

JANUARY 2022



Preston Pointe | Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3D - 3rd Floor Dining Room BR - Boardroom DR - Dining Room FL - Fireside Lounge FC - Fitness Center GR - Game Room L2 - Library, 2nd floor L - Lobby OF - Outside Fitness Center P - Patio SU - Sign Up T - Theater</p>	<p>BIRTHDAYS: 1/1 Clarence Wegmann 1/11 Tony Gandy 1/14 David Scherer 1/18 Paul Brown 1/20 Gloria Jean Lowe 1/21 Carol Arkin 1/23 Mary Jane Rogne 1/24 David Rogne 1/25 Judy Lineberger 1/26 Sandra Richey 1/26 William Ward 1/27 Sunandan Kulkarni 1/28 Betty Davis</p>	<p>Employee of the Month: Ronald Roper</p>	<p>Health and Wellness: Mobility Clinic-1/5 Podiatrist Visits-1/18 Audiology Clinic-1/21 Doctors Making House Calls- Tuesdays and Thursdays (call the DMHC office if you need to be seen)</p>			<p>1 New Year's Day</p> <p>OF 10:00 Stitch in Time L2 1:00 Play Boggle (location change) 3D 1:00 Catholic Bible Study T 2:00 Preston Players Comedy Skits (Encore Performance) GR 4:00 Shuffleboard and Billiards T 6:30 Documentary: Shatner in Space (Prime Video)</p>
<p>2</p> <p>SU 8:00 Transportation to St. Michaels and Genesis T 10:30 St. Michael's Mass SU 10:30 Transportation to Covenant Christian DR 11:00 Sunday Brunch T 2:00 Movie Matinee: Being the Ricardos (Prime, R, Based on a True Story) FL 2:00 Communion with Cornerstone Presbyterian 3D 4:00 Sunday Social Club</p>	<p>3</p> <p>L 9:00 Walking Club SU 9:30 Shuttle: Food Lion & Dollar Tree OF 10:00 Stitch in Time FC 10:00 Strength Exercise L 10:30 Coffee and Chat SU 1:30 Banks and Post Office L2 2:00 Train Dominoes T 2:00 Happy Music by Marie: Oklahoma (BBC Proms, Part 1) 3D 3:00 Bible Study with Betty FL 6:00 Rummikub</p>	<p>4</p> <p>FC 10:00 Chair Yoga 3D 11:00 Bingo T 11:30 Coups for the Troops GR 1:00 Kings Poker FC 1:15 Cardio Drum with Janet T 1:30 Chef's Talk 3D 2:00 Mah Jongg with Lucille T 2:30 Wine & Cheese: Welcome Executive Director-Charlene Friedl GR 4:00 Shuffleboard & Billiards</p>	<p>5</p> <p>L 9:00 Walking Club SU 9:30 Shuttle: Park West FC 10:00 Zumba Gold Chair Dance SU 11:30 Lunch at Panera OF 1:00 Mobility Clinic GR 1:00 Bridge Club FL 1:00 Rummikub BR 2:00 Art Workshop: Painting SU 2:30 West Regional Library 3D 3:30 New Games Interest Meeting</p>	<p>6</p> <p>FC 10:00 Chair Yoga 3D 11:00 Bingo T 11:30 Brain Games GR 1:00 Queens Poker SU 1:00 Shopping: Crossroads Cary T 2:00 Wii Bowling 3D 3:00 Catholic Communion GR 3:30 Scrabble SU 4:30 Ladies Night: Bonefish Grill</p>	<p>7</p> <p>L 9:00 Walking Club FC 10:00 Strength Exercise T 11:00 America's Hidden Stories FC 1:15 Living Well Exercise with Legacy L2 2:00 Train Dominoes 3D 2:00 Mah Jongg with Lucille T 2:30 Happy Hour T 7:15 Shabbat w/ the Lewis</p>	<p>8</p> <p>OF 10:00 Stitch in Time FL 10:15 Music Lovers Club 3D 1:00 Play Boggle T 2:30 Movie Matinee: The Monuments Men (Prime Video, PG-13, Drama, Comedy) GR 4:00 Shuffleboard and Billiards T 6:30 Documentary: The Invisibles (Prime, 16+, Holocaust)</p>
<p>9</p> <p>SU 8:00 Transportation to St. Michaels and Genesis T 10:30 St. Michael's Mass SU 10:30 Transportation to Covenant Christian DR 11:00 Sunday Brunch T 2:30 Movie Matinee: The Squid and Whale (Prime, R, Drama) 3D 4:00 Sunday Social Club L 5:00 Sing-Along with Teresa</p>	<p>10</p> <p>L 9:00 Walking Club SU 9:30 Shuttle: Food Lion & Dollar Tree OF 10:00 Stitch in Time FC 10:00 Strength Exercise SU 1:30 Crabtree Valley Mall L2 2:00 Train Dominoes T 2:00 Happy Music by Marie: Oklahoma (BBC Proms, Part 2) 3D 3:00 Bible Study with Betty FL 6:00 Rummikub</p>	<p>11</p> <p>FC 10:00 Chair Yoga 3D 11:00 Bingo FC 11:30 Play Taboo GR 1:00 Kings Poker FC 1:15 Living Well Exercise with Legacy 3D 2:00 Mah Jongg with Lucille T 2:30 Wine & Cheese: T rivia GR 4:00 Shuffleboard & Billiards</p>	<p>12</p> <p>L 9:00 Walking Club SU 9:30 Shuttle: Park West FC 10:00 Zumba Gold Chair Dance 3D 11:00 Beaded Jewelry Making SU 11:30 Lunch at Ruckus GR 1:00 Bridge Club FL 1:00 Rummikub BR 2:00 Art Workshop: Painting T 3:30 Play America Says with Amy</p>	<p>13</p> <p>FC 10:00 Chair Yoga SU 10:30 Shopping at Dorcas 3D 11:00 Bingo GR 1:00 Queens Poker T 2:00 Wii Bowling 3D 3:00 Catholic Mass GR 3:30 Scrabble SU 4:30 Couple's Date Night: Goji Bistro</p>	<p>14</p> <p>L 9:00 Walking Club FC 10:00 Strength Exercise T 11:00 America's Hidden Stories SU 11:00 NC Symphony: Beethoven Triple Concerto FC 1:15 Living Well Exercise with Legacy L2 2:00 Train Dominoes 3D 2:00 Mah Jongg with Lucille T 2:30 Happy Hour w/Luke Lowe T 6:30 The Bobby Darin Show</p>	<p>15</p> <p>OF 10:00 Stitch in Time 3D 10:00 Book Club 3D 1:00 Play Boggle T 2:30 Movie Matinee: The Unforgivable (Netflix, R-Drama) GR 4:00 Shuffleboard and Billiards T 6:30 Documentary: A Trip Through the World's Greatest Cities</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>SU 8:00 Transportation to St. Michaels and Genesis</p> <p>T 10:30 St. Michael's Mass</p> <p>SU 10:30 Transportation to Covenant Christian</p> <p>DR 11:00 Sunday Brunch</p> <p>T 2:30 Movie Matinee: The Power of the Dog (Netflix, R-Western)</p> <p>3D 4:00 Sunday Social Club</p>	<p>17 Martin Luther King Day</p> <p>L 9:00 Walking Club</p> <p>SU 9:30 Shuttle: Food Lion & Dollar Tree</p> <p>OF 10:00 Stitch in Time</p> <p>FC 10:00 Strength Exercise</p> <p>L 10:30 Special: In Remembrance of Martin (Prime, PG, Documentary)</p> <p>L2 2:00 Train Dominoes</p> <p>T 2:00 Happy Music by Marie: All Andre</p> <p>3D 3:00 Bible Study with Betty</p> <p>FL 6:00 Rummikub</p>	<p>18</p> <p>SU 8:00 Breakfast at IHOP</p> <p>FC 10:00 Chair Yoga</p> <p>3D 11:00 Bingo</p> <p>GR 1:00 Kings Poker</p> <p>FC 1:15 Cardio Drum with Janet</p> <p>3D 2:00 Mah Jongg with Lucille</p> <p>T 2:30 Wine & Cheese: Cash Prize (\$1 per ticket, winner takes all!)</p> <p>GR 4:00 Shuffleboard & Billiards</p>	<p>19</p> <p>L 9:00 Walking Club</p> <p>SU 9:30 Shuttle: Park West</p> <p>FC 10:00 Zumba Gold Chair Dance</p> <p>3D 12:30 January Birthday Party</p> <p>GR 1:00 Bridge Club</p> <p>FL 1:00 Rummikub</p> <p>BR 2:00 Art Workshop: Painting</p> <p>SU 2:30 West Regional Library</p> <p>L 7:15 Music by the Subito Quartet</p>	<p>20</p> <p>SU 10:00 Ava Gardner Museum and Lunch</p> <p>FC 10:00 Chair Yoga</p> <p>3D 11:00 Bingo</p> <p>GR 1:00 Queens Poker</p> <p>3D 3:00 Catholic Communion</p> <p>GR 3:30 Scrabble</p> <p>T 6:30 Bio: Ava Gardner-Life is Bigger than the Movies (Prime, PG-13)</p>	<p>21</p> <p>L 9:00 Audiology Clinic</p> <p>L 9:00 Walking Club</p> <p>FC 10:00 Strength Exercise</p> <p>T 11:00 America's Hidden Stories</p> <p>FC 1:15 Living Well Exercise with Legacy</p> <p>L2 2:00 Train Dominoes</p> <p>3D 2:00 Mah Jongg with Lucille</p> <p>T 2:30 Happy Hour w/ Caroline Gregory</p> <p>T 6:30 Glen Campbell: I'll Be Me (Prime, PG, Documentary)</p>	<p>22</p> <p>OF 10:00 Stitch in Time</p> <p>3D 1:00 Play Boggle</p> <p>T 2:30 Movie Matinee: 9 to 5 (Prime, PG-Comedy)</p> <p>GR 4:00 Shuffleboard and Billiards</p> <p>T 6:30 Nature: White Wolves-Ghosts of the Arctic (Prime, NR)</p>
<p>23</p> <p>SU 8:00 Transportation to St. Michaels and Genesis</p> <p>T 10:30 St. Michael's Mass</p> <p>SU 10:30 Transportation to Covenant Christian</p> <p>DR 11:00 Sunday Brunch</p> <p>T 2:30 Movie Matinee: The Shack (Netflix, PG-13-Drama)</p> <p>3D 4:00 Sunday Social Club</p>	<p>24</p> <p>L 9:00 Walking Club</p> <p>SU 9:30 Shuttle: Food Lion & Dollar Tree</p> <p>OF 10:00 Stitch in Time</p> <p>FC 10:00 Strength Exercise</p> <p>SU 1:30 Banks and Post Office</p> <p>L2 2:00 Train Dominoes</p> <p>T 2:00 Happy Music by Marie: Best of the Best</p> <p>3D 3:00 Bible Study with Betty</p> <p>FL 6:00 Rummikub</p> <p>L 7:15 Sing-a-long with Lisa</p>	<p>25</p> <p>FC 10:00 Chair Yoga</p> <p>3D 11:00 Bingo</p> <p>T 11:30 Grief Support Group</p> <p>GR 1:00 Kings Poker</p> <p>FC 1:15 Living Well Exercise with Legacy</p> <p>3D 2:00 Mah Jongg with Lucille</p> <p>T 2:30 Wine & Cheese: New Resident Welcome</p> <p>GR 4:00 Shuffleboard & Billiards</p>	<p>26</p> <p>L 9:00 Walking Club</p> <p>SU 9:30 Shuttle: Park West</p> <p>FC 10:00 Zumba Gold Chair Dance</p> <p>T 10:30 Brain Games</p> <p>GR 1:00 Bridge Club</p> <p>FL 1:00 Rummikub</p> <p>BR 2:00 Art Workshop: Painting</p> <p>3D 2:00 Ladies Afternoon Tea</p> <p>L 7:00 Piano with Barbara Sneed</p>	<p>27</p> <p>FC 10:00 Chair Yoga</p> <p>3D 11:00 Bingo</p> <p>GR 1:00 Queens Poker</p> <p>T 2:00 Wii Bowling</p> <p>3D 3:00 Catholic Communion</p> <p>GR 3:30 Scrabble</p> <p>T 3:30 Murder Mystery Casting Call</p>	<p>28</p> <p>L 9:00 Walking Club</p> <p>FC 10:00 Strength Exercise</p> <p>T 11:00 America's Hidden Stories</p> <p>FC 1:15 Living Well Exercise with Legacy</p> <p>L2 2:00 Train Dominoes</p> <p>3D 2:00 Mah Jongg with Lucille</p> <p>P 2:30 Happy Hour w/ Tom Neushauser</p> <p>T 6:30 Friday Night Funnies: Dean's Place (Prime, PG, Variety)</p>	<p>29</p> <p>OF 10:00 Stitch in Time</p> <p>3D 1:00 Play Boggle</p> <p>T 2:30 Movie Matinee: Pal Joey (Prime, PG-13, Classic Musical Comedy)</p> <p>GR 4:00 Shuffleboard and Billiards</p> <p>T 6:30 Documentary: Heal (Prime, NR, Uplifting and Positive)</p>
<p>30</p> <p>SU 8:00 Transportation to St. Michaels and Genesis</p> <p>T 10:30 St. Michael's Mass</p> <p>SU 10:30 Transportation to Covenant Christian</p> <p>DR 11:00 Sunday Brunch</p> <p>T 2:30 Movie Matinee: How to Lose a Guy in 10 Days (Prime Video, PG, Romantic Comedy)</p> <p>3D 4:00 Sunday Social Club</p>	<p>31</p> <p>L 9:00 Walking Club</p> <p>SU 9:30 Shuttle: Food Lion & Dollar Tree</p> <p>OF 10:00 Stitch in Time</p> <p>FC 10:00 Strength Exercise</p> <p>L 10:30 Coffee and Chat</p> <p>L2 2:00 Train Dominoes</p> <p>T 2:00 Happy Music by Marie</p> <p>3D 3:00 Bible Study with Betty</p> <p>FL 6:00 Rummikub</p>					