

Cedar Park Regional Senior Circle Texercise Team

FITNESS AND NUTRITION FOR LIFE!

No fancy gear, no health club dues. Just a fun, practical guide to looking and feeling your best.

An active healthy lifestyle is a key component to aging well. Let Texercise show you the way!

Why is exercise important?

Everybody wants to live a healthy life, and exercise can help keep you looking and

feeling your best. Texercise is a statewide Fitness campaign, developed by the Texas Department of Aging and Disability Services, to educate and involve older Texans and their families in physical activity and good nutrition throughout their lifespan. With the help of Honorary Texercise Chairman Dr. Kenneth H. Cooper, the Texas "aging network" of area agencies on aging, and other public and private partners, we share information and sponsor health and fitness activities throughout Texas.



Texercise is a 12 week program. Cedar Park Regional Senior Circle has teamed up with the state of Texas to bring you this program. The start date for the program was June 15th however you are welcome to start at any time. For more information contact your Senior Circle Advisor Ginger Tremblay at 512-528-7096.

Some information in this article is from the Texercise Hand Book. www.texercise.com

Senior Circle Walk Club

The Senior Circle Walk Club meets on the trail at the back of Cedar Park Regional Medical Center.

Just drive around the back of the hospital and the trail is across from the loading dock. There is also a group that meets at the Lakeline

Mall at 8 am to walk for the summer months

Senior Circle members walk at their own pace. CPRMC trail is a half mile to the end and back. You can repeat the trail as many times as you would like.

Walk Club members are welcome to go the CPRMC Café after their walk to have breakfast. Senior Circle members get free coffee and a discount on their food at the Café.

Cedar Park Regional Senior Circle - News Volume 1, Issue 1

Inside this issue:

Texercise	1
Trips, Member News	2
July Calendar	
Volunteers	3
Collette Vacations	4

Special points for walking:

- Wear loose comfortable clothes.
- Wear good walking shoes.
- Walk at your own pace.
- Start out slow and work your way up in increments each week.

Motor Coach Trips

For more information on trips contact:

Ginger Tremblay,
Senior Circle
Advisor at
512-528-7096.

Sign up early so that you don't miss out! For those who are not Senior Circle members add \$20 to the price of the trip or you can join and save \$5.

Branson Show Extravaganza December 6-12, 2009

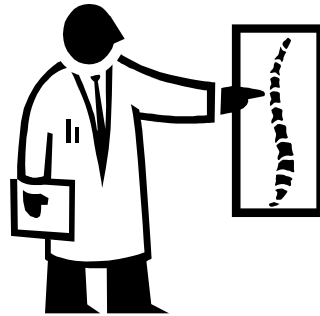
- Motor coach Transportation
- 6 nights lodging, including 4 consecutive nights in Branson.
- 10 meals, 6 breakfast and 4 dinners.
- Admission to 7 fabulous Branson Shows!
- And much more all for \$619 per person based on double occupancy. \$75 due on signing and the final payment due 10/8/09.

San Antonio, TX March 10-12, 2010

- Motor coach Transportation
- 2 nights lodging.
- 4 meals, 2 breakfast and 2 dinners.
- Guided Tour of San Antonio
- Cruise at San Antonio's famous River Walk District.
- Visit the Alamo and IMAX Theater presentation "Alamo...The Price of Freedom". Visit the Institute of Texas Cultures and the San Antonio Missions.
- \$279 Total. \$75 due on signing and the final payment due 1/2/10.

Senior Circle Seminars

July 10
Back and
Neck Seminar
By
Dr. Doug Falk
Live Oak
Chiropractic



July 24
Oh My Aching
Back! By Dr.
Rumi, MD,
Orthopedic
Surgeon
(surgical options for
back pain)

Member Orientation

For Senior Circle Members who signed up in May & June of 2009 we will have a member orientation. Meet other new members, hear about benefits and activities and have some coffee. July 6 at 3pm.



Birthday Party

Join us to celebrate the birthdays in July. All members are welcome. Journey Home Health will furnish the cake. We will meet in the CPRMC Café at 2pm. Bring a friend.

Volunteer Opportunities for Senior Circle Members

Senior Circle Ambassadors Needed!

Our objective is to grow the best Senior Circle Chapter possible. There are many tasks where assistance would be appreciated.

Some responsibilities of a Senior Circle Ambassador are:

- ❖ Activity Leader
- ❖ Committee Chair
- ❖ Event Decorating and Set Up.
- ❖ Newsletter Assembly and Labeling.
- ❖ And more!

If you are interested in becoming an Ambassador call the Senior Circle Advisor, Ginger Tremblay 528-7096,

Meals on Wheels

Provide daily meals to home bound seniors.

Contact Michelle at
512-259-0288

Faith in Action Caregivers NW

Provide rides for medical needs to those without transportation

Contact 250-5021

S.A.L.T.

Seniors and Law Enforcement Together. The first priority is to reduce crimes against the elderly, but activities may also address fear of crime and reassure seniors of actions they can take. Our local S.A.L.T. group raises funds for the Cedar Park Police, Leander Police & Williamson County Sheriff Dept for Blue & Brown Santa and more. The Cedar Park Police Dept., Leander Police Dept., Sheriff Dept. and Constables usually attend our meetings and speak to us about local concerns for seniors. There is no membership fee. Just join us on the first Wed. of each month. **202 Crystal Falls Parkway (in the CLUBHOUSE) at 2 pm.**



1401 Medical Center Pkwy
Cedar Park, TX 78613

www.cedarparkregional.com



**Collette Vacations
Air Travel & Tour
New England Back Roads
October 01 - October 8, 2010**

From country stores to covered bridges, and rugged coastlines to remarkable mountains, welcome to New England's back roads. Collette is pleased to offer this exciting adventure which showcases the best of New England.

Highlights: Boston • Bennington • Molly Stark Trail • Adams Farm • Shelburne Museum • Cold Hollow Cider • Ben & Jerry's Ice Cream Factory • Stowe • Lincoln • North Conway • Boothbay Harbor • Kennebunkport •

8 Days • 11 Meals: 7 Breakfasts • 4 Dinners **Per Person Rates*:** **Double \$2389, Single \$3089 Triple \$2359**

Our Mission: To encourage a healthy and active lifestyle for seniors by providing programs that encourage continued learning, wellness, health and volunteering, coupled with a host of social activities.