

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.	GCR—Gray Conference Room
AL—Assisted Living	GR—Game Room
AR—Aerobics Classroom	GSL—Gift Shop Lobby
AU—Auditorium	L—Front Lobby
BPDR—Barnes Private Dining Room.	LE—Life Enrichment
C—Café	LTC—Long Term Care
CL—Clinic	MC—Memory Cottage
CRA—Classroom A	MDR—Main Dining Room
CWR—Cardio Weight Room	P—Pool
	PC—Prayer Chapel
	PP—Pennington Parlor
	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	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. Friday

- 7:30 am Men's Bible Study. (AU)
- 9:30 am ECU Tree Trail Tour. (Trip)
- 10:00 am Bingo. (AU)
- 1:30 pm Mah Jong. (4S)
- 3:00 pm "An Inside Look at Horse Racing with Joseph 'Smitty' Smith." (AU, CGTV)
- 7:00 pm Four Seasons Chamber Music Festival—"Vitality." (AJ Fletcher Hall, ECU). (Trip)

2. Saturday

- 10:00 am Prayer, Praise & Share. (PC)
- 10:00 am Alterations with Sylvia (Drop-Off Only). (FC)
- 10:30 am Exercise Video. (CGTV)
- 1:00 pm Saturday Movie: "September 5th." (AU)
- 3:30 pm Saturday Scrabble. (4S)

3. Sunday

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

4. Monday

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 11:00 am "Name That Tune" Bingo. (FO)
- 2:00 pm ~~Genealogy—The Basics. Class #1. (AU)~~ Canceled
- 3:00 pm Great Day Hearing Clinic. (BPDR)
- 7:00 pm Pray the Rosary. (BPDR)
- 7:00 pm St. James Jammers. (AU, CGTV)

5. 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 Special Movie Showing:  
"The Devil Wears Prada." (AU)
- 2:00 pm The Recipe Table: Guacamole Demonstration. (4S)
- 3:00 pm Cinco de Mayo Celebration. (FO)
- 3:30 pm Ukulele 101. (AR)

6. 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—  
Mixing Flesh Tones (Acrylic). (AC)
- 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)

7. Thursday

- 9:00 am Food Lion, CVS. (Trip)
- 10:00 am "Movin' & Groovin'" Dance Class. (AR)
- 12:15 pm Movie Outing: "The Devil Wears Prada 2." (Trip)
- 1:00 pm Hard Hat Meeting. (AU, CGTV)
- 1:30 pm Women's Bible Study. (AC)
- 3:00 pm Memories Writing Group, (ACR)
- 3:00 pm Choir Practice. (AU)
- 3:30 pm Outdoor Fitness with Meghan. (WP)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)

8. Friday

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (4S)
- 1:30 pm Mah Jong. (4S)
- 2:30 pm Mother's Day Tea. (AU)
- 7:00 pm Lighthouse Singers. (AU, CGTV)

9. 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)

10. Sunday

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

**11. Monday**

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 10:00 am Art with Gail Ritzer: CRAFT—  
*Tissue Paper Flowers.* (AC)
- 11:00 am Sustainability Committee Meeting. (BPDR)
- 11:30 am Lunch Outing: *Seared Chophouse.* (Trip)
- 2:00 pm Women of Faith Circle Meeting. (AU)
- 7:00 pm Pray the Rosary. (BPDR)

**12. Tuesday**

- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Bingo. (AU)
- 11:30 am St. Peter's Catholic Communion. (AU)
- 2:00 pm *Holocaust Presentation*  
with Lee Holder. (AU, CGTV)
- 3:30 pm Ukulele 101. (AR)

**13. Wednesday**

- 9:00 am Abundant Life Gathering. (CO)
- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am Art with Gail Ritzer: BEGINNING PAINTING—  
*Painting Flowers.* (AC)
- 11:00 am Blood Pressure Clinic. (CL)
- 2:00 pm ~~Genealogy—The Basics, Class #2.~~ (AU) Cancelled
- 2:00 pm Silver Rhythm's Drum Circle. (AR)
- 3:00 pm Dr. M. Cervi presentation—  
"Lightheadedness." (AU, CGTV)

**14. 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)
- 1:30 pm Women's Bible Study. (AC)
- 1:30 pm "Walk Down Music's Memory Lane" with  
Bob Hursey. (AU, CGTV)
- 3:00 pm Choir Practice. (AU)
- 4:00 pm Hand Bell Choir. (AU)
- 5:00 pm Partners Dance Class. (AR)
- 7:15 pm Community Pops Spring Concert. (AU, CGTV)

**15. Friday**

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (4S)
- 10:30 am Keys Club. (AU, CGTV)
- 1:30 pm Mah Jong. (4S)
- 2:00 pm Team Jeopardy!. (AU)

**16. Saturday**

- 10:00 am Prayer, Praise & Share. (PC).
- 10:00 am *No Alterations with Sylvia*
- 10:30 am Exercise Video. (CGTV)
- 1:00 pm Saturday Movie: "Dark Waters." (AU)
- 3:30 pm Saturday Scrabble. (4S)

**17. Sunday**

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

**18. Monday**

- 9:45 am Slow-Paced Walking Program. (L)
- 10:00 am Centering Prayer Group. (CO)
- 11:00 am Michael McKnight, *Spring Potpourri.* (AU, CGTV)
- 1:30 pm Resident Council Meeting. (AU, CGTV)
- 3:15 pm Sheppard Bookmobile. (L)
- 7:00 pm Pray the Rosary. (BPDR)

**19. 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 Outing to Davenport Farms. (Trip)
- 2:00 pm Replay of Resident Council. (CGTV)
- 2:00 pm Dining Committee Meeting. (MDR)
- 3:00 pm Chair Volleyball. (AU)
- 3:30 pm Ukulele 101. (AR)

**20. 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 Wednesday Movie Matinee:  
"A Walk to Remember." (AU)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)
- 3:30 pm Happy Hour with Chris Puckett. (FO)

**21. Thursday**

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

**22. Friday**

- 7:30 am Men's Bible Study. (AU)
- 10:00 am Bingo. (AU)
- 11:00 am Cypress Glen Flag Ceremony. (4S, FO)
- 1:30 pm Mah Jong. (4S)

**23. 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)

**24. 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)

**25. Monday****26. Tuesday**

- 9:00 am Trader Joe's, Michael's Marshalls. (Trip)
- 9:00 am Dry Cleaning Drop-off. (LE)
- 10:00 am Coffee with Laurie—*South Wing.* (FO)
- 10:00 am Bingo. (AU)
- 11:00 am Movie Committee Meeting. (AC)
- 2:00 pm Genealogy—The Basics. (AU)
- 3:30 pm Ukulele 101. (AR)

**27. Wednesday**

- 9:00 am Abundant Life Gathering. (CO)
- 9:45 am Fast-Paced Walking Program. (L)
- 10:00 am Coffee with Laurie—*Memory Care.* (MC)
- 11:00 am Blood Pressure Clinic. (CL)
- 11:00 am Rehab Discovery Series: "Women's Health  
*Empowerment.*" (AU, CGTV)
- 2:00 pm Silver Rhythm's Drum Circle. (AR)

**28. Thursday**

- 9:00 am Harris Teeter, Target. (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)
- 5:00 pm Partners Dance Class. (AR)

**29. Friday**

- 7:30 am Men's Bible Study. (AU)
- 9:30 am Somerset Plantation Tour. (Trip)
- 10:00 am Bingo. (AU)
- 1:30 pm Mah Jong. (4S)
- 2:00 pm Travelogue with Rudy Alexander:  
*Greece.* (AU, CGTV)
- 3:00 pm May Birthday Social. (4S)

**30. Saturday**

- 10:00 am Prayer, Praise & Share. (PC).
- 10:00 am *No Alterations with Sylvia*
- 10:30 am Exercise Video. (CGTV)
- 3:30 pm Saturday Scrabble. (4S)

**31. Sunday**

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