



Monday

ONGOING PROGRAMS

- Woodshop**
8:00 a.m.- 12:00 p.m.
- Pool Room**
8:00 a.m. - 4:30 p.m.
- Low Impact Exercise**
9:00 - 10:00 a.m.
- Low Impact Exercise**
10:00 - 11:00 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Duplicate Bridge**
12:15 - 3:15 p.m.
- Hand and Foot Canasta**
12:15 - 3:30 p.m.
- Leatherworking**
12:30 - 3:00 p.m.
- Pinochle**
12:30 - 3:30 p.m.
- Creative Crafts**
1:00 - 3:00 p.m.

MONTHLY PROGRAMS

- 8 - Movie Day**
11:30 a.m - 1:30 p.m.
- 22 - Movie Day**
11:30 a.m - 1:30 p.m.

Tuesday

ONGOING PROGRAMS

- Woodshop**
8:00 a.m.- 12:00 p.m.
- Pool Room**
8:00 a.m. - 4:30 p.m.
- Gentle Mat Yoga 9**
9:00 - 10:00 a.m.
(no class July 23)
- Rock Shop**
9:00 a.m. - 12:00 p.m.
- Quilting**
9:00 a.m. - 1:00 p.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Gentle Mat Yoga 10**
10:15 - 11:15 a.m.
(no class July 23)
- Senior Discussion Group**
11:00 a.m. - 12:00 p.m.
- Card Lessons**
12:30 - 3:00 p.m.
- Club 500**
12:30 - 3:30 p.m.

MONTHLY PROGRAMS

- 9 - Lunch and Live Better - Estate Planning 101**
12:00 - 1:00 p.m.
- 9 - Medicare Counseling**
(appointment only)
- 23 - Medicare Counseling**
(appointment only)

Wednesday

ONGOING PROGRAMS

- Pool Room**
8:00 a.m. - 4:30 p.m.
- Euchre**
9:00 - 11:30 a.m.
- Foot Care**
9:00 a.m. - 3:00 p.m.
(July 3, 10, 17)
- Line Dancing**
10:00 - 11:30 a.m.
(no class July 17)
- Colored Pencil art Class**
10:00 a.m. - 12:30 p.m.
(no class July 3)
- Boutique**
10:00 a.m. - 3:00 p.m.
- Wii Bowling**
12:00 - 2:00 p.m.
- Rock Shop**
12:00 - 3:00 p.m.
- Cribbage**
12:30 - 3:00 p.m.
- Leatherworking**
12:30 - 3:00 p.m.
- Club 500**
12:30 - 3:30 p.m.
- Bunco**
1:00 - 3:00 p.m.
(July 10, 17)

MONTHLY PROGRAMS

- 3 - Adaptive Board Games**
10:30 a.m. - 12:00 p.m.
- 17 - Adaptive Crafts**
10:30 - 11:30 a.m.
- 24 - Creekside Garden Club**
10:00 - 11:30 a.m.
- 24 - Creekside Book Club**
12:30 - 2:30 p.m.

Thursday

ONGOING PROGRAMS

- Woodshop**
8:00 a.m.- 12:00 p.m.
- Pool Room**
8:00 a.m. - 1:00 p.m.
- Needleworkers**
9:00 - 11:30 a.m.
- Classic Country Music Jam**
9:00 a.m. - 12:00 p.m.
- Open Tech Lab**
9:30 - 11:30 a.m.
- Boutique**
10:00 a.m. - 3:00 p.m.
- Fun Functional Fitness**
12:00 -12:45 p.m.
(no class July 4)
- Rock Shop**
12:00 - 3:00 p.m.
- Cribbage**
12:45 - 3:15 p.m.
- Women's Pool**
1:00 - 4:30 p.m.

MONTHLY PROGRAMS

- 25 - Caregiver Support Group**
1:00 - 2:30 p.m.
- 25- Writers Club**
1:00 - 3:00 p.m.

**Thursday, July 4th
Independence Day
Creekside Closed**

Friday

ONGOING PROGRAMS

- Woodshop**
8:00 a.m. - 12:00 p.m.
- Pool Room**
8:00 a.m. - 4:30 p.m.
- Chair Yoga 9**
9:00 - 10:00 a.m.
- Low Impact Exercise**
9:00 - 10:00 a.m.
- Hearts**
9:00 a.m. - 12:00 p.m.
- Quilting**
9:00 a.m. - 1:00 p.m.
- Low Impact Exercise**
10:00 - 11:00 a.m.
(no class July 26)
- Boutique**
10:00 a.m. - 1:00 p.m.
- Chair Yoga 10**
10:15 - 11:15 a.m.
(no class July 26)
- Club 500**
12:30 - 3:30 p.m.

MONTHLY PROGRAMS

- 26 - Fare For All**
11:00 a.m. - 1:00 p.m.

*"The key to the future
in an aging society
is not found in
increasing just our
life span; we need to
increase our health
span at the same time.*

Chuck Norris

QR code
for information and registration
for activities at
Creekside Community Center



**CREEKSIDE
COMMUNITY
CENTER**

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

952-563-4944
MN Relay 711

CREEKSIDE@
BLOOMINGTONMN.GOV

ARTS & CRAFTS

Boutique: Crocheted, knitted, and embroidered items as well as baby blankets, quilts, jackets, jewelry, artwork, and wood novelties for sale by local crafters. Monday-Thursday, 10 a.m.-3 p.m., Friday 10 a.m.-1 p.m.

Colored Pencil Art Class: Learn the basics of colored pencil art. No experience necessary. All supplies are provided. Wednesdays, 10 a.m. - 12:30 p.m. 6-week sessions. Fee applies

Creative Crafts: Bring a project you are working on or create something from our donated supplies. Mondays 1-3 p.m.

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.

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

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

Rock Shop: Cut and polish rocks and gemstones in the lapidary shop. Training and supplies provided. Tuesdays 9 a.m. - 12 p.m., Wednesdays & Thursdays 12 - 3 p.m. \$5 fee per visit.

Woodshop: Fully equipped woodshop open Mondays, Tuesdays, Thursdays, and Fridays, 8 a.m. - 12 p.m. Must pass a proficiency test and wear an ID badge. \$1 fee per visit.

CARD GROUPS

Duplicate Bridge: Mondays, 12:15 - 3:15 p.m. \$1 to play. Participants must bring a partner.

Club 500: Tuesdays, Wednesdays, & Fridays 12:30-3:30 p.m. \$1 to play.

Cribbage: Wednesdays, 12:30-3 p.m. and Thursdays, 12:45-3:15 p.m. \$1 to play.

Euchre: Wednesdays, 9-11:30 a.m. \$1 to play.

Hand and Foot Canasta: Mondays, 12:15-3:30 \$1 to play.

Hearts: Fridays, 9 a.m.-12 p.m.

Pinochle: Mondays, 12:30-3:30 p.m. \$1 to play.

Card Lessons: Tuesdays, 12:30 p.m. Cribbage, Euchre, Hearts, and Pinochle

EDUCATION

Creekside Book Club: Join us to discuss current and classic novels. Call for book titles. Meets fourth Wednesday at 12:30 p.m., third Wednesday in December.

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. Free.

Library: An extensive collection of books and puzzles to borrow. Stop in and place a piece or two in our community puzzle.

Open Tech Lab: Tutors are on hand to help with technology questions. Thursdays, 9:30-11:30 a.m. Bring your own laptop, tablet, or cell phone.

Senior Discussion Group: Enjoy conversation with older adults on a range of topics such as adjusting to retirement, staying healthy, and current news. A chance to meet new people and share your interests. Meets Tuesdays, 11 a.m.-12 p.m.

Writers Club: For all skill levels. Meets the fourth Thursday, January-October and the third Thursday, November-December, 1-3 p.m.

Smart Driver Program: Refresh your driving skills and qualify for lower insurance rates. All classes are 4 hours from 9 a.m. to 1 p.m., first, second, and third Tuesdays. Reservations required. Fees apply.

FITNESS

Fun Functional Fitness: Improve your strength, balance, and flexibility with this 45-minute class. Light weights and bands will be provided for a total body workout. This class will be modified for all abilities. 6-week sessions. Fee applies. Thursdays, 12-12:45 p.m. Registration required.

Line Dancing: Join us for social line dancing. Instructor-led class teaches a variety of steps with new dances being taught every class. Meets Wednesdays 10-11:30 a.m. Fee applies.

Low Impact Exercise: Follow a video that includes light to moderate exercise focused on balance, light aerobics, and strength training. Program is volunteer-led. Mondays and Fridays, 9-10 a.m. and 10-11 a.m. Free.

SAIL: Evidence-based exercise program for older adults that includes a combination of aerobic conditioning, progressive strength training, and balance exercises shown to impact risk of falling. Participation agreement is required prior to joining the class. Registration required. Tuesdays and Fridays, 10:15 - 11:15 a.m. Free. September through May.

Yoga: Registration required. 6-week sessions. Fee applies.

Chair Yoga: A gentle, modified yoga. Fridays. Session 9, 9 -10 a.m.; Session 10, 10:15-11:15 a.m.

Gentle Mat Yoga: Bring your own mat. Tuesdays. Session 9, 9 -10 a.m.; Session 10, 10:15-11:15 a.m.

HEALTH

Caregiver Support Group: Sessions focus on helping caregivers as they care for themselves and their loved ones; a safe place to share experiences and learn from one another. Meets 1-2:30 p.m., 4th Thursday, January - September, 3rd Thursday, October - December. Register at Senior Community Services, 952-767-7890.

Foot Care: Meet with a nurse to address your foot care needs. First, second, and third Wednesday, 9 a.m. - 3 p.m. Contact Happy Feet at 763-346-3390. Appointment required. Fees apply.

Free Medicare Counseling Appointments: One-on-one appointments to help navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies. Provided by the Senior LinkAge Line. Schedule an in-person appointment at trellisconnects.org/get-help/medicare or 1-800-333-2433. Second and fourth Tuesdays. No fee.

Lunch & Live Better: Bring your lunch/snack and listen to the monthly topic on healthy aging. Presented by Bloomington Public Health. Different topic each month. 12 - 1 p.m. July 9 - Estate Planning 101.

MUSIC

Music groups are available for performances. New members are always welcome.

Bloomingtones: A mixed choral group who sing a wide variety of music from all eras for pleasure and entertainment. Rehearsal Fridays, 9:30 a.m., September through May.

Classic Country Music Jam: Join, listen, or dance as a group of musicians provide a free country concert every Thursday, 9 a.m.- 12 p.m..

Creekside Crickets: An instrumental band of autoharp, harmonicas, guitars, mandolin, banjos, and accordion playing oldies, country, and folk. Rehearsal Thursdays, 10 a.m., September through May.

RECREATION

Bunco - Second and third Wednesdays, 1:00 p.m.

Garden Club: Create, plant, and maintain gardens and planters at Creekside. No experience needed. Monthly group meeting on the fourth Wednesday of each month, March-October, 10 a.m.

Informal Games and Equipment: Cards, board games, and puzzles in the library. Check out equipment at the main office for bocce ball, table tennis, and Nintendo Wii (bowling, tennis, and golf) to use at Creekside. Call for room availability. Free.

Movies: Enjoy watching a movie with others. Call for movie titles. Mondays, 11:30 a.m. - 1:30 p.m. July 8 and 22.

Nintendo Wii: Stay active and start a league today. Virtual bowling, tennis, golf, and more. Wii Bowling Wednesday league, 12 p.m.

Pool Room: \$10 annual membership fee. For all skill levels.

Monday-Friday, 8 a.m.- 4:30 p.m.
Thursday, 1- 4:30 p.m. - Women's Pool.

Adult Adaptive Activities: Adults with disabilities are welcome to participate in fun activities each month.

Adaptive Board Games - Free.
first Wednesday - 10:30 a.m. - 12:00 p.m.

Adaptive Crafts - Free.
third Wednesday - 10:30 - 11:30 a.m.

Fare For All: A pop-up grocery store that sells packs of fresh produce and frozen meat at up to 40% off of retail prices. No qualifications. No income restrictions. Friday, July 26, 11 a.m. - 1 p.m. Friday, August 23, 11 a.m. - 1 p.m.

Creekside Cookout: Celebrate summer at Creekside with a cookout! Attendees will receive a FREE lunch, hot off the grill, and can socialize over yard games. Monday, July 22, 12 - 1:30 p.m. Free. Registration required.

Alaska Armchair Travels: Melonie Shipman, "The Traveling Naturalist", will present on her experience living in and traveling Alaska where she worked as a naturalist and educator. Wednesday, July 31, 10-11 a.m. Free. Registration required.

Older Adult Job Fair: Join us for an event offering meaningful employment opportunities for older adults. Tuesday, August 13, 1 - 4 p.m. Hosted by Martin Luther Campus and the City of Bloomington Parks & Recreation and Public Health Division. Register with Martin Luther Manor at 952-888-8805



For more information or to register:
Creekside Community Center
9801 Penn Ave. S., Bloomington, MN 55431
952-563-4944, MN Relay 711
Creekside@BloomingtonMN.gov



The City of Bloomington does not discriminate against or deny the benefits of its services, programs, or activities to a qualified person because of a disability. To make a request for a reasonable accommodation, ask for more information, or to file a complaint, contact the Community Outreach and Engagement Division, City of Bloomington, 1800 West Old Shakopee Road, Bloomington, MN 55431-3027; 952-563-8733, MN Relay 711