

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 1:00 Bridge & Other Games 5:30 Weight Watchers 6:00 Drawing & Painting Class	3 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	4 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:00 Genealogy Group	5 9:00 Strong Women 10:30 Chair Fitness	6
8 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	9 8:00 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 Class	10 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	11 8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	12 9:00 Strong Women 9:00 Women's Coffee 12:00 Soup Luncheon 10:30 Chair Fitness	13 Wine & Cheese Tasting 6:30 p.m. 
15 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group 6:00 Watercolor 6:30 Beer School	16 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 Drawing & Painting Class	17 8:30 TOPS 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	18 8:00 Yoga 1 9:15 Mind Body Yoga 9:30 Senior Services Meeting 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	19 9:00 Strong Women 10:30 Chair Fitness	20 Doors open 6:30 pm  Euchre Night
22 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	23 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 11:30 Benefit Specialist 12:30 Bingo 5:30 Weight Watchers 6:00 Drawing & Painting	24 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	25 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:00 Creekside Place Annual Meeting	26 9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness	27
29 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group 6:30 Beer School	30 8:00 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	31 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping			

Description of Events

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!

Beer School- A social and educational opportunity for craft beer fans. The evening starts at 6:30 with a selection of craft beers for purchase. Class, covering a different beer-related topic each month and taught by local beer expert Tom Calley, begins at 7:15pm and goes for 30 to 45 minutes. More socializing/sampling follows. Free admission, free snacks, cash bar.

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 plus envelopes.

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.

Euchre- \$10 per person, free snacks, cash bar, prize money, and 50/50 raffle!

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 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.

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 \$5 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 Ranees Goodroad, Rock County Nutrition Program at (608)757-5474. Suggested \$3.25 donation appreciated.

Soup Luncheon- Hey baby, it's cold outside! For \$5 you can enjoy two homemade soups, a warm roll, and pie for 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.

Wine and Cheese Tasting- Featuring wines from Cambridge Winery, and delicious cheeses from Edelweiss Cheese Shop.

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 \$5 a class.