

# Entertainment & Events

## AT A GLANCE



The following events happen weekly:

**Yoga with Howie**  
Mondays at 9:30am

**Mall Outing**  
Monday at 10am  
Sign Up with Concierge

**Balance and Strength**  
Monday-Friday at 10:00am

**Aqua Aerobics**  
Mondays, Wednesdays and  
Fridays at 11:00am

**Creative Threads**  
Mondays at 1:00pm

**Aqua Range of Motion**  
Tuesdays and Thursdays at 9:00am

**Tai-Chi**  
Tuesdays and Thursdays at 11am

**Boys of Cypress**  
Wednesdays at 8:15am

**Cardio Fusion**  
Wednesdays at 9:00am

**Happy Hour**  
Wednesday-Friday at 5:00pm

**Grocery Store Outing**  
Fridays at 10am and 1pm  
Sign Up with Concierge

### ● June 3 – 9

**Group from Performance Edge Showcase**  
Monday, June 4 at 4pm  
Ballroom

**My Smart Grandkids**  
Tuesday, June 5 from 3:30-5pm  
Art Studio

**Triangle Wind Ensemble**  
Tuesday, June 5 at 7:30pm  
Ballroom

**Great Decisions**  
Wednesday, June 6 at 4pm  
Ballroom

**Deathtrap (TheatreFEST 2018)**  
Wednesday, June 6  
Depart at 6:30pm

**Heritage Healthcare Lecture**  
Thursday, June 7 at 11am  
Art Studio

**Amadeus (NC Symphony)**  
Friday, June 8  
Depart 6:30pm

### ● June 10 – 16

**North Carolina Film Orchestra**  
Monday, June 11 at 7:30pm  
Ballroom

**Caregiver Support Group**  
Tuesday, June 12 at 11am  
Rosewood

**Book Club**  
Tuesday, June 12 at 12pm  
Ballroom

**Education Session with Your Pharmacist**  
Tuesday, June 12 at 3:30pm  
Ballroom

**Bu.ku in Wake Forest (Limit 24 Members)**  
Wednesday, June 13  
Depart 5:30pm

**Podiatrist Service**  
Thursday, June 14  
Call 919-608-3458 to Schedule

**Cranium Connections**  
Thursday, June 14 at 11am  
Ballroom

**Nunsense (NCSU Theatre)**  
Thursday, June 14  
Depart 6:30pm

**Last Day to Sign Up For Cottage Family Meal**  
Friday, June 15

**Tour of NC State College of Textiles**  
Friday, June 15  
Depart at 9:30am

**Performance Edge Showcase**  
Saturday, June 16  
Depart at 1pm

### ● June 17 – 13

**North Carolina Film Orchestra**  
Monday, June 11 at 7:30pm  
Ballroom

**Father's Day Buffet**  
Sunday, June 17 from 11am-2pm

**Bu.Ku. in Wake Forest (Limit 24 Members)**  
Monday, June 18  
Depart 5:30pm

**Cottage Family Meal**  
Tuesday, June 19 at 5pm

**Jim Laing Performance**  
Wednesday, June 20 at 7:30pm  
Ballroom

**39 Steps (NCSU Theatre)**  
Thursday, June 21  
Depart 6:30pm

**Ethan Uslan Performance**  
Saturday, June 23 at 4pm  
Ballroom

### ● June 24 – 30

**Significant Other (Theatre Raleigh)**  
Sunday, June 24  
Depart 2pm

**Hearing Evaluations by Appointment**  
Tuesday, June 26 from  
9:30-11:30am  
Call 919-834-4327 to Schedule

**Caregiver Support Group**  
Tuesday, June 26 at 11am  
Clubhouse