


Creekside Events - January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8:30 TOPS 8:30-2:00 Foot Care Clinic 9:30 Strong Women 12:30-2:00 BUNCO	9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining 7:00 Spirits & Chocolate Event	9:00 Strong Women 10:00 Women's Coffee Hour <hr/> 6 9:00 Creative Yoga Workshop
8	9	10	11	12
9:00 Strong Women 9:00-10:00 Coffee Hour 10:00-12:00 Card Making 12:00 Knitting Group 5:15-6:30 Community Meal	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	8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 6:00 Becoming Better Neighbors	9:00 Strong Women 10:00 Women's Coffee Hour
15	16	17	18	19
9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group Martin Luther King Jr Day Community Wide Activities 10-11:30 at Creekside	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 12:00-6:00 Blood Drive 12:00 Genealogy Mtg	8:00 Base Meeting 9:00 Strong Women 10:00 Women's Coffee Hour
22	23	24	25	26
9:00 Strong Women 9:00-10:00 Coffee Hour 11:00 Creekside Café 12:00 Knitting Group	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	9:00 Strong Women 10:00 Women's Coffee Hour 6:00-7:30 Art Reception
29	30	31	1	2
9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8:45 Annual Membership Meeting 8:30 TOPS 12:30-2:00 BUNCO	9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining	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 (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.
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.*

