

Entertainment

AT A GLANCE

The following events happen everyday or weekly:

Balance and Strength Class
Monday-Friday at 10am

Happy Hour
Wednesday - Friday at 5pm

Yoga with Howie
Mondays at 9:30am

Creative Threads
Mondays at 1pm

Boys of Cypress
Wednesdays at 8:15am

Cardio Fusion
Wednesdays at 9am

Aqua Aerobics
Mondays, Wednesdays and Fridays at 11am

Aqua Range of Motion
Tuesdays and Thursdays (with the exception of Thanksgiving) at 9am

Tai-Chi
Tuesdays and Thursdays (with the exception of Thanksgiving) at 11am

Core-lates
Fridays at 9am

Chair Volleyball
Sundays at 3pm

No Coffee & Conversations this Month.

● November 1 – 4

Chronic Pain Discussion
Thursday, Nov. 2nd at 11am
Art Studio.

Duke Lemur Center
Friday, Nov. 3rd, Departing
Cypress at 10am

Tchaikovsky Piano Concerto No 1
Friday, Nov. 3rd, 10:15am

Art Therapy Group
Friday, Nov. 3rd from 1:30pm-3pm
Art Studio

Tchaikovsky Piano Concerto No 1
Friday, Nov. 3rd, 7pm

● November 5 – 11

Homewood Nursery: Tour of Poinsettias and Shop
Monday, Nov. 6th, Departing
Cypress at 10:40am

Khizr Khan
Tuesday, Nov. 7th, Departing
Cypress at 6:15pm

Ken Lelen Performance
Wednesday, Nov. 8th at 10am
Ballroom

Balance and Strength Class
Wednesday, Nov. 8th at 2pm
Wellness Room

Tour Walnut Creek Wetland Center
Thursday, Nov. 9th, Departing
Cypress at 9:30am

Women's Bible Study in Villa A
Thursday Nov. 9th at 11 am

Ethan Uslan Performance
Friday, Nov. 10th at 10am
Ballroom

Veterans Day Breakfast and Program
Saturday, Nov. 11th at 9:30am
Ballroom

● November 12 – 18

Avada Hearing
Monday, Nov. 13th at 10am
Art Studio

Technical Questions with Jonathan Harvell.
Monday, Nov. 13th from 10am-12pm
Art Studio

Dawn Simpson presents "Surviving the Holidays"
Tuesday, Nov. 14th at 10am
Ballroom

Cypress Book Club
Tuesday, November 14th, Time TBD
Location TBD

Balance and Strength Class
Tuesday, Nov. 14th at 3pm
Wellness Room

Hayes Barton Bazaar and Bake Sale
Wednesday, Nov. 15th, Departing
Cypress at 9:30am

Caregiver Support Group
Wednesday, Nov. 15th at 4pm

Beowulf, Lord of the Bros
Wed, Nov. 15th, Departing Cypress
at 6:30pm

Gypsy
Thursday, Nov. 16, Departing
Cypress at 6:30pm

Chico's
Friday, Nov. 17th, Departing Cypress
at 9:40am

Mozart Requiem
Friday, Nov. 17th, Departing
Cypress at 7pm

● November 19 – 25

Vladimir Svoisky
Monday, Nov. 20th at 7:30pm
Ballroom

Handel's Messiah (Carolina Ballet)
Wednesday, Nov. 22nd, Departing
Cypress at 7pm

Thanksgiving Buffett
Thursday, Nov. 23rd from 12-2 pm

● November 26 – December 6

Solomon Eichner
Monday, Nov. 27th at 7:30pm
Ballroom

Hearing Evaluations: by appt. only
Tuesday, Nov. 28th

North Carolina Chinese Lantern Festival
Tuesday, Nov. 28th, Depart
Cypress at 5pm

Ceramics Class
Wednesday, Nov. 29th at 1:30pm

Great Decisions: International Trade
Wednesday, Dec. 6th at 4pm
The Ballroom