

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:00 Strong Women 10:00 Playgroup 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group 6:00 Beer School</p>	<p>4</p> <p>8:00 Yoga 9:00 Energy Services 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo 5:30 Weight Watchers 6:30 Mary Jo's exercise</p>	<p>5</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery shopping</p>	<p>6</p> <p>8:00 Yoga 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6:00 Drawing & Painting 6:30 Mary Jo's exercise</p>	<p>7</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p>10</p> <p>9:00 Strong Women 10:00 Playgroup 10:30 Chair Fitness</p>	<p>11</p> <p>8:00 Yoga (Level 1) 9:15 Mind/ Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo 5:30 Weight Watchers 6:30 Mary Jo's exercise</p>	<p>12</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery shopping</p>	<p>13</p> <p>8:00 Yoga 9:15 Mind/Body Yoga 10:00 Dementia Screen 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo 6:00 Drawing & Painting 6:30 Mary Jo's exercise</p>	<p>14</p> <p>9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness</p>
<p>17</p> <p>9:00 Strong Women 10:00 Playgroup 10:30 Chair Fitness 1:00 Knitting Group 6:00 Beer School</p>	<p>18</p> <p>8:00 Yoga (Level 1) 9:00 Energy Services 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 6:30 Mary Jo's exercise</p>	<p>19</p> <p>8:30-11:30 Foot Clinic 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery shopping</p>	<p>20</p> <p>8:00 Yoga 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6:00 Drawing & Painting 6:30 Mary Jo's exercise</p>	<p>21</p> <p>9:00 Strong Women 10:30 Chair Fitness 11:00 Soup for Seniors & Christmas Party</p>
<p>24</p> <p>Closed for Christmas </p>	<p>25</p> <p>Closed for Christmas </p>	<p>26</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery shopping</p>	<p>27</p> <p>8:00 Yoga 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6:00 Drawing & Painting 6:30 Mary Jo's exercise</p>	<p>28</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p>31</p> <p>Closed NEW YEAR'S EVE</p>				

Description of Events

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

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.

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.

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.

Energy Services- If you are struggling to pay your energy bills, please call (608) 363-9200 to see if you are eligible for assistance.

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 focuses 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.

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.

Mary Jo's Exercise Class- Cardio and weight training email her at Maryjoklein@att.net

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.

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 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.