Creekside Events – December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 StrongBodies 9:00-10:00 Coffee Hour 12:30 Senior Dining 12:00 Knitting Group	**3** 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	**4** 11:30 Senior Dining 12:30-2:00 BUNCO	**5** 8:00-2:00 Foot Care Clinic 9:00 Yoga **10:00-11:00 Low Vision** 10:30 Gentle Fit 11:30 Senior Dining	**6** 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
9 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	**10** 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	**11** 11:30 Senior Dining 12:30-2:00 BUNCO	**12** 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	**13** 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining **5:30-8:00 Swifties & Kitties**
16 9:00 StrongBodies 9:00-10:00 Coffee Hour **11:00 Holiday Creekside Café** 11:00 Senior Dining 12:00 Knitting Group	**17** 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	**18** 11:30 Senior Dining 12:30-2:00 BUNCO	**19** **8:00 Foot Care Clinic** 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining **12:00 Genealogy Mtg**	**20** 9:00 StrongBodies **Fireside Outing** 11:30 Senior Dining
23 CLOSED **SENIOR MEALS WILL BE DELIVERED TODAY**	**24** *Closed Christmas Holiday* 	**25** *Closed Christmas Holiday* 	**26** CLOSED **SENIOR MEALS WILL BE DELIVERED TODAY**	**27** CLOSED **SENIOR MEALS WILL BE DELIVERED TODAY**
30 CLOSED **SENIOR MEALS WILL BE DELIVERED TODAY**	**31** CLOSED **SENIOR MEALS WILL BE DELIVERED TODAY**	1 CLOSED 		

CREEKSIDE WILL BE CLOSED FOR ALL OTHER ACTIVITIES BEGINNING DECEMBER 23rd THRU JANUARY 1ST

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.

Strong Women – 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.*