

# November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:00 E3 Meeting 8:00 Yoga (level 1) 9:15 Mind/Body Yoga <b>10:30 Low Vision Specialist</b> 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6: 00 Drawing & Painting 6:00 Grove Society- Genealogy	9:00 Strong Women 10:30 Chair Fitness
5	6	7	8	9
9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group	<b>ELECTION DAY</b> 8:00 Yoga (Level 1) <b>9:00-1:00 Energy Services</b> 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo 5:30 Weight Watchers	8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	8:00 Yoga (level 1) 9:15 Mind/Body Yoga <b>10:00 Dementia Care Screenings</b> 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6: 00 Drawing & Painting	9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness
12	13	14	15	16
9:00 Strong Women 10:30 Chair Fitness 1:00-3:00 Women's Lit Group 1:00 Knitting Group	8:00 Yoga (Level 1) 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo 5:30 Weight Watchers	8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	8:00 Yoga (level 1) 9:15 Mind/Body Yoga 10:00 Senior Services Meeting 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6: 00 Drawing & Painting	9:00 Strong Women 10:30 Chair Fitness
19	20	21	22	23
9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group 6:00 Beer School	8:00 Yoga (Level 1) 9:00-10:00 Men's Coffee <b>9:00-1:00 Energy Services</b> 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo <b>2:30 SSM Presentation</b> 5:30 Weight Watchers	<b>8:30-12:00 Foot Care Clinic</b> 8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	<b>Creekside Closed            Happy Thanksgiving!</b>	<b>Creekside Closed            Happy Thanksgiving!</b>
26	27	28	29	30
9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	8:00 Yoga (Level 1) 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:30 Bingo 1:30 Ice Cream Social	8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	8:00 Yoga (level 1) 9:15 Mind/Body Yoga 10:30 Gentle Fit 11:30 Rock Co Lunch 12:15 Dominoes 6: 00 Drawing &	9:00 Strong Women <b>10:00-11:00 Creekside Café w/The Blue Notes Middle School Singers</b> 10:30 Chair Fitness

	5:30 Weight Watchers		Painting	
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## Description of Events

**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.

**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.

**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.

**Demantia Care Screenings-** Speak one on one with a specialist.

**Energy Services-** If you are struggling to pay your energy bills, please call (608) 363-9200 to see if you are eligible for assistance.

**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 focuses 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 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!

**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 \$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 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.