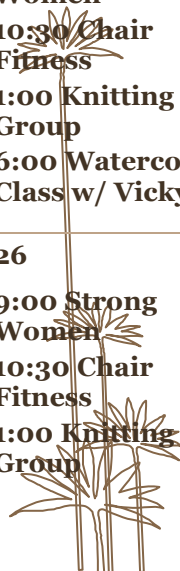


February 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 8:00 WE3 Meeting 8:00 Yoga 1 9:15 Mind/Body Yoga 10:30 Gentle Fit 10:30 Low Vision 11:30 Rock Co. Lunch 12:30 Dominoes 5:30 Art Reception: Connie Glowacki 6:00 Genealogy Group	2 9:00 Strong Women 10:30 Chair Fitness	3
5 9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group 6:00 Watercolor Class w/ Vicky	6 8:00 Yoga 1 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 1:00 Bridge & Games 6:00 Lion's Club 5:30 Weight Watchers 6:00 Drawing/Painting	7 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	8 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 1:00 Neighborhood Knits	9 9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness 12:00 Soup Luncheon	10 Evansville Fund's Chocolate  Extravaganza 6:30 pm
12 9:00 Strong Women 10:30 Chair Fitness 12:30 Literary Club 1:00 Knitting Group 6:30 Beer School	13 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 6:00 Tourist Club	14 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	15 8:00 Yoga 1 9:15 Mind/Body Yoga 9:30 Senior Services Mtg. 10:30 Gentle Fit 10:30 Intro to Medicare 12:00 Blood Drive 11:30 Rock Co. Lunch 12:30 Dominoes 6:00 Intro to Medicare	16 9:00 Strong Women 10:30 Chair Fitness	17  Euchre Night 6:30 pm
19 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group 6:00 Watercolor Class w/ Vicky	20 ELECTION DAY 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 6:00 Lion's Club 5:30 Weight Watchers 6:00 Drawing/Painting	21 8:30 TOPS 8:30 AARP Tax Aid 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	22 8:00 Yoga 1 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	23 9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness	24 ECP's Annual Chili Cook Off 6:30 pm 
26 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	27 8:00 Yoga 1 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Benefit Specialist 11:30 Rock Co. Lunch 12:30 Bingo 1:45 Ice Cream Social 5:30 Weight Watchers 6:00 Drawing/Painting	28 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	1	2	3



February 2018

Description of Events

AARP Tax Preparation- Free service, please call 882-0407 to make reservations. By appointment only.

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! Prizes 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, sheephead 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.

Chili Cookoff- Evansville's biggest fundraiser for the 4th of July celebration. There will be food, fun, raffles, and live music for your pleasure. Help us celebrate the finest chili chefs in the city and raise some money for the fireworks, too. Tickets are only \$17 and include one free age-appropriate beverage.

Chocolate Extravaganza- \$15 per person. This annual event raises money for Evansville Fund! Enjoy mouthwatering goodies, wine, and of course CHOCOLATE! Music by the popular band Universal Sound.

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 Night- \$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. 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.

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

Intro to Medicare- Learn the ABC's of Medicare. Whether you are approaching initial enrollment, or are already enrolled, attend this educational session and increase your awareness.

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.

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.

Watercolor Class- Learn Watercolor, or enhance your skills with instructor Vicky McCulloch. \$5 per class.

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.

