

Evening Bingo

Thursday, September 17 | 6:30 pm
Community Hall

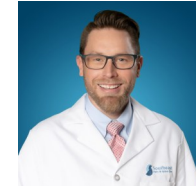
Come for an evening activity where everyone has fun! We're going back to traditional bingo on this night, so bring your \$1 bills and get ready to win big! **NOTE THE EVENING TIME!**
Sign up under #17 in the Activities Book.



Trader Joe's

Wednesday, September 9 | Depart at 1:30 pm | Bring \$\$

Join us for a short trip to Rea Road to visit Trader Joe's. Pumpkin spice flavors should be out for the taking! Check out Great Harvest Bread Company next door too.
Sign up under #17 in the Activities Book.



Discovery Series Pain & Spine Care

Wed, September 9 | 2 pm | College Room
Dr. Troy Gingerich of Southeast Pain and Spine Care will provide practical updates on the latest evidence-based interventional pain management treatments and referral pathways for patients suffering from acute and chronic pain.
Sign up under #9 in the Book.



Men's Book Club

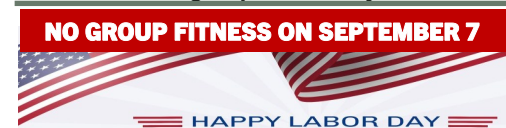
Interest Meeting
Wednesday, September 16 | 1 pm
Villa E Social Room

Dr. David Crane has generously agreed to facilitate this kick off meeting of new club, the Cypress Men's Book Club. Come to check out the plan for a monthly men's group, focused on sharing discussions about books, both fiction and non-fiction. Bring suggestions for books to read if you have them! All men are welcome.
Sign up under #16 in the Book.



Bible Study Myers Park Methodist

Wednesday, September 16
10 am | Villa B Social Room
The group is back on! All are welcome!
No sign up necessary.



Influencing Your Grandchildren to Vote

Wednesday, September 23 | 3:30 pm | College Room

Marsha Zaidman, Cypress member and patriotic voting volunteer, sees opportunities among our members to encourage their young relatives to become more active in the voting process. But how do you start the conversation? In this presentation, she'll explore ways to open up the discussion and help children and grandchildren better understand why their voice matters. Come learn how you can have a lasting affect on your family and on your country.
Sign up under #23 in the Activities Book.



Upcoming Events

Cypress Attic Sale

Mark your Calendars for Tuesday, October 6



Don't forget to contribute your unwanted items to the sale! **September 25** is the last day to contribute. Each Villa has its own representative who will approve and help with your donation.
Informational flyers are available at the Activities desk.

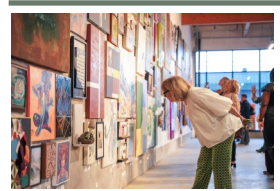
Woodworking Show

October 14 and 15 | Villa E Woodworking Shop

Mark your calendars for a woodworking Art Show of members' projects that will take place in the woodshop in Villa E in mid-October. If you have some woodworking from outside the Cypress that you'd like to show via photos, call Mike Epprecht to have it displayed.



CALLING ALL ARTISTS!



MPUMC is planning an art show featuring senior artists from local CCRCs in early 2027. Start considering if you'd like to participate. **Sign up under INTERESTED in the Book.**



Cypress WELLNESS WEEK

October 19—23

Mark your calendars for a week of programming to elevate our members' experience...focused on the pursuit of living well longer!
Longevity | Nutrition | Connection | Movement



Mary Mikels Returns!

Broadway to Bocelli
Wednesday, September 30
7:30 pm | Community Hall

Experience an inspiring performance by Mary Mikels, a gifted vocalist whose story of resilience, perseverance, and passion will touch your heart. Born blind with hearing loss in one ear, Mary was selected in the first round for American Idol, and has since become a cherished fixture in the music scene, captivating audiences with her soul-stirring performances. You DO NOT want to miss this performance!
Sign up under #30 in the Book.

Living with AI

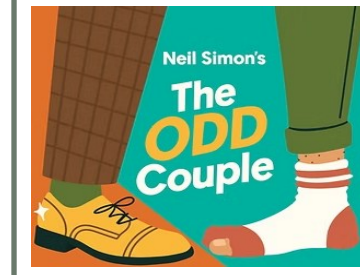
"What Happens to Us When Machines Become Intelligent?"

Mark Peres, J&W University
Thursday, September 24 | 3:30 pm
College Room



Mark Peres is a professor of leadership and ethics at Johnson and Wales University, where he teaches and writes about the questions that shape how we live and lead.

He is the author of The Accord, a novel exploring the emerging relationship between humans and AI. Join him for a discussion about AI might change the way we live, work, create and relate to one another.
Sign up under #24 in the Book.



"The Odd Couple" at Flat Rock Playhouse

With Four Course Dinner
at Newman's at Orchard Inn

Thursday, September 3
Depart at 11:30 am | \$195 pp

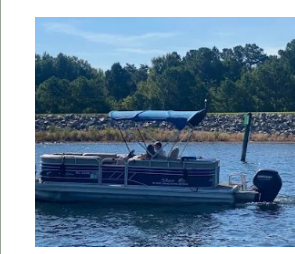
We've bought tickets to the 2 pm Matinee and reserved an early dinner seating at Saluda's finest dining establishment. The Cypress visited Newman's for brunch recently and members found the views to be incredible. Come laugh at the play and enjoy patio dining in the mountains! Please be aware: sign up will obligate you to purchase the tickets if we cannot find a substitute. Eat an early lunch before departure.
Sign up under #3 in the Activities Book.

Voter Registration

Mecklenburg County Board of Elections

Wednesday, September 23 | 1—3 pm | College Room

A group from the Multipartisan Assistance Team of the Board of Elections will be on hand to assist with registration, address updates, absentee ballot requests, and making NC Voter ID cards. **No sign up necessary.**



Lake Norman Boat Tour

Tuesday, September 22 | Depart at 1 pm | \$90 pp

Enjoy the summer weather on a covered pontoon boat tour of beautiful Lake Norman. Our provider, Cornelius Pontoon Rentals provides the drinks, safety equipment and a terrific tour guide of the properties surrounding the lake. All are welcome on the trip, and members who walk confidently with a walker can be accommodated with help onto the boat. The boats have canopies and are shaded, but you'll want your sunscreen on just in case! Last year's trip was a great success, due in part to the "in-the-know" tour guide's view of the lake residents!
Sign up under #22 in the Activities Book.

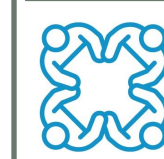


SENIOR SCHOLARS
AT QUEENS
Founded in 1973

Senior Scholars

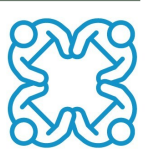
"Is Classical Music Irrelevant?"
Friday, September 25 | Depart at 9:30 am

Bring \$5 cash or join at seniorscholars.net for \$35 beforehand
James Meena, Conductor and Founder and President of Charlotte Lyric Theater posits that the preponderance of entertainment, immediate gratification on all levels, and shortened attention spans may have made classical music irrelevant to modern society.
Sign up under #25 in the Activities Book.



MEMBER
ROUNDTABLE

Wednesday, September 30 | 10:30 am | Community Hall





Lunch Bunch at Calle Sol

Plaza Midwood

Tuesday, September 15 | Bring \$\$ | Depart at 11 am

We're heading to Plaza Midwood for a taste of Latin American cuisine from the restaurant group that brings you Mama Ricottas and Midwood Smokehouse! Experience the boho neighborhood and the lively food with friends.

Sign up under #15 in the Activities Book.



Worship at the Cypress

Monday, September 14 | 11 am
Community Hall

Chip Cash, son of The Cypress member Barbara Parrish, serves as the Care Pastor at New City Church. He transitioned to this role after previously serving as the Community Catalyst Pastor at Waypoint Community Church, and he regularly speaks and leads pastoral care programs across the church's local campuses in SouthPark and Matthews. Sign up under #14 in the Activities Book.



Reclaiming Purpose and Loss Support

Tuesday, September 8 | 4 pm
College Room | \$20

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. Together we will explore ways to cope with loss and life transitions, stay connected to what matters most, and continue to find meaning, purpose and value as we age. Sign up under #8 in the Book.



Tom Hanchett REPRISE Bus Tour of Charlotte History

Friday, September 18
Depart at 1:30 pm

To meet demand, we're bringing him back! Tom Hanchett is a community historian in Charlotte, best known for his book, "Sorting Out the New South City: Race, Class and Urban Development." Educated at Cornell, Tom has been staff historian at Levine Museum of the New South and was named 2015 Charlottean of the Year. He will narrate a non-stop 1.5 hour bus trip across historic Charlotte that you won't want to miss! Sign up under #18 in the Book.



"1200 Years of Music"

Crystal Stroup, Vocalist
Nancy Lucas, Pianist

Tuesday, September 8 | 7:30 pm | Community Hall

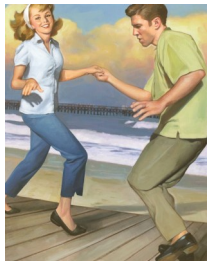
Nancy Lucas, a resident at Southminster and high school classmate of many of our members, accompanies Crystal Stroup on a vocal journey of music, starting with the middle ages and ending with present day. Listen and learn and ENJOY!

Sign up under #8 in the Activities Book.

Shag Dancing

Thursday, September 10 | 1:30 pm
Sport Court

Grab your dancing shoes and a partner if you have one, and head over to the Sport Court for an afternoon of swingin' fun. The Andresens will be leading the group and teaching basic shag moves. All are welcome, experienced and novice dancers alike. Partners are not necessary, but flexibility in dance partners is! No sign up necessary.



GIN

Tuesday, September 15 | 3:30 pm
Game Room

We've had people show up, but, unfortunately, not at the same time. So, this month, let's try to concentrate all the card playing interest into a single day of cards. We'll even put some cookies out to tempt you to come play! Sign up under #15 in the Activities Book.



Beginner Mah Jongg

Wednesdays | 2 pm | Villa D Social Room

We're putting together an easygoing Mah Jongg group for newer players. In this group, casual play and discussion is welcome. Participants should have an understanding of how the game is played. This is not a lesson. Note new location. No sign up necessary.



Wine Dinner

Thursday, September 24
Reservations needed
Via Dining Room
704-714-5511



Therapist Alla Blank Carolina

MassageWorks

By Appointment | Level 1 Clubhouse
Call 703-345-0669 for appointments
\$100 per hour.

Please note new phone number.

Croquet Lesson

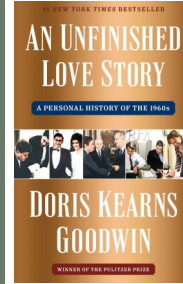
Tuesday, Sept 22
9:30 am

Community Hall

Thinking of joining the game on Saturday mornings for some Croquet fun? Sal Schifano will host a lesson this month to bring new folks into the fold. No sign up is necessary, just wear comfortable shoes and show up with a willingness to learn!

Croquet Games

Saturdays | 9:30 am
Community Hall
No sign up necessary.



Fourth Monday Book Club

Monday, September 28
2 pm
College Room

PLEASE NOTE THE CHANGE OF DATE!

An Unfinished Love Story: A Personal History of the 1960s is a 2024 memoir and history book by Pulitzer Prize-winning presidential historian Doris Kearns Goodwin.

Mary Ann Wilkes will facilitate this book discussion.

No sign up necessary.



Duplicate Bridge

Mondays, September 14 and 28
1 pm | Community Hall

If you need a partner, let Sydney know.
Sign up under #14 and/or #28 in the Book.

September Dining Events

Reservations online or 704-704-5511. Subject to change.

Wednesday, September 2

Nacho Station

Thursday, September 3

Gentlemen's Dinner

Monday, September 7

Labor Day Buffet

Friday, September 11

Chef's 3-Course Dinner

Monday, September 14

Salmon Nicoise Station

Friday, September 18

Cuban Buffet

Monday, September 21

Southern Shellfish Boil

Wednesday, September 23

Chef's 3-Course Dinner

Thursday, September 24

Wine Dinner

Monday, September 28

Carved Warm Pastrami Station

Tuesday, September 29

Ladies Dinner

Wednesday, September 30

Chef's 3-Course Dinner



Valerie Bromberg	1
Barbara Tew	1
Mary Ann Wilkes	1
Jane Salyer	2
Becky Elderkin	3
Mary Bost Gray	3
John Schwabacher	3
Dave Henshaw	4
Wendy Bradford	5
Virginia Horn	5
Alexis Stein	5
George Stuart	5
Sally Hughes	7
Pat Melton	8
Margie Crane	9
Howard M. Landers	9
Kathy Kuykendal	10
Jere Taylor	10
Betty Bonjour	11
Jane Kropp	11
Gayle Schimming	11
Mimi Woodbridge	11
Ada Alice Dolan	12
Joy Lamb	12
Chet Gurski	13
Gayle Wylie	13
Bert Barrett	14
Jean Millward	14
Jennifer Campbell	15
John Huson	15
Sheila Evans	17
Karla Voigt	19
Dianne Johnson	20
Frank Dunn	21
Audrey Taylor	21
Ann Christie	22
Bert Welch	22
Ellen Byrum	23
Joan Jacobsen	23
Arlene Shachnow	23
Bob Walker	24
Bob Kuykendal	26
Bob Peltzer	26
Mary Crane	27



Card Making Class

Monday, September 14
1 pm | Art Room
Join Kathie for an afternoon of crafts and creativity while you make notecards you can send to friends or family!
Sign up under #14 in the Book.



Men's Breakfast
Monday, September 14
Bus departs at 8:30 am
All men are invited to join this monthly trip to Park Place Restaurant.
Sign up under #14 in Book.

**Discussion Group**
Mondays | 10 am
College Room
Join Cypress members in a lively discussion. **Labor Day is ON.**
No sign up necessary.

**Veteran's Services Office Hours**
September 3
Lobby Conference Room
Appointments are available this month for first time meetings, if you have met with Edison before, please sign up on the waitlist and we'll notify you if space becomes available.
Sign up under #3 in Book.



MOLI
Tuesday, September 8 and
Monday, September 28*
9:30 - 11 am
Clubhouse Driveway
***MOLI September dates are slightly adjusted for this month only.**



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

**Poker**
Wednesdays | 3 pm
Game Room
Bring loose change to participate. Small bets only. No sign up necessary.

**Mexican Train**
Thursdays | 2 pm | Game Room
All are invited for a casual dominos game. No sign up necessary.



Rosh Hashanah, the Jewish New Year, begins at sundown Sept. 11 and opens the Ten Days of Repentance until Yom Kippur from Sept 20—21.



Ladies' Dinner  **Tuesday, September 29 | 5 pm**



Tuesday, September 8
10 - 11 am | Game Room
No sign up necessary.

Dementia Support
EVERY Wednesday | 10:15 am
CLUB ROOM
All caretakers welcome. No sign up.

 **Parkinson's Discussion Group**
Parkinson's Discussion Group is discontinued until further notice

**Hearing & Balance Solutions**
Wednesday, September 16
10 am | Game Room
Call 704-912-4422 for an appointment with Dr. Goutham Gosu.

**PREMIER AUDIOLOGY & HEARING AID CENTER**
Mondays, September 14 and 21
1 - 4 pm | Game Room
Call 704-542-3339 for an appointment with Dr. Tomas Cabrera.

**OnSite DERMATOLOGY**
Wednesday, September 2
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 Verbesey - 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
Sal Schifano - A
Cal Lassiter - B
Joann Kansier - C
*Marsha Zaidman - D, Chair
Herb Verbesey - E
Jackie Harvey, Cottages
Larry Taggart, Board Liaison

August Movies



Nine to Five

Tuesday, September 2 | 1:30 pm
Community Hall
An office satire about three female secretaries who decide to get revenge on their tyrannical, sexist boss by abducting him and running the business themselves. The trio spend a night together having drug-induced fantasies of killing the slave-driving chauvinist. One of them panics the following day when she suspects she really has poisoned the tyrant.
.PG | 1980 | Comedy | 1h 50 m
Sign up under #2 in the Activities Book.

Mustache

Tuesday, September 29 | 1:30 pm | Community Hall
Mustache follows Ilyas, a 13-year-old boy who navigates the social hierarchy of his new school in California with a mustache his parents won't let him shave. Critics praise Atharv Verma's charming lead performance, calling the movie a fresh, authentic, and laugh-out-loud look at the immigrant teenager experience without relying on heavy-handed political messages. . PG | 2023 | Comedy/Coming of Age | 1h 21m
Sign up under #29 in the Activities Book.



Movies at Home on VCTV 1394

Nine to Five: Friday, September 4 | 2 pm
Mustache: Wednesday, September 30 | 2 pm



Monday, September 21 | 3:30 pm
Community Hall
Come with a team or we'll find you one!
Sign up under #21 in the Book.



Broadway Lights Transportation "Hell's Kitchen"

Saturday, September 12 | Depart at 1 pm
A contemporary original musical about a 17-year-old girl named Ali who is searching for freedom, passion, and her place in the world in 1990's Manhattan.
Sign up under Broadway Lights in the Activities Book.



Oil Painting with Heidi Kirschner

Wednesday, September 16 | 1 pm | Art Room | \$55 per session
This class is fun for all, but inexperienced artists find it so satisfying. Please note the new price to cover costs.
Sign up under #16 in the Book.

Gentlemen's Dinner  **Thursday, September 3 | 5 pm**



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 No Fitness Classes on Sept. 7	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	9 am - Cardio Lite - SC 10 am - Sit & Get Fit - SC 11 am - Functional Balance - SC 1 pm - Pickleball - SC	Pool & Spa Closed for repairs
Activity Programs						
<u>Room Abbreviations</u> AR - Art Room CH - Community Hall CR - College Room CL - Club Room DR - Dining Room GR - Game Room SC - Sport Court		1 	2 OnSite Dermatology - SHC 10:15 am - Dementia Support - CL 1:30 pm - Movie "9 to 5" - CH 2 pm - Beginners Mah Jongg - Villa D 3 pm - Poker Game - GR	3 8:30 am - 12:30 pm - Veteran Services - Small Lobby Conference 11:30 am - Depart for "The Odd Couple," Flat Rock Playhouse & Orchard Inn Dinner 2 pm - Mexican Train Dominoes - GR 5 pm - Gentlemen's Dinner - DR	4 2 pm - Mah Jongg - CL 2 pm - Movie "9 to 5" Replay - VCTV1394	5 9:30 am - Croquet - CH
6 10 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH	7 Labor Day 10 am - Small Discussion Group - CR 11 am - Labor Day Buffet - CH	8 9:30 - 11 am - MOLI Library 10 am - Audibel Hearing - GR 4 pm - Loss Support with Mary Whittaker - CR 7:30 pm - "1200 Years of Music" Performance - CH	9 RECYCLING 10:15 am - Dementia Support - CL 12:15 pm - Marty Live - VCTV1394 1:30 pm - Depart for Trader Joe's, Rea 2 pm - Beginners Mah Jongg - Villa D 2 pm - "Pain & Spine Care" - CR 3 pm - Poker Game - GR	10 1:30 pm - Shag Dancing - SC 2 pm - Mexican Train Dominoes - GR	11 Rosh Hashanah, begins at sundown 2 pm - Mah Jongg - CL 	12 9:30 am - Croquet - CH 1 pm - Depart for Broadway Lights "Hell's Kitchen," Belk Theater
13 Rosh Hashanah 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH 	14 8:30 am - Depart for Men's Breakfast, Park Place 10 am - Small Discussion Group - CR 11 am - Worship at the Cypress with Chip Cash - CH 1 pm - Card Making - AR 1 pm - Duplicate Bridge - CH 1 - 4 pm - Premier Audiology - GR	15 11 am - Depart for Calle Sol, Plaza Midwood Lunch Bunch 3:30 pm - Gin Game - GR	16 10 am - Hearing & Balance - GR 10 am - MPMC Bible Study - Villa B 10:15 am - Dementia Support - CL 1 pm - Men's Book Club Interest Meeting - Villa E 1 pm - Oil Painting - AR 2 pm - Beginners Mah Jongg - Villa D 3 pm - Poker Game - GR	17 2 pm - Mexican Train Dominoes - GR 6:30 pm - Evening Bingo - CH 	18 1:30 pm - Depart for Tom Hanchett Charlotte Tour 2 pm - Mah Jongg - CL 5 pm - Cuban Buffet - CH	19 9:30 am - Croquet - CH
20 Yom Kippur, beings at sundown 10 am - MP Presbyterian Church - VCTV1394 11 am - Brunch - CH	21 Yom Kippur 10 am - Small Discussion Group - CR 1- 4 pm - Premier Audiology - GR 3:30 pm - Trivia - CH	22 Autumn Begins  9:30 am - Croquet Lesson - CH 1 pm - Depart for Lake Norman Boat Tour	23 RECYCLING 10:15 am - Dementia Support - CL 12:15 pm - Marty Live - VCTV1394 1 - 3 pm - Voter Registration - CR 2 pm - Beginners Mah Jongg - Villa D 3 pm - Poker Game - GR 3:30 pm - Grandchildren & Voting - CR	24 2 pm - Mexican Train Dominoes - GR 3:30 pm - "Living with AI" - CR 5 pm - Wine Dinner - DR	25 9:30 am -Depart for Senior Scholar 2 pm - Mah Jongg - CL	26 9:30 am - Croquet - CH
27 10 am - MP Methodist Church - VCTV1394 11 am - Brunch - CH	28 9:30 - 11 am - MOLI Library 10 am - Small Discussion Group - CR 1 pm - Duplicate Bridge - CH 2 pm - Fourth Monday Book Club - CR	29 1:30 pm - Movie "Mustache" - CH 5 pm - Ladies' Dinner - DR 	30 10:15 am - Dementia Support - CL 10:30 am - Member Roundtable - CH 2 pm - Beginners Mah Jongg - Villa D 2 pm - Movie "Mustache" Replay-VCTV1394 3 pm - Poker Game - GR 7:30 pm - Mary Mikels Performance - CH 	Bus trip with sign up On campus with sign up Make appointment directly No sign up required Dining room reservation 		