

# Human Services

Programs for ages 50+ and/or adults with disabilities

## Including the Community & Beyond

Creekside Community Center

9801 Penn Avenue South • Bloomington, MN 55431



## October - December 2016



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### Veterans Appreciation Lunch Thursday, November 10

Following graduation from the University of Minnesota, Bob Jaspersen entered the Air Force through the ROTC program. After a one-year assignment as a C-141 navigator Bob was selected to train as a Weapon Systems Officer in the F-4 Phantom jet fighter. While in Korea, in 1972, his squadron was assigned temporary duty in Southeast Asia where, in five months, he flew 115 missions over both South and North Vietnam. During his short tour he was awarded seven Air Medals, the Distinguished Flying Cross, and the Silver Star for shooting down a MiG-21 near Hanoi.

Join us for lunch Thursday, November 10 at 11:15 a.m. to hear more of Bob's story and to celebrate veterans and active duty. Register by Friday, November 4. Free for Veterans/Active Duty. All others pay \$7.



### Coffee Talk - Veteran's Benefits Tuesday, November 1



Explore the State and Federal veteran benefits available to veterans and their spouses with Allison J. Frasier, an associate attorney, practicing and counseling clients on elder law issues. Hosted by BrightStar Care. Continental breakfast provided. Earn 1 free CEU. Program is 8:30 - 10 a.m. and is free. Register by Monday, October 31.

#### Objectives:

Understand the eligibility to qualify for veterans benefits.  
Identify the difference between service and non-service connected benefits.  
Learn the local resources available to assist with submitting a claim.

**Turn to page 5 to learn about more ways you can celebrate veterans with Bloomington Human Services.**

## Contact Human Services Creekside Community Center

952-563-4944, TTY 952-563-4933

Monday - Thursday, 7:30 a.m. - 7:30 p.m.  
Friday, 7:30 a.m. - 4:30 p.m.

humanservices@BloomingtonMN.gov  
reservations@BloomingtonMN.gov

bloomingtonmn.gov

Diann Kirby  
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**Our mission is to assure human services needs are met through the engagement of Bloomington residents.**

## Program Registration

### In-person or call

Staff is here to take your registration Monday - Thursday, 7:30 a.m. - 7:30 p.m. and Friday, 7:30 a.m. - 4:30 p.m. We accept cash, check, and all major credit cards. Contact Creekside to register unless otherwise noted.

### Registration Form

A current Human Services Program Registration Form must be filled out in order to participate in older adult programs. A registration form drive is done annually in late summer/early fall.

## Rent Space At Creekside

Creekside offers a variety of rooms for rent to groups of all sizes seven days a week, 24 hours a day. Audio visual equipment available for a fee. General office hours are Monday - Thursday, 7:30 a.m. - 7:30 p.m. and Friday, 7:30 a.m. - 4:30 p.m. Stop by or give us a call to help you with your renting needs. Fast Facility Facts are available for more information.

## Human Services Cancellation Policy

Contact Human Services to request a cancellation. When making changes or cancellations, please be aware of policies listed below.

### Cancellation by Human Services

Due to lack of enrollment..... 100% refund

### Cancellation made by participant\*

Prior to registration deadline ..... 100% refund or credit, less \$5 processing fee.

After deadline.....NO refund

\*Please refer to individual programs for exceptions to this policy.

The City of Bloomington complies with all applicable provisions of the Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act of 1973, and 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. The City has designated coordinators to facilitate compliance with the Americans with Disabilities Act of 1990 (ADA), and to coordinate compliance with Section 504 of the Rehabilitation Act of 1973 as mandated by the U.S. Department of Housing and Urban Development regulations. For information, contact the Human Services Division, City of Bloomington, 1800 W. Old Shakopee Rd., Bloomington, MN 55431-3027; 952-563-8733 Voice; 952-563-8740 TTY. Upon request, this information can be available in Braille, large print, audio tape and/or electronic format. Please be advised that the City of Bloomington does not sponsor or endorse or have a relationship with the resources listed unless otherwise noted.

## Annual Form(s) Update

### Human Services Registration Form

It's that time of year again. Please stop by Creekside's Main Office to update your Human Services Program Registration Form. It's important we have your current contact information and a person to contact in case of emergency.

### NAPIS Form

If you eat lunch with us or plan on eating with us, we need you to fill out a new NAPIS (National Aging Program Information Systems) form. Completing this federal government subsidy form allows adults 60+ to make a recommended donation of \$0 - \$3.50 for regular lunches and \$0 - \$4.50 for special lunches. If you choose not to fill it out or are under the age of 60, the fee is \$7.25.

## Share in the Feast

### Free Thanksgiving Meal

#### Thursday, November 24



Join Bloomington Covenant Church, 10150 Xerxes Ave. S., or Atonement Lutheran Church, 601 E. 98th St. for fellowship and a traditional Thanksgiving meal. Lunch service starts at 12:30 p.m. Registration taken at Creekside and required by Wednesday, November 23. Limited transportation provided upon request. Must reserve by Friday, November 18. Cosponsored by Good in the Hood, Bloomington Covenant Church, Atonement Lutheran Church, and Bloomington Human Services. Cash donations accepted.

## City Offices Closed

### For the Following Holidays

**Friday, November 11 - Veteran's Day**

**Thursday, November 24 - Thanksgiving**

**Monday, December 26 - Observing Christmas**

## New Programs

### Ageless Grace®

Group exercise class based on everyday movements that focus on healthy longevity of body and mind. Movements are designed to be performed seated in a chair and can help improve strength, balance, self-esteem, joint mobility, and more. Drop-ins welcome. Mondays beginning October 10, 9 - 9:45 a.m., Free.

### Artistry

Human Services is partnering with Artistry, Bloomington Center for the Arts, to bring hands-on art workshops to Creekside Community Center. Upcoming class information on page 8.

### Meditation

Calm your mind and settle your body through four basic styles of meditation including mindfulness, loving kindness, mantra, and breathing. This group meditation class includes guided and silent meditation. Beginners welcome. Fridays, 11:15 a.m. - 12:15 p.m. More information on page 9.

### MNSure Navigator/Personal Assister

Community Action Partnership of Suburban Hennepin (CAPSH) is here at Creekside every Monday, 8:30 - 11:30 a.m. to take walk-ins and assist applicants with MN Health Insurance Exchange, eligibility for Medical Assistance, MN-Care, SNAP, and Energy Assistance.

## Program Updates

### Lapidary is now called Rock Shop

Tuesdays, 1 - 4 p.m. and Thursdays, 9 a.m. - 12 p.m. \$1 fee per visit. Cut and polish rocks and gemstones in our lapidary shop. Training and supplies provided.

### Silver Sneakers® Flex™ Strength and Balance

We've added a Wednesday class, 9 - 10 a.m. Fee may apply. Exercises are performed holding or sitting in a chair. Light cardio and strength training to improve muscle tone, flexibility, range of motion and coordination. More information on pages 9-10.

# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>Bingo &amp; Birthday Bash Lunch</b> 11:30 a.m.	4 <b>Coffee Talk - Before &amp; After the Funeral</b> 9:30 a.m.	5	6 <b>Bike Basics for Boomers</b> 1 p.m.	7 <b>Fall Watercolors</b> 10 a.m.	8
9	10	11	12 <b>Ice Cream Social</b> 12:30 p.m. <b>Flu Shots</b> 5 - 6:30 p.m.	13 <b>Get Acquainted</b> 9 a.m. <b>Power of Laughter</b> 1:30 p.m.	14	15
16	17	18	19 <b>Fare For All</b> 11 a.m.-1 p.m.	20	21	22
23	24	25 <b>Coffee Talk - Medicare 2017</b> 9:30 a.m.	26	27 <b>Flu Shots</b> 5 - 6:30 p.m.	28 <b>Blast From the Past Lunch Party</b> 11:30 a.m. <b>Ceramic Leaf Tray</b> 1 p.m.	29
30	31 <b>Flu Shots</b> 10:15 - 11:45 a.m.					

## Bike Basics for Boomers

Thursday - 6th, 1 - 3 p.m., \$15

Register by Thursday, September 29th

A workshop geared especially for adults looking to get back on their bike. Workshop will cover basic rules of the road, basic bike maintenance, best practices for being safe and confident on the road and trail, helmet fittings, and how to pick the best bike for you. Bring your bike and helmet to class!

## Power of Laughter

Thursday - 13th, 1:30 - 3:30 p.m., \$10

Register by Thursday - 6th

A fun-filled 2-hour workshop designed to help you overcome the life challenges that have caused you stress and disease for months, years, or even decades, through the power of laughter. A life filled with health of mind, body, and spirit can be so much fun! Learn techniques to help regain your vitality, joy, and your peace.

## Art Classes in Partnership with Artistry

Fall Watercolors

Friday - 7th, 10 a.m. - 12 p.m., \$15

Register by Monday - 3rd

Learn brush handling, wet-on-wet techniques, dry techniques, color mixing, and other mark-making tricks. Create fall-inspired paintings on 8"x12" watercolor papers.

## Ceramic Leaf Tray

Friday - 28th, 1 - 3 p.m., \$20

Register by Monday - 24th

Use molds, form, and leaves (real and fake) to create a nature-inspired decorative dish. Learn to use slabs, add interesting textures, and embellishments.

## Coffee Talks

9:30 - 11 a.m., Free.

Before & After the Funeral - Tuesday - 4th

Register by Monday - 3rd

Understanding the processes that takes place before and after the funeral will help ease the burden and give you peace of mind. Presented by Bonnie Whittenburg, attorney, and Jeanne R. McGill, certified Pre-Planning Consultant.

Medicare Choices for 2017 - Tuesday 25th

Register by Tuesday - 18th

Medicare consultant expert, Leslee Gold, will teach Medicare beneficiaries the pitfalls to avoid and how to save big dollars when accessing benefits. Repeat session on November 15th.

## Flu Shots

Wednesday - 12th, 5 - 6:30 p.m.

Thursday - 27th, 5 - 6:30 p.m.

Monday - 31st, 10:15 - 11:45 a.m.

Bloomington Public Health Nurses are giving flu vaccines. Walk-ins. No cost. Bring your insurance card. Wearing short sleeves is suggested.

# November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coffee Talk - Veteran's Benefits 8:30 a.m.	2	3 Stress Free Holiday Workshop 1:30 p.m.	4 Bingo & Birthday Bash Lunch 11:30 a.m.	5
6	7	8	9 Fare For All 11 a.m. - 1 p.m.	10 Veterans Appreciation Lunch 11:15 a.m.	11 Creekside Closed Veteran's Day	12
13	14	15 Coffee Talk - Medicare 2017 9:30 a.m.	16	17	18 Handmade Gifts 1 p.m.	19
20	21	22 Thanksgiving Lunch Party 11:30 a.m.	23	24 Creekside Closed Thanksgiving Share in the Feast 12:30 p.m.	25	26
27	28	29	30 Coffee Talk - Vietnam Era Veterans Reunion Brunch 9 a.m.			

## Veterans' Photo Wall

10th - 30th at Creekside Community Center and Civic Plaza  
Our collection includes over 285 photos of men and women  
from all branches of service. Submit your photo to display;  
include name, branch and years of service.

## Stress Free Holiday Workshop

Thursday - 3rd, 1:30 - 3:30 p.m., \$10

Register by Thursday, October 27th

Designed to help you reduce stress, discover new ways  
to enjoy the holidays, and develop strategies to navigate  
a more peaceful, drama-free holiday season. Become  
empowered, joyful, calm, and centered.

## Veterans Appreciation Lunch

Thursday - 10th, 11:15 a.m. Free for Veterans/Active Duty.

All others pay \$6.50. Register by Friday - 4th

Human Services will pay tribute to Bloomington veterans  
and active duty service men and women. Guest speaker Bob  
Jasperson, US Air Force - Korean War Veteran.

## Art Classes in Partnership with Artistry

Handmade Gifts – Exploring Acrylic Paint

Friday - 18th, 1 - 3 p.m., \$15

Register by Monday - 14th

Learn the materials and techniques used in acrylic painting.  
Including paints and their characteristics, transparent  
layering, brush selection, and various mark-making  
techniques. Create small paintings perfect for your home or  
gifting.

## Share in the Feast

Thursday - 24th, 12:30 p.m., Free.

Register by Wednesday - 23rd

Bloomington Covenant Church, 10150 Xerxes Ave. S., and  
Atonement Lutheran Church, 601 E. 98th St.

Enjoy fellowship and a traditional Thanksgiving meal.  
Cosponsored by Good in the Hood.

## Coffee Talks

Veteran's Benefits - Tuesday - 1st, 8:30 - 10 a.m. Free.

Register by Monday, October 31st

Veterans and their spouses will learn about federal and  
state benefits, eligibility requirements, and local resources  
available when making a claim. Hosted by BrightStar Care.  
Continental breakfast provided. Earn CEUs.

Medicare Choices for 2017 - Tuesday - 15th, 9:30 - 11 a.m.,  
Free. Register by Tuesday - 8th

Medicare consultant expert, Leslee Gold, will teach  
Medicare beneficiaries, the pitfalls to avoid, and how to  
save big dollars when accessing benefits. Repeat session on  
October 26.

Vietnam Era Veterans Reunion Brunch

Wednesday - 30th, 9 - 11 a.m., Free. Registration requested.

Vietnam veterans are invited to meet their fellow  
servicemen and women. Continental breakfast provided.

# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6 <b>Flu Shots</b> 10:15 - 11:45 a.m. <b>Bingo &amp; Birthday Bash Lunch</b> 11:30 a.m.	7	8 <b>Get Acquainted</b> 9 a.m.	9 <b>Holiday Card Making</b> 10 a.m..	10
11	12	13	14 <b>Fare For All</b> 11 a.m. - 1 p.m.	15 <b>Ice Cream Social</b> 12:30 p.m.	16	17 <b>Home Depot DIY Project</b> 10 a.m.
18	19	20	21 <b>Winter Lunch Party</b> 11:30 a.m.	22	23	24
25	26 <b>Creekside Closed</b> Observing Christmas	27	28	29	30	31

### Art Classes in Partnership with Artistry

Holiday Card Making

Friday - 9th, 10 a.m. - 12 p.m., \$15

Register by Monday - 5th

Learn basic card design and construction using painting, collage, printmaking, and basic pop-up techniques.

Customize cards for various holidays, birthdays, and get ideas for other occasions too. Multiple card sets will be created.

### Flu Shots

Tuesday - 6th, 10:15 - 11:45 a.m.

Bloomington Public Health Nurses are giving flu vaccines. Walk-ins. No cost. Bring your insurance card. Wearing short sleeves is suggested.

### Home Depot DIY Project

Saturday - 17th, 10 a.m. - 12 p.m., Free.

Register by Monday - 12th

Each grandparent may bring one grandchild to create a pin board to hang holiday cards and photos on the wall followed by a tasty holiday luncheon at Bloomington Home Depot.



## Get Acquainted with the Adults 50+ Programs

Visit an informational meeting held once a month at 9 a.m. and learn about the many programs and services offered by the Human Services Division. See the adult 50+ programs in action with a tour of the community center! Stay for a complimentary catered lunch. Reservations for lunch need to be made three days in advance. We hope to see you at our next informational meeting.

**Thursday, 9 a.m.**

**October 13th**

**November 10th - no meeting**

**December 8th**

## Flu Shot Clinics



Cosponsored by Bloomington Public Health, these clinics are open to all. No appointment necessary. No cost. Please bring insurance card or let us know if you do not have insurance. Children under 18 must have a parent or guardian. Wearing short sleeves is suggested.

**Wednesday, October 12, 5 - 6:30 p.m.**

**Thursday, October 27, 5 - 6:30 p.m.**

**Monday, October 31, 10:15 a.m. - 11:45 p.m.**

**Tuesday, December 6, 10:15 a.m. - 11:45 p.m.**

## Do It Yourself Project

**At Home Depot**

**Saturday, December 17**

Grandparents and their grandchild are invited to create a pin board to hang holiday cards and photos on the wall followed by a tasty holiday luncheon at Bloomington Home Depot, 10 a.m. - 12 p.m. Each grandparent may bring one grandchild to the free event. Register by Monday, December 12.



## Ice Cream Social

**12:30 - 1:30 p.m., Free.**

**Wednesday, October 12**

Register by Monday, October 10 to enjoy an ice cream sundae and entertainment by Nancy Lovegren Lewandoski, a popular Twin Cities musician who has played everything from weddings and anniversaries to television, theatre, big band, jazz groups, and the nightclub circuit.



**Thursday, December 15**

Harpist Andrea Stern will entertain us as you eat an ice cream sundae. She has performed with chamber ensembles and orchestras in the United States and abroad. She was principal harpist for three years with the Maracaibo (Venezuela) Symphony and for five years with the Minnesota Opera. She has performed with Skylark Opera, Theater Latte Da, The Ordway, and Nautilus Music Theater. Register by Tuesday, December 13.

**Cosponsored by the Pines**

**Music made possible by:**



**And in cooperation with local Twin Cities Musician Union Local #30-73.**

## Smart Driver Program

Refresh your skills and perhaps qualify for lower insurance rates. Offered by Participants must be 50 years of age or older.



Cost is \$15 for AARP members and \$20 for non-members. Payment (exact cash or check payable to **AARP**) in class. Instructors cannot make change. Bring AARP card and driver's license.

Registration required. Call, 952-563-4944 or stop in Creekside. A \$5 non-refundable administrative fee is due at the time of registration, payable to the **City of Bloomington**.

All classes are held at Creekside Community Center, 9801 Penn Avenue South, Bloomington, MN 55431

### 4-hour Refresher Classes

#### October

Monday, October 3..... 8 a.m. - 12 p.m.  
 Friday, October 7 ..... 1 - 5 p.m.  
 Tuesday, October 11..... 8 a.m. - 12 p.m.  
 Wednesday, October 19 ..... 1 - 5 p.m.  
 Tuesday, October 25..... 1 - 5 p.m.

#### November

Wednesday, November 2 ..... 1 - 5 p.m.  
 Monday, November 7 ..... 8 a.m. - 12 p.m.  
 Tuesday, November 15 ..... 1 - 5 p.m.  
 Saturday, November 19 ..... 8 a.m. - 12 p.m.  
 Monday, November 21..... 8 a.m. - 12 p.m.

### December

Friday, December 2..... 1 - 5 p.m.  
 Tuesday, December 6 ..... 8 a.m. - 12 p.m.  
 Wednesday, December 14..... 1 - 5 p.m.  
 Wednesday, December 21..... 8 a.m. - 12 p.m.  
 Tuesday, December 27 ..... 1 - 5 p.m.

### 8-hour Initial Classes

#### October

Saturday, October 8..... 8 a.m. - 4:30 p.m.

#### November

Saturday, November 12 ..... 8 a.m. - 4:30 p.m.

#### December

Saturday, December 10 ..... 8 a.m. - 4:30 p.m.

# Ongoing Programs

## Arts & Crafts

**Boutique:** Handcrafted items for sale. Open Monday-Friday, 10-11:30 a.m.; 12:30-2:45 p.m., Tuesdays, 5-7 p.m., and in November and December, Saturday 9:30 a.m.-1 p.m.

**Ceramics:** Select from an assortment of greenware and bisque to paint or glaze. Open Tuesdays and Thursdays, 8 a.m.-3:30 p.m., Wednesdays, 8 a.m.-1:30 p.m. and Saturdays 8 a.m.-12 p.m. Fees apply for materials used.

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

**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. Donations accepted.

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

**Rock Shop:** Cut and polish rocks and gemstones in our lapidary shop. Training and supplies provided. Open Tuesdays, 1-4 p.m. and Thursdays, 9 a.m.-12 p.m. \$1 fee per visit.

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

**Woodshop:** Fully equipped woodshop open Mondays, Tuesdays, Thursdays, and Fridays, 8-11 a.m. Must pass a proficiency test and wear an ID badge. \$1 fee per visit.

## Art Classes In Partnership with Artistry

**Fall Watercolors:** Learn techniques including brush handling, wet-on-wet techniques, dry techniques, color mixing, and other mark-making tricks. Paintings will be created on postcard size paper and 8"x12" watercolor papers. Friday, October 7, 10 a.m.-12 p.m. Registration required. \$15.

**Ceramic Leaf Tray:** Use various molds, form, and leaves (real and fake) to create a unique nature-inspired decorative dish. Learn how to use slabs, add interesting textures, and embellishments (handles and feet) to personalize each piece. All projects will be glazed for finishing. Projects will be ready for pick up two-three weeks after the class date. Friday, October 28, 1-3 p.m. Registration required. \$20.

**Handmade Gifts – Exploring Acrylic Paint:** Lessons will start with discussions and demonstrations on basic acrylic materials including paints and their characteristics, transparent layering, brush selection, and various mark-making techniques. Thursday, November 18th, 1-3 p.m. Registration required. \$15

**Holiday Card Making:** Learn basic card design and construction using painting, collage, printmaking, and basic pop-up techniques. Customize cards for various holidays, birthdays, and get ideas for other occasions too. Multiple card sets will be created for you to use throughout the year. Friday, December 9, 10 a.m.-12 p.m. Registration required. \$15

## Cards Groups

**Duplicate Bridge:** Mondays, Tuesdays, and Fridays, 12:15-3:15 p.m. \$.50 to play.

**Social Bridge:** Thursdays, 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.

**Club 500:** Tuesdays, Wednesdays, and Fridays, 1-3:30 p.m. \$.50 to play. Tournaments Saturday, 1:30 p.m. \$3 to play: November 12, December 10.

**Cribbage:** Wednesdays and Thursdays, 12:45-3 p.m. \$1 to play. Tournaments held the third Saturday of each month, 1 p.m. \$3 to play.

**Euchre:** Regular Euchre. Wednesdays, 9-11:30 a.m. \$.50 to play. Tournament Saturday, 12:30 p.m. \$3 to play: October 15.

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

**Hearts:** Tournament first Monday of each month, 12:30-3 p.m. \$2 to play.

**Pinochle:** Single deck. All skill levels. Mondays, 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 and fourth Friday of the month, 9:30-11:30 a.m.

**Coffee Talks:** Informational sessions on a variety of topics, 9:30-11 a.m. Reservations required. Free.

**Before & After Funeral Planning**

Tuesday, October 4

**Medicare 2017** choose one session

Tuesday, October 25

Tuesday, November 15

**Veteran's Benefits** (8:30-10 a.m.)

Tuesday, November 1

**Vietnam Era Veterans Reunion Brunch**

Wednesday, November 30

**iPad Tutoring:** Bring your own iPad or watch a demonstration. First Thursday of the month, 9:30-11:30 a.m. Free.

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

**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.

**Poetry Class:** For all poet levels. Annual poetry contest, reading, and reception. Third Wednesday of the month, 6:30-8:30 p.m.

**Smart Driver Program:** Refresh your driving skills and perhaps qualify for lower insurance rates. 8-hour initial class and 4-hour refresher courses offered by AARP. Reservations required. Classes held weekly. See page 7 for more information and this quarter's schedule.

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

## Health Checks

**Blood Pressure Checks:** A Public Health nurse is available to discuss health-related topics. First Wednesday of each month, 10-11:30 a.m. No fee.

**Foot Care:** A professional foot care nurse will address your foot care needs by appointment. Wednesdays, 9 a.m.-3 p.m. Contact Happy Feet, 763-560-5136. Fees apply.

**Flu Shots:** Bloomington Public Health Nurses give vaccines during flu season. Wearing short sleeves is recommended.

Wednesday, October 12, 5-6:30 p.m.

Thursday, October 27, 5-6:30 p.m.

Monday, October 31, 10:15 a.m.-11:45 p.m.

Tuesday, December 6, 10:15 a.m.-11:45 p.m.

**Health Insurance Counseling:** A trained volunteer answers questions about Medicare by appointment. Second Tuesday of each month, 9-11 a.m. No fee.

**Hearing Testing:** Hearing tests by a Bloomington Public Health nurse by appointment. Second Wednesday of even months, 12-1 p.m. No fee.

**Medical Equipment Loan:** Reserve wheelchairs, walkers, and canes for short-term use. A refundable \$25 deposit is required.

## 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.

## Mind & Body

**Ageless Grace®:** Group exercise performed seated in a chair and can help improve strength, balance, self-esteem, joint mobility, and more. Drop-ins welcome. Mondays, 9-9:45 a.m.

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

I - Tuesdays, 6-7 p.m. and Saturdays, 9-10 a.m.

II - Mondays, 1-2 p.m. and Wednesdays, 10-11 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.

**Low Impact Exercise:** A light and moderate exercise focused on balance, light aerobics, and strength training. Tuesdays and Thursdays, 9-10 a.m.

**Meditation:** Calm your mind and settle your body through group meditation classes including guided and silent meditation. For all skill levels. Fridays, 11:15 a.m.-12:15 p.m. 4-weeks. 10/21-11/18. Fee applies.

# Ongoing Programs

**Silver Sneakers® Flex™:** Registration required. 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. Tuesdays, 9-10 a.m.

**Strength and Balance:** Exercises are performed holding or sitting in a chair. Light cardio and strength training to improve muscle tone, flexibility, range of motion and coordination Wednesdays and Fridays, 9-10 a.m.

**Tai Chi:** Learn techniques and exercises of breathing, stretching, and meditation. Wednesdays, 9-10 a.m. 6-weeks. Registration required. Fee applies.

**Walking Club:** Meets year-round at various walking paths and locations throughout the city. Tuesday and Thursday, 7:30 a.m. Call or check the City's events calendar for specific locations.

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

**Chair Yoga:** A gentle, modified yoga. 9/2-10/7 and 10/21-12/2 (no class November 11).

9 - Fridays, 9-10 a.m.

10 - Fridays, 10-11 a.m.

**Gentle Mat:** Traditional yoga poses. Bring your own mat. Thursdays, 10-11 a.m. 9/1-10/6 and 10/20-12/1 (no class November 24).

## Movie Monday

Donations for film rentals and popcorn accepted. Movie suggestions welcomed. Big screen, popcorn, 12:45 p.m.

October 10 & 24

November 14 & 28

December 12

## 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 Fridays, 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 Thursdays, 9:30 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.

**Birthday & Bingo Bash:** October 3, November 4, and December 6

**Blast from the Past** - October 28

**Veterans Appreciation Lunch** - November 10

**Thanksgiving Party** - November 22

**Winter Party** - December 21

**Fare for All:** This community food distribution program can save you up to 40% on fresh produce, name brand frozen meat and other basic groceries. No income guidelines. Cash, credit, debit, SNAP, and EBT accepted. Wednesdays, 11 a.m.-1 p.m. October 19, November 9, and December 14.

**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

**Bocce Ball:** Leagues held at Creekside Community Center, weather permitting. Wednesday league, 9-11 a.m.

**Field Trips:** Local day trips offered throughout the year. Leaving and returning from Creekside Community Center. Registration required. Cost based on transportation and entry fee.

**Garden Club:** Create and design flower containers and gardens at Creekside Community Center. No experience needed. Donations of plant and garden tools accepted. Meetings 4th Monday, January-November, 10-11:30 a.m.

**Informal Games and Equipment:** Puzzles, card and board games in the library. Bocce ball, shuffleboard, table tennis, and Nintendo Wii (bowling, tennis, and golf) equipment to check out and use at Creekside Community Center. Based on availability.

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

**Normandale Lake Flower Club:** Plant and maintain flower beds at Normandale Lake, 5901 W 84th St. Meets Thursday, May-November 9-11 a.m.

**Pool Room:** For men and women off all skill levels. Monday-Friday, 8 a.m.-7 p.m., Saturdays, 8 a.m.-1 p.m. Ladies: Thursdays, 1 p.m. Tournaments: Tuesdays, 8:30 a.m. and Thursdays, 6 p.m. \$12 annual membership fee.

#### **Off-site Programs:**

**Bocce Babes:** A women's social group playing bocce ball and other fun activities June-January. Contact Parks and Recreation, 952-563-8877. Fees may apply.

**Born Again Jocks:** Men's sports leagues including bocce ball, golf, bowling, tennis, softball, table tennis, and volleyball. Contact Parks and Recreation, 952-563-8877. Fees may apply.

**Bowling:** Men's leagues meet Tuesdays and Thursdays at Southtown Lanes. Contact 952-881-7731. Fees apply.

**Golf:** Co-ed leagues meet Monday mornings at Hyland Greens Golf Course. Contact, 952-881-6863. Fees apply.

## **Other Programs**

**Caregiver Support Group:** Alzheimer's Association affiliated support group focuses on emotional support and sharing experiences. Sponsored by Martin Luther Care Center. Meets first and third Tuesday, 10:30 a.m.

**Coffee Round Table:** Drop in for a hot cup of coffee and conversation in our library.

**Community Action Partnership Assister:** In person application assistance with MN Health Insurance Exchange, MNSure, MNCare, Advanced Premium Tax Credits, Qualified Health Care Plans, and Supplemental Nutrition Assistance Program (SNAP). Monday, 8:30-11:30 a.m. Free. Walk-ins.

**English as a Second Language (ESL):** Practice and improve English skills. Small group tutoring includes writing, basic conversation and daily life skills. Mondays and Tuesdays 9:30-11:30 a.m.

**Get Acquainted with the Adults 50+ Programs:** Learn about activities and programs the second Thursday of each month, 9 a.m. Register three days in advance and enjoy a free lunch on us.

**Naturalization Test Tutoring:** Contact Human Services to arrange free tutoring with a volunteer. Study supplies will be provided by the tutor.

**Transportation:** A group route, door-to-door service for qualified Bloomington residents age 50+ and/or individuals with a disability who are ineligible to receive services from other transportation providers. Travel within city limits Monday-Friday, 8:15 a.m.-3:15 p.m. Reservations required. Fee applies.

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

## **Here to Help**

### **Bloomington Human Services Coordinators**

Are here to help guide Bloomington residents to resources they can access on their own and to offer information and referrals that help to improve lives.

Monday - Friday, 8 a.m.-4:30 p.m.

Civic Plaza  
1800 W Old Shakopee Rd  
952-563-8733, TTY 952-563-8740

Creekside Community Center  
9801 Penn Ave S  
952-563-4944, TTY 952-563-4933

The Bloomington Human Rights Commission honors  
**American Indian Heritage Month**  
November 2016

**Why Treaties Matter exhibit**  
November 2 - 9 and 15 - 30

This traveling exhibition explores Minnesota's Native nations and the history of treaty-making with the U.S. government. The exhibit shows the making of treaties—from the time before Europeans came to this land, through treaty making with the United States, to the growth of tribal self-determination in our time.

*The exhibit is a collaboration of the Minnesota Indian Affairs Council, the Minnesota Humanities Center, and the Smithsonian Institution's National Museum of the American Indian*

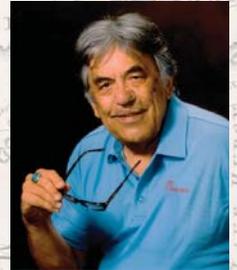
**Coffee with the curator**  
November 2, 10 a.m. and November 14, 2 p.m.

Join curator, Jim Jones Interim Director of the MN Indian Affairs Council for a guided tour of the Why Treaties Matter exhibit.

Photo: Jonathan Carver, "A Plan of Captain Carver's Travels in the Interior Parts of North America in 1766 and 1767." From the James Ford Bell Library, University of Minnesota.

**Community event - Macaroni At Midnight**  
November 15, 7 p.m. (reception at 6 p.m.)

Hear activist Dr. Don Bartlette share his inspiring story growing up as a Chippewa Indian and how one person changed the course of his life. The program will also feature a historical perspective of American Indian culture in Bloomington. Visit the exhibit and talk with the curator during the reception. Registration requested by November 8.



Register online: [www.BloomingtonMN.gov](http://www.BloomingtonMN.gov) keywords  
**American Indian Heritage**  
[reservations@BloomingtonMN.gov](mailto:reservations@BloomingtonMN.gov)

**Cosponsored by MN Indian Affairs Council**

**Human Services presents**

**Olmstead Plan Housing and Services**  
Tuesday, November 1, 6:30 p.m.

The Olmstead Plan Housing and Services section provides a person with a disability the opportunity to be offered an "informed choice" to live in an integrated setting. People are choosing where they live, with whom and in what type of housing.

Come listen to the history of the Olmstead Act, details on the Minnesota Olmstead Plan and hear from a panel of experts. This event is geared for persons with disabilities, their families, community members, and professionals.

Registration and accommodations requested by October 25.

Register online: [www.BloomingtonMN.gov](http://www.BloomingtonMN.gov) keyword **Olmstead**  
[reservations@BloomingtonMN.gov](mailto:reservations@BloomingtonMN.gov)

Registration information is shared with the cosponsor.

Cosponsored by   
**The Arc**  
Greater Twin Cities



Exhibit and community events are free, open to the public, and will take place at:

**Bloomington Civic Plaza**  
1800 W. Old Shakopee Rd., Bloomington, MN 55431

For more information:  
952-563-4944, TTY 952-563-4933