

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Daylight Savings Ends 10:30 am - 2 pm - Sunday Brunch</p> <p>2 pm - Church at the Cypress with Rev. Joan Watson of Covenant Presbyterian Community Hall</p> <p>Remember to Fall Back </p>	<p>2 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 10 am - 12 pm - Art Class 10:45 am - Deep Stretch & Flexibility 11:15 am - Cypress Countdown Nutrition Sessions Club Room 1-3 pm - Beginning Drawing Class 3:15 pm - Bible Study</p>	<p>3 Election Day 9 am - Advanced Strength Training *10 am - Depart for Voting at Pilgrim Congregational Church 10 am - Fit & Feisty Water Aerobics 11 am - Twinges in the Hinges - Water 11-11:45 am - Beg. Strength Training *12:15 pm - Depart for First Tuesday Concerts: "Soundscapes" *1 pm - Social Bridge</p>	<p>4 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 1:30 pm - Balance with Tai Chi Mike 2:30 pm - Tai Chi Exercises & Moves 4 pm - "The State of Our State" NC House of Representatives Ruth Samuelson Combined with Happy Hour! 5:00 - 6:00 pm 5-8 pm - Buffet </p>	<p>5 9 am - Advanced Strength Training 10 am - Fit & Feisty Water Aerobics 10:15 - 10:45 am - Stretch Class 11 am - Twinges in the Hinges - Water 11 am - Beg. Strength Training 12 pm - Exercise Room Training *1:15 pm - Duplicate Bridge</p>	<p>6 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics (Chair) 11 am - Video Lecture - Art Room 11:15 am - St. Vincent's Mass - Villa E 1 pm - Water Aerobics & Extra Assistance 2:30 pm - Cypress Book Club *7:15 pm - Depart for Symphony Classics "Bach B Minor Mass" 8 pm - Channel 9 Movie <i>"The Taking of Pelham 123"</i></p>	<p>7 9 am - Croquet *12:15 pm - Depart for Metropolitan Opera in HD: "Turandot" @ Stonecrest *7:15 pm - Depart for Symphony Classics "Bach B Minor Mass" 8 pm - Channel 9 Movie <i>"The Merry Gentlemen"</i></p>
<p>8 10:30 am - 2 pm - Sunday Brunch</p>	<p>9 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 10 am - 12 pm - Art Class 10:45 am - Deep Stretch & Flexibility 11:15 am - Cypress Countdown 1-3 pm - Beginning Drawing Class 3:15 pm - Bible Study - Buddy Chatfield will be the teacher *7 pm - Gin Game</p>	<p>10 9 am - Advanced Strength Training 10 am - Fit & Feisty Water Aerobics 10:15 am - Activities Comm. Meeting *11 am - Cypress Chef's "LIVE" 11 am - Twinges in the Hinges - Water 11-11:45 am - Beg. Strength Training *1 pm - Social Bridge</p>	<p>11 Veterans Day 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics *11 am - Veterans Luncheon - Open to anyone who would like to come! 1:30 pm - Balance with Tai Chi Mike 2:30 pm - Tai Chi Exercises & Moves *6:45 pm - Depart for Broadway Lights "South Pacific" *7:30 pm - "An Hour For the Season" John Whitcomb Riley Poetry by Roger Mills</p>	<p>12 9 am - Advanced Strength Training *9:30 am - Depart for Mint Museum of Craft & Design: "Quilt Collection" & Lunch @ Capital Grille 10 am - Fit & Feisty Water Aerobics 10:15 - 10:45 am - Stretch Class 11 am - Twinges in the Hinges - Water 11 am - Beg. Strength Training 12 pm - Exercise Room Training *1:15 pm - Duplicate Bridge</p>	<p>13 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics (Chair) 11 am - Video Lecture - Art Room 1 pm - Water Aerobics & Extra Assistance 8 pm - Channel 9 Movie <i>Disney's "Up"</i></p>	<p>14 9 am - Croquet 8 pm - Channel 9 Movie <i>"My Life in Ruins"</i></p> <p>Alzheimer's Memory Walk Freedom Park</p>
<p>15 10:30 am - 2 pm - Sunday Brunch</p> <p>*1:15 pm - Depart for Belk Theater - Broadway Lights: "South Pacific"</p>	<p>16 *8:30 am - Depart for Men's Breakfast 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 10 am - 12 pm - Art Class 10:45 am - Deep Stretch & Flexibility 11:15 am - Cypress Countdown 1-3 pm - Beginning Drawing Class *2 pm - "Book Thieves" Book Club Club Room 3:15 pm - Bible Study *7:30 pm - Ladies Poker - Club Room</p>	<p>17 9 am - Advanced Strength Training 10 am - Fit & Feisty Water Aerobics 10:15 - 10:45 am - Stretch Class 11 am - Twinges in the Hinges - Water 11-11:45 am - Beg. Strength Training *11:15 am - Depart for "Lunch Bunch" at "Fiamma" in Dilworth *1 pm - Social Bridge 3:30 pm - Health & Safety Comm. Mtg.</p>	<p>18 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics *10 am - Cypress Kitchen Tour Meet in the Lobby 1:30 pm - Balance with Tai Chi Mike 2:30 pm - Tai Chi Exercises & Moves 5-8 pm - Buffet *7:30 pm - Ragtime Pianist, Ethan Uslan Community Hall</p>	<p>19 9 am - Advanced Strength Training *10 am - 4:40 pm - Podiatrist Visit 10 am - Building & Grounds Comm. 10 am - Fit & Feisty Water Aerobics 10:15 - 10:45 am - Stretch Class 11 am - Twinges in the Hinges - Water 11 am - Beg. Strength Training 12 pm - Exercise Room Training *1:15 pm - Duplicate Bridge</p>	<p>20 8:30 am - Low Impact Aerobics *9:15 am - Depart for Charlotte Symphony Open Rehearsal: Beethoven's "Eroica" 9:30 am - Beginner Aerobics (Chair) 10 am - Food & Beverage Comm. Mtg. 11 am - Video Lecture - Art Room 1 pm - Water Aerobics *2 pm - "Stampin' It Up!" Craft Class *7:15 pm - Depart for Symphony Classics: Beethoven's "Eroica" 8 pm - Channel 9 Movie <i>"Star Trek"</i></p>	<p>21 9 am - Croquet *7:15 pm - Depart for Symphony Classics: Beethoven's "Eroica" 8 pm - Channel 9 Movie <i>"My Sister's Keeper"</i></p>
<p>22 10:30 am - 2 pm - Sunday Brunch</p> <p>*1:45 pm - Depart for CPCC Theater: Neal Simon's "Plaza Suite"</p>	<p>23 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 10 am - 12 pm - Art Class 10:45 am - Deep Stretch & Flexibility 11:15 am - Cypress Countdown 1-3 pm - Beginning Drawing Class 3:15 pm - Bible Study *7 pm - Gin Game</p>	<p>24 9 am - Advanced Strength Training 10 am - Fit & Feisty Water Aerobics 10:15 - 10:45 am - Stretch Class 11 am - Twinges in the Hinges - Water 11-11:45 am - Beg. Strength Training *1 pm - Social Bridge 7:30 pm - BINGO Community Hall</p>	<p>25 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 1:30 pm - Balance with Tai Chi Mike 2:30 pm - Tai Chi Exercises & Moves *7:15 pm - Foursome Bridge with Wine & Coffee Served in Club Room</p>	<p>26 Thanksgiving</p> <p>Thanksgiving Buffet 10:30 am - 2:00 pm Reservations Required 704.714.5511</p> <p>No Exercise Class Today * </p>	<p>27 8 pm - Channel 9 Movie <i>"Angels & Demons"</i></p> <p>No Exercise Class Today</p>	<p>28 9 am - Croquet 3 pm - Reading with Winnie Club Room *7:15 pm - Depart for Symphony Pops: "Simply Sinatra" 8 pm - Channel 9 Movie <i>"Four Christmases"</i></p>
<p>29 10:30 am - 2 pm - Sunday Brunch</p>	<p>30 8:30 am - Low Impact Aerobics 9:30 am - Beginner Aerobics 10 am - 12 pm - Art Class 10:45 am - Deep Stretch & Flexibility 11:15 am - Cypress Countdown 1-3 pm - Beginning Drawing Class 3:15 pm - Bible Study</p>		<p>*Please remember to sign up for all underlined events</p>	<p>Stewart Health Center 704-714-5555 Member Fax Number 704-714-5575 Dinner Reservations 704-714-5511 Security/Guardhouse 704-714-5520</p>	<p>Every Wednesday Blood Pressure Checks 3:15 - 4:15 pm College Room Dietician, Kathy Weidner, also available Banking Hours Monday: 10:30 am - 2:30 pm Wednesday: 9:30 am - 2:30 pm</p>	<p>Drinks in the Clubroom Every Monday 5:00 - 6:00 pm</p> <p>Sundaes on Mondays 11:30 am - 2:00 pm</p>