

Creekside Events - September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
28 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	29 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	30 8:30 TOPS 12:30-2:00 BUNCO	31 9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining	1 9:00 Strong Women 10:00 Women's Coffee Hour
4  9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:00-12:00 Elder Benefit Specialist 11:30 Senior Dining 12:30-2:00 BINGO	5 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:00-12:00 Elder Benefit Specialist 11:30 Senior Dining 12:30-2:00 BINGO	6 8:00-12:00 Foot Care Clinic 8:30 TOPS 12:30-2:00 BUNCO	7 9:00 Yoga 10:00 Low Vision Group 10:30 Gentle Fit 11:30 Senior Dining 5:00-8:00 Cruise Night	8 9:00 Strong Women 10:00 Women's Coffee Hour
11 9:00 Strong Women 9:00-10:00 Coffee Hour 10:00-12:00 Card Making 12:00 Knitting Group 6:00-8:00 Just Desserts	12 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	13 8:30 TOPS 12:30-2:00 BUNCO	14 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 5:30-7:00 Art Reception 6:00-7:30 Becoming Better Neighbors	15 9:00 Strong Women 10:00 Women's Coffee Hour <hr/> 16 CreekFest 2-9pm
18 9:00 Strong Women 9:00-10:00 Coffee Hour 11:00 Creekside Cafe 12:00 Knitting Group 5:15-6:30 Community Meal	19 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO	20 8:30 TOPS 12:30-2:00 BUNCO	21 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining 12:00 Genealogy Mtg	22 9:00 Strong Women 10:00 Women's Coffee Hour
25 9:00 Strong Women 9:00-10:00 Coffee Hour 12:00 Knitting Group	26 9:00 Yoga 9:00-10:00 Coffee Hour 10:30 Gentle Fit 11:30 Senior Dining 12:30-2:00 BINGO - Aster Calling	27 8:30 TOPS 12:00-6:00 Blood Drive 12:30-2:00 BUNCO	28 9:00 Yoga 10:30 Gentle Fit 11:30 Senior Dining	29 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.*

