



2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 WE3 Meeting 8:00 Yoga1 9:15 Mind/Body Yoga 10:30 Low Vision Specialist 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:00 Grove Society w/ Ruth Ann Montgomery	2 9:00 Strong Women 10:30 Chair Fitness 12:00 Soup Luncheon
4	5 9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group	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 5:30 Weight Watchers 6:00 Lion's Club 6:00 Drawing/Painting	7 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	8 8:00 Yoga1 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
11 <b>Lion's Club Pancake Breakfast</b> 7:30-noon 	12 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	13 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	14 8:30 TOPS 9:30 AARP Tax Aide 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	15 8:00 Yoga1 9:15 Mind/Body Yoga 9:30 Senior Services Meeting 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	16 9:00 Strong Women 10:30 Chair Fitness
18 <b>Magic Show</b> 2-3:30 pm 	19 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	20 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 Lion's Club 6:00 Drawing/Painting	21 8:30 TOPS 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	22 8:00 Yoga1 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	23 9:00 Strong Women 10:30 Chair Fitness
25	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 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 2:00 Hospice 101	29 8:00 Yoga1 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	30 9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness

## Description of Events

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

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

**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. 1<sup>st</sup> 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.

**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.

**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.

**Hospice 101-** Ever wonder what Hospice Care is, or how it can help you or a loved one? How is it paid for? Join Amy Cowan from Agrace Hospice Care for an informal presentation to answer all your questions. Please register by calling 882-0407 by March 26<sup>th</sup>.

**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.

**Lion's Club Pancake Breakfast-** With this fundraiser for Lion's Club, enjoy pancakes and other breakfast foods. 3 and under are free, kids 3-12 are \$3.00, and adults are \$7.00.

**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.

**Magic Show-** Family-friendly fun! Ages 10 & under are FREE, and only \$5 a ticket for everyone else. 2:00 Crafts for Kids/2:30 Magic Show/3:15 Balloon Animals. Sponsored by American Family Insurance Beau Tway Agency and The Evansville Fund.

**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.

**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-** \$15 per person. Enjoy delicious wines from Hawks Mill Winery paired with scrumptious cheeses from Maple Leaf Cheese Store!

**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.