

At A Glance



The following events happen weekly:

Cardio Circuit
Mondays, Wednesdays and Fridays at 9am

Yoga
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

Samba
Mondays from 2-5pm

Aqua Range of Motion
Tuesdays and Thursdays at 9am

Tai-Chi for Balance
Tuesdays and Thursdays at 11am

Painters Posse
Wednesdays at 1pm

Resistance Bands & Balance Class
Wednesdays in April, 2-2:30pm

Happy Hour
Wednesday-Friday at 5pm

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

■ April 1-6

Clare College Choir
Mon, Apr 1, Depart 6:45pm

Cypress Walking Group Interest Meeting
Tue, Apr 2, 3pm
Art Studio

John Coffey Lecture (NCMA)
Tue, Apr 2, 4pm
Ballroom

Great Decisions
Wed, Apr 3, 4pm
Ballroom

The Royal Family (NCSU)
Thurs, Apr 4, Depart 6:30pm

Don Quixote (NCS)
Fri, Apr 5, Depart 6:30pm

Tosca (NC Opera)
Fri, Apr 5, Depart 6:30pm

Arianna Ford & Eileen Snyder in Concert
Sat, Apr 6, 4pm
Ballroom

■ April 7-13

Planning for a Disabled Spouse
Mon, Apr 8, 11am
Ballroom

NCAA Men's Basketball Championship
Mon, Apr 8, 9pm
Ballroom

Book Club
Tue, Apr 9, 12 noon
Ballroom

Heritage Healthcare Lecture
Tue, Apr 9, 3pm
Art Studio

Ken Lelen
Tue, Apr 9, 7:30pm
Ballroom

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

Monet Impressions (CB)
Thurs, Apr 11, Depart 7pm

Debussy's La Mer (NCS)
Fri, Apr 12, Depart 7pm

■ April 14-20

Movie Showing: The Green Book
Sun, Apr 14, 2pm
Ballroom

Proshred on Campus
Apr 15-19
Villas and Concierge

Hearing Aid Care Clinic
Tue, Apr 16, 1-3pm
Art Studio

My Smart Grandkids
Tue, Apr 16, 3:30pm
Art Studio

Cypress Support Group
Wed, Apr 17, 3pm
Rosewood

Good Friday Cantata
Fri, Apr 19, Depart 6:15pm

■ April 21-27

Earth Day Walk
Mon, Apr 22, Depart 10am

Onsite Dermatology by Appt
Call 1-877-345-5300 to schedule
Tue, Apr 23

Managing Partner Roundtable
Tue, Apr 23, 10:30am
Ballroom

Our Body: The Universe Within
Tue, Apr 23, Depart 1:30pm

Frank Sinatra Dinner Show
Wed, Apr 24, 5pm
Ballroom

Member Artistic Endeavors Exhibit
Fri, Apr 26, 11:30am-8:30pm
Ballroom

Harry Potter (NCS)
Fri, Apr 26, Depart 6:30pm

■ April 28-30

Laughter Yoga
Mon, Apr 29, Depart 6pm
Call 919-719-7199 to register

Sylvan Heights Bird Park
Tue, Apr 30, Depart 11am

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

Sanctioned Bridge at 1:45pm
Ballroom

Hand & Foot at 6pm
Ballroom

Fridays
Men's Bridge at 1pm
Clubroom

Creative Threads

Come join Creative Threads in some charitable projects! Pictured here are quilts, premature baby hats, tote bags, twiddlemuffs and more—all donated by Cypress Members to hospitals and nonprofits.



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 and learn a new technique or refine your skills.

