

July 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 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. | | | | 1 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics | 2 8:30am Breakfast Club | 3 |
| 4 th | 5 8:30am Breakfast/Ambassador 9:30 Chair Yoga 1:30 Line Dance | 6 9am Stretch & Tone Class | 7 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance | 8 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics | 9 8:30am Breakfast Club 11:45 Senior Circle Seminar "Get Up Get Moving" by Dr Jay Borick | 10 |
| 11 | 12 8:30am Breakfast Club 9:30 Chair Yoga Birthday Party 2:00 | 13 9am Stretch & Tone Class | 14 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance | 15 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics | 16 8:30am Breakfast Club | 17 Cedar Park EXPO – Cedar Park Center 9am – 4pm |
| 18 Healthy Women Brings you Summer Safety Extravaganza 3:00 to 5pm | 19 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance | 20 9am Stretch & Tone Class 11 am Tai Chi | 21 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance | 22 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics | 23 8:30am Breakfast Club 11:45 Senior Circle Seminar Dr. Robert Schoen, Orthopedic "Foot Health" | 24 |
| 25 | 26 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance | 27 9am Stretch & Tone Class | 28 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance | 29 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics | 30 8:30am Breakfast Club | 31 |