

| February 2010  |   |  |   |   |  |          |
|--|---|--|---|---|--|----------|
| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|  | 1<br>8:30 Breakfast Club<br>9:45 am Chair Yoga<br>2:00 pm Birthday Party<br>2:45 Member Orientation | 2<br>9:30 am Tai Chi<br>10:30 am Beginner Tai Chi  | 3<br>8:30 Breakfast Club<br>1:30 Starter Line Dancing                             | 4<br>9:30 Stretch & Tone Class<br>10:30 am Ambassador Meeting | 5<br>Senior Cinema at Cedar Park Library<br>"Calendar Girls"                                 | 6        |
| 7  | 8<br>8:30 Breakfast Club<br>1:30 Line Dance Members   | 9<br>9:30 am Tai Chi<br>10:30 am Beginner Tai Chi  | 10<br>8:30 Breakfast Club<br>1:30 Starter Line Dancing                            | 11<br>9:30 Stretch & Tone Class                               | 12<br>8:30 Breakfast Club  | 13       |
| 14   | 15<br>8:30 Breakfast Club<br>9:45 am Chair Yoga<br>1:30 Line Dance                                  | 16<br>9:30 am Tai Chi<br>10:30 am Beginner Tai Chi | 17<br>8:30 Breakfast Club<br>1:30 Starter Line Dancing                            | 18<br>10:30 Stretch & Tone Class                              | 19<br>8:30 Breakfast Club  | 20       |
| 21<br>3 - 5 pm Heart Health Red Wine & Dark Chocolate Tasting<br> | 22<br>8:30 Breakfast Club<br>9:45 am Chair Yoga<br>1:30 Line Dance                                  | 23<br>9:30 am Tai Chi<br>10:30 am Beginner Tai Chi | 24<br>8:30 Breakfast Club<br>1:30 Starter Line Dancing (Cafeteria this week only) | 25<br>9:30 Stretch & Tone Class                               | 26<br>8:30 Breakfast Club<br>11:45 Senior Circle Seminar Chis Connealy Cedar Park Fire Chief | 27       |
| 28   |   |  |   |   |  |          |

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