

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p align="right"><b>1</b></p> Pool Room/Woodshop ..... 8:00 Community Action Partnership Assister ..... 8:30-11:30 ESL Class..... 9:30 Euchre/500 Class (by appt.) ..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Hearts/Leatherworking ..... 12:30 Bone Builders II/Hand and Foot Canasta/ Pinochle ..... 1:00	<p align="right"><b>2</b></p> Walking Club (off site)..... 7:30 Ceramics/Woodshop ..... 8:00 Pool Tournament..... 8:30 Crafts & Quilting/Exercise/SS Cardio and Strength..... 9:00 ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 MLCC Caregiver Support Group..... 10:30 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Club 500/Lapidary..... 1:00 Boutique ..... 5:00-7:00 Bone Builders I ..... 6:00	<p align="right"><b>3</b></p> Ceramics/Pool Room..... 8:00 Euchre/Woodcarvers ..... 9:00 Tai Chi..... 9:00-10:00 Foot Care Clinic (Appt. only) ..... 9:00-3:00 Bone Builders II..... 10:00 Blood Pressure Screening..... 10:00-11:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Leatherworking..... 12:30 Club 500/Cribbage ..... 1:00	<p align="right"><b>4</b></p> Walking Club (off site)..... 7:30 Ceramics/Pool Room/Woodshop ..... 8:00 Exercise/Lapidary/Needleworkers ..... 9:00 Open Computer Lab/iPad Tutoring... 9:30-11:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Social Bridge ..... 12:15 Cribbage..... 12:45 Women's Pool..... 1:00 AARP Smart Driver Program..... 5:00-9:00 Pool Tournament..... 6:00 Women's Evening Bridge..... 6:30	<p align="right"><b>5</b></p> Pool Room/Woodshop ..... 8:00 Crafts & Quilting/SS Strength and Balance . 9:00 Chair Yoga 10 ..... 10:00 Memorial Trust Fund Meeting..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge ..... 12:15 Wii Bowling..... 12:30 Club 500..... 1:00	<p align="right"><b>6</b></p> Ceramics ..... 8:00-12:00 Pool Room..... 8:00-1:00 Bone Builders I ..... 9:00 Classic Country Music Jam ..... 9:00-12:30
<p align="right"><b>8</b></p> Pool Room/Woodshop ..... 8:00 Community Action Partnership Assister ..... 8:30-11:30 <b>Let's Go Fishing ..... 9:00-12:30</b> ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Leatherworking..... 12:30 Movie Monday "The Intern" ..... 12:45 Bone Builders II/Hand and Foot Canasta/ Pinochle ..... 1:00	<p align="right"><b>9</b></p> Walking Club (off site)..... 7:30 Ceramics/Woodshop ..... 8:00 Pool Tournament..... 8:30 Crafts & Quilting/Exercise/SS Cardio and Strength..... 9:00 Health Ins. Help (Appt. only) ..... 9:00-11:00 ESL Class ..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Club 500/Lapidary..... 1:00 Boutique ..... 5:00-7:00 Bone Builders I ..... 6:00	<p align="right"><b>10</b></p> Ceramics/Pool Room..... 8:00 AARP Smart Driver Program..... 8:00-12:00 Euchre/Woodcarvers ..... 9:00 Tai Chi/50+ Program Leaders Meeting ..... 9:00-10:00 Foot Care Clinic (Appt. only) ..... 9:00-3:00 Bone Builders II..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Hearing Test (Appt. only)..... 12:00-1:00 Leatherworking..... 12:30 Club 500/Cribbage ..... 1:00	<p align="right"><b>11</b></p> Walking Club (off site)..... 7:30 Ceramics/Pool Room/Woodshop ..... 8:00 Exercise/Lapidary/Needleworkers ..... 9:00 <b>Get Acquainted..... 9:00</b> Open Computer Lab ..... 9:30-11:30 Boutique ..... 10:00-11:30; 12:30-2:45 <b>Musical Interlude ..... 11:15-12:00</b> Lunch ..... 11:30 Social Bridge ..... 12:15 Cribbage..... 12:45 Women's Pool..... 1:00 Pool Tournament..... 6:00	<p align="right"><b>12</b></p> Pool Room/Woodshop ..... 8:00 Crafts & Quilting/SS Strength and Balance . 9:00 Byte Syte ACUG ..... 9:30 Chair Yoga 10 ..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge ..... 12:15 Wii Bowling..... 12:30 Club 500..... 1:00	<p align="right"><b>13</b></p> Ceramics ..... 8:00-12:00 Pool Room..... 8:00-1:00 AARP Smart Driver Program..... 8:00-4:30 Bone Builders I ..... 9:00 Classic Country Music Jam ..... 9:00-12:30 500 Tournament ..... 1:30
<p align="right"><b>15</b></p> Pool Room/Woodshop ..... 8:00 Community Action Partnership Assister ..... 8:30-11:30 ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 <b>MN Landscape Arboretum Field Trip ..... 11:30-4:00</b> Duplicate Bridge..... 12:15 Leatherworking..... 12:30 Bone Builders II/Hand and Foot Canasta/ Pinochle ..... 1:00	<p align="right"><b>16</b></p> Walking Club (off site)..... 7:30 Ceramics/Woodshop ..... 8:00 Pool Tournament..... 8:30 Crafts & Quilting/Exercise/SS Cardio and Strength..... 9:00 ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 MLCC Caregiver Support Group..... 10:30 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Club 500/Lapidary..... 1:00 AARP Smart Driver Program..... 1:00-5:00 Boutique ..... 5:00-7:00 Bone Builders I ..... 6:00	<p align="right"><b>17</b></p> Ceramics/Pool Room..... 8:00 Euchre/Woodcarvers ..... 9:00 Tai Chi..... 9:00-10:00 Foot Care Clinic (Appt. only) ..... 9:00-3:00 Bone Builders II..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 <b>Fare For All..... 11:00-1:00</b> Lunch ..... 11:30 Leatherworking..... 12:30 Club 500/Cribbage ..... 1:00 Poetry Class..... 6:30-8:30	<p align="right"><b>18</b></p> Walking Club (off site)..... 7:30 Ceramics/Pool Room/Woodshop ..... 8:00 Exercise/Lapidary/Needleworkers ..... 9:00 Open Computer Lab ..... 9:30-11:30 <b>Normandale Center for Healing and Wholeness free information session ... 10:00</b> <b>Bike Basics for Boomers..... 10:00-12:00</b> Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Social Bridge ..... 12:15 Cribbage..... 12:45 Women's Pool..... 1:00 Pool Tournament..... 6:00	<p align="right"><b>19</b></p> Pool Room/Woodshop ..... 8:00 Crafts & Quilting..... 9:00 Chair Yoga 10 ..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 <b>Bingo &amp; Birthday Bash Lunch..... 11:30</b> Duplicate Bridge..... 12:15 Wii Bowling..... 12:30 Club 500..... 1:00	<p align="right"><b>20</b></p> Ceramics ..... 8:00-12:00 Pool Room..... 8:00-1:00 Bone Builders I ..... 9:00 Classic Country Music Jam ..... 9:00-12:30 Cribbage Tournament..... 1:00
<p align="right"><b>22</b></p> Pool Room/Woodshop ..... 8:00 Community Action Partnership Assister ..... 8:30-11:30 ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Leatherworking..... 12:30 Movie Monday "Brooklyn" ..... 12:45 Bone Builders II/Hand and Foot Canasta/ Pinochle ..... 1:00	<p align="right"><b>23</b></p> Walking Club (off site)..... 7:30 Ceramics/Woodshop ..... 8:00 Pool Tournament..... 8:30 Crafts & Quilting/Exercise/SS Cardio and Strength..... 9:00 ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Club 500/Lapidary..... 1:00 Boutique ..... 5:00-7:00 Bone Builders I ..... 6:00	<p align="right"><b>24</b></p> Ceramics/Pool Room..... 8:00 Euchre/Woodcarvers ..... 9:00 Foot Care Clinic (Appt. only) ..... 9:00-3:00 Bone Builders II..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Leatherworking..... 12:30 Club 500/Cribbage ..... 1:00 AARP Smart Driver Program..... 1:00-5:00	<p align="right"><b>25</b></p> Walking Club (off site)..... 7:30 Ceramics/Pool Room/Woodshop ..... 8:00 Exercise/Lapidary/Needleworkers ..... 9:00 Open Computer Lab ..... 9:30-11:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Social Bridge ..... 12:15 Cribbage..... 12:45 Women's Pool/Writers Club ..... 1:00 Pool Tournament..... 6:00	<p align="right"><b>26</b></p> Pool Room/Woodshop ..... 8:00 Crafts & Quilting/SS Strength and Balance . 9:00 <b>Let's Go Fishing ..... 9:00-12:30</b> Byte Syte ACUG ..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge ..... 12:15 Wii Bowling..... 12:30 Club 500..... 1:00	<p align="right"><b>27</b></p> Ceramics ..... 8:00-12:00 Pool Room..... 8:00-1:00 Bone Builders I ..... 9:00 Classic Country Music Jam ..... 9:00-12:30 <b>Poetry Contest Reception ..... 4:00-6:00</b>
<p align="right"><b>29</b></p> Pool Room/Woodshop ..... 8:00 Community Action Partnership Assister ..... 8:30-11:30 AARP Smart Driver Program..... 8:00-12:00 ESL Class..... 9:30 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Leatherworking..... 12:30 Bone Builders II/Hand and Foot Canasta/ Pinochle ..... 1:00	<p align="right"><b>30</b></p> Walking Club (off site)..... 7:30 Ceramics/Woodshop ..... 8:00 Pool Tournament..... 8:30 Crafts & Quilting/Exercise/SS Cardio and Strength..... 9:00 ESL Class..... 9:30 <b>Normandale Center for Healing and Wholeness free information session ... 10:00</b> Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Duplicate Bridge..... 12:15 Club 500/Lapidary..... 1:00 Boutique ..... 5:00-7:00 Bone Builders I ..... 6:00	<p align="right"><b>31</b></p> Ceramics/Pool Room..... 8:00 Euchre/Woodcarvers ..... 9:00 <b>Let's Go Fishing ..... 9:00-12:30</b> Foot Care Clinic (Appt. only) ..... 9:00-3:00 Bone Builders II..... 10:00 Boutique ..... 10:00-11:30; 12:30-2:45 Lunch ..... 11:30 Leatherworking..... 12:30 Club 500/Cribbage ..... 1:00	<p><i>Notes</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		



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

For more information or to register:

Creekside Community Center • 9801 Penn Ave. S., Bloomington, MN 55431  
952-563-4944, TTY 952-563-4933 • reservations@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.

## 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 Saturday 9:30 a.m.-1 p.m. in November and December.

**Ceramics:** Select from an assortment of greenware and bisque and 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.

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

**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.

**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.

## Cards

**Club 500:** Tuesdays, Wednesdays, and Fridays, 1-3:30 p.m. \$50 to play. Tournaments Saturday, 1:30 p.m. \$3 to play: September 10. Lessons by appointment between 10-11:30 a.m. the first Monday of even months.

**Cribbage:** Wednesdays, 1-3:30 p.m. and Thursdays, 12:45-3 p.m. \$50 to play. Tournaments held the third Saturday of each month, 1 p.m. \$3 to play.

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

**Euchre:** Regular Euchre. Wednesdays, 9-11:30 a.m. \$50 to play. Tournament Saturday, October 15, 12:30 p.m. \$3 to play. Lessons by appointment between 10-11:30 a.m. the first Monday of even months.

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

**Hearts:** 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. Lessons by appointment.

**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, TTY 952-563-4933.

## Fitness

**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.

**Chair Yoga:** A gentle yoga. 6-weeks. 7/15-8/19 and 9/2-10/7. Registration required. Fee applies.

9 - Fridays, 9-10 .m.

10 - Fridays, 10-11 a.m.

**Flex Ability:** Help regain mobility with standing, stretching, and balance. Tuesdays, 10:15-11:15 a.m. 7-weeks, 9/13-10/25. Fee applies.

**Gentle Mat Yoga:** Traditional yoga poses. Bring your own mat. Thursdays, 10-11 a.m. 6-weeks. 9/1-10/6. Registration required. Fee applies.

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

**Tai Chi:** Learn techniques and exercises of breathing, stretching, and meditation. Wednesdays, 9-10 a.m. 6-weeks. 7/13-8/17 and 8/24-9/28. 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.

## Silver Sneakers® Flex™ (SS)

Registration required. Fee applies.

**Strength and Balance, level I:** Exercises are performed holding or sitting in a chair. Light cardio and strength training to improve muscle tone, flexibility, range of motion and coordination Fridays, 9-10 a.m. No Class Friday, August 19.

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

## Recreation

**Bocce Babes:** A women's social group playing bocce ball and other fun activities June-January. Contact Parks and Recreation 952-563-8877, TTY 952-563-8740. Fees may apply.

**Bocce Ball:** Leagues held at Creekside and Valley View Field, weather permitting. Creekside Wednesday league, 9-11 a.m.

**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, TTY 952-563-8740. Fees may apply.

**Bowling:** Men's leagues meet Tuesdays and Thursdays at Southtown Lanes. Contact 952-881-7731, TTY 952-563-4933. Fees apply.

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

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

**Golf:** Co-ed leagues meet Monday mornings at Hyland Greens Golf Course. Fees apply.

**Informal Games:** Stop in the library for informal card games, board games, or puzzles. Monday-Friday, 7 a.m.-7 p.m.

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

**Recreational Equipment:** Stop by the main office to check out equipment for bocce ball, shuffleboard, table tennis, and Nintendo Wii (bowling, tennis, and golf) to use at Creekside. Based on room availability. Free.

## Wellness

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

**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.

**Foot Care:** A registered nurse will address your foot care needs. Wednesdays, 9 a.m.-3 p.m. Contact Happy Feet at 763-560-5136, TTY 952-563-4933. Appointment required. Fees apply.

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

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

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

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

**Meditation:** Calm your mind and settle your body through guided and silent meditation. For all skill levels. Fridays, 11:15 a.m.-12:15 p.m. 4-weeks, 9/2-9/23. Registration required. Fee applies.

## 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.

## Education

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

**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.

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

**Field Trips:** Offering day trips leaving and returning from Creekside. Registration required. Fee applies.

Monday, August 15 - Minnesota Landscape Arboretum

**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 to borrow.

**Naturalization Test Tutoring:** Contact Human Services 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.

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

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

## Movie Monday

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

August 8, "The Intern" • August 22, "Brooklyn"  
September 12, "The Martian" • September 26, "Spotlight"

## 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: Friday, August 19 and Friday, September 9.

**Fare for All:** Community food distribution program. Save 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. August 17 and September 21.

**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.

## Other Programs

**Emergency Cell Phone Program:** Bloomington residents can receive a free cell phone programmed to call 911. Priority is given to low income, individuals who are homeless, individuals age 50+ and/or individuals with a disability. Schedule a 30-minute appointment.

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

**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.

**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.

**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.

## Special Events

**Let's Go Fishing:** A fully accessible fishing trip. MN fishing license required for those under 90 years old. Registration required. \$12 per trip, 9 a.m.-12:30 p.m. Monday, August 8 • Friday, August 26 • Thursday, September 8 • Tuesday, September 13.

**Musical Interlude:** Free musical entertainment provided by: Music Performance Trust Fund, National Council on Aging, and in cooperation with local Twin Cities Musician Union Local #30-73. 11:15 a.m.-12 p.m. Bring your own lunch or reserve a meal from the City Diner two days ahead before noon.

Thursday, August 11 - jazz music by Scott Dercks

Thursday, September 15 - pianist, Mary Louise Knutson

**Bike Basics for Boomers:** A workshop geared especially for adults looking to get back on their bike. Thursday, August 18, 10 a.m.-12 p.m. \$15. Registration required.

**Normandale Center for Healing and Wholeness:** Learn about two programs coming to Creekside in September; A Matter of Balance and Better Choices, Better Health. 10 a.m. Free to attend.

Thursday, August 18 and Tuesday, August 30

**7th Annual Poetry Contest:** Reception to honor contest winners, Saturday, August 27, 4-6 p.m. Food provided by Chick-fil-A.

**First Aid and Hands Only CPR Training:** Get trained and save a life. Easy steps to learn to make a difference between life and death. Wednesday, September 7, 9:30-10:30 a.m. Registration required. Free.

**Understanding Dementia: Practical Tools for Effective Caregiving:** Tuesday, September 13, 5:30-7 p.m. Registration required. All are welcome to this free workshop. Dinner provided.

**Home Depot DIY:** Create a fall project and learn how to transform outdoor summer pots into winter decor. Friday, September 23, 10 a.m.-12 p.m. Registration required. Free.

**Living Well Expo:** Saturday, September 24, 8 a.m.-1 p.m. at Civic Plaza, 1800 W. Old Shakopee Rd. Free.