

# 2018



First Cruise Night  
Thursday May 3<sup>rd</sup>, at 5 pm!  
Food, Cash Bar, Prizes, and of course Fast Cars!

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8 am 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	8:30 TOPS 10:30 Chair Fitness 12:30 Grocery Shopping 12:30 Bunco	8 am Yoga 1 8 am E3 Meeting 9:15 Mind Body Yoga 10:30 Gentle Fit 10:30 Low Vision Specialist 11:30 Rock Co. Lunch 12:30 Dominoes 6:00 Genealogy Group	9:00 Strong Women 10:30 Chair Fitness
7	8	9	10	11
9:00 Strong Woman 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group	8 am 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	8:30 TOPS 10:30 Chair Fitness 12:30 Grocery Shopping 12:30 Bunco	8 am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	9:00 Strong Women 9:00 Women's Coffee 10:00 Tea & Garden Party 10:30 Chair Fitness 5:00 Art Reception <b>8:00 Art Crawl After Party</b>
14	15	16	17	18
9:00 Strong Woman 10:30 Chair Fitness 1:00 Knitting Group	8 am Yoga 1 9:00 Men's Coffee 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 2:00 Virtual Dementia Tour 5:30 Weight Watchers 6:00 Drawing//Painting	8:30 TOPS 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Grocery Shopping 12:30 Bunco	8 am Yoga 1 9:15 Mind Body Yoga 9:30 Senior Services Mtg. 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	9:00 Strong Women 10:30 Chair Fitness
21	22	23	24	25
9:00 Strong Woman 10:30 Chair Fitness 1:00 Knitting Group	8 am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 2:00 Medicare Fraud 101 5:30 Weight Watchers 6:00 Drawing//Painting	8:30 TOPS 10:30 Chair Fitness 12:30 Grocery Shopping 12:30 Bunco	8 am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness
28	29	30	31	
	8 am 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	8:30 TOPS 10:30 Chair Fitness 12:30 Grocery Shopping 12:30 Bunco	8 am Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes	

## Description of Events

**Art Crawl After Party-** Live music by Milkhouse Radio, food, cash bar, and prizes!

**Art Reception-** Featuring Artist Larry Schultz. and followed by the Art Crawl After Party with band Milkhouse Radio!

**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.

**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! May theme is public servants.

**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.

**Genealogy Group-** Join David Bradford, and Jenean Hamilton for their presentation, "What to Look for When Visiting a Cemetery". They will also discuss their upcoming outing to Union Baptist Cemetery on Saturday May 19<sup>th</sup>.

**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.

**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.

**Medicare Fraud 101-** Ever wonder how people are so easily taken advantage of? Please join us for this free presentation on how fraud happens, and not becoming a victim.

**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 \$5 a class.

**Tea & Garden Party-** Just in time for Mother's Day! Make your own succulent tea cup garden, while enjoying snacks, and sipping on tea. Cost is \$10 per person. Limited space, so call today to reserve your spot! 882-0407

**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.