

# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ONGOING PROGRAMS</b></p> <p><b>Pool Room</b> 8:00 a.m. - 7:00 p.m.</p> <p><b>Woodshop</b> 8:00 - 11:00 a.m.</p> <p><b>Community Action Partnership Assister</b> (closed on the 3rd) 8:30 - 11:30 a.m.</p> <p><b>Ageless Grace</b> (no class on the 3rd) 9:00 - 9:45 a.m.</p> <p><b>Boutique</b> 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p><b>Lunch</b> 11:30 a.m.</p> <p><b>Duplicate Bridge</b> 12:15 - 3:15 p.m.</p> <p><b>Leatherworking</b> 12:30 - 3:00 p.m.</p> <p><b>Bone Builders II</b> 1:00 - 2:00 p.m.</p> <p><b>Pinochle</b> 1:00 - 4:00 p.m.</p> <p><b>Hand and Foot Canasta</b> 12:30 - 4:00 p.m.</p> <p><b>SPECIAL PROGRAMS</b></p> <p><b>3 - Hearts Tournament</b> 12:30 p.m.</p> <p><b>10 - Movie Day</b> 12:45 p.m.</p> <p><b>24 - Movie Day</b> 12:45 p.m.</p> <p><b>24- Smart Driver Program</b> 1:00 p.m., 4 hours</p>	<p><b>ONGOING PROGRAMS</b></p> <p><b>Walking Club</b> (call for location) 7:30 a.m.</p> <p><b>Ceramics</b> 8:00 a.m. - 3:30 p.m.</p> <p><b>Woodshop</b> 8:00 - 11:00 a.m.</p> <p><b>Pool Room</b> 8:00 a.m. - 7:00 p.m.</p> <p><b>Pool Tournament</b> 8:30 a.m.</p> <p><b>Crafts &amp; Quilting</b> 9:00 a.m. - 1:00 p.m.</p> <p><b>Low Impact Exercise</b> 9:00 - 10:00 a.m.</p> <p><b>SS Cardio and Strength</b> 9:00 - 10:00 a.m.</p> <p><b>Boutique</b> 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p><b>Lunch</b> 11:30 a.m.</p> <p><b>Duplicate Bridge</b> 12:15 - 3:15 p.m.</p> <p><b>Club 500</b> 1:00 - 3:30 p.m.</p> <p><b>Rock Shop</b> 1:00 - 4:00 p.m.</p> <p><b>Boutique</b> 5:00 - 7:00 p.m.</p> <p><b>Bone Builders I</b> 6:00 - 7:00 p.m.</p> <p><b>SPECIAL PROGRAMS</b></p> <p><b>11 - Smart Driver Program</b> 9:00 a.m., 4 hours</p> <p><b>11 - Health Insurance Help</b> (Appointment only) 9:00 - 11:00 a.m.</p> <p><b>11 - Managing Hip and Knee Arthritis Pain</b> 1:00 - 3:00 p.m.</p> <p><b>18 - AARP Renters and Property Tax-Aide Assistance</b> 9:00 a.m. - 12:00 p.m.</p> <p><b>Creekside Closed July 4 Independence Day</b></p>	<p><b>ONGOING PROGRAMS</b></p> <p><b>Pool Room</b> 8:00 a.m. - 7:00 p.m.</p> <p><b>Ceramics</b> 8:00 a.m. - 1:30 p.m.</p> <p><b>SS Strength and Balance</b> 9:00 - 10:00 a.m.</p> <p><b>Euchre</b> 9:00 - 11:30 a.m.</p> <p><b>Woodcarvers</b> 9:00 - 11:00 a.m.</p> <p><b>Foot Care Clinic</b> (Appointment only) 9:00 a.m. - 3:00 p.m.</p> <p><b>Bocce Ball</b> 9:00 - 11:00 a.m.</p> <p><b>Bone Builders II</b> 10:00 - 11:00 a.m.</p> <p><b>Boutique</b> 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p><b>Lunch</b> 11:30 a.m.</p> <p><b>Leatherworking</b> 12:30 - 3:00 p.m.</p> <p><b>Club 500</b> 1:00 - 3:30 p.m.</p> <p><b>Cribbage</b> 12:45 - 3:00 p.m.</p> <p><b>SPECIAL PROGRAMS</b></p> <p><b>5 - Blood Pressure Screening</b> 10:00 - 11:30 a.m.</p> <p><b>19 - Fare For All</b> 11:00 a.m. - 1:00 p.m.</p> <p><b>19 - Duplicate Bridge Tournament</b> 12:15 - 4:00 p.m.</p> <p><b>19 - Smart Driver Program</b> 1:00 p.m., 4 hours</p> <p><b>19 - Poetry Class</b> 6:30 - 8:30 p.m.</p>	<p><b>ONGOING PROGRAMS</b></p> <p><b>Walking Club</b> (call for location) 7:30 a.m.</p> <p><b>Pool Room</b> 8:00 a.m. - 1:00 p.m.</p> <p><b>Ceramics</b> 8:00 a.m. - 3:30 p.m.</p> <p><b>Woodshop</b> 8:00 - 11:00 a.m.</p> <p><b>Low Impact Exercise</b> 9:00 - 10:00 a.m.</p> <p><b>Rock Shop</b> 9:00 a.m. - 12:00 p.m.</p> <p><b>Needleworkers</b> 9:00 - 11:30 a.m.</p> <p><b>Open Computer Lab</b> 9:30 - 11:30 a.m.</p> <p><b>Gentle Mat Yoga</b> 10:00 - 11:00 a.m.</p> <p><b>Boutique</b> 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p><b>Lunch</b> 11:30 a.m.</p> <p><b>Social Bridge</b> 12:15 - 3:15 p.m.</p> <p><b>Cribbage</b> 12:45 - 3:00 p.m.</p> <p><b>Women's Pool</b> 1:00 p.m.</p> <p><b>The Nurse Is In</b> 1:00 - 4:00 p.m.</p> <p><b>Pool Tournament</b> 6:00 p.m.</p> <p><b>SPECIAL PROGRAMS</b></p> <p><b>6 - iPad Tutoring</b> 9:30 - 11:30 a.m.</p> <p><b>6 - Musical Headliner; Robby Vee and his Caravan Band</b> 1:00 - 3:00 p.m.</p> <p><b>6 - Smart Driver Program</b> 5:00 p.m., 4 hours</p> <p><b>6 - Women's Evening Bridge</b> 6:30 - 10:00 p.m.</p> <p><b>13 - Get Acquainted</b> 10:00 a.m.</p> <p><b>20 - Ice Cream and Bingo</b> 1:00 - 2:00 p.m.</p> <p><b>27 - Writers Club</b> 1:00 - 3:00 p.m.</p>	<p><b>ONGOING PROGRAMS</b></p> <p><b>Pool Room</b> 8:00 a.m. - 7:00 p.m.</p> <p><b>Woodshop</b> 8:00 - 11:00 a.m.</p> <p><b>Crafts &amp; Quilting</b> 9:00 a.m. - 1:00 p.m.</p> <p><b>SS Strength and Balance</b> 9:00 - 10:00 a.m.</p> <p><b>Chair Yoga 10</b> 10:00 - 11:00 a.m.</p> <p><b>Boutique</b> 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p><b>Lunch</b> 11:30 a.m.</p> <p><b>Duplicate Bridge</b> 12:15 - 3:15 p.m.</p> <p><b>Wii Bowling</b> 12:30 p.m.</p> <p><b>Club 500</b> 1:00 - 3:30 p.m.</p> <p><b>SPECIAL PROGRAMS</b></p> <p><b>7 - Artistry, Acrylic: How to Paint without Using Brushes</b> 1:00 - 3:00 p.m.</p> <p><b>14 - Byte Syte (ACUG)</b> 9:30 - 11:30 a.m.</p> <p><b>21 - Artistry, Watercolor Painting</b> 1:00 - 3:00 p.m.</p> <p><b>28 - Byte Syte (ACUG)</b> 9:30 - 11:30 a.m.</p>	<p><b>ONGOING PROGRAMS</b></p> <p><b>Ceramics</b> 8:00 a.m. - 12:00 p.m.</p> <p><b>Pool Room</b> 8:00 a.m. - 1:00 p.m.</p> <p><b>Bone Builders I</b> 9:00 - 10:00 a.m.</p> <p><b>Classic Country Music Jam</b> 9:00 a.m. - 12:30 p.m.</p> <p><b>SPECIAL PROGRAMS</b></p> <p><b>8 - Smart Driver Program</b> 9:00 a.m., 8 hours</p> <p><b>8 - 500 Tournament</b> 1:30 p.m.</p> <p><b>8 - Vietnam Era Veterans Reunion Picnic</b> (at Moir Park) 11:00 a.m. - 1:00 p.m.</p> <p><b>15 - Cribbage Tournament</b> 1:00 p.m.</p> <p><b>Human Services at Creekside Community Center Programs for ages 50+ and/or adults with a disability</b></p> <p><b>952-563-4944 TTY 952-563-4933</b></p> <p><b>reservations@ BloomingtonMN.gov</b></p>

## Arts & Crafts

**Art Classes In Partnership with Artistry:** Unique instructor lead art classes offered throughout the year. 1-3 p.m. \$15 each. Registration required.

**Acrylic: How to Paint without Using Brushes,** Friday, July 7  
**Watercolor Painting,** Friday, July 21  
**Pen and Ink Drawing with Watercolor,** Friday, August 4  
**Watercolor 3-Dimensional Paintings,** Friday, August 18

**Boutique:** Handcrafted items for sale. Open Monday-Friday, 10-11:30 a.m.; 12:30-2:45 p.m., Tuesday, 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 and paint or glaze. Open Tuesday and Thursday, 8 a.m.-3:30 p.m., Wednesday, 8 a.m.-1:30 p.m. and Saturday, 8 a.m.-12 p.m. Fees apply for materials used.

**Crafts & Quilting:** Share your talents with this group Tuesday and Friday, 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. 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.

**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. \$1 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. Tournament third Wednesday of each month. 12:15-4 p.m. \$.2 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, TTY 952-563-4933. \$.2 to play.

**Club 500:** Tuesday, Wednesday, and Friday, 1-3:30 p.m. \$.50 to play. Tournament Saturday, July 8, 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, August 12, 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 of each month, 12:30-3 p.m. \$.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 and fourth Friday of the month, 9:30-11:30 a.m.

**Coffee Talks:** Informational sessions on a variety of topics, 10-11 a.m. Registration required. Free.

**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.

**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.

**OLLI:** Human Services in partnership with University of Minnesota are offering lifelong learning classes. Registration required.

**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.

**Smart Driver Program:** Refresh your driving skills and perhaps qualify for lower insurance rates. 8-hour initial class and 4-hour refresher courses held weekly 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

**Blood Pressure Checks:** First Wednesday of each month, 10-11:30 a.m. Walk-In. No fee.

**Foot Care:** Meet with professional foot care nurse to address your foot care needs. Wednesday, 9 a.m.-3 p.m. Contact Happy Feet at 763-560-5136. Appointment required. Fees apply.

**Health Insurance Counseling:** A trained volunteer from Senior Community Services will answer 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.

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

**The Nurse Is In:** Thursday, 1-4 p.m. Talk with a Bloomington Public Health Nurse regarding health, safety, medical questions, resources, etc. Walk-In. No fee.

## 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®:** Exercise movements done seated in a chair to help improve strength, balance, self-esteem, joint mobility, and more. Drop-ins welcome. Monday, 9-9:45 a.m.

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

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

II - Monday, 1-2 p.m. and Wednesday, 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. Tuesday and Thursday, 9-10 a.m.

**Silver Sneakers® Flex™ (SS):** 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 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 muscle tone, flexibility, range of motion and coordination Wednesday and Friday, 9-10 a.m.

**Walking Club:** Meets year-round Tuesday and Thursday; spring through fall at various walking paths and locations throughout the city, 7:30 a.m., weather permitting. Winter months, meet at Mall of America, west side, first floor between Macy's and Nordstrom, 8 a.m.

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

**Chair Yoga:** A gentle, modified yoga. Friday, 10-11 a.m. June 30 - August 4 and August 25 - September 20.

**Gentle Mat Yoga:** Traditional yoga poses. Bring your own mat. Thursday, 10-11 a.m. June 29 - August 3 and August 24 - September 28.

## Movies

Donations for film rentals and popcorn accepted. Movie suggestions welcomed. Big screen, popcorn, 12:45 p.m. July 10 & 24 and August 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, 9:30 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.

**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. Wednesday, 11 a.m.-1 p.m. July 19 and August 16.

**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 and Valley View Field, weather permitting. Creekside Wednesday league, 9-11 a.m.

**Chess:** For all ages and skill levels. Second Wednesday of each month, beginning September, 9 a.m.-12 p.m. Free.

**Garden Club:** Create, plant, and maintain gardens and planters at Creekside. No experience needed. Plant and garden tools donations accepted. Meetings fourth Monday, January-October, 10-11:30 a.m.

**Informal Games and Equipment:** Card and board games and puzzles in the library. 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.

**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. Meets Thursday, May-November, 9-11 a.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.

## Off-site Programs

**Bocce Babes:** Contact Parks and Recreation 952-563-8877  
**Born Again Jocks:** Contact Parks and Recreation 952-563-8877  
**Bowling:** Contact 952-881-7731  
**Golf:** Contact Mary, 612-703-1014

## 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.

**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, 10 a.m. Register three days in advance and enjoy a free lunch. July 13.

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

**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

**Musical Headliner; Robby Vee and his Caravan Band:** Refreshments provided by Home Instead Senior Care. Thursday, July 6, 1-3 p.m. Free. Register by Thursday, June 29 or until sold out.

**Vietnam Era Veterans Picnic:** For Vietnam era Veterans and family members. Burgers, brats, ice cream, and more. Saturday, July 8, 11 a.m.-1 p.m. at Moir Park. Free.

**Managing Hip and Knee Arthritis Pain:** Learn about managing arthritis pain through both traditional and Chinese Medicine. Cosponsored by Allina Health. Refreshments provided. Tuesday, July 11, 1-3 p.m. Free.

**AARP Renters and Property Tax-Aide Assistance:** AARP volunteers will help complete MN property tax and renters refund returns. No appointments. Walk-in only. Tuesday, July 18, 9 a.m.-12 p.m. Free.

**Ice Cream and Bingo:** Ice cream and prizes provided by The Pines and Jackson Medical. Thursday, July 20, 1-2 p.m. Free.

**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**



FIND US ONLINE  
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.