

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 @@ Cake provided by Highland Estates	2 8:30am Breakfast/ Ambassador 9:30 Chair Yoga 2:00 Birthday Party @@	3 9am Stretch & Tone Class	4 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	5 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	6 8:30am Breakfast Club "Out" IHOP 10:00 Senior Cinema "Hidalgo" Movie at the Cedar Park Library	7  Healthy Women "SPA DAY" 10am - 1PM
8	9 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance (advanced)	10 9am Stretch & Tone Class 11 am Tai Chi	11 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	12 9:45am Water Aerobics 10:45am Water Aerobics 1:30 Crafts 8pm Water Aerobics (Milburn Pool)	13 8:30am Breakfast Club 11:45 S C Seminar Dr. Blake Anderson, Ear, Nose &, Throat	14
15	16 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance (advanced)	17 9am Stretch & Tone Class 11 am Tai Chi	18 8:30am Breakfast Club 12:30 Line Dance 101 1:30 Line Dance	19 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	20 8:30am Breakfast Club 11:30am Covered Dish Luncheon "Laughter is the Best Medicine" Dina D'Angelo	21 TOTH "Senior Fest" Vendor Expo 408 Ridgewood Cedar Park Corner of Buttercup 9am - 12:30
22	23 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance (advanced)	24 9am Stretch & Tone Class	25 9:00am - Kickoff  12:30 Line Dance 101 1:30 Line Dance	26 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	27 8:30am Breakfast Club 11:45 S C Seminar Dr. Ann Hathcock	28
29	30 8:30am Breakfast Club 9:30 Chair Yoga 1:30 Line Dance (advanced)	31 9am Stretch & Tone Class	Breakfast Club, Texercise 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, and 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			

SC Calendar & Newsletters On-Line
www.cedarparkregional.com
 click on "Senior Circle" at left
 click on "Calendars / Newsletters"

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