

# Entertainment

## AT A GLANCE



The following events happen weekly:

### Balance and Strength

Monday-Friday at 10am  
(except Christmas Day)

### Aqua Aerobics

Mondays, Wednesdays and Fridays  
at 11am (except Christmas Day)

### Chair Volleyball

Sundays at 3pm

### Yoga with Howie

Mondays at 9:30am  
(except Christmas Day)

### Creative Threads

Mondays at 1pm  
(except Christmas Day)

### Aqua Range of Motion

Tuesdays and Thursdays at 9am

### Tai-Chi

Tuesdays and Thursdays at 11am

### Boys of Cypress

Wednesdays at 8:15am

### Cardio Fusion

Wednesdays at 9am

### Happy Hour

Wednesday - Friday at 5pm

### Core-lates

Fridays at 9am

### ● December 1 – 3

#### Baroque Masters

Friday, Dec. 1st  
Departing Cypress at 10:15 am  
and 7pm

#### Rodan + Fields

Saturday, Dec. 2nd at 4pm  
Clubroom

### ● December 4 – 10

#### Kendra Scott Pop Up

Tuesday, Dec. 5th from 10am-12pm  
Ballroom

#### Great Decisions

Wednesday, Dec. 6th at 4pm  
Ballroom

#### Heritage Healthcare Lecture

Thursday, Dec. 7th at 11am  
Ballroom

#### Employee Appreciation Fund Presentation

Friday, Dec. 8th at 10:30am  
Ballroom

#### Christ Baptist Church Concert

Saturday, Dec. 9th  
Departing Cypress at 5pm

### ● December 11 – 17

#### Tanger Outlets

Monday, Dec. 11th  
Departing Cypress at 10am

#### Avada Hearing

Monday, Dec. 11th at 10am  
Art Studio

#### The Cypress Book Club

Tuesday, Dec. 12th at 12pm  
Ballroom

#### Menorah Lighting

Tuesday, Dec. 12th - Sunday,  
Dec. 17th at 5:30pm  
Clubhouse Lobby

#### North Carolina Master Chorale

Tuesday, Dec. 12th  
Departing Cypress at 6:30pm

#### Podiatry Service

Wednesday, Dec. 13th

#### Harmony Chorus

Wednesday, Dec. 13th at 7:30pm  
Ballroom

#### An Evening of Celebration

Thursday, Dec. 14th from 5-8pm

#### Cranium Connections

Friday, Dec. 15th at 11am  
Ballroom

#### “In A Holiday Mood”

Friday, Dec. 15th  
Departing Cypress at 6pm

#### Art Therapy

Friday, Dec. 15th from 1:30-3pm  
Art Studio

#### Family Piano Academy

Saturday, Dec. 16th at 4pm  
Ballroom

#### NC Chamber Choir

Sunday, Dec. 17th at 2:45pm  
Ballroom

### ● December 18 – 24

#### Jonathan Harvell Tech Q&A

Monday, Dec. 18th  
from 10am-12pm  
Art Studio

#### Hearing Aid Care Clinic

Tuesday, Dec. 19th  
from 9:30am-11am  
Art Studio

#### Elliot Engel, an O. Henry Christmas!

Tuesday, Dec. 19th at 7:30pm  
Ballroom

#### Christmas Lights

Wednesday, Dec. 20th  
Departing Cypress at 7pm

#### Caregiver Support Group

Wednesday, Dec. 20th  
The Oaks Dining Room

#### Employee Holiday Party

Thursday, Dec. 21st  
No Dinner Service  
(Deliveries Only)

#### The Nutcracker

Thursday, Dec. 21st  
Departing Cypress at 6pm

#### Christmas Carols and Treats

Friday, Dec. 22nd at 7:30pm  
Ballroom

### ● December 25 – 31

#### Christmas Buffet

12-2pm

#### Hearing Evaluations

By appointment only  
Tuesday, Dec. 26th

#### New Year's Eve Party

Sunday, Dec. 31st from 7:30-10pm  
Ballroom