

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group	3 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	4 8:30 TOPS 10:00 Moove & Groove 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	5 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 10:30 Low Vision Specialist 11:30 Rock Co. Lunch 12:30 Dominoes 6:30 TOPS	6 9:00 Health Fair 9:00 Strong Women 10:30 Chair Fitness	7
9 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	10 8:00 Yoga 1 9:00 Energy Services 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	11 8:30 TOPS 10:00 Moove & Groove 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping 1:00 Genealogy Group	12 8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:30 TOPS	13 9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness	14
16 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	17 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	18 8:30 TOPS 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping	19 8:00 Yoga 1 9:15 Mind Body Yoga 9:30 Senior Services Meeting 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 6:30 TOPS	20 9:00 Strong Women 10:30 Chair Fitness	21
23 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	24 8:00 Yoga 1 9:00 Energy Services 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Benefit Specialist/ Rock Co. Lunch 12:30 Bingo 5:30 Weight Watchers	25 8:00 WE3 Meeting 8:30 TOPS 10:00 Intro to Medicare 10:30 Chair Fitness 11:00 Volunteer Recognition Lunch 12:30 Bunco 12:30 Grocery Shopping 6:00 Volunteer Pizza Party	26 8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 10:30 Low Vision Specialist 11:30 Rock Co. Lunch 12:30 Dominoes 6:30 TOPS	27 9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness	28 
30 9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group	31 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 	We love our volunteers! October 25 th is Creekside Volunteer Recognition Day. Program at 11 am and 6 pm.			

Description of Events

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.

Chair Fitness- 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.

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.

Fall Color Cruise- It's the Cruise Night end-of-season celebration! Head out from Creekside Place in your favorite vehicle. Ending up in McFarland at Midwest Equipment Specialists (4725 Farwell Dr.), for a cookout and superior performance by Tony Rocker! Free and BYOB.

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 we will pick you up, take you to Piggly Wiggly, and return you home with your groceries. Call (608)882-0407 for reservations.

Health Fair- Many service providers will be on hand to provide information and answer your questions, plus get your flu shot or blood pressure checked.

Intro to Medicare-Join us for a seminar to learn about the four parts of Medicare. including; making the most of your rights, options and entitlements, how to enroll in Medicare, what Medicare does and doesn't cover, plus much more!

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.

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.

Moove and Groove- Join Sue Moo, owner and instructor of Moove & Groove, for a family yoga class. Sue Moo is a certified Kidding Around Yoga instructor. Be prepared to be silly and have fun while exercising and practicing some guided meditation. This class is perfect for the little ones and parents who want to find their inner child. Please bring yoga mats if you have them (if not, no biggie). \$8 for the first child and \$5 for each additional child. Parents are expected to participate with their children.

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. Now on Thursday nights too!

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.

Volunteer Recognition- All current, past and future volunteers welcome! Learn about volunteer opportunities at Creekside Place, thank our volunteers for all they do, and enjoy a meal. 11am: Program and lunch. 6pm: Program and pizza party. Sign up at the front desk.

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.