

October 2016

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturday
<p>ONGOING PROGRAMS</p> <p>Pool Room 8:00 a.m. - 7:00 p.m.</p> <p>Woodshop 8:00 - 11:00 a.m.</p> <p>Community Action Partnership Assister 8:30 - 11:30 a.m.</p> <p>Ageless Grace (Every Monday, beginning the 10th) 9:00 - 9:45 a.m.</p> <p>ESL Class 9:30 - 11:30 a.m.</p> <p>Boutique 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p>Lunch 11:30 a.m.</p> <p>Duplicate Bridge 12:15 - 3:15 p.m.</p> <p>Leatherworking 12:30 - 3:00 p.m.</p> <p>Bone Builders II 1:00 - 2:00 p.m.</p> <p>Pinochle 1:00 - 4:00 p.m.</p> <p>Hand and Foot Canasta 1:00 - 4:30 p.m.</p> <p>SPECIAL PROGRAMS</p> <p>3 - Euchre/500 Card Lessons (Appointment only) 10:00 - 11:30 a.m.</p> <p>3 - Bingo & Birthday Lunch 11:30 a.m.</p> <p>3 - Smart Driver Program 8:00 a.m. - 12:00 p.m.</p> <p>3 - Hearts Tournament 12:30 - 3:00 p.m.</p> <p>10 - Movie Monday 12:45 p.m.</p> <p>24 - Movie Monday 12:45 p.m.</p> <p>31 - Flu Shots 10:15 - 11:45 a.m.</p>	<p>ONGOING PROGRAMS</p> <p>Walking Club (offsite) 7:30 a.m.</p> <p>Ceramics 8:00 a.m. - 1:30 p.m.</p> <p>Woodshop 8:00 - 11:00 a.m.</p> <p>Pool Room 8:00 a.m. - 7:00 p.m.</p> <p>Pool Tournament 8:30 a.m.</p> <p>Crafts & Quilting 9:00 a.m. - 1:00 p.m.</p> <p>Low Impact Exercise 9:00 - 10:00 a.m.</p> <p>SS Cardio and Strength 9:00 - 10:00 a.m.</p> <p>ESL Class 9:30 - 11:30 a.m.</p> <p>Boutique 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p>Lunch 11:30 a.m.</p> <p>Duplicate Bridge 12:15 - 3:15 p.m.</p> <p>Club 500 1:00 - 3:30 p.m.</p> <p>Rock Shop (Lapidary) 1:00 - 4:00 p.m.</p> <p>Boutique 5:00 - 7:00 p.m.</p> <p>Bone Builders I 6:00 - 7:00 p.m.</p> <p>SPECIAL PROGRAMS</p> <p>4 - Coffee Talk - Before & After the Funeral 9:30 - 11:30 a.m.</p> <p>11 - Smart Driver Program 8:00 a.m. - 12:00 p.m.</p> <p>11 - Health Insurance Help (Appointment only) 9:00 - 11:00 a.m.</p> <p>25 - Coffee Talk, Medicare 2017 9:30 - 11:00 a.m.</p> <p>25 - Smart Driver Program 1:00 - 5:00 p.m.</p>	<p>ONGOING PROGRAMS</p> <p>Pool Room 8:00 a.m. - 7:00 p.m.</p> <p>Ceramics 8:00 a.m. - 1:30 p.m.</p> <p>SS Strength and Balance 9:00 - 10:00 a.m.</p> <p>Euchre 9:00 - 11:30 a.m.</p> <p>Woodcarvers 9:00 - 11:00 a.m.</p> <p>Foot Care Clinic (Appointment only) 9:00 a.m. - 3:00 p.m.</p> <p>Bone Builders II 10:00 - 11:00 a.m.</p> <p>Boutique 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p>Lunch 11:30 a.m.</p> <p>Leatherworking 12:30 - 3:00 p.m.</p> <p>Club 500 1:00 - 3:30 p.m.</p> <p>Cribbage 12:45 - 3:00 p.m.</p> <p>SPECIAL PROGRAMS</p> <p>5 - Blood Pressure Screening 10:00 - 11:30 a.m.</p> <p>12 - Hearing Testing (Appointment only) 12:00 - 1:00 p.m.</p> <p>12 - Ice Cream Social 12:30 p.m.</p> <p>12 - Flu Shots 5:00 - 6:30 p.m.</p> <p>19 - Fare For All 11:00 a.m. - 1:00 p.m.</p> <p>19 - Smart Driver Program 1:00 - 5:00 p.m.</p> <p>19 - Poetry Class 6:30 - 8:30 p.m.</p>	<p>ONGOING PROGRAMS</p> <p>Walking Club (offsite) 7:30 a.m.</p> <p>Ceramics 8:00 a.m. - 1:30 p.m.</p> <p>Pool Room 8:00 a.m. - 7:00 p.m.</p> <p>Woodshop 8:00 - 11:00 a.m.</p> <p>Low Impact Exercise 9:00 - 10:00 a.m.</p> <p>Rock Shop 9:00 a.m. - 12:00 p.m.</p> <p>Needleworkers 9:00 - 11:30 a.m.</p> <p>Open Computer Lab 9:30 - 11:30 a.m.</p> <p>Crickets Rehearsals 9:30 a.m. - 1:00 p.m.</p> <p>Gentle Mat Yoga (No Class on the 13th) 10:00 - 11:00 a.m.</p> <p>Boutique 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p>Lunch 11:30 a.m.</p> <p>Social Bridge 12:15 - 3:15 p.m.</p> <p>Cribbage 12:45 - 3:00 p.m.</p> <p>Women's Pool 1:00 p.m.</p> <p>Pool Tournament 6:00 p.m.</p> <p>SPECIAL PROGRAMS</p> <p>Matter of Balance 10:00 a.m. - 12:00 p.m.</p> <p>6 - iPad Tutoring 9:30-11:30 a.m.</p> <p>6 - Bike Basics for Boomers 1:00 - 3:00 p.m.</p> <p>6 - Women's Evening Bridge 6:30 - 10:00 p.m.</p> <p>13 - Get Acquainted 9:00 a.m.</p> <p>13 - Power of Laughter 1:30 - 3:30 p.m.</p> <p>27 - Writers Club 1:00 - 3:00 p.m.</p> <p>27 - Flu Shots 5:00 - 6:30 p.m.</p>	<p>ONGOING PROGRAMS</p> <p>Pool Room 8:00 a.m. - 7:00 p.m.</p> <p>Woodshop 8:00 - 11:00 a.m.</p> <p>Crafts & Quilting 9:00 a.m. - 1:00 p.m.</p> <p>Chair Yoga 9 (No Class on the 14th) 9:00 - 10:00 a.m.</p> <p>SS Strength and Balance 9:00 - 10:00 a.m.</p> <p>Chair Yoga 10 (No Class on the 14th) 10:00 - 11:00 a.m.</p> <p>Boutique 10:00 - 11:30 a.m.; 12:30 - 2:45 p.m.</p> <p>Meditation (Begins the 21st) 11:15 a.m. - 12:15 p.m.</p> <p>Lunch 11:30 a.m.</p> <p>Duplicate Bridge 12:15 - 3:15 p.m.</p> <p>Wii Bowling 12:30 p.m.</p> <p>Club 500 1:00 - 3:30 p.m.</p> <p>Bloomingtones 9:30 a.m. - 12:00 p.m.</p> <p>SPECIAL PROGRAMS</p> <p>7 - Art Class, Fall Watercolors 10:00 a.m. - 12:00 p.m.</p> <p>7 - Smart Driver Program 1:00 - 5:00 p.m.</p> <p>14 - Byte Syte ACUG 9:30 - 11:30 a.m.</p> <p>28 - Byte Syte ACUG 9:30 - 11:30 a.m.</p> <p>28 - Blast from the Past Lunch 11:30 a.m.</p> <p>28 - Art Class, Ceramic Leaf Tray 9:30 - 11:30 a.m.</p>	<p>ONGOING PROGRAMS</p> <p>Ceramics 8:00 a.m. - 1:30 p.m.</p> <p>Pool Room 8:00 a.m. - 1:00 p.m.</p> <p>Bone Builders I 9:00 - 10:00 a.m.</p> <p>Classic Country Music Jam 9:00 a.m. - 12:30 p.m.</p> <p>SPECIAL PROGRAMS</p> <p>8 - Smart Driver Program 8:00 a.m. - 4:30 p.m.</p> <p>15 - Cribbage Tournament 1:00 p.m.</p> <p>15 - Euchre Tournament 1:30 p.m.</p> <p>Human Services at Creekside Community Center. Programs for ages 50+ and/or adults with a disability.</p> <p>952-563-4944 TTY 952-563-4933</p> <p>reservations@BloomingtonMN.gov</p>

Arts & Crafts

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 (Lapidary): Cut and polish rocks and gemstones in our 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.

Art Classes In Partnership with Artistry

Fall Watercolors: Learn brush handling, wet-on-wet techniques, dry techniques, color mixing, and other mark-making tricks. Create fall-inspired paintings 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 molds, form, and leaves (real and fake) to create a nature-inspired decorative dish. Learn to use slabs, add interesting textures, and embellishments. Friday, October 28, 1-3 p.m. Registration required. \$20.

Handmade Gifts - Exploring Acrylic Paint: Learn the materials and techniques used in acrylic painting with discussion and demonstration on basic materials. Create several small paintings. Thursday, November 18, 1-3 p.m. \$15.

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, TTY 952-563-4933.

Club 500: Tuesday, Wednesday, and Friday, 1-3:30 p.m. \$.50 to play. Tournaments Saturday, 1:30 p.m. \$3 to play: November 12.

Cribbage: Wednesday and Thursday, 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. Wednesday, 9-11:30 a.m. \$.50 to play. Tournament Saturday, 12:30 p.m. \$3 to play: October 15.

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

Hearts: Tournaments 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. Registration required. Free.

Tuesday, October 4 - Before & After Funeral Planning

Tuesday, October 25 - Medicare 2017

Tuesday, November 1 - Veteran's Benefits (8:30 a.m.)

Tuesday, November 15 - Medicare 2017

Wednesday, November 30 - Vietnam Era Veterans Reunion Brunch (9 a.m.)

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.

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 p.m.

Health Checks

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.

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

Flu Shots: Bring your insurance card or let us know if you do not have insurance. Shots will be given to ages 6 months and older. Wearing short sleeves is suggested. Children under 18 years must have a parent or guardian present. Walk-in. Free:

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.

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.

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. Beginning October 10.

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.

Flex Ability: Help regain mobility with standing, stretching, and balance. Tuesday, 10:15-11:15 a.m. 7-weeks, 11/1-12/13. Registration required. Fee applies.

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

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

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

Tai Chi: Learn techniques and exercises of breathing, stretching, and meditation. Wednesday, 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.

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

Chair Yoga: A gentle, modified yoga. 10/21-12/2.

9 - Friday, 9-10 a.m.

10 - Friday, 10-11 a.m.

Gentle Mat Yoga: Traditional yoga poses. Bring your own mat. Thursday, 10-11 a.m. 10/20-12/1.

Movie Monday

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

October 10 and 24 • November 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. **Birthday & Bingo Bash:** Monday, October 3 • Friday, November 4. **Special Lunches:** Blast from the Past, Friday, October 28 • Veterans Appreciation Lunch, Thursday, November 10 • Thanksgiving Party, Tuesday, November 22.

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. October 19 and November 9 (holiday packs).

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.

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

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.

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.

Let's Go Fishing: A fully accessible fishing trip. MN fishing license required for those under 90 years old. Registration required. Fee applies.

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 952-881-6863

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.

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.

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. No meeting in November.

Naturalization Test Tutoring: Contact Human Services to arrange free tutoring with a volunteer. Study supplies 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.

Special Events

Bike Basics for Boomers: A workshop geared especially for adults looking to get back on their bike. Thursday, October 6, 1-3 p.m. \$15. Registration required.

Ice Cream Social: Enjoy a free ice cream sundae and entertainment by Nancy Lovegren Lewandoski. Wednesday, October 12, 12:30-1:30 p.m. Registration required.

The Power of Laughter, Stress Management: A workshop designed to help you overcome life challenges that cause you stress. Thursday, October 13, 1:30-3:30 p.m. \$10. Registration required.

Stress Free Holiday Workshop: A workshop designed to help reduce stress and discover new ways to enjoy the holidays. Thursday, November 3, 1:30-3:30 p.m. \$10. Registration required.

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.