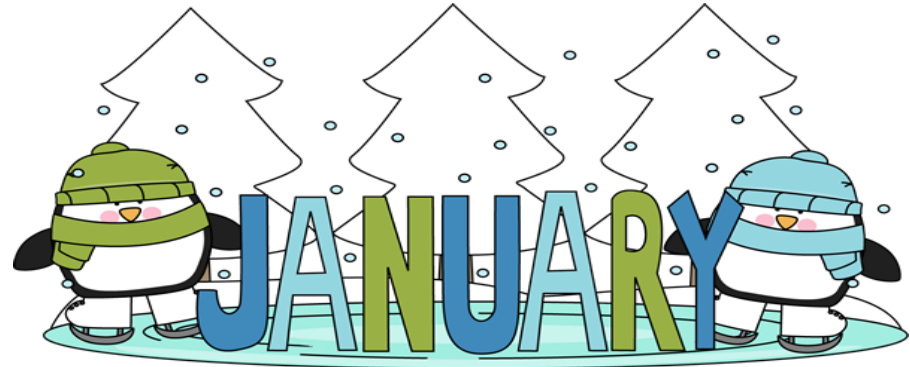


CYPRESS GLEN RETIREMENT COMMUNITY



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!



: MONDAY :

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



: TUESDAY :

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



: WEDNESDAY :

9:00 am Stretch & Balance*	9:15 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*	9:15 am Morning Stretch
9:30am Water Walking*	2:00 pm Find your Balance	2:45 pm All Over Stretch



: FRIDAY :

9:00 am Arthritis Aquatic Aerobics*	9:15 am Morning Stretch	11:00 am Chair Yoga
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* Pool Class

1. Thursday

Happy New Year's

2. Friday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (AU)
- 1:00 pm Movie Outing: "Song Sung Blue." (Trip)
- 2:00 pm Mah Jong. (4S)

3. Saturday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Prayer, Praise & Share. (PC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Bingo. (4S)
- 3:30 pm Saturday Scrabble. (4S)

4. Sunday

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

5. Monday

- 10:00 am Centering Prayer Group. (PP)
- 10:00 am Art with Gail Ritzer,-Advanced Painting:
Cool Colors—Painting Shadows In Snow. (4S)
- 7:00 pm St. James Jammers. (AU, CGTV)
- 7:00 pm Pray the Rosary. (BPDR)

6. Tuesday

- 9:00 am Walmart, Dollar Tree, Aldi. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 1:00 pm Public Works Presentation with
Kevin Mulligan. (AU, CGTV)
- 3:30 pm Ukulele 101. (BPDR)

7. Wednesday

- 10:00 am Grounds Committee Meeting. (BPDR)
- 10:00 am Art with Gail Ritzer: Craft: Mardi Gras Mask. (4S)
- 10:30 am Abundant Life Gathering. (CO)
- 11:00 am Meetup with Meghan. (FC)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)

8. 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. (FO)
- 4:00 pm Hand Bell Choir. (AU)

9. 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)
- 3:00 pm Bluegrass & More with MC Warren. (AU, CGTV)

10. Saturday

- 10:00 am Prayer, Praise & Share. (PC)
- 10:00 am Alterations with Sylvia. (FC)
- 10:30 am Exercise Video. (CGTV)
- 2:00 pm Saturday Movie: "The Unbreakable Boy." (AU)
- 3:30 pm Saturday Scrabble. (4S)

11. 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 Stratus String Quartet—
Dvorak Concert Series. (AU, CGTV)

12. Monday

- 10:00 am Centering Prayer Group. (PP)
- 10:00 am Art w/ Gail Ritzer-Beginning Painting:
Winter Scene. (4S)
- 11:00 am Sustainability Committee Meeting. (BPDR)
- 2:00 pm Women of Faith Circle Meeting. (AU)
- 3:00 pm Karaoke: Country. (FO)
- 7:00 pm Pray the Rosary. (BPDR)

- 13, Tuesday

9:00 am Dry Cleaning Drop-off. (LE)

10:00 am Bingo. (AU)

11:30 am St. Peter’s Catholic Communion. (AU)

3:30 pm Ukulele 101. (BPDR)

5:15 pm ECU Women’s Basketball Game-
“ECU vs Tulsa.” (Trip)

7:00 pm Back Porch Players. (AU, CGTV)

14, Wednesday

10:30 am Abundant Life Gathering. (CO)

11:00 am Meetup with Meghan. (FC)

11:00 am Blood Pressure Clinic. (CL)

2:00 pm Silver Rhythm’s Drum Circle. (AR)

15, 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. (GR)

3:00 pm Choir Practice. (FO)

3:15 pm Sheppard Memorial Bookmobile. (L)

4:00 pm Hand Bell Choir. (AU)

16, Friday

7:30 am Men’s Bible Study. (AU)

9:30 am Annual Bake Sale. (4S)

10:00 am Bingo. (AU)

2:00 pm Mah Jong. (AU)

2:00 pm Puzzle Fest. (AU)

17, Saturday

10:00 am Prayer, Praise & Share. (PC)

10:30 am Exercise Video. (CGTV)

3:30 pm Saturday Scrabble. (4S)

7:00 pm SRAPAS SERIES: Steep Canyon Rangers with
Hank, Pattie and the Current,
Wright Auditorium. ECU. (Trip)**

18, Sunday

9:30 am Worship Service. (AU, CGTV)

10:30 am Fellowship with Coffee and Cookies. (4S)

10:30 am Episcopal Morning Prayer. (CRA)

19, Monday

10:00 am Centering Prayer Group. (PP)

1:30 pm Resident Council Meeting. (AU, CGTV)

7:00 pm Pray the Rosary. (BPDR)

20, 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 “The Recipe Table”: Soup Tasting. (4S)

3:30 pm Ukulele 101. (BPDR)

21, Wednesday

10:00 am Coffee with Laurie: East and West Wings. (BPDR)

11:00 am Meetup with Meghan. (FC)

11:00 am Blood Pressure Clinic. (CL)

1:00 pm Wednesday Movie Matinee: “The Candidate.”(AU)

2:00 pm Silver Rhythm’s Drum Circle. (AR)

4:30 pm Dinner Outing: “Sunnyside” Restaurant,—
Williamston. (Trip)

22, Thursday

9:00 am Food Lion, CVS. (Trip)

10:00 am “Movin’ & Groovin’” Dance Class. (AR)

11:00 am Rehab Discovery Series: “Footwear Matters:
Shoes That Support Balance & Independence.”
(AU, CGTV)

1:30 pm Women’s Bible Study. (GR)

3:00 pm Choir Practice. (FO)

3:30 pm Happy Hour with Michael Stephenson. (FO)

4:00 pm Hand Bell Choir. (AU)

23, Friday

7:30 am Men’s Bible Study. (AU)

10:00 am Bingo. (AU)

2:00 pm Mah Jong. (4S)

3:00 pm Pitt County History Presentation with
Roger Kammerer. (AU, CGTV)
- 24, 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)

25, Sunday

9:30 am Worship Service. (AU, CGTV)

10:30 am Fellowship with Coffee and Cookies. (4S)

10:30 am Episcopal Morning Prayer. (CRA)

26, Monday

10:00 am Centering Prayer Group. (PP)

1:30 pm Spiritual Life Committee Meeting. (BPDR)

3:00 pm Hot Tea & Jeopardy! (AU)

7:00 pm Pray the Rosary. (BPDR)

27, Tuesday

9:00 am Trader Joes, Marshalls, Michaels. (Trip)

9:00 am Dry Cleaning Drop-off. (LE)

10:00 am Bingo. (AU)

11:30 am Lunch Outing: Cheddar’s Scratch Kitchen. (Trip)

3:00 pm Chair Volleyball. (AU)

3:30 pm Ukulele 101. (BPDR)

28, Wednesday

10:00 am Coffee with Laurie: Memory Care. (MC)

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 “Walk Down Music’s Memory Lane”
with Bob Hursey. (AU, CGTV)

29, Thursday

9:00 am Harris Teeter, Target. (Trip)

9:30 am Grady-White Boats Tour. (Trip)**

10:00 am “Movin’ & Groovin’” Dance Class. (AR)

1:15 pm Memories Writing Group. (BPDR)

1:30 pm Women’s Bible Study. (GR)

3:00 pm Choir Practice. (FO)

4:00 pm Hand Bell Choir. (AU)

30, Friday

7:30 am Men’s Bible Study. (AU)

10:00 am Bingo. (AU)

2:00 pm Mah Jong. (4S)

3:00 pm January Birthday Social. (4S)

31, Saturday

10:00 am Prayer, Praise & Share. (PC)

10:30 am Exercise Video. (CGTV)

3:30 pm Saturday Scrabble. (4S)

A graphic with the text "Happy New Year" in a large, elegant, black cursive font. Below it, "2026" is written in a bold, black, sans-serif font. The text is flanked by small, stylized snowflakes and stars in a light gold or yellow color.

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