

Creekside Events – February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	30 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO - Aster	31 8:45 Annual Membership Meeting 8:30 TOPS 12:30-2:00 BUNCO	1 9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining	2 9:00 Strong Women 10:00 Women's Coffee Hour
5 9:00 Strong Women 9:00-10:00 Coffee Hour 10:00-12:00 Card Making 12:00 Knitting Group	6 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:00-12:00 Benefit Spec 11:30 Flute/Drum Circle 11:30 Senior Dining 12:30-2:00 BINGO	7 8:30 TOPS 8:30-2:00 Toenail Trimmers 12:30-2:00 BUNCO	8 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 6:00 Becoming Better Neighbors	9 9:00 Strong Women 10:00 Women's Coffee Hour
12 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	13 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	14 8:30 TOPS 11:00 Valentine's Day Creekside Café 12:30-2:00 BUNCO	15 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 12:00 Genealogy Mtg	16 8:00 Base Meeting 9:00 Strong Women 10:00 Women's Coffee Hour
19 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	20 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	21 8:30 TOPS 12:30-2:00 BUNCO	22 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 5:30-7:00 Art Reception	23 9:00 Strong Women 10:00 Women's Coffee Hour
26 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	27 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO - Aster	28 8:00-3:00 AARP Tax-Aide 8:30 TOPS 12:30-2:00 BUNCO	29 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	1 9:00 Strong Women 10:00 Women's Coffee Hour

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 (262) 719-0336 for an appointment. Foot clinic is \$35.

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 (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.

Drop in \$6 per class, Punch Cards are 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.

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 MONDAY-FRIDAY or DINE-IN ON TUESDAYS AND THURSDAYS.*

