



Pinewood Derby Interest Meeting

Thursday, June 4 | 4 pm | College Room

We'll have the 3rd annual Cypress Pinewood Derby on July 28. 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 #4 in the Book.**

Line Dancing Practice

Mondays, June 8 and 22 | 3 pm | Sport Court

Come get in a little practice for our Line Dancing activity during the Alzheimer's "Do What you Love" fundraiser. Sharon will lead the class... no experience necessary, AND it's a great workout!

No sign up necessary.



Mexican Train Lesson

Thursday, June 4 | 1 pm | Game Room

Regular Games: Thursdays at 2 pm | Game Room

Have you been thinking about joining our Cypress Mexican Train Domino game but were afraid to start? Our regular players will hold a one hour lesson on June 4 so that members can learn the Cypress way of playing and can join the 2 pm Thursday games at a running speed. **Lesson: Sign up under #4 in the book. Games: No sign up necessary.**



Trivia

Monday, June 15 | 3:30 pm | Community Hall
Come with or without a team for an afternoon of fun!
Sign up under #15 in the Book.



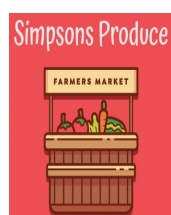
Upcoming Events



Pinewood Derby
Tuesday, July 28

Cybersecurity Safety With Quinten Withers

Tues, July 14 | 2 pm | College Room
Understanding cybersecurity means keeping your life savings from predatory scammers, maintaining independence in the digital age and confidently connecting with loved ones. Quentin from our IT department will teach practical skills for spotting phishing and scams. **Sign up under #14 in the Book.**



Trader Joe's & Kings Dr. Market

Tuesday, June 2 | Bring \$\$
Depart at 1:30 pm

The King's Drive Farmers Market, Simpson's, is OPEN! We'll stop there and then head to Trader Joe's for a short grocery excursion.
Sign up under #2 in the Book.



Attic Sale
Tuesday, October 6



Cowpens National Military Park

with Lunch at Southern Fusion BBQ Barn
Thursday, July 9 | \$20

Our second revolutionary battlefield visit with a driving tour of the battlefield.
Sign up under UPCOMING in the Activities Book.



THE CYPRESS
of Charlotte

SCENE

Events and Happenings

JUNE, 2026

America's 250th

Celebrate America's Semi Quincentennial

This summer, we'll celebrate the birthday of our country with a series of trips to historical revolutionary sites within an 90 minutes of The Cypress. We'll do one trip each month this summer with a tour guide, a stop for lunch or dinner and some historic celebrations of our country. These three battles took place in the Southern Theater and were crucial to the shift in momentum against the British Army.

- Battle of Kings Mountain (October 7, 1780)
- Battle of Cowpens (January 17, 1781)
- Battle of Guilford Courthouse (March 15, 1781)

Trips are planned for June 17, July 9 and August 12. Look for July and August details in upcoming Scenes! And watch "The Patriot" in Community Hall on June 3!



Kings Mountain National Military Park

with Lunch at 238 Cherokee Grill

Wednesday, June 17 | Depart at 10:15 am | Bring \$\$ for Lunch

We'll start our revolutionary battlefield visits with a trip to Kings Mountain, where a force of American Patriot militiamen, including the Overmountain Men from the Appalachian frontier, trapped and defeated Loyalist forces commanded by British Major Patric Kerguson. We'll start with lunch at a casual, American spot in quaint downtown Kings Mountain. Then, we'll tour the small museum, watch a short historic film, and get a brief presentation by a Park Ranger about why Thomas Jefferson said this battle was the "turn of the tide of success."

Sign up under #17 in the Activities Book.



Joe Sib Comedian

Thursday, June 18
7:30 pm
Community Hall



Joe Sib is a comedian known for his witty and engaging stand-up performances. He incorporates his life experiences from growing up in California to being a former punk rock frontman to his now current life as a father into his comedy routines. His performances are appreciated for their authenticity, humor and his fresh and honest perspective.
Sign up under #18 in the Activities Book.



Sean Mettler Country Artist

Tuesday, June 2 | 7:30 pm
Community Hall

Sean Mettler is a 2 time Carolina Music Award Nominee, has performed for the Carolina Panthers, in Nashville songwriting nights, and in over 60 charity fundraisers. His music is a mix of country, southern rock and blues. Join us for a night of boot stomp'n' fun!
Sign up under #2 in the Activities Book.

DO WHAT YOU LOVE TO END ALZ

ALZHEIMER'S ASSOCIATION

Wednesday, June 24

Join us for our annual Alzheimer's fundraiser, where members are offered a full day of interactive fun and enrichment in exchange for an optional donation to a valuable cause that many of our members experience first or second hand. Join us for one or all of the events below!

DRUM CIRCLE

GET FIT WHILE YOU GET THE BEAT!

NO EXPERIENCE NECESSARY.

9:30 AM | 10:15 AM

FLOWERS & FRIENDS

MAKE BOUQUETS WITH AND FOR MEMBERS AT THE STEWART HEALTH CENTER

11 AM

ICE CREAM SOCIAL

MAKE YOUR OWN SUNDAE AND PLAY GAMES WITH FRIENDS

1—2:30 PM

LINE DANCING

MEMBERS AND EMPLOYEES ARE BOOTSCOOTIN' WITH SHARON

2 PM

ROCK AND ROLL BINGO

HAVE FUN, SING ALONG, AND WIN PRIZES AT THIS FUN MUSICAL GAME!

4 PM

All events are in Community Hall, except Flowers and Friends, which is in SHC. Bring Cash or Check made to WNC Alzheimer's Association.
Sign up under #24 in the Activities Book.

Long Term Care Insurance Info Session



Wed, June 10 | 2 pm | College Room

Gwen Smith for Amada Senior Care will present an encore performance about getting the most from your long term care insurance. Come learn the tips for maximizing your coverage. Questions welcomed!
Sign up under #10 in the Book.

Myers Park Methodist Bible Study

Wednesday, June 17
10 am | Villa B Social Room

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



Lunch Bunch at Capital Grille

Tuesday, June 30 | Bring \$\$ | Depart at 11:30 am

From the moment you step into The Capital Grille, the experience is one of comfortable elegance. African mahogany paneling and Art Deco Chandeliers provide a warm, stately setting for their nationally renowned dry aged steaks, fresh seafood, and acclaimed world class wines. With service as gracious as it is attentive, you'll have a fine lunch experience with friends this month.

Sign up under #30 in the Book.

Ladies' Shopping Trip

Interior Objects by Tom Underwood

Thursday, June 4 | Bring \$\$ | Depart at 10:45 am

Join friends for a fun-filled morning at Interior Objects, a lovely gift shop that's beautiful and ready to welcome summer with new home décor items and gifts. Shop the largest selection of Mahjonn products in Charlotte—tiles, mats, racks, bags and accessories. Light refreshments will be served!

Sign up under #4 in the Book.



Natasha Hunter Motown Vocalist

Wednesday, June 10
7:30 pm

Community Hall

Natasha Sims-Hunter is a soulful gospel and R&B vocalist based in the Charlotte area. She is well-known in the local community for her moving performances, which frequently include singing the National Anthem and delivering inspirational sets at major Charlotte events. She's also a former employee at the Cypress! Join her for an hour of dynamic vocal style.

Sign up under #10 in the Book.



Loss Support

Tuesday, June 9
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. Join this 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.

Sign up under #9 in the Book.



Therapist Alla Blank Carolina

MassageWorks

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

Alla is available weekdays and weekends!



Croquet Games

9:30 am
Saturdays

Community Hall

No practice in June.

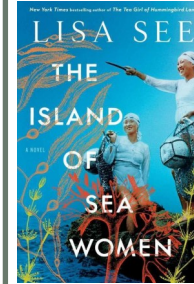
No sign up necessary.



Duplicate Bridge

Monday, June 8 and 22
1 pm | Community Hall

If you need a partner, let Sydney know.
Sign up under #8 and/or 22 in the Book.



Third Monday Book Club

Monday, June 15
2 pm
College Room

The Island of Sea Women, written by American author Lisa See, is a 2019 historical novel set on the Korean island of Jeju, and telling the story of a friendship between Mi-ja, the daughter of a Japanese collaborator, and Young-Sook, the heir apparent in a family of haenyeo. Kathy Cook will facilitate this book discussion.

No sign up necessary.



Oil Painting

with Heidi Kirschner

Wednesday, June 10
1 pm | Art Room
\$35 per session

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

Sign up under #10 in the Book.



Nancy Budd	1
Beverly Keller	1
Carol Lassiter	1
Bob Bradford	2
Bill Schimming	2
Patricia Spearman	2
Mary Capps	3
Margaret Dunn	4
Lou Ann Reische	4
Ray Weir	5
Betty Lynn Lambert	6
Jane Harris	7
Herb Verbese	7
Bill MacDonald	8
Roger Smith	9
Dan Wilson	9
Nancy Marple	10
Marlene Robinson	10
Becky Schroeder	11
Mitzi Roper	12
Earl Bramwell	13
Katharine Freeman	15
Irene Hall	15
Kiah Ford	16
Ann Link	16
Keith Stoneman	17
Buddy DuBose	18
Linda Atkins	19
Bill Kieffer	21
Patricia Schaffer	21
Doug Murdoch	22
Bill Hull	23
Marjorie James	27
Bud Walker	27
Bill Budd	28
Sally Cooper	28
M.E. Hessberg	28
Bill Mullis	28
Iso Breen	29
Katherine Riopel	29
Janice Bernstein	30
Libba Pickett	30
Ray Samuels	30

Kings Mountain Preserve

Tuesday, June 23 | 4 pm | College Room

Isshaela Ingham, granddaughter of a Cypress member Martha Millhouse and daughter of soon-to-be members Doug and Cheri Burns, is Community Engagement Coordinator at Kings Mountain Preserve in Blacksburg, SC. Her sister Carissa was buried there under a maple tree. It is the East Coast's first combination Conservation Burial Ground and Funeral Home. This unique combination provides the most economical and environmentally friendly services for your loved one from the moment of their passing until the conclusion of the burial. Come learn about this earth-friendly option. Sign up under #23 in the Activities Book.



Member Roundtable

Featuring 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.



Ping Pong

Saturday Afternoons in June on the Sport Court

Beginners Play/Practice: 1 pm | Competitive Games: 2:30 pm

Activities has a wonderful new ping pong table that isn't getting much use. Interested in hitting the ball around or playing a game? We'll set the table up for the weekend, so folks can meet and play at the times above. Balls and Rackets will be on the table. Come on over! No sign up necessary.



FLAG DAY IS JUNE 14

June Dining Celebrations

Monday, June 1

Wednesday June 3

Monday, June 8

Thursday, June 11

Friday, June 12

Monday, June 15

Wednesday, June 17

Thursday, June 18

Sunday, June 21

Monday, June 22

Wednesday, June 24

Thursday, June 25

Monday, June 30

Loaded Black Chicken/Shrimp Pasta

Chef's 3 Course Dinner

Chili Dog Station

Gentlemen's Dinner

Nashville Buffet

Carne Asada Station

French Buffet

Wine Dinner

Father's Day Brunch Buffet

Tossed Chicken Wing Station

Chef's 3 Course Dinner

Ladies' Dinner

Prime Rib Station

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



Cool Fridays Are Back!

Fridays, June 12 and 26

Come to the dining room between 11:30 and 1:30 pm and get your ice cream cone!



Men's Breakfast

Monday, June 8
Bus departs at 8:30 am
All men are invited to join this monthly casual breakfast trip.
Sign up under #8 in Book.

Card Making Class

With Kathie Pettit
Monday, June 8 | 1 pm
Art Room
Sign up under #8 in the Book.

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

Next visit: July 2
Lobby Conference Room
Edison Platt makes monthly visits to the Cypress to advise veterans and serve their needs. **Going forward, members are asked to contact Edison directly for appointments at 980-314-1907 or edison.platt@mecklenburgcountync.gov**



Social Bridge

Saturday, June 27 | 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 #27 in the Activities Book.



Mah Jongg

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



Wednesdays, June 3 and 17
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 Poker 6/24.



MOLI

Tuesday, June 16
9:30 - 11 am
Clubhouse Driveway
The Charlotte Mecklenburg Mobile Library distributes library cards, book check out, reservations and more!

Marion Diehl Pool

While the pool is closed, members are invited to utilize the Marion Diehl Community Pool on Fairview Road. The Cypress will reimburse your monthly expenses there. **See Activities for more information.**

Marion Diehl Pool Hours

Monday - Thursday: 9 a.m. - 1 p.m. and 5 p.m. - 8:30 p.m.
Friday & Saturday: 9 a.m. - 1 p.m. | Sunday: 1 p.m. - 4:30 p.m.



No Chair Volleyball On June 24.

Come to Alzheimer's "Do What You Love" Instead!



Tuesday, June 9
10 - 11 am | Game Room
No sign up necessary.

Dementia Support

EVERY Wednesday | 10:15 am
Club Room
NOTE NEW LOCATION!
All caretakers welcome. No sign up.



Thursday, June 18
11 am | Community Hall
No sign up necessary.



Wednesday, June 17
10 am | Game Room
Call 704-912-4422 for an appointment with Dr. Goutham Gosu.



Mondays, June 1 and 15
1 - 4 pm | Game Room
Call 704-542-3339 for an appointment with Dr. Tomas Cabrera.



Wednesday, June 3
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

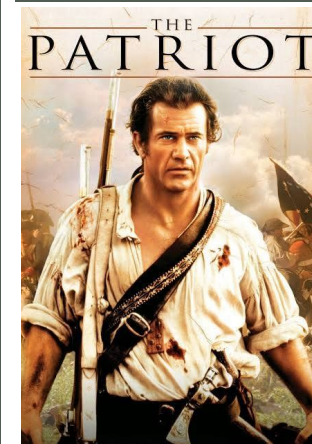
Finance
Stan Connell
Mike Epprecht
Roy Little
Don McIver
Ken Sweet
Bert Welch
*Gayle Wylie, Chair

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

June Movies



Wednesday, June 3 | 1:30 pm
Community Hall

A widowed farmer, with a brave but brutal military past, decides not to join up when the British arrive in 1776. However, when his son enlists and is later captured by the enemy, the former soldier must abandon his new-found pacifist principles in order to rescue his oldest child, and forms a regiment of Carolina patriots, whose guerrilla tactics prove pivotal to the US war effort.

R | 2000 | War/Action | 2h 45m
Sign up under #3 in the Activities Book.

Thursday, June 11 | 1:30 pm | Community Hall
REPLAY: June 23 | 2 pm | VCTV 1394

Based on the bestselling phenomenon by Shelby Van Pelt. Grieving cleaning woman Tova forms an unlikely friendship with curmudgeon Marcellus — a giant pacific octopus that lives at the aquarium where she works. Unbeknownst to Tova, Marcellus is on a mission to solve a mystery that will heal the widow's heart and lead her to a life-changing discovery.

PG 2026 | Mystery | 1h 51m
Sign up under #11 in the Activities Book.



Friday, June 26 | 1:30 pm | Community Hall
REPLAY: June 29 | 2 pm | VCTV 1394

Science teacher Ryland Grace wakes up on a spaceship with no recollection of who he is or how he got there. As his memory slowly returns, he soon discovers he must solve the riddle behind a mysterious substance that's causing the sun to die out. As details of the mission unravel, he calls on his scientific training and sheer ingenuity -- but he may not have to do it alone.

2026 | Sci-fi/Adventure | 2h 36m
Sign up under #26 in the Activities Book.



Brain Boosters

Cranium Exercises to Maximize Memory
Friday, June 19 | 1 pm | Community Hall

This month we'll continue with our social icebreakers, mini health lecture and mentally stimulating games. Our theme for June will be healthy breakfasts, and we'll make some granola with add-ons for the members to take home. Reminder: Brain Boosters is a fun, engaging activity meant for all independent living members to come together and engage to increase brain health... there are no tests or qualifications... just a willingness to participate in games, social connection and a little education. Come on in!

Sign up under #19 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 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 Chair Volleyball cancelled 6/24	9 am - Core & More On The Mat - SC 10 am - Strength and Movement - SC 11 am - Yoga - SC	9 am - Cardio Lite - SC 10 am - Sit & Get Fit - SC 11 am - Functional Balance - SC 1 pm - Pickleball - SC	Pool and Spa closed for repairs
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Activity Programs

	1 10 am - Small Discussion Group - CR 1-4 pm - Premier Audiology - GR	2 1:30 pm - Depart for Kings Drive Farmers Market and Trader Joe's 7:30 pm - Sean Mettler Performance - CH	3 RECYCLING OnSite Dermatology - SHC 10:15 am - Dementia Support - CL 12:15 pm - Marty Live - VCTV1394 1:30 pm - Movie "The Patriot" - CH 3 pm - Poker Game - GR	4 10:45 am - Depart for Interior Objects 1 pm - Mexican Train Lesson - GR 2 pm - Mexican Train Dominoes - GR 4 pm - Pinewood Derby Interest Meeting - CR	5 2 pm - Mah Jongg - CL	6 9:30 am - Croquet - CH 1 pm - Beginners Ping Pong - SC 2:30 pm - Competitive Ping Pong - SC
7 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH	8 8:30 am - Depart for Men's Breakfast at Park Place 10 am - Small Discussion Group - CR 1 pm - Card Making - AR 1 pm - Duplicate Bridge - CR 3 pm - Line Dancing Practice - SC	9 10 am - Audibel Hearing - GR 4 pm - Loss Support with Mary Whittaker - CR	10 10:15 am - Dementia Support - CL 1 pm - Oil Painting - AR 2 pm - Long Term Care Insurance - CR 3 pm - Poker Game - GR 7:30 pm - Natasha Hunter Performance - CH	11 1:30 pm - Movie "Remarkably Bright Creatures" - CH 2 pm - Mexican Train Dominoes - GR 5 pm - Gentlemen's Dinner - DR	12 11:30 am - 1:30 pm - Cool Friday - DR 2 pm - Mah Jongg - CL 5 pm - Nashville Buffet - CH	13 9:30 am - Croquet - CH 1 pm - Beginners Ping Pong - SC 2:30 pm - Competitive Ping Pong - SC
14 Flag Day 10 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH	15 10 am - Small Discussion Group - CR 1-4 pm - Premier Audiology - GR 2 pm - 3rd Monday Book Club - CR 3:30 pm - Trivia - CH	16 9:30 - 11 am - MOLI Library 4 pm - Jim Tobalski "Butterflies, Bees, and Other Insect Friends" - CH	17 RECYCLING 10 am - Hearing & Balance - GR 10 am - MPUMC Bible Study - Villa B 10:15 am - Dementia Support - CL 10:15 am - Depart for King's Mountain and Cherokee Grill Lunch 12:15 pm - Marty Live - VCTV1394 3 pm - Poker Game - GR 5 pm - French Buffet - DR	18 11 am - Parkinson's Group - CH 1:30 pm - Member Roundtable - CH 2 pm - Mexican Train Dominoes - GR 5 pm - Wine Dinner - DR 7:30 pm - Joe Sib Comedian - CH	19 1 pm - Brain Boosters - CH 2 pm - Mah Jongg - CL	20 9:30 am - Croquet - CH 1 pm - Beginners Ping Pong - SC 2:30 pm - Competitive Ping Pong - SC
21 Father's Day / Summer Begins 10 am - MP Methodist Church - VCTV1394 11 am - Father's Day Brunch - CH	22 10 am - Small Discussion Group - CR 1 pm - Duplicate Bridge - CR 3 pm - Line Dancing Practice - SC	23 2 pm - Movie Replay "Remarkably Bright Creatures" - VCTV1394 4 pm - Kings Mountain Preserve - CR	24 DO WHAT YOU LOVE TO END ALZ 9:30 am - Drum Circle - CH 10:15 am - Drum Circle - CH 10:15 am - Dementia Support - CL 11 am - Flowers & Friends - SHC 1 pm - Ice Cream Social - CH 2 pm - Line Dancing - CH 4 pm - Rock and Roll Bingo - CH	25 2 pm - Mexican Train Dominoes - GR 5 pm - Ladies' Dinner - DR	26 11:30 am - 1:30 pm - Cool Friday - DR 1:30 pm - Movie "Hail Mary" - CH 2 pm - Mah Jongg - CL	27 9:30 am - Croquet - CH 1 pm - Beginners Ping Pong - SC 2 pm - Social Bridge - CL 2:30 pm - Competitive Ping Pong - SC
28 10 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH	29 10 am - Small Discussion Group - CR 2 pm - Movie Replay "Hail Mary" - VCTV1394	30 11:30 am - Depart for Capital Grill Lunch Bunch				

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