

July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	3 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	4  Happy Independence Day Thanks to all who serve	5 8:00 E3 Meeting 8:30 Yoga 10:30 Gentle Fit 10:30 Low Vision 11:30 Rock Co. Lunch 12:15 Dominoes 5:00 CRUISE NIGHT	6 9:00 Strong Women 10:30 Chair Fitness
9 9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group	10 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	11 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	12 8:30 Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:00 Blood Drive 12:15 Dominoes	13 9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness
16 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	17 8:30 Yoga 9:00 Men's Coffee 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	18 8:30 Foot Clinic 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	19 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:15 Dominoes	20 8:00 Base Mtg 10:30 Chair Fitness
23 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	24 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	25 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping 2:00 Blood Pressure Checks & Hand Massages	26 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:15 Dominoes	27 9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness
30 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	31 8:30 Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 1:45 Ice Cream Social 5:30 Weight Watchers		 Please take note of our new summer hours: Monday-Thursday 8-2:30 Fridays 8 am- 1 pm All special event hours will not be affected. (ie. Blood drive, Cruise Night)	

Description of Events

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

Blood Pressure Checks- The Evansville Manor staff will be here to provide free blood pressure checks, and complimentary hand massages, along with snacks and conversation.

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.

Cruise Night- Starting at 5 pm, bring your car, or motorcycle to show off to the masses! There is food grilled by the Woodchucks, a cash bar, 50/50 raffle, raffle for registered cars, lots of fun for everyone! July's theme is 4th of July Celebration. Wear your red, white, and blue.

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.

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.

Hand Massages- Come in for a free blood pressure check from Evansville Manor staff, and stay for a complimentary hand massage.

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.

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