

# July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	3 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	4  Happy Independence Day Thanks to all who serve	5 8:00 E3 Meeting 8:30 Yoga 10:30 Gentle Fit 10:30 Low Vision 11:30 Rock Co. Lunch 12:15 Dominoes <b>5:00 CRUISE NIGHT</b>	6 9:00 Strong Women 10:30 Chair Fitness
9 9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group	10 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	11 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	12 8:30 Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:00 Blood Drive 12:15 Dominoes	13 9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness
16 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	17 8:30 Yoga 9:00 Men's Coffee 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	18 8:30 Foot Clinic 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	19 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:15 Dominoes	20 8:00 Base Mtg 10:30 Chair Fitness
23 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	24 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	25 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping <b>2:00 Blood Pressure Checks &amp; Hand Massages</b>	26 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:15 Dominoes	27 9:00 Strong Women <b>10:00 Creekside Café</b> 10:30 Chair Fitness
30 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	31 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 1:45 Ice Cream Social 5:30 Weight Watchers		Please take note of our new summer hours: Monday-Thursday 8-2:30 Fridays 8 am- 1 pm  All special event hours will not be affected. (ie. Blood drive, Cruise Night)	

## Description of Events

**Bingo-** \$1 suggested donation. Come in and join the fun of playing classic Bingo and blackout! Prizes for the winners!

**Blood Pressure Checks-** The Evansville Manor staff will be here to provide free blood pressure checks, and complimentary hand massages, along with snacks and conversation.

**Bunco-** \$1 suggested donation to play. High and low scores plus most Bunco's will win a prize!

**Card Making-** \$5 to design and create special occasion cards. You will leave the class with three completed cards.

**Chair Fitness-** FREE! A Gentle exercise class that is video led to improve your mobility, strength, and balance.

**Creekside Café-** Free and open to the public. Please join us for a light brunch and community fellowship. Donations accepted.

**Cruise Night-** Starting at 5 pm, bring your car, or motorcycle to show off to the masses! There is food grilled by the Woodchucks, a cash bar, 50/50 raffle, raffle for registered cars, lots of fun for everyone! July's theme is 4<sup>th</sup> of July Celebration. Wear your red, white, and blue.

**Dominoes-** A simple game of strategy created in the 1200s and still played by many today. The Creekside group plays Mexican Train. Free and open to the public.

**Foot Clinic-** Call (608) 882-0407 for an appointment. Foot clinic is \$20. Trained staff, and a nurse from Stoughton Hospital provide foot and nail care. A 30-minute session includes a nail trim, filing, and assessment for circulation and sensation. Please bring two clean towels to your visit.

**Gentle Fit-** This class will focus on improving balance, coordination, strength, and flexibility to enhance overall health. Joint-safe exercises that are great if recovering from injury. Drop in for \$4 a class.

**Grocery Shopping-** For \$2 we will pick you up, take you to Piggly Wiggly, and return you home with your groceries. Call (608) 882-0407 for reservations.

**Hand Massages-** Come in for a free blood pressure check from Evansville Manor staff, and stay for a complimentary hand massage.

**Ice Cream Social-** Free! Come in at 12:30 for Bingo, and stay to enjoy the ice cream sponsored by the Evansville Manor.

**Knitting-** Free! Beginners can learn to cast on, knit, purl, and more! If you are already experienced, please come for the coffee and company.

**Local Transportation-** Creekside Place provides local rides for a fee. Please arrange 48 hours in advance. **\*Subject to driver availability. \*Currently no rides given on Mondays and Fridays.**

**Low Vision Support Group-** Free! Please call (608)757-5203 for more information.

**Men's Coffee-** Come in for free coffee, pastries, and conversation!

**Rock Co. 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 \$4 donation appreciated.

**Strong Women-** This is a research-proven national program especially for middle-age, and older adults concentrating on strength training and proper nutrition. Please call (608)882-0407 for current member/guest rates, or drop in for \$6 a class.

**TOPS-** Take Off Pounds Sensibly is your opportunity to learn healthy eating and exercising with recognition and support.

**Weight Watchers-** Receive guidance from a leader who has lost weight with Weight Watchers and encouragement from members just like you! Discover weight-loss strategies in a fun, interactive weekly meeting.

**Women's Coffee-** Join us for free morning coffee and conversation over pastries.

**Yoga -** Develop awareness, learn basic poses, and discover your natural breath. Great for stress relief and rejuvenation. Perfect for anyone wanting a gentler practice. All skill levels welcome. Call (608)882-0407 for current member/guest rates, or drop in for just \$6.