



NCAA March Madness Brackets

Mark your calendars now to participate in The Cypress Member bracket! Selection Sunday is Sunday, March 15, when the 68-team bracket will be finalized. **Brackets will be available at Activities after 10 am on Monday, March 16. Submit your bracket at the activities desk by 10 am on Thursday, March 19.** No money will be collected, but bragging rights and a surprise gift await the winner of the whole bracket! The Final Four will be played in Indianapolis on April 4–6. Fun emails are sent to participants every week, so join the fun!



Annual Free Throw Contest

**Monday, March 23
1 pm | Sport Court**

You don't have to have a jump shot to participate in our annual Free Throw contest! All are welcome to participate in this competition, where you'll have three chances to toss the basketball to a *slightly* lowered basket. We will have a men's and women's division. Practice is encouraged and the balls and basket will be available in the afternoons when the sport court is free. **THERE WILL BE PRIZES**, so sign up today! Spectators are also invited to come and watch the drama unfold.

Sign up under # 23 in the Book.



Men's Book Club

We are considering a men's book club that would meet monthly and discuss books chosen by the group.

Sign up under Interested in the book.



Landis Wade, Author

Thursday, March 12 | 4 pm | College Room

Landis Wade, son of former Cypress member Julia Wade, is reading from his book "Deadly Gold Rush." His novel features heroes who live in a retirement community and was influenced by his mother's experience at The Cypress! He's put together an interesting slide show which promises to be a great afternoon! **Sign up under #12 in the Activities Book.**



Wear your School Colors Day!

Friday, March 13

Don your favorite jersey, cap or sweatshirt to represent your school colors! Members and employees are invited to participate!

Duplicate Bridge

Mondays, March 9 and 23 | 1 pm | Community Hall

If you need a partner, let Sydney know.

Sign up under #9 and/or #23 in the Book.



Social Ping Pong

Sunday, March 22 | 4 pm | Sport Court

We're pulling out the brand new Ping Pong Table! Join friends for a casual round robin in the Sport Court. Group will take turns and allow everyone to play. **Sign up under #22 in the Book.**



Upcoming Events



Bus Transportation

Wednesday, April 1 | Belk Theater

Departs 6:30 pm

Members need to purchase their own ticket.

Sign up under BROADWAY in the book.



Newberry Opera House

Brunch at Figaro

**Sunday, May 17 | Depart 10:45 am
\$100 includes tickets and brunch**

Swinging Medallions and brunch at nearby Figaro. What's not to love?. We'll plan to be home for a late dinner.

**Sign up under UPCOMING in the book.
To be billed in March.**



Bus Transportation

Saturday, May 2 | Belk Theater

Depart 1 pm

Members need to purchase their own ticket.

Sign up under BROADWAY

Cypress Attic Sale '26

Tuesday, October 6

Mark your calendars now for this event. Want to donate? A flyer has gone out with instructions and tips on donations to our important Alzheimer Fundraiser. Get a copy at Activities if you need another.



Hot Glass Alley Tour

**Thursday, March 26
Depart at 12:30 pm**

Take a peek into Charlotte's NoDa glass blowing studio and gallery to see artists creating hand blown HGA glass products. Learn about the process of glass making. The studio is family-owned by Jake Pfeifer and his wife. Jake began blowing glass at 14 years old and has a very interesting life story. Come see Charlotte's first hot glass art studio.

Sign up under #26 in the Activities Book.

Eagle's Wing Chorus

**Thursday, March 5 | 3 pm
Community Hall**

We are lucky at The Cypress to host a homeschool chorus called Eagle's Wing. These performers are voice-trained, high school age performers who are preparing for a performance of "Little Women the Musical" at CPCC's Parr Theater in May. Their repertoire includes fast and slow songs, oldies and newer tunes. You'll be impressed with their talent and entertained with their music.

Sign up under #5 in the Activities Book.



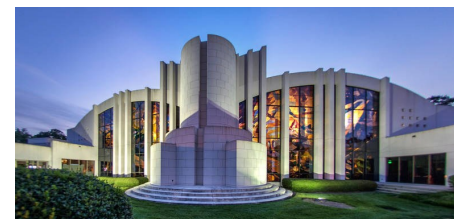
Veterans Services Office Hours

First Thursdays at The Cypress

Thursday, March 5 | 9:30 am - 12:30 pm | Lobby Conference Room

Welcome to the Mecklenburg County Veterans Community Support Services Team. They will be starting a monthly visit to help our Cypress veterans with their benefits needs and advisory services. Appointment sign up is via the Activities Book. Appointments are blocked in 30 minute segments. If you have never met with this team before, please sign up for two appointments to allow for an hour conference. New enrollees will also need to fill out three forms before their appointment. Pick forms up at the Activities Desk. We encourage all veterans and/or their spouses to meet with this team to maximize their benefits and continue this very generous support on our own property!

Sign up under #5 in the Activities Book.



Temple Israel Tour

with Rabbi Michael Wolk

Wednesday, March 11

Depart at 1:30 pm

Temple Israel is a Conservative synagogue located within the Shalom Park campus off Providence Road Completed in 1992, the modern building features a distinctive, intimate, in-the-round sanctuary with 600 seats and 5,000 square feet of stained-glass windows depicting the Five Books of Moses. It includes the Mindy Ellen Levine Chapel and recently renovated spaces. Rabbi Michael Wolk, who has led services at The Cypress, is Senior Rabbi of Temple Israel and will lead our tour. He was ordained in 2012 and has been at this temple since 2020.

Sign up under #11 in the Book.



My Better Half

Tuesday, March 24 | 7:30 pm | Community Hall

Welcome back Ellen and Frank Adams who bring together their complementary vocal styles and instrumental skills to create a sound that's both nostalgic and modern. With Ellen's soulful voice and Frank's guitar-driven melodies, their music perfectly blends influences from different genres and eras. From Rock and Roll, Old School Rhythm and Blues and Beach to Motown, Country and even Yacht Rock, you're in for a fun-filled ride through some of the best music of the past 50 years!

Sign up under #24 in the Activities Book.

Wicked Blend Quartet

Saturday, March 28 | 1:30 pm | Community Hall

As a response to member requests, we are happy to present a harmony quartet called Wicked Blend. This all female foursome has competed on the local, national and international level and promises to be a wonderful afternoon of entertainment. We don't often offer Saturday afternoon concerts, but this one will be worth it. Walk on over!

Sign up under #28 in the Activities Book.





Charlotte Checkers

Wednesday, March 17
Bus Departs at 6 pm
\$25 per person

Charlotte has a top tier AHL Hockey team that provides action filled sports fun for all. We have 10 front row seats, behind the goal with minimal stairs and bus dropoff at the front door. If demand is there, I have more tickets reserved. Join friends for a fun evening out.

Sign up under #17 in the Book.

Tanja Bechtler Cellist



Tuesday, March 31
7:30 pm | Community Hall

Tanja Bechtler is the artistic director and founder of the Bechtler Ensemble. She was a member of the Charlotte Symphony Orchestra for 12 years, and is an adjunct professor at Gardner-Webb University.

Sign up under #31 in the Book.



Curiosity U Video

AI: Past Present & Future
Fri, Mar 6 | 1 pm | College Room

Futurist, Georgetown Prof and higher education specialist Bryan Alexander breaks down what Artificial Intelligence is – and isn't – and forecasting its implications for our future. To what extent will our world be powered by AI? With constant experimentation and new developments almost daily, can we keep up with how fast it's moving? How will AI be monetized to benefit those creating and marketing this cutting-edge technology? What about the downside, from "deepfakes" and "hallucinations" to inherent biases and potential copyright infringement?
Sign up under #6 in the Book.

Lunch Bunch Trio Restaurant

Tuesday, March 10 | Depart at 12:15 pm

Trio Restaurant in South Charlotte is a long-standing (since 1992), family-owned spot offering American cuisine in a cozy, casual setting. Located on McMullen Creek Parkway, it is popular for its varied menu—ranging from steaks and pizzas to salads—and a lively bar. Known for consistent, high-quality food, it features a warm atmosphere, a popular weekend brunch, and a wood-burning oven.

Sign up under #10 in the Activities Book.



Simplify your Hive Workshop Organizing in Small Spaces

Wednesday, March 18 | 1 pm | College Room

Small spaces have their challenges and can easily look and feel cluttered or messy. Clutter comes at a cost—it occupies space in your home, but also in your brain. Tonia Bendickson Blooms from Bee Organized (and formerly from WBTV News) will host a workshop on managing your space, including an Organizing Profile quiz. Come spend an hour so you can "BEE ORGANIZED!" Tonia is looking for a few volunteers to bring their junk drawer contents in... Let Activities know if you're willing to share your drawer contents and get some free organization advice!
Sign up under #18 in the Activities Book.



Worship at The Cypress Dr. James Howell Myers Park United Methodist

Mon, Mar 9 | 11 am | Community Hall

James Howell is the Senior Pastor at Myers Park United Methodist Church. The church campus is a large, established congregation with over 5000 members and recently expanded with the 85,000 square foot Rosalind Sallenger Richardson Center of Hope featuring a gymnasium, café and assembly hall. Dr. Howell received his Ph.D. in Biblical theology from Duke University and has authored ten books. He is an adjunct professor of divinity at Duke as well. Join us for a short Methodist service in community hall.

Sign up under #9 in the Book.

Navigating Life's Changes

Wednesday,
March 25 | 4 pm
College Room



Mary Whittaker is a NC Licensed Mental Health counselor in private practice near The Cypress. She has extensive experience working collaboratively with individuals as they navigate life changes that many of our members experience... the stress of moving to a new city, getting an unwelcome health diagnosis, losing a spouse, changes in family, anxiety and/or personal growth. She'll present some tips and techniques that will help you set goals, improve your retirement and ensure you experience the life you want.

Sign up under #25 in the Book.



Trader Joe's Bus Trip

Tuesday, March 24 | Bus Departs at 2 pm | Bring grocery \$\$

Group grocery trip! We'll take the bus to Rae Road where you can get your favorite TJ's seasonal specials (and duck into Great Harvest Bakery too!)
Sign up under #24 in the Activities Book.



Therapist Alla Blank Carolina

MassageWorks

By Appointment | Former ATM Room
Call 980-332-2332 for appointment.
Alla is available weekdays and weekends!

Wellness Video "Defying Gravity"

Thursday, March 19
2 pm | Community Hall

Falls are now the leading cause of trauma related hospital visits across all age groups, with 1 in 4 adults over 65 experiencing a fall each year. In this LCS created webinar, Dr. Katharine Forth, a neuroscientist in motor coordination will share simple strategies for boosting stability, confidence and overall wellbeing.

Sign up under #19 in the Book.



Agility Testing with Sharon Alber

Monday, March 2 or 16 | 2 - 4 pm
Sport Court

To age well, maintaining strength and balance is imperative, though most people fail to train for agility as well. Sharon will be offering two proven tests for any interested member who can walk without a cane or walker. Wear comfortable clothes and close-toed shoes. Sign up is **mandatory**.

Sign up under #2 or #16 in the Book.



Cochlear Implants Presentation

Wednesday, March 11 | 2 pm | College Room

Some of our members have been blessed with a cochlear implant, a medical option that can help restore access to sound for those experiencing significant hearing loss. Improved hearing can reconnect you with conversations, family gathering, faith community, and the simple joy of everyday life. Come learn about this life changing technology.
Sign up under #11 in the Activities Book.



Wednesdays, March 11 and 25
12:15 pm | LIVE on 1394

A short video where Executive Director, Marty Jensen updates members on important info.



Third Monday Book Club

Monday, March 16
2 pm
College Room

The Great Divide is a 2024 historical fiction novel about the construction of the Panama Canal, focusing on the intersecting lives of fictional characters from different backgrounds. Jennifer Campbell will facilitate this month's discussion.

No sign up necessary.



Oil Painting with Heidi Kirschner

Wednesday, March 4 and 25
1 pm | Art Room
\$35 per session

This class is fun for all, but inexperienced artists find it so satisfying.

Sign up under #4 / #25 in the Book.

Pool Walk with Nancy

Wednesday, March 4
1:30 pm | Pool



Member Nancy Budd has generously offered to host a casual pool walk for exercise for anyone who wants to have some company in this healthy endeavor. All fitness levels are invited.

Sign up under #4 in the Book.



- | | |
|--------------------|----|
| Joan Polking | 1 |
| Barbara McClintock | 2 |
| Martha Atkins | 3 |
| Joyce Odom | 3 |
| Jack Thomas | 3 |
| Virginia Sykes | 4 |
| Vera Godwin | 5 |
| Patsy McKinnis | 5 |
| Jean Cossart | 6 |
| George Pickett | 7 |
| Harold Hope | 9 |
| Flynn Harris | 10 |
| Bonnie Blair | 11 |
| John Andrews | 15 |
| Bob Ivey | 16 |
| Gar VanDoren | 16 |
| Larry Wilkes | 16 |
| Chloellen Miller | 17 |
| Marshall Fall | 18 |
| Linda Hunter | 18 |
| Mary Pickitt | 18 |
| Peggi VanDoren | 18 |
| Tom Grasty | 19 |
| Jeff Mullins | 19 |
| Adelaide Davis | 20 |
| Jackie Harvey | 20 |
| Shevi Herbstman | 20 |
| Gayle Canaday | 21 |
| Jill Newton | 23 |
| Tom Hunter | 24 |
| Nancy Elberson | 25 |
| Marti Travelli | 27 |
| Jo Claire Dulin | 29 |
| Diane Boyd | 30 |
| Sherry Felkner | 31 |
| Karen Rezendes | 31 |

St. Patrick's Day 2026


Tuesday, March 17

Symphony Classical Series

Bus departs at 6:30 pm

Saturday, March 7
Ravel's Boléro | Belk Theater

Saturday, Mar 28
Devořák's New World Symphony
Knight Theater

 Sign up for the bus under Symphony in the Activities Book. Tickets should be purchased on your own.



Saturday, March 14 | Belk Theater
Bus departs at 1 pm
Purchase tickets on your own.
Sign up under Broadway.

Card Making Class



With Kathie Pettit
Monday, March 9 | 1 pm | Art Room
Sign up under #9 in Activities Book.



Trivia

Monday, March 16
3:30 pm | Community Hall
Come with or without a team for an afternoon of fun!
Sign up under #16 in the Book.

Men's Breakfast

Monday, March 9
Bus departs at 8:30 am
Sign up under #9 in Book.



Croquet

Practice:
Tuesdays at 9:30 am
Games:
Saturdays at 9:30 am
Community Hall

Because of the dining room upgrades, there may be dates in April when croquet must be closed. We will update you in April on any interruptions.
No sign up necessary.



Mah Jongg

Fridays | 2 pm | Club Room
Join members for a competitive game. **No sign up necessary.**



Social Bridge

Saturdays | 2 pm
Club Room



Poker

Wednesdays | 3 pm
Game Room
No sign up necessary.



MOLI
Tuesday,
Mar 3 & 24

9:30 - 11 am | Clubhouse Driveway
The Charlotte Mecklenburg Mobile Library distributes library cards, book check out, reservations and more!

Discussion Group

Mondays | 10 am | College Room
Join Cypress members in a lively discussion about current events and more.
No sign up necessary.



Mexican Train

Thursdays at 2 pm | Game Room
No sign up necessary.



Tuesday, March 10
10 - 11 am | Game Room
No sign up necessary.



Dementia Caregiver

Dementia Support

EVERY Wednesday | 10:15 am
Villa B Social Room
No sign up necessary.



Parkinson's Discussion Group

Thursday, March 19
11 am | Community Hall
No sign up necessary.



Wednesday, March 18
10 am | Game Room
Call 704-912-4422 for an appointment with Dr. Goutham Gosu.



Mondays, March 2 and 16
1 - 4 pm | Game Room
Call 704-542-3339 for an appointment with Dr. Tomas Cabrera.



Wednesday, March 4
Stewart Health Center
Call 1-877-345-5300 to schedule an appointment.

Board Committees

Board of Directors

Mary Crane
Quinton Friesen
Sue McElwain
Patricia Schaffer
Bill Schimming, President
Larry Taggart
Jack Thomas, Vice-President

Activities

Jane Rudisill - A
Patty Miller - B
Bert Barrett - C
Marjie Taggart - D
Teri Verbese - E
*Pam Epprecht - Chair, Cottages
Pat Schaffer - Board Liaison

Building & Grounds

*Bill Kieffer - A, Chair
Joe Cook - B
Chet Gurski - C
Sarah Gentry - D
Janice Bernstein - E
Skip Klapheke - Cottages
Quinton Friesen - Board Liaison

Finance

Stan Connell
Mike Epprecht
Roy Little
Don McIver
Ken Sweet
Bert Welch
*Gayle Wylie, Chair

Food & Beverage

Frances Thackston - A
Bonnie Blair - B
*Liz Kirsch - C, Chair
Candy Mullins - D
Bob Kuykendal - E
Anne Bramwell - Cottages
Sue McElwain - Board Liaison

Health & Safety

Dori Bowman - A
Carol Lassiter - B
Elaine Gurski - C
Jean Flynn - D
Kathy Kuykendal - E
*Michael Macfee - Cottages, Chair
Mary Crane - Board Liaison

Information Technology

Don Herbstman - A
Cal Lassiter - B
Joann Kansier - C
*Marsha Zaidman - D, Chair
Herb Verbese - E
Jackie Harvey, Cottages
Larry Taggart, Board Liaison

Some 2025 Best Picture Nominees



Tuesday, March 3 | 1:30 pm
Community Hall

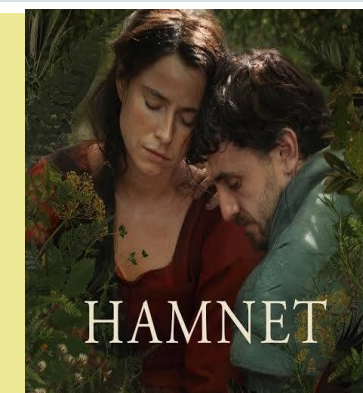
In the 1990s, Sonny Hayes was Formula 1's most promising driver until an accident on the track nearly ended his career. Thirty years later, the owner of a struggling Formula 1 team convinces Sonny to return to racing and become the best in the world. Driving alongside the team's hotshot rookie, Sonny soon learns that the road to redemption is not traveled alone.
PG-13 2025 | Action/Sports | 2h 36m

Sign up under #3 in the Activities Book.

Friday, March 13 | 1:30 pm
Community Hall

William Shakespeare and his wife, Agnes, celebrate the birth of their son, Hamnet. However, when tragedy strikes and Hamnet dies at a young age, it inspires Shakespeare to write his timeless masterpiece "Hamlet."
PG-13 2025 | Drama | 2h 5m

Sign up under #13 in the Activities Book.



Monday, March 30 | 1:30 pm | Community Hall

Sisters Nora and Agnes reunite with their estranged father, Gustav, a once-renowned director who offers Nora a role in what he hopes will be his comeback film. Nora turns it down, but she and her sister soon discover how to navigate a complicated relationship with Gustav while dealing with an American actress dropped right into the middle of their complex family dynamics. R 2025 | Drama/Tragicomedy | 2h 13m
Sign up under #30 in the Activities Book.

Movies at Home on
VCTV 1394



"F1"
Tuesday, March 10 | 2 pm
"Hamnet"
Friday, March 27 | 2 pm



Brain Boosters







Cranium Exercises to Maximize Memory

Friday, March 20 | 1 pm | Community Hall

Brain Boosters is a one-hour program run by Activities and Health Care Navigation where you'll introduce yourself to others and participate in mentally stimulating exercises that are fun including games, stimulating videos, writing exercises and cognitive puzzles. Sydney, Katie and Tiffany will look forward to seeing you at this welcoming, social fun and healthy activity!

Sign up under #20 in the Activities Book.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekly Fitness Programs						
	9 am - Cardio Lite - SC 10 am - Sit & Get Fit - SC 11 am - Tai Chi - SC	9 am - Core & More On The Mat - SC 10 am - Strength and Movement - SC 11 am - Functional Balance - SC 11:45 am - Aqua Fit - Pool 1 pm - Pickleball - SC	9 am - Cardio Lite - SC 10 am - Sit & Get Fit - SC 11 am - Full Body Stretch - SC 1:30 pm - Chair Volleyball - SC	9 am - Core & More On The Mat - SC 10 am - Strength and Movement - SC 11 am - Yoga - SC 11:45 am - Aqua Fit - Pool	9 am - Cardio Lite - SC 10 am - Sit & Get Fit - SC 11 am - Functional Balance - SC 12-1 pm - Pool & Spa Cleaning 1 pm - Pickleball - SC	Pool & Spa will close for construction Mid-March
Activity Programs						
1 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH	2 10 am - Small Discussion Group - CR 1-4 pm - Premier Audiology - GR 2-4 pm - Agility Testing - SC	3 9:30 am - Croquet Practice - CH 9:30 - 11 am - MOLI Library 1:30 pm - Best Picture Nominee "F1" - CH	4 OnSite Dermatology - SHC 10:15 am - Dementia Support - VB 1 pm - Oil Painting - AR 1:30 pm - Pool Walk with Nancy Budd - Pool 3 pm - Poker Game - GR 5 pm - Italian Buffet - CH	5 9:30 am - 12:30 pm - Veteran Services - Lobby Conference Room 2 pm - Mexican Train Dominoes - GR 3 pm - Eagle's Wing Performance - CH	6 1 pm - Curiosity U Video "A.I. Past, Present & Future" - CR 2 pm - Mah Jongg - CL	7 9:30 am - Croquet - CH 2 pm - Social Bridge - CL 6:30 pm - Depart for "Ravel's Boléro," Belk Theater
8 Daylight Savings Begins 11 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH 	9 8:30 am - Depart for Men's Breakfast at Park Place 10 am - Small Discussion Group - CR 11 am - Worship at the Cypress with James Howell - CH 1 pm - Card Making - AR 1 pm - Duplicate Bridge - CH	10 9:30 am - Croquet Practice - CH 10 am - Audibel Hearing - GR 12:15 pm - Depart for Trio Lunch Bunch 2 pm - Movie Replay "F1" - VCTV1394	11 RECYCLING 10:15 am - Dementia Support - VB 12:15 pm - Marty Live - VCTV1394 1:30 pm - Depart for Temple Israel Tour 2 pm - Cochlear Implants Presentation - CR 3 pm - Poker Game - GR	12 2 pm - Mexican Train Dominoes - GR 4 pm - Landis Wade, Author - CR 5 pm - Ladies' Dinner - DR	13 Wear your School Colors Day! 1:30 pm - Best Picture Nominee "Hamnet" - CH 2 pm - Mah Jongg - CL	14 9:30 am - Croquet - CH 1 pm - Depart for Broadway "Suffs," Belk Theater 2 pm - Social Bridge - CL
15 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH 	16 10 am - March Madness Brackets Begin 10 am - Small Discussion Group - CR 1-4 pm - Premier Audiology - GR 2 pm - 3rd Monday Book Club - CR 2-4 pm - Agility Testing - SC 3:30 pm - Trivia - CH	17 St. Patrick's Day 9:30 am - Croquet Practice - CH 5 pm - St. Patrick's Buffet - CH 6 pm - Depart for Charlotte Checkers 	18 10 am - Hearing Solutions - GR 10:15 am - Dementia Support - VB 1 pm - Simplify Your Hive Workshop - CR 3 pm - Poker Game - GR	19 10 am - March Madness Brackets Due 11 am - Parkinson's Group - CH 2 pm - Mexican Train Dominoes - GR 2 pm - Wellness Video "Defying Gravity" - CH 5 pm - Gentlemen's Dinner - DR	20 Spring Begins 1 pm - Brain Boosters - CH 2 pm - Mah Jongg - CL 	21 9:30 am - Croquet - CH 2 pm - Social Bridge - CL 
22 11 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH 4 pm - Social Ping Pong - SC	23 10 am - Small Discussion Group - CR 1 pm - Annual Free Throw Contest - SC 1 pm - Duplicate Bridge - CH	24 9:30 am - Croquet Practice - CH 9:30 - 11 am - MOLI Library 2 pm - Depart for Trader Joe's 7:30 pm - My Better Half Performance - CH	25 RECYCLING 10:15 am - Dementia Support - VB 12:15 pm - Marty Live - VCTV1394 1 pm - Oil Painting - AR 3 pm - Poker Game - GR 4 pm - Navigating Life's Changes - CR	26 12:30 pm - Depart for Hot Glass Alley Tour 2 pm - Mexican Train Dominoes - GR	27 2 pm - Mah Jongg - CL 2 pm - Movie Replay "Hamnet" - VCTV1394	28 9:30 am - Croquet - CH 1:30 pm - Wicked Blend Quartet - CH 2 pm - Social Bridge - CL 6:30 pm - Depart for Symphony "Dvořák's New World," Knight Theater
29 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH	30 10 am - Small Discussion Group - CR 1:30 pm - Best Picture Nominee "Sentimental Value" - CH	31 9:30 am - Croquet Practice - CH 7:30 pm - Tanja Bechtler Performance - CH 				

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 Sharon Alber 704-714-5531 | salber@cypressofcharlotte.com
 Katie Orzehowski 704-714-5562 | korzehowski@cypressofcharlotte.com



Stewart Health Center 704-714-5555
 Security/Guardhouse 704-714-5520
 Dinner Reservations 704-714-5511
 Member Fax Number 704-714-5575

Room Abbreviations
 CH = Community Hall
 CR = College Room
 CL = Club Room
 SC = Sport Court
 GR = Game Room
 DR = Dining Room
 SHC = Stewart Health Center

- Bus trip with sign up
- On campus with sign up
- Make appointment directly
- No sign up required
- Dining room reservation

