

Creekside Events - April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Strong Women 9:00-10:00 Coffee Hour 9:30 Appel Ins - Medicare Information 10:00-11:00 Card Making 12:00 Knitting Group	ELECTIONS 9:00-10:00 Coffee Hour 11:00 Elder Benefit Spec. 11:30 Senior Dining 12:30-2:00 BINGO	8:30 Foot Care Clinic 9:00 Yoga 10:30 Gentle Fit 12:30-2:00 BUNCO	9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining 5:30-7:00 Student Art Reception	9:00 Strong Women 10:00 Women's Coffee Hour 11:30/12:00 Good Friday Ecumenical Luncheon & Service
10	11	12	13	14
9:00 Strong Women 9:00-10:00 Coffee Hour 11:00 Creekside Café 12:00 Literary Club 12:00 Knitting Group	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Flute Circle 11:30 Senior Dining 12:30-2:00 BINGO	8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	9:00 Strong Women 10:00 Women's Coffee Hour 10:30 Appel Ins - Medicare Info
17	18	19	20	21
9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO - Aster	8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 12:00 Genealogy Mtg	9:00 Strong Women 10:00 Women's Coffee Hour
24	25	26	27	28
9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	9:00 Strong Women 10:00 Women's Coffee Hour
1	2	3	4	5
9:00 Strong Women 9:00-10:00 Coffee Hour 10:00 Card Making 12:00 Knitting Group	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8:30 Foot Care Clinic 8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining 5:00 Cruise Night	Grumpy Old Men Trip to Fireside 9:00 Strong Women 10:00 Women's Coffee Hour Cancelled for today

Description of Events

Bingo – Come in and join the fun of playing classic Bingo and blackout! Prizes for the winners! \$1 suggested donation.

Bunco – High and low scores plus most Bunco's will win a prize! \$1 suggested donation to play, which goes towards the prize pot.

Creekside Café – Held the second Monday of every month (unless otherwise noted). Everyone is welcome for a meal and social time. RSVPs preferred, but not mandatory.

Creekside Coffee Hour – Everyone is welcome for coffee, treats and great company and conversation!

Foot Clinic – Call (608) 882-0407 for an appointment. Foot clinic is \$25. Deb Scullin is an RN and certified Diabetes educator. A session includes a nail trim, filing, and assessment for circulation and sensation. *Please bring one clean towel to your visit.*

Gentle Fit – This class focuses on improving balance, coordination, strength, and flexibility to enhance overall health. Joint-safe exercises that are great if recovering from injury.
Members \$3, Drop in \$4 per class, Punch Cards available

Knitting Group – Free! Beginners can learn to cast on, knit, purl, and more! If you are already experienced, please come for the coffee and company.

Low Vision Support Group – Free! Please call (608)757-5203 for more information.

Strong Women – This is a research-proven national program especially for middle-age, and older adults concentrating on strength training and proper nutrition.
Members \$4 Drop in \$6 per class, Punch Cards available

TOPS – Take Off Pounds Sensibly is your opportunity to learn healthy eating and exercising with recognition and support.

Women's Coffee Hour – Ladies, join us for coffee, treats and a visit with friends!

Yoga – Develop awareness, learn basic poses, and discover your natural breath. Great for stress relief and rejuvenation. Perfect for anyone wanting a gentler practice.
Members \$4, Drop in \$6 per class, Punch Cards available

Rock County Senior Lunch – Meal is available to anyone 60+, and no eligible person will be denied a meal. Reservations must be made before noon the prior business day by calling Linda Hardie, Rock County Nutrition Program at (608) 757-5474. Suggested \$4 donation appreciated – *THIS PROGRAM IS FOR DELIVERIES MONDAY-FRIDAY or DINE-IN ON TUESDAYS AND THURSDAYS.*