

At A Glance



The following events happen weekly:

Cardio Circuit
Mondays, Wednesdays, and Fridays at 9am

Yoga
Mondays at 9:30am
Villa A Parlor

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
Bistro

Samba
Mondays at 2pm
Club Room

Aqua Range of Motion
Tuesdays and Thursdays at 9am

Tai-Chi
Tuesdays and Thursdays at 11am

Painters Posse
Wednesdays at 1pm
Villa D Training Room

Happy Hour
Wednesday-Friday at 5pm

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

■ September 1-7

Donate for Police & Firemen
Tue, September 4, 12 noon-2pm
Core Wellness Room

Villa A Coffee & Conversation
Fri, September 6, 10:30am
Villa A Parlor

■ September 8-14

Scottsboro Boys (Theatre Raleigh)
Sun, September 8, Depart 2pm

Boxing Fitness Workout
Mon, September 9, Depart 1pm

Heritage Healthcare Lecture
Tue, September 10, 3pm
Art Studio

Mecca Restaurant
Tue, September 10, Depart 5pm
Bistro

Villa B Coffee & Conversation
Wed, September 11, 10:30am
Villa B Orientation Room

Bible Study with Ladies from White Memorial
Thu, September 12, 11am
Villa A Parlor

Rubies (Carolina Ballet)
Thu, September 12, Depart 7pm

Cathedral Tour and Lunch at Poole Golf Course
Fri, September 13, Depart 10:30am

Concert on the Lake
Fri, September 13, 7pm
Around Lake

■ September 15-21

Avada Hearing
Mon, September 16, 10am
Game Room

Duke Lemur Center
Mon, September 16, Depart 10:15am

Villa D Coffee & Conversation
Tue, September 17, 10:30am
Villa D Training Room

Hearing Aid Care Clinic
Tue, September 17, 1-3pm
Oaks Room

Line Dance Lesson
Tue, September 17, 2pm
Core Wellness Room

Podiatrist Services
Call 919-608-3458 to schedule
Wed, September 18

Cypress Support Group
Wed, September 18, 3pm
Rosewood

Enigma Variations (NC Symphony)
Fri, September 20, Depart 10:15am

Villa C Coffee & Conversation
Fri, September 20, 10:30am
Villa C Parlor

■ September 22-28

Three Triangle Tenors Anniversary
Sun, September 22, Depart 2:30pm

Cha House
Mon, September 23, Depart 11am

Managing Partner Roundtable
Tue, September 24, 10:30am
Ballroom

September 24 Tai Chi Cancelled

Adam Pitts
Tues, September 24, 6-9pm
Ballroom

September 26 Tai Chi Cancelled

Line Dance Lesson
Thu, September 26, 11am
Core Wellness Room

Cottage Coffee & Conversation
Fri, September 27, 10:30am
Bistro

Bluegrass Festival
Fri, September 27, Depart 11:30am

■ September 29-30

Four Seasons Chamber Music Festival Concert I
Sun, September 29, Depart 2:15pm

Prevention of Prostate Cancer Lecture with Dr. Lyons
Mon, September 30, 4pm
Ballroom

Calling All Pool Players!

The 9am pool players are looking for people interested in playing 8 ball. Open to all Cypress Members regardless of age, sex, or skill level. Every participant is guaranteed a game every morning. The pool group meets downstairs at the Clubhouse at 9am every morning but

Sunday. Please come and join us!



Creative Threads

Creative Threads is a group that likes to knit, crochet, needlepoint, embroider, quilt, you name it! Join us from 1-3pm every Monday.

Creative Threads Outreach is a new, albeit related, group for those interested in making items for in-kind donation to the Rosewood and elsewhere. Beginning here at home, the Rosewood could use lap throws, bibs, and small comfort pillows. If you have a suggestion for a project, or a place you know needs in-kind pieces, bring it up.

Jo Brantley (D303) and Jane Hall (A311) are coordinating if you have questions.

