

Creekside Events – October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 StrongBodies 11:30 Senior Dining 12:30 BUNCO	2 9:00 Yoga 10:00-11:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining	3 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
6 9:00 StrongBodies 9:00-10:00 Coffee Hour 10:00 Card Making 11:30 Senior Dining 12:00 Knitting Group	7 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	8 9:00-12:00 Health & Resource Fair 11:30 Senior Dining 12:30 BUNCO	9 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 6:00-7:30 Becoming Better Neighbors	10 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
13 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	14 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	15 11:30 Senior Dining 12:30-2:00 BUNCO 3:00 City Job Fair	16 8:00-2:00 Foot Care Clinic 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 12:00 Genealogy Mtg	17 Fireside Outing 9:00 StrongBodies NO Coffee Hour 11:30 Senior Dining
20 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	21 9:00 Yoga 9:00-10:00 Coffee Hour 10:30-11:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	22 11:30 Senior Dining 12:00-6:00 Blood Drive 12:30-2:00 BUNCO	23 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	24 9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining
27 9:00 StrongBodies 9:00-10:00 Coffee Hour 11:30 Senior Dining 12:00 Knitting Group	28 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	29 11:30 Senior Dining 12:30-2:00 BUNCO	30 8:00 Foot Care Clinic 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	31  9:00 StrongBodies 10:00 Women's Coffee Hour 11:30 Senior Dining

JOIN US FOR OUR OCTOBER WEEKEND ACTIVITIES

See our Facebook page for more information

- October 11th – Badger Bus
- October 18th -- Haunted Carriage Rides in conjunction with Fall Fest
- October 25th – Trunk or Treat in conjunction with Merchant Trick or Treat

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*

