

MONTH OF DECEMBER

“It’s the Most-Happiest Time of the Year,” and to keep you happy, there will be plenty of great activities planned for the month of December. We start off with the **Hilton Head Symphony and Choral Society** both presenting the Holiday Concerts. **The Lean Ensemble Theater** presents *Tea at Five* and we have **New Year’s Eve tickets to the Arts Center performance of Newsies**. Gail Thrasher presents her original live Radio Show, *Fibber’s Christmas Caper*, featuring many Cypress Members as part of this exciting production. **Pat Foley** will be at The Cypress multiple times to entertain you, including her **Annual Christmas Sing-along, Hanukkah Sing-along and Carols by Candlelight Concert**. Every year **The Barbershoppers and Shore Notes** pay us a musical visit and this year is no exception. Put out your finest outfits for our first-ever **Winter Ball** to celebrate not only the Holidays, but the entire year as well. Don’t put away your dancing shoes because the music will continue on Saturday, December 30, for an **early New Year’s Celebration**. Mark your calendar for those and many other activities this month.

Hilton Head Plantation E-MAIL Alert Services

Did you know that Hilton Head Plantation has its own e-mail services from its website? If you log on to the website, you can sign up to receive urgent information such as Hurricane Information, Weather Alerts, and other emergency notices.

This is a great tool for Cypress Members to keep up with what is happening in your community.

<http://www.hiltonheadplantation.com>

*Just a note: The Town of Hilton Head also offers alerts from their site: <http://www.hiltonheadislandsc.gov>



OFF THE TEE

By Gloria Rohr

Saturday, November 11, was a crazy mixed up day of golf! The weather wasn’t really cold, however it certainly was “invigorating.” Originally 20 people signed up making an even 5 foursomes, though due to the chilly weather, there were many no-shows, leaving 15 die-hards. Then to top off the reshuffling, two of the service carts died midway making the competition even more challenging.

However, it all ended happily with the team of Lois Hilger, Gloria Rohr, Bob Boyd and Lou Mahoney winning with a chip off (Lou being the hero). Gloria Rohr and Lou Mahoney also won closest to the pin,

In spite of the chilly weather Peggy Peirce kept us hydrated with lemonade and cookies. And, also in spite of the weather we welcomed Marie Stae as a new addition to the hardy warriors. See you all next month at the new time of 10:00 a.m. Thank you all.

Please note: Second Saturday Golf participants will meet in the lounge at 10:00 a.m. and play will begin at 10:15 a.m.

Lifelines

Lifelines are available in the Fitness Room and should be worn especially when you are using the fitness machines. They are also waterproof and should be worn in the pool while you are swimming or just taking a dip. **Please take precautions and wear your life line when using the Cypress Swimming Pool.** **NOTE: WHEN USING THE LIFELINES, PLEASE SIGN THEM OUT AND SIGN THEM IN ON THE SHEET PROVIDED.**

ACTIVITY CANCELLATION POLICY

If you sign up to go to an event outside The Cypress that requires a ticket, you are responsible for the cost of the ticket once it has been ordered. If you need to cancel that particular activity, you will still be billed for the price of the ticket unless it can be resold to someone on a waiting list. Thank you for your understanding in this matter.

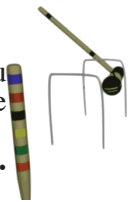
CROQUET

Join your friends for a fun game of Croquet or, if you are new to the game, stop by and take a lesson. The following is the Croquet schedule:

Croquet Lessons and Play: Saturdays at **10:00 a.m.**

Croquet Play: Sundays at **1:00 p.m.**

If you would like more information on Croquet, please call Lois Hilger at 843-363-5456.



HOLIDAY EVENTS, DINING AND DINING ROOM SCHEDULE

Please remember to make reservations for all special holiday dining.

Thursday, December 14: Members’ Winter Ball—Plated Dinner for all Members

Friday, December 15th: Cypress Staff Holiday Party—Dining Room Closed 10:30 a.m.-3p.m.

Saturday, December 23rd: Regular schedule with special Plated Dinner.

Sunday, December 24: Christmas Eve Brunch 10:30 a.m.-2:00 p.m.

Monday, December 25: Christmas Day Grand Buffet 10:30 a.m.-2:00 p.m. **No dinner service.**

Saturday, December 30: New Year’s Celebration in Cypress Lounge and Lobby. Hors d’oeuvres, Special Plated Dinner and Dessert Buffet and **Dancing in the Bistro and Lobby.**

Sunday, December 31: New Year’s Eve Brunch from 10:30 a.m.-2:00 p.m. **No dinner service.**

Monday, January 1: New Year’s Day Brunch from 10:30 a.m.-2:00 p.m. **No dinner service.**

1

BOCCE with Ron



Friday, December 1, 8, 15, 22, 29
2:00 p.m.

The Bocce Court

Join Ron Sibley and other Cypress Members for this easy to learn competitive, yet very social game. If you always wanted to learn this game, now is your chance. Please meet on the Bocce Court located next to Building D.

1

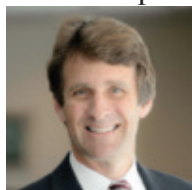
Depart for World Affairs Council: Edward Alden

Friday, December 1

Gathering at 9:15

Departing at 9:30

Must be a paid member of WAC to participate



Edward Alden will discuss *Failure to Adjust: How Americans Got Left Behind in the Global Economy*, his new book about how U.S. Economic and trade policies have left many Americans unable to adapt or compete in the current global marketplace—and how the

United States can reassert itself as the leader in international economic competition.

Please sign up on My.Cypress or at the Activities Desk.

1

Qigong with Shanon



Friday, December 1, 8

(Shanon will be returning on Jan. 5)

10:00 a.m.

The Cypress Hall

Shanon Jordan has been studying Qigong and is ready to step in and teach our class. Please join her for a series of self-healing, massage and calming exercises that will invigorate and energize you.

Qigong (*chee gong*) is an ancient Chinese health care system that was developed before the written word in Chinese monasteries, hospitals and imperial courts. It integrates movements, breathing techniques, focused attention and self-applied massage. Qigong means cultivating or working with energy and is practiced for health maintenance, increased vitality and inner peace.

Who Can Benefit?

Qigong's great appeal is that anyone can benefit from practicing it, from the very young to the very old. The movements are easy to learn. They can be performed standing, sitting or lying down, and can be adapted for physical limitations. No special equipment, clothing or practice areas are required.

1

Cypress Glee Club with Rick

Friday, December 1, 8, 15
10:30 a.m.



The Cypress Hall or Living Room

Rick Radcliff leads a spirited 90 minutes of choral singing. Lend your voice to this very special group of Cypress Members who fill the Hall every week with song! You don't have to sign up, try out or have experience to take part in this great activity.

1 Friendly-Friday Happy Hour with Rick Radcliff



Friday, December 1

4:30 p.m.

The Cypress Lounge

Stop by The Cypress Lounge and Bar and enjoy the music from Rick Radcliff on piano while you meet new neighbors and sip a glass of wine, beer or cocktails. All drinks will be \$1, so buy one for a friend.

4

Depart for Talbot's Fashion Talk and Sale

Monday, December 4

Departing at 9:00 a.m.

The Cypress Members have been invited to an informal fashion talk followed by time to shop for yourselves or for gifts. After Talbots there will be time to stroll around the other shops at Shelter Cove and do some holiday shopping.

Please sign up on My.Cypress or at the Activities Desk.

4

Sue Britt's Bible Study: Women of the Bible

Monday, December 4, 11

1:00 p.m.

The Game Room

Our theme this fall is the Women of the New Testament. We are exploring Jesus' interactions with women as reported by all of the Gospel writers, as well as what other New Testament writings report of the parts women played in the early church.

We are exploring the early church and its stories and teachings about women and how Jesus' teaching truly reshaped society in those early years! We use a reading and discussion format. No prior knowledge of the Bible is required and if you don't have a Bible, there are plenty available for you to borrow and use. The study is geared for all levels of Bible knowledge and/or church involvement, and questions are always welcome.

There is still time for you to join us if this topic sounds interesting to you! **Please call Sue Britt at 843-681-7553 if you would like to attend.** Since the first lesson or two have been introductory to the time and society of the first century world, there is still time to join us and not feel at all behind in the study! Feel free to call and/or attend, even if you have been away during the summer and have only just returned to the Island. There is always room for you!

4 Hilton Head Symphony Orchestra: *Joy to the World*

Monday, December 4
Departing at 7:15 p.m.
\$35.00 per ticket

A Holiday Spectacular! Ring in the Season with John Morris Russell's festive holiday music, featuring all our favorite guest soloists. This beloved event is a must!

There is no Pre-Talk for this concert or Porgy and Bess, however we will offer the Pre-Talk for all other concerts.

Please sign up on My.Cypress or at The Activities Desk and indicate whether you need a ticket, just a ride, or both.

6 "Talking Wall Street" with Bill Dix

Wednesday, December 6
11:00 a.m.

The Cypress Hall

Cypress Member, Bill Dix, will lead a one-hour informal discussion on the Stock Market patterned after the popular Friday night TV program "Wall Street Week with Louis Rukeyser." Bill will feature a guest from the financial community who will offer their professional opinions and insight as to what is happening to our economy and the Stock Market. Bill retired to Hilton Head after 35 years with Smith Barney on Wall Street and is a regular instructor for Lifelong Learning of Hilton Head. All Cypress members are invited to attend these lively discussions.

Bill would like to remind you that there will now be copies of his handouts available at the Concierge Desk.

Please sign up on My.Cypress or at the Activities Desk.

6 Holiday Karaoke with Liza

Wednesday, December 6 and 20
1:00 p.m.

The Living Room

Do you like to sing Holiday Songs? Do you often sing along to *White Christmas*, *Sleigh Bells*, *Jingle Bell Rock*, etc.? Well, now it's time for others to sing with you! Join Liza as she sets the Karaoke Machine to only play Christmas! Singing Karaoke is easy and FUN. You be the star!

Please sign up on My.Cypress or at the Activities Desk.

6 Holiday Crafts with Shanon

Wednesday, December 6
1:00 p.m.

The Art Room

This is the last chance you have to create something unique for the holidays. Join Shanon for some very creative crafts to celebrate the holiday season.

6 BEAUFORT COUNTY LIBRARY BOOKMOBILE WILL BE AT THE CYPRESS



Wednesday, December 6 and 20
1:30 until 2:30

In Front of the Club House

The new bookmobile is a customized Super Duty Bookmobile model crafted by Farber Specialty Vehicles of Columbus, Ohio. This "library on wheels" is fully equipped to provide nearly all of the services customers expect from a branch library, including signing up for or renewing library cards, checking out and returning books, and picking up books put on hold from the online library catalog. The fully handicap-accessible 26' bookmobile features shelving space for 2,500 items, a public-address system, and Wi-Fi connection for staff connectivity to the library network at all stops. Behind the wheel is former Beaufort Branch Library Reference Librarian, Amanda Brewer. Aside from being a Librarian, Amanda is a guitar playing and singing Librarian who also enjoys storytelling.

6 A GULLAH CHRISTMAS WITH THE GULLAH CHORUS

Wednesday, December 6
4:00 p.m.

The Cypress Hall

Terry Herron and Scott Gibbs on vocals; Mark Flasch on piano and Allyn Perdue on Bass and featuring: The Fellowship Choir, performing Christmas Gospel Classics

This Holiday concert brings the best of Gullah Christmas

Gospel and your all-time favorite Christmas Standards. It combines the local sounds and pure joy...of Gullah choirs performing a selection of Gospel Classics in the unique style of Lowcountry Gospel: *Oh, Come Let Us Adore Him*; *Joy to the World*; *Emmanuel*; *Oh, Holy Night*; *Children Go Where I Send Thee*; *Let There Be Peace on Earth*; and *Go tell It on the Mountain*.

Terry Herron & Scott Gibbs will perform some of these American Christmas Favorites:

Sweet Little Jesus Boy; *The Christmas Song (Chestnuts Roasting)*; *Merry Christmas Baby*; *Please Come Home for Christmas*; *White Christmas*; *I'll be Home for Christmas*; *Christmas Time is Here* (from Charlie Brown Christmas) and *Little Drummer Boy*.

Please sign up on My.Cypress or at the Activities Desk.



7 Cypress Radio Theatre Presents: *Fibber's Christmas Caper*



Thursday, December 7
4:00 p.m.

The Cypress Hall

Remember when you would gather around the radio to listen to Lux Radio Theater, Fibber McGee and Molly, Lone Ranger, Thin Man, Johnny Dollar, Jack Benny, Beulah and Amos and Andy? Well, you still can. The Cypress Radio Theatre takes you back to the year 1940 to relive those times yet once again with Fibber McGee and Molly.

While Fibber has still not cleaned out his closet, the most important thing on Fibber and Molly's schedule is finding the just right Christmas tree, which Fibber neglected to buy last year. Just by chance, their trip is interrupted by Little Liz, their next-door neighbor's four-year old daughter, who Molly has agreed to babysit for a few hours. What should be a relatively simple task, for just about anyone, turns into a fiasco that Fibber will never live down.

The play features Fibber and Molly, as well as several who appeared on their weekly program. Uncle Dennis will be there, as will Lena, their maid, and their boarder, Alice Darling.

Appearing also is Roadhouse Willie, and a host of great surprises.

"DON'T YOU DARE OPEN THAT DOOR MCGEE!"

This is a great time to see your friends and neighbors as you have never seen them before.

Please sign up on My.Cypress or at the Activities Desk.

8 Cypress Chorus Performs a Holiday Concert

Friday, December 8
4:00 p.m.

The Cypress Hall



If you enjoyed The Cypress Chorus during our 25th Anniversary, you will LOVE them now! Join them as they perform their "first ever" Holiday Concert. Get ready to be WOWed! Don't miss it!

Please sign up on My.Cypress or at the Activities Desk.

9 Second Saturday Golf

Saturday, December 9
10:00 a.m.

The Cypress Lounge



Hi Golfers! Join fellow golfers for a very special morning of friendly, competitive golf. At 10:00 a.m., you will gather and get your team assignments for our Saturday tournament. Tee-off is at 10:15 a.m. In case of inclement weather, the game will be postponed until December 16. Oh, and don't forget to stop for a cool glass of lemonade and tasty gingersnaps Cypress Member Peggy Peirce serves. Her refreshments are located on the path between the first and second holes.

Please sign up on My.Cypress or in the Golf Sign Up Book at the Activities Desk and indicate whether you would like to stay for lunch in the Dining Room.

10 Depart for Christmas in Charleston



Sunday, December 10

Departing Cypress at 8:00 a.m.

\$165 per person

We still have availability for our Christmas in Charleston, one-day get-away. Included in our trip will be a delicious Brunch followed by some free time to stroll; The Charleston Christmas Special which is the Lowcountry's longest running holiday show. This is a heartwarming two-hour musical variety show produced and directed by Broadway performers Brad Moranz (Singin' in the Rain) and Jennifer Moranz (42nd St. and former Radio City Rockette). This year's show is guaranteed to get you into the spirit of the season, as 20 talented singers, dancers, and musicians perform all your favorite Christmas songs. Following the show, we will have a light boxed supper and make our way over to James Island to view the spectacular Holiday Light Display. We will return home by 10:30 p.m. We will travel to and from Charleston in a comfortable Chartered Bus. The Sign-up sheet is at the Activities Desk.

11 Christmas Sing-Along with Pat Foley



Monday, December 11
3:30 p.m.

The Cypress Hall

We can't have a Cypress Christmas without our Annual Pat Foley Christmas Sing-Along. Join your friends and staff for a fun-filled hour of Holiday songs only Pat can lead. And don't forget, the wackiest version of *Twelve Days of Christmas* to ever rock the stage.

Please sign up on My.Cypress or at the Activities Desk.

12 Hanukkah Candle Lighting and Hanukkah Songs



Tuesday, December 12
4:30 p.m.

The Cypress Hall

Please join your friends and neighbors as they celebrate the first night of Hanukkah by singing pretty and familiar songs of the holiday. You will also get a chance to sample some delicious potato latkes (pancakes) and hear the story of the Miracle of Lights. After the festivities we will light the first candle, signifying the beginning of the eight days of Hanukkah.

Please sign up on My.Cypress or at the Activities Desk.

13 The Shore Notes and Barbershopper's Christmas Concert



Wednesday, December 13
4:00 p.m.

The Cypress Hall

They're back for the 15th straight year! The Shore Notes and Barbershopper's concert is something we wait for all year. They will be performing a Before-Dinner concert, so please be sure to make your dinner reservations to alleviate crowding in the Dining Room. Please sign up on My.Cypress or at the Activities Desk.

14 Cypress Member's Winter Ball



Thursday, December 14
4:30 p.m.

The Cypress Hall

Get ready to swing to the music of the Carolina Swing Band as we celebrate the holidays in style. You are invited to dress in semi-formal attire, black-tie optional, and mingle with friends, listen to the sounds of the band or just dance the night away. Hors d'oeuvres and dinner will be top-notch as only our talented Chef Eric and his staff can cook up.

Please sign up on My.Cypress or at the Activities Desk.

15 Depart for Hilton Head Choral Society Concert: The Sounds of Christmas

Friday, December 15
Departing at 7:15 p.m.
\$35.00 per ticket

It just wouldn't be Christmas in the Lowcountry without the Choral Society's The Sounds of Christmas concert. From Vivaldi's jubilant "Gloria" to our own signature "Lowcountry 12 Days of Christmas," the Choral Society's sleigh of musical treats will bring the joy of the holidays to the whole family. You can even join the musical merrymaking with an audience sing-along of your favorite carols to keep you humming all the way home!

Please sign up on My.Cypress or at The Activities Desk and indicate whether you need a ticket, just a ride, or both.

16 Breakfast with Santa

Saturday December 16

9:00 a.m.

The Cypress Hall

You are invited to stop by The Cypress Hall and say "Hi!" to Santa and the beautiful children of some of our Cypress Staff while they eat their special breakfast and get their pictures taken with Santa. This is a special day for both the Cypress Staff and their children which has now become a Cypress Tradition. You might want to get a picture with Santa, too!



17 Depart for Lean Ensemble Theater's Tea at Five

Sunday, December 17

Departing at 1:30 p.m.

\$35.00 per ticket

A fascinating one-woman show with one of the greatest actresses of all time, Katharine Hepburn. Journey with Kate from the fall of 1938 through the winter of 1983 as she relives her greatest successes, failures and, of course, Spencer Tracy.

Please sign up on My.Cypress or at the Activities Desk.



18 cabi Sample Sale in Art Room



Monday, December 18

10:00 a.m. until 3:00 p.m.

Lisa McCarney and her cabi Representatives will be bringing their full line of cabi Clothes. All items will be deeply discounted to make shopping more fun! They will have samples and other items from their inventory as they try to make room for the new Spring Line. They might even have a few new pieces for you to preview. Representatives will be on hand to help you find your size and also make suggestions as to what style and size would look best on you. cabi Clothes are stylish, yet comfortable and well-made sportswear that can be dressed up or down depending on the occasion. Don't miss this sale!

19 Richard Wray Entertains in The Cypress Lounge

Tuesday, December 19

5:00-7:00

Cypress Lounge

Stop by The Cypress Lounge to enjoy the cool sounds of Richard Wray on Sax. He will play holiday and popular music as you relax before dinner.



19 December Birthday Dinner

Tuesday, December 19

6:00 p.m.

Cypress Dining Room

Celebrate your December birthday with other Cypress members born in December.

Please sign up on My.Cypress or at the Activities Desk and note if you are bringing a spouse or friend.



December 2017



Sunday	Monday	Tuesday	Wednesday																														
<p>IMPORTANT PHONE NUMBERS Cypress Club House 689-7000 Activities Desk 689-7018 Preston Health Center 689-7077 Cypress Clinic and Susan Corkery 682-7116/7138 Home Health 689-7017 Dinner Reservations 689-7099 To Go Orders 689-7005 Housekeeping Scheduling 682-7113 Transportation/Maintenance 689-7020</p>	 <p>Morning Coffee Every Morning 7:30 - 11:00 A.M.</p>	<p>January</p> <table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	14	15	16	17	18	19	21	22	23	24	25	26	28	29	30	31			
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<p>3</p> <p>9:30am Sunday Discussion Friends Group-All Welcome 9:30am John Miller's Chapel Without Walls 1pm Croquet Play on the Croquet Court 2pm First Presbyterian Church Communion Service in Living Room</p>	<p>4</p> <p>8:45am Morning Stretch with Heidi 9am Depart for Talbot's Shelter Cove: Fashion Talk/Shopping 9:30am Beach Walk with Heidi 10am Bible Study 11am Art Class with Shanon 11:30am Water Aerobics with Heidi 1pm Art Class with Shanon 1pm Afternoon Meditation Class 1pm Sue Britt's Bible Study: Women of the New Testament 2:30pm Low-Impact Aerobics 7:15pm Depart for Hilton Head Orchestra: Joy to the World</p>	<p>5</p> <p>10am Sit and Be Fit with Heidi 11am Better Balance with Heidi 1pm Duplicate Bridge in Cypress Hall 1:30pm Water Aerobics with Heidi 1:30pm Seated Upper Body Strength Workout with Trudy 3pm Circuit Training with Heidi</p>	<p>6</p> <p>8:45am 9:30am 10am He 10:15am Mo 11am Tal 11am Wa 1pm Ho 1pm Ho 1pm Bas 1:30pm Aft 1:30-2:30pm Bo 4pm Gu Cor</p>																														
<p>10</p> <p>8am Depart for Christmas in Charleston 9:30am Sunday Friends Discussion Group-All Welcome 9:30am John Miller's Chapel Without Walls in Cypress Hall 1pm Croquet Play on the Croquet Court</p>	<p>11</p> <p>8:45am Morning Stretch with Heidi 9:30am Beach Walk with Heidi 10am Bible Study 11am & 1pm Art Class with Shanon (CANCELLED) 11:30am Water Aerobics with Heidi 12pm Sundaes on Mondays 1pm Afternoon Meditation Class with Heidi 1pm Sue Britt's Bible Study: Women of the New Testament 2:30pm Low-Impact Aerobics 3:30pm Pat Foley's Annual Christmas Sing-Along</p>	<p>12</p> <p>10am Sit and Be Fit with Heidi 10:30am Building and Grounds Committee Meeting CANCELLED 11am Better Balance with Heidi in Cypress Hall 1pm Duplicate Bridge in Cypress Hall 1:30pm Water Aerobics with Heidi 1:30pm Seated Upper Body Strength Workout with Trudy 3pm Circuit Training with Heidi 4:30pm Hanukkah Songs and Lighting of the Hanukkah Candles in Cypress Hall</p>	<p>13</p> <p>8:45am 9:30am Ab 10am My Cor 10:15am Mc Hei 11am Wa 1pm Bas in F 1:30pm Aft 4pm Sh Bar Cyp</p>																														
<p>17</p> <p>9:30am Sunday Friends Discussion Group-All Welcome 9:30am John Miller's Chapel Without Walls in Cypress Hall 1:30pm Croquet Play on the Croquet Court 1pm Depart for Lean Ensemble Theater: Tea at Five</p>	<p>18</p> <p>8:45am Morning Stretch with Heidi 9:30am Beach Walk with Heidi 10am Bible Study 10am-3pm Cabi Sample Sale in Art Room 11am & 1pm Art Class (CANCELLED) 11:30am Water Aerobics with Heidi 1pm Afternoon Meditation Class with Heidi 1pm Sue Britt's Bible Study: Women of the New Testament 2:30pm Low-Impact Aerobics with Heidi</p>	<p>19</p> <p>10am Sit and Be Fit with Heidi 11am Better Balance with Heidi in Cypress Hall 1pm Duplicate Bridge in Cypress Hall 1:30pm Water Aerobics with Heidi 1:30pm Seated Upper Body Strength Workout with Trudy 3pm Circuit Training with Heidi 5pm Richard Wray: Holiday Music on the Saxophone in Lounge 6:00 pm December Birthday Dinner</p>	<p>20</p> <p>9:30a 10:15a 11am Wat 1pm Basi 1pm Holi Livin 1:30pm Boo 1:30pm Aft 2pm Foo Mee 4pm Sch Ken</p>																														
<p>24</p> <p>9:30am Sunday Friends Discussion Group-All Welcome 9:30am John Miller's Chapel Without Walls in Cypress Hall 1pm Croquet Play on the Croquet Court</p>	<p>25</p> <p>MERRY CHRISTMAS 10:30am Gala Christmas Buffet in Dining Room 11am Christmas Music in the Lounge</p>	<p>26</p> <p>10am Sit and Be Fit with Heidi 11am Better Balance with Heidi 1pm Duplicate Bridge with Doris 1:30pm Water Aerobics with Heidi 3pm Circuit Training with Heidi</p>	<p>27</p> <p>9:30am At He 10:15am M He 11am W 1pm Ba He 1:30pm Af wi</p>																														
<p>1:15pm Depart for Art Center's Production of Newsies</p>	<p>10:30am New Year's Day Brunch</p>																																
31			1																														

Wednesday

Thursday

Friday

Saturday

Morning Stretch Class
 Abs, Abs, Abs Class with Heidi
Eye Screening
Morning Meditation with Heidi
Walking Wall Street with Bill Dix
 Water Aerobics with Heidi
Friday Karaoke with Liza
Friday Crafts Class
 Music Balance Class with Heidi
 Afternoon Sit and Be Fit Class
Beaufort County
Hummer Arrives
Chorus Christmas
Concert

7
 9am Low-Impact Aerobics with Heidi
 10am Yoga with Gayle in Cypress Hall
 10am Sit and Be Fit with Heidi
 11am Better Balance with Heidi in Cypress Hall
 1:30pm Seated Upper Body Strength Workout with Trudy
 1:30pm Water Aerobics with Heidi
 3:30pm Circuit Training with Heidi in the Fitness Room
4pm Cypress Radio Theater in Cypress Hall: Gail Thrasher's Fibber's Christmas Caper

1
9:30am Depart for World Affairs Council: Edward Alden
 9:30am Bible Study: Story of Luke with Chris Benner
 9:30am Abs, Abs, Abs Class with Karen and Miki in Fitness Room
 10am Sit and Be Fit with Trudy
 10am Sculpture and Crafts with Shanon
 10:30am Cypress Coed Chorus with Rick
 11am Water Aerobics with Bob
1pm Qigong with Shanon
 2pm Bocce with Ron
 3pm Dominoes in Game Room
4:30pm Friendly Friday Happy Hour

2
 9:45am Depart for Publix and Walmart
 10am Croquet Lessons and Play on Croquet Court
10am High School Students Computer Help (check with Concierge)

Morning Stretch with Heidi
 Abs, Abs, Abs Class with Heidi
Cypress Computer Committee CANCELLED
Morning Meditation with Heidi in Living Room
 Water Aerobics with Heidi
 Music Balance Class with Heidi
 Fitness Room
 Afternoon Sit and Be Fit Class
More Notes and Memberships Perform in Cypress Hall

14
 9am Low-Impact Aerobics
 10am Yoga with Gayle in Art Room
 10am Sit and Be Fit with Heidi
11am Activities and Welcoming Committee (changed time and day)
 11am Better Balance with Heidi
 1:30pm Seated Upper Body Strength Workout with Trudy
 1:30pm Water Aerobics with Heidi
2pm Health and Safety Committee Meeting CANCELLED
4:30pm Cypress First-Ever Winter Ball in Cypress Hall

8
 9:30am Bible Study: Story of Luke with Chris Benner
 9:30am Abs, Abs, Abs Class with Karen and Miki in Fitness Room
 10am Sit and Be Fit with Trudy
 10am Sculpture and Crafts with Shanon
 10:30am Cypress Coed Chorus with Rick
 11am Water Aerobics with Bob
1pm Qigong with Shanon
2pm Library Committee in Private Dining Room
 2pm Bocce with Ron
 3pm Dominoes in Game Room
4pm Cypress Chorus Performs

9
 9am Croquet Lessons and Play on Croquet Court
10am Meet for 2nd Saturday Golf Tournament
10am High School Students Computer Help (check with Concierge)

Morning Stretch with Heidi
 Abs, Abs, Abs Class with Heidi
Cypress Computer Committee CANCELLED
Morning Meditation with Heidi in Living Room
 Water Aerobics with Heidi
 Music Balance Class with Heidi
 Fitness Room
 Afternoon Sit and Be Fit Class
More Notes and Memberships Perform in Cypress Hall

15
 9:30am Bible Study: Story of Luke with Chris Benner
 9:30am Abs, Abs, Abs Class with Karen and Miki in Fitness Room
 10am Sit and Be Fit with Trudy
 10am Sculpture and Crafts (CANCELLED)
 10:30am Cypress Coed Chorus with Rick
 11am Water Aerobics with Bob
12pm Root Beer Float Friday
1pm Qigong with Shanon (CANCELLED)
 2pm Bocce with Ron
 3pm Dominoes
7:15pm Depart for Hilton Head Choral Society: We Sing Christmas

16
9am Breakfast with Santa in Cypress Hall
 9:45am Bus for Harris Teeter and Main Street
 10am Croquet Lessons and Play on Croquet Court
 10am High School Students Computer Help (check with Concierge)

21
 9am Low-Impact Aerobics with Heidi
10am Finance Committee Meeting
 10am Yoga with Gayle
 10am Sit and Be Fit with Heidi
 11am Better Balance with Heidi in Cypress Hall
 1:30pm Seated Upper Body Strength Workout with Trudy
 1:30pm Water Aerobics with Heidi
7:15pm Pat and Randi's Carols by Candlelight in Cypress Hall

Morning Stretch with Heidi
 Abs, Abs, Abs Class with Heidi
Morning Meditation with Heidi in Living Room
 Water Aerobics with Heidi
 Music Balance Class with Heidi
 Fitness Room
 Afternoon Sit and Be Fit Class
More Notes and Memberships Perform in Cypress Hall

22
 9:30am Bible Study: Story of Luke with Chris Benner
 9:30am Abs, Abs, Abs Class with Karen and Miki in the Fitness Room
 10am Sit and Be Fit with Trudy
 10am Sculpture and Crafts with Shanon (CANCELLED)
 11am Water Aerobics with Bob
1pm Qigong with Shanon (CANCELLED)
 2pm Bocce with Ron
 3pm Dominoes in Game Room

23
 10am Croquet Lessons and Play on Croquet Court
 10am High School Students Computer Tutorial

28
 9am Low-Impact Aerobics with Heidi
 10am Yoga with Gayle
 10am Sit and Be Fit with Heidi
 11am Better Balance with Heidi in Cypress Hall
 1:30pm Seated Upper Body Strength Workout with Trudy
 1:30pm Water Aerobics with Heidi

Morning Stretch with Heidi
 Abs, Abs, Abs Class with Heidi
Morning Meditation with Heidi in Living Room
 Water Aerobics with Heidi
 Music Balance Class with Heidi
 Fitness Room
 Afternoon Sit and Be Fit Class
 with Heidi

29
 9:30am Bible Study: Story of Luke with Chris Benner
 9:30am Abs, Abs, Abs Class with Karen and Miki in the Fitness Room
 10am Sit and Be Fit with Trudy
 10am Sculpture and Crafts with Shanon CANCELLED
 11am Water Aerobics with Bob
1pm Qigong with Shanon (CANCELLED)
 2pm Bocce with Ron
 3pm Dominoes in Game Room

30
 10am High School Students Computer Help
 10am Croquet on the Croquet Court
5pm New Year's Celebration Plated Dinner with Music and Dancing

7

20 Cypress Student Scholarship Celebration

Wednesday, December 20
4:00 p.m.

The Cypress Hall

You are invited to meet and congratulate our 2017 Cypress Scholarship winners. Mr. Ken George will introduce each recipient and honor them for their outstanding work and contribution to society. Refreshments will be served.

Please sign up on My.Cypress or at the Activities Desk.

21 Pat and Randi's Carols by Candlelight

Thursday, December 21
7:15 p.m.

The Cypress Hall



For the last 14 years, you have joined Pat and Randi as they perform many of the most treasured Christmas Carols and this year is no exception. Please join them for this joyous affair as they welcome in the Christmas holiday by raising their voices in song. Hot cocoa and Christmas cookies will also add to the festivities.

24 & 25 MERRY CHRISTMAS TO ALL AND TO ALL A GOOD NIGHT!!



30 New Year's Celebration with Plated Dinner, Music and Dancing

Saturday, December 30
5:00-8:00

The Cypress Lobby

Because New Year's Eve falls on a Sunday, we have decided to celebrate a little early. There will be dancing and music in the Cypress Lobby by the combo, John Emerson and Friends. This is a great way to dance while you wait for your dinner reservation, during dinner or even after dinner. The Chef will prepare before-dinner bites and Champagne while you enjoy the music.

31 Depart for Arts Center's Production of Newsies

Sunday, December 31
Departing at 1:15 p.m.
\$52.00 per ticket



The Arts Center is thrilled to produce the Carolinas' premiere of Disney's Tony Award-Winning *Newsies*, with jubilant music by Alan Menken. The show puts the spotlight on high-flying dance with everything from tumbling to tap. Set in New York City at the turn of the century and inspired by the real-life Newsboys' Strike of 1899, *Newsies* is the rousing tale of a charismatic newsboy who dreams of a better life far from the streets.

Please sign up on My.Cypress or at the Activities Desk and indicate if you need a ticket, a ride or both.

Duplicate Bridge

Tuesdays at 1:00 p.m.
The Cypress Hall

Meeting Schedules for DECEMBER

Health & Safety Committee
NO Meeting this Month

Library Committee
Friday, December 8, 2:00 p.m.

Buildings & Grounds Committee
NO Meeting this Month

Computer Committee
NO Meeting this Month

Activities and Welcoming Committees
Thursday, December 14, 11:00 a.m.
(changed date and time)

Food & Beverage Committee
Wednesday, December 20,
2:00 p.m.

Finance Committee Meeting
Thursday, December 21, 10:00 a.m.

Regime Board Meeting
Monday, January 8, 10:00 a.m.

Members' Council
Wednesday, January 10, 11:00 a.m.

Sundaes on Mondays



Monday, December 11
12:00 p.m.
The Cypress Lounge

Root Beer Floats Friday



Friday,
December 15
12:00 p.m.

The Cypress Lounge



Monthly Hearing Screening

Wednesday, December 6 by Elizabeth Ott
10:00 a.m. until 11:00 a.m.

The Living Room

Elizabeth from the practice of Dr. Mauer will trouble-shoot concerns, do minor repairs on your hearing aid, conduct hearing screenings and check for wax buildup. Please watch the weekly pink sheet for the return of an Audiologist.



Eyeglass Repair by Optical Solutions

Will return Wednesday, January 10
10:00 a.m. until 11:00 a.m.

The Internet Gallery Room

Optical Solutions will be at The Cypress to do minor repairs for your glasses.

IF YOU ARE INTERESTED IN SELLING A COVERED PARKING SPACE, PLEASE CALL NONA STORY AT 682-7177.

NEW BOOKS IN THE LIBRARY FOR DECEMBER

The Rooster Bar

by John Grisham

Mark, Todd, and Zola came to law school to change the world, to make it a better place. But now, as third-year students, these close friends realize they have been duped. They all borrowed heavily to attend a third-tier, for-profit law school so mediocre that its graduates rarely pass the bar exam, let alone get good jobs. And when they learn that their school is one of a chain owned by a shady New York hedge-fund operator who also happens to own a bank specializing in student loans, the three know they have been caught up in The Great Law School Scam. But maybe there's a way out. Maybe there's a way to escape their crushing debt, expose the bank and the scam, and make a few bucks in the process. But to do so, they would first have to quit school. And leaving law school a few short months before graduation would be completely crazy, right? Well, yes and no . . .

Pull up a stool, grab a cold one, and get ready to spend some time at The Rooster Bar.

The Cuban Affair

by Nelson DeMille

From the legendary #1 *New York Times* bestselling author of *Plum Island* and *Night Fall*, Nelson DeMille's blistering new novel features an exciting new character—U.S. Army combat veteran Daniel “Mac” MacCormick, now a charter boat captain, who is about to set sail on his most dangerous cruise. Daniel Graham MacCormick—Mac for short—seems to have a pretty good life. At age thirty-five he's living in Key West, owner of a forty-two-foot charter fishing boat, *The Maine*. Mac served five years in the Army as an infantry officer with two tours in Afghanistan. He returned with the Silver Star, two Purple Hearts, scars that don't tan, and a boat with a big bank loan. Truth be told, Mac's finances are more than a little shaky. One day, Mac is sitting in the famous Green Parrot Bar in Key West, contemplating his life, and waiting for Carlos, a hotshot Miami lawyer heavily involved with anti-Castro groups. Carlos wants to hire Mac and *The Maine* for a ten-day fishing tournament to Cuba at the standard rate, but Mac suspects there is more to this and turns it down. The price then goes up to two million dollars, and Mac agrees to hear the deal, and meet Carlos's clients—a beautiful Cuban-American woman named Sara Ortega, and a mysterious older Cuban exile, Eduardo Valazquez. What Mac learns is that there is sixty million American dollars hidden in Cuba by Sara's grandfather when he fled Castro's revolution. With the “Cuban Thaw” underway between Havana and Washington, Carlos, Eduardo, and Sara know it's only a matter of time before someone finds the stash—by accident or on purpose. And Mac knows if he accepts this job, he'll walk away rich...or not at all. Brilliantly written, with his signature humor, fascinating authenticity from his research trip to Cuba, and heart-pounding pace, Nelson DeMille is a true master of the genre.

There are three wonderful new books in the Cypress Library by Gail Thrasher.

Gail Thrasher has spent many hours compiling pictures and articles from a July Fourth celebration at The Cypress. The first book is titled “*The Cypress WWII Veterans Remembrance*”. It consists of pictures from the parade that honored Cypress members who are veterans of WWII. There are also biographies of these veterans that tell of their experiences in the war. It is most interesting to read of the activities, battles, sacrifices and suffering that these men and women underwent to protect our country. You'll find it interesting reading and will learn more about your neighbors here at The Cypress.

The second book is called “*The Cypress 25th Anniversary*”. It contains pictures from the 25th Cypress Anniversary program of April 24, 2017, as well as the music and lyrics from the songs that were included in the program. It's fun to remember that event. And we thank Gail for creating these two memory books.

Thirdly, Gail McGavack has gathered together the many essays written by her husband, John. He was a prolific writer, tackling many topics, serious and humorous. You're bound to find many of the essays interesting and thought provoking. Pick it up, open it any place and find some good reading.

All three books can be found in the Library in the section called Cypress Authors. It is located below the classic books. Rather than checking them out, we hope you will enjoy these books in the Library. Please do not take them from the library, but read them there.



HOLIDAY DISPLAY



The Holidays are almost upon us and we would like to dress the window display with colorful and cheerful holiday decorations. If you have something seasonal you would like to display in the window, please call Randi at 843-689-7018, or drop it off at the Activities Desk. Your item or items can represent any holiday you celebrate. Let's make this the most spectacular display ever!

Please remember to mark all your display pieces with your name, address and phone number.

THE INTERNET GALLERY

A POTPOURRI OF MEMBERS' ART WORK

For the Month of December, Cypress Members are sharing their artwork with you. The following Members' art is on display: Janet Buckingham; Nancy Dix; Wendy Dixon; Annie Coughlin; Joan Dallos; Vann Daniel; Diane Irwin; Evelyn Kowtko; Ellen Lash; Betty Mulholland; Thelma Sutherland; Peggy Peirce and Elaine Thomas.

If you are interested in displaying your art for our January and February exhibits, please contact Annie Coughlin at 843-342-3661; Evelyn Kowtko at 843-681-6338 or Randi at the Activities Desk.



NEW MEMBER FOR DECEMBER

John Tolford from Sun City to Building C



HELEN SIBLEY, KAREN BRANT and SUE MILLER for proofreading and correcting the newsletter.

JULIA WHELAN for contributing articles from the Library for our newsletter.

ANNIE COUGHLIN AND EVELYN KOWTKO for overseeing and arranging the Internet Gallery.

TRUDY BACKUS, BOB PETERSEN AND KAREN BRANT AND MIKI HUGHES for leading Fitness Classes on Fridays.

ESTELLE ROBERTS AND GLORIA ROHR for volunteering to schedule and report on the monthly Second Saturday Golf Tournaments.

EMPLOYEE OF THE MONTH OF NOVEMBER

MIKE VOTERY

Mike is a Maintenance Technician. He was nominated for Employee of the Month by multiple members of the leadership team for his extraordinary service and dedication. Thank you for all you do to make The Cypress a great place to live and work.

MIKE VOTERY, EMPLOYEE OF THE MONTH OF NOVEMBER, 2017

SCHEDULED ACTIVITIES IN JANUARY

(Mark your calendar):

- January 1:** New Year's Day Brunch in Dining Room
- January 4:** Evolution Big Band Concert at First Presbyterian
- January 8:** Meet New Members Week Begins
- January 12:** World Affairs Council: Cyber Security
- January 13:** Dasha and Jennifer Return to Play for The Cypress (Don't miss this!)
- January 13:** Depart for Music on Malphrus: "Ryanhood" Folk Singers Concert
- January 15:** Hilton Head Orchestra: Love in the Time of War
- January 17:** National Federation of Low Vision Yearly Luncheon
- January 20:** Depart for The Platters, Drifters and Temptations Farewell Concert
- January 22:** Life Long Learning Lecture Begins
- January 24:** Lunch at the new Dockside Restaurant
- January 28:** Lean Ensemble Presents: Good People



Congratulations to Cypress Member, Nancy Dix (6th from the right and left), for being part of the Hilton Head Sunsetters, a 3.5 USTA 75's Tennis Team which won this year's State Championship. Way to stay "YOUNG," Nancy.



CLINIC CORNER



WHAT CAN THE CYPRESS CLUB CLINIC DO FOR YOU?

DID YOU KNOW THAT THEY...

Give Injections, Remove Sutures, Provide Wound and Foot Care, Do Ear Flushes, Lab Work, Anticoagulation Testing, Treatment of General Complaints of Not Feeling Well.

The Clinic Staff:

Susan Corkery, NP

Kelly Ruckno, NP

Juanita Greene, LPN

Ann Harrison, Administrator

Dr. Hall, Medical Director

The Clinic is open Monday thru Friday

8:00 a.m. until 4:30 p.m.

Appointments are encouraged

Please call: 843-682-7116

COMFY AND COZY FRIDAY



CYPRESS HALL, LIVING ROOM, ART ROOM AND GAME ROOM SIGN-UP PROCEDURE!!!

BECAUSE WE HAVE SO MANY MEMBERS USING THE COMMUNITY ROOMS FOR PRIVATE GAMES AND INTIMATE PARTIES, WE ASK THAT YOU PLEASE SIGN UP OR CALL RANDI WITH THE DATES AND TIMES OF YOUR EVENT. THIS WILL AVOID ANY CONFLICTS WITH THE REGULAR ACTIVITIES SCHEDULED IN THOSE ROOMS. THE SIGN-UP SHEETS FOR ALL THE ROOMS ARE LOCATED AT THE ACTIVITIES DESK OR JUST CALL 689-7018 AND RANDI WILL BE GLAD TO JOT DOWN THE INFORMATION FOR YOU.

FITNESS CLASS SCHEDULE 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15AM	Open Fitness	Open Fitness	Open Fitness	Open Fitness	
30			Morning Stretch (8:45-9:15)	Morning Stretch (8:45-9:15)	
45			Abs Abs Abs (9:30-9:45)		
9:00AM	Beach Day Depart 9:30AM Return 11:15AM	Sit and Be Fit	Open Fitness	Low Impact Aerobics (9-9:45AM)	Open Fitness
15					
30					
45					
10:00AM		Better Balance101	Water Aerobics	Sit and Be fit	Sit and Be Fit (With Trudy)
15					
30					
45					
11:00AM	Water Aerobics (11:30-12:15)	Better Balance101	Water Aerobics	Better Balance101	Water Aerobics (With Bob)
15					
30					
45					
12-12:30		Lunch	Bunch	Staff	Fitness
45	Open Fitness	Open Fitness	Open Fitness	Open Fitness	CYPRESS FITNESS CENTER AND HEIDI HANSON 682-7158
1:00PM					
15					
30	Open Fitness	Water Aerobics	Sit and Be Fit (1:30-2:15)	Water Aerobics	
45					
2:00PM					
3:00PM	Low Impact Aerobics (2:30-3:15)	Open Fitness	Open Fitness	Open Fitness	
15					
30	Open Fitness	Circuit Training (3:00-3:45)	Circuit Training (3:00-3:45)	Circuit Training (3:00-3:45)	
4:00PM					
15					
30					
				Upper Body Strength Training	Subject to change.

***NEW CLASSES IN THE FITNESS ROOM**

Monday Beach Day: Take an invigorating walk on the beach or just relax and take in the sights.

Abs...Abs...Abs...: 15 minutes of no-nonsense abdominal exercises (chair options given).

Low-Impact Aerobics Class: An invigorating combination of low-impact exercises.

Sit and Be Fit: Chair aerobic and strength exercises done with support of a chair.

Water Works: A refreshing variety of very Low-Impact water exercises.

Basic Balance: 20 minutes of balancing exercises.

Better Balance 101: A variety of balancing, abdominal and leg strengthening exercises.

Personal Training with Heidi by Appointment: Learn to use all the machines in our Fitness Center.

****"Seated" Upper Body Strength Training:** A full workout to build upper body muscle strength.

Morning Stretch Class: An invigorating stretch class to get you up and moving. A great way to start the day.

Circuit Training: A full 45 minutes of fitness rotation. This is a great class for those who like variety while working out.

***Meditation Class:** Wednesday Mornings at 10:15 a.m. in the Living Room; Monday Afternoons at 1:00 p.m. Room to be Announced

Heidi Hanson is available to assist you with all your fitness programs and questions.