


August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:30 All Level Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 BINGO 1:00 Bridge & other games 5:30 Weight Watchers</p>	<p>2</p> <p>8:30 T.O.P.S 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>3</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 10:30 Low Vision Spec. 11:30 Rock Co. Lunch 12:30 Dominoes 5:00 CRUISE NIGHT featuring FREE Tony Rocker Concert!</p>	<p>4</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p>6</p>	<p>7</p> <p>10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group</p>	<p>8</p> <p>8:30 All Level Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 BINGO 5:30 Weight Watchers</p>	<p>9</p> <p>8:30 T.O.P.S 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>10</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch</p>	<p>11</p> <p>9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness</p>
<p>13</p>	<p>14</p> <p>10:30 Chair Fitness 1:00 Knitting Group</p>	<p>15</p> <p>8:30 All Level Yoga 9:00 Men's Coffee 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 BINGO 5:30 Weight Watchers</p>	<p>16</p> <p>8:30 T.O.P.S 8:30 Foot Clinic 10:00 Diamond Jo Trip 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>17</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 9:30 Senior Service Mtg. 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	<p>18</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p>20</p>	<p>21</p> <p>10:30 Chair Fitness 1:00 Knitting Group</p>	<p>22</p> <p>8:30 All Level Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 11:30 Benefit Specialist 12:30 BINGO 5:30 Weight Watchers</p>	<p>23</p> <p>8:30 T.O.P.S 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>24</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	<p>25</p> <p>9:00 Strong Women 10:00 Creekside Café Free Brunch 10:30 Chair Fitness</p>
<p>27</p>  <p>Creekside Couture</p>	<p>28</p> <p>10:30 Chair Fitness 1:00 Knitting Group</p>	<p>29</p> <p>8:30 All Level Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 BINGO 1:45 Ice Cream Social 5:30 Weight Watchers</p>	<p>30</p> <p>8:30 T.O.P.S 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p>31</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	

Description of Events

All Level Yoga- Join this class for beginning instruction to yoga, up to advance moves. Improve your mobility and state of mind. For all ages. \$5 per class, or \$3.50 for members.

Benefit Specialist for Rock County-FREE service, please call (608)757-5414 for an appointment. The Benefit Specialist helps Seniors age 60+ understand private and government benefit programs such as Medicare, Food Share, Social Security Disability, Senior Care, and more.

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

Bridge & Other Card Games- Ladies AND Gentlemen, come one, come all, for a game of bridge, or other enticing games to strengthen the mind!

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 plus envelopes.

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

Creekside Couture- Join us for this fashionable fundraiser to support Creekside Place. Preview the latest fall and back-to-school fashions from local and area boutiques; enjoy appetizers and dessert; and partake of our signature cocktail. \$25 adults, girls 5-15 \$10.

Creekside Café- Free will donation. Please join us for a light brunch and community fellowship.

Cruise Night- Hot-off-the-grill food prepared by the Woodchucks, ice-cold beverages, music & announcements by Underground Sounds. Door prizes, 50/50 raffle, end-of-season raffle, and of course, great cars! All vehicles are welcome, and there is no entry fee. Tony Rocker, Elvis tribute artist, will be here August 3rd for a free concert. Bring a blanket or lawn chair and join the excitement!

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.

Foot Clinic- Call (608)882-0407 for an appointment. Foot clinic is \$20, or \$30 for Diabetic foot care. 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- Ten session punch card \$30 for members, \$35 for guests, or drop in for \$5 a class. 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.

Grocery Shopping- For \$2 The Creekside Place van will pick you up take you to Piggly Wiggly, and return you home with your groceries. Please call (608)882-0407 for reservations.

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

Knitting- This is a free event where 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!

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 Ranee Goodroad, Rock County Nutrition Program at (608)757-5474. Suggested \$3.25 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 \$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.