



CEDAR PARK REGIONAL SENIOR CIRCLE

VOLUME 10, ISSUE 5 SEPTEMBER/OCTOBER 2018



Mary Clare Spear
Senior Circle
Advisor

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Dog Days!

Dear Members,
I am happy that the “official” summertime is almost over. I am ready for some cooler weather, I know you are too.

We have some fun events planned this newsletter like our Austin Tour day-trip (using the Metrorail to get there and back). Also, the Evening Out is bat watching in Round Rock, which I have never done, so I am excited!

We are having our official

Grand Opening for the relocated Physical Therapy and Sleep Centers in Building C on our campus on the 20th of September. You are all invited to come and help welcome them to their new digs. There will be tours, music, lite bites and beverages. It is from 5:00—7:00. I hope to see you there.

Betty Saxon was telling me that her events are filling up fast, so you need to call as soon as you know you

want to go, so you don’t miss the cutoff.

We also have two great Health Seminars with lots of good information—one on foot pain and one on Hospice care. They are not to be missed.

Here we go, I feel like I am at the top of the roller-coaster pointing down at the holidays about to plunge. Hang on!

Take good care,
Mary Clare

Meet Scott Smith , M.D.

Scott A. Smith, MD, is a board-certified orthopedic surgeon. Dr. Smith also holds a certificate of added qualification (CAQ) in sports medicine. He has a special interest in knee surgery, comprehensive arthritis management, fracture care, and osteoporosis. Dr. Smith is distinguished as a fellow of the American Academy of Orthopedic Surgeons, and he has been voted by his peers to the Texas Monthly Super Doctors list from

2007-2017. Dr. Smith received a bachelor of science in biology from Texas A&M University and a medical degree from Texas Tech University. He completed his orthopedic residency at Michigan State University. He serves on the staff of all area hospitals, and his is active in the Arthritis Foundation. Dr. Smith also volunteers as team physician for Westwood High School in the Round Rock School District and the Austin



Spurs professional basketball team.

Texas Orthopedics
512-485-0505
1401 Medical Parkway,
Bldg B, Suite:120
Cedar Park, TX 78613

Senior Circle is excited to offer fun and informative health and wellness events at NO CHARGE to our members. Please join fellow members at the following events that will be held in the Cedar Park Regional Medical Center Café.

Health and Wellness Events

September 14
2:30pm in the café.

Anne Sharkey, DPM
 Foot Pain; Causes and Treatments

October 12
2:30pm in the café.

Amy Clegg, RN
 What hospice can do for you

Sept 13—Bariatric Surgery seminar with Dr. Alan Abando
 Hospital Café at 6:30pm

Sept 27—Arthritis Seminar with Dr. Scott Smith
 Classroom 6 on the 4th floor at 6:00pm

“Bring a friend to the Senior Circle activities and show them the benefits of joining The Circle!”



Day Trip

September 19
Austin Tour

This “bucket list tour” gives you a city overview in just 2 hours. Major landmarks, lesser known gems that only a local would know about, real neighborhoods, and of course, the food trucks! This is definitely not a typical “van tour.” We drive in Mercedes vans, but you get out at many stops. Along the way we’ll chat about art, music, culture, food, history, parks, famous people,

and much more! We’ll also discover secret spots, hear funny stories, and decipher local legends. Make new memories and laugh a ton as we show you how we “Keep Austin Weird.” Finally experience Austin, don’t just see it through a window! . We are taking the Metrorail to the tour office and back, so no carpooling. Don’t forget lunch money and tip for the guide. Cost of the tour is \$37.90 (plus your Metrorail day pass of \$7) **RSVP to MC at 512-528-7119 by 9/12.**

Evening Out

October 19
Dinner and Bat Watching in Round Rock

We will meet at 5:30 at the Jack Allen Kitchen for a nice meal before we head over to the IH35 Bridge at McNeil to watch the bats fly at 6:45pm. Parking is available at the Napa Store (which closes at 7pm). Bring a chair. This is limited to 15 so RSVP quickly.

RSVP to MC by October 17 at 512-528-7119

Cedar Park Library
Basic Computer Skills Workshop

(Registration required)
 Thu, September 6, 9:30 a.m., 10:00 a.m., 10:30 a.m., 11:00 a.m.

Call 401-5608 to register

Adult Book Discussion Group

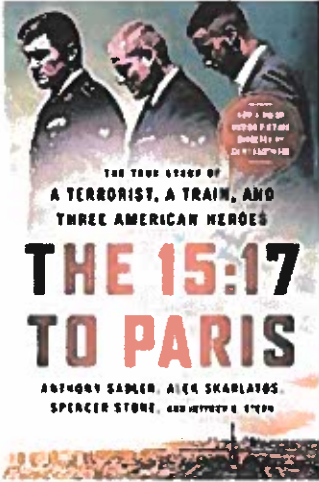
Tue, Sept 11, 1:00 pm
 Tue, Sept 25, 1:00 pm
A Piece of the World by Christina Baker Kline

Coloring and Conversation

Fri, September 14, 10:00 a.m. to 12:00 p.m.
 Fri, September 28, 10:00 a.m. to 12:00 p.m.

Cedar Park Library

September 7



All movies begin at 10:00am on the 1st Friday of the month

15:17 To Paris

In the early evening of August 21, 2015, the world watched in stunned silence as the media reported a thwarted terrorist attack on Thalys train number 9364 bound for Paris—an attempt prevented by three courageous young Americans traveling through Europe. "The 15:17 to Paris" follows the course of the friends' lives, from the struggles of childhood through finding their footing in life, to the series of unlikely events leading up to the attack. Throughout the harrowing ordeal, their friendship never wavers, making it their greatest weapon and allowing them to save the lives of the more than 500 passengers on board. The heroic trio is comprised of Anthony Sadler, Oregon National Guardsman Alek Skarlatos, and U.S. Air Force Airman First Class Spencer Stone, who play themselves in the film.

Ready Player One

The film is set in 2045, with the world on the brink of chaos and collapse. But the people have found salvation in the OASIS, an expansive virtual reality universe created by the brilliant and eccentric James Halliday (Mark Rylance). When Halliday dies, he leaves his immense fortune to the first person to find a digital Easter egg he has hidden somewhere in the OASIS, sparking a contest that grips the entire world.

October 5



Other noteworthy dates at the Cedar Park Library

- Sept. 10—6:30pm Money Matters. RSVP to 512-255-6799 or email info@UnitedWay-WC.org
- Sept. 18—Intro to Yoga at 7:00pm
- Sept. 22-24 Cedar Park Library Book Sale!

Eat and Greets and After 5:00 Mingles Hosted by Betty Saxon

Eat and Greet

Eat and Greets take place at a local restaurant at 1:00pm. RSVP's are required as seating is limited to 30

Sept. 11

The Grove
1310 E. Whitestone
Cedar Park, TX

October 9

Jason's Deli
At The Parke (By Costco)
Cedar Park, TX

After 5:00 Mingle

Eat and Greets take place at a local restaurant at 5:00pm. RSVP's are required as seating is limited to 30.

Sept. 25

BC's Backyard Bar and Grill
1501 E. New Hope
Cedar Park, TX

October 23

Longhorn Steakhouse
1469 E. Whitestone
Cedar Park, TX



Betty Saxon

RSVP to 512-986-5708

Remember... 'tipping' is not a city in China, be kind to your servers.

Seating is not arranged, be gracious and invite new members to your table.

Senior Circle Travel



Want to find out about more travel opportunities?

Come to the Travel Meetings on the first Thursdays of the month, hosted by Billy.

September 6
October 4

from 4-6 pm in the café

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TRAVEL CLUB

Washington, DC – A Remarkable Journey of National Pride

What a remarkable destination for a look into our marvelous nation. You could spend a month there and not see it all, but a few days still offers an endless array of fun, interesting and educational things to do and see.

We took the mandatory (in our opinion) Hop On – Hop Off bus tour to orient ourselves. Our tour took us by all the major attractions; Washington Memorial, Jefferson Memorial, Lincoln Memorial, the White House, the Capital Building, Vietnam Memorial, World War II Memorial, Arlington Cemetery and many other major memorials. There are also other

statues, parks and memorials for historically significant individuals – so many, in fact, that your head will swim trying to keep up if you don't take time to absorb it all.

Then there are the museums; all the Smithsonian museums that line the mall, the Holocaust Museum, the Museum of the Bible, the National Museum of Natural History, the National Museum of American History and many others – one on every corner it seems.

If planning a trip to Washington, DC, I recommend trying to arrange a tour of the Capital and a visit with your local US Representative. In Cedar Park your representative is John Carter and you can contact

him through his office in Round Rock.

We are planning a trip to DC in 2019 so watch for announcements. If you are interested please feel free to contact us and we will put you on the list as interested parties.



Partner Spotlight

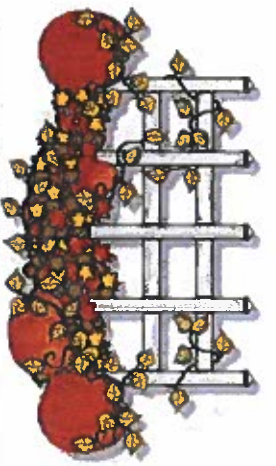
Many of our board-certified orthopedic doctors are also fellowship trained in subspecialties such as sports medicine, spine care, joint replacement, and hand surgery.

In addition to orthopedic surgeons, we have physiatrists on staff who provide non-surgical spine care, interventional pain management, and electrodiagnostic testing, as well as rheumatologists who treat patients with rheumatoid arthritis and other autoimmune diseases. The cumulative experience and knowledge of our doctors and medical staff allow us to treat patients of all ages.

Texas Orthopedics provides continuity of care and convenience for our patients by offering imaging services, physical therapy and a Joint Commission-accredited ambulatory surgery center, all under one roof. In many cases, patients can be seen the same day they request an appointment.




Texas Orthopedics,
Sports & Rehabilitation Associates



October



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00 Breakfast Club CPRMC Café BirthDay BINGO 2:30 in Café	2 Breakfast BINGO 9:00 am Chik-Fil-A 1890 Ranch	3 8:00 Breakfast Club CPRMC Café	4 Braxdale Travel Meeting 4-6pm CPRMC Café	5 8:00 Breakfast Club CPRMC Café	6
7	8 8:00 Breakfast Club CPRMC Café	9 <i>Eat and Greet 1:00</i> <i>Jason's Deli</i> <i>at The Parke</i> <i>RSVP 512-986-5708</i>	10 8:00 Breakfast Club CPRMC Café	11 Paper Craft Night @ CPRMC 6-8 pm RSVP to MC by 9th 512-528-7119	12 8:00 Breakfast Club CPRMC Café Health Seminar 2:30pm Amy Clegg, RN	13
14	15 8:00 Breakfast Club CPRMC Café	16	17 8:00 Breakfast Club CPRMC Café	18	19 8:00 Breakfast Club CPRMC Café Evening Out <i>(See newsletter)</i>	20
21	22 8:00 Breakfast Club CPRMC Café Supper BINGO 6:00 pm Chik-Fil-A 1890 Ranch	23 5:00 <i>Mingling</i> <i>Steakhouse</i> 1890 Ranch <i>1-469 E. Whitestone</i> <i>RSVP 512-986-5708</i>	24 8:00 Breakfast Club CPRMC Café	25 Paper Craft Night @ CPRMC 6-8 pm RSVP to MC by 23rd 512-528-7119	26 8:00 Breakfast Club CPRMC Café <i>Knitting Club</i> <i>1 pm @ CP Library</i>	27
28	29 8:00 Breakfast Club CPRMC Café	30	31 			

Notes:

RSVPs are needed for the following events:

- ◆ Eat and Greet
- ◆ "5:00 Mingling"
- ◆ RSVP to Betty Saxon at 512-986-5708

- ◆ Paper Crafts Night
- ◆ Day Trips
- ◆ RSVP to Mary Clare at 512-528-7119

Senior Circle Office
512-528-7119
Mary Clare

Mary Clare is in her office
M-P 8am-5pm





PICTURES

Top Left—Solea Grand Opening

Top Right—Eat and Greet at Damiano's

Left—FireBowl Café Eat and Greet

Middle—July Birthday Celebration at Birthday BINGO!

Bottom—August Birthday Celebration at Birthday BINGO!



A SPECIAL
THANKS TO...

Our Senior
Circle Partners
for their
support to The
Circle!

Our Senior Circle partners contribute largely to the success of our membership. Please be sure to give them your business in return! Show your membership card at the above locations to take advantage of these community benefits. Thank you for your continued support and participation.

GOLD

Twin Lakes Family
YMCA

SILVER

Braxdale Travel
Sun Auto Service

BRONZE

Advanced Pain Care
Cedar Park Library

COPPER

Texas Orthopedics



TWIN LAKES FAMILY YMCA
ymcagwc.org • 512 250 9822

GOLD Partner Logos:



SILVER Partner Logos:

Cedar Park Senior Circle
1401 Medical Parkway
Cedar Park, TX 78613