

THE CYPRESS CONNECTION

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



MAY 2026

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

Cypress Falls



As our Nation celebrates our 250th Anniversary of America, you will start to notice that we are decorating our community with patriotic banners and flags. Be on the lookout for the Sunshine Shuttle on May 18th starting at 9 AM with some stars and stripes giveaways. Also, watch the weekly Lifestyle email blast for details about our Memorial Day celebration by the pool with music, hot dogs and chips.

May 2026

Wellness Seminar

Friday May 1, 2026

1:00 pm Cypress Falls Social Hall

Discover how well your supplements are really working with a quick, non-invasive Wellness Scan. In just 15 seconds—no needles or blood—you'll gain real insights into your antioxidant levels and overall wellness. Join us to scan, learn, and thrive!

Kentucky Derby Party

Saturday May 2, 2026

3:00 pm Cypress Falls Social Hall

Bring small bills, a potluck dish, and your own bourbon as we celebrate the Run for the Roses in style at our Kentucky Derby Party! Enjoy lively live music, classic Derby-themed games, and a signature mint julep station. Wear your best hat and soak in an afternoon of Southern charm, friendly competition, and festive fun.



Cinco DeMayo with the Ambition Band

Tuesday May 5, 2026

3:00 pm Cypress Falls parking lot

Celebrate Cinco de Mayo with a free parking lot concert featuring high-energy live music from Ambitions Band. Enjoy great vibes, bring your own beverages (BYOB), and grab delicious food available for purchase from the Sliders Society food truck. A fun, festive night you won't want to miss! 🎵 🍷 🎉

Slider Society Food Truck/ Insane Conez

Tuesday May 5, 2026

4:00 pm Cypress Falls Parking Lot

Double the flavor! Slider Society and Insane Conez food trucks will be here—don't miss out! 🍷 🍔 🍹 🎉



Woman's Coffee and Connect

Tuesday May 5, 2026

9 am at the Cypress Falls Café

You're invited to Women's Coffee & Connect, a monthly gathering where women in our community come together to enjoy coffee ☕, tea, and delicious pastries while connecting in a relaxed, friendly atmosphere.

The Greek Food Truck

Wednesday May 6, 2026

4:00 to 7 pm Cypress Falls Parking Lot

The Greek food truck is coming back with its amazing, delicious favorites you won't want to miss! 🇬🇷

Goodbye snowbirds BINGO

Friday May 8, 2026

Cypress Social Hall

Ticket sales end at 6:20 Bingo starts at 6:30 pm

Come join your neighbors for a night of laughter, prizes, and classic bingo excitement. \$5.00 per card sales and raffle tickets (1 per person)

Monday Matinee

Monday May 11, 2026

1:00 pm Cypress Falls Social Hall

Field of Dreams (1989)

When an Iowa farmer hears a mysterious voice urging him to build a baseball field, he follows its call and uncovers a journey filled with hope, second chances, and family ties. This classic film blends baseball, fantasy, and heartfelt emotion into an unforgettable story about believing in dreams.

Men's Coffee Hour

Wednesday May 13, 2026

9 am Cypress Falls Café

☕ 🍩 Donuts & Pastries Grab a cup, pull up a chair, and enjoy delicious donuts and pastries, along with plenty of laughs, conversation, and camaraderie.

Thirsty Thursday

Thursday May 14, 2026

4:00 pm Cypress Falls Café and The Pool Canopy

🍷 🍹 ✨ Bring what you love to sip—wine, soda, iced tea, or something spirited—and a shareable snack to enjoy with neighbors. The perfect recipe for a great night out! 🏠 🍪

DJ Music BINGO

Friday May 15, 2026, 6:00 pm Cypress Falls Social Hall

🎧 DJ Music Bingo is a crowd favorite that sells out fast! Enjoy high-energy music, lively gameplay, and nonstop fun—don't miss your chance to join this popular event.



Sunshine Golf Cart

Monday May 18, 2026

9:00 am Cypress Falls Community

Join us as we celebrate America's 250th Anniversary with a festive golf cart drive-by throughout the community! Keep an eye out for patriotic fun, friendly waves, and special giveaways as we roll by to mark this historic milestone together.

Medicare and Travel with Mary Plummer

Tuesday May 19, 2026

11:00 am Cypress Falls Social Hall

Learn the essentials of Medicare and travel coverage at this informative Medicare 101 & Travel presentation. Discover Medicare basics, secondary plan options, and important considerations for international travel, including medical evacuation. Join us to gain clarity, confidence, and peace of mind

Cousins Maine Line Lobster Truck

Wednesday May 20, 2026

4:00 pm Cypress Falls Parking Lot

🦞👉 Get ready! The famous Cousins Maine Lobster food truck—seen on TV—is coming with fresh, fan-favorite lobster eats you won't want to miss.

🍹 Mixology 101: Martini Edition 🍹

Wednesday May 20, 2026

4:00 pm Cypress Falls Social Hall

Shake, stir, and sip your way through a fun, hands-on martini experience! Keep an eye out for details and be ready to sign up—this popular class fills up fast! 🍸🍷

🌸 Ladies Luncheon at the Charlotte Harbor Yacht Club

Thursday May 21, 2026

12 pm 4400 Lister st, Port Charlotte, FL 33952

The Cypress Falls Ladies Luncheon will be held at the Charlotte Harbor Yacht Club, offering a lovely afternoon of socializing, fine food, and waterfront elegance.

Michigan invites Ohio to a fun Meet & Greet

Saturday May 23, 2026

2 pm Cypress Falls Social Hall

Because why can't we be friends? Join us for a relaxed afternoon of connection and conversation. Bring a dish to share, your favorite drink, and enjoy getting to know neighbors from near and far. 🌍🗺️🍷

Kick Off 250 Year Celebration with DJ Paul Fournier

Monday May 25, 2026

1 pm Pool Side

🇺🇸🎧💦 Make a Splash to Start the 250-Year Celebration! Join us this Memorial Day for a pool party with DJ Paul Fournier, games, hot dogs, and summer fun as we kick off our 250th Anniversary Celebration!



Big Red Bus Blood Drive

Tuesday May 26, 2026

10 am to 3:00 pm Cypress Falls Parking lot

🚌 The Big Red Bus is coming! Help make a difference—please register to donate blood.

June 2026

Upcoming Events

Poker Run

Mixology 101

Swim, Sip, and Sax

More news, more events—watch for your weekly E-Blast!



CYPRESS FALLS
A Del Webb COMMUNITY

WOMAN'S COFFEE AND CONNECT
MAY 5TH 9:00 AM

MEN'S COFFEE HOUR
MAY 13TH 9:00 AM

CAFE

GOODBYE

Bingo

Friday May 8th

Ticket Sales End 6:20 pm
Game Starts at 6:30

Social Hall

FOOD TRUCK SCHEDULE

Upcoming Dates

- Slider Society**
5/5 4 to 7 pm
- The Greek Food Truck**
5/6 4 to 7 pm
- Cousins Maine Line Lobster**
5/20 4 to 8 pm

SEE YOU THERE!

Medicare 101 and Travel

PRESENTER
Mary Plummer
CEO and President
Medicare Mary LLC

Medicare Basics
An overview of Medicare fundamentals, costs, and how income can affect your premiums, including IRMAA—explained in a clear, easy-to-understand way.

Customized Secondary Plan Options
Medicare Mary will teach you the difference between Medicare Advantage (Part C) and Medicare Supplement (Medigap). How to properly analyze your Plan options and how to easily narrow down which ones are best for you.

International Travel

- Worldwide Protection**
Discover what Medicare won't cover abroad and how to avoid unexpected medical expenses while traveling outside the U.S.
- Medical Evacuation**
Medical evacuation coverage is critical when traveling internationally or on a cruise because Medicare generally does not cover emergency transportation back to the U.S.

EVENT DETAILS

- DATE:** TUESDAY, MAY 19TH
- START TIME:** 11:00AM
- LOCATION:** THE SOCIAL HALL

RSVP TO ATTEND PRESENTATION

REGISTER BELOW:



MICHIGAN INVITES OHIO TO A MEET AND GREET!

WHY CAN'T WE BE FRIENDS?

MAY 23RD - 2PM

BRING A DISH TO SHARE
BRING YOUR OWN DRINK

RSVP to vmaciag@comcast.net

Del Webb
CYPRESS FALLS

MIXOLOGY 101: TEQUILA EDITION

4/22/26

4:00PM SOCIAL HALL \$7.00

WHAT TO EXPECT:

- STEP-BY-STEP INSTRUCTIONS FOR A TEQUILA MOJITO & A BOTTLE ROCKET
- HANDS-ON EXPERIENCE
- A FUN AND ENGAGING ATMOSPHERE

WHAT TO BRING:

- THE TEQUILA OF YOUR CHOICE
- A DRINK SHAKER

ALL OTHER INGREDIENTS WILL BE PROVIDED

MONDAY MATINEE



It's Movie Time

FIELD OF DREAMS



MAY 11TH AT 1 PM SOCIAL HALL

Del Webb
CYPRESS FALLS

THIRSTY THURSDAY

2ND THURSDAY OF THE MONTH

Meet New Friends
May 14th

STARTING AT 4:00PM
INTERNET CAFE



HELLO MAY



MAY 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Wellness seminar 1 pm	2 Kentucky Derby 3pm
3	4 The Ambitions at 3pm Food Truck Slider Society 4-7 Woman's Coffee and Connect 9 am	6 The Greek Food Truck 4-7 pm	7	8 CF Bingo Goodbye Snowbirds 6pm	9
10	11 Monday M...	13 Men's Coffee	14 Thirsty	15 DJ Music Bingo	16

			hour 9 am	Thursday 4 pm	6 pm			
17	18	Sunshine Golf Cart Drive By 9 am	19	Medicare and travel Mary Plummer 11 am	20	Cousins Maine Lobster truck Mixology 101 Martini Edition 4 pm		
			21	Ladies Luncheon Charlotte Harbor Yach Club 11:30 am	22	23	Michigan Ohio meets and Greet 2 pm	
24	25	25 th Kick off Celebration with Paul Fournier SYNRGY 1 pm	26	Blood Bus Donation 10 am to 3 pm	27	28	29	30
31								

Cinco De Mayo Party!

May 5th | 3-5pm | Cypress Falls

The Ambitions
LISTEN TO THE MUSIC

FOOD TRUCKS ON PREMISES

THE AMBITIONS LIVE!

BYOB AND A CHAIR!

San Coast

DJ BINGO

Night

THURSDAY 6:00
MAY 15 PM

\$10.00 PER CARD
SOCIAL HALL

CYPRESS FALLS
CELEBRATING
250 YEARS
OF AMERICA

SUNSHINE GOLF CART
DRIVE-BY

STARTING AT 9AM
WE WILL BE ROLLING
BY WITH SPECIAL
GIVEAWAYS

MAY 18

Did You Know?

Your community receives this newsletter for FREE because of the business sponsors you see!

When searching for home services, health care providers, insurance, and almost anything else... Reference your newsletter first! These businesses choose to support your community newsletter, please let them know you appreciate them!

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220 Bahama St. Venice, FL 34285

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Summer Mailing:

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- Newsletters are shipped at the beginning of the month
- Pay by check

(941) 375-3699
220 Bahama Street
Venice, FL 34285

 COMMUNITY media

Cypress Falls Club Contacts

Billiards

Sun, Tues, Thurs & Fri, 6:00pm

Jim Matthews jimpatoh@outlook.com

Wednesdays, 2:00pm

Bingo night

2nd Friday of the month

6:30 Social Hall

Emillie Kawas efkawas@yahoo.com

Bocce

Saturdays, 9:00am

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, Treasure Lanes

\$6.00 per game

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 mared1017@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@scottdenison.com

Crafters

Thursdays, 1:00pm, Craft Room

Florence Vincenti Favincent813@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 Room

Linda Sjogren lsjog324@aol.com

Euchre

Thursday 6:30pm, Back Left Social Hall

Fred Berger 941-408-6631

Hand and Foot

Monday 6 pm left Back social

Eileen Pietila 860-608-4111

Horseshoes

Tuesdays & Thursdays (Seasonal)

Jon Betrus jonbetrus@hotmail.com

Ladies Golf League

Wednesday, 11 am Nov- April

Kings Gate golf Club Port Charlotte

Contact Jeanie Mather 248-330-3155

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

Nancy Robinson nancyrobinson5780@gmail.com

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

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

Mexican Train

Tuesdays

6:30pm, Front Social Hall

Steve & Cindy Yager sbyager@gmail.com

Wednesdays, 1:00pm

Paint With Betty

Wednesdays 1:00-4:00pm

Betty Teramo designerbetty10@gmail.com

Parkinsons support group

Fridays every 2nd and 4th 1 pm

Library

June DePasquale Junique@gmail.com

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 8:00 am & Thursdays, 10:00am

Tom Ward tomandpaula@comcast.net

Double Pinochle

Mondays, 6:00pm, Back Right Social Hall

Pat Diver patdiver@comcast.net

Pitch Competitive

Wednesdays, 6 pm Café

jonbetrus@hotmail.com

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

Wednesdays

6:00pm, Back Right Social Hall

Shirly Bigham 734-652-8109

Thursdays

1:00pm-3:30pm, Front Social Hall

Kathy Denison kathy@scottdenison.com

Pat Hagen pchagen52@yahoo.com

Stage Crew

Bill Farmer bfmac73@gmail.com

Tai Chi Continuing

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

Tai Chi Beginner

Monday and Thursday 12:14 to 12:45 pm

Tennis

Tuesdays, Thursdays, Saturdays, 8:00am

Phyllis Horgos emhorgos@hotmail.com

Thirsty Thursday

Second Thursday Every Month

Joan Fruscello 315-727-0791

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)

Tuesdays & Thursdays, 7:50am

Front Social Hall

Anne Pisano Pisanoda@aol.com

MEMORIAL DAY POOLSIDE PARTY

Celebrate, Relax & Enjoy the Holiday!



★ **MAY 25TH** ★

Hot Dogs
Chips Served

1:00 PM – 3:00 PM

**BYOB - Bring Your
Favorite Drinks!**

*Grab your friends, bring your chairs, and soak up the sun
with great music, food, and fun!*

★ **LET'S KICK OFF SUMMER THE RIGHT WAY!** ★

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Catherine Anderson
REALTOR®

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



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