

THE CYPRESS CONNECTION



2605 Arugula Dr., North Port, FL 34289 | ph: 941-426-9090

OCTOBER 2025

For all your Lifestyle questions, please email: cypressfallslifestyle@accessdifference.com

Del Webb®
CYPRESS FALLS

October 2025

"I'm so glad I live in a world
where there are Octobers."
— L.M. Montgomery, Anne of Green
Gables



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Del Webb
CYPRESS FALLS

Schedule your Mammogram!



2605 Argula Dr, North Port, FL 34289

OCTOBER 1st 2025

9:00am - 4:00pm

Schedule your appointment now!
www.3dmobilemammography.com
888-348-5971

All insurance plans accepted
15 minute appointments
No appointment needed
Same day results
Mammograms are covered every 12 months by insurance

Imaging read by
Experienced Breast Imaging Radiologist

Del Webb
CYPRESS FALLS



International Coffee Day

Drop by the lobby for a freshly brewed cup of coffee

1 October, 2025

9:00am-3:00pm

Del Webb
Cypress Falls

ILLUMINATE IN PINK

We're turning Cypress Falls pink in support of the fight against cancer!

Homes that register by September 19 will receive a free pink light bulb, which we'll gladly install on your behalf to show our collective support! We will be changing the bulb on your garage light.

On October 1, while changing the bulbs, we'll be accepting donations for The American Cancer Society. There will also be a donation box in the lobby for contributions.

Turn your home pink, help light the way toward a cure, and join us in making a meaningful impact together!

HEALTH EXPO
with Free Lunch and Learn

Featuring Key Note Speakers



AMANDA BARTON
Supportive Care
Breast Cancer Nurse

LYNNE PARKER
Nurse
Hospice & Palliative Care

KRIS CHANA
Nurse
Hospice & Palliative Care

MICHELANGELO MORETLLAROSA
Nurse
Hospice & Palliative Care

WEDNESDAY, OCTOBER 1ST

SPEAKERS: 10:00AM-12:00PM

LUNCH/VENDORS: 12:00PM-1:00PM

FRONT SOCIAL HALL

GIVEAWAYS | GRAND PRIZE RAFFLE | DOOR PRIZES

CREATIVE ENDEAVORS

Coastal Fall Pumpkins



Friday, October 3

1:00 Craft Room

Your Choice:
Round 3D wooden pumpkin - \$12
OR
A set of two different shaped pumpkins - \$18!

To Register:
Please sign up on the registration sheet next to the Lock Ball at the Amenity Center. You are not required until your cash payment, in a month, arrives in the mailbox.

For Further Info:
Lynne@delwebb.com

FALL PREVENTION 102

Muscles & Senses Approach

Tuesday, October 7, 2025

10:00a-11:30a

Cypress Falls
2605 Argula Drive
North Port, FL 34289

This workshop teaches you how to:

- Individualize Balance Exercises
- Improve Walking Gait
- Progressively Challenge your Balance

Learn how to train sensory systems of balance:

- Vision Training Techniques
- Inner Ear Training Techniques
- Body Movement Training Techniques

Questions?
kelly.wright@health.gov
(847) 881-3734

Wednesday, October 15, 2025

1:00pm-2:30pm

Cypress Falls
2605 Argula Drive
North Port, FL 34289



BRAIN HEALTH 101

WITH KELLY WRIGHT, M.S., THERAPEUTIC AGING FALL PREVENTION COORDINATOR

You will learn:

- The primary functions of the brain
- Types of fuel the brain needs for best performance
- How to activate the part of the brain responsible for accuracy, balance and coordination
- Unique exercises to activate the entire brain

PAINTING WITH BETTY

SAVE THE DATES!

OCTOBER 22ND

1PM-4PM

Paint a Florida scene decided by you! We will have a contest for what you will paint. Submit a Florida scene to Betty by text: 386-804-8433. The winner will receive a very nice prize in class on Oct 22. Some ideas: Florida sunrise, sunset, beach, turtle, bird, alligator(?) Please submit by September 15.

NOVEMBER 5TH, 12TH & 19TH

1PM-4PM

Do you have a desire to paint? In these 3 lessons I will teach color, value, composition and design. This class is for the beginner as well as for you who know the basics. We will complete at least 1 painting, probably two. The second one will be your choice. If we don't get to it in class, you will have the tools to take it home. The style is Contemporary Impressionism, basically what we have done in class. Details of what to bring, what will be provided and cost will follow.

Del Webb
Cypress Falls

FOOD DRIVE

COLLECTION TO BENEFIT LOCAL FOOD PANTRIES IN NEED

OCTOBER 27-31

Look for the table with the Gold Balloons located in the Clubhouse Lobby to leave your donations.

We help collect the following foods:

- Cereal/Breakfast Bars
- Canned Meat
- Beans (canned or dry)
- Rice
- Peanut Butter/Jelly
- Dry Pasta (Canned or Dry)
- Tomato Sauce (no glass)
- Cooking Oil (no glass)
- Dry Milk
- Canned Soup

"If you can't feed a hundred people, then just feed one."
— Mother Teresa

Del Webb
Cypress Falls

JOIN US FOR A Monday Matinee

27 OCTOBER

100 PM SOCIAL HALL

Adams Family

Fresh Popcorn

When a man claiming to be Foster, the sibling brother of Gomez Addams, arrives at the Addams home, the family is thrilled. However, Morticia begins to suspect the man is a fraud, since he cannot recall details of Foster's life. With the help of her son Fyrlay, Morticia tries to prove to the Addams clan evicted from their house. Gomez realizes the two men are conspiring to overthrow the Addams fortune and that he must challenge Foster.

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Cypress Falls

MIXOLOGY 101: HALLOWEEN EDITION

10/29/25

4:00PM SOCIAL HALL

\$7.00

WHAT TO EXPECT:

- STEP-BY-STEP INSTRUCTIONS FOR: HOCUS FOCUS PUNCH GREEN WITCH'S BREW

WHAT TO BRING:

- THE SPIRIT OF YOUR CHOICE
- A DRINK SHAKER
- ALL OTHER INGREDIENTS WILL BE PROVIDED

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Cypress Falls

HALLOWEEN Golf Cart Parade



OCT 30 6:30pm

Golf Cart Line Up: 6:00pm, Pickle Ball Parking Lot

Please register only if you are entering your Golf Cart in the Parade

PRIZES FOR THE MOST UNIQUE CARTS!

Del Webb
Cypress Falls

HALLOWEEN BASH & POTLUCK

OCTOBER 31ST

7:00PM SOCIAL HALL

\$12

WITH MUSIC BY THE AMBITIONS

PRIZES FOR THE MOST UNIQUE COSTUMES

BRING A DESSERT OR APPETIZER TO SHARE



Welcome Back, Snowbirds!

Welcome home to sunny Florida!
We've missed you—and trust us, so has the Florida heat.

This season promises to be loaded with excitement, and we're thrilled to share some of the highlights with you. Our Annual Holiday Dinner Show features the classically inspired duo Branden & James, known for their soulful cello and soaring tenor vocals. Branden was a finalist on America's Got Talent Season 8, and together with cellist James Clark, they create a beautifully fusing classical-meets-pop sound.

You'll also enjoy the return of the energetic Renegade Band, guaranteed to get everyone on their feet, and the clever and clean stand-up of Tommy Ryman, a Minnesota-born comedian who was a semifinalist on Last Comic Standing. Tommy's charming, "disturbingly adorable" style and clever observational humor have earned him accolades like Best of the Midwest at Gilda's LaughFest and a spot on Dry Bar Comedy.

Add to that the dazzling musical showdown of Dueling Pianists Felix & Fingers, and a tropical Luau filled with island vibes, hula, and more fun than you can swing a lei at, and that's just the beginning.

Here's what you need to stay connected this season:

- **Monthly Newsletter:** Available on the 1st of every month, packed with event highlights, important updates, and community news.
- **Weekly Newsletter:** Delivered every Monday by email, so you're always in the loop on what's happening right now.
- **QR Codes for Event Registration:** Just scan and you're signed up—quick and easy!

Can't wait to hear all about your summer adventures!

Zuleika Grajalez
Lifestyle Director
cypressfallslifestyle@accessdifference.com



October 2025 Events



Illuminate in Pink!

We're turning Cypress Falls pink in support of the fight against cancer!

Homes that register by September 19 will receive a free pink light bulb, which we'll gladly install on your behalf to show our collective support! We will be changing the bulb on your garage light.

On October 1, while changing the bulbs, we'll be accepting donations for the American Cancer Society. There will also be a donation box in the lobby for contributions. Turn your home pink, help light the way toward a cure, and join us in making a meaningful impact together!



Engaging Events presents:

Free Lunch and Learn

Wednesday, October 1st

10:00am-1:00pm, Front Social Hall

Are you *proactive* or *reactive* when planning for life's next chapters? Aging can bring challenges for you and the ones that you are caring for, but doing your homework in advance can make the aging process smoother, healthier and happier.

To help educate people about their many options, EngAging Events by *Seniors Blue Book* is hosting a free Lunch and Learn featuring keynote speakers followed by a vendor expo at your community!

Attendees will enjoy a variety of educational panels from area experts followed by a delicious free lunch provided by The Gallery at North Port, a vendor expo featuring valuable information and giveaways, fabulous door prizes and more.

This Event includes:

- Free Lunch & Learn
- Keynote Speakers
- Vendors/Giveaways
- Grand Prize Raffle
- Door Prizes

Vendors / Keynote Speakers may include:

- Aging in Place / Senior Resources
- Doctor / Hospital Resources
- Elder Law / Avoiding Probate
- Senior Housing
- Alzheimer's Support / Clinical Trials

- Home Care / Home Health
- Mobility Devices
- Balance Awareness / Physical Therapy
- Vision / Hearing
- Real Estate / Housing Placement
- Care Management
- Financial Planning / Wealth Preservation



Mammolink Think Pink:

Mammogram Bus

Wednesday, October 1st, 9:00am-4:00pm, Clubhouse Parking Lot

With 3D mammography, precise and clear images are produced. Multiple images are taken of each breast from many different angles creating a three-dimensional visual of the breast and allows Dr. Polselli to examine your breast tissue one layer at a time providing critical clinical information. When detected and treated early, breast cancer can be 90%-99% survivable, providing a better outcome.

- All insurance plans accepted
- 10-minute appointments
- No prescription needed
- Same day results
- Mammograms are covered once every 12 months by insurance

Schedule your appointment today by visiting: www.3dmobilemammography.com & searching our zip code (34289).



International Coffee Day

Wednesday, October 1st,

9:00am-3:00pm, Clubhouse Lobby

Drop by the lobby for a freshly brewed cup of coffee. Decaf will also be available.



OneBlood Blood Drive

Thursday, October 2nd

9:00am-12:00pm

Clubhouse Parking Lot

Every donation saves lives and helps neighbors in need. Take a few minutes out of your day to make a difference, you never know whose life you may touch!



Creative Endeavors presents:

Coastal Fall Pumpkin Workshop

Friday, October 3rd, 1:00pm

Craft Room

Attendees of this workshop will create a beautiful Coastal 3-D Wooden Pumpkin. Attendance for this event is at capacity.



Women's Coffee & Connect

Tuesday, October 7th

9:00am-10:30am, Internet Café

You're invited to Women's Coffee & Connect, a monthly gathering for women in our community to come together for coffee, tea, and delicious pastries.



Fall Prevention 102: Muscles & Senses Approach

Tuesday, October 7th

10:00am-11:30am, Front Social Hall

This workshop will be led by Kelly Ward, Therapeutic aging fall prevention coordinator

This workshop teaches you how to:

- Individualized balance exercises
- Improve walking gait
- Progressively challenge your balance

Learn how to train sensory systems of balance:

- Vision training techniques
- Inner-ear training techniques
- Body movement training techniques



Men's Coffee Hour

Wednesday, October 8th

9:00am, Internet Café

Gentlemen, you're invited to join us for our monthly Men's Coffee Hour — a relaxed gathering to enjoy fresh coffee, tasty pastries, and friendly conversation. Come catch up with neighbors, share a few laughs, and start your day off right!



Thirsty Thursday

Thursday, October 9th

4:00pm, Internet Café & Blue Canopy

Whether it's wine, soda, iced tea, or something spirited — bring what you love to sip and a little something to share. It's the perfect recipe for a great night out! Bring your favorite beverage and a shareable snack or appetizer to enjoy with neighbors.



Adult Coloring Club

Thursday, October 9th

10:00am-11:00am, Craft Room

Adult coloring isn't just fun—it's also wonderfully therapeutic. Many participants find it fosters mindfulness and stress relief, helping the mind relax into a meditative "flow" state through the simple act of filling in designs. Coloring pencils available, or feel free to bring your own favorite tools!



Bingo, hosted by Emilie

Friday, October 10th, 6:30pm

Theme: Halloween

\$5.00 per card

Come join your neighbors for a night of laughter, prizes, and classic bingo excitement. Bring your lucky charm and get ready to yell "BINGO!" — we can't wait to see you there!

Card sale ends at 6:20pm



Men's Discussion Forum

Tuesday, October 14th

10:00am-11:00am

Back Left Social Hall

The main objective of this discussion forum is to facilitate connection, friendship, purpose, and support during a stage of life often marked by major transitions. Basic ground rules of respect, confidentiality, and equal speaking time will be maintained.

Over time, discussion topics may include:

- Health and aging
- Relationships and loss
- Spirituality and purpose
- Retirement and life transitions
- Death and Dying
- Successful aging
- The brain and mental function
- What gives your life meaning now?
- How have your priorities changed with age?



Brain Health 101

Wednesday, October 15th,

1:00pm-2:30pm, Front Social Hall

This workshop will be led by Kelly Ward, Therapeutic aging fall prevention coordinator.

You will learn:

- The primary functions of the brain
- Types of fuel the brain needs for best performance
- How to activate the part of the brain responsible for accuracy, balance and coordination
- Unique exercises to activate the entire brain



Ladies Luncheon

Thursday, October 16th, 12:00pm

Riviera Bar & Grill

(5500 Deltona Dr, Punta Gorda, FL 33950)

"Discover a slice of paradise right here in Punta Gorda at Riviera Bar and Grill. Nestled by the shimmering waters, our waterfront dining experience is more than just a meal – it's a journey"

October 2025 Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00am-3:00pm Int. Coffee Day 9:00am-4:00pm Mammogram Bus 10:00am-1:00pm Health Expo with Engaging Events	2 9:00am-12:00pm OneBlood	3 1:00pm Creative Endeavors Workshop: Coastal Fall Pumpkins	4
5 1:00pm-4:00pm Pool Volleyball	6	7 9:00am - Women's Coffee & Connect 10:00am - Men's Discussion Forum 10:00am-11:30am Fall Prevention 102	8 9:00am Men's Coffee Hour	9 10:00am Coloring Club 4:00pm Thirsty Thursday	10 6:30pm Bingo	11
12	13	14	15	16	17	18

of culinary delights and good times that'll have you coming back for more. Our chefs are creating culinary delights, conjuring up dishes that are a feast for both the eyes and the palate. Using the freshest ingredients, we create flavors that'll take you on an amazing journey through Punta Gorda's culinary landscape"



Painting with Betty Workshop
Wednesday, October 22nd
1:00pm-4:00pm
Craft Room, \$35.00

Paint a Florida scene decided by you! We will have a contest for what you will paint. Submit a Florida scene to Betty by text 386-804-8433. The winner will receive a very nice prize in class on Oct 22. Some ideas: Florida sunrise, sunset, beach, turtle, bird, alligator(?). Please submit it by September 15.



Monday Matinee:
The Addams Family
Monday, October 27th, 1:00pm
Front Social Hall, Free Event

"When a man (Christopher Lloyd) claiming to be Fester, the missing brother of Gomez Addams (Raul Julia), arrives at the Addams' home, the family is thrilled. However, Morticia (Anjelica Huston) begins to suspect the man is a fraud, since he cannot recall details of Fester's life. With the help of lawyer Tully Alford (Dan Hedaya), Fester manages to get the Addams clan evicted from their home. Gomez realizes the two men are conspiring to swindle the Addams fortune and that he must challenge Fester."



Fall Food Drive
Monday, October 27th through Monday, October 31st.
Drop off: Clubhouse Lobby

This collection will be done to help local food pantries in need.

Look for the table with the Gold Balloons located in the Clubhouse Lobby to leave your donations.

We need help collect the following foods:

- Cereal/Breakfast Bars
- Dry Pasta (Canned or Dry)
- Canned Meat
- Tomato Sauce (no glass)
- Beans (canned or dry)
- Cooking Oils (no glass)
- Rice
- Dry Milk

- Peanut Butter/Jelly
- Canned Soup



Mixology 101: Halloween Edition
Wednesday, October 29th
4:00pm, Front Social Hall
\$7.00 per person

Join us for a Halloween Mixology Night where you get to choose your spirit and concoct two bewitching brews:

- Hocus Pocus Punch: A creamy, citrusy concoction that's as enchanting as it is delicious.
- Green Witch's Brew: A vibrant, green elixir that's sure to cast a spell on your taste buds.

Whether you prefer a spirited sip or a mocktail magic, we've got you covered. Bring your favorite spirit (or none at all) and let's stir up some fun!



Halloween Golf Cart Parade
Thursday, October 30th
6:30pm

It's the spookiest time of year! You are invited to decorate your golf carts and join the parade through our community on Halloween night, October 31st. Registration is only required if your golf cart will participate in the parade. **A parade map will go out the week of the event.**



Halloween Bash & Potluck
Friday, October 31st, 7:00pm
Front Social Hall
\$12.00 per person

We're thrilled to invite you to our Annual Halloween Bash & Potluck, happening this year on Halloween night, October 31st! Join us for a fun-filled evening featuring live music from The Ambitions, and don't miss the chance to win prizes for the most creative and unique costumes. To make the night even more delightful (and delicious!), please bring a dessert or appetizer to share!

November Events



Relay for Life
Saturday, November 1st, 9:00am
Suggested donation: \$10.00 per person



Oktoberfest & Beer Share
Saturday, November 1st, 3:00pm-5:00pm
Pool & Pool Deck, Free Event



Sunshine Shuttle: Cookie Crew
Wednesday, November 5th
4:00pm-6:00pm



Craft Showcase
Saturday, November 8th, 10:00am-2:00pm
Social Hall



Veteran's Day Service & Breakfast
Tuesday, November 11th, 11:00am
Ceremony: Clubhouse Parking Lot
Potluck: Front Social Hall



Relay for Life Dance Party
Saturday, November 15th
5:00pm-8:00pm
Social Hall, \$12.00 per person

Registration opens Sunday, October 5th



Friendsgiving Dinner
Tuesday, November 18th, 5:00pm
Social Hall, \$22.00 per person



Fall Centerpiece Class
Wednesday, November 19th, 6:30pm
Front Social Hall, \$40.00 per person

Registration opens Monday, October 6th



Ladies Luncheon
Thursday, November 20th, 12:00pm
Bocca Lupo (4301 Aidan Ln, North Port,
FL 34287)



Community Garage Sale
Saturday, November 22nd
9:00am-1:00pm



Monday Matinee: Home for the Holidays
Monday, November 24th, 1:00pm
Front Social Hall



Thanksgiving Potluck
Thursday, November 27th, 1:00pm
Front Social Hall

Registration opens Monday, October 13th

**PIZZA | WINGS | BREADS
SALADS | DESSERTS | AND MORE**



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ALL DAY**

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(Corner of N. Sumter and W. Price)
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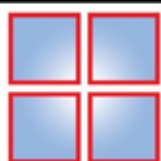
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Port Charlotte, FL
GJCWindows.com**

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Cypress Falls Clubs & Groups Schedule & Contact

Billiards

Sun, Tues, Thurs & Fri, 6:00pm
Jim Matthews jimpatoh@outlook.com
 Wednesdays, 2:00pm

Bocce

Saturdays, 8:30am (Summer Hours)
Walt Jamroga tplanter1@yahoo.com
Joann Hulet sjoanhulet@hotmail.com
Thursdays, 1:00pm
Robert Vincent (734) 558-4735

Book Club

2nd Tuesday of the month
 10:00am, Back Right Social Hall
Joyce Loncarevic sjloncari@aol.com

Bowling

Saturdays
 12:00pm, Bowland Port Charlotte, \$11.00
 for 3 games
David Miller davidsmiller51@gmail.com
Mondays
 11:00am, Treasure Lanes
 \$12.00 cash for 3 games
Jimmy Overton
jimmyoverton15@gmail.com
Eileen Pietila iwrt1@icloud.com

Bridge

Mondays
 1:00pm, Back Right Social Hall
Liz Cosentino
Tuesdays
 6:00pm, Back Right Social Hall
Emilie Kawas efkawas@yahoo.com
Wednesdays
 1:00pm, Back Right Social Hall
Phyllis Horgos
emhorgos@hotmail.com

Beginners Bridge (Seasonal)

Mondays
 11:00am, Back Right Social Hall
Emilie Kawas efkawas@yahoo.com

Bunco

1st Thursday of the Month
 1:00pm, Internet Café
Sandy Ricciuto sandyricciuto@yahoo.com

Candlelight Yoga

Mondays, 6:00pm, Front Social Hall
Emilie Kawas efkawas@yahoo.com

Card Making Mondays

Mondays, 1:00pm, Craft Room
Jeanne Dee Jeanne1md@gmail.com
Maureen Rosenbaum
mored1017@aol.com

Cardio Drumming w/ Anne (\$5.00 per class)

Thursdays, 10:00am Front Social Hall
Anne Pisano Pisanoda@aol.com

Co-ed Bible Study

Tuesdays, 11:00am Back Left Social Hall
Judith Whitaker jude33@mac.com

Cornhole

Wednesdays, 8:30am (Summer Hours)
Kathy & Scott Denison kathy@scottddenison.com

Crafters

Thursdays, 1:00pm, Craft Room
Florence Vincent Favinent813@gmail.com

Crazy Quilters

Tuesday 8:00am-3:00pm, Craft Room
Gail Hoover 469-288-9479
Gailhoover07@outlook.com

Creative Endeavors

Fridays 1:00pm-3:00pm, Craft
Linda Sjogren lsjog324@aol.com

Euchre (Seasonal)

Thursday 6:30pm, Back Left Social Hall
Fred Berger 941-408-6631

Fit to the Core Class (\$5.00 per class)

Wednesday 1:00pm-2:00pm

Golf League

Fridays, 11:00am, Capri Isles
 \$50.00-75.00 (depending on the time of year)
David Miller davidsmiller51@gmail.com

Horseshoes

Tuesdays & Thursdays (Seasonal)
Jon Betrus jonbetrus@hotmail.com

Line Dancing (\$5.00 per class)

Beginners Class
Mondays, 4:00pm-5:00pm, Front Social Hall
Intermediate Level
Thursdays 6:30pm-7:30pm Front Social Hall
Doreen Freeman Doreen.freeman.fl@gmail.com

Mahjongg

Mondays
 10:00am-12:00pm, Back left Social Hall
Mondays & Thursdays (Competitive)
 1:00pm, Back Left Social Hall
Linda Sherry klsherry@yahoo.com
Wednesdays
 6:30pm, Back Left Social Hall
Dolores Rydzewski doloresrydzewski@yahoo.com
Fridays (American)
 1:00pm, Back Left Social Hall
Sue Betrus smbetrus@hotmail.com

Men's Bocce

Tuesdays, 8:30am
Mark Freeman mark.ellis.freeman@gmail.com
Tuesdays 1:00pm

Men's Golf League

Fridays: 11:26am, Capri Isles
 Fees: \$65 plus tax
David Miller Davidsmiller51@gmail.com

Men's Bible Study

Thursdays, 8:00am, Library
Walt Jamroga tplanter@yahoo.com

Men's Discussion Forum

2nd Tuesday of the Month, 10:00am
 Back Right Social Hall
Rob Davis davisri57@yahoo.com

Mexican Train

Tuesdays
 6:30pm, Front Social Hall
Steve & Cindy Yager sbyager@gmail.com
Wednesdays, 1:00pm

Paper Craft Expressions

Tuesdays, 6:00pm, Craft Room
Liza Drasutis eadrasutis@hotmail.com

Pickleball

Daily, 8:00am
Tuesdays & Thursdays, 5:00pm-7:00pm

Beginners Pickleball

Tuesdays & Thursdays, 10:00am
Tom Ward tomandpaula@comcast.net

Double Pinochle

Mondays, 6:00pm, Back Right Social Hall
Pat Diver patdiver@comcast.net

Poker

Sun, Mon, Wed, and Thurs, 6:30pm-8:30pm
 Craft Room
Anthony Guarcello aguarcello@comcast.net

Relay for Life Team

Faith Mulroy mulroyfaith4@gmail.com

Samba

Tuesdays
 1:00pm-3:30pm, Front Social Hall
Joan Hulet sjoanhulet@hotmail.com
Thursdays
 1:00pm-3:30pm, Front Social Hall
Kathy Denison kathy@scottddenison.com
Pat Hagen Russell pchagen52@yahoo.com

Tai Chi

Monday-Friday, 12:00pm, Front Social Hall

Tennis

Tuesdays, Thursdays, Saturdays, 8:00am
Phyllis Horgos emhorgos@hotmail.com

Walk Aerobics

Monday-Saturday
 9:00 am-10:00am, Social Hall
Emilie Kawas efkawas@yahoo.com
Nancy Meaker njmeaker@prodigy.net

Water Aerobics

Mondays, Wednesdays, Fridays, 9:00am
Randy Davis davisrb11@gmail.com
Bev Hemstreet Bev.hemstreet@gmail.com

Water Volleyball

Sundays, 1:00pm-4:00pm
Jimmy Overton
Jimmyoverton15@gmail.com

Yoga with Anne (\$5.00 per class)

Beginner's: **Mondays, 10:00am**
Tuesdays & Thursdays, 7:50am
 Front Social Hall
Anne Pisano Pisanoda@aol.com

November

Save The Date

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Relay for Life Walk Oktoberfest
2	3	4 Women's Coffee & Connect	5 Paint with Betty Sunshine Shuttle: Cookie Crew	6	7 Creative Endeavors Workshop	8 Craft Showcase & Sharpening Service
9	10	11 Men's Discussion Veteran's Day Ceremony & Breakfast Potluck	12 Men's Coffee Hour Paint with Betty	13 Thirsty Thursday	14 Bingo	15 Relay for Life Dance Party
16	17	18 Friendsgiving Dinner	19 Paint with Betty Fall Centerpiece Class	20 Ladies Luncheon: Bocca Lupo	21	22 Community Garage Sale
23	24 Monday Matinee: Home for the Holidays	25	26	27 Thanksgiving Potluck Office Closed	28	29
30						



Life can be tricky, your home doesn't have to be

License Numbers CAC1817187



engineered for life™



From budget heating & cooling units to those with all the bells and whistles, Rheem® makes it easy to find the right comfort solution that can keep you feeling comfortable—even when your little trick or treat makes you jump! **Ask us about new AC Rebates!**



941-315-6351
4SeasonsAC.com

DOG BOARDING - IN HOME



No kenneling.
No aggressive dogs or bullies.

Doggy door to fenced grounds with shade trees, in ground splash "pond" with plenty of room to chase the resident squirrels and lizards. Like nowhere else.

Cypress Falls references



My Aunt Pam's House
941-625-0853

Your Cypress Falls Specialists since 2006!



Catherine Anderson
REALTOR®

Catherine cell: 941-237-6792
Tom cell: 727-226-2992
Anderson/Farese Team



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