

At A Glance



The following events happen weekly:

Cardio Circuit
Mondays, Wednesdays and Fridays at 9am

Yoga
Mondays at 9:30am

Mall Outing
Mondays at 10am
Sign Up with Concierge

Balance and Strength
Monday-Friday at 10am

Aqua Aerobics
Mondays, Wednesdays and Fridays at 11am

Creative Threads
Mondays at 1pm

Aqua Range of Motion
Tuesdays and Thursdays at 9am

Tai-Chi for Balance
Tuesdays and Thursdays at 11am

Painters Posse
Wednesdays at 1pm

Happy Hour
Wednesday-Friday at 5pm

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

Samba
Fridays from 1pm
Art Studio

■ May 1-4

Great Decisions
Wed, May 1, 4pm
Ballroom

Children's Home Society Lunch
Thurs, May 2, Depart 10:15am

Healthtrax Trainers Info Session
Thurs, May 2, 11am
Villa D Training Room

Murder for Two (NC Theatre)
Thurs, May 2, Depart 6:30pm

Coffee & Conversation
Fri, May 3, 10:30am
Villa A Parlor

Emerging Designer Showcase
Fri, May 3, Depart 3:45pm

Carmina Burana (NCS)
Fri, May 3, Depart 7pm

Kentucky Derby Party
Sat, May 4, starting at 4pm

■ May 5-11

Mint Julep Social
Mon, May 6, 2pm
Villa A Parlor

Chess Lecture
Mon, May 6, 4pm
Ballroom

Time of Remembrance
Tues, May 7, 11am
Ballroom

Mint Julep Social
Tues, May 7, 2pm
Villa B Parlor

North Regional Library
Tues, May 7, Depart 2pm

Walking Group Meeting
Tues, May 7, 3pm
Core Wellness

My Smart Grandkids
Tue, May 7, 3:30pm
Art Studio

Jr. League Chorus
Wed, May 8, 11am
Ballroom

Mint Julep Social
Wed, May 8, 2pm
Villa C Parlor

Coffee & Conversation
Thurs, May 9, 10:30am
Villa B Parlor

Women's Bible Study with White Memorial Group
Thurs, May 9, 11am
Villa A Parlor

Mint Julep Social
Thurs, May 9, 1pm
Villa D Card Room

Ask a Nurse with Teresa Mullen
Thurs, May 9, 1pm
Villa A Parlor

Mindful Meditation
Thurs, May 9, 2pm
Core Wellness Room

Coffee & Conversation
Fri, May 10, 10:30am
Villa C Parlor

Mint Julep Social with Cottage Members
Fri, May 10, 2pm
Ballroom

Pink Martini (NCS)
Fri, May 10, Depart 7pm

Raleigh Miniatures Guild
Sat, May 11, 11am-2pm
Ballroom

■ May 12-18

Bee Hive (Theatre Raleigh)
Sun, May 12, Depart 2pm

Avada Hearing
Mon, May 13, 10am
Art Studio

Fine Art Exhibit at CAM
Mon, May 13, Depart 1:30pm

Book Club: We Are All Completely Beside Ourselves
Tue, May 14, 12 noon
Ballroom

Heritage Healthcare Lecture
Tue, May 14, 3pm
Art Studio

Dinner at J Alexander's
Tues, May 14, Depart 5pm

Podiatrist Services
Call 919-608-3458 to schedule
Tues, May 15

Cypress Support Group
Wed, May 15, 3pm
Rosewood

Member Car Wash by Ravenscroft Students
Thurs, May 16, 12-2pm

Ask a Nurse with Teresa Mullen
Thurs, May 16, 1pm
Villa B Parlor

Mindful Meditation
Thurs, May 16, 2pm
Core Wellness Room

Swan Lake (CB)
Thurs, May 16, Depart 7pm

Biss Plays Beethoven (NCS)
Fri, May 17, Depart 10:15am

Biss Plays Beethoven (NCS)
Fri, May 17, Depart 7pm

■ May 19-25

Coffee & Conversation
Mon, May 20, 10:30am
Villa D

Movie Showing: Hacksaw Ridge
Mon, May 20, 3pm
Ballroom

Hearing Aid Care Clinic
Tues, May 21, 1-3pm
Art Studio

Ask a Nurse with Teresa Mullen
Thurs, May 23, 1pm
Villa C Parlor

Mindful Meditation
Thurs, May 23, 2pm
Core Wellness Room

Pancake Breakfast
Fri, May 24, 8-10am
Dining Rooms

■ May 26-31

Wellness Classes Cancelled
Mon, May 27, all day

Memorial Day Lecture
Mon, May 27, 11am

Memorial Day Cookout
Mon, May 27, 12 noon-2pm

Onsite Dermatology by Appt
Call 1-877-345-5300 to schedule
Tue, May 28

Walk the Healthtrax Loop
Tues, May 28, 11am
Meet in Clubhouse Lobby

North Regional Library
Tues, May 28, Depart 2pm

Wellness Classes Cancelled
Wed, May 29, all day

Member Health Fair
Wed, May 29, 10am-12 noon
Ballroom

Durham Bulls Game
Wed, May 29, Depart 6pm
Cost is \$15, billed to Member account

Ask a Nurse with Teresa Mullen
Thurs, May 30, 1pm
Villa D Card Room

Mindful Meditation
Thurs, May 30, 2pm
Core Wellness Room

Chef's Dinner: Farmers Market
Thurs, May 30

The Music of Pink Floyd (NCS)
Thurs, May 30, Depart 6:30pm