Creekside Events – February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 StrongBodies 9:00-10:00 Coffee Hour 10:00 Card Making 11:30 Senior Dining 12:00 Knitting Group	**4** 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	**5** 11:30 Senior Dining 12:30-2:00 BUNCO	**6** 9:00 Yoga **10:00-11:00 Low Vision** 10:30 Gentle Fit 11:30 Senior Dining	**7** 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
10 **StrongBodies – Cancelled** 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	**11** **Yoga - Cancelled** 9:00-10:00 Coffee Hour **Gentle Fit - Cancelled** 11:30 Senior Dining 12:30-2:00 BINGO	**12** 11:30 Senior Dining **BUNCO - Cancelled**	**13** **Yoga - Cancelled** **Gentle Fit - Cancelled** 11:30 Senior Dining	**14** **StrongBodies – Cancelled** **10:00 Annual Membership Mtg** 10:00 Women's Coffee Hour 11:30 Senior Dining
17 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	**18** **7:00am-8:00pm Elections** **Yoga - Cancelled** 9:00-10:00 Coffee Hour **Gentle Fit - Cancelled** 11:30 Senior Dining 12:30-2:00 BINGO	**19** 11:30 Senior Dining 12:30-2:00 BUNCO	**20** 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining **12:00 Genealogy Mtg**	**21** 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
24 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	**25** 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	**26** **8:00-3:00 AARP Tax-Aide here (appt required)** 11:30 Senior Dining 12:30-2:00 BUNCO	**27** 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	**28** 10:00 Women's Coffee Hour 11:30 Senior Dining
3 9:00 StrongBodies 9:00-10:00 Coffee Hour **10:00 Card Making** 11:30 Senior Dining 12:00 Knitting Group	**4** 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	**5** 11:30 Senior Dining 12:30-2:00 BUNCO	**6** 9:00 Yoga **10:00 Low Vision Group** 10:30 Gentle Fit 11:30 Senior Dining	**7** 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining

Replacing HVAC System this Week

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.*