

	Monday	Tuesday	Wednesday	Thursday	Friday	<div>SEPTEMBER DAYS:</div> <div>September 1 National Foodbank Day</div> <div>September 10 National Grandparents Day</div> <div>September 22 National Centenarians Day</div> <div>September 29 National Coffee Day</div> <div>AND SEPTEMBER IS:</div> <div>National Sewing Month</div> <div>National Suicide Prevention Month</div>
	ONGOING PROGRAMS	ONGOING PROGRAMS	ONGOING PROGRAMS	ONGOING PROGRAMS	ONGOING PROGRAMS	
	Woodshop 8:00 a.m.- 12:00 p.m.	Woodshop 8:00 a.m.- 12:00 p.m.	Pool Room 8:00 a.m. - 3:30 p.m.	Woodshop 8:00 a.m.- 12:00 p.m.	Woodshop 8:00 a.m. - 12:00 p.m.	
	Pool Room 8:00 a.m. - 3:30 p.m.	Pool Room 8:00 a.m. - 3:30 p.m.	Euchre 9:00 - 11:30 a.m.	Pool Room 8:00 a.m. - 1:00 p.m.	Pool Room 8:00 a.m. - 1:00 p.m.	
	Low Impact Exercise 9:00 - 10:00 a.m.	Gentle Mat Yoga 9 9:00 - 10:00 a.m. (no class September 19)	Foot Care 9:00 a.m. - 3:00 p.m. (September 6 and 20))	Needleworkers 9:00 - 11:30 a.m.	Chair Yoga 9 9:00 - 10:00 a.m. (no class September 15)	
	Low Impact Exercise 10:00 - 11:00 a.m.	Rock Shop 9:00 a.m. - 12:00 p.m.	Boutique 10:00 a.m. - 3:00 p.m.	Classic Country Music Jam 9:00 a.m. - 12:00 p.m.	Low Impact Exercise 9:00 - 10:00 a.m.	
	Boutique 10:00 a.m. - 3:00 p.m.	Quilting 9:00 a.m. - 1:00 p.m.	Wii Bowling 12:00 - 2:00 p.m.	Open Tech Lab 9:30 - 11:30 a.m.	Hearts 9:00 a.m. - 12:00 p.m.	
	Duplicate Bridge 12:00 - 3:15 p.m.	Walking Club 10:00 a.m. (rotating Bloomington parks)	Rock Shop 12:00 - 3:00 p.m.	Creekside Crickets 10:00 - 11:30 a.m.	Quilting 9:00 a.m. - 1:00 p.m.	
	Leatherworking 12:30 - 3:00 p.m.	Boutique 10:00 a.m. - 3:00 p.m.	Cribbage 12:30 - 3:00 p.m.	Boutique 10:00 a.m. - 3:00 p.m.	Bloomingtones 9:30 - 11:30 a.m.	
	Hand and Foot Canasta 12:15 - 3:30 p.m.	Gentle Mat Yoga 10 10:15 - 11:15 a.m. (no class September 19)	Leatherworking 12:30 - 3:00 p.m.	Rock Shop 12:00 - 3:00 p.m.	Low Impact Exercise 10:00 - 11:00 a.m. (no class September 22)	
Pinochle 12:30 - 3:30 p.m.	Senior Discussion Group 11:00 a.m. - 12:00 p.m.	Club 500 12:30 - 3:30 p.m.	Cribbage 12:45 - 3:15 p.m.	Boutique 10:00 a.m. - 1:00 p.m.		
Creative Crafts 1:00 - 3:00 p.m.	Card Lessons 12:30 - 3:00 p.m.		Women’s Pool 1:00 - 3:30 p.m.	Chair Yoga 10 10:15 - 11:15 a.m (no class September 15).		
	Club 500 12:30 - 3:30 p.m.		Fun Functional Fitness 2:00 - 2:45 p.m. (September 21 and 28)			

ARTS & CRAFTS

Boutique: Crocheted, knitted, and embroidered items as well as baby blankets, quilts, jackets, jewelry, artwork, and wood novelties for sale by local crafters. Monday-Thursday, 10 a.m.-3 p.m., Friday 10 a.m.-1 p.m.

Creative Crafts: Bring a project you are working on or create something from our donated supplies. Mondays 1-3 p.m.

Leatherworking: Learn to make useful items and works of art out of leather. Mondays and Wednesdays, 12:30-3 p.m. Tools, leather, and dyes available to use. No fee.

Needleworkers: Socialize while creating blankets, scarves and other clothing items. Thursdays, 9-11:30 a.m.

North Star Scrollers: Learn everything about scroll sawing. Members of all ability levels. Meets the first Saturday of each month, 9:30-11:30 a.m., September-May. \$20 annual dues. Contact Katie at 612-825-7569 for information.

Quilting: Share your talents with this group. Tuesdays and Fridays, 9 a.m.-1 p.m. Items are made using donated materials.

Rock Shop: Cut and polish rocks and gemstones in the lapidary shop. Training and supplies provided. Tuesdays 9 a.m. - 12 p.m., Wednesdays & Thursdays 12 - 3 p.m. \$5 fee per visit.

Woodshop: Fully equipped woodshop open Mondays, Tuesdays, Thursdays, and Fridays, 8 a.m. - 12 p.m. Must pass a proficiency test and wear an ID badge. \$1 fee per visit.

CARD GROUPS

Duplicate Bridge: Mondays, 12-3:15 p.m. \$.50 to play. Participants must bring a partner.

Club 500: Tuesdays and Wednesdays, 12:30-3:30 p.m. \$1 to play.

Cribbage: Wednesdays, 12:30-3 p.m. and Thursdays, 12:45-3:15 p.m. \$1 to play.

Euchre: Wednesdays, 9-11:30 a.m. \$1 to play.

Hand and Foot Canasta: Mondays, 12:15-3:30 \$1 to play.

Hearts: Fridays, 9 a.m.-12 p.m.

Pinochle: Mondays, 12:30-3:30 p.m. \$1 to play.

New! Card Lessons: Tuesdays, 12:30. Cribbage, Euchre, Hearts, and Pinochle

EDUCATION

Creekside Book Club: Join us to discuss current and classic novels. Call for book titles. Meets fourth Wednesday at 12:30 p.m., third Wednesday in December.

Dakim Brain Fitness System: Touchscreen computer program personalized to maintain brain fitness and slow the effects of cognitive decline. Schedule a 10 minute demonstration session. Free.

Library: An extensive collection of books and puzzles to borrow. Stop in and place a piece or two in our community puzzle.

Open Tech Lab: Tutors are on hand to help with technology questions. Thursdays, 9:30-11:30 a.m. Bring your own laptop, tablet, or cell phone.

Senior Discussion Group: Enjoy conversation with older adults on a range of topics such as adjusting to retirement, staying healthy, and current news. A chance to meet new people and share your interests. Meets Tuesdays, 11 a.m.-12 p.m.

Writers Club: For all skill levels. Meets the fourth Thursday, January-October and the third Thursday, November-December, 1-3 p.m.

Smart Driver Program: Refresh your driving skills and qualify for lower insurance rates. Initial 8-hour class held 2nd Tuesday every month, 9 a.m.-5 p.m. Refresher, 4-hour classes, 9 a.m. to 1 p.m., first and third Tuesdays. Reservations required. Fees apply.

FITNESS

Fun Functional Fitness: Improve your strength, balance, and flexibility with this 45-minute class. Light weights and bands will be provided for a total body workout. This class will be modified for all abilities. 6-week sessions. Fee applies. Thursdays, 2-2:45 p.m. **Free. Sample class - Tuesday, September 12.** Classes begin Thursday, September 21. Registration required.

Low Impact Exercise: Follow an exercise video that includes light to moderate exercise focused on balance, light aerobics, and strength training. Program is volunteer-led. Mondays and Fridays, 9-10 a.m. and 10-11 a.m. Free.

SAIL: Evidence-based exercise program for older adults that includes a combination of aerobic conditioning, progressive strength training, and balance exercises shown to impact risk of falling. Participation agreement is required prior to joining the class. Registration required. Tuesdays and Fridays, 10:15 - 11:15 a.m. Free

Walking Club: Program meets Tuesdays at 10 a.m. at various parks around Bloomington. A staff member will lead participants on a 1-3 mile hike, but participants are welcome to walk at their own pace. Free. Register at blm.mn/webtrac.

Yoga: Registration required. 6-week sessions. Fee applies.

Chair Yoga: A gentle, modified yoga. Fridays.

Session 9, 9 -10 a.m.; Session 10, 10:15-11:15 a.m.

Gentle Mat Yoga: Bring your own mat. Tuesdays

Session 9, 9 -10 a.m.; Session 10, 10:15-11:15 a.m.

HEALTH

Caregiver Support Goup: Sessions focus on helping caregivers as they care for themselves and their loved ones; a safe place to share experiences and learn from one another. Meets 1-2:30 p.m., 4th Thursday December through October and 3rd Thursday in November. Register at Senior Community Services, 952-767-7890.

Foot Care: Meet with a nurse to address your foot care needs. First and third Wednesday, 9 a.m. - 3 p.m. Contact Happy Feet at 763-560-5136. Appointment required. Fees apply.

Free Medicare Counseling Appointments: One-on-one appointments to help navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies. Provided by the Senior LinkAge Line. Schedule an in-person appointment at trellisconnects.org/get-help/medicare or 1-800-333-2433. Second and fourth Tuesdays. No fee.

Lunch & Live Better: Bring your lunch/snack and listen to the monthly topic on healthy aging. Presented by Bloomington Public Health. Different topic each month. September 12, 11:15 a.m. - 12:15 p.m.

MUSIC

Music groups are available for performances. New members are always welcome.

Bloomingtones: A mixed choral group who sing a wide variety of music from all eras for pleasure and entertainment. Rehearsal Fridays, 9:30 a.m., September through May.

Classic Country Music Jam: Join, listen, or dance as a group of musicians provide a free country concert every Thursday, 9 a.m.- 12 p.m..

Creekside Crickets: An instrumental band of autoharp, harmonicas, guitars, mandolin, banjos, and accordion playing oldies, country, and folk. Rehearsal Thursdays, 10 a.m., September through May.

RECREATION

Board Game Group: Play familiar board games and learn new ones in a relaxed social setting. Meets September through May. Second and fourth Fridays, 10 a.m. - 12 p.m.

Bunco - Second Wednesdays, 1:00 p.m.

Garden Club: Create, plant, and maintain gardens and planters at Creekside. No experience needed. Garden tools and plant donations accepted. Monthly group meeting on the fourth Wednesday of each month February-October, 10 a.m.

Informal Games and Equipment: Cards, board games, and puzzles in the library. Check out equipment at the main office for bocce ball, table tennis, and Nintendo Wii (bowling, tennis, and golf) to use at Creekside. Call for room availability. Free.

Movies: Enjoy watching a movie with others. Call for movie titles. Mondays, 11:30 a.m. - 1:30 p.m. Donations for movie rentals and popcorn accepted. September 11 and 25

Nintendo Wii: Stay active and start a league today. Virtual bowling, tennis, golf, and more. Wii Bowling Wednesday league, 12 p.m.

Pool Room: \$10 annual membership fee. For all skill levels.

Monday-Wednesday, 8 a.m.-3:30 p.m.

Thursday-Friday, 8 a.m.-1 p.m.

Thursday, 1-3:30 p.m. - Women's Pool.

Creekside Community Center Open House

Drop in and learn about the wide variety of programs, activities, and events offered at Creekside.

Thursday, September 14, 9 a.m. to 1 p.m.

Bloomington Forward Information Presentation: Join us to learn more about the City of Bloomington's long-term plan to invest in community facilities.

Wednesday, September 20, 10 a.m.

Medicare 101: Presentation introduces Parts A, B, C, and D of Medicare as well as what additional insurance options are available. Free. Please register by September 15.

Thursday, September 21, 1 - 2:30 p.m.

Fare For All: A pop-up grocery store that sells packs of fresh produce and frozen meat at up to 40% off of retail prices. No qualifications. No income restrictions. Friday, September 22, 11 a.m. - 1 p.m.

Grocery Bingo: Join us for an hour of bingo and win awesome grocery items as prizes. Pre-registration required until full. Free. Monday, October 2, 1 - 2 p.m.

Flu Shot Clinic: Bloomington Public Health will be at Creekside to provide flu vaccines. Appointment only at blm.mn/clinics. Limited same-day registrations available. Bring insurance card.

Tuesday, October 3, 9:30 - 11:30 a.m.



CREEKSIDE COMMUNITY CENTER

For more information or to register:
Creekside Community Center
9801 Penn Ave. S., Bloomington, MN 55431
952-563-4944, MN Relay 711
Creekside@BloomingtonMN.gov



The City of Bloomington does not discriminate against or deny the benefits of its services, programs, or activities to a qualified person because of a disability. To make a request for a reasonable accommodation, ask for more information, or to file a complaint, contact the Community Outreach and Engagement Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711