

# June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:00- Yoga 1 <b>1</b> 9:15-Mind Body Yoga 10:30-Gentle Fit 10:30-Low Vision Support 11:30- Rock Co. Lunch 12:30-Euchre 5:00-CRUISE NIGHT	<b>2</b> 9:00- Strong Women 10:30-Chair Exercise 1:00-Drawing & Watercolor with Vicki	<b>3</b>
<b>4</b>	<b>5</b> 9:00-Strong Women 10:00-Card Making 10:30-Chair Exercise 1:00-Knitting Group	<b>6</b> 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-Art Class 6:30- Girl Scouts	<b>7</b> 8:30-TOPS 10:30-Chair Exercise 12:30-Grocery Shopping 12:30-Bunco	<b>8</b> 8:00-Yoga 1 9:15-Mind Body Yoga 10:00-Dementia Screening 10:30-Gentle Fit 11:30-Rock Co. Lunch 12:30-Euchre	<b>9</b> 9:00-Women's Coffee 9:00- Strong Women 10:30-Chair Exercise	<b>10</b>
<b>11</b>	<b>12</b> 10:30-Chair Exercise 1:00-Knitting Group 6:30-Soccer Club	<b>13</b> 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-Art Class	<b>14</b> 8:30-TOPS 10:00- Cell Phone Class 10:30-Chair Exercise 12:30-Bunco 12:30-Grocery Shopping	<b>15</b> 8:00-Yoga 1 9:15-Mind Body Yoga 9:30-Senior Service Meeting 10:00-Farmers Market Voucher 10:30-Gentle Fit 11:30-Rock Co. Lunch 12:30-Euchre	<b>16</b> 10:30-Chair Exercise	<b>17</b>
<b>18</b> 	<b>19</b> 8:00-Strong Women 10:30-Chair Exercise 1:00-Knitting Group	<b>20</b> 8:00- Yoga 1 9:00- Men's Coffee 9:15- Mind Body Yoga 10:30- Gentle Fit 10:30- Mallards Game 11:30- Rock Co. Lunch 12:30- Bingo 5:30- Weight Watchers 6:00-Art Class	<b>21</b> 8:30-Foot Clinic 8:30-TOPS 10:30-Chair Exercise 12:30-Bunco 12:30-Grocery Shopping	<b>22</b> 8:00-Yoga 1 9:15-Mind Body Yoga 10:30-Gentle Fit 11:30-Rock Co. Lunch 12:30-Euchre	<b>23</b> 9:00- Strong Women 10:30-Chair Exercise	<b>24</b>
<b>25</b>	<b>26</b> 8:00-Strong Women 10:30-Chair Exercise 1:00-Knitting Group	<b>27</b> 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-Art Class	<b>28</b> 8:00-WE3 Meeting 8:30-TOPS 10:30-Chair Exercise 12:30-Bunco 12:30-Grocery Shopping	<b>29</b> 8:00-Yoga 1 9:15-Mind Body Yoga 10:30-Gentle Fit 11:30-Rock Co. Lunch 12:30-Euchre 5:00- Photography Workshop/ Mike McKinnon 5:30- Meet the Artist	<b>30</b> 9:00- Strong Women 10:00-Creekside Café 10:30-Chair Exercise	

## Description of Events

**Art Class-** \$3 for each session. The class is taught by Greg Marshall, who has an art background with focus on illustrative design. New students over the age of 16 are welcome. Learn the basics of compositional layout, perspective, tonal value, drawing mechanics, and much more.

**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!

**Bridge & Other Card Games-** Ladies AND Gentlemen, come one, come all, for a game of bridge, or other enticing games to strengthen the mind!

**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.

**Cell Phone Class-** Free class by Dave St.Amant, to help you learn about your cell phone, and answer any questions you may have. Call 882-0407 to sign up.

**Chair Exercise-** FREE! A Gentle exercise class that is video led to improve your mobility, strength, and balance.

**Creekside Café-** Free will donation. Please join us for a light brunch and community fellowship.

**Cruise Night-** Hot-off-the-grill food & ice cold beverages, music & announcements by Underground Sounds, door prizes, 50/50 raffle, end-of-season raffle, and of course, great cars! All vehicles are welcome, and there is no entry fee.

**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

**Drawing & Watercolor with Vicki-** Begin drawing, and from drawing we'll create a watercolor. Supplies provided. \$3.00 a class, come and join the fun!

**Farmers Market Vouchers-** Ages 60+, with income less than \$1,860 for one person or \$2,504 for two people are eligible to receive a voucher for fresh fruits and vegetables. Please call Rock County Nutrition Program for more information at (608) 757-5474.

**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 The Creekside Place van will pick you up take you to Piggly Wiggly, and return you home with your groceries. Please 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-** This is a free event where 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.

**Mallards Game-** All ages, join us for round trip bus ride from Creekside, Mallards hat, hot dog, chips, and soda all for \$20! Tuesday, June 20<sup>th</sup>, leaving at 10:30 AM, call for reservations, space is limited.

**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 Ranee Goodroad, Rock County Nutrition Program at (608)757-5474. Suggested \$3.25 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.

**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 \$5 a class.