

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
ACR—Admin. Conference Rm.	GR—Game Room
AL—Assisted Living	L—Front Lobby
AR—Aerobics Classroom	LE—Life Enrichment
AU—Auditorium	LTC—Long Term Care
BPDR—Barnes Private Dining Room.	MC—Memory Cottage
C—Café	PDR—Page Dining Room
CL—Clinic	P—Pool
CRA—Classroom A	PC—Prayer Chapel
CWR—Cardio Weight Room	PP—Pennington Parlor
	WDR—Weisenburger Dining Room.
	WP—Wellness Pavilion
	** 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
10:00 am High Low	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	1:15 pm 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*
----------------------------------	-------------------------------	-------------------------	---------------------------



: 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
---	-------------------------------	---------------------------

* Pool Class

1. Saturday

- 9:00 am “Free & Easy.” (P)
- 10:00 am Viel presents: “Music in the Glen”
Wreath making Craft. (AC)
- 10:00 am Prayer, Praise & Share. (PC)
- 10:30 am Exercise Video. (CGTV)
- 1:00 pm Saturday Movie, “Unbroken.” (AU)
- 3:30 pm Saturday Scrabble. (4S)

2. Sunday

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

3. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (PP)
- 3:00 pm Michael McKnight on Piano. (AU, CGTV)
- 7:00 pm Pray the Rosary. (PP)
- 7:00 pm St. James Jammers. (AU, CGTV)

4. Tuesday

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (FO)
- 2:00-4:00 pm Artificial Intelligence with PCC. Part 2. (AU)
Registration Required;
- 4:00 pm Ukulele 101. (BPDR)

5. Wednesday

- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am Grounds Committee Meeting. (BPDR)
- 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)

6. Thursday

- 9:00 am Harris Teeter, Target. (Trip)
- 10:00 am “Movin’ & Groovin’” Dance Class. (AR)
- 10:30 am Washington Museum. (Trip)
- 11:00 am St. Paul’s Episcopal Church Scriptures and
Communion, (BPDR)
- 1:00 pm Hard Hat Meeting. (AU,CGTV)
- 1:30 pm Women’s Bible Study. (AC)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Handbell Choir. (AU)

7. Friday

- 7:30 am Men’s Bible Study. (BPDR)
- 10:00 am Bingo. (FO)
- 1:30 pm Mah Jong. (4S)
- 2:00 pm Team Jeopardy! (AU)

8. Saturday

- 9:00 am “Free & Easy.” (P)
- 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: “Red Tails”. (AU)
- 1:00 pm Hank Stephenson Memorial Service,
Washington, NC. (Trip)
- 3:30 pm Saturday Scrabble. (4S)

9. Sunday

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

10. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (PP)
- 10:00 am Art with Gail Ritzer: CRAFT—
Printmaking Greeting Cards. (AC)
- 11:00 am Sustainability Committee Meeting. (BPDR)
- 2:00 pm Casino Games Social. (AU)
- 7:00 pm Pray the Rosary. (PP)

11. Tuesday

- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (FO)
- 11:30 am St. Peter’s Catholic Communion. (AU)
- 3:00 pm Chair Volleyball. (AR)
- 4:00 pm Ukulele 101. (BPDR)

12. Wednesday

- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am Coffee with Laurie: *A-Wing*. (BPDR)
- 10:00 am Art with Gail Ritzer: ADVANCED PAINTING—*Portraits*. (AC)
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am Blood Pressure Clinic. (CL)
- 1:00 pm Wednesday Movie: “*Nuremburg*.” (AU)
- 2:00 pm Silver Rhythm’s Drum Circle. (AR)
- 3:00 pm Wellness/Rehab Assessment. (AR)

13. Thursday

- 9:00 am Food Lion, CVS. (Trip)
- 10:00 am “*Movin’ & Groovin’*” Dance Class. (AR)
- 1:30 pm Women’s Bible Study. (AC)
- 3:00 pm Choir Practice. (AU)
- 3:15 pm Sheppard Memorial Bookmobile. (L)
- 3:30 pm Watermelon Carving & Social. (4S)
- 4:00 pm Handbell Choir. (AU)
- 7:00 pm “SORDID LIVES”-Magnolia Arts Center. (Trip)

14. Friday

- 7:30 am Men’s Bible Study. (BPDR)
- 10:00 am Bingo. (FO)
- 1:30 pm Mah Jong. (4S)
- 3:00 pm Annual Dog Show. (AU)

15. Saturday

- 9:00 am “Free & Easy.” (P)
- 10:00 am Prayer, Praise & Share. (PC).
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Bingo. (FO)
- 3:30 pm Saturday Scrabble. (4S)

16. Sunday

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

17. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (PP)
- 10:00 am Art with Gail Ritzer: Beginning Painting-*Watercolor Flowers*. (AC)
- 1:30 pm Resident Council Meeting. (AU, CGTV)
- 3:30 pm Cypress Glen Sing-a-Long—’50s & ’60s. (FO)
- 7:00 pm Pray the Rosary. (PP)

18. Tuesday

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Coffee with Laurie: *South Wing*. (BPDR)
- 10:00 am Bingo. (FO)
- 11:00 am Lunch Outing: Cape Fear Seafood. (Trip)
- 2:00 pm Replay of Resident Council. (CGTV)
- 2:00 pm Dining Committee Meeting. (MDR)
- 4:00 pm Ukulele 101. (BPDR)

19. Wednesday

- 9:45 am Fast-Paced Walking Program. (L)
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm Silver Rhythm’s Drum Circle. (AR)
- 3:30 pm Happy Hour with Meghan Dixon. (FO)

20. Thursday

- 9:00 am Harris Teeter, Target. (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. (AC)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Hand Bell Choir. (AU)

21. Friday

- 7:30 am Men’s Bible Study. (BPDR)
- 10:00 am Bingo. (FO)
- 1:30 pm Mah Jong. (4S)
- 3:00 pm Calvin Mercer Presentation: Radical Human Enhancement. (AU, CGTV)

22. Saturday

- 9:00 am “Free & Easy.” (P)
- 10:00 am Prayer, Praise & Share. (PC)

- 10:00 am Alterations with Sylvia. (FC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Bingo. (FO)
- 3:30 pm Saturday Scrabble. (4S)

23. Sunday

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

24. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (PP)
- 11:00 am Movie Committee Meeting. (BPDR)
- 1:30 pm Spiritual Life Committee Meeting. (BPDR)
- 3:00 pm Travelogue with Rudy: Greece-Part 2. (AU, CGTV)
- 7:00 pm Pray the Rosary. (PP)

25. Tuesday

(*BACK 2 SCHOOL SUPPLY DRIVE,-
FOUR SEASONS*)

- 9:00 am Trader Joe’s, Michael’s Marshalls. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Coffee with Laurie: *B-Wing*. (ACR)
- 10:00 am Bingo. (FO)
- 3:00 pm Chair Volleyball. (AR)
- 4:00 pm Ukulele 101. (BPDR)

26. Wednesday

(*BACK 2 SCHOOL SUPPLY DRIVE,-
FOUR SEASONS*)

- 9:45 am Fast-Paced Walking Program. (L)
- 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 Dinner Outing: *Wasabi 88*. (Trip)

27. Thursday

(*BACK 2 SCHOOL SUPPLY DRIVE,
FOUR SEASONS*)

- 9:00 am Food Lion, CVS. (Trip)
- 10:00 am “*Movin’ & Groovin’*” Dance Class. (AR)
- 1:30 pm Women’s Bible Study. (AC)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Hand Bell Choir. (AU)

28. Friday

- 7:30 am Men’s Bible Study. (BPDR)
- 10:00 am Bingo. (FO)
- 11:00 am Back 2 School Supply Drop-Off , (Wahl Coates). (Trip)
- 1:30 pm Mah Jong. (4S)
- 1:30 pm All Resident Budget Presentation. (AU, CGTV)
- 3:00 pm August Birthday Social. (4S)
- 7:00 pm Lighthouse Singers. (AU, CGTV)

29. Saturday

- 9:00 am “Free & Easy.” (P)
- 10:00 am Prayer, Praise & Share. (PC).
- 10:30 am Exercise Video. (CGTV)
- 1:00 pm Saturday Movie: “*Our Souls at Night*.” (AU)
- 3:30 pm Saturday Scrabble. (4S)

30. Sunday

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (ACR)
- 3:00 pm Parkinson’s Support Group. (AU)

31. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (PP)
- 2:00 pm The Recipe Table: *Baked Goods Potluck*. (PDR)
- 7:00 pm Pray the Rosary. (PP)



Friday, August 14, 3:00 pm, Annual Dog Show. (AU)