

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Club and Birthday Parties are held in the CPRMC Café. All other classes and seminars are held in the Senior Circle Room located at the back of the hospital. Enter in the Out Patient Surgery Entrance, then go to the first door on the left after the set of double doors. Water Aerobics class is held at the Veterans Memorial Pool at 2525 New Hope Drive, Cedar Park.				1 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	2 8:30am Breakfast Club	3
4 th 	5 8:30am Breakfast/Ambassdor 9:30 Chair Yoga 1:30 Line Dance	6 9am Stretch & Tone Class	7 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	8 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	9 8:30am Breakfast Club 11:45 Senior Circle Seminar "Get Up Get Moving" by Dr Jay Borick	10
11	12 8:30am Breakfast Club 9:30 Chair Yoga Birthday Party 2:00	13 9am Stretch & Tone Class	14 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	15 8pm Water Aerobics	16 8:30am Breakfast Club	17 Cedar Park EXPO – Cedar Park Center 9am – 4pm
18 Healthy Women Brings you Summer Safety Extravaganza 3:00 to 5pm	19 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance	20 9am Stretch & Tone Class 11 am Tai Chi	21 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	22 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	23 8:30am Breakfast Club 11:45 Senior Circle Seminar Dr. Robert Schoen, Orthopedic "Foot Health"	24
25	26 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance	27 9am Stretch & Tone Class	28 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	29 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	30 8:30am Breakfast Club	31