seated Tai Chi (FC) ● 2:00 Movie - Safe Haven (T) ● 6:30 Movie - The Wedding Planner (T)
● 10:00 Church Shuttle (SU) 9 ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (3FAR) ● 1:00 Pinochle (GR) ● 2:00 Movie - Elsa & Fred (T) ● 2:00 Rummikub (FL) ● 2:30 Scrabble (3FAR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2F)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 10 ● 10:00 Strength Exercise (FC) ● 11:00 Current Events (3FAR) ● 12:30 Banks & Post Office (SU) ● 12:30 Pinochle w/ YMLS (GR) ● 2:00 Bible Study w/Betty (3FAR) ● 2:00 Mahjong Lessons and Play (T) ● 6:30 Rummikub (3FAR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) 11 ● 11:00 Bingo (3FAR) ● 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 (3FAR) ● 6:30 Community Crossword (3FAR)	● 9:30 Shopping Trip to Walmart (SU) 12 ● 10:00 Chair Zumba (FC) ● 11:00 Ambassador Meeting (3FAR) ● 1:15 Stretch Exercise (FC) ● 1:30 Bridge Club (3FAR) ● 1:30 Scrabble (GR) ● 3:00 Billiards (GR) ● 4:00 Luau Party (DR) ● 6:30 Rummikub (3FAR) ● 6:30 Trivia Night w/ Jean (T)	● 9:00 Audiology Clinic (WC) 13 ● 10:00 Chair Yoga (FC) ● 11:00 Bingo (3FAR) ● 1:30 Movercize w/ Richard (FC) ● 2:00 Cornhole (T) ● 2:00 Rummikub (GR) ● 3:00 Catholic Communion (3FAR) ● 3:30 Arts & Crafts (3FAR) ● 6:30 Cribbage Game (3FAR)	● 10:00 Brunch at First Watch (SU) 14 ● 10:00 Strength Exercise (FC) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (T) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Music and Mingle w/ Cole Koffi (T) ● 4:00 Shabbat Service (3FAR) ● 6:30 Movie - The Notebook (T) ● 6:30 Rummikub (3FAR)	● 10:00 Stretch Exercise (FC) 15 ● 1:00 Hand & Foot Card Game (3FAR) ● 1:15 Seated Tai Chi (FC) ● 6:30 Movie - Benji (T)

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● 10:00 Church Shuttle (SU) 16 ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (3FAR) ● 1:00 Pinochle (GR) ● 2:00 Rummikub (FL) ● 2:30 Scrabble (3FAR) ● 2:30 Strength Exercise (FC) ● 3:00 Summer Soirée with Body and Soul (T)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 17 ● 10:00 Strength Exercise (FC) ● 11:00 Current Events (3FAR) ● 12:30 Banks & Post Office (SU) ● 2:00 Bible Study w/Betty (3FAR) ● 2:00 Mahjong Lessons and Play (T) ● 6:30 Rummikub (3FAR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) 18 ● 11:00 Bingo (3FAR) ● 1:15 Seated Tai Chi w/ Debbie (FC) ● 2:00 Cornhole (T) ● 3:00 Scattergories with Shannon (3FAR) ● 6:30 Community Crossword (3FAR)	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) 19 ● 10:00 Chair Zumba (FC) ● 12:30 August Birthday Party (3FAR) ● 1:15 Stretch (FC) ● 1:30 Bridge Club (3FAR) ● 1:30 Scrabble (GR) ● 2:30 LifeSource Chronic Care Management Information Session (T) ● 3:00 Billiards (GR) ● 3:30 Blackjack (3FAR) ● 6:30 Rummikub (3FAR)	● 10:00 Chair Yoga (FC) 20 ● 11:00 Bingo (3FAR) ● 2:00 Cornhole (T) ● 2:00 Rummikub (GR) ● 3:00 Catholic Communion (3FAR) ● 3:30 Arts & Crafts (3FAR) ● 6:30 Cribbage Game (3FAR)	● National Senior Citizens Day 21 ● 10:00 Strength (FC) ● 10:30 Preston Pointe 2026 Photo Viewing (T) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (3FAR) ● 1:15 Get Fit w/ Legacy (FC) ● 2:30 Summer Olympics Opening Ceremony w/ Caroline (T) ● 6:30 Movie - Rudy (T) ● 6:30 Rummikub (3FAR)	● 10:00 Stretch Exercise (FC) 22 ● 1:00 Hand & Foot Card Game (3FAR) ● 1:15 Seated Tai Chi (FC) ● 2:00 Movie - Ford v Ferrari (T) ● 6:30 Movie - Matilda (T)
● 10:00 Church Shuttle (SU) 23 ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (3FAR) ● 1:00 Pinochle (GR) ● 2:00 Movie - The Sound of Music (T) ● 2:00 Rummikub (FL) ● 2:30 Scrabble (3FAR) ● 2:30 Strength Exercise (FC) ● 3:00 Technology Support (L2F)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 24 ● 10:00 Strength (FC) ● 11:00 Current Events (3FAR) ● 12:00 Mahjong (3FAR) ● 12:30 Banks & Post Office (SU) ● 1:00 Olympic Bocce (T) ● 2:00 Bible Study (3FAR) ● 2:30 Music w/ Christian Green (T) ● 6:30 Rummikub (3FAR) ● 6:30 Train Dominoes (GR)	● 10:00 Chair Yoga (FC) 25 ● 11:00 Bingo (3FAR) ● 1:15 Seated Tai Chi w/ Debbie (FC) ● 2:00 Town Hall Meeting - Cash Prize Drawing (T) ● 2:30 Community Connections with New Residents (T) ● 2:30 Olympic Cornhole (T) ● 6:30 Community Crossword (3FAR)	● 9:30 Shuttle - Park West, Aquatic Center, CVS (SU) 26 ● 10:00 Chair Zumba (FC) ● 11:00 Olympic Mini Golf (P) ● 1:15 Stretch (FC) ● 1:30 Bridge Club (3FAR) ● 1:30 Scrabble (GR) ● 2:00 Olympic Bucket Brigade (P) ● 3:00 Billiards (GR) ● 3:30 Blackjack (3FAR) ● 4:30 Dinner Outing to Mezza Luna (SU) ● 6:30 Rummikub (3FAR)	● 10:00 Chair Yoga (FC) 27 ● 11:00 Bingo (3FAR) ● 1:00 Olympic Noodle Hockey (3FAR) ● 2:00 Cornhole (T) ● 2:00 Rummikub (GR) ● 3:00 Catholic Communion (3FAR) ● 3:30 Art with Ali (3FAR) ● 6:30 Cribbage Game (3FAR)	● 10:00 Strength Exercise (FC) 28 ● 11:00 Olympic Bingo (T) ● 11:00 Shuffleboard (GR) ● 11:00 Train Dominoes (GR) ● 1:15 Get Fit w/ Legacy (FC) ● 2:00 Summer Olympics Closing Ceremony (T) ● 2:30 Music and Mingle w/ Mary (T) ● 6:30 Movie - Hamnet (T) ● 6:30 Rummikub (3FAR)	● 10:00 Movement for Brain, Body, & Soul (FC) 29 ● 10:00 Stretch Exercise (FC) ● 1:00 Hand & Foot Card Game (3FAR) ● 1:15 Seated Tai Chi (FC) ● 2:00 Movie - A Dog's Purpose (T) ● 6:30 Movie - Parenthood (T)
● 10:00 Church Shuttle (SU) 30 ● 10:30 St. Michael's Live Stream (T) ● 12:00 Mahjong (3FAR) ● 1:00 Pinochle (GR) ● 2:00 Movie - Rocky (T) ● 2:00 Rummikub (FL) ● 2:30 Scrabble (3FAR) ● 2:30 Strength Exercise (FC) ● 5:00 Stand-Up Comedy Screening (T)	● 9:30 Shuttle - Food Lion/Dollar Tree (SU) 31 ● 10:00 Strength (FC) ● 11:00 Current Events (3FAR) ● 12:30 Banks & Post Office (SU) ● 2:00 Bible Study w/Betty (3FAR) ● 2:00 Mahjong Lessons and Play (T) ● 6:30 Rummikub (3FAR) ● 6:30 Train Dominoes (GR)			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 WC = Wellness Center	● Emotional ● Entertainment ● Intellectual ● Off-site Outing ● Physical ● Social ● Spiritual