

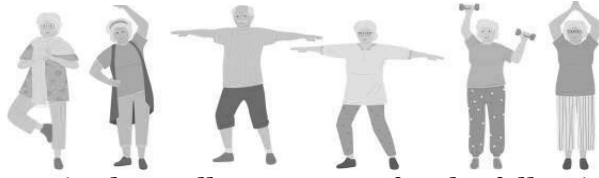
CYPRESS GLEN RETIREMENT COMMUNITY



Independent Living Activities 2026 Calendar

Location Key for Activities

4S—Four Seasons Room	FC—Fitness Center
AC—Arts & Crafts	FO—Fred's Oasis
AL—Assisted Living	GCR—Gray Conference Room
AR—Aerobics Classroom	GR—Game Room
AU—Auditorium	GSL—Gift Shop Lobby
BPDR—Barnes Private Dining Room.	L—Front Lobby
C—Café	LE—Life Enrichment
CL—Clinic	LTC—Long Term Care
CO—Chaplain's Office	MC—Memory Cottage
CRA—Classroom A	MDR—Main Dining Room
CWR—Cardio Weight Room	P—Pool
	PC—Prayer Chapel
	PP—Pennington Parlor
	WC—Wellness Center
	** challenging accessibility



Please join us in the Wellness Center for the following exercise classes, led by our Wellness staff. A good way to keep fit and healthy, mind and body!



: MONDAY :

9:00 am Arthritis Aquatic Aerobics*	9:00 am Morning Stretch	11:00 am Chair Yoga
2:00 pm Fitness Boxing	3:15 pm Aerobic Beats	



: TUESDAY :

8:00 am Senior Strength	9:00 am Aqua for Arthritis*	9:00 am Morning Stretch
11:00 am All Over Stretch	1:15pm Chair Tai Chi	2:00 pm Tai Chi



: WEDNESDAY :

9:00 am Stretch & Balance*	9:00 am Morning Stretch	10:30 am High Low	3:00 pm Deep Water*
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: THURSDAY :

8:00 am Senior Strength	9:00 am Aqua for Arthritis*	9:00 am Morning Stretch
9:30am Water Walking*	11:00 am Find Your Balance	2:45 pm All Over Stretch



: FRIDAY :

9:00 am Arthritis Aquatic Aerobics*	9:00 am Morning Stretch	11:00 am Chair Yoga
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* Pool Class

1. Wednesday

- 9:00 am Abundant Life Gathering. (CO)
- 9:45 am Fast-Paced Walking Program (L)
- 10:00 am Grounds Committee Meeting. (BPDR)
- 10:30 am Stone Soup-St. Paul's Episcopal (Trip)
- 11:00 am First Christian Church. (GR)
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)
- 5:00 pm Rowdy Bunch. (AU)

2. Thursday

- 9:00 am Food Lion, CVS. (Trip)
- 10:00 am "Movin' & Groovin'" Dance Class. (AR)
- 11:00 am St. Paul's Episcopal Church. (AU)
- 1:00 pm Hard Hat Meeting. (AU, CGTV)
- 1:30 pm Women's Bible Study. (GR)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Maundy Service. (AU)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)

3. Friday (Good Friday-Business Office Closed)

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (4S)
- 10:30 am Easter Egg Hunt (WC-AR)
- 1:30 pm Mah Jong. (4S)

4. Saturday

- 10:00 am Prayer, Praise & Share. (PC)
- 10:00 am Alterations with Sylvia. (FC)
- 10:30 am Exercise Video. (CGTV)
- 1:00 pm Saturday Movie: "On Golden Pond." (AU)
- 3:30 pm Saturday Scrabble. (4S)

5. Easter Sunday

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (ACR)

6. Monday



- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 10:00 am Pampering Party with Ainee. (BPDR)
- 6:30 pm Billy Taylor Jazz Festival: Thelonious Monk Combo. (Trip)—AJ Fletcher Hall-ECU
- 7:00 pm Pray the Rosary. (BPDR)
- 7:00 pm St. James Jammers. (AU/CGTV)

7. Tuesday

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 9:30 am Pitt County Arboretum Tour. (Trip)
- 10:00 am Coffee with Laurie: East & West Wings. (BPDR)
- 10:00 am Bingo. (AU)
- 11:00 am Marketing / Welcoming Committee. (AU)
- 11:30 am St. Peter's Catholic Communion. (AU)
- 3:00 pm Chair Volleyball. (AU)
- 3:30 pm Ukulele 101. (BPDR)
- 6:00 pm ~~NC Symphony~~-CANCELLED.

8. Wednesday

- 9:45 am Fast-Paced Walking Program. (L)
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am Blood Pressure Clinic. (CL)
- 1:00 pm Movie Matinee: "The Bodyguard." (AU)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)

9. Thursday

- 9:00 am Harris Teeter, Target, (Trip)
- 10:00 am Joy Singers, Oakmont Baptist Church. (AU, CGTV)
- 10:00 am "Movin' & Groovin'" Dance Class. (AR)
- 11:00 am "Name That Tune" Bingo. (FO)
- 1:15 pm Memories Writing Group. (BPDR)
- 1:30 pm Women's Bible Study. (GR)
- 3:00 pm Choir Practice. (AU)
- 3:15 pm Bookmobile. (L)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)

10. Friday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (AU)
- 1:30 pm Mah Jong. (4S)
- 3:00 pm ROCKreation Therapy Band. (AU, CGTV)

11. Saturday

- 10:00 am Prayer, Praise & Share. (PC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Bingo. (4S)
- 3:30 pm Saturday Scrabble. (4S)
- 6:30 pm SRAPAS Series: Cyrille Aimee ft. ECU Jazz Ensemble "A." (Trip)—Wright Auditorium**)

12. Sunday

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (ACR)
- 1:00 pm ECU Opera Theater: "Cinderella." (Trip) (Farmville Art's Council's Paramount Theater.)

13. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 10:00 am Art with Gail Ritzer: Beginning Painting: *Tree of Life in Watercolor.* (4S)
- 11:00 am Sustainability Committee Meeting. (BPDR)
- 2:00 pm Women of Faith Circle Meeting. (AU)
- 3:00 pm Phil Kirk Presentation: *12 Governors-From Sanford to Stein.* (AU/CGTV)
- 7:00 pm Pray the Rosary. (BPDR)

14. Tuesday

- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 2:00 pm Dining Committee Meeting. (MDR)
- 3:00 pm *Horticulture-Adaptive Gardening Presentation.* (AU/CGTV)
- 3:30 pm Ukulele 101. (BPDR)

15. Wednesday

- 9:00 am Abundant Life Gathering. (CO)
- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am Art with Gail Ritzer: *Advanced Painting—Critique.* (4S)
- 10:00 am Coffee with Laurie: *Aldersgate/Whitaker's Chapel, Frances Asbury, John Wesley.* (BPDR)
- 11:00 am Blood Pressure Clinic. (CL)
- 11:30 am Lunch Outing: *Basils Rest. and Pizzeria.* (Trip)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)
- 3:00 pm Happy Hour: Resident Mixer. (FO)

16. Thursday

- 9:00 am Food Lion, CVS. (Trip)
- 10:00 am "Movin' & Groovin'" Dance Class. (AR)
- 11:00 am St. Peter's Episcopal Church Scriptures and Communion, (BPDR)
- 1:30 pm Life Enrichment Committee Meeting. (BPDR)
- 1:30 pm Women's Bible Study. (GR)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)

17. Friday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (4S)
- 10:30 am Keys Club. (AU)
- 1:30 pm Mah Jong. (4S)

18. Saturday

- 10:00 am Prayer, Praise & Share. (PC).
- 10:00 am Alterations with Sylvia. (FC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Violin Performance by Fiona Holler. (AU/CGTV)
- 3:30 pm Saturday Scrabble. (4S)

19. Sunday

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (ACR)

20. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 11:00 am Movie Committee Meeting. (BPDR)
- 1:30 pm Resident Council Meeting. (AU/CGTV)
- 6:30 pm *ECU Pan Ensemble.* (Trip)—Fletcher Music Room, B110, ECU)
- 7:00 pm Pray the Rosary. (BPDR)

21. Tuesday

- 9:00 am Walmart, Dollar Trip, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 2:00 pm Replay of Resident Council. (Ch 2)
- 3:30 pm Ukulele 101. (BPDR)
- 3:40 pm St. Peter's "Teach Me Technology" Session. (AU)
- 7:00 pm Beaufort Choral Society Spring Concert. (AU/CGTV)

22. Wednesday

- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am "Plant A Tree" (In Honor of Jeanie R.) (?)
- 10:00 am Coffee with Laurie: *Long Term Care.* (LTC)
- 11:00 am Discovery Rehab Series: "Medication Management". (AU, CGTV)
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)
- 5:30 pm Dinner Outing: *El Pakas Mexican Restaurant.* (Trip)

23. Thursday

- 9:00 am Harris Teeter, Target. (Trip)
- 10:00 am "Movin' & Groovin'" Dance Class. (AR)
- 1:15 pm Memories Writing Group. (BPDR)
- 1:30 pm Women's Bible Study. (GR)
- 2:00 pm The Recipe Table: *Cooking Stocks.* (4S)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)

24. Friday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (AU)
- 1:30 pm Mah Jong. (4S)
- 3:00 pm April Birthday Social (4S)
- 7:00 pm Lighthouse Singers. (AU)

25. Saturday

- 10:00 am Prayer, Praise & Share. (PC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Bingo. (4S)
- 3:30 pm Saturday Scrabble. (4S)

26. Sunday

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (ACR)
- 1:00 pm ECU Playhouse—"Galileo." (Trip, McGinnis Theatre)
- 3:00 pm Parkinson's Support Group. (AU)

27. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 10:00 am Art with Gail Ritzer: Craft—*Tree of Life.* (4S)
- 1:30 pm Spiritual Life Committee. (BPDR)
- 2:00 pm Team Jeopardy! (AU)
- 6:30 pm *ECU Chamber Singers, University Chorale & Concert Choir.* (Trip) St. Paul's Episcopal Church.)
- 7:00 pm Pray the Rosary. (BPDR)

28. Tuesday

- 9:00 am Trader Joes, Michael's, Marshals. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 2:00 pm Dining Committee Meeting. (MDR)
- 3:00 pm Travelogue with Rudy Alexander: *Egypt.* (AU)
- 3:30 pm Ukulele 101. (BPRDR)

29. Wednesday

- 9:00 am Abundant Life Gathering. (CO)
- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am Wahl-Coates Spring Serenade. (4S)
- 10:00 am Coffee with Laurie; *A and B Wings.* (BPDR)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)

30. Thursday

- 9:00 am Food Lion, CVS. (Trip)
- 10:00 am "Movin' & Groovin'" Dance Class. (AR)
- 1:30 pm Women's Bible Study. (GR)
- 3:00 pm Choir Practice. (AU)
- 3:15 pm Bookmobile. (L)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)

