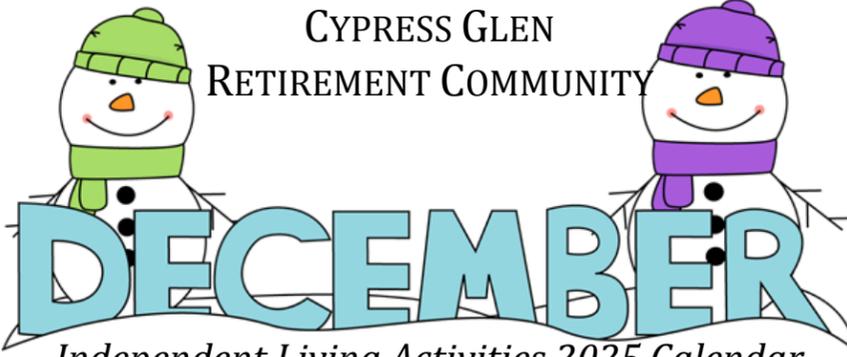


CYPRESS GLEN  
RETIREMENT COMMUNITY



# DECEMBER

Independent Living Activities 2025 Calendar

**Location Key for Activities**

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



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

  
: **TUESDAY :**

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

  
: **WEDNESDAY :**

9:00 am <b>Stretch &amp; Balance*</b>	9:15 am <b>Morning Stretch</b>	10:30 am <b>High Low</b>	3:00 pm <b>Deep Water*</b>
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: **THURSDAY :**

8:00 am <b>Senior Strength</b>	9:00 am <b>Aqua for Arthritis*</b>	9:15 am <b>Morning Stretch</b>
9:30am <b>Water Walking*</b>	2:00 pm <b>Find your Balance</b>	2:45 pm <b>All Over Stretch</b>

  
: **FRIDAY :**

9:00 am <b>Arthritis Aquatic Aerobics*</b>	9:15 am <b>Morning Stretch</b>	11:00 am <b>Chair Yoga</b>
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\* Pool Class

**1. Monday** 🦉

- 10:00 am Centering Prayer Group. (PP)
- 10:00 am **Art with Gail Ritzer:**  
**Beginning Painting—Christmas Tree. (4S)**
- 2:00 pm **Hearing Life Hearing Loss Presentation. (AU)**
- 7:00 pm Pray the Rosary. (BPDR)
- 7:00 pm **St. James Jammers. (AU, CGTV)**

**2. Tuesday** 🦉

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- TBD **NC Symphony-Holiday Pops,**  
**[New Bern Convention Ctr.] (Trip)**
- 3:30 pm Ukulele 101. (BPDR)

**3. Wednesday** 🦉

- 10:00 am **Grounds Committee Meeting. (BPDR)**
- 10:00 am **Art with Gail Ritzer: Advanced Painting:**  
**Christmas Cards. (4S)**
- 10:00 am **Coffee with Laurie: Assisted Living.**
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am First Christian Church. (GR)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)
- 3:00 pm **Dr. Cervi Presents:**  
**"Understanding Depression & Anxiety in Older**  
**Adults-Beyond Medication." (AU, CGTV)**
- 3:30 pm **St. Peters "Teach Me Technology" Session. (BPDR)**
- 4:00 pm **Peoples Baptist Church Caroling. (LTC)**

**4. Thursday** 🦉

- 9:00 am Harris Teeter, Target. (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)**
- 1:15 pm Memories Writing Group. (TBD)
- 1:30 pm Women's Bible Study. (GR)
- 2:00 pm **Bell Choir Rehearsal. (AU)**
- 3:00 pm Choir Practice. (AU)
- 3:15 pm **Sheppard Memorial Bookmobile. (L)**
- 4:00pm **Blue Christmas Service. (AU)**
- 7:00pm **ECU Steel Pan Ensemble,**  
**(Fletcher Music Room B-110). (Trip)**

**5. Friday** 🦉

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (AU)
- 10:30 am Key Club. (FO)
- 2:00 pm Mah Jong. (4S)
- 5:30 pm **"Cookies with Santa." (AU)**

**6. Saturday** 🦉

- 10:00 am Prayer, Praise & Share. (PC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm **Bingo, (4S)**
- 3:30 pm **"Smiles For Seniors" Presentation with**  
**ECU Dental Students. (AU)**
- 3:30 pm Saturday Scrabble. (4S)

**7. Sunday** 🦉

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (CRA)
- 3:00 pm **"Sounds of the Season"**  
**Choir Performance. (AU, CGTV)**

**8. Monday** 🦉

- 10:00 am Centering Prayer Group. (PP)
- 10:00 am **Kwanzaa Presentation**  
**with Diane Taylor. (AU, CGTV)**
- 11:00 am Sustainability Committee Meeting. (BPDR)
- 2:00 pm **Women of Faith Circle Meeting. (AU)**
- 4:45 pm **"The Messiah."**  
**(First Presbyterian Church—Kinston). Trip**
- 6:45 pm **"Sounds of the Season" at**  
**St. Paul's Episcopal Church. (Trip)**
- 7:00 pm Pray the Rosary. (BPDR)

**9. Tuesday** 🦉

- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 11:30 am St. Peter's Catholic Communion. (AU)
- 11:30 am **Lunch Outing: Cracker Barrel. (Trip)**
- 3:00 pm Chair Volleyball. (AU)
- 3:30 pm Ukulele 101. (BPDR)
- 4:00 pm **J. H. Rose Key Club Gift Wrapping. (AU)**
- 7:00 pm **Beaufort County Choral Society**  
**Performance. (AU, CGTV)**

**10. Wednesday 🦋**

- 10:00 am Art with Gail Ritzer: Crafts: *Christmas Collage*. (4S)  
 10:00 am *Oakwood School Christmas Performance*. (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)  
 3:00 pm *Special Edition "Walk Down Music's Memory Lane" with Bob Hursey—THE RAT PACK*. (AU, CGTV)  
 6:00 pm *University Church of Christ Carolers*. (LTC)

**11. Thursday 🦋**

- 9:00 am Food Lion, CVS. (Trip)  
 10:00 am "Movin' & Groovin'" Dance Class. (AR)  
 10:30 am *Oakmont Baptist "JOY" Singers*. (AU, CGTV)  
 1:30 pm Women's Bible Study. (GR)  
 2:30 pm *The Recipe Table: Laurie's Rum Balls*. (4S)  
 3:00 pm Choir Practice. (FO)  
 3:15 pm *Sheppard Memorial Bookmobile*. (L)

**12. Friday 🦋**

- 7:30 am Men's Bible Study. (AU)  
 10:00 am Bingo. (AU)  
 2:00 pm Mah Jong. (4S)  
 2:00 pm *Holiday Music with Clay Steinwinter*. (LTC)  
 3:00 pm *Holiday Piano Performance with Michael McKnight*. (AU, CGTV)  
 7:00 pm *Youth Lighthouse Group Holiday Performance*. (AU, CGTV)

**13. Saturday 🦋**

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

**14. Sunday 🦋**

- 9:30 am Worship Service. (AU, CGTV)  
 10:30 am Fellowship with Coffee and Cookies. (4S)  
 10:30 am Episcopal Morning Prayer. (CRA)  
 4:45 pm *Queen St. Christmas Musical*. (Trip)

**15. Monday 🦋**

- 10:00 am Centering Prayer Group. (PP)  
 10:30 am *Wahl-Coates Chorale Group*. (4S)  
 11:00 am *Cypress Glen Financial Status Meeting*. (AU, CGTV)  
 1:30 pm *Resident Council Meeting*. (AU, CGTV)  
 7:00 pm Pray the Rosary. (BPDR)

**16. Tuesday 🦋**

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)  
 9:00 am Dry Cleaning Drop-off. (LE)  
 10:00 am Bingo. (AU)  
 2:00 pm *Dining Committee Meeting*. (MDR)  
 3:00 pm *Christmas Variety Show*. (AU, CGTV)  
 7:00 pm *Carolina Chord Connection*. (AU, CGTV)

**17. Wednesday 🦋**

- 9:00 am The 9<sup>th</sup> Stage Group. (BPDR)  
 10:00 am *Coffee with Laurie: D-Wing*. (BPDR)  
 11:00 am *Rehab Discovery Series: "Assisted Devices"*. (AU)  
 11:00 am Meetup with Meghan. (FC)  
 11:00 am Blood Pressure Clinic. (CL)  
 1:30 pm *Third St. Academy Caroling*. (AU, CGTV)  
 5:30 pm *Arcencial Singers*. (L)  
 6:00 pm *Salem United Methodist Church Holiday Visit*. (LTC)

**18. Thursday 🦋**

- 9:00 am *Trader Joes, Best Buy, Marshalls*. (Trip)  
 10:00 am "Movin' & Groovin'" Dance Class. (AR)  
 11:00 am St. Peter's Episcopal Church Scriptures and Communion. (BPDR)  
 1:15 pm Memories Writing Group. (CRA)  
 1:30 pm Life Enrichment Committee Meeting. (BPDR)  
 1:30 pm Women's Bible Study. (GR)  
 2:00 pm *J. H. Rose Christmas Chorus*. (AU, CGTV)  
 3:00 pm *Resident/Staff Christmas Party*. (4S)

**19. Friday 🦋**

- 7:30 am Men's Bible Study. (AU)  
 10:00 am Bingo. (AU)  
 2:00 pm Mah Jong. (4S)  
 3:00 pm *December Birthday Social*. (4S)

**20. Saturday 🦋**

- 10:00 am Prayer, Praise & Share. (PC)  
 10:30 am Exercise Video. (CGTV)  
 2:00 pm *Holiday Movie: "Home for the Holidays"*. (AU)  
 3:30 pm Saturday Scrabble. (4S)

**21. Sunday 🦋**

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

**22. Monday 🦋**

- 10:00 am Centering Prayer Group. (PP)  
 1:30 pm *Spiritual Committee Meeting*. (BPDR)  
 3:00 pm *Steve & Debbie Holiday Performance*. (AU, CGTV)  
 7:00 pm Pray the Rosary. (BPDR)

**23. Tuesday 🦋**

- 9:00 am Dry Cleaning Drop-off. (LE)  
 10:00 am Bingo. (AU)  
 2:30 pm *AudioNova Hearing Clinic*. (BPDR)  
 3:00 pm Chair Volleyball. (AU)

**24. Wednesday, Business Office Closed. 🦋**

- 11:00 am Meetup with Meghan. (FC)  
 11:00 am Blood Pressure Clinic. (CL)  
 4:00 pm *Christmas Eve Worship Service*. (AU)

**25. THURSDAY, Business Office Closed. 🦋****MERRY CHRISTMAS.****26. Friday, Business Office Closed. 🦋**

- 7:30 am Men's Bible Study. (AU)  
 2:00 pm Mah Jong. (4S)

**27. Saturday 🦋**

- 10:00 am Prayer, Praise & Share. (PC)  
 10:00 am *Alterations with Sylvia*. (FC)  
 10:30 am Exercise Video. (CGTV)  
 3:30 pm Saturday Scrabble. (4S)

**28. Sunday 🦋**

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

**29. Monday 🦋**

- 10:00 am Centering Prayer Group. (PP)  
 3:00 pm Karaoke. (FO)  
 7:00 pm Pray the Rosary. (BPDR)

**30. Tuesday 🦋**

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)  
 9:00 am Dry Cleaning Drop-off. (LE)  
 10:00 am Bingo. (AU)  
 3:00 pm Chair Volleyball. (AU)  
 3:30 pm Ukulele 101. (BPDR)

**31. Wednesday, Business Office closes at Noon. 🦋**

- 9:00 am The 9<sup>th</sup> Stage Group. (BPDR)  
 11:00 am Meetup with Meghan. (FC)  
 11:00 am Blood Pressure Clinic. (CL)  
 3:00 pm *New Year's Eve with Steve*. (AU)

**Location Key for Activities**

4S—Four Seasons Room

AC—Arts &amp; Crafts

AL—Assisted Living

AR—Aerobics Classroom

AU—Auditorium

BPDR—Barnes Private Dining Room.

C—Café

CL—Clinic

CRA—Classroom A

CWR—Cardio Weight Room

FC—Fitness Center

FO—Fred's Oasis

GCR—Gray Conference Room

GR—Game Room

GSL—Gift Shop Lobby

L—Front Lobby

LE—Life Enrichment

LTC—Long Term Care

MC—Memory Cottage

MDR—Main Dining Room

P—Pool

PC—Prayer Chapel

PP—Pennington Parlor

\*\* challenging accessibility