

<div>February 2024</div>	Monday	Tuesday	Wednesday	Thursday	Friday	<div><div>"Looking 50 is great..."</div><div>if you're 60."</div><div>Joan Rivers</div></div>
	ONGOING PROGRAMS	ONGOING PROGRAMS	ONGOING PROGRAMS	ONGOING PROGRAMS	ONGOING PROGRAMS	
	<div><div>Woodshop</div><div>8:00 a.m.- 12:00 p.m.</div><div>Pool Room</div><div>8:00 a.m. - 3:30 p.m.</div><div>Low Impact Exercise</div><div>9:00 - 10:00 a.m.</div><div>Low Impact Exercise</div><div>10:00 - 11:00 a.m.</div><div>Boutique</div><div>10:00 a.m. - 3:00 p.m.</div><div>Duplicate Bridge</div><div>12:15 - 3:15 p.m.</div><div>Hand and Foot Canasta</div><div>12:15 - 3:30 p.m.</div><div>Leatherworking</div><div>12:30 - 3:00 p.m.</div><div>Pinochle</div><div>12:30 - 3:30 p.m.</div><div>Creative Crafts</div><div>1:00 - 3:00 p.m.</div></div>	<div><div>Woodshop</div><div>8:00 a.m.- 12:00 p.m.</div><div>Pool Room</div><div>8:00 a.m. - 3:30 p.m.</div><div>Gentle Mat Yoga 9</div><div>9:00 - 10:00 a.m.</div><div>Rock Shop</div><div>9:00 a.m. - 12:00 p.m.</div><div>Quilting</div><div>9:00 a.m. - 1:00 p.m.</div><div>Boutique</div><div>10:00 a.m. - 3:00 p.m.</div><div>Gentle Mat Yoga 10</div><div>10:15 - 11:15 a.m.</div><div>SAIL</div><div>10:15 - 11:15 a.m.</div><div>Senior Discussion Group</div><div>11:00 a.m. - 12:00 p.m.</div><div>Card Lessons</div><div>12:30 - 3:00 p.m.</div><div>(no lessons February 6 and 13)</div><div>Club 500</div><div>12:30 - 3:30 p.m.</div></div>	<div><div>Pool Room</div><div>8:00 a.m. - 3:30 p.m.</div><div>Euchre</div><div>9:00 - 11:30 a.m.</div><div>Foot Care</div><div>9:00 a.m. - 3:00 p.m.</div><div>(February 7, 14, and 21)</div><div>Colored Pencil art Class</div><div>10:00 a.m. - 12:30 p.m.</div><div>Boutique</div><div>10:00 a.m. - 3:00 p.m.</div><div>Wii Bowling</div><div>12:00 - 2:00 p.m.</div><div>Rock Shop</div><div>12:00 - 3:00 p.m.</div><div>Cribbage</div><div>12:30 - 3:00 p.m.</div><div>Leatherworking</div><div>12:30 - 3:00 p.m.</div><div>Club 500</div><div>12:30 - 3:30 p.m.</div><div>Bunco</div><div>1:00 - 3:00 p.m.</div><div>(February 14 and 21)</div></div>	<div><div>Woodshop</div><div>8:00 a.m.- 12:00 p.m.</div><div>Pool Room</div><div>8:00 a.m. - 1:00 p.m.</div><div>Needleworkers</div><div>9:00 - 11:30 a.m.</div><div>Classic Country Music Jam</div><div>9:00 a.m. - 12:00 p.m.</div><div>Open Tech Lab</div><div>9:30 - 11:30 a.m.</div><div>Creekside Crickets</div><div>10:00 - 11:30 a.m.</div><div>Boutique</div><div>10:00 a.m. - 3:00 p.m.</div><div>Fun Functional Fitness</div><div>12:00 -12:45 p.m.</div><div>(no class February 8 and 15)</div><div>Rock Shop</div><div>12:00 - 3:00 p.m.</div><div>Cribbage</div><div>12:45 - 3:15 p.m.</div><div>Women's Pool</div><div>1:00 - 3:30 p.m.</div></div>	<div><div>Woodshop</div><div>8:00 a.m. - 12:00 p.m.</div><div>Pool Room</div><div>8:00 a.m. - 1:00 p.m.</div><div>Chair Yoga 9</div><div>9:00 - 10:00 a.m.</div><div>Low Impact Exercise</div><div>9:00 - 10:00 a.m.</div><div>Hearts</div><div>9:00 a.m. - 12:00 p.m.</div><div>Quilting</div><div>9:00 a.m. - 1:00 p.m.</div><div>Bloomingtones</div><div>9:30 - 11:30 a.m.</div><div>Low Impact Exercise</div><div>10:00 - 11:00 a.m.</div><div>(no class February 16)</div><div>Boutique</div><div>10:00 a.m. - 1:00 p.m.</div><div>Chair Yoga 10</div><div>10:15 - 11:15 a.m</div><div>SAIL</div><div>10:15 - 11:15 a.m.</div></div>	
	MONTHLY PROGRAMS	MONTHLY PROGRAMS	MONTHLY PROGRAMS	MONTHLY PROGRAMS	MONTHLY PROGRAMS	
	<div><div>12 - Movie Day</div><div>11:30 a.m - 1:30 p.m.</div><div>26 - Movie Day</div><div>11:30 a.m - 1:30 p.m.</div></div>	<div><div>13 - Lunch and Live Better -</div><div>11:15 a.m. - 12:45 p.m.</div><div>13 - Medicare Counseling</div><div>(appointment only)</div><div>27 - Medicare Counseling</div><div>(appointment only)</div></div>	<div><div>7 - Adaptive Board Games</div><div>10:30 a.m. - 12:00 p.m.</div><div>14 - Valentine's Day Watercolor Painting</div><div>10:00 - 11:00 a.m.</div><div>21 - Spring Card Craft</div><div>9:00 a.m. - 1:00 p.m.</div><div>21 - Adaptive Crafts</div><div>10:30 a.m. - 12:00 p.m.</div><div>28 - Senior Safety 101</div><div>10:00 a.m. - 12:00 p.m.</div><div>28 - Creekside Book Club</div><div>12:30 - 2:30 p.m.</div></div>	<div><div>22 - Caregiver Support Group</div><div>1:00 - 2:30 p.m</div><div>22- Writers Club</div><div>1:00 - 3:00 p.m.</div></div>	<div><div>16 - Fare For All</div><div>11:00 a.m. - 1:00 p.m.</div><div>16 - Dance Your Socks Off - Adult Adaptive Dance</div><div>7:00 - 9:00 p.m.</div></div>	
	<div>Creekside Closed:</div> <div>February 19 Presidents' Day</div>					

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.

Colored Pencil Art Class: Learn the basics of colored pencil art. No experience necessary. All supplies are provided. Wednesdays, 10 - 12:30 a.m. 6-week sessions. Fee applies

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, 12:15 - 3:15 p.m. \$1 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.

Card Lessons: Tuesdays, 12:30 p.m. Cribbage, Euchre, Hearts, and Pinochle

EDUCATION

Byte Syte: Computer, cell phone, smart tv, and internet users meet to discuss problems and related topics. Meets first Friday of the month, April through November, 10 a.m. - 12 p.m.

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, 12-12:45 p.m. Registration required.

Low Impact Exercise: Follow a 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

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 Group: 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, January - September, 3rd Thursday, October - December. Register at Senior Community Services, 952-767-7890.

Foot Care: Meet with a nurse to address your foot care needs. First, second, and third Wednesday, 9 a.m. - 3 p.m. Contact Happy Feet at 763-346-3390. 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. February 6, 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

Bunco - Second and third 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 March-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. February 12 and 26.

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.

Adult Adaptive Activities: Adults with disabilities are welcome to participate in fun activities each month.

Adaptive Board Games - Free.

first Wednesday - 10:30 a.m. - 12:00 p.m.

Adaptive Crafts - Free.

third Wednesday - 10:30 a.m. - 12:00 p.m.

Dance Your Socks Off - \$6.00

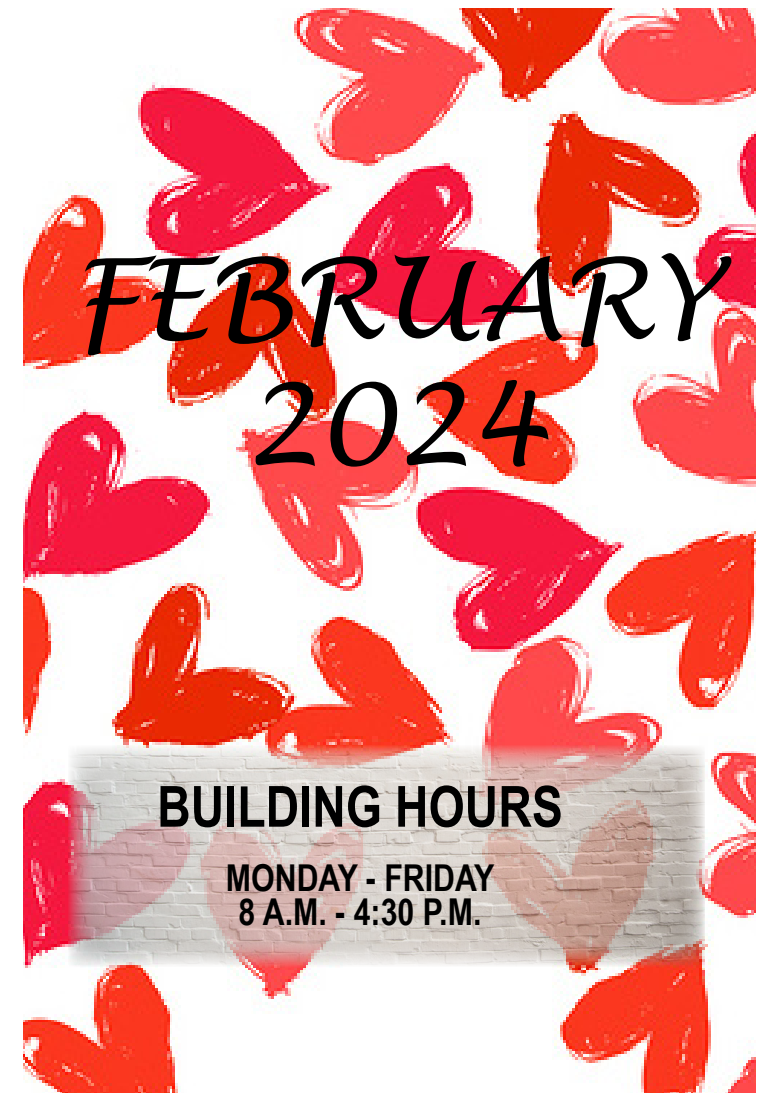
Friday, February 16, 7:00 - 9:00 p.m.

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, February 16, 11 a.m. - 1 p.m. Friday, March 22, 11 a.m. - 1 p.m.

Valentine's Day Watercolor Painting: Staff will guide participants through a Valentine-themed watercolor painting to take home. Supplies and light refreshments will be provided. Wednesday, February 14, 10 - 11 a.m. \$5. Registration is required.

Spring Card Craft: Design fun cards for friends and loved ones. Supplies are provided. Wednesday, February 21, 9 a.m. - 1 p.m. \$5. Registration is required.

Senior Safety 101: Join Bloomington Police and Fire departments to learn about scams, fire safety, and more in a 2-hour safety course. Wednesday, February 28, 10 a.m. - 12 p.m. Free. Registration is required.



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