

# Creekside Events - October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Strong Women 9:00-10:00 Coffee Hour <b>10:00-12:00 Card Making</b> 12:00 Knitting Group	<b>3</b> 9:00 Yoga 9:00-10:00 Coffee Hour <b>11:00-12:00 Elder Benefit Specialist</b> 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	<b>4</b> 8:30 TOPS 12:30-2:00 BUNCO	<b>5</b> 9:00 Yoga <b>10:00 Low Vision Group</b> 10:30 Gentle Fit 11:30 Senior Dining	<b>6</b> 9:00 Strong Women 10:00 Women's Coffee Hour
<b>9</b> <b>8:00-12:00 Foot Care Clinic</b> 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	<b>10</b> 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	<b>11</b> 8:30 TOPS <b>9:30 Strong Women</b> 12:30-2:00 BUNCO	<b>12</b> 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining <b>6:00-7:30 Becoming Better Neighbors</b>	<b>13</b> <b>8:30-12:30pm Business Summit</b>  <del>Women's Coffee Hour</del> <b>CANCELLED</b>
<b>16</b> 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group <b>11:00 Creekside Café</b>	<b>17</b> 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO <b>5:30-7:00 Art Reception</b>	<b>18</b> 8:30 TOPS 12:30-2:00 BUNCO	<b>19</b> <b>9:00-12:00 Health Fair</b> 11:30 Senior Dining <b>12:00 Genealogy Mtg</b>	<b>20</b> 9:00 Strong Women 10:00 Women's Coffee Hour
<b>23</b> 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	<b>24</b> 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	<b>25</b> 8:30 TOPS 12:30-2:00 BUNCO	<b>26</b> 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	<b>27</b> 9:00 Strong Women 10:00 Women's Coffee Hour
<b>30</b> 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	<b>31</b> 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO - Aster Calling	<b>1</b> <b>8:00-12:00 Foot Care Clinic</b> 8:30 TOPS 12:30-2:00 BUNCO	<b>2</b> 9:00 Yoga <b>10:00 Low Vision Group</b> 10:30 Gentle Fit 11:30 Senior Dining	<b>3</b> 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.  
**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.*

