

At A Glance



The following events happen weekly:

Cardio Circuit
Mondays, Wednesdays and Fridays at 9am

Yoga for Balance
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 for Balance
Tuesdays and Thursdays at 11am

Boys of Cypress
Wednesdays at 8:15am

Painters Posse
Wednesdays at 1pm

Balance Circuit
Wednesdays in March at 2pm

Happy Hour
Wednesday-Friday at 5pm

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

■ **March 1-2**

Brahms Sumphony No 2 (NC Symphony)
Fri, Mar 1, Depart 7pm

■ **March 3-9**

Leah Crocetto in Recital (NC Opera)
Sun, Mar 3, Depart 1pm

Coffee & Conversation with Shane
Tues, Mar 5, 10:30am
Villa B

Heritage Healthcare Lecture
Tues, Mar 5, 3pm
Art Studio

Casino Masquerade Party
Tue, Mar 5, 6-9pm
Ballroom

Great Decisions
Wed, Mar 6, 4pm
Ballroom

An Evening of Bernstein and Robbins (Carolina Ballet)
Thurs, Mar 7, Depart 7pm

Coffee & Conversation with Shane
Fri, Mar 8, 10:30am
Villa A

Broadway by Request (NC Symphony)
Fri, Mar 8, Depart 7pm

■ **March 10 – 16**

Movie Showing: The Bridge on the River Kwai
Sun, Mar 10, 2pm
Ballroom

Avada Hearing
Mon, Mar 11, 10am
Art Studio

My Smart Grandkids
Mon, Mar 11, 3:30-5pm
Art Studio

Book Club
Tue, Mar 12, 12 noon
Ballroom

Balance Lecture
Tues, Mar 12, 3pm
Art Studio

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

Four Things that Matter Most
Wed, Mar 13, 11am
Ballroom

Coffee & Conversation with Shane
Thurs, Mar 14, 10:30am
Villa C

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

Tour of Hunt Library (NCSU)
Thurs, Mar 14, Depart at 1pm

Chopin & Mozart (NC Symphony)
Fri, Mar 15, Depart 10:15am

Chopin & Mozart (NC Symphony)
Fri, Mar 15, Depart 7pm

One Day University (McKimmon Center at NCSU)
Sat, Mar 16, Depart 8:45am

Saint Patty's Day Theme Dinner
Sat, Mar 16, 5pm
Dining Room

■ **March 17-23**

North Carolina Chamber Music Institute
Mon, Mar 18, 7:30pm
Ballroom

Hearing Aid Care Clinic
Tues, Mar 19, 1-3pm
Art Studio

Balance Lecture
Tues, Mar 19, 3pm
Art Studio

Lecture on Stroke and Different Interventions
Tues, Mar 19, 4pm
Ballroom

Cypress Support Group
Wed, Mar 20, 3pm
Rosewood

Nutrition Lecture with Dietitian
Thurs, Mar 21, 11am
Ballroom

The King and I (NC Theatre)
Thurs, Mar 21, Depart 6:30pm

Coffee & Conversation with Shane
Fri, Mar 22, 10:30am
Villa D

The Music of Queen (NC Symphony)
Fri, Mar 22, Depart 7pm

Art in Bloom (NCMA)
Sat, Mar 23, Depart 8:45am

Chef John at Chili Cookoff
Sat, Mar 23, Depart 4:15pm

■ **March 24 – 30**

Lent Concert
Sun, Mar 24, 4:15pm
Ballroom

Movie Showing: Breathe
Mon, Mar 25, 3pm
Ballroom

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

Purchase Tickets for Upcoming NC Symphony Season
Tues, Mar 26, 11am
Ballroom

Raleigh Beer Garden Lunch
Tues, Mar 26, Depart 12 noon

Balance Lecture
Tues, Mar 26, 3pm
Art Studio

Rex Heart and Vascular Screening by Appt
Wed, Mar 27
Ballroom
Call 919-784-6037 to schedule

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

Spring Fling Dance: Big Band Style
Fri, Mar 29, 7-9pm
Ballroom

Raleigh Dance Theatre Spring Repertoire
Sat, Mar 30, Depart 1pm

■ **March 31**

Chamber Music Festival: Thrilling Season Finale
Sun, Mar 31, Depart 2:30pm



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