



Cypress Cove Activities

(239) 415-5100
 10200 Cypress Cove Drive
 Fort Myers, FL 33908
 www.Cypresscoveliving.org

January 2020

10:00 Worship Service	9:00 Billiards - BR	10:00 Painting/Sketch - 225	9:00 Coffee Klatch - CC	9:30 Paint./Sketching - 225	9:00 Billiards - BR	1:00 Hand and Foot - CR
4:00 Mini Bingo - CR	9:30 Mahjong Club - CR	12:30 Poker - BR	12:30 Poker - BR	10:00 Catholic Service - Lodge	9:00 Mindfulness Group- ER	7:15 Movie - EH
4:00 Movie - Channel 195	12:30 Shopping	1:00 Co-ed Bridge - CR	1:00 Clay Play- ST	10:30 Seamstress - ST	10:00 Shopping/Library	
4:00 Shuffleboard	1:00 Ladies' Bridge - CR	1:00 Brain Fit - ST	7:00 Bible Study - CR	12:00 Tech w/ Tiger- TEL	1:00 Poker - BR	
6:00 Rummicube - CR	3:30 Yacht Club Social - YC	7:00 Euchre - CR	7:00 Wild Wednesday Move- Channel 195	12:30 Poker - BR	6:20 Duplicate Bridge - EH	
	6:30 BOCCE -EH	7:15 Trivia - EH		1:00 Brain Fit - ST	7:00 Mexican Train	
				6:30 BOCCE -EH	Dominoes- ST	

Fitness Classes	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday 2:00 Singles Table Tennis - 4th Flr.				1 11:00--2:00 New Year's Day Buffet in the Dolphin Dining Room	2 11:30 Romeos-RT	3 1:00 Chair Volleyball -EH 2:00 Genealogy Meeting -CR	4 10:30 Simply Fit- EH 7:15 "The Hustler" - EH
Monday 8:30 Int. Bone Builders - EH 10:00 Balance and Stretch- EH 10:30 Int. Aqua Aerobics - Pool 11:00 Barbara's Chair Exercise- EH 2:00 Table Tennis - 4th Floor	5 12:30 Scott McDonald- SB 4:00 "Lion King" Dining Menu Week 3	6 2:00 Private Screening: PBS Masterwork Series -EH	7 5:15 Broadway Palm Presents: "Grumpy Old Men"- RT	8 12:00 Chronic Disease Workshop -EH 7:00 SWFL Symphony "Astralis" Concert -EH	9 10:00 HOPE/FLICRA Seminar-CR 1:00 Florida Rep presents "Alabaster" -RT	10 9:00 Mindfulness Class -CR 11:30 Savvy Caregiver Presentation -EH 5:00 Bruce Stone- SB	11 10:30 Chair Yoga- EH 7:15 Private Screening of "The Aeronauts" -EH
Tuesday 8:30 Adv. Core on the Floor - EH 9:30 Aqua Balance - Pool 9:45 Beg. Wheels in Motion 10:30 Int. Simply Fit - EH	12 1:30 Lee County Band 4:00 "The Natural" Dining Menu Week 4	13 2:00 LIVE Cleveland Museum Tour -EH	14 10:00 Caregiver Support Group- ER 1:00 FineMark Roundtable- EH 7:00 Book Club- ST	15 12:00 Chronic Disease Workshop -EH 3:30 New Resident Reception-EH	16 9:00 Marco Island Trip and Lunch at Snook Inn -RT 6:30 First Game of the Bocce Season- EH	17 9:00 Mindfulness Class- ER 10:30 Grief Support -ER 1:00 Chair Volleyball -EH 4:30- Piano music with Joy -SB	18 10:30 Saturday Stretch- EH 2:00 Cello and Singing with Alison Donohue- EH 7:15 "The Peanut Butter Falcon" -EH
Wednesday 8:30 Int. Bone Builders - EH 10:30 Int. Aqua Aerobics - Pool 2:00 Table Tennis - 4th Floor 3:00 Fitness Center Q&A- F.C.	19 12:30 Scott McDonald- SB 2:15 Cypress Cove Opera Society Presents: "Thais" by Massenet 4:00 "Rocketman" Dining Menu Week 5	20 12:00 Birthday Lunch -CC 2:00 "2020 -What's your Vision" REACH Rollout -EH	21 9:00 Provident Jewelry- ER 4:30 Executive Event: Chinese New Year- SB	22 12:00 Chronic Disease Workshop -EH 1:00 Florida Rep presents "Barefoot in the Park" -RT	23	24 9:00 Mindfulness Class -ER 2:00 "Waltzes, Ballads & Airs" Musical Folk Presentation -EH	25 10:30 Chair Yoga- EH 7:15 "The Tomorrow Man"- EH
Thursday 8:30 Adv. Core on the Floor - EH 10:30 Simply Fit - EH	26 4:00 "Maiden" Dining Menu Week 6	27	28 9:00-1:00 Goodwill Donation Pickup -TEL 1:00 Foreign Film Series: "Local Hero" -CR	29 12:00 Chronic Disease Workshop -EH 1:00 Medical Seminar presented by Mary Lewis. 7:00 Big Bingo -EH	30 10:00 New Resident Orientation -CR 2:00 Travel Opportunities Presentation by Isings Travel -CR	31 9:00 Mindfulness Class -ER 1:00 Think Tank "Water" -EH 5:00 Carolyn Moltue sings -SB	
Saturday 10:30 Week 1 & 5 Simply Fit - EH 10:30 Week 2 & 4 Chair Yoga - EH 10:30 Week 3 Stretch- EH 2:00 Table Tennis - 4th Floor	WILD CARD WEDNESDAY MOVIES: January 1—New Year's Eve January 8—Deadwood January 15—Once Upon A Time in Hollywood	WILD CARD WEDNESDAY MOVIES: January 22—Wolf of Wallstreet January 29—The Poison Rose		Red = Special Events Green = Travel Blue = Movies Purple = Wellness	Transportation for Appointments 415-5120 Monday through Friday 8:00 a.m. - 1:00 p.m.	EH - Edison Hall CR - Card Room BR - Billiards Room CC - Captain's Cove SB - Sand Bar	TEL - Triple Elevator Lobby ST - Studio ER - Estero Room RT - Rotunda RP - Resident Pavilion