


Creekside Events - July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <div style="text-align: center;">  </div>	<p>4</p>	<p>5</p> <p>8:00-12:00 Foot Care Clinic</p> <p>8:30 TOPS</p> <p>12:30-2:00 BUNCO</p>	<p>6</p> <p>9:00 Yoga</p> <p>10:00 Low Vision Group</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p> <p>5:00-8:00 Cruise Night</p>	<p>7</p> <p>9:00 Strong Women</p> <p>10:00 Women's Coffee Hour</p>
<p>10</p> <p>9:00-10:00 Coffee Hour</p> <p>9:00 Strong Women</p> <p>12:00 Knitting Group</p> <p>5:15-6:30 Community Meal</p>	<p>11</p> <p>9:00 Yoga</p> <p>9:00-10:00 Coffee Hour</p> <p>10:30 Gentle Fit</p> <p>11:00 Elder Benefit Spec.</p> <p>11:30 Senior Dining</p> <p>12:30-2:00 BINGO</p>	<p>12</p> <p>8:30 TOPS</p> <p>12:30-2:00 BUNCO</p> <p>5:00-8:00 Music on the Side</p>	<p>13</p> <p>9:00 Yoga</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p>	<p>14</p> <p>9:00 Strong Women</p> <p>10:00 Women's Coffee Hour</p>
<p>17</p> <p>9:00 Strong Women</p> <p>9:00-10:00 Coffee Hour</p> <p>11:00 Creekside Café</p> <p>12:00 Knitting Group</p>	<p>18</p> <p>9:00 Yoga</p> <p>9:00-10:00 Coffee Hour</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p> <p>12:30-2:00 BINGO</p>	<p>19</p> <p>8:30 TOPS</p> <p>12:30-2:00 BUNCO</p> <p>6:00 Becoming Better Neighbors</p>	<p>20</p> <p>9:00 Yoga</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p> <p>12:00 Genealogy Mtg</p>	<p>21</p> <p>9:00 Strong Women</p> <p>10:00 Women's Coffee Hour</p>
<p>24</p> <p>9:00 Strong Women</p> <p>9:00-10:00 Coffee Hour</p> <p>12:00 Knitting Group</p>	<p>25</p> <p>9:00 Yoga</p> <p>9:00-10:00 Coffee Hour</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p> <p>12:30-2:00 BINGO</p>	<p>26</p> <p>8:30 TOPS</p> <p>12:30-2:00 BUNCO</p>	<p>27</p> <p>9:00 Yoga</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p>	<p>28</p> <p>9:00 Strong Women</p> <p>10:00 Women's Coffee Hour</p>
<p>31</p> <p>9:00 Strong Women</p> <p>9:00-10:00 Coffee Hour</p> <p>12:00 Knitting Group</p>	<p>1</p> <p>9:00 Yoga</p> <p>9:00-10:00 Coffee Hour</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p>	<p>2</p> <p>8:00-12:00 Foot Care Clinic</p> <p>8:30 TOPS</p> <p>12:00-6:00 Blood Drive</p> <p>12:30-2:00 BUNCO</p> <p>6:30 Ecumenical Blessing of the Pets</p>	<p>3</p> <p>9:00 Yoga</p> <p>10:00 Low Vision Group</p> <p>10:30 Gentle Fit</p> <p>11:30 Senior Dining</p> <p>5:00-8:00 Cruise Night</p>	<p>4</p> <p>9:00 Strong Women</p> <p>10:00 Women's Coffee Hour</p>

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.*

