

May 2009

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Senior Circle Members Only! Join the Circle !					1 8:30 Walk Club Back of CPRMC Trail 9:30 Breakfast at CPRMC Free Coffee!	2
3	4 8:30 Walk Club 2pm Birthday Party, Cinco De Mayo CPRMC Cafe	5 9:30 am Tai Chi CPRMC	6 8:30 Walk Club 11:30 Lunch at 1431 Cafe	7 1:00 pm Hinges & Twinges Water Aerobics	8 8:30 Walk Club 9:30 Breakfast at CPRMC Free Coffee! 11:30 Senior Circle Seminar CPRMC	9
10 Mothers Day	11 8:30 Walk Club 1:30 Spa Day	12 9:30 am Tai Chi CPRMC	13 8:30 Walk Club	14 1:00 pm Hinges & Twinges Water Aerobics	15 8:30 Walk Club 9:30 Breakfast at CPRMC Free Coffee!	16
17	18 8:30 Walk Club 2 pm Strawberry Shortcake at CPRMC Café *National Strawberry Month	19 9:30 am Tai Chi CPRMC	20 8:30 Walk Club 3pm-Yappy Hour, Dog Walk, CPRMC Trail	21 1:00 pm Hinges & Twinges Water Aerobics	22 8:30 Walk Club 9:30 Breakfast at CPRMC Free Coffee! 11:30 Senior Circle Seminar CPRMC	23
24	25 Memorial Day	26 9:30 am Tai Chi CPRMC	27 8:30 Walk Club	28 1:00 pm Hinges & Twinges Water Aerobics	29 8:30 Walk Club 9:30 Breakfast at CPRMC Free Coffee!	30
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**** For \$15 a year, members get national benefits such as prescription, vision, travel, home emergency response & other discounts. CPRMC also has a unique menu of in-hospital benefits, health education, social activities, travel and entertainment activities, *local merchant discounts, a bi-monthly chapter publication and quarterly National Inside Circle.**