

CYPRESS COVE *Activities Calendar*

Cypress Cove offers a wide variety of programs and events that will keep you active and social. This is just a sampling of regularly scheduled activities—from birthday celebrations to outings, to musical performances, there are additional programs and special events most every day!

FITNESS CLASSES

Singles Table Tennis	Sun	2:00 pm
Bone Builders	Mon/Wed	8:30 am
Balance & Stretch	Mon	10:00 am
Aqua Aerobics	Mon/Wed/Fri	10:30 am
Table Tennis	Mon/Wed/Fri/Sat	2:00 pm
Balance in Motion	Tue/Thu	9:30 am
Wheels in Motion	Tue	9:45 am
Simply Fit	Tue/Thu	10:30 am
Core on the Floor	Tue/Thu	8:30 am
Chair Yoga	Sat	10:30 am



<p>SUNDAYS</p> <p><i>Worship Service</i> 10:00 am</p> <p><i>Mini Bingo</i> 4:00 pm</p> <p><i>Movie</i> 4:00 pm</p> <p><i>Rummicube</i> 6:00 pm</p>	<p>MONDAYS</p> <p><i>Billiards</i> 9:00 am</p> <p><i>Mahjong Club</i> 9:30 am</p> <p><i>Shopping</i> 12:30 pm</p> <p><i>Ladies' Bridge</i> 1:00 pm</p> <p><i>Yacht Club</i> 3:30 pm</p>	<p>TUESDAYS</p> <p><i>Painting/Sketch</i> 10:00 am</p> <p><i>Poker</i> 12:30 pm</p> <p><i>Co-Ed Bridge</i> 1:00 pm</p> <p><i>Brain Fit</i> 1:00 pm</p> <p><i>French Lessons</i> 2:00 pm</p> <p><i>Euchre</i> 7:00 pm</p> <p><i>Trivia</i> 7:00 pm</p>
<p>WEDNESDAYS</p> <p><i>Coffee Klatch</i> 9:00 am</p> <p><i>Poker</i> 2:30 pm</p> <p><i>Bible Study</i> 7:00 pm</p>	<p>THURSDAYS</p> <p><i>Painting/Sketch</i> 9:30 am</p> <p><i>Catholic Service</i> 10:00 am</p> <p><i>Seamstress</i> 10:30 pm</p> <p><i>Tech w/Tiger</i> 11:00 am</p> <p><i>Poker</i> 12:30 pm</p> <p><i>Brain Fit</i> 1:00 pm</p>	<p>FRIDAYS</p> <p><i>Billiards</i> 9:00 am</p> <p><i>Shopping/Library</i> 9:00 am</p> <p><i>Mindfulness Group</i> 9:00 am</p> <p><i>Poker</i> 1:00 pm</p> <p><i>Duplicate Bridge</i> 6:20 pm</p>
<p>SATURDAYS</p> <p><i>Hand & Foot</i> 1:00 pm</p> <p><i>Movie Night</i> 7:15 pm</p>		