

At A Glance



The following events happen weekly:

Cardio Circuit

Mondays, Wednesdays and Fridays at 9am

Yoga with Howie

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

Sit and Get Fit

Mondays at 2pm – Villa A
Tuesday and Thursdays at 2pm - Villa B
Wednesdays at 2pm – Villa C

Water Walking and Range of Motion

Tuesdays and Thursdays at 9am

Tai-Chi

Tuesdays and Thursdays at 11am

Boys of Cypress

Wednesdays at 8:15am

Painters Posse

Wednesdays 1-4pm

Happy Hour

Wednesday-Friday at 5pm

Grocery Store Outing

Fridays at 10am and 1pm
Sign Up with Concierge

● **January 1 –5**

Heritage Healthcare Lecture

Thursday, January 3, 11am
Art Studio

Coffee & Conversation with Shane

Friday, January 4, 9:30am
Villa A Parlor

● **January 6 –12**

Shen Yun

Sunday, January 6, Depart 1pm

Modern Bridge Bidding (Every Monday in January)

Monday, January 7, 1:30pm
Ballroom

Book Club

Tuesday, Jan 8, 12 noon
Ballroom

Great Decisions

Wednesday, January 9, 4pm
Ballroom

NC Chinese Lantern Festival

Wednesday, January 9, Depart 5pm

Women's Bible Study with Group from White Memorial

Thursday, January 10, 11am
Villa A Parlor

Coffee & Conversation with Shane

Friday, January 11, 9:30am
Villa B Parlor

Mozart & Shostakovich (NC Symphony)

Friday, January 11, Depart 7pm

● **January 13 –19**

Nashville Predators at Carolina Hurricanes

Sunday, January 13, Depart 11:30am

Westminster Concert Bell Choir

Sunday, January 13, Depart 2pm

Aveda Hearing

Monday, January 14, 10am
Art Studio

Modern Bridge Bidding (Every Monday in January)

Monday, January 14, 1:30pm
Ballroom

NC Revelers Orchestra

Monday, January 14, 7:30pm
Ballroom

Podiatrist Services

Tuesday, January 15
Call 919-608-3458 to Schedule

Hearing Aid Clinic

Tuesday, January 15, 1-3pm
Art Studio

Coffee & Conversation with Shane

Wednesday, January 16, 9:30am
Villa C Parlor

Cypress Portal Information Session

Wednesday, January 16, 11am
Ballroom

Rosewood Caregiver Support Group

Wednesday, January 16, 3pm
Rosewood

The Music of Billy Joel
(NC Symphony)
Friday, January 18, Depart 7pm

● **January 20 –26**

Modern Bridge Bidding
(Every Monday in January)
Monday, January 21, 1:30pm
Ballroom

Onsite Dermatology by
Appointment
Tuesday, January 22, 9am
Call 1-877-345-5300 to Schedule

Hearing Evaluations by
Appointment
Tuesday, January 22, 9:30-11:30am
Call 919-834-4327 to Schedule

Recycling Lecture by City of
Raleigh
Communication Specialist
(Amanda Astor)
Tuesday, January 22, 11am
Ballroom

Solomon Eichner
Wednesday, January 23, 7:30pm
Ballroom

Coffee & Conversation with
Shane
Thursday, January 24, 9:30am
Villa D Parlor

The Firebird (NC Symphony)
Friday, January 25, Depart 7pm

Carmen (NC Opera)
Friday, January 25, Depart 7pm

● **January 27 –31**

Modern Bridge Bidding
(Every Monday in January)
Monday, January 28, 1:30pm
Ballroom

NC State Veterinary School Tour
Tuesday, January 29, Depart
1:30pm

Coffee & Conversation with
Shane
Wednesday, January 30, 9:30am
Cottage Members in Bistro

CityFolk
Wednesday, January 30, 7:30pm

Love in the Times of the Day
(Carolina Ballet)
Thursday, January 31, Depart 7pm



Creative Threads

Creative Threads is a group that likes to knit, crochet, needlepoint, embroider, quilt, you name it! We meet on Mondays at 1pm in the Art Studio, very informally. Revel in camaraderie and conversation, learn a new technique, or brush up a rusty skill. We occasionally do group projects! Join us, and see for yourself. We recently reserved the studio for an extra hour, so you can stay until 3pm if you like.



Straight Shooters
The Cypress Straight

Shooters invite interested Members to play pool in the Game room from 9-10am every day except Sunday. Riveting conversation is included free of charge.



Cypress Bridge

Tuesdays
Women's Bridge at 1pm
Clubroom
Men's Bridge at 1pm
Game Room

Wednesdays
Duplicate Bridge at 1pm
(1st Wednesday of Month)
Clubroom
Duplicate Bridge at 1:30pm
Ballroom

Thursdays
Women's Bridge at 1pm
Clubroom
Duplicate Bridge at 1:30pm
Ballroom
Hand & Foot at 6pm
Ballroom

Fridays
Men's Bridge at 1pm
Clubroom