



# St. Peter Senior Center

## March 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
<b>2</b>	<b>3</b> 10:00 PALS	<b>4</b> FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	<b>5</b> 10:00 PALS Tax Help-call 934-3048 for apt 6:00-Pickleball	<b>6</b> 3:00-4:00 NAPS 2:30-4 Medicare Help 1:00 Men's Cards	<b>7</b> 10:00 PALS 1:30 Pfeffer	<b>8</b>
<b>9</b>	<b>10</b> 10:00 PALS	<b>11</b> 1:00-4:00 Sr. Dance @ the Legion 1:00 (500 Cards) 1:15 Bridge	<b>12</b> GAC Buffet 10:00 PALS Tax Help-call 934-3048 for apt. 6:00-Pickleball	<b>13</b> 2:30- "Welcome to Medicare" 1:00 Men's Cards	<b>14</b> 10:00 PALS 1:30 Pfeffer	<b>15</b> 9:30- "Know your Medications" @ Benedictine
<b>16</b>	<b>17</b>  Happy St. Patrick's Day 10:00 PALS	<b>18</b> FOOT CLINIC 8:30 Sr. Breakfast @ the River 1:00 (500 Cards) 1:15 Bridge	<b>19</b> 10:00 PALS Tax Help-call 934-3048 for apt 6:00-Pickleball	<b>20</b> 1:00 Men's Cards	<b>21</b> 10:00 PALS 1:30 Pfeffer	<b>22</b>
<b>23</b>  30	<b>24</b> 10:00 PALS  31	<b>25</b> 11-3:30-"Living on too little" 1:00 (500 Cards) 1:15 Bridge	<b>26</b> 10:00 PALS Tax Help-call 934-3048 for apt 6:00-Pickleball	<b>27</b> 1:00 Men's Cards	<b>28</b> 10:00 PALS 1:30 Pfeffer	<b>29</b> See April calendar on other side 



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## April 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	<b>2</b> 10:00 PALS Tax Help-call 934-3048 for apt 6:00-Pickleball	<b>3</b> 3:00-4:00 NAPS 2:30-4 Medicare Help 1:00 Men's Cards	<b>4</b> 10:00 PALS 1:30 Pfeffer	<b>5</b> 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine
<b>6</b>	<b>7</b> 10:00 PALS	<b>8</b> Senior Dance @ the Legion 1:00-4:00 1:00 (500 Cards) 1:15 Bridge	<b>9</b> GAC Buffet 10:00 PALS Tax Help-call 934-3048 for apt. 6:00-Pickleball	<b>10</b> 2:30-"Welcome to Medicare" 1:00 Men's Cards	<b>11</b> 10:00 PALS 1:30 Pfeffer	<b>12</b>
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<b>20</b> EASTER 	<b>21</b> 10:00 PALS	<b>22</b> 1:00 (500 Cards) 1:15 Bridge	<b>23</b> 10:00 PALS 6:00-Pickleball	<b>24</b> 1:00 Men's Cards	<b>25</b> 10:00 PALS 1:30 Pfeffer	<b>26</b>
<b>27</b>	<b>28</b> 10:00 PALS	<b>29</b> 1:00 (500 Cards) 1:15 Bridge	<b>30</b> 10:00 PALS 6:00-Pickleball	1:00 Men's Cards	10:00 PALS 1:30 Pfeffer	

# Monthly/Weekly Activities

## St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

### Breakfast @ the River

**Tue., March 18th @ 8:30**

Speaker: Lisa Danielson  
Dietitian at Family Fresh Market



**Tues., April. 15th @ 8:30**

Speaker: Bill Pedersen's  
African Safari Trip

Pay @ Whiskey River, \$8 includes breakfast & tip.

Register by calling the Sr. Center @ 934-7434  
or Comm Ed @ 934-3048.

### **Medicare/ Insurance Counseling Help**

1st Thursday of each Month 2:30-4pm

**March 6 & April 3 @ the Sr. Center**

One-on-One Help. No appointment needed.

### **N.A.P.S.**

Nutrition Assistance Program for Seniors  
Sponsored by Second Harvest

Call to pre-qualify 1-800-365-0270

**Pick up food at  
the Senior Center on:  
Thurs., Mar 6 & April 3  
3:00 ~ 4:00 p.m.**

500 Cards- Tues. @ 1pm  
Bridge- Tues. @ 1:15pm  
Men's Cards- Thurs. @ 1pm  
Pfeffer- Fri @ 1:30 pm



### Foot Clinics

Tues., Mar 4th & Tues., Mar 18th;

Tues., Apr 1st & Tues., Apr 15th

Community Center  
Rm #215 (enter door B)  
Fee: \$24.00

Call 934-0667 for an appt.



### **BUFFET LUNCH AT GUSTAVUS**

**Wed., March 12th & April 9th**

**11:00—12:30**

Senior  
Price \$6.50



**No registration required just come and  
enjoy a great lunch**

Visit The Bookmark for Discounts.  
Sponsored by The Senior Center, GAC Bookmark &  
The Dining Service

### *Dance...Dance...Dance...*

Tuesday, March 11— 1:00 p.m.-4:00 p.m.

Music by: Don Klossner

Tuesday, April 8— 1:00 p.m.-4:00 p.m.

Music by: Bud Berhow

American Legion—229 West Nassau, St. Peter

Cost: \$5 .00

Sponsored by the St. Peter Senior Center



### **P.A.L.S.**

Partners in Active Living for Seniors



Exercise classes designed for older adults

March 17- April 16 Cost \$25.00

Mon.-Wed.-Fri. from 10:00-11:00

April 21- May 23 Cost \$25.00

Mon.-Wed.-Fri. from 10:00-11:00

Make checks payable to Nicollet County Public Health

**St. Peter Community Center**

A health and fitness program designed to help older adults (men & women),  
be more active.

Register @ the Recreation office or Call Sylvia at 934-0484 .

# Other Events



## Living on too little?

Tuesday, March 25, 2014

Verizon Wireless Center, Mkto 11-3:30 pm

Find Resources and information at South Central MN Project Community Connect.

Services offered on Legal, Medical/Dental, Housing, etc. Free lunch

**\*\* Transportation\*\***-Call Kari at MVAC 389-6968

For more information contact South Central MN Project Community at 389-6968.



### PICKLEBALL! WEDNESDAYS!

January 15th—April 30th  
6-8pm SPCC gym

Purchase a \$25 seasonal pass from the  
Recreation office or pay \$2 per time.

Questions?  
Call the St. Peter Rec Dept.  
@ 934-0667



### AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Mon., Mar. 10 5:45-9:45 pm

8hr.—Both Tues.& Wed. April 8 & 9 1:15-5:15 pm  
Register by contacting Community and Family Ed. @ 934-3048.  
online at [www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)

## St. Peter Community & Family Education

**Water Aerobics @ St. Peter High School Pool**  
Session 3 Feb 20-Mar 24 (Mon & Thurs) 4-5 pm & 7-8 pm

**Aqua Zumba @ St. Peter High School Pool**  
Session 2 Mar 1-April 5 (Saturdays) 8-9 am

Register for the above classes @ 934-3048. Other classes available  
"Health & Wellness"; cooking, CPR, First Aid, call for more information.

### "Welcome to Medicare"

Everything you ever wanted to know, but were afraid to ask!

Thurs., March 13th and Thurs., April 10th from 2:30-4:30 pm

The Minnesota River Area Agency on Aging, Inc. will be teaching an introductory class on Medicare. If you are getting ready to turn 65, you are new to Medicare or just want information about Medicare benefits this class is for you!

**Class are FREE, but must pre-register by calling Judy at the  
Senior LinkAge Line @ 1-800-333-2433 (ext. 82005)**



### Tax Preparation Assistance

Taxpayers who are low income earners  
or sr. citizens may be eligible for free  
help with preparing their taxes.

Wed., Feb. 5-Apr. 9th

Appointments only on Wednesdays

Call Comm. Ed @ 934-3048.

St. Peter Community Center #215

### KNOW YOUR MEDICATIONS!

Are you aware of the side effects &  
Interactions of your medications?

**Dr. William Shores, MD., will be speaking**  
at Benedictine Court Senior Living,  
1906 Sunrise Dr., St. Peter

**Sat., March 15th**

He will discuss potential medication  
problems & explore alternatives.

**9:30 am-Brunch 10 am-Discussion**

**RSVP by March 10 @ 934-8817**

[jane.anderson@bhshealth.org](mailto:jane.anderson@bhshealth.org)

This newsletter is a collaboration of: Nicollet County Senior Services & the St. Peter Senior Center.

Please call Sylvia at 934-0484. If you would like to receive this newsletter by mail or email or have your name removed from the list.

