



Monday

ONGOING PROGRAMS

- Pool Room**
8:00 a.m. - 7:00 p.m.
- Woodshop**
8:00 - 11:00 a.m.
- ESL**
9:30 - 11:30 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Lunch**
11:30 a.m.
- Duplicate Bridge**
12:15 - 3:15 p.m.
- Hand and Foot Canasta**
12:30 - 4:00 p.m.
- Leatherworking**
12:30 - 3:00 p.m.
- SAIL**
1:00 - 2:00 p.m.
- Pinochle**
1:00 - 4:00 p.m.
- Crafts**
2:00 - 4:00 p.m.

SPECIAL PROGRAMS

- 9 - Hearts Tournament**
12:30 - 3:00 p.m.
- 9 - Movie Day**
12:45 p.m.
- 9 - Smart Driver Program**
5:00 p.m., 4 hours
- 16 - Smart Driver Program**
9:00 a.m., 4 hours
- 23 - Garden Club Meeting**
10:00 - 11:30 a.m.
- 23 - Movie Day**
12:45 p.m.

*September 2
Labor Day
Creekside Closed*

Tuesday

ONGOING PROGRAMS

- Country Kickers Line Dancing**
8:00 - 8:45 a.m.
- Woodshop**
8:00 - 11:00 a.m.
- Pool Room**
8:00 a.m. - 7:00 p.m.
- Pool Tournament**
8:30 a.m.
- Quilting**
9:00 a.m. - 1:00 p.m.
- Low Impact Exercise**
9:00 - 10:00 a.m.
- SS Cardio and Strength**
9:00 - 10:00 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Lunch**
11:30 a.m.
- Duplicate Bridge**
12:15 - 3:15 p.m.
- Club 500**
1:00 - 3:30 p.m.
- Rock Shop**
1:00 - 4:00 p.m.
- Stretch-Relax-Meditate**
2:00 - 3:00 p.m.
- Boutique**
5:00 - 7:00 p.m.
- Bone Builders I**
6:00 - 7:00 p.m.

SPECIAL PROGRAMS

- 10 - Health Insurance Counseling**
By appointment only.
- 10 - Hearts Tournament**
9:00 - 11:30 a.m.
- 17 - North Star Scrollers 10th Anniversary Wooden Scroll Saw Art Exhibit**
4:00 - 7:30 p.m.
- 24 - Health Insurance Counseling**
By appointment.
- 24 - Creekside Lunch Party**
11:30 a.m. - 12:30 p.m.
- 24 - Artistry - Clay Handbuilding - 3-Tier Spice Bowls**
1:00 - 3:00 p.m.

Wednesday

ONGOING PROGRAMS

- Pool Room**
8:00 a.m. - 7:00 p.m.
- Ceramics**
8:00 a.m. - 12:00 p.m.
- SS Strength and Balance**
9:00 - 10:00 a.m.
(no class September 18)
- Euchre**
9:00 - 11:30 a.m.
- Woodcarvers**
9:00 - 11:00 a.m.
- Foot Care Clinic**
(By appointment)
9:00 a.m. - 4:00 p.m.
- SAIL**
10:00 - 11:00 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Lunch**
11:30 a.m.
- Leatherworking**
12:30 - 3:00 p.m.
- Cribbage**
12:45 - 3:00 p.m.
- Club 500**
1:00 - 3:30 p.m.

SPECIAL PROGRAMS

- 4 - Smart Driver Program**
1:00 p.m., 4 hours
- 18 - Fare For All**
11:00 a.m. - 1:00 p.m.
- 18 - The Nurse Is In**
11:00 a.m. - 1:00 p.m.
- 25 - Smart Driver Program**
9:00 a.m., 4 hours
- 25 - Flu Shots**
11:00 a.m. - 1:00 p.m.

Thursday

ONGOING PROGRAMS

- Pool Room**
8:00 a.m. - 1:00 p.m.
- Ceramics**
8:00 a.m. - 3:00 p.m.
- Woodshop**
8:00 - 11:00 a.m.
- Low Impact Exercise**
9:00 - 10:00 a.m.
- Rock Shop**
9:00 a.m. - 12:00 p.m.
- Needleworkers**
9:00 - 11:30 a.m.
- Open Computer Lab**
9:30 - 11:30 a.m.
- Creekside Crickets**
9:00 a.m. - 12:00 p.m.
- Gentle Mat Yoga 10**
10:00 - 11:00 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Lunch**
11:30 a.m.
- Social Bridge**
12:15 - 3:15 p.m.
- Cribbage**
12:45 - 3:00 p.m.
- Women's Pool**
1:00 p.m.
- Pool Tournament**
6:00 p.m.

SPECIAL PROGRAMS

- 5 - Hand and Foot Canasta**
12:30 p.m. - 4:00 p.m.
- 5 - Women's Evening Bridge**
6:30 p.m. - 10:00 p.m.
- 26 - Writers Club**
1:00 - 3:00 p.m.

Friday

ONGOING PROGRAMS

- Pool Room**
8:00 a.m. - 7:00 p.m.
- Woodshop**
8:00 - 11:00 a.m.
- Bloomingtones**
9:30 a.m. - 12:00 p.m.
- Chair Yoga 9**
9:00 - 10:00 a.m.
- SS Strength and Balance**
9:00 - 10:00 a.m.
(no class September 20)
- Quilting**
9:00 a.m. - 1:00 p.m.
- Chair Yoga 10**
10:15 - 11:15 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Lunch**
11:30 a.m.
- Wii Bowling**
12:00 - 2:30 p.m.
- Duplicate Bridge**
12:15 - 3:15 p.m.
- Club 500**
1:00 - 3:30 p.m.

SPECIAL PROGRAMS

- 6 - Artistry - Northshore Landscape in Watercolor (class full)**
1:00 - 3:00 p.m.
- 13 - Byte Syte (ACUG)**
9:30 - 11:30 a.m.
- 20 - Artistry - Botanical Watercolor - Fall Leaves (class full)**
1:00 - 3:00 p.m.

Saturday

ONGOING PROGRAMS

- Ceramics**
8:00 a.m. - 12:00 p.m.
- Pool Room**
8:00 a.m. - 1:00 p.m.
- Bone Builders I**
9:00 - 10:00 a.m.
- Classic Country Music Jam**
9:00 a.m. - 12:30 p.m.

SPECIAL PROGRAMS

- 7 - North Star Scrollers**
9:30 - 11:30 a.m.
- 14 - Smart Driver Program**
9:00 a.m., 8 hours
- 14 - 500 Tournament**
1:30 p.m.
- 21 - Cribbage Tournament**
1:00 p.m.

CREEKSIDE COMMUNITY CENTER

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

**952-563-4944
MN Relay 711**

**CREEKSIDE@
BLOOMINGTONMN.GOV**

ARTS & CRAFTS

Art Classes In Partnership with Artistry: Unique instructor lead art classes offered throughout the year. 1-3 p.m. All supplies provided. Registration required. See Artistry flyer for class details.

Northshore Landscape in Watercolor: September 6, \$15 (class full).
Botanical Watercolor - Fall Leaves: September 20, \$15 (class full).
Clay Handbuilding - 3 -Tier Spice Bowls: September 24, \$20
Butterflies in Pen and Ink with Watercolor - October 11, \$15 (class full)
Mixed-Media Birds on Canvas: October 22 and October 25, \$30

Boutique: Handcrafted items for sale. Open Monday-Friday, 10 a.m.-3 p.m., Tuesday, 5-7 p.m., and Saturday in November and December 9 a.m.-12 p.m.

Ceramics: Select from an assortment of greenware and bisque and paint or glaze. Open Wednesday and Saturday, 8 a.m.-12 p.m. and Thursday, 8 a.m.-3 p.m. Fees may apply.

Crafts: **NEW PROGRAM** Bring a project you are working on or create something from our donated supplies. Meets Mondays, 2-4 p.m.

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

Needleworkers: Socialize while creating blankets, scarves and other clothing items Thursday, 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.

Quilting: Share your talents with this group Tuesday and Friday, 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. Open Tuesday, 1-4 p.m. and Thursday, 9 a.m.-12 p.m. \$2 fee per visit.

Woodcarvers: Learn the art of woodcarving Wednesday, 9-11 a.m. Participants must provide their own wood.

Woodshop: Fully equipped woodshop open Monday, Tuesday, Thursday, and Friday, 8-11 a.m. Must pass a proficiency test and wear an ID badge. \$1 fee per visit.

CARD GROUPS

Duplicate Bridge: Monday, Tuesday, and Friday, 12:15-3:15 p.m. \$.50 to play.

Social Bridge: Thursday, 12:15-3:15 p.m. \$.50 to play.

Women's Evening Bridge: First Thursday of each month, 6:30-10 p.m. To join, contact Lois at 952-890-3086, \$2 to play.

Club 500: Tuesday, Wednesday, and Friday, 1-3:30 p.m. \$.50 to play. Tournament Saturday, September 14, 1:30 p.m. \$3 to play.

Cribbage: Wednesday and Thursday, 12:45-3 p.m. \$1 to play. Tournaments the third Saturday of each month, 1 p.m. \$3 to play.

Euchre: Regular Euchre. Wednesday, 9-11:30 a.m. \$.50 to play. Tournament Saturday, December 14, 12:30 p.m. \$2 to play.

Hand and Foot Canasta: Monday, 12:30-4 p.m. \$1 to play.

Hearts: Tournaments the first Monday, 12:30-3 p.m., and second Tuesday, 9-11:30 a.m. of each month. \$2 to play.

Pinochle: Single deck. All skill levels. Monday, 1-4 p.m. \$.50 to play.

Card Lessons: 500, Euchre, and Hearts-by appointment first Monday of even months, 10-11:30 a.m. Pinochle-by appointment.

EDUCATION

Byte Syte Advanced Computer User Group (ACUG): Discuss topics and participate in demonstrations. Meets second Friday of the month, 9:30-11:30 a.m.

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.

English as a Second Language (ESL): Practice and improve English skills. Small group tutoring includes basic conversation, writing, and daily life skills. Meets Monday, 9:30-11:30 a.m. No fee.

Library: An extensive collection of books and puzzles to borrow.

Naturalization Test Tutoring: Contact Creekside to arrange free tutoring with a volunteer. Study supplies provided by the tutor.

Open Computer Lab: Tutors are on hand to help with PC technology questions Thursdays, 9:30-11:30 a.m. Fee applies for computer use.

Smart Driver Program: Refresh your driving skills and perhaps qualify for lower insurance rates. 8-hour initial class and 4-hour refresher courses held by AARP. Reservations required. Fees apply.

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

HEALTH CHECKS

Flu Shots: Bloomington Public Health Provides flu shots at Creekside during flu season.

Wednesday, September 25, 11 a.m.-1 p.m.

Wednesday, October 16, 11 a.m.-1 p.m.

Tuesday, October 29, 5-6 p.m.

Wednesday, November 13, 11 a.m.-1 p.m.

Tuesday, November 19, 5-6:30 p.m.

Foot Care: Meet with professional foot care nurse to address your foot care needs. Wednesday, 9 a.m.- 4 p.m. Contact Happy Feet at 763-560-5136. Appointment required. Fees apply.

Health Insurance Counseling: Speak with a trained volunteer. Second and fourth Tuesday of each month, 9-12 p.m. Appointment required; 1-800-333-2433 Senior Linkage Line. No fee.

Hearing Testing: Second Wednesday of even months, 12-1 p.m. Appointment required. No fee.

The Nurse Is In: Walk-in and talk with a Bloomington Public Health Nurse regarding health, safety, medical questions, blood pressure checks, resources, etc. No fee. September 18 and October 16, 11 a.m.-1 p.m.

LEADERSHIP

Adults 50+ Program Leaders: Be involved in the planning, developing, and implementing of activities and programs for adults aged 50+.

Creekside Senior Memorial Trust Fund: A 501(c)3 non-profit organization that assists individuals who desire to create a memorial for someone, living or deceased.

FITNESS

Bone Builders: Strengthen muscles and promote balance and stability. Weights provided. Registration required. Free.

Tuesday, 6-7 p.m. and Saturday, 9-10 a.m.

Country Kickers Line Dancing: This fun, instructor lead class, will help increase balance and memory while exercising as a group.

Tuesday, 8-8:45 a.m. Free.

Low Impact Exercise: Light to moderate exercise focused on balance, light aerobics, and strength training. Tuesday and Thursday, 9-10 a.m. Free.

SAIL (Stay Active Independent for Life): A combination of aerobic conditioning, progressive strength training, and balance exercises to impact risk of falling. Registration required. Free.

Monday, 1-2 p.m. and Wednesday, 10-11 a.m.

Silver Sneakers® Flex™ (SS): Drop-ins welcome. Fee may apply.

Cardio and Strength: Improve cardio, maintain/increase bone density, flexibility, range of motion, muscle tone, and coordination. Bring your own mat. Must be able to get up and down off the floor. Tuesday, 9-10 a.m.

Strength and Balance: Exercise holding or sitting in a chair. Light cardio and strength training to improve range of motion, flexibility, muscle tone, and coordination. Wednesday and Friday, 9-10 a.m.

Yoga: Registration required. 6-weeks. Fee applies.

Chair Yoga: A gentle, modified yoga.

Friday, Session 9, 9-10 a.m.; Session 10, 10:15-11:15 a.m.
August 30 - October 4

Gentle Mat Yoga: Traditional yoga poses. Bring your own mat.

Thursday, Session 10, 10-11 a.m.

August 29 - October 3

MOVIES

Donations for film rentals and popcorn accepted. Movie suggestions welcomed. Call for movie titles. Mondays at 12:45 p.m.

September 9 and 23 ... October 14 and 28

MUSIC

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

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

Classic Country Music Jam: Join, listen, or dance as a group of musicians provide a free country concert every Saturday, 9 a.m.-12:30 p.m.

Creekside Crickets: An instrumental band of autoharp, harmonicas, guitars, mandolin, banjos, and accordion. Playing oldies, country, and folk. Rehearsals Thursday, 9 a.m. September-May.

NUTRITION PROGRAMS

The City Diner at Creekside: Meals served at 11:30 a.m. Monday-Friday. Registration required. Fee based on eligibility.

Creekside Lunch Party - Tuesday, September 24

Fare for All: Community food distribution program. Save up to 40% on fresh produce, frozen meat, and other basic groceries. No income guidelines. September 18 and October 16, 11 a.m.-1 p.m.

Loaves & Fishes: Hot, evening meals served 5:30-6:30 p.m. Monday-Friday. Open and free to all.

Optage Home Delivered Heat and Eat Meals: Frozen breakfast, lunch, and dinner entrees delivered once a week. To order, call 651-724-4996. Fees apply.

RECREATION

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 Monday of each month January-October, 10-11:30 a.m.

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

Nintendo Wii: Stay active and start a league today. Video bowling, tennis, golf, and more. Wii Bowling Friday league, 12:30 p.m.

Pool Room: Monday-Friday, 8 a.m.-7 p.m. and Saturday, 8 a.m.-1 p.m. Ladies: Thursday, 1 p.m. Tournaments: For men and women, Tuesday, 8:30 a.m. and Thursday, 6 p.m. \$12 annual membership fee. For all skill levels.

OTHER PROGRAMS

Get Acquainted: with the many programs and services offered through the adult 50+ programs. Call to schedule a tour.

Volunteering: Volunteers of all ages may choose to assist at one time special events or on an on-going basis with programs and activities.

Stretch, Relax, Meditate:

Tuesdays, September 3 - 24, 2-3 p.m.; 4-week session (class full)
Registration required.
\$20 for Bloomington residents
\$25 for Non-Bloomington participants

North Star Scrollers: 10th Anniversary Wooden Scroll Saw Art Exhibit: Everyone is welcome to come and view the masterful wood exhibits. Free admission and refreshments.
Tuesday, September 17, 4:00 - 7:30 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 on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all City of Bloomington services, programs, and activities. Upon request, this information can be available in Braille, large print, audio tape and/or electronic format.