

April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group</p>	<p>3</p> <p>Election Day 8am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers 6:00 Drawing/ painting 6:00 Lions Club</p>	<p>4</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>5</p> <p>8am Yoga 1 9:15 Mind/ Body Yoga 10:30 Gentle Fit 10:30 Low Vision Specialist 11:30 Rock Co. Lunch 12:30 Dominoes 6pm Grove Society "Murder, Suicide, or Accident?"</p>	<p>6</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p>9</p> <p>9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group</p>	<p>10</p> <p>8am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers 6pm Drawing/ Painting</p>	<p>11</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>12</p> <p>8am Yoga 1 9:15 Mind/ Body Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 1:00 Neighborhood Knits</p>	<p>13</p> <p>9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness</p>
<p>16</p> <p>9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group</p>	<p>17</p> <p>8:00 Yoga 1 9:00 Men's Coffee 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers 6:00 Lion's Club 6:00 Drawing/ Painting</p>	<p>18</p> <p>8:30 TOPS 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping 2 :00 Power of Forgiveness 2:30 Blood Pressure Checks 2:30 Hand Massages</p>	<p>19</p> <p>8am Yoga 1 9:15 Mind/ Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	<p>20</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p>23</p> <p>9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group</p>	<p>24</p> <p>8am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 1:45 Ice Cream Social 5:30 Weight Watchers 6:00 Drawing/ Painting</p>	<p>25</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>26</p> <p>8am Yoga 1 9:15 Mind/ Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	<p>27</p> <p>9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness</p>
<p>30</p> <p>9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group</p>				



Description of Events

Base Community Wellness Day- Community organizations will work to bring community resources together, offer a medication take back, provide educational activities, offer a paper shred, demonstrations, presentations, health screenings and community resources. Workshops focus on addiction resources, stress management, mental health awareness, exercise, nutrition, fitness and family activities – to name a few.

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

Blood Pressure Checks- Sponsored by the Evansville Manor, get a free blood pressure check by one of their skilled nurses.

Bridge & Other Card Games- Ladies AND Gentlemen, come one, come all, for a game of bridge, euchre, sheepshead or whatever else you'd like to play. 1st Tuesday of every month.

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.

Dementia Care- For caregivers, and those concerned with their own memory. Memory screenings and consultations provided. Please contact Cori Marsh, a Dementia Care Specialist at ARDC of Rock County. (608)741-3615

Dominoes- A simple game of strategy created in the 1200s and still played by many today. Free and open to the public.

Drawing/Painting Class- Learn to draw with charcoal and paint with acrylics. Instructor Greg Marshall leads this group of all skill levels. Contact us for a supply list. Ages 15+. \$3/class.

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.

Hand Massages- Sponsored by the Evansville Manor, come and enjoy the relaxing, healing power of a simple hand massage. Free.

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.

Hospice 101- Ever wonder what Hospice Care is, or how it can help you or a loved one? How is it paid for? Join Amy Cowan from Agrace Hospice Care for an informal presentation to answer all your questions. Please register by calling 882-0407 by March 26th.

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

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.**

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

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

Mind Body Yoga- For beginners, and those who want to deepen their practice. Using Vinyasa Flow, balance and intermediate postures. Modifications can be made to fit your needs. Call (608) 882-0407 for current member/guest rates, or drop in for \$6 a class.

Power of Forgiveness- Join Marie Doty for a short presentation of her life changing journey through the power of forgiveness. Free.

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.

Soup Luncheon- Hey baby, it's cold outside! For \$5 you can enjoy two homemade soups, a warm roll, and dessert! Please call Creekside for reservations. 882-0407.

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 \$5 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 1- Develop awareness, learn basic poses, and discover your natural breath. Great for stress relief and rejuvenation. Perfect for anyone wanting a gentler practice. Call (608)882-0407 for current member/guest rates, or drop in for just \$6.