

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am  12:30 Line Dance 101 1:30 Line Dance	2 9:45am Water Aerobics 10:45am Water Aerobics 8pm Water Aerobics	3 8:30am Breakfast Club  10:00 Senior Cinema "Breakfast at Tiffany's"  Movie at the Cedar Park Library	4
5	6 <b>Labor Day</b>	7 9am Stretch & Tone Class	8 8:30am Breakfast/ Ambassador  12:30 Line Dance 101 1:30 Line Dance	9  1:30 Crafts  8pm Water Aerobics	10 8:30am Breakfast Club  11:45 S C Seminar Dr Leila Williams Emergency Preparedness	11
12  @@ Cake provided by Highland Estates	13 8:30am Breakfast Club 9:30 Chair Yoga 2:00 Birthday Party @@ 2:45 Member Orientation	14 9am Stretch & Tone Class  11 am Tai Chi	15 9:00am  12:30 Line Dance 101 1:30 Line Dance	16  8pm Water Aerobics	17 8:30am Breakfast Club	18  Healthy Women Fall into Fitness Twin Lakes YMCA 9am – 12:30p
19	20 8:30am Breakfast Club 9:30 Chair Yoga  1:30 Line Dance (advanced)	21 9am Stretch & Tone Class	22 8:30am Breakfast Club  12:30 Line Dance 101 1:30 Line Dance	23	24 8:30am Breakfast Club  11:45 S C Seminar Joseph Pero Pulmonary Rehab	25
26	27 8:30am Breakfast Club 9:30 Chair Yoga  1:30 Line Dance (advanced)	28 9am Stretch & Tone Class	29 9:00am  12:30 Line Dance 101 1:30 Line Dance	30	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	

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1401 Medical Parkway, Cedar Park, TX 78613  
 Ginger Tremblay, Senior Circle Advisor  
 (512) 528-7096 FAX (512) 528-7102