

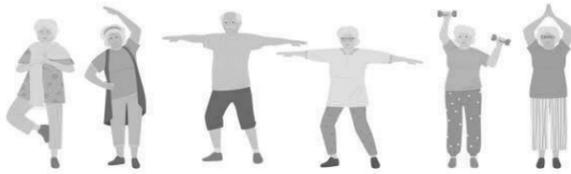
CYPRESS GLEN RETIREMENT COMMUNITY



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 |
| | ** 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!



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



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



- | | | | |
|----------------------------------|-------------------------------|-------------------------|---------------------------|
| 9:00 am
Stretch &
Balance* | 9:15 am
Morning
Stretch | 10:30 am
High
Low | 3:00 pm
Deep
Water* |
|----------------------------------|-------------------------------|-------------------------|---------------------------|



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|-------------------------------|-----------------------------------|--------------------------------|
| 8:00 am
Senior
Strength | 9:00 am
Aqua for
Arthritis* | 9:15 am
Morning
Stretch |
| 9:30am
Water
Walking* | 11:00 am
Find your
Balance | 2:45 pm
All Over
Stretch |



- | | | |
|---|-------------------------------|---------------------------|
| 9:00 am
Arthritis Aquatic
Aerobics* | 9:15 am
Morning
Stretch | 11:00 am
Chair
Yoga |
|---|-------------------------------|---------------------------|

* Pool Class

1. Sunday

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

2. Monday

- 9:30am Pirate's Perch. (Trip)
- 10:00 am Centering Prayer Group. (CO)
- 10:00 am Art with Gail Ritzer-Crafts:
Handmade Valentine. (4S)
- 2:00 pm Karaoke: Love Songs. (FO)
- 3:00 pm Freedom Hill: The History of Princeville,
Presentation. (AU, CGTV)
- 7:00 pm St. James Jammers. (AU, CGTV)
- 7:00 pm Pray the Rosary. (BPDR)

3. Tuesday

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 11:30 am Lunch Outing: Seahorse Restaurant. (Trip)
- 2:00 pm Couple's Dance Class Interest Meeting. (BPDR)
- 3:00 pm Chair Volleyball. (AU)
- 3:30 pm Ukulele 101. (BPDR)

4. Wednesday

- 9:00 am Abundant Life Gathering. (CO)
- 10:00 am Grounds Committee Meeting. (BPDR)
- 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)

5. 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 Hand Bell Choir. (AU)
- 6:30 pm Voyages of Discovery: "Survival of the Friendliest."
(ECU Main Campus Student Center Ballroom) (Trip)

6. Friday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (4S)
- 10:30 am Keys Club. (AU)
- 2:00 pm Mah Jong. (4S)

7. 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: "Green & Gold." (AU)
- 3:30 pm Saturday Scrabble. (4S)

8. Sunday

- 9:30 am Worship Service. (AU, CGTV)
- 10:30 am Fellowship with Coffee and Cookies. (4S)
- 10:30 am Episcopal Morning Prayer. (CRA)
- 1:00 pm Long Leaf Pine Variety Show. (Trip)
- 3:00 pm Pre-Super Bowl Party. (FO)

9. Monday

- 10:00 am Centering Prayer Group. (CO)
- 10:00 am Art with Gail Ritzer—Advanced Painting:
Snow Landscape Watercolor. (4S)
- 11:00 am Sustainability Committee Meeting. (BPDR)
- 2:00 pm Women of Faith Circle Meeting. (AU)
- 5:15 pm NC Baptist Singers Performance. (Trip)
(Forest Hills Baptist Church, Wilson, NC)
- 7:00 pm Pray the Rosary. (BPDR)

10. Tuesday

- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 11:30 am St. Peter's Catholic Communion. (AU)
- 1:00 pm Jeopardy with Global Fellow Scholars, ECU. (AU)
- 3:00 pm The Recipe Table: *Homemade Hot Chocolate.* (4S)

3:30 pm Ukulele 101. (BPDR)
7:00 pm Back Porch Players. (AU, CGTV)

11. Wednesday

10:00 am Art with Gail Ritzer- Advanced Painting:
Watercolor Heart. (4S)
10:00 am Coffee with Laurie, *Assisted Living.*
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 Valentine's Wine & Chocolate Tasting. (4S)

12. Thursday

9:00 am Harris Teeter, Target. (Trip)
10:00 am "Movin' & Groovin'" Dance Class. (AR)
10:00 am "Music Man. SR." (Trip)
11:00 am Oakmont JOY Singers. (AU)
1:15 pm Memories Writing Group. (BPDR)
1:30 pm Women's Bible Study. (GR)
3:00 pm Choir Practice. (AU)
4:00 pm Hand Bell Choir. (AU)

13. Friday

7:30 am Men's Bible Study. (AU)
10:00 am Bingo. (AU)
1:30 pm "Madam President."—A Presentation by
Dr. Maria Pharr, PCC President. (AU)
2:00 pm Mah Jong. (4S)
3:00 pm Bluegrass & More with MC Warren. (AU)
5:00 pm Valentine's Dinner with Fiona Holler. (DR)
7:00pm Four Seasons Chamber Music Festival: *Echoes*
(AJ Fletcher Recital Hall-ECU). (Trip)

14. 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)

15. Sunday

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

16. Monday

10:00 am Centering Prayer Group. (CO)
9:45 am JOY Soup Kitchen Tour. (Trip)
1:30 pm Resident Council Meeting. (AU, CGTV)
7:00 pm Pray the Rosary. (BPDR)

17. Tuesday

9:00 am Walmart, Dollar Tree, Aldi. (Trip)
9:00 am Dry Cleaning Drop-off. (LE)
10:00 am Bingo. (AU)
11:00 am Scams & Phishing Presentation. (AU, CGTV)
12:30 pm Pirate's Perch. (Trip)
2:00 pm Dining Committee Meeting. (MDR)
3:00 pm Mardi Gras Celebration. (AU)
6:00 pm PCC Black Composers Concert. (TRIP)

18. Wednesday

9:00 am Abundant Life Gathering. (CO)
10:00 am Ash Wednesday Worship. (AU)
11:00 am Blood Pressure Clinic. (CL)
1:00 pm Wednesday Movie Matinee: *LBJ.*—(AU)
2:00 pm Silver Rhythm's Drum Circle. (AR)
6:15 pm ECU Men's Basketball Game
ECU vs. Wichita State. (Trip)

19. Thursday

9:00 am Food Lion, CVS. (Trip)
10:00 am Coffee with Laurie, *Long Term Care.*
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)

20. Friday

7:30 am Men's Bible Study. (AU)
10:00 am Bingo. (AU)

12:15 pm Movie Outing: "Wuthering Heights." (Trip)
2:00 pm Mah Jong. (4S)
3:30 pm Happy Hour with Ella Chapman. (FO)

21. Saturday

9:30 am DPAC presents "Hell's Kitchen." (Trip)
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: "The Last Rodeo." (AU)
3:30 pm Saturday Scrabble. (4S)

22. Sunday

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

23. Monday

10:00 am Centering Prayer Group. (CO)
11:00 am Movie Committee Meeting. (BPDR)
1:30 pm Spiritual Life Committee. (BPDR)
2:00 pm Pool Tournament (Rd.1) (GR)
3:00 pm Daughters of the American Revolution
Presentation. (AU)
7:00 pm Pray the Rosary. (BPDR)

24. Tuesday

9:00 am Trader Joes, Marshalls, Michaels. (Trip)
9:00 am Dry Cleaning Drop-off. (LE)
10:00 am Bingo. (AU)
2:00 pm Pool Tournament (Rd.2). (GR)
3:00 pm Chair Volleyball. (AU)
3:30 pm Ukulele 101. (BPDR)
4:30 pm Dinner Outing: "1717 Rooftop." (Trip)

25. Wednesday

11:00 am Meetup with Meghan. (FC)
11:00 am Blood Pressure Clinic. (CL)
2:00 pm Silver Rhythm's Drum Circle. (AR)
2:00 pm Pool Tournament (Rd.3) (GR)
3:00 pm Dr. Cervi presentation, " (AU)
3:30 pm Great Day Hearing Clinic. (BPDR)

26. Thursday

9:00 am Harris Teeter, Target. (Trip)
10:00 am Coffee with Laurie, *D-wing.* (BPDR)
10:00 am "Movin' & Groovin'" Dance Class. (AR)
11:00 am Rehab Discovery Series: "Adaptive Tools
You Didn't Know You Needed." (AU, CGTV)
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)
6:30 pm SRAPAS Series: Vienna Boys Choir.
(Wright Auditorium-ECU) ** (Trip)

27. Friday

7:30 am Men's Bible Study. (AU)
10:00 am Bingo. (AU)
11:00 am Crossroads Community Shelter Drop-off. (Trip)
2:00 pm Mah Jong. (4S)
3:00 pm February Birthday Social. (4S)
7:00 pm Lighthouse Singers. (AU)

28. 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)

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