

**SPECIAL EDITION**  
**December 2011**

# Senior & Circle



 CEDAR PARK  
REGIONAL  
MEDICAL CENTER  
A partner of the Seton Family of Hospitals

## **Merry Christmas & Happy New Year!**

*In the spirit of keeping things simple during this notoriously busy period, please enjoy this abbreviated issue of Circle News focusing on the most important information for enjoying this wonderful time of year with your Senior Circle friends! Whether it's caroling, Medicare'ing, or chowing-down, we look forward to celebrating with you this month! We've got our usual busy calendar, but here are some highlights ...*

*She dazzled us with Part D in October, so don't miss Lynn Shank with **"Navigating the Medicare Maze"** on the 9<sup>th</sup>. Lynn will be joined by our very own Sue Williams to give you an overall education on Medicare and specifically how it works with hospital bills. Everyone will learn something at this one!*

*If the **Christmas Dessert Covered Dish** at 3:00pm on the 20<sup>th</sup> is half as popular (and tasty) as our Thanksgiving Feast, we'll need a lot more tables – and elastic in our britches! Don't miss it!!*

*Be sure to warm up those vocals for **Christmas Caroling** on the 21<sup>st</sup>! We'll meet at Sagebrook Health Center at 10:00am (following Breakfast Club). Look for song books & practice time at the Covered Dish.*

*My very best to you and yours! ~Jayme*

**Branson was a Blast!**  
For pics of it & other  
events, go to  
<https://picasaweb.google.com/seniorcircle>

### **Dates to Note**

**(A full December calendar is on back!)**

- 12/2** Senior Cinema – The Orient Express
- 12/5** Birthday Celebration ~ Trinity Care Center!
- 12/9** Medicare Seminar with Lynn & Sue
- 12/15** Member Recruitment Contest Ends
- 12/20** Dessert Pot-Luck (Caroling Sign-up)
- 12/21** Christmas Caroling (Meet at Sagebrook)
- 1/6** SC Cinema – Movie to Be Announced
- 1/9** Birthday Celebration w/ Amedysis!

*\*Look for other dates in January newsletter!\**

# December 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 8:30 Breakfast Club CPRMC Cafe <b>10am Senior Cinema</b> CP Library <b>Murder on the Orient Express</b>	3
4 <b>*Party Sponsored by Trinity Care Center</b>	5 8:30 Breakfast Club CPRMC Cafe <b>2pm Birthday Party*</b> (Bingo w/ prizes)	6	7 8:30 Breakfast Club CPRMC Cafe	8	9 8:30 Breakfast Club CPRMC Cafe <b>1:45 Seminar</b> Lynn Shank & Sue Williams "Navigating the Medicare Maze"	10
11	12 8:30 Breakfast Club CPRMC Cafe	13	14 8:30 Breakfast Club CPRMC Cafe	15	16 8:30 Breakfast Club CPRMC Cafe	17
18	19 8:30 Breakfast Club CPRMC Cafe	20 <b>3:00 Covered Dish "Desserts"</b> CPRMC Café 	21 8:30 Breakfast Club CPRMC Cafe <b>10am Caroling Sagebrook</b>	22	23 8:30 Breakfast Club CPRMC Cafe	24 <b>Christmas Eve</b>
25 <b>Christmas</b> 	26 8:30 Breakfast Club CPRMC Cafe	27	28 8:30 Breakfast Club CPRMC Cafe	29	30 8:30 Breakfast Club CPRMC Cafe	31 <b>New Year's Eve</b>



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**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:** 10:30 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.