

THE CYPRESS CONNECTION

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

SEPTEMBER 2025

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

Del Webb

CYPRESS FALLS

Hello
2025
SEPTEMBER

“Happily we bask in this warm
September sun, which illuminates
all creatures...”

-Henry David Thoreau

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Del Webb
CYPRESS FALLS

TRIVIA NIGHT

Tease Your Brain & Win Prizes

Sept. 26th
7pm
Social Hall

Max of 6 people per team

\$7

Theme:
General Knowledge

HOSTED BY: ROBERT NIS

æ arbonne.
presents:

FREE ANTI-AGING FACIALS

SIP AND SPA HEALTH SEMINAR
THURSDAY SEPT. 4TH @11AM

Free samples of vitamin cocktails & elixirs

limited SPACE

FREE EVENT
BACK LEFT SOCIAL HALL

Del Webb
CYPRESS FALLS

Board Game Night

Sept 17
6:30pm

Free Event
Front Social Hall

We'll have a variety of board games ready to play, but feel free to bring your own favorites to share! Whether you're into classics, strategy, or something new, there's a seat at the table for you!

CREATIVE ENDEAVORS
Designer Baskets

Perfect for holding toiletries, plants, gifts

Friday, September 5
Craft Room
1:00 - 3:00

\$15.

To Register:

Sign the Registration sheet next to the Creative Endeavors lock box in the Amenity Center.
Deposit CASH payment in a marked envelope to confirm your spot in the workshop.

For info, email
Lsjog324@aol.com

September 2025 Events



Labor Day at the Pool
Monday, September 1st
5:30pm-7:30pm

Clubhouse Parking Lot

Casa de Uruguay Food Truck

Savor authentic Uruguayan delights as the “Casa de Uruguay” food truck pulls up poolside! Expect flavorful options like:

- Milanesa sandwiches: breaded beef with veggies and cheese
- Choripán with chimichurri
- Empanadas stuffed with beef and cheese

6:30pm, Pool Deck

Music by Mr. Rep

Set the vibe with upbeat, crowd-pleasing tunes from Mr. Rep, our beloved resident performer and bandmate from Ambitions.



Sip & Spa Seminar, hosted by Arbonne
Thursday, September 4th, 11:00am-12:30pm

Back Left Social Hall

Free Event

This exclusive event is your chance to refresh, recharge, and revitalize—mind, body, and skin!

What to Expect:

- FREE Anti-Aging Facials
- Tasty Vitamin Cocktails & Elixir Samples
- Wellness & Nutrition Tips to glow from the inside out
- A mini seminar focused on healthy living, skin care, and natural vitality
- Try luxurious wellness products and

BONUS: Everyone who attends gets entered to win a special wellness treat!

Limited space available!



DJ Henry at the Pool!
Sunday, September 7th, 1:00pm-3:00pm

DJ Henry will bring good vibes with a curated selection of tunes, from laid-back grooves to upbeat

tracks. Don't forget to join your neighbors for a friendly game of Pool Volleyball!



Men's Discussion Forum
Tuesday, September 9th, 10:00am
Back Right 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



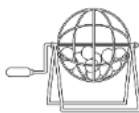
Men's Coffee Hour
Wednesday, September 10th, 9:00am
Internet Café

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, September 11th, 4:00pm
Internet Café

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.



Bingo with Emilie
Friday, September 12th, 6:30pm
Social Hall

\$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!



Board Game Night
Wednesday, September 17th, 6:30pm
Front Social Hall, Free Event

Join us for a night of fun, laughter, and a little friendly competition! We'll have a variety of board games ready to play, but feel free to bring your own favorites to share. Whether you're into classics, strategy, or something new, there's a seat at the table for you!



Ladies Luncheon
Thursday, September 18th,
12:00pm

L'Olive Restaurant
1262 Jacaranda Blvd, Venice, FL 34292
 Relaxed restaurant serving familiar Greek and Mediterranean fare such as gyros and grilled octopus.



Lunch & Learn with Empath Health
Friday, September 24th, 2:00pm

Front Social Hall, Free Event
 Join us as we welcome representatives from Empath Health/Tidewell Hospice. Discover how this compassionate organization supports individuals and families through end-of-life care and explore meaningful volunteer opportunities that allow you to make a real difference in our community. Whether you are curious about hospice services or looking for a way to give back, this session will offer you valuable insights.



Wine & Cheese Night
Wednesday, September 24th,
7:00pm
Front Social Hall, Free Event

We're hosting a cozy evening filled with wine, delicious cheeses, and live acoustic music by our very own John Scaturro! Please bring your favorite bottle of wine, and we'll provide the rest! Come unwind, enjoy some great tunes, and share your favorite wine with neighbors and friends. We can't wait to see you there!



Trivia Night
Friday, September 26th, 7:00pm
Social Hall, \$7.00 per person

Come tease your brain & win prizes with our host Robert Nis This month's theme is: General Knowledge There will be a maximum of 6 people per team.

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 featuring
Keynote Speakers!

Wednesday, October 1st, 10:00am-1:00pm
 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, Free Event

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



Creative Endeavors presents:

Coastal Fall Pumpkin Workshop

Friday, October 3rd, 1:00pm

Craft Room, TBD Price

Create a beautiful Coastal 3-D Wooden Pumpkin



**Fall Prevention 102: Muscles & Senses
Approach**

Tuesday, October 7th, 10:00am-11:30am

Front Social Hall, Free Event

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



Welcome back Snowbirds with DJ

Henry

Sunday, October 12th, 1:00pm-3:00pm

Pool, Free Event

As our cherished snowbird friends begin arriving in Florida, it's time to extend a heartfelt welcome. Join us poolside for an uplifting Sunday afternoon as DJ Henry spins tunes and neighbors old and new reconnect under the sun.



Brain Health 101, presented by: Kelly

Ward, M.S., Therapeutic Aging

Prevention Coordinator

Wednesday, October 15th, 1:00pm

Front Social Hall, Free Event

You will learn:

- The primary functions of the brain
- Types of fuel the brain needs for best performance

September 2025 Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day 5:30pm-7:30pm Casa de Urugaay Food Truck 6:30pm Music by Mr. Rep	2	3	4 11:00am-12:30pm Sip & Spa with Arbonne	5	6
7 1:00pm-3:00pm DJ Henry at the Pool 1:00pm-4:00pm Pool Volleyball	8 Office Closed	9	10 9:00am Men's Coffee Hour 10:00am Men's Discussion Forum	11 4:00pm Thirsty Thursday	12 6:30pm Bingo	13
14	15	16	17	18	19	20

1:00pm-4:00pm Pool Volleyball	21	22		23	24	6:30pm Board Game Night	12:00pm Ladies Luncheon: L'Olive Restaurant	25	26	27	
1:00pm-4:00pm Pool Volleyball	28	29		30		2:00pm Lunch & Learn with Empath Health 7:00pm Wine & Cheese Night			7:00pm Trivia Night		
1:00pm-4:00pm Pool Volleyball											

- How to activate the part of the brain responsible for accuracy, balance and coordination
- Unique exercises to activate the entire brain



Painting with Betty Workshop
Wednesday, October 22nd, 1:00pm-4:00pm
Craft Room, TBD Price

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.



Making Strides Against Breast Cancer, by the American Cancer Society
Saturday, October 25th, 8:00am

Nathan Benderson park
(5851 Nathan Benderson Cir, Sarasota, FL 34235)

We're excited to announce that our community is forming a team to participate in the 2025 Making Strides Against Breast Cancer Walk!

How to get involved:

- Join Our Team: Walk with us and show your support.
- Donate: Help us reach our fundraising goal.

Please note: the Making Strides Against Breast Cancer Walk is organized by the American Cancer Society and is not affiliated with Relay for Life or any Relay for Life teams or events.



Monday Matinee: TBD Movie
Monday, October 27th, 1:00pm
Front Social Hall, Free Event



Fall Food Drive
Monday, October 27th through
Monday, October 31st.

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 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 be 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!

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

Del Webb
CYPRESS FALLS

WINE & CHEESE NIGHT

SEPTEMBER 24TH

7.00 PM

FRONT SOCIAL HALL

WITH MUSIC BY JOHN SCATURRO

YOU BRING THE WINE,
WE'LL HANDLE THE REST



empath
health

LUNCH AND LEARN

Join us as we welcome representatives from Empath Health/ Tidewell Hospice.

Discover how this compassionate organization supports individuals and families through end-of-life care and explore meaningful volunteer opportunities that allow you to make a real difference in our community.

Whether you are curious about hospice services or looking for a way to give back, this session will offer you valuable insights.

**SEPTEMBER 24TH
2:00PM
SOCIAL HALL
FREE EVENT**

LIGHT LUNCH PROVIDED



Del Webb
CYPRESS FALLS

DJ HENRY AT THE POOL

SEPTEMBER 7TH
1PM-3PM

AND

OCTOBER 12TH
1PM-3PM



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 iwnrt1@icloud.com

Bridge

Mondays
 1:00pm, Back Right Social Hall
Liz Cosentino
Tuesdays
 6:00pm, Back Right Social Hall
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
Jackie Lodge rjlodge@comcast.net

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 (Seasonal)

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 Vincenti 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

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

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
Carol Watt wattcarol72@gmail.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
 No sign up required.

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
Bob 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 (Seasonal)

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

October

2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Mammogram Bus Int. Coffee Day Lunch & Learn	2 OneBlood Onsite	3 Creative Endeavors Workshop	4
5	6	7 Fall Prevention 102	8 Men's Coffee Hour	9 Thirsty Thursday	10 Bingo	11
12 DJ Henry at the Pool	13	14	15 Brain Health 101 Welcome Night	16 Ladies Luncheon	17	18
19	20	21 Happy National Apple Day 	22 Painting with Betty Workshop	23	24	25 Making Strides in Sarasota
26	27 Monday Matinee	28	29 Mixology 101: Halloween Edition	30 Halloween Golf Cart Parade	31 Halloween Bash & Potluck 	
F A L L F O O D D R I V E						

Roof Repairs

21 PT. Inspection
Rodent Entry

Tile Maintenance

Broken-Loose
Baffle Install

LIC# CCC1330779
CGC1507155
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Tom cell: 727-226-2992
Anderson/Farese Team



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and call us today!**

Remember, referrals are my biggest compliment!