

MONTH OF JANUARY

Welcome to 2019! I would like to start off by saying I have celebrated my first year at the Cypress and thank you all so much for taking me in and making me part of the “family”. It has definitely been a fun FULL year! I am looking forward to our next year together!

You might notice the newsletter has a new look because with the upcoming renovations of the clubhouse and the “retirement” of our Art Gallery Ladies-Annie Coughlin and Elaine Thomas, the front will now feature the highlights of the month and upcoming events. I would like to say a HUGE Thank You to the ladies for filling the Art/Internet Gallery each month with our own members’ beautiful art. Everyone has appreciated looking at it!

Highlights for January

Thursday, January 3
Dasha Bukhartseva
Piano Concert
1:30pm Cypress Hall

She will be playing pieces by Bach, Schumann, Rachmaninov, Glinka/ Balakirev and Barvinskyi



Monday, January 7
Public Safety Tour
Depart at 9:15am

Did you ever want to know what happens “Behind the Scenes” of our local Fire Department? Now is your chance to take a tour of Fire Rescue Headquarters, Dispatch Center, Emergency Operations Center and Station 4, which services the Cypress. Learn about what happens when a call comes into 911 and see how operations run when there is a hurricane or disaster.



Wednesday, January 9
Talking Wall Street
11am Cypress Hall

Sergeant Daniel Ross of the Beaufort County Sheriff’s office specializes in Crime Prevention. He will bring us up to date on new methods of fraud targeting our phones, credit cards and computers. Great session for all members.



Friday, January 18
Brian Luckett Classical
Guitar

Depart at 11:30am \$20pp
A noon concert of varied music for classical guitar by acclaimed guitarist, Dr. Brian Luckett, from Jacksonville, Florida.



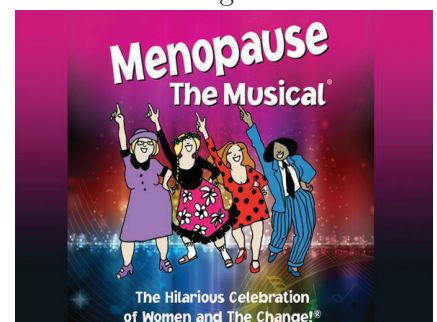
Wednesday, January 23
Trivia with Harold and Suzanne
10am and 2pm Cypress Hall

With the popularity of our Trivia, we have broken it up into 2 sessions! Your group will choose which session to attend. The questions will be the same at both so NO CHEATING! We will have a first place winner from each group.



Thursday, January 31
Girls Night Out
Depart at 4:30pm
\$35pp plus dinner

Ladies Night on the Town in Savannah! We will start out with dinner at Jazz’d Tapas Bar and Restaurant followed by the play “Menopause” at the Savannah Theater. Limited seating so act fast!



Upcoming Events and Trips

Looking Ahead For February.....

Cypress Play Debbie Darling Concert and Talk
Lean Ensemble Valentines Event
Life Long Learning Many other fun events

Upcoming Trips for 2019

March 25-27: Charleston and Brookgreen Gardens 3 Days 2 Nights

Charleston Tea Plantation --Trolley Ride

Carriage Ride Downtown

Brookgreen Gardens

- General Admission

- Sculpture Gardens

- Low Country History and Wildlife Preserve with The Oaks Plantation Excursion

- Historic Hopsewee Plantation

- Cellar-to-Attic Guided Hopsewee Plantation Tour

- Motorcoach, Hotel, 2 Breakfasts, 1 Lunch, 2 Dinners

May 26-June 3: American Duchess Mississippi River Cruise

9 Days 8 Nights

Includes a pre night in Memphis and stops at Helena, AK; Vicksburg and Natchez, MS; Baton Rouge, St. Francisville, Nottoway Plantation and New Orleans, LA; transfers, on board gratuities, port charges and round trip air fare from Savannah

Off the Tee *by Estelle Roberts*

The hardest part of my job in running Second Saturday is deciding whether it's a go or not. When it's raining or temperature is in the 30's, it's easy. December 8th's forecast was "rain". What to do?!

At 9:30, the sky was overcast but no rain and 15 hardy souls had shown up-so off we went. The rain held off but the wind came up and the temperature went down. Despite a little discomfort, we had a spirited competition with the team of Malcolm Goodridge, Nancy Minor, Don Lawrence and Estelle Roberts winning with a 32. Suzy Page and John Dannecker were Closest to the Pin.

Please Note: There has been confusion with the starting time-

We will meet in the lounge at 9:30am with play at 9:45am!!

Event Listing

Happy New Year

Tuesday
January 1
10:30am-1:30pm
New Year's Day Buffet

Eye Glass Repair

With Lisa
Wednesday
January 2
11am Living Room

Operation Gratitude

Wednesday
January 3
3pm Art Room
Operation Gratitude sends cards and care packets to Troops, Veterans and First Responders. We would like to send a packet for different holidays throughout the year. We will be working on cards and items for Valentines Day. Please stop in and write a note/card and Heidi and Suzanne will have more info for you too. Great way to give back to our service personnel!

"Life After Loss"

Grief Support
Counseling
Thursday
January 3
10am-12pm
Internet Gallery
Robin with Hospice Compassus will be here for counseling and support. This will meet every first Thursday of each month. Anyone who has experienced the loss of a loved one is welcome to attend.

Study with John Miller

Thursday
January 3, 17, 24, 31
10-11:30am Art Room
John Miller is the pastor of The Chapel Without Walls, which holds services each Sunday morning at The Cypress. He will lead a class based on the book BEING MORTAL. The best-selling book was written by Dr. Atul Gawande, a famous Boston surgeon. Dr. Gawande traces the issues involved as older people advance in years, addressing the medical questions which inevitably confront them. "Being Mortal" is a subject that it is wise for older people in particular to ponder.

This will be a weekly series.
Sign up on My.Cypress or at Activities Desk

Yoga with Gayle

Thursday
January 3, 10, 17, 24, 31
10am Cypress Hall
Join Gayle as she leads you through a series of yoga poses and relaxation.

Dasha Bukhartseva

Piano Concert
Thursday
January 3
1:30pm Cypress Hall
Dasha was with us last year and is coming back to perform again! She has been playing the piano since she was a child and studies music for 10 yrs with a BA, Masters and now working on the Doctor of Musical Arts Degree. She will be playing pieces by Bach, Schumann, Rachmaninov, Glinka/Balakirev and Barvinskyi.
Sign up on My.Cypress or at Activities Desk

Cypress Noteables Chorus

Friday
January 4, 11, 18, 25
*10:30am in the
Cypress Hall*
Rick Radcliff leads a spirited 90 minutes of choral singing. No experience or sign-up required.

Bocce

Friday
January 4, 11, 18, 25
11am Bocce Court
Meet on the Bocce Court for a fun competitive social game.

Mah Jongg

Friday
January 4, 11, 18, 25
1pm in the Game Room
"Open Table" Mah Jongg takes place each Friday at 1:00 in the game room. Anyone is welcome to come to join in on the fun. If you have any questions or would like to learn to play, call Julia Qudeen (843)342-7671 or Marilyn Shaw (843)686-6020.

Movie In Cypress Hall

Friday
January 4
1:30pm Cypress Hall
The movie will be listed in the Pink Sheet. Please note the Cypress Hall Projector does not have closed caption.
Sign up on My.Cypress or at Activities Desk

Public Safety Tour

Monday
January 7
Depart at 9:15am
Did you ever want to know what happens "Behind the Scenes" of our local Fire Department? Now is your chance to take a tour of Fire Rescue Headquarters, Dispatch Center, Emergency Operations Center and Station 4, which services the Cypress. Learn about what happens when a call comes into 911 and see how operations run when there is a hurricane or disaster.
Sign up on My.Cypress or at Activities Desk

Event Listing con't.

Bible Study of Romans With Chris Benner

Monday

*January 7, 14, 21, 28
10am in Living Room*

This month's study is in the book of Romans. Learn about Jesus coming to teach us how to live and do the will of the Father. Join us and share the good news.

Art Class

Monday

*January 7, 14, 28
10am-12pm AND 1-3pm
Art Room*

Jennifer will be teaching the Monday class so join her for a new lesson each week. The afternoon session can be a new project or continuation of your morning piece. Anyone is welcome with any level of talent

Sue Britt's Bible Study

Monday

*January 7, 14, 21, 28
1pm Game Room*

We will continue our study of the life of Jesus. Our group is a lively one, our discussions are open ones and questions are always in order! Whether you know the Bible well, or have never really had a chance to study its claims, you are very welcome! Come, have an ice tea or coffee and a cookie, and join our conversation! If you have any questions, or if you would like to borrow a Bible, please call Sue Britt at 843-681-7553.

Duplicate Bridge

Tuesday

*January 8, 15, 22, 29
1pm in the Cypress Hall*

Hearing Aid and Ear Check

Wednesday

*January 9
9-10am*

Living Room

Hannah from Palmetto Ear, Nose and Throat will be here to check your hearing aids and ears.

"Talking Wall Street"

Wednesday

January 9

11am Cypress Hall

Join Member Bill Dix as he leads a one-hour discussion on the Stock Market patterned from the TV program, "Wall Street Week with Louis Rukeyser". Bill spent 35 years on Wall Street with Smith Barney before retiring to Hilton Head in 1995

Most of us at The Cypress are concerned with the preservation of our financial assets. At our monthly meetings we stress the importance of diversification and patience towards that end. Now it is becoming increasingly important that we become aware that fraud is an increasing threat to those assets. We are fortunate in having as our guest, Sergeant Daniel Ross of the Beaufort County Sheriff's office specializing in Crime Prevention. He will bring us up to date on new methods of fraud targeting our phones, credit cards and computers.

**GREAT FOR ALL TO
ATTEND**

*Sign up on My.Cypress or at
Activities Desk*

Beaufort County Bookmobile

Wednesday

January 9 and 23

1:45-2:30pm

The Library on Wheels is fully equipped to provide all the services you expect from your local Library. You can sign up or renew a Library card, check out books and movies and pick up books on reserve. It is handicap accessible.

Evolution Band

Wednesday

January 12

Depart at 5:45pm

Free to public

This concert at First Pres will feature updated arrangements of instrumental and vocal standards from the Great American Songbook with vocals provided by Penney Lynn Smith and Michael Schwartzkopf. *Sign up on My.Cypress or at Activities Desk.*

World Affairs Council

Josh Michaud- Global Health

Friday

January 11

Depart at 9:15am

Global health efforts driven by the collective action of countries, communities and organizations over the last 30 years have literally saved millions of lives, but terrible inequalities in wellbeing persist. The world now faces a mix of old and new health issues, including the preventable deaths of mothers and children, continuing epidemics of infectious diseases, and rising rates of chronic disease. In addition, the potential for new, deadly pandemics poses a serious threat to national and international security, and draws global health and foreign policy together more closely than ever. Are governments and societies positioned to address current and future global health challenges?

Sign up on My.Cypress or at Activities Desk.

Event Listing con't.

Second Saturday Golf

Saturday

January 12

9:30am Cypress Lounge

Join your fellow golfers for a friendly competitive game of golf. Tee-off is at 9:45am. In case of inclement weather, it will be postponed to January 19.

Opera: Adriana

Lecouvreur

Saturday

January 12

Depart at 12pm

Tickets will be purchased in advanced and charged to your account. Price ranges from \$25-30pp

Sign up on My.Cypress or at Activities Desk

HHSO:

Haydn and Dvorak

Saturday

January 12

Depart at 7:15pm

\$45pp

Haydn Symphony No. 85

Boulogne Violin Concerto in A Major

Dvořák Romance for Violin & Orchestra

Haydn Symphony No. 83.

Limited Seating for this show held at Sound Waves.

Sign up on My.Cypress or at Activities Desk

Computer Class:

Microsoft Windows 10

Basics

Monday

January 14

10am-12pm Cypress Hall

We'll cover how to accomplish basic tasks in Windows 10. Connecting printers, changing settings, cleaning off viruses, how to fix problems when they occur and more.

Sign up on My.Cypress or at Activities Desk

Sundaes on Mondays

Monday

January 14 and 28

12pm

Cypress Lounge

Stop by for a sweet treat!

Terrific Tuesday

with Nick

Tuesday

January 15

4:30-5:30pm Lounge

Nick will be playing the accordion for your pre-dinner entertainment.

January

Birthday Dinner

Tuesday

January 15

5pm in the Dining Room

Celebrate the January birthdays with other Cypress members born in January.

Must sign up by

January 11!

Sign up on My.Cypress or at Activities Desk

National Federation of the Blind Luncheon and

Annual Social

Wednesday

January 16

12pm Dining Room

Bob Martin will be the speaker and the annual dues of \$20 will be collected.

Sign up on My.Cypress or at Activities Desk

Classical Guitar Concert with Brian Luckett

Friday

January 18

Depart at 11:30am

\$20 donation to the church is recommended

A noon concert of varied music for classical guitar by acclaimed guitarist, Dr. Brian Luckett, from Jacksonville, Florida. Held at All Saints Church
Sign up on My.Cypress or at Activities Desk

Root Beer Float Friday

Friday

January 18

12 pm Cypress Lounge

Martin Luther King, Jr

Day

Monday

January 21

10:30am-1:30pm

Holiday Buffet

Trivia with Harold

and Suzanne

Wednesday

January 23

10am and 2pm

Cypress Hall

Due to our large turnouts for our special Trivia electronic games, we will be splitting the game into two sessions: Morning and Afternoon. The morning session will be from 10 am to 11:30 am and the afternoon session will be from 2 pm to 3:30 pm. Each session will have seating available for eight groups or a maximum of 64 players.

Please sign up at the Activities desk early to assure that your team can play in their preferred time. Sign up should include a Secret nickname for your team plus the first player listed will serve as the captain. On Thursday, January 24, 2019, the results for both sessions will be combined and displayed on the Activities Board using the nickname of each group and the score that was achieved.

HONESTLY is the Cypress best game policy! No discussions should take place between the morning and afternoon groups about the questions during lunchtime to make sure that the scores accurately reflect each group's collective knowledge and best guesses for our exciting Trivia Game.

Sign up at Activities Desk

Event Listing con't.

Bernard Snyder's **Book Signing**

Thursday
January 24
12-2pm Cypress Hall

Our own Bernard from the kitchen will be signing his latest novel about a woman torn between two men. Buy the book and find out what happens!

Please come by and check out his book and make a purchase. Drop in during 12-2pm.

World Affairs Council **Trita Parsi** **Iran's Strategy in the Middle East**

Friday
January 25
Depart at 9:15am

The decision of President Trump to withdraw from the Iran nuclear deal, leaves the agreement, reached by seven countries, in tatters. The United States plans to reimpose the stringent sanctions it imposed on Iran before the deal and is considering new penalties. Mr. Parsi will discuss the behind-the-scenes story of how and why the historic nuclear deal with Iran was struck and Iran's strategy in the Middle East.

Sign up on My.Cypress or at Activities Desk

Music on Malphrus **Joe Crookstone**

Saturday
January 26
Depart at 6pm
\$20pp at the door

Songwriter, guitarist, painter, fiddler, slide player, eco-village member and believer in all things possible. Named 2016 Folk Alliance International Artist-in-Residence and signed to Tamulevich Artist Management along with John Gorka and Peter Dinklage. His songs are being made into films.

He'll surprise you and awaken the cynics. He's plumbing for lyrical gold like a social archeologist. His songs are universal, his rhythm infectious.

Sign up on My.Cypress or at Activities Desk

Restaurant of the Month: **Crazy Crab North** **End**

Monday
January 28

Depart at 11:15am

Will be around \$25pp-final price not given at time of newsletter

We will be checking out the newly remodeled Crazy Crab. Pre-fixed menu will be served.

Sign up at Activities Desk to select your entrée.

Afternoon Bingo **with Heidi**

Monday
January 28

4pm in the Cypress Hall

Join fellow Cypress Members for an hour of BINGO! Fun and prizes for all winners!

Chef's Table

Monday

January 28

5:30pm in the Private Dining Room

The Success of the Chef's Table has been overwhelmingly positive! Chris Katon is maintaining the list of sign-ups for the event. If you were on the original sign-up sheet, you received an invitation indicating which month you are scheduled to attend.

Each month will feature wines from different regions around the world paired with regional food creations. January's theme is Tuscany.

HHSO: **Tchaikovsky Symphony** **No. 6**

Monday

January 28

Depart at 7:15pm

\$35pp

Chopin

Piano Concerto No. 1

Tchaikovsky

Symphony No. 6

Held at First Pres

Sign up on My.Cypress or at Activities Desk

Focus on Fixed **Income Seminar**

Wednesday

January 30

1:30pm Cypress Hall

Amy Covington with Edward Jones explains the basics of fixed income investments, the seven characteristics of the advantages of laddering and how fixed income may be part of your investment strategy. This seminar is appropriate for those who do not wish to invest in equities, and would prefer safer investments.

Sign up on My.Cypress or at Activities Desk

Girls Night Out

Thursday

January 31

Depart at 4:30pm

We will start with dinner at Jazz'd Tapas Bar then head over to the Savannah Theater for the show, "Menopause."

This hilarious musical parody set to classic tunes from the 60's, 70's and 80's will have you cheering and dancing in the aisles. Four women at a lingerie sale find they have nothing in common but a black lace bra AND hot flashes, memory loss, mood swings, night sweats, weight gain AND MUCH MORE!

Sign up on My.Cypress or at Activities Desk

Event Listing con't.

Croquet

Saturdays 10am

Sunday 1pm

Regular Play and Lessons

Join in a fun game of croquet with your friends!

For more info-call Lois Hilger at 843-363-5456

WANT TO LEARN TO PLAY BRIDGE?

Friday, January 11

The Bridge Center is offering beginner lessons from 10am-12pm.

The cost is \$15pp. Please see Suzanne in Activities for the flyer and more information. A variety of other Bridge classes will be offer during the month too.

ACTIVITIES SIGN UPS

You will notice there will be fewer sign ups in the Activities Book. We will start reserving half for online sign ups through My.Cypress and half for write ins. Please only sign up using ONE method. The goal is to eventually transition over to online sign ups. We are starting with small steps first.

ACTIVITIES CANCELLATION AND NO-SHOW POLICY

If you sign up to go to an event outside of The Cypress that requires a ticket, you are responsible for the cost of the ticket once it has been ordered. If you cancel, you will be billed for the price of the ticket unless it can be resold to someone else. Thank you for understanding.

New Members

Kent & Mary Mittleberg 41OB
Ed & Jane Smith C-306
June Miley B-205
Dee Harrison B-102

Employee of the Month

November Holly Warner



This year Holly celebrated her fifth anniversary with The Cypress! If you have been at The Cypress for any length of time you may remember Holly working

in the hair salon and then joining the Cypress team in HR. She transitioned to accounting and has been keeping everyone paid accurately for employees as well as vendors. Holly also was the lead for a new A/P system that has rolled out successfully this year. Holly goes above and beyond and always has a smile for everyone!

Employee of the Month

December Dorothy Ford



Who hasn't been greeted by Dot's warm and welcoming smile? As part of the EVS team Dot takes pride in taking

wonderful care of the Preston and all that live, work or visit there. She is quick to jump in and help out and always asks Is there anything else I can do for you? We are so happy dot has been a part of the Cypress team since 2006!

DISPLAY CASE FOR JANUARY AND FEBRUARY- HUMMELS

By Betty Mulholland

At an early age, Berta Hummel displayed a talent for sketching, painting landscapes and illustrating folklore. She attended a fine religious boarding school, where she received artistic direction.

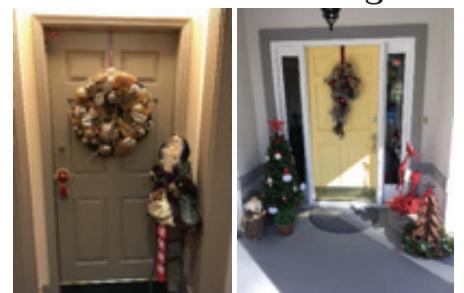
During the Hitler era, she took shelter in a convent and eventually was ordained Sister Maria Innocentia of the Sisters of Third Order of St. Francis.

Sister Maria Innocentia's artwork was first known to the public in the two-dimensional form as drawings of children at work and play.

The postcards with the Hummel motifs became very popular. Franz Goebel, head of W. Goebel Porcelain Tableware and Figurines sought permission from Sister Maria Innocentia to translate her sketches into three-dimensional form. This marked the beginning

of a relationship between Sister Maria Innocentia, the convent and Goebel. Jim Mulholland and his first wife, Valorie, collected Hummel figurines over the years. I am delighted to share them with the Cypress Members.

Thank you to our members that participated in the door decorating contest! Our winners are Alice Pierce for the buildings and Joy Dannaker in the cottages.



January 2019

Sunday



Morning Coffee
Every Morning
7:30 - 11:00 A.M.

Monday

Tuesday

Wednesday

<p>6</p> <p>9:30am Friends Meeting and Discussion-All Welcome</p> <p>9:30am John Miller's Chapel without Walls (CH)</p> <p>1pm Croquet Play (Court)</p> <p>2pm First Pres Communion Service (LR)</p>	<p>7</p> <p>8am Moving in the Morning with Suzanne (Gym)</p> <p>8:45am Morning Stretch with Heidi (Gym)</p> <p>9:15am Depart for Public Safety Tour</p> <p>9:30am Beach Walk with Heidi</p> <p>10am-12pm Art Class with Jennifer (AR)</p> <p>10am Lessons Learned from Study-Chris Benner (LR)</p> <p>11:30am Water Aerobics with Heidi</p> <p>1pm Sue Britt's Bible Study (GR)</p> <p>1-3pm Art Class with Jennifer (AR)</p> <p>1:15pm Meditation (LR)</p> <p>2:30pm Low Impact Aerobics (CH)</p>	<p>1</p> <p>Happy New Year 10:30am-1:30pm New Year's Day Buffet</p>	<p>2</p> <p>8:45am</p> <p>9:30am</p> <p>10am Men</p> <p>10:15am</p> <p>11am Eye</p> <p>11am</p> <p>1pm</p> <p>1:30pm</p> <p>3pm Ope</p>
<p>13</p> <p>9:30am Friends Meeting and Discussion-All Welcome</p> <p>9:30am John Miller's Chapel without Walls (CH)</p> <p>1pm Croquet Play (Court)</p>	<p>14</p> <p>8:45am Morning Stretch with Heidi (Gym)</p> <p>9:30am Beach Walk with Heidi</p> <p>10am-12pm Art Class with Jennifer (AR)</p> <p>10am-12pm Computer Class (CH)</p> <p>10am Lessons Learned from Study-Chris Benner (LR)</p> <p>11:30am Water Aerobics with Heidi</p> <p>12pm Sundaes on Monday (Lounge)</p> <p>1pm Sue Britt's Bible Study (GR)</p> <p>1-3pm Art Class with Jennifer (AR)</p> <p>1:15pm Meditation (LR)</p> <p>2:30pm Low Impact Aerobics (CH)</p> <p>Suzanne on Vacation till Jan 21</p>	<p>8</p> <p>8:30am Water Aerobics with Heidi</p> <p>10am Sit and Be Fit with Heidi (Gym)</p> <p>10:30am Bldg and Grounds Committee</p> <p>11am Better Balance with Heidi (CH)</p> <p>1pm Duplicate Bridge (CH)</p> <p>1:30pm Seated Upper Body Strength (Gym)</p> <p>2:30pm Circuit Training with Heidi (Gym)</p>	<p>9</p> <p>8am</p> <p>8:45am</p> <p>9-10am Hear</p> <p>9:30am</p> <p>10am My.C</p> <p>10:15am</p> <p>11am Talki</p> <p>11am</p> <p>1pm</p> <p>1:30pm</p> <p>1:45pm Book</p> <p>3pm Stre</p> <p>5:45pm Depa</p>
<p>20</p> <p>9:30am Friends Meeting and Discussion-All Welcome</p> <p>9:30am John Miller's Chapel without Walls (CH)</p> <p>1pm Croquet Play (Court)</p>	<p>21</p> <p>Martin Luther King Jr. Birthday 10:30am-1:30pm Holiday Buffet</p>	<p>15</p> <p>8:30am Water Aerobics with Heidi</p> <p>10am Sit and Be Fit with Heidi (Gym)</p> <p>11am Better Balance with Heidi (CH)</p> <p>1pm Duplicate Bridge (CH)</p> <p>1:30pm Seated Upper Body Strength (Gym)</p> <p>2:30pm Circuit Training with Heidi (Gym)</p> <p>4:30pm Terrific Tuesday with Nick (Lounge)</p> <p>5pm January Birthday Dinner</p>	<p>16</p> <p>8:45am</p> <p>9:30am</p> <p>10:15am</p> <p>11am</p> <p>12pm Nat</p> <p>1pm</p> <p>1:30pm</p> <p>2pm Foo</p> <p>Me</p>
<p>27</p> <p>9:30am Friends Meeting and Discussion-All Welcome</p> <p>9:30am John Miller's Chapel without Walls (CH)</p> <p>1pm Croquet Play (Court)</p>	<p>28</p> <p>8am Moving in the Morning</p> <p>8:45am Morning Stretch (Gym)</p> <p>9:30am Beach Walk with Heidi</p> <p>10am Lessons Learned from Study (LR)</p> <p>10am Regime & Finance Committees</p> <p>11:15am Depart for ROM: Crazy Crab North</p> <p>11:30am Water Aerobics with Heidi</p> <p>1pm Sue Britt's Bible Study (GR)</p> <p>1-3pm Art Class with Jennifer (AR)</p> <p>1:15pm Meditation (LR)</p> <p>2:30pm Low Impact Aerobics (CH)</p> <p>4pm Bingo with Heidi (CH)</p> <p>5:30pm Chefs Table (PDR)</p> <p>7:15pm Depart for HHSO: Tchaikovsky Symphony No. 6</p>	<p>22</p> <p>8:30am Water Aerobics with Heidi</p> <p>10am Sit and Be Fit with Heidi (Gym)</p> <p>11am Better Balance with Heidi (CH)</p> <p>1pm Duplicate Bridge (CH)</p> <p>1:30pm Seated Upper Body Strength (Gym)</p> <p>2:30pm Circuit Training with Heidi (Gym)</p>	<p>23</p> <p>8:45am</p> <p>9:30am</p> <p>10am Triv</p> <p>10am Ses</p> <p>10:15am</p> <p>11am</p> <p>1pm</p> <p>1:30pm</p> <p>1:45pm Boo</p> <p>2pm Triv</p> <p>Ses</p>
<p>29</p> <p>8:30am Water Aerobics with Heidi</p> <p>10am Sit and Be Fit with Heidi (Gym)</p> <p>11am Better Balance with Heidi (CH)</p> <p>1pm Duplicate Bridge (CH)</p> <p>1:30pm Seated Upper Body Strength (Gym)</p> <p>2:30pm Circuit Training with Heidi (Gym)</p>	<p>30</p> <p>8am</p> <p>8:45am</p> <p>9:30am</p> <p>10:15am</p> <p>11am</p> <p>11am Men</p> <p>1pm</p> <p>1:30pm</p> <p>1:30pm "Fo</p> <p>3pm Stre</p> <p>(CH)</p>	<p>29</p> <p>8:30am Water Aerobics with Heidi</p> <p>10am Sit and Be Fit with Heidi (Gym)</p> <p>11am Better Balance with Heidi (CH)</p> <p>1pm Duplicate Bridge (CH)</p> <p>1:30pm Seated Upper Body Strength (Gym)</p> <p>2:30pm Circuit Training with Heidi (Gym)</p>	<p>30</p> <p>8am</p> <p>8:45am</p> <p>9:30am</p> <p>10:15am</p> <p>11am</p> <p>11am Men</p> <p>1pm</p> <p>1:30pm</p> <p>1:30pm "Fo</p> <p>3pm Stre</p> <p>(CH)</p>



Wednesday *Thursday* *Friday* *Saturday*

Moving in the Morning (Gym)
Morning Stretch with Heidi (Gym)
Abs Abs
Members Council
Meditation (LR)
Glass Repair with Lisa (LR)
Water Aerobics with Heidi
Better Balance with Heidi (Gym)
Sit and Be Fit with Heidi (Gym)
Prayer Gratitude (AR)

3 9am Low Impact Aerobics with Heidi (Gym)
10am Yoga with Gayle (CH)
10am Life After Loss Grief Counseling (IG)
10am John Miller: Being Mortal
10am Sit and Be Fit with Heidi (Gym)
10am St Francis Communion (Preston)
11am Better Balance with Heidi (CH)
1:30pm Piano Concert with Dasha (CH)
1:30pm Seated Upper Body Strength (Gym)
2:30pm Circuit Training (Gym)

4
9:30am Abs Abs Abs (Gym)
10am Sit and Be Fit (Gym)
10am Water Aerobics
10:30am Cypress Noteables Chorus with Rick (CH)
11am Bocce (Court)
11am Stretch and Flow with Suzanne (LR)
1pm Mah Jongg
1:30pm Movie in Cypress Hall (TBD)
3pm Dominoes (GR)

5
9:45am Depart for Wal-mart and Publix
10am Croquet Play and Lessons (Courts)

Moving in the Morning (Gym)
Morning Stretch (Gym)
Prayer Aid and Ear Checks (LR)
Abs Abs with Heidi
Cypress Committee
Meditation (LR)
Prayer Wall Street with Bill Dix (CH)
Water Aerobics with Heidi
Better Balance with Heidi (Gym)
Sit and Be Fit with Heidi (Gym)
Prayer at Cypress
Stretch and Flow with Suzanne (CH)
Depart for Evolution Band Concert

10
8:30am Water Aerobics with Suzanne
9am Low Impact Aerobics with Heidi (Gym)
10am Yoga with Gayle (CH)
10am Sit and Be Fit with Heidi (Gym)
10am St Francis Communion (Preston)
10am John Miller: Being Mortal
11am Better Balance (CH)
1:30pm Seated Upper Body Strength (Gym)
2:30pm Circuit Training with Heidi (Gym)
2pm Health and Safety Committee
2pm Activities Committee

11
9:15am Depart for WAC-Josh Michaud
9:30am Abs Abs Abs (Gym)
10am Bocce (Court)
10am Sit and Be Fit (Gym)
10am Water Aerobics with Suzanne
10:30am Cypress Noteables Chorus with Rick (LR)
11am Stretch and Flow with Suzanne (LR)
1pm Mah Jongg
1:30pm Library Committee
3pm Dominoes (GR)

12
9:30am Second Saturday Golf
10am Croquet Play and Lessons (Courts)
12pm Depart for Opera: Adriana Lecouvreur
7:15pm Depart for HHSO: Haydn and Dvorak

Moving in the Morning (Gym)
Abs Abs with Heidi
Meditation (LR)
Water Aerobics with Heidi
Blind Federation of the Blind
Prayer
Better Balance with Heidi (Gym)
Sit and Be Fit with Heidi (Gym)
Prayer and Beverage Committee Meeting

17
9am Low Impact Aerobics with Heidi (Gym)
10am John Miller: Being Mortal
10am Yoga with Gayle (CH)
10am Sit and Be Fit with Heidi (Gym)
10am St Francis Communion (Preston)
11am Better Balance (CH)
1:30pm Seated Upper Body Strength (Gym)
2:30pm Circuit Training with Heidi (Gym)

18
9:30am Abs Abs Abs (Gym)
10am Bocce (Court)
10am Sit and Be Fit (Gym)
10am Water Aerobics
10:30am Cypress Noteables Chorus with Rick (LR)
11:30am Depart for Brian Lockett Classical Guitar Concert
12pm Root Beer Floats (Lounge)
1pm Mah Jongg
3pm Dominoes (GR)

19
9:45am Depart for Harris Teeter and Main St
10am Croquet Play and Lessons (Courts)

National Pie Day
Morning Stretch with Heidi (Gym)
Abs Abs with Heidi
Prayer with Harold and Suzanne
Prayer 1 (CH)
Meditation (LR)
Water Aerobics with Heidi
Better Balance with Heidi (Gym)
Sit and Be Fit with Heidi (Gym)
Prayer at Cypress
Prayer with Harold and Suzanne
Prayer 2 (CH)

24
8:30am Water Aerobics with Suzanne
9am Low Impact Aerobics with Heidi (Gym)
10am Yoga with Gayle (CH)
10am John Miller: Being Mortal
10am Sit and Be Fit with Heidi (Gym)
10am St Francis Communion (Preston)
11am Better Balance (CH)
12-2pm Bernard's Book Signing and Release (CH)
1:30pm Seated Upper Body Strength (Gym)
2:30pm Circuit Training with Heidi (Gym)

25
9:15am Depart for WAC-Trita Parsi
9:30am Abs Abs Abs (Gym)
10am Bocce with Ron (Court)
10am Sit and Be Fit (Gym)
10am Water Aerobics with Suzanne
10:30am Cypress Noteables Chorus with Rick (LR)
11am Stretch and Flow with Suzanne (LR)
1pm Mah Jongg
3pm Dominoes (GR)

26
10am Croquet Play and Lessons (Courts)
6pm Depart for Music on Malphus-Joe Crookston

Moving in the Morning with Suzanne (Gym)
Morning Stretch with Heidi (Gym)
Abs Abs with Heidi
Meditation (LR)
Water Aerobics with Heidi
Members Council
Better Balance with Heidi (Gym)
Sit and Be Fit with Heidi (Gym)
Prayer on Fixed Income"
Prayer (CH)
Stretch and Flow with Suzanne

31
8:30am Water Aerobics with Suzanne
9am Low Impact Aerobics with Heidi (Gym)
10am John Miller: Being Mortal
10am Yoga with Gayle (CH)
10am Sit and Be Fit with Heidi (Gym)
10am St Francis Communion (Preston)
11am Better Balance (CH)
1:30pm Seated Upper Body Strength (Gym)
2:30pm Circuit Training with Heidi (Gym)
4:30pm Depart for Girls Night Out

February

						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28			

New Books in the Library for December

Please remember to record the books that you borrow in the binder on the desk. It's a simple job. The books are recorded alphabetically by title in the binder. On the check out sheet fill in the title, author's name, your name and the date you borrowed the book. When you return the book, remember to cross it off in the binder so that we know it has been returned. This simple procedure helps the committee keep track of the books. As a new procedure, we are also asking that you sign out paperbacks when you borrow them. The Library Committee

"A Spark of Light" by Jodi Picoult

The warm fall day starts like any other at the Center—a women's reproductive health services clinic—its staff offering care to anyone who passes through its doors. Then, in late morning, a desperate and distraught gunman bursts in and opens fire, taking all inside hostage. After rushing to the scene, Hugh McElroy, a police hostage negotiator, sets up a perimeter and begins making a plan to communicate with the gunman. As his phone vibrates with incoming text messages he glances at it and, to his horror, finds out that his fifteen-year-old daughter, Wren, is inside the clinic.

But Wren is not alone. She will share the next and tensest few hours of her young life with a cast of unforgettable characters: A nurse who calms her own panic in order to save the life of a wounded woman. A doctor who does his work not in spite of his faith but because of it, and who will find that faith tested as never before. A pro-life protester, disguised as a patient, who now stands in the crosshairs of the same rage she herself has felt. A young woman who has come to terminate her pregnancy. And the disturbed individual himself, vowing to be heard.

Told in a daring and enthralling narrative structure that counts backward through the hours of the standoff, this is a story that traces its way back to what brought each of these very different individuals to the same place on this fateful day. The warm fall day starts like any other at the Center—a women's reproductive health services clinic—its staff offering care to anyone who passes through its doors. Then, in late morning, a desperate and distraught gunman bursts in and opens fire, taking all inside hostage. After rushing to the scene, Hugh McElroy, a police hostage negotiator, sets up a perimeter and begins making a plan to communicate with the gunman. As his phone vibrates with incoming text messages he glances at it and, to his horror, finds out that his fifteen-year-old daughter, Wren, is inside the clinic.



"The Wife Between Us" by Greer Hendricks and Sarah Pekkanen

When you read this book, you will make many assumptions. You will assume you are reading about a jealous ex-wife. You will assume she is obsessed with her replacement—a beautiful, younger woman who is about to marry the man they both love. You will assume you know the anatomy of this tangled love triangle. Assume nothing. These authors expose the secret complexities of an enviable marriage and the dangerous truths we ignore in the name of love.



FITNESS

MIND, BODY AND SPIRIT

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00am	Moving in the Morning		Moving in the Morning		
8:30am	Morning Stretch 8:45	Water Aerobics	Morning Stretch 8:45	Water Aerobics	
9:00am	to 9:15		to 9:15	Low Impact Aerobics	
9:30am	Beach Walk		Abs Abs Abs		Abs Abs Abs
10:00am		Sit and Be Fit	Meditation 10:15	Sit and Be Fit	Sit and Be Fit/Water Aerobics
10:30am					
11:00am	return 11:15	Better Balance 101	Water Aerobics	Better Balance 101	Stretch and Flow
11:30am	Water Aerobics				
12:00pm	to 12:15				
12:30pm					
1:00pm	Meditation 11:15		Basic Balance		
1:30pm		Upper Body Strength (Gym)	Sit and Be Fit	Upper Body Strength (Gym)	
2:00pm		Circuit Training		Circuit Training	
2:30pm	Low Impact Aerobics				
3:00pm	to 3:15				
3:30pm					

Beach Walk - 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 available)

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

Sit and Be Fit - Chair aerobic and strength exercises done with the support of the chair.

Water Aerobics - Variety of low impact water exercises.

Basic Balance - 20 minutes of balance exercises

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

Seated Upper Body Strength - Full workout to build upper body muscles

Morning Stretch Class - A refreshing stretch class to get you up and moving

Circuit Training - Full 45 minutes of fitness rotation. Great class for those who like variety while they work out.

Stretch and Flow - Combination of Stretching, Qi Gong, Tai Chi and Relaxation.

Moving in the Morning - A 30 minute mix of cardio and weights to get you going for the day.

Heidi Hanson is available to assist you with all your fitness program questions. 682-7158

*****Lifelines are available in the Fitness Room and should be worn when using the fitness equipment. They are waterproof and can be worn in the pool. Please sign them out and in when using.***

Committee Meetings

Health and Safety Committee

January 10 2pm

Building and Grounds Committee

January 8 10:30am

My.Cypress Committee

January 9 10am

Activities and Welcoming Committee

January 10 2pm

Food and Beverage Committee

January 16 2pm

Finance Committee

January 28 10am

Regime Board Meeting

January 28 10am

Members Council

January 30 11am

Library Committee

January 11 1:30pm

Employee of the Year

Shawn Taylor - Kitchen



Clinic Corner

What can the Cypress Club Clinic do for you?

They can....

- Give Injections
- Remove Sutures
- Provide Wound and Foot Care
- Ear Flushes
- Lab Work
- Anticoagulation Testing
- Treatments of not feeling well

Open Monday-Friday 8am-4:30pm

Appointments encouraged-843-682-7116

Staff: Susan Corkery, NP, Kelly Rucko, NP

Jaunita Greene, LPN, Ann Harrison,

Administrator

Dr. Hall, Medical Director

Important Phone Numbers and Websites:

Cypress Concierge	843-689-7000
Activities Department	843-689-7018
Dining Reservations	843-689-7099
Preston Health Center	843-689-7077
Cypress Clinic	843-682-7116
Home Health	843-689-7017
To Go Orders	843-689-7005
Housekeeping	843-682-7113
Transportation/Maintenance	843-689-7020
Salon	843-689-7023

My.Cypress my.cypressofhiltonhead.com

HH Plantation www.Hiltonheadplantation.com

Town of Hilton Head www.hiltonheadisland.gov

Savannah Music Festival March and April 2019

We have limited tickets to 5 different concerts for the Music Fest

****THE DEADLINE TO SIGN UP IS FEBRUARY 25****

Saturday, March 30 7pm 1hr 35mins \$55pp

Atlanta Symphony Orchestra with Daniel Hope, David Finckel and Wu Han

Frequent collaborators with Hope in recent years, Finckel and Han are distinguished for bringing a “unity of mind and spirit” to Beethoven (Chicago Tribune). The Beethoven “Triple” is a masterful balancing act, weaving three distinct voices into a joyous whole. This exuberant program begins with the Overture from Egmont, a set of incidental pieces composed for the Goethe play of the same name, and closes with the joyful “Spring” Symphony by Robert Schumann.

Sunday, March 31 5pm 1hr 50mins \$60pp

Chamber Music Society of Lincoln Center with Daniel Hope

Finckel and Han reunite with Daniel Hope and Paul Neubauer after triumphant American and European tours and a spectacular recording release for a program of essential works for piano quartet. Between repertoire favorites of Brahms and Dvořák, the artists offer the warm-hearted piano quartet by the renowned Czech Romantic composer and violinist Josef Suk, a student of Dvořák who eventually became his beloved son-in-law.

Thursday, April 4 7pm 1hr 15mins \$50pp

Anderson Dance & Scottish Ensemble: Goldberg Variations

Originally composed 1742, it is not only one of the most celebrated and well-known pieces ever written—it’s also one of the most interpreted. In 2015, choreographer Örjan Andersson of Stockholm’s Andersson Dance and Jonathan Morton, Artistic Director of Glasgow’s Scottish Ensemble string orchestra, banded together to create their own take, inspired by Dmitry Sitkovetsky’s world-famous 1985 transcription for strings. Eleven musicians and five dancers perform Goldberg Variations as equal partners, resulting in a singular experience of musician and dancer performing as one.

Thursday, April 11 11am 1hr \$45pp

tenThing

Formed in 2007 by Norwegian trumpeter Tine Thing Helseth as an exciting collaboration between musical friends, the 10-piece, all-female brass ensemble tenThing (pronounced “ten-ting”) have firmly established themselves on the international scene to great acclaim. At the helm of the group, Helseth has built a reputation as one of the foremost trumpet soloists of our time, having gathered an impressive catalog of awards including the rare honor of being the first classical artist to be nominated for a Spellemannprisen, the Norwegian version of the Grammy Award. Her ensemble is celebrated for their commitment to outreach and access to music through a diverse repertoire that spans from Mozart to Weill, Grieg to Bernstein and Lully to Bartók.

Thursday, April 11 7:30pm 1hr 15mins \$50pp

Union Tanguera and Kate Weare Company, a collaboration, Sin Salida

Contemporary dance meets Argentinian tango in Sin Salida, a first-time collaboration between New York-based choreographer Kate Weare and Esteban Moreno of the French/Argentinian tango troupe Union Tanguera. With live music by Argentinian composer Gustavo Beytelmann, this riveting work explores the stark contrast of the tango coupling versus the individual focus in modern dance

Snapshot



Visiting Raleigh Cypress



Greenbrier



Winter Ball



The Cypress of Hilton Head • 20 Lady Slipper Lane • Hilton Head Island, SC 29926 • 843..689.7000

Snapshot



Living
Nativity
Scene



“Chris”
Kringle and
Chef Eric



Winter Ball



Snapshot



Shore Notes and Barbershoppers



Winter Ball

