

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

Aqua 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 at 1pm

Happy Hour
Wednesday-Friday at 5pm

Grocery Store Outing
Fridays at 10am and 1pm
Sign Up with Concierge

February 1-2

Coffee & Conversation with Shane
Fri, Feb 1, 10:30am
Villa A

Tchaikovsky Serenade (Symphony)
Fri, Feb 1, Depart 10:15am

February 3-10

Super Bowl LIII Party
Sun, Feb 3, 6pm
Ballroom

Modern Bridge Bidding
Mon, Feb 4, 1:30pm
Ballroom

Morgan Street Food Hall
Tue, Feb 5, Depart 11am

Coffee & Conversation with Shane
Wed, Feb 6, 10:30am
Villa B

Great Decisions
Wed, Feb 6, 4pm
Ballroom

Aviator Brewing Company
Fri, Feb 8, Depart 10:15am

Valentine's Romantic Classic (Symphony)
Fri, Feb 8, Depart 7pm

February 10 – 16

Chamber Music Moments
Mon, Feb 10, Depart 2pm

Book Club
Tue, Feb 12, 12 noon
Ballroom

The Hall Sisters
Tue, Feb 12, 7:30pm
Ballroom

Podiatrist Services
Wed, Feb 13
Call 919-608-3458 to Schedule

Coffee & Conversation with Shane
Wed, Feb 13, 10:30am
Villa C

Mamma Mia (NC Theatre)
Wed, Feb 13, Depart 6:30pm

Women's Bible Study with Group from White Memorial
Thurs, Feb 14, 11am
Villa A Parlor

The Music of Whitney Houston (NC Symphony)
Fri, Feb 15, Depart at 7pm

Rocky Mount Chamber Choir Valentine's Dinner and Concert
Sat, Feb 16, Depart 4pm

February 17-23

Ronald McDonald House
Mon, Feb 18, Depart 12:15pm

Hearing Aid Care Clinic
Tue, Feb 19, 1-3pm
Art Studio

My Smart Grandkids
Tues, Feb 19, 3:30pm
Art Studio

Duke Lady Blue
Tues, Feb 19, 7:30pm
Ballroom

Coffee & Conversation with Shane
Wed, Feb 20, 10:30am
Villa D

Cypress Support Group
Wed, Feb 20, 3pm
Rosewood

Cabaret (NCSU Theatre)
Thurs, Feb 21, Depart 6:30pm

Rachmaninoff Piano Concerto (NC Symphony)
Fri, Feb 22, Depart 7pm

February 24 – 28

Three Triangle Tenors at White Memorial Presbyterian Church
Sun, Feb 24, Depart 2:30pm

Peter Sturgis Vocal Concert
Mon, Feb 25, 4:30pm
Ballroom

Hearing Evaluations by Appointment
Tue, Feb 26
Call 919-834-4327 to schedule

Onsite Dermatology by Appt
Tues, Feb 26
Call 1-877-345-5300 to schedule

Russian Duo
Wed, Feb 27, 7:30pm
Ballroom

Coffee & Conversation with Shane
Thurs, Feb 28, 10:30am
Bistro

Movie and Smoothie: The Green Book
Sunday, Feb 17, 2pm
Ballroom



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.



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 reserved the studio for an extra hour, so you can stay until 3pm if you like.



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