

# Monday ONGOING PROGRAMS

#### Woodshop

8:00 a.m. - 12:00 p.m.

#### **Pool Room**

8:00 a.m. - 4:30 p.m.

## **Low Impact Exercise**

9:00 - 10:00 a.m.

#### **Low Impact Exercise**

10:00 - 11:00 a.m.

#### Boutique

10:00 a.m. - 3:00 p.m.

#### **Duplicate Bridge**

12:15 - 3:15 p.m.

#### **Hand and Foot Canasta**

12:15 - 3:30 p.m.

#### Leatherworking

12:30 - 3:00 p.m.

#### Pinochle

12:30 - 3:30 p.m.

#### **Creative Crafts**

1:00 - 3:00 p.m.

## ONGOING PROGRAMS

uesday

#### Woodshop

8:00 a.m. - 12:00 p.m.

#### **Pool Room**

8:00 a.m. - 4:30 p.m.

#### **Gentle Mat Yoga**

9:00 - 10:00 a.m. (No class April 15)

#### **Rock Shop**

9:00 a.m. - 12:00 p.m.

#### **AARP Driver Safety Class**

9:00 a.m. - 1:00 p.m. (April 1, 8, 15)

#### Quilting

9:00 a.m. - 1:00 p.m.

#### **Boutique**

10:00 a.m. - 3:00 p.m.

#### **Gentle Mat Yoga**

10:15 - 11:15 a.m. (No class April 15)

#### **SAIL**

10:15 - 11:15 a.m.

#### **Senior Discussion Group**

11:00 a.m. - 12:00 p.m.

#### Club 500

12:30 - 3:30 p.m.

## ONGOING PROGRAMS

Wednesday

#### **Pool Room**

8:00 a.m. - 4:30 p.m.

#### **Euchre**

9:00 - 11:30 a.m.

#### **Happy Feet Foot Care**

9:00 a.m. - 3:00 p.m. (April 2, 9, 16)

#### **Line Dancina**

10:00 - 11:30 a.m.

#### **Boutique**

10:00 a.m. - 3:00 p.m.

#### Wii Bowling

12:00 - 2:00 p.m.

#### **Rock Shop**

12:00 - 3:00 p.m.

#### Cribbaae

12:30 - 3:00 p.m.

#### Leatherworking

12:30 - 3:00 p.m.

### Club 500

12:30 - 3:30 p.m.

#### **Bunco**

1:00 - 3:00 p.m. (April 9 and 16)

# ONGOING PROGRAMS

Thursday

#### Woodshop

8:00 a.m. - 12:00 p.m.

#### **Pool Room**

8:00 a.m. - 1:00 p.m.

#### Needleworkers

9:00 - 11:30 a.m.

#### **Country Music Jam**

9:00 a.m. - 12:00 p.m.

#### Open Tech Lab

9:30 - 11:30 a.m.

#### **Creekside Crickets**

10:00 - 11:30 a.m.

#### **Boutique**

10:00 a.m. - 3:00 p.m.

#### **Fun Functional Fitness**

12:00 - 12:45 p.m. (No class April 10)

#### **Rock Shop**

12:00 - 3:00 p.m.

#### Cribbaae

12:45 - 3:15 p.m.

#### Women's Pool

1:00 - 4:30 p.m.

# ONGOING PROGRAMS

friday

#### Woodshop

8:00 a.m. - 12:00 p.m.

#### **Pool Room**

8:00 a.m. - 4:30 p.m.

(No class April 18)

#### **Chair Yoga**

9:00 - 10:00 a.m.

#### **Low Impact Exercise**

9:00 - 10:00 a.m.

#### **Hearts**

9:00 a.m. - 12:00 p.m.

#### Quilting

9:00 a.m. - 1:00 p.m.

#### **Bloomingtones**

9:30 - 11:30 a.m.

#### **Low Impact Exercise**

10:00 - 11:00 a.m. (no class April 18)

#### **Boutique**

10:00 a.m. - 1:00 p.m.

#### Chair Yoaa

10:15 - 11:15 a.m. (No class April 18)

#### SAIL

10:15 - 11:15 a.m.

#### **Club 500**

12:30 - 3:30 p.m.

#### 18 - Fare for All 11:00 a.m. - 1:00 p.m.

25 - Dance Your Socks Off 7:00 - 9:00 p.m.

# "April is a moment of joy for those who have survived winter.



QR code for information and reaistration for activities at Creekside Community Center



# CREEKSIDE COMMUNITY CENTER

Programs for ages 50+ and/or adults with a disability

> 952-563-4944 MN Relay 711

CREEKSIDE@BLOOMINGTONMN.GOV

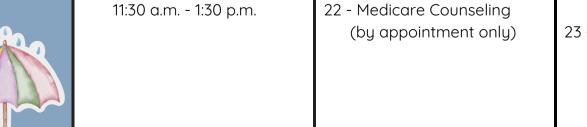
- 11:30 a.m. 1:30 p.m.
- 1:30 3:30 p.m. 28 - Movie 11:30 a.m. - 1:30 p.m.

# MONTHLY PROGRAMS MONTHLY PROGRAMS

- 8 Medicare Counseling (by appointment only)
- 8 History Presentation Apollo and the Moon 10:00 - 11:30 a.m.

- 2 Adaptive Board Games
- 16 Adaptive Crafts 10:30 - 11:30 a.m.
- 10:00 11:30 a.m.

- 24 Caregiver Support Group 1:00 - 2:30 p.m.
- 24 Writers Club 1:00 - 3:00 p.m.



- 10:30 a.m. 12:00 p.m.
- 23 Garden Club
- 23 Book Club 12:30 - 2:30 p.m.

# MONTHLY PROGRAMS MONTHLY PROGRAMS MONTHLY PROGRAMS

### Arts and Crafts

Boutique: Crocheted, knitted, and embroidered items as well as baby blankets, quilts, jackets, jewelry, artwork, and wood novelties for sale by local crafters. Mondays-Thursdays. 10 a.m. - 3 p.m. and Fridays, 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. No fee.

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

Needleworkers: Socialize while creating blankets, scarves, and other clothing items. Thursdays, 9 - 11:30 a.m. No fee.

Quilting: Share your talents with this group. Tuesdays and Fridays, 9 a.m. - 1 p.m. No fee.

Rock Shop: Cut and polish rocks and gemstones in the lapidary shop. Training and supplies provided. Tuesdays, 9 a.m. - 12 p.m., Wednesdays and 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, Wednesdays, and Fridays, 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 p.m. \$1 to

Hearts: Fridays, 9 a.m. 12 p.m. No fee. **Pinochle:** Mondays, 12:30 - 3:30 p.m. \$1 to play.

#### Education

Creekside Book Club: Join us for a discussion on current and classic novels. 4th Wednesday, 12:30 - 2:30 p.m. Call for book titles. No fee.

**Library:** An extensive collection of books and puzzles to borrow. Stop in and place a piece or two in our community puzzle. Mondays - Fridays, 8 a.m. - 4:30 p.m. No Fee.

Open Tech Lab: Volunteers are on hand to assist with technology questions. Bring your own laptop, tablet, or cell phone. Thursdays, 9:30 - 11:30 a.m. No fee.

Senior Discussion Group: Enjoy conversation with older adults on a range of topics such as adjusting to retirement. staying healthy, current news, and more. A chance to meet new people and share your interests. Tuesdays, 11 a.m. - 12 p.m. No fee.

Smart Driver Program: Refresh your driving skills and qualify for lower insurance rates. 1st, 2nd, and 3rd Tuesdays, 9 a.m. - 1 p.m. Reservations required. Fees apply.

Writers Club: For all skill levels. 4th Thursday, 1 - 3 p.m. No

#### **Fitness**

Fun Functional Fitness: Improve your strength, balance, and flexibility with this 45 minute class. Light weights and bands are provided for a full body workout. This class can be modified for all abilities. 6 week sessions, Thursdays,

12 - 12:45 p.m. Registration required. \$42 R/\$54 NR.

**Line Dancing:** Join us for social line dancing. This instructor led class teaches a variety of steps with new dances being taught each week. Wednesdays, 10 - 11:30 a.m. \$5 per class.

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. No fee.

**SAIL:** Evidence-based exercise program for older adults that includes a combination of aerobic conditioning, progressive strength training, and balance exercises. Participation agreement is required prior to joining the class. Registration required. Tuesdays and Fridays, 10:15 - 11:15 a.m. No fee. Not taking new participants through Mau.

Chair Yoga: A gentle, modified yoga. 6 week sessions, Fridays, 9 - 10 a.m. or 10:15 - 11:15 a.m. Registration required. \$42 R/\$54 NR.

Gentle Mat Yoga: Bring your own mat. 6 week sessions, Tuesdays, 9 - 10 a.m. or 10:15 - 11:15 a.m. Registration required. \$42 R/\$54 NR.

## Health

Caregiver Support Group: Sessions focus on helping caregivers as they care for themselves and their loved ones and giving them a safe space to share experiences and learn from one another. 4th Thursday, 1 - 2:30 p.m.. Register at Senior Community Services, 952-767-7890.

Foot Care: Meet with a nurse to address your foot care needs. 1st, 2nd, and 3rd Wednesdays, 9 a.m. - 3 p.m. Appointment required through Happy Feet, 763-346-3390. Fees apply,

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/gethelp/medicare or 1-800-333-2433. 2nd and 4th Tuesdays. No

#### Music

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

**Bloomingtones:** A mixed chorale group that sings a wide variety of music from all eras. Rehearsal Fridays, 9:30 a.m. September through May. No fee.

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

Creekside Crickets: An instrumental band of autoharp, harmonicas, guitars, mandolin, accordion, and banjos that play oldies, country, and folk music. Rehearsal Thursdays, 10 a.m. September through May. No fee.

#### Recreation

**Bunco:** A multiplayer dice game. 2nd and 3rd Wednesdays. 1 - 2:30 p.m. No fee.

Games and Equipment: Cards, board games, and puzzles are available in the library. Check out equipment for bocce ball, table tennis, and Nintendo Wii at the main office to use at Creekside. Call ahead for availability. No fee.

Garden Club: Create, plant, and maintain the gardens and planters at Creekside. No experience needed. Meetings 4th Wednesday, 10 - 11:30 a.m. March through October.

Movies: Enjoy watching a movie with others. Call for upcoming titles. 2nd and 4th Mondays, 11:30 a.m. - 1:30 p.m. No fee.

Nintendo Wii: Stay active with this gaming system and join our Wii Bowling league on Wednesdays, 12 - 2 p.m. No fee.

Pool Room: For all skill levels. Mondays-Fridays, 8 a.m. - 4:30 p.m. and Women's Pool Thursdays, 1 - 4:30 p.m. \$10 annual membership.

## Adaptive Recreation

Fun monthly activities that adults with disabilities are welcome to participate in.

Adaptive Board Games: 1st Wednesday, 10:30 a.m. - 12 p.m.

Adaptive Crafts: 3rd Wednesday, 10:30 - 11:30 a.m. No fee. Dance Your Socks Off: Monthly dance, Friday, April 25, 7 - 9 p.m. \$6.

#### **Special Events**

Fare for All: A pop-up grocery store that sells packs of fresh produce and frozen meat at up to 40% off retail prices. No qualifications. No income restrictions. Open to all.

Friday, April 18, 11 a.m. - 1 p.m. Friday, May 16, 11 a.m. - 1 p.m.

History Presentation Series: Step back in time with history presenter David Jones as he brings the past to life in this educational series. Registration required. No fee.

Tuesday, April 8, 10 a.m. - Apollo and the Moon Tuesday, May 13, 10 a.m. - Charles Lindbergh

Show and Tell: Creekside invites you to share your most treasured keepsakes and personal stories, whether it's a vintage photograph, a family heirloom, a vacation souvenir, or a cherished memory. Registration required. No fee.

Monday, April 21, 1:30 - 3:30 p.m.



# Creekside Community Center April 2025 BUILDING HOURS

MONDAY - FRIDAY 8 A.M. - 4:30 P.M.



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 person because of a disability. To make a request for a asonable accommodation, ask for more information, or to file asonable accommodation, ask for more more accommodation, of 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