




June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Memorial Day 	1 9am Stretch & Tone Class	2 8:30am Breakfast Club 1:30 Line Dance	3 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	4 8:30am Breakfast Club 10:00 Senior Cinema Movie at the Cedar Park Library	5
6	7 8:30am Breakfast/ Ambassador 9:30 Chair Yoga Birthday Party 2:00 2:45 Member Orientation	8 9am Stretch & Tone Class 11 am Health Fair at Highland Estates	9 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	10 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	11 8:30am Breakfast Club 11:45 Senior Circle Seminar "Living with Arthritis" by Dr. Michael Putney	12
13	14 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance	15 9am Stretch & Tone Class 11 am Tai Chi	16 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	17 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	18 8:30am Breakfast Club	19
20	21 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance	22 9am Stretch & Tone Class	23 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance Dell Tones 1:45 at Highland Est.	24 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	25 8:30am Breakfast Club 11:45 Senior Circle Seminar Bill Cummins "Imaging Services" + Tour of Imaging Area	26
27	28 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance	29 9am Stretch & Tone Class	30 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	Breakfast Club and Birthday Parties are held in the CPRMC Café. All other classes and seminars are held in the Senior Circle Room located at the back of the hospital. Enter in the Out Patient Surgery Entrance, then go to the first door on the left after the set of double doors. Water Aerobics class is held at the Veterans Memorial Pool at 2525 New Hope Drive, Cedar Park		