

Entertainment

AT A GLANCE



● October 1 – 7

Stretching 101

Monday, Oct 2, 3:15 pm, Core Wellness Room

World War I Lecture Series

Monday, Oct 2, 7:30 pm, Art Studio

Flu Clinic

Monday, Oct 2, 9 am-Noon, Art Studio

Body Weight Clinic

Tuesday, Oct 3, 3 pm, Core Wellness Room

Coffee & Conversation with Shane

Wednesday, Oct 4, 9:30 am, Villa A

Balance 101

Wednesday, Oct 4, 2 pm, Core Wellness Room

Heritage Healthcare

Thursday, Oct 5, 11 am, Art Studio

Resistance Bands 101

Thursday, Oct 5, 3 pm, Core Wellness Room

Classical Guitarist, Jeff Bianchi

Thursday, Oct 5, 5 pm, Clubroom

Congressman David Price

Friday, Oct 6, 10 am, Ballroom

Art Therapy

Friday, Oct 6, 1:30 pm, Art Studio

Music Bingo

Friday, Oct 6, 3 pm, Game Room

Northern Lights

Friday, Oct 6, Departing Cypress at 7 pm

● October 8 – 14

Four Seasons Chamber Music Festival

Sunday, Oct 8, Departing Cypress at 2 pm

Body Weight Clinic

Monday, Oct 9, 3:15 pm, Core Wellness Room

World War I Lecture Series

Monday, Oct 9, 7:30 pm, Art Studio

Book Club

Tuesday, Oct 10 at Noon, Ballroom

Wii Bowling

Tuesday, Oct 10, 3 pm, Gameroom

Coffee & Conversation with Shane

Wednesday, Oct 11, 9:30 am, Villa B

Resistance Bands 101

Wednesday, Oct 11, 2 pm, Core Wellness Room

Flu Clinic

Thursday, Oct 12, 9 am-Noon, Art Studio

Women's Bible Study

Thursday, Oct 12, 11 am, Villa A Parlor

Stretching 101

Thursday, Oct 12, 3 pm, Core Wellness Room

The Legend of Sleepy Hollow

Thursday, Oct 12, Departing Cypress at 7 pm

Fall Wellness Field Day

Friday, Oct 13, 2 pm, Back Patio

Toe Tapping Pops

Friday, Oct 13, Departing Cypress at 7 pm

● October 15 – 21

Master Violinist, Andy Stein

Sunday, Oct 15, Departing Cypress at 2 pm

NC State Fair

Monday, October 16, Departing Cypress lobby at 9:00 am

Standing Tall

Monday, Oct 16, 3:15, Core Wellness Room

Hearing Care Clinic

Tuesday, Oct 17, 9:30-11 am, Art Studio

Drone Presentation, David Kaplan

Tuesday, Oct 17, 10 am, Ballroom

Balance 101

Tuesday, Oct 17, 3 pm, Core Wellness Room

Flu Clinic

Thursday, Oct 18, 9 am-11 am, Art Studio

Coffee & Conversation with Shane

Wednesday, Oct 18, 9:30 am, Villa C

Ceramics Class

Wednesday, Oct 18, 1:30 pm, Art Studio

Dr. Rhea Gage

Thursday, Oct 19, 10 am, Ballroom

Body Weight Clinic

Thursday, Oct 19, 3:15 pm, Core Wellness Room

Resistance Bands 101

Friday, Oct 20, 2 pm, Core Wellness Room

Beethoven & Mendelssohn

Friday, Oct 20, Departing Cypress at 7 pm

● October 22 – 28

Hearing Evaluations

Tuesday, Oct 24, By appointment only. Members call 919-834-HEAR

Gregg Museum

Tuesday, Oct 24, Departing Cypress at 10:15 am

Standing Tall

Tuesday, Oct 24, 3 pm, Core Wellness Room

Coffee & Conversation with Shane

Wednesday, Oct 25, 9:30 am, Emerald Room

Ceramics Class

Wednesday, Oct 25, 1:30 pm, Art Studio

Stretching 101

Wednesday, Oct 25, 2 pm, Core Wellness Room

Wii Bowling

Thursday, Oct 26, 3 pm, Gameroom

Fall Festival

Saturday, Oct 28, 10 am – Noon, First Floor Clubhouse

● October 29 – November 4

Annual Meeting

Monday, Oct 30, 10 am, Ballroom

Author, Padgett Gerler

Monday, Oct 30, Departing Cypress at 1 pm

Great Decisions

Wednesday, Nov 1, 4 pm, Ballroom