

# March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 <b>Breakfast Club</b> 9:45 am Chair Yoga 2:00 pm <b>Birthday Party</b>	2 9:30 am Tai Chi 10:30 am Beginner Tai Chi	3 8:30 <b>Breakfast Club</b> 1:30 Starter <b>Line Dancing</b>	4 9:30 Stretch & Tone Class  10:30 am Ambassador Meeting	5 10:00 <b>Senior Cinema at Cedar Park Library</b> <b>"Big Fish"</b>	6
7	8 8:30 <b>Breakfast Club</b>  9:45 am Chair Yoga 1:30 <b>Line Dance</b>	9 9:30 am Tai Chi 10:30 am Beginner Tai Chi	10 8:30 <b>Breakfast Club</b> 1:30 Starter <b>Line Dancing</b>	11 9:30 Stretch & Tone Class	12 8:30 <b>Breakfast Club</b>  10:30 Senior Circle Seminar Dr Doug Falke Live Oak Chiropractic	13
14	15 8:30 <b>Breakfast Club</b>  9:45 am Chair Yoga 1:30 <b>Line Dance</b>	16 9:30 am Tai Chi 10:30 am Beginner Tai Chi	17 8:30 <b>Breakfast Club</b> 1:30 Starter <b>Line Dancing</b>	18 9:30 Stretch & Tone Class  10:30 <b>Craft Class</b>	19 8:30 <b>Breakfast Club</b>	20
21	22 8:30 <b>Breakfast Club</b>  9:45 am Chair Yoga 1:30 <b>Line Dance</b>	23 9:30 am Tai Chi 10:30 am Beginner Tai Chi	24 8:30 <b>Breakfast Club</b> 1:30 Starter <b>Line Dancing</b>	25 9:30 Stretch & Tone Class	26 8:30 <b>Breakfast Club</b>  10:30 Senior Circle Seminar Dr Thoppil Urinary Issues	27
28	29 8:30 <b>Breakfast Club</b>  9:45 am Chair Yoga 1:30 <b>Line Dance</b>	30 9:30 am Tai Chi 10:30 am Beginner Tai Chi	31 8:30 <b>Breakfast Club</b> 1:30 Starter <b>Line Dancing</b>	Bring a friend to any Senior Circle Event. Guest 50 and better are welcome to attend up to 2 events before joining Senior Circle. <u>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.</u>		