

Creekside Events - December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
27 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	28 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	29 8:30 TOPS 8:30-12:30 Foot Care Clinic 12:30-2:00 BUNCO	30 9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining	1 9:00 Strong Women 10:00 Women's Coffee Hour
4 9:00 Strong Women 9:00-10:00 Coffee Hour 10:00-12:00 Card Making 12:00 Knitting Group	5 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Flute/Drum Circle 11:30 Senior Dining 12:30-2:00 BINGO	6 8:30 TOPS 8:30 Foot Care Clinic 12:30-2:00 BUNCO	7 9:00 Yoga 10:00 Low Vision Clinic 10:30 Gentle Fit 11:30 Senior Dining	8 9:00 Strong Women 10:00 Women's Coffee Hour
11 9:00 Strong Women 9:00-10:00 Coffee Hour 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 – Aster Calling	13 8:30 TOPS 12:30-2:00 BUNCO 1:00 Spark Painting Workshop	14 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 6:00 Becoming Better Neighbors	15 8:00 Base Meeting 9:00 Strong Women 10:00 Women's Coffee Hour
18 9:00 Strong Women 9:00-10:00 Coffee Hour 11:00 Holiday Creekside Café 12:00 Knitting Group	19 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	20 8:30 TOPS 12:30-2:00 BUNCO	21 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 12:00 Genealogy Meeting	22 9:00 Strong Women 10:00 Women's Coffee Hour
25 <i>Closed</i>  <i>Christmas Holiday</i>	26 <i>Closed</i>  <i>Christmas Holiday</i>	27 SENIOR MEALS WILL BE DELIVERED TODAY	28 SENIOR MEALS WILL BE SERVED & DELIVERED TODAY	29 SENIOR MEALS WILL BE DELIVERED TODAY

CREEKSIDE WILL BE CLOSED FOR ALL OTHER ACTIVITIES FROM DECEMBER 23rd THRU JANUARY 1ST HAPPY HOLIDAYS

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 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 \$5 donation appreciated – *THIS PROGRAM IS FOR DELIVERIES MONDAY-FRIDAY or DINE-IN ON TUESDAYS AND THURSDAYS.*

