

January 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 8:30 Breakfast Club 10 am Chair Yoga 2:00 pm Birthday Party	5 9:30 am Tai Chi 10:30 am Tai Chi	6 8:30 Breakfast Club 1:30 New Line Dance Members 2:00 Line Dance	7 9am Ambassador Meeting	8 8:30 Breakfast Club 11:45 Senior Circle Seminar – Dr. Harrison	9
10	11 8:30 Breakfast Club 10 am Chair Yoga	12 9:30 am Tai Chi 10:30 am Tai Chi	13 8:30 Breakfast Club 1:30 New Line Dance Members 2:00 Line Dance	14	15 8:30 Breakfast Club	16
17	18 8:30 Breakfast Club 10 am Chair Yoga	19 9:30 am Tai Chi 10:30 am Tai Chi 1 pm Heritage Society of Cedar Park	20 8:30 Breakfast Club 1:30 New Line Dance Members 2:00 Line Dance	21 9:30 Craft Class	22 8:30 Breakfast Club 11:45 Senior Circle Seminar – Abe Martinez	23
24	25 8:30 Breakfast Club 10 am Chair Yoga	26 9:30 am Tai Chi 10:30 am Tai Chi	27 8:30 Breakfast Club 1:30 New Line Dance Members 2:00 Line Dance	28	29 8:30 Breakfast Club	30
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Bring a friend to any Senior Circle Event. Guest 50 and better are welcome to attend up to 2 events before joining Senior Circle. Exercise, Crafts, Ambassador Meetings will be held in the Senior Circle Activity Room at the back “Out Patient Surgery” entrance of the hospital. Seminars are held in the Cedar Park Regional Medical Center Café. For more information on other activities or to join call Ginger Tremblay, Senior Circle Advisor. Membership only \$15 yearly



Ginger Tremblay, Senior Circle Advisor
Cedar Park Regional Senior Circle
(512) 528-7096

Birthday Party

Please join us to help celebrate the January Senior Circle birthdays. All Senior Circle members are welcome. Bring a friend who is not a member and you can introduce them to Senior Circle. We will meet in the CPRMC Café at 2:00 pm for Cake, Coffee and fun!

Ambassador Meeting

The Ambassador meeting will be held at 9am on the first Thursday of each month in the Senior Circle Activity room. Go in the Outpatient Surgery Entrance in the back of the hospital and we are the first door to the left. If you are interested in becoming an Ambassador for Senior Circle join us for the meeting or call 528-7096.

Line Dance Class

For this class we suggest a tip for our instructor of \$1.00 each. We will meet at the CPRMC Senior Circle Activity Room on Wednesdays at 1:30 for new members and continue at 2:00 pm for more experienced dancers.

Senior Circle Seminars

The 2nd and 4th Fridays of each month we will have a Senior Circle Seminar at 11:45. These Seminars cover subjects that pertain to senior's health and wellness. This event includes a light lunch and coffee. We will meet at the Cedar Park Regional Medical Center Cafe.

BRING YOUR FRIENDS TO THE CIRCLE!

Bring a friend! Non Members are welcome to attend two events free to discover all we have to offer. We have membership forms available. Membership for an entire year is only \$15.00!

Join the Circle!



Craft Class

For this class there will be a charge of \$5. each for materials. We will be making Valentine Cards and gifts. We will meet in the Senior Circle Activity Room at 9:30 am on the third Thursday of January. Check you calendars for the date.

Yoga Class

**January 4th, 10:00 AM
Senior Circle Activity Room**

To bring in the New Year we will be starting a Yoga class on Monday mornings at 10 am in the Senior Circle Activity Room. This will be a beginner class so we will start out in chairs. When our Instructor feels we are ready, we will progress to mats. Yoga helps with flexibility and range of motion. Join us and bring a friend.

Breakfast Club

We already have several Senior Circle members come to the Café for Breakfast. So I thought others might want to join us there. The coffee is hot and FREE for Senior Circle members. Senior Circle members also get a discount on the food which makes breakfast very affordable. So come join us for breakfast at 8:30 am - Monday, Wednesday and Friday and bring a friend! Just bring your Senior Circle ID card to show for your discount.



A partner of the  Seiton Family of Hospitals

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