

Jayne Cudworth – Senior Circle Advisor
 Cedar Park Regional Medical Center
 512-528-7096
www.cedarparkregional.com/seniorcircle

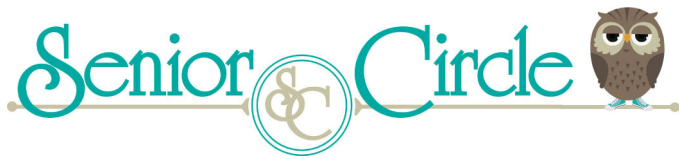
October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12pm-5pm Fable Fest Elizabeth Milburn Park
2 * Party Sponsored By Amedisys Home Health	3 8:30 Breakfast Club CPRMC Cafe 2pm Birthday Party* (Bingo w/ prizes)	4	5 8:30 Breakfast Club CPRMC Cafe	6	7 8:30 Breakfast Club CPRMC Cafe 10am Senior Cinema CP Library “True Grit”	8
9	10 8:30 Breakfast Club CPRMC Cafe	11	12 8:30 Breakfast Club CPRMC Cafe	13 5pm-9pm IHOP Dinner for DIABETES Cedar Park	14 8:30 Breakfast Club CPRMC Cafe 1:45p Seminar Dr. Bala - Tx Oncology Breast Cancer Awareness	15 New Member Recruitment Drive Begins
16	17 8:30 Breakfast Club CPRMC Cafe ←-----	18 Mammogram	19 8:30 Breakfast Club CPRMC Cafe Awareness	20 2:00-3:30 Covered Dish (finger foods) A+ Longevity Mgmt Lynn Shank “Medicare” Week	21 8:30 Breakfast Club CPRMC Cafe -----→	22
23	24 Halloween	25	26 8:30 Breakfast Club CPRMC Cafe	27 10am Lakeline Oaks Health Fair	28 8:30 Breakfast Club CPRMC Cafe 1:45p Seminar Dr. Carl Bischoff Urology – Hot Topics	29 ← 28 TH Friday Sun City Health Fair 9am – 2pm
	30	31				



1401 Medical Parkway, Cedar Park, TX

Exercise Classes at the Twin Lakes YMCA 204 E. Little Elm Trail Cedar Park **
Mondays: 9:30 Chair Yoga, 10:35 Hatha Yoga, 12:15 Tai Chi, 2pm & 3pm Muscular Strength
Tuesdays: 10:30a Stretch & Tone, 12:15 Beg. Line Dance, 2pm Cardio Circuit
Wednesdays: 10:35 Hatha Yoga, 1pm & 2pm Muscular Strength
Thursdays: 12:15 Line Dance- med, 2pm Yoga Stretch
Fridays: 2pm Muscular Strength **Sundays:** 3pm Hatha Yoga
 ** Turn left one stoplight south of Cypress Creek Rd.



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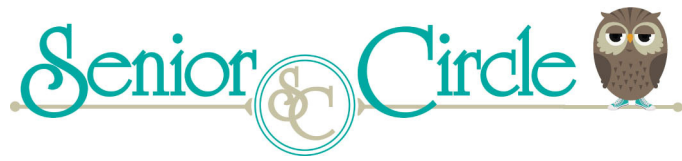
November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 8:30 Breakfast Club CPRMC Cafe	3	4 8:30 Breakfast Club CPRMC Cafe 10am Senior Cinema CP Library "Jane Eyre"	5 American Diabetes Walk
6 Leave for Branson Trip	7 8:30 Breakfast Club CPRMC Cafe Branson Trip	8 Branson Trip	9 8:30 Breakfast Club CPRMC Cafe Branson Trip	10 Branson Trip	11 Veteran's Day 8:30 Breakfast Club CPRMC Cafe Branson Trip	12 Return from Branson Trip
13 *Party Sponsored by Sagebrook Health Center	14 8:30 Breakfast Club CPRMC Cafe 2pm Birthday Party* (Bingo w/ prizes)	15 4:30 Thanksgiving Covered Dish Dinner CPRMC Café Please RSVP 528-7332	16 8:30 Breakfast Club CPRMC Cafe	17 Healthy Woman Anniversary Event 7pm-10pm	18 8:30 Breakfast Club CPRMC Cafe	19
20	21 8:30 Breakfast Club CPRMC Cafe	22	23 8:30 Breakfast Club CPRMC Cafe	24 	25	26
27	28 8:30 Breakfast Club CPRMC Cafe	29	30 8:30 Breakfast Club CPRMC Cafe			



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