



Kinky Boots

Bus Transportation
Saturday, May 2 | Belk Theater
Depart 1 pm
Members need to purchase their own ticket.



Bus Transportation
Saturday, May 23 | Belk Theater
Depart 1 pm
Members need to purchase their own ticket.



Newberry Opera House with Brunch at Figaro

Sunday, May 17 | Depart 10:45 am
\$100 includes tickets and brunch
Live beach music from the 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 #17 in the book.
A few seats still available!

Brain Boosters

Will return in June! Watch for it!



Stroke Awareness

Wed, May 13 | 2 pm | College Room
Stroke awareness is critical, as quick action can prevent long term damage or death. One in four adults over 25 is expected to have a stroke in their lifetime. During this workshop, you'll learn to recognize symptoms, implement preventative measures and take action which makes the whole Cypress more safe.
Sign up under #13 in the Book.



Sean Mettler Country Singer

Tuesday, June 2 | 7:30 pm
Community Hall
Sign up under UPCOMING in the Book.

Upcoming Events

Broadway Season Tickets on Sale Now!

Go to blumentharts.org/events



Bus transportation will be provided for the 1ST SATURDAY MATINEE performances on Nov 7, Feb 13, Mar 27, Apr 24, Jun 19, Jul 10, Aug 14 and Sep 11.

Charlotte Symphony 2026-27 Classical Season Tickets on Sale!

- Rimsky-Korsakov's *Scheherazade*
- Schubert's *Symphony No. 9*
- Strauss & Beethoven
- Handel's *Messiah*
- Tchaikovsky's *Pathétique*
- Prokofiev's *Symphony No. 5*
- Beethoven's *Symphony No. 9*
- Gershwin's *Concerto in F*
- Dvořák's *Symphony No. 7*
- Debussy & Ravel
- Stravinsky's *Petrushka*
- Bruckner's *Symphony No. 9*

Bus transportation will be provided for the SATURDAY NIGHT performances on Oct 10, Oct 24, Nov 21, Dec 5, Jan 16, Feb 6, Feb 27, Mar 13, Apr 3, Apr 17, May 1 and May 22.



Line Dancing

In preparation for our Alzheimer's Fundraiser, we'll have periodic line dancing classes in the afternoons in June. Watch for it on VCTV!

Member Roundtable

Curana Health

Thursday, June 18 | 1:30 pm
Community Hall

Come to a Member Roundtable to hear the exciting updates from our new clinic provider, Curana Health care.
No sign up necessary.



PINEWOOD DERBY

Interest Meeting
Thursday, June 4 | 4 pm
College Room

We'll have the 3rd annual Cypress Pinewood Derby in July. For the uninitiated, we have a 35 foot track set up in Community Hall and members enter pinewood cars they have built and decorated for prizes in categories of speed, creativity and patriotism. Artists, wanna-be engineers and spectators alike enjoy this fun day!

Sign up under Upcoming in the Book.



Charlotte Ballet Rehearsal "One Thousand Pieces"

Thursday, May 7 | Depart at 1 pm
\$15 per person

Like light refracted through stained glass, Alejandro Cerrudo's "One Thousand Pieces" is set to the music of Philip Glass and inspired by the visions of Marc Chagall's America Windows. Metaphors of water, art and loved are depicted through dance and movement. The Charlotte Ballet opens its matinee dress rehearsal to seniors just before opening to the public. The seats are terrific, the performance is top notch, and the price is right. Sign up under #7 in the Activities Book.

Concert By the Lake with RLM

Wednesday, May 20
4 pm | By the Lake



Real Legendary Music "RLM" rock band returns to The Cypress this spring for a concert from the Dining Room Terrace to the whole community. Hit the patio, open your windows, or come down behind the clubhouse where we'll have tables and chairs for you to enjoy the quintessential and LOUD classic rock songs of the Beatles, Rolling Stones, Linda Ronstadt and more! Rain moves concert indoors at 7 pm.
No Sign Up Necessary.



Kentucky Derby Party

Saturday, May 2 | 5:30 pm
Community Hall | Bring \$ to bet

The 152nd Kentucky Derby takes place at 6:30 pm on May 2nd. You don't want to miss the festivities at the Cypress for this annual party. Don your best Churchill Downs party attire (meaning: a great HAT!) and bring your best luck for placing bets on horses to win, place or show. Hot brown sandwiches and light bites are served, along with delicious mint juleps. To make betting quick and easy, please be sure to sign up and let us know you're coming. Of course, gambling is always optional. Don't be late... betting closes 10 minutes before the race starts!

Sign up under #2 in the Book.

Titanic: The Exhibition

An Interactive History Recreation of the World's Most Famous Ship

Tuesday, May 19 | Depart at 1 pm | \$39 per person

Join us as we experience the story of the design, creation, launch, maiden voyage, and tragedy of the largest and most luxurious ship in the world at the time. Step inside vast, beautiful recreations of the ship's interior, hear music from the era and immerse yourself in the story of the real passenger whose boarding pass you hold. You'll find relics that survived the sinking of the Titanic and items from her sister ships; then prepare to walk above a sea floor complete with sand and broken artifacts on this one to 1.5 hour audio tour. Sign up under #19 in the Activities Book. Limit 8 tickets.



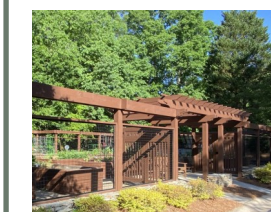
Rocky Shoals Spider Lillies Picnic & Hike

Wednesday, May 27 | Depart at 10:30 am | \$15

Landsford Canal State Park is home to the world's largest population of Rocky Shoals Spider Lillies in the world. These beautiful flowers bloom each year along the Catawba River and can be viewed from the park from May through mid-June. A flat, 1.5-mile, round-trip hike down the Canal Trail will take us to an overlook where the spider lilies can be best viewed. We'll have lunch at a reserved covered picnic area beforehand. If you aren't sure about your mobility on this trip, ask at the Activities desk.



Sign up under #27 in the Book.



Garden Gathering

All Members Invited!

Friday, March 8 | 10 am | Cypress Community Garden

Come take a stroll through our updated community garden, meet the gardeners, and enjoy coffee and light bites in our beautiful space! Gardeners will be on hand to tell you about their specific plantings, and you can see all the great upgrades our Plant department has implemented in our lovely gardens. Sign up under #8 in the Activities Book.



MEMORIAL DAY
Monday, 25 May 2026



Lunch Bunch at Papa Doc's

Tuesday, May 12 | Bring \$\$
Depart at 10:45 am

May is the perfect time for a lakeside lunch bunch! We'll head to Lake Wylie for a freshly prepared menu and/or cocktail and enjoy food, friends and fresh air! While seafood is the specialty, there are lots of choices including burgers, pasta and salads. There's plenty of space inside as well, so this trip is on RAIN OR SHINE!
Sign up under #12 in the Book.



Finding Strength in Loss & Hardship

Tuesday, May 12
4 pm | College Room

\$20 per person (billed via Cypress)
Mary Whittaker is a NC Licensed Mental Health counselor in private practice near The Cypress. A widow herself, she has extensive experience working collaboratively with individuals as they navigate life changes that many of our members experience. The goal of this group is to provide a safe, confidential, and welcoming space where participants can share their thoughts, feelings, and challenges while receiving compassionate guidance from Mary and meaningful support from one another. If you feel this group could be supportive for you—or if you're simply curious—we warmly encourage you to consider joining or to reach out for more information. Sometimes just taking the first step can make a meaningful difference.
Sign up under #12 in the Book.



Worship at The Cypress

Stewart Fenters and Chris Payne
New City Church

Mon, May 18 | 10 am | Community Hall



Stewart Fenters is the Worship Pastor at New City Church. He has a 2 masters degrees and a doctorate in Worship and Theology. He's been married for 15 years and has 2 sons. He accompanies Chris Payne, Senior Pastor in his 28th year of ministry, who also holds multiple post graduate degrees and a doctorate. Chris is a major in the US Air Force and is currently stationed at Shaw AFB, where he serves as chaplain. He is married and has 3 children.
Sign up under #18 in the Book.



Bingo

Tuesday, May 26 | 4 pm
College Room

We're trying to get the biggest group ever for Bingo! Join a fun group for a chance to win. We charge \$2 for the first card, and \$1 for any additional cards to play the entire hour. Please bring cash. When money is at stake, Bingo feels like a young person's game. Hee hee.
Sign up under #26 in the Book.



Myers Park Presbyterian Bible Study

Thursday, May 20 | 10 am
Club Room

All Cypress members are welcome to join clergy from Myers Park Pres at a monthly Bible study.
No sign up necessary.

Today's Yoga Pose Is
DOWNWARD SPIRAL



Yoga is canceled

Thursdays
May 7 & May 14



Trivia

Monday, May 4

Please note the change of date!
3:30 pm | Community Hall
Come with or without a team for an afternoon of fun!
Sign up under #4 in the Book.



Sunday, May 9



Digital Housekeeping

"Keeping files, photos and phone stuff organized."

Thursday, May 21 | 4 pm
College Room

Berkeley Gardner is a coach of adults and college students and has a new business, TechBridge for Seniors. She will hold a one-hour session concentrating on organizing your phone technology... cleaning out your email inbox, unsubscribing from junk email, and organizing and sharing photos from your phone. While this won't be a hands-on program, Berkeley will give you tips and tools to make managing your phone data a little bit easier. Join us for a useful and productive hour of learning!
Sign up under #21 in the Book.



Join us for a
MEMORIAL DAY PICNIC
Monday, May 25



Therapist Alla Blank

MassageWorks

By Appointment | Level 1 Clubhouse
Call 980-332-2332 for appointment.

Alla is available weekdays and weekends!



Croquet

9:30 am
No Practice in May
Tournament:
Saturdays, May 2 and 9
Games:

Saturdays, May 23 and 30
All members are invited to the May 9th Tournament to watch the game and enjoy Bloody Marys and light bites. Please note the schedule has changed due to dining room upgrades.

No sign up necessary.

Duplicate Bridge

Monday, May 11 | 1 pm | College Room

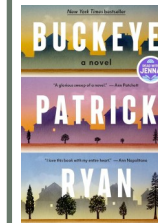
Please note the temporary location.
No bridge on May 25 because of Memorial Day Buffet.

If you need a partner, let Sydney know.
Sign up under #11 in the Book.

Third Monday Book Club

Monday, May 18
2 pm

College Room



Buckeye is a historical fiction novel that follows two couples in the fictional Ohio town of Bonhomie, from the end of WWII through the following decades, dealing with themes of love, family, secrets and the American experience. Liz Kirsch will facilitate this book discussion.

No sign up necessary.



Oil Painting

with Heidi Kirschner
Wednesdays, May 13 and 27
1 pm | Art Room
\$35 per session

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

Sign up under #13 and/or #27 in the Book.



May Dining Celebrations

Monday, May 4

Tuesday, May 5

Sunday, May 10

Monday, May 11

Wednesday, May 13

Thursday, May 14

Monday, May 18

Friday, May 22

Monday, May 25

Wednesday, May 27

Friday, May 29

Create Your Own Deli Sub

Cinco de Mayo Buffet

Mother's Day Brunch

Jacket Potato Bar

Chef's Three Course Dinner

Gentlemen's Dinner

Poached Salmon Nicoise Salad

Southern Style Buffet

Memorial Day Picnic Buffet

Chef's Three Course Dinner

Ladies' Dinner

Reservations at 704-704-5511. Subject to change.



Carolyn Lundin	1
Anne Duncan	2
Ineke Zonnenberg	2
George Atkins	3
Pam Epprecht	3
Neal Jones	3
Ken Scholl	3
Marilyn Simms	4
Anne Bramwell	5
Sally Gardner	5
Skott Smith	5
Sue McElwain	6
Mike Epprecht	7
Donna Holland	7
Barbara Karro	7
Alpo Crane	8
Kay Elder	8
Ken Kennedy	8
Shep Speight	8
Danielle Wilda	9
Gail Friesen	12
Rita Macfee	12
Gail Burton	13
Bill Burton	14
Sylvia Kercher	15
Jerry Miller	15
Leslie Clayton	16
Stan Connell	16
Sue Davis	16
Frances Evans	17
Quinton Friesen	17
Ben Hill	17
Michael Macfee	17
Marion Fall	19
Shirley Ivey	19
Annmarie Baxley	20
Peggy Shuford	20
Jean Flynn	23
Emma Frye	23
Carolyn Hollingsworth	25
Nancy G. Smith	27
Bill Spier	29
Don Herbstman	30
Pressly Gilbert	31



Symphony Classical Series

Bus departs at 6:30 pm

Saturday, May 16
Copland and Kahane
Knight Theater

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



Men's Breakfast

Monday, May 11
Bus departs at 8:30 am
Sign up under #11 in Book.

Card Making Class

With Kathie Pettit
No Cardmaking in May.
Class will return in JUNE.

Discussion Group

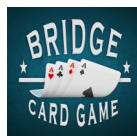
Mondays | 10 am | College Room
Join Cypress members in a lively discussion about current events and more.
No sign up necessary.



Veteran's Services Office Hours

Thursday, May 14
Lobby Conference Room

All appointments are currently taken for May 14. Edison will return on in July to see additional veterans and serve their needs.
Sign up for July under UPCOMING in the book.



Social Bridge

Saturday, May 30 ONLY | 2 pm
Club Room

Join friends for a casual, no pressure game of bridge. All levels and styles are invited to join the fun. Players will rotate in if needed.

Sign up under #30 in the Activities Book.



Mah Jongg

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



Wednesdays, May 6 and 20
12:15 pm | LIVE on 1394

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



Poker

Wednesdays | 3 pm
Game Room
No sign up necessary.



MOLI

Tuesdays, May 5 and 26
9:30 - 11 am

Clubhouse Driveway

The Charlotte Mecklenburg Mobile Library distributes library cards, book check out, reservations and more!



Mexican Train

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



Tuesday, May 12
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.



Thursday, May 21
11 am | Community Hall
No sign up necessary.



Wednesday, May 20
10 am | Game Room
Call 704-912-4422 for an appointment with Dr. Goutham Gosu.



Mondays, May 4 and 18
1 - 4 pm | Game Room
Call 704-542-3339 for an appointment with Dr. Tomas Cabrera.



Wednesday, May 6
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

May Movies



Wednesday, May 6 | 1:30 pm | Community Hall

Lily Trevino longs for a familial connection. Bob Trevino (unrelated) has endured a lot to the point of ignoring his own feelings and need for friendship, meaning, and connection. When they meet mistakenly on Facebook, Bob's small acts of fatherly kindness fill a familial void in Lily's life and hold the power to change her direction forever. These two must both learn they are worthy of extraordinary love exemplified through small acts of kindness.

PG-13 2025 | Comedy/Drama | 1h 45m
Sign up under #6 in the Activities Book.

Movie Replay on VCTV 1394

➔ "Bob Trevino Likes It"
Friday, May 15 | 2 pm

MOVIE AT HOME

Thursday, May 14 | 2 pm | VCTV1394

Amazon ranks *Melania* is the "highest grossing U.S. opening weekend for a documentary excluding music or concert films in the past decade." Come see the first lady navigate the complexities of the White House transition as she prepares for the role of first lady again, twenty days before the 2025 presidential inauguration.

PG 2026 | Documentary | 1h 48m

Sign up under #14 in the Activities Book.



BOX OFFICE WITH BLANCHARD!

Friday, May 29 | 1:30 pm | Community Hall

Come to hear Cypress member, *George Blanchard's introduction to this classic film.* Texas dishwasher Joe Buck (Jon Voight) quits his job and heads for New York City, thinking he'll latch on to some rich dowager. Joe soon finds himself living in an abandoned building with a Dickensian layabout named Enrico Ratso Rizzo (Dustin Hoffman). The two form a rough alliance, and together they kick-start Joe's hustling career just as Ratso's health begins to deteriorate.

1969 | Drama/Buddy | 1h 53m

Sign up under #29 in the Activities Book.



Fitness Walking Challenge

Through May 31

It's not too late to get fit, socialize and enjoy the spring weather with our 2026 Spring Walking Challenge. Track your steps from April 1 to May 31 see how close you get to our virtual Pigeon Forge destination. Walk with friends or by yourself to reach your best results, and have fun! Prizes will be awarded! This is NOT a race, but a way to get healthy while the weather is at its best! Sign up at Activities to participate.



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 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 No Yoga - May 7 & 14	9 am - Cardio Lite - SC 10 am - Sit & Get Fit - SC 11 am - Functional Balance - SC 1 pm - Pickleball - SC	Pool and Spa updates on Member Portal
Activity Programs						
	Walking Challenge continues!				1 2 pm - Mah Jongg - CL	2 9:30 am - Croquet Tournament - CH 1 pm - Depart for Broadway "Kinky Boots," Belk Theater 5:30 pm - Kentucky Derby Party - CH
3 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH	4 10 am - Small Discussion Group - CR 1-4 pm - Premier Audiology - GR 3:30 pm - Trivia - CH	 5 Cinco de Mayo 9:30 - 11 am - MOLI Library 5 pm - Cinco de Mayo Buffet - CH	6 RECYCLING OnSite Dermatology - SHC 10:15 am - Dementia Support - VB 12:15 pm - Marty Live - VCTV1394 1:30 pm - Movie "Bob Trevino Likes It" - CH 3 pm - Poker Game - GR	7 1 pm - Depart for Ballet Dress Rehearsal "One Thousand Pieces," Knight Theater 2 pm - Mexican Train Dominoes - GR	8 10 am - Garden Gathering - Garden 2 pm - Mah Jongg - CL	9 9:30 am - Croquet Tournament - CH
10 Mother's Day 10 am - MP Presbyterian Church - VCTV1394 11 am - Mother's Day Brunch - CH	 11 8:30 am - Depart for Men's Breakfast at Park Place 10 am - Small Discussion Group - CR 1 pm - Duplicate Bridge - CR	12 10 am - Audibel Hearing - GR 10:45 am - Depart for Papa Doc's Lunch Bunch 4 pm - Finding Strength in Loss & Hardship - CR	13 10:15 am - Dementia Support - VB 1 pm - Oil Painting - AR 2 pm - Stroke Awareness - CR 3 pm - Poker Game - GR	14 8:30 am - 12:30 pm - Veteran Services - Lobby Conference Room 2 pm - Mexican Train Dominoes - GR 2 pm - Movie "Melania" - VCTV1394 5 pm - Gentlemen's Dinner - DR	15 2 pm - Mah Jongg - CL 2 pm - Movie Replay "Bob Trevino Likes It" - VCTV1394	16 No Croquet 6:30 pm - Depart for Symphony "Copland & Kahane," Knight Theater
17 10 am - MP Methodist Church - VCTV1394 10:45 am - Depart for "Swingin' Medallions," Newberry Opera House 11 am - Brunch - CH	 18 10 am - Small Discussion Group - CR 10 am - Worship at the Cypress with Stewart Fenters & Chris Payne - CH 1-4 pm - Premier Audiology - GR 2 pm - 3rd Monday Book Club - CR	19 1 pm - Depart for Titanic Exhibition	 20 RECYCLING 10 am - Hearing & Balance - GR 10 am - MP Presbyterian Bible Study - CL 10:15 am - Dementia Support - VB 12:15 pm - Marty Live - VCTV1394 3 pm - Poker Game - GR 4 pm - RLM Band Party - Lake	21 11 am - Parkinson's Group - CH 2 pm - Mexican Train Dominoes - GR 4 pm - Digital "Housekeeping" - CR	22 2 pm - Mah Jongg - CL 5 pm - Southern Style Buffet - CH	23 9:30 am - Croquet - CH 1 pm - Depart for Broadway "The Notebook," Belk Theater
24 10 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH	 25 Memorial Day 10 am - Small Discussion Group - CR 5 pm - Memorial Day Picnic - CH	26 9:30 - 11 am - MOLI Library 4 pm - Bingo - CR	27 10:15 am - Dementia Support - VB 10:30 am - Depart for Rocky Shoals Spider Lillies Picnic & Hike 1 pm - Oil Painting - AR 3 pm - Poker Game - GR	28 2 pm - Mexican Train Dominoes - GR	 29 1:30 pm - Movie "Midnight Cowboy" with George Blanchard - CH 2 pm - Mah Jongg - CL 5 pm - Ladies' Dinner - DR	 30 9:30 am - Croquet - CH 2 pm - Social Bridge - CL
31 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH						

Sydney Coffin 704-714-5567 | scoffin@cypressofcharlotte.com
 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

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