



Jayne Cudworth – Senior Circle Advisor  
 Cedar Park Regional Medical Center  
 512-528-7096  
[www.cedarparkregional.com/seniorcircle](http://www.cedarparkregional.com/seniorcircle)

# January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 8:30 Breakfast Club "IHOP"	3	4 8:30 Breakfast Club CPRMC Cafe	5	6 8:30 Breakfast Club CPRMC Cafe 10am Senior Cinema CP Library "Clue"	7 8:30a - 1:00pm <b>Health Fair</b> Twin Lakes Family <b>YMCA</b>
8 <b>*Party, Bingo &amp; Prizes Provided By Amedisys</b>	9 8:30 Breakfast Club 2pm Birthday Party* 	10	11 8:30 Breakfast Club CPRMC Cafe	12	13 8:30 Breakfast Club CPRMC Cafe <b>1:45 Seminar</b> David Rodriguez "Sleep Center"	14
15	16 8:30 Breakfast Club CPRMC Cafe	17	18 8:30 Breakfast Club CPRMC Cafe	19	20 8:30 Breakfast Club CPRMC Cafe <b>9:30 - 11am Crafts</b> Café or Classroom	21
22	23 8:30 Breakfast Club CPRMC Cafe	24	25 8:30 Breakfast Club CPRMC Cafe	26 6:30p - 8:30p <b>Healthy Woman Dr. Nicole Basa Jump Start your Weight Loss</b>	27 8:30 Breakfast Club CPRMC Cafe <b>1:45 Seminar</b> Dr. Heath Parker Family Healthcare	28
29	30 8:30 Breakfast Club CPRMC Cafe	31 11:00am Toros Game Cedar Park Center				



1401 Medical Parkway, Cedar Park, TX 78613

**Exercise Classes at the Twin Lakes YMCA 204 E. Little Elm Trail Cedar Park \*\***  
**Mondays:** 9:30 Chair Yoga, 10:35 Hatha Yoga, 12:15 Tai Chi, 2pm & 3pm Muscular Strength  
**Tuesdays:** 10:30 Stretch & Tone, 12:15 Beg. Line Dance, 2pm Cardio Circuit  
**Wednesdays:** 10:35 Hatha Yoga, 1pm & 2pm Muscular Strength  
**Thursdays:** 12:15 Line Dance- med, 2pm Yoga Stretch,  
**Fridays:** 2pm Muscular Strength **Sundays:** 3pm Hatha Yoga  
 \*\* Turn left one stoplight south of Cypress Creek Rd.

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Breakfast Club CPRMC Cafe	2	3 8:30 Breakfast Club CPRMC Cafe <b>10am Senior Cinema</b> CP Library <b>"The Blindside"</b>	4
5 <b>*Party, Bingo &amp; Prizes Sponsored by Hill Country Eye Clinic</b>	6 8:30 Breakfast Club <b>2pm Birthday Party*</b> 	7	8 8:30 Breakfast Club CPRMC Cafe	9	10 8:30 Breakfast Club CPRMC Cafe <b>1:45 Seminar</b> Dr. John Branch Eye Health	11
12	13 8:30 Breakfast Club CPRMC Cafe	14	15 8:30 Breakfast Club CPRMC Cafe	16	17 8:30 Breakfast Club CPRMC Cafe <b>9:30 - 11am Crafts</b> Café or Classroom	18
19	20 8:30 Breakfast Club CPRMC Cafe	21	22 8:30 Breakfast Club CPRMC Cafe	23	24 8:30 Breakfast Club CPRMC Cafe <b>1:45 Seminar</b> To Be Announced	25
26	27 8:30 Breakfast Club CPRMC Cafe	28	29 8:30 Breakfast Club CPRMC Cafe  <b>Leap Day</b>			