

September

2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>In observance of Labor Day</p> 	<p style="text-align: right;">4</p> <p>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 Drawing/Painting</p>	<p style="text-align: right;">5</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p style="text-align: right;">6</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Low Vision Specialist 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes 5:00 CRUISE NIGHT</p>	<p style="text-align: right;">7</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p style="text-align: right;">10</p> <p>9:00 Strong Women 10:00 Card Making 10:30 Chair Fitness 1:00 Knitting Group</p>	<p style="text-align: right;">11</p> <p>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 6:00 Drawing/Painting</p>	<p style="text-align: right;">12</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p style="text-align: right;">13</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Dementia Care 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:00 BLOOD DRIVE 12:30 Dominoes</p>	<p style="text-align: right;">14</p> <p>9:00 Strong Women 9:00 Women's Coffee 10:30 Chair Fitness</p>
<p style="text-align: right;">17</p> <p>9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group</p>	<p style="text-align: right;">18</p> <p>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</p>	<p style="text-align: right;">19</p> <p>8:30 TOPS 8:30 Foot Clinic 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p style="text-align: right;">20</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:00 Senior Services Mtg. 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	<p style="text-align: right;">21</p> <p>9:00 Strong Women 10:30 Chair Fitness</p>
<p style="text-align: right;">24</p> <p>9:00 Strong Women 10:30 Chair Fitness 1:00 Knitting Group</p>	<p style="text-align: right;">25</p> <p>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 1:45 Ice Cream Social 5:30 Weight Watchers 6:00 Drawing/Painting</p>	<p style="text-align: right;">26</p> <p>8:30 TOPS 10:30 Chair Fitness 12:30 Bunco 12:30 Grocery Shopping</p>	<p style="text-align: right;">27</p> <p>8:00 Yoga 1 9:15 Mind Body Yoga 10:30 Gentle Fit 11:30 Rock Co. Lunch 12:30 Dominoes</p>	<p style="text-align: right;">28</p> <p>9:00 Strong Women 10:00 Creekside Café 10:30 Chair Fitness</p>

Description of Events

- Bingo**- \$1 suggested donation. Come in and join the fun of playing classic Bingo and blackout! Prizes for the winners!
- Blood Drive**- Please call the Red Cross at [1-800-RED CROSS \(1-800-733-2767\)](tel:1-800-RED-CROSS), or go to redcross.org to make an appointment. You can also walk in anytime between 12-5 pm, but there may be a wait.
- 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! September is Tony Rocker night! Tony Rocker is an Elvis tribute artist, so put on your blue suede shoes and get ready to Jailhouse Rock! Free show!
- 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.
- 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.