

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2016

Notes

*Creekside Closed
Labor Day*

5

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/Rock Shop 1:00
 AARP Smart Driver Program..... 1:00-5:00
 Boutique 5:00-7:00
 Bone Builders I 6:00

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Ceramics/Pool Room..... 8:00
 Euchre/Woodcarvers 9:00
 Foot Care Clinic (Appt. only) 9:00-3:00
First Aid and Hands Only CPR Training... 9:00
 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

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Walking Club (off site)..... 7:30
 Ceramics/Pool Room/Woodshop 8:00
 Exercise/Rock Shop/Needleworkers 9:00
Get Acquainted..... 9:00
Let's Go Fishing..... 9:00-12:30
 Crickets Rehearsals 9:30
 Open Computer Lab 9:30-11:30
 A Matter of Balance/Gentle Mat Yoga 10:00
 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

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Pool Room/Woodshop 8:00
 Crafts & Quilting/SS Strength and Balance/ Chair Yoga 9 9:00
 Chair Yoga 10 10:00
 Boutique 10:00-11:30; 12:30-2:45
 Meditation 11:15
 Lunch 11:30
 Duplicate Bridge..... 12:15
 Wii Bowling..... 12:30
 Club 500..... 1:00

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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

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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..... 12:45
 Bone Builders II/Hand and Foot Canasta/ Pinochle 1:00

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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
Let's Go Fishing 9:00-12:30
 ESL Class..... 9:30
 Boutique 10:00-11:30; 12:30-2:45
 FlexAbility 10:15
 Lunch 11:30
 Duplicate Bridge..... 12:15
 Club 500/Rock Shop 1:00
 Boutique 5:00-7:00
Understanding Dementia Wksp 5:30-7:00
 Bone Builders I 6:00

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Ceramics/Pool Room..... 8:00
 AARP Smart Driver Program 8:00-12:00
 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

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Walking Club (off site)..... 7:30
 Ceramics/Pool Room/Woodshop 8:00
 Exercise/Rock Shop/Needleworkers 9:00
 Crickets Rehearsals 9:30
 Open Computer Lab 9:30-11:30
 A Matter of Balance/Gentle Mat Yoga 10:00
 Boutique 10:00-11:30; 12:30-2:45
Musical Interlude 11:15-12:00
 Lunch 11:30
 Social Bridge 12:15
 Cribbage..... 12:45
 Women's Pool..... 1:00
 Pool Tournament..... 6:00

15

Pool Room/Woodshop 8:00
 Crafts & Quilting/SS Strength and Balance/ Chair Yoga 9 9:00
 Chair Yoga 10 10:00
 Bloomingtones Rehearsals 9:30
 Chair Yoga 10 10:00
 Boutique 10:00-11:30; 12:30-2:45
 Meditation 11:15
 Lunch 11:30
 Duplicate Bridge..... 12:15
 Wii Bowling..... 12:30
 Club 500..... 1:00

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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

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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
 Bone Builders II/Hand and Foot Canasta/ Pinochle 1:00

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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
 FlexAbility 10:15
 Lunch 11:30
 Duplicate Bridge..... 12:15
 Club 500/Rock Shop 1:00
 Boutique 5:00-7:00
 Bone Builders I 6:00

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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
Fare For All..... 11:00-1:00
 Lunch 11:30
 Leatherworking..... 12:30
 Club 500/Cribbage 1:00
 Poetry Class..... 6:30-8:30

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Walking Club (off site)..... 7:30
 Ceramics/Pool Room/Woodshop 8:00
 Exercise/Rock Shop/Needleworkers 9:00
 Crickets Rehearsals 9:30
 Open Computer Lab 9:30-11:30
 A Matter of Balance/Gentle Mat Yoga 10:00
 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
 AARP Smart Driver Program..... 5:00-9:00
 Pool Tournament..... 6:00

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Pool Room/Woodshop 8:00
 Crafts & Quilting/SS Strength and Balance/ Chair Yoga 9 9:00
 Chair Yoga 10 10:00
 Byte Syte ACUG/Bloomingtones 9:30
 Chair Yoga 10 10:00
Home Depot DIY 10:00-12:00
 Boutique 10:00-11:30; 12:30-2:45
 Meditation 11:15
 Lunch 11:30
 Duplicate Bridge..... 12:15
 Wii Bowling..... 12:30
 Club 500..... 1:00

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Ceramics 8:00-12:00
Living Well Expo (Civic Plaza) 8:00-1:00
 Pool Room 8:00-1:00
 Bone Builders I 9:00
 Classic Country Music Jam 9:00-12:30

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Pool Room/Woodshop 8:00
 AARP Smart Driver Program 8:00-12:00
 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..... 12:45
 Bone Builders II/Hand and Foot Canasta/ Pinochle 1:00

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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
 FlexAbility 10:15
Flu Shots 10:45-12:45
 Lunch 11:30
 Duplicate Bridge..... 12:15
 Club 500/Rock Shop 1:00
 Boutique 5:00-7:00
 Bone Builders I 6:00

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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

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Walking Club (off site)..... 7:30
 Ceramics/Pool Room/Woodshop 8:00
 Exercise/Rock Shop/Needleworkers 9:00
 Crickets Rehearsals 9:30
 Open Computer Lab 9:30-11:30
 A Matter of Balance/Gentle Mat Yoga 10:00
 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

29

Pool Room/Woodshop 8:00
 Crafts & Quilting/SS Strength and Balance/ Chair Yoga 9 9:00
 Bloomingtones Rehearsals 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

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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.

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. 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 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 10, 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.

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

Ageless Grace®: Exercise movements done seated in a chair to help improve strength, balance, self-esteem, joint mobility, and more. Drop-ins welcome. Mondays, 9 - 9:45 a.m. Beginning October 10.

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. 9/2-10/7 and 10/21-12/2. Registration required. Fee applies.

9 - Fridays, 9-10 a.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 and 11/7-12/13. Fee applies.

Gentle Mat Yoga: Traditional yoga poses. Bring your own mat. Thursdays, 10-11 a.m. 6-weeks. 9/1-10/6 and 10/20-12/1. 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. 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.

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 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.

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 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.

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

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: 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. Upcoming dates:

Tuesday, September 27, 10:45 a.m. - 12:45 p.m.

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

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

Monday, October 31, 10:45 a.m. - 12:45 p.m.

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.

Medical Equipment Loan: Reserve wheelchairs, walkers, and canes for short-term use. A refundable \$25 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 and 10/21-11/18. 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

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.

Tuesday, October 4 - Before & After Funeral Planning

Wednesday, October 27 - Medicare 2017

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.

Movie Monday

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

September 12 • September 26

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, September 9 and Monday, October 3.

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. September 21 and October 19.

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.

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.

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.

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.

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

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.

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. Thursday, September 8 • Tuesday, September 13.

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.

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, September 15, pianist, Mary Louise Knutson.

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.

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.

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. Registration required. \$10.