# Creekside Events – May 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **29**<br>9:00 StrongBodies<br>9:00-10:00 Coffee Hour<br>**11:30 Senior Dining**<br>12:00 Knitting Group | **30**<br>9:00 Yoga<br>9:00-10:00 Coffee Hour<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>12:30-2:00 BINGO | **1**<br>8:30 TOPS<br>**8:30-2:00 Toenail Trimmers**<br>11:30 Senior Dining<br>12:30-2:00 BUNCO | **2**<br>9:00 Yoga<br>**10:00 Low Vision Specialist**<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>**5:00-8:00 Cruise Night** | **3**<br>9:00 StrongBodies<br>10:00 Women's Coffee Hour<br>11:30 Senior Dining |
| **6**<br>9:00 StrongBodies<br>9:00-10:00 Coffee Hour<br>**10:00-12:00 Card Making**<br>11:30 Senior Dining<br>12:00 Knitting Group | **7**<br>9:00 Yoga<br>9:00-10:00 Coffee Hour<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>12:30-2:00 BINGO | **8**<br>8:30 TOPS<br>11:30 Senior Dining<br>12:30-2:00 BUNCO | **9**<br>9:00 Yoga<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>**6:00 Becoming Better Neighbors** | **10**<br>9:00 StrongBodies<br>10:00 Women's Coffee Hour<br>11:30 Senior Dining<br>**5:30 Art Crawl** |
| **13**<br>9:00 StrongBodies<br>9:00-10:00 Coffee Hour<br>11:30 Senior Dining<br>12:00 Knitting Group<br>**5:15 Community Meal** | **14**<br>9:00 Yoga<br>9:00-10:00 Coffee Hour<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>11:30 Flute Circle<br>12:30-2:00 BINGO | **15**<br>8:30 TOPS<br>11:30 Senior Dining<br>12:30-2:00 BUNCO | **16**<br>9:00 Yoga<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>**12:00 Genealogy Mtg**<br>**6:30 Appetizers & Spirits** | **17**<br>9:00 StrongBodies<br>10:00 Women's Coffee Hour<br>11:30 Senior Dining |
| **20**<br>9:00 StrongBodies<br>9:00-10:00 Coffee Hour<br>**11:00 Creekside Cafe**<br>12:00 Knitting Group | **21**<br>9:00 Yoga<br>9:00-10:00 Coffee Hour<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>12:30-2:00 BINGO | **22**<br>8:30 TOPS<br>11:30 Senior Dining<br>12:30-2:00 BUNCO | **23**<br>9:00 Yoga<br>10:30 Gentle Fit<br>11:30 Senior Dining | **24**<br>9:00 StrongBodies<br>10:00 Women's Coffee Hour<br>11:30 Senior Dining |
| **27**<br> | **28**<br>9:00 Yoga<br>9:00-10:00 Coffee Hour<br>10:30 Gentle Fit<br>11:30 Senior Dining<br>12:30-2:00 BINGO | **29**<br>8:30 TOPS<br>11:30 Senior Dining<br>**12:00-6:00 Blood Drive**<br>12:30-2:00 BUNCO | **30**<br>9:00 Yoga<br>10:30 Gentle Fit<br>11:30 Senior Dining | **31**<br>9:00 StrongBodies<br>10:00 Women's Coffee Hour<br>11:30 Senior Dining |

# *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 (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) 882-4567 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 or* ***DINE-IN*** *ON MONDAY THRU FRIDAY.*