Creekside Events – August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	29 9:00 Yoga 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:30-2:00 BINGO	30 11:30 Senior Dining 12:30 BUNCO	31 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	1 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
4 9:00 StrongBodies 9:00-10:00 Coffee Hour **10:00 Card Making** 11:30 Senior Dining 12:00 Knitting Group	5 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	6 11:30 Senior Dining 12:30 BUNCO	7 9:00 Yoga **10:00-11:00 Low Vision Group** 10:30 Gentle Fit 11:30 Senior Dining **5-8 Cruise Night – ATVs/UTVs Welcome**	8 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
11 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	12 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO **5:00-8:00 Food Truck Vendor Night**	13 11:30 Senior Dining 12:30-2:00 BUNCO	14 **8:00-2:00 Foot Care Clinic** 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining **5:00-8:00 Art Reception Shawn Lynn**	15 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
18 9:00 StrongBodies 9:00-10:00 Coffee Hour **11:00 Creekside Café** 12:00 Knitting Group	19 9:00 Yoga 9:00-10:00 Coffee Hour 10:30-11:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	20 11:30 Senior Dining 12:30-2:00 BUNCO	21 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	22 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
25 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	26 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	27 11:30 Senior Dining 12:30-2:00 BUNCO	28 **8:00 Foot Care Clinic** 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	29 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining

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 third Monday of every month (unless otherwise noted). Everyone is welcome for a meal and social time. RSVPs strongly encouraged.

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

Foot Clinic – Call Kelly @ (608) 669-8215 for an appointment. Foot Clinic is $30.

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.
Drop in $4 per class, Punch Cards are 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 Deen @ 715-315-9970 for more information.

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

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***.***
Drop in $6 per class, Punch Cards are 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 $5 donation appreciated – *THIS PROGRAM IS FOR DELIVERIES or* ***DINE-IN*** *ON MONDAY THRU FRIDAY*