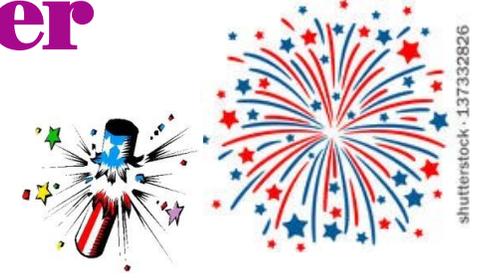
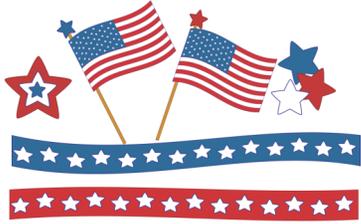


St. Peter Senior Center

July 2016



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <small>shutterstock - 124287460</small>					1 10:00 PALS 1:30 Pfeffer	2 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
3	4  Sr. Center CLOSED	5 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	6 10:00 PALS	7 3-4 pm-NAPS 2-4 pm Medicare/ Insurance Help 1:00 Men's Cards	8 10:00 PALS 1:30 Pfeffer	9
10	11 10:00 PALS	12 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	13 GAC Buffet 10:00 PALS	14 8-4 pm Good Sam Open House 2:00-BINGO & Crafts 1:00 Men's Cards	15 10:00 PALS 1:30 Pfeffer	16
17	18 10:00 PALS	19 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	20 10:00 PALS	21 1:00 Men's Cards	22 10:00 PALS 1:30 Pfeffer	23  <small>shutterstock - 124287460</small>
24/31	25 10:00 PALS	26 1:00 (500 Cards) 1:15 Bridge	27 10:00 PALS	28 1:00 Men's Cards	29 10:00 PALS 1:30 Pfeffer	30 August calendar on next page 

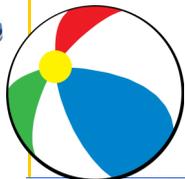


St. Peter Senior Center

August 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 PALS	2 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	3 10:00 PALS	4 3-4pm NAPS 2-4 pm Medicare/ Insurance Help 1:00 Men's Cards	5 10:00 PALS 1:30 Pfeffer	6 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
7	8 10:00 PALS	9 1:00-Sr. Dance 1:00 (500 Cards) 1:15 Bridge	10 GAC Buffet 10:00 PALS	11 Nicollet County Fair August 10-14 1:00 Men's Cards	12 Senior Day @Fair 10:00 PALS No Pfeffer	13
14	15 10:00 PALS	16 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	17 10:00 PALS	18 1:00 Men's Cards	19 10:00 PALS 1:30 Pfeffer	20
21	22 10:00 PALS	23 1:00 (500 Cards) 1:15 Bridge	24 10:00 PALS	25 1:00 Men's Cards	26 10:00 PALS 1:30 Pfeffer	27
28	29 10:00 PALS	30 1:00 (500 Cards) 1:15 Bridge	31 10:00 PALS			



Monthly/Weekly Activities

Saint Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

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., July 7 & August 4
3:00 ~ 4:00 p.m.**

Foot Clinics

Tues., July 5 & 19
Tues., August 2 & 16

Community Center
Rm #215 (enter door B)
Fee: \$25.00

Call 934-0667 for an appt.



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



Medicare/ Insurance Counseling Help

July 7 and August 4

2:00-4:00 pm at the Senior Center

One-on-One Help.

Call Sylvia @ 934-7227 with questions
Sponsored by MN River Area Agency on Aging

BUFFET LUNCH AT GUSTAVUS

Wed., July 13 and August 10

11:00—12:30

Senior Price \$6.75



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, July 12— 1:00 p.m.-4:00 p.m.

Music by: Luverne Wanous

Tuesday, August 9— 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

**ENHANCE
FITNESS**

Exercise classes designed for older adults

July 18-August 26

Mon, Wed, & Fri 10:00-11:00 am

August 29- October 7 (No class Sept 5)

Mon, Wed, & Fri 10:00-11:00 am

Cost \$25.00

Make checks payable to Nicollet County Public Health

St. Peter Community Center (Rm 310A)

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

Register @ the Recreation office or Call Sylvia at 934-7227

Other Events

Come enjoy an afternoon of FUN



All Seniors invited. Bring along your grandkids if you would like.

Thurs., July 14th 2:00-3:30pm
St. Peter Senior Center

We will be playing BINGO, offering crafts and refreshments provided! **FREE OF CHARGE**

Sponsored by the Senior Center
& St. Peter Recreation Volunteers in the Park

OUTSTANDING SENIOR CITIZEN NOMINATION



Nominations are being sought for the 2016 Outstanding Senior Citizen Award for Nicollet County. Winners will be announced @ the Nicollet Co. Fair on Aug. 12th.

***Nomination forms are available by contacting Sylvia at 934-7227.**

Deadline for nominations is July 15

Nicollet County Fair

“Senior Day” is Friday, August 12th

Johnson Hall-1:00 pm—2016 Outstanding Seniors, Farm Awards and 4H Arts in Performance

The Big Tent- 2:00 pm- Wendinger Bros. Music

Also Featuring:

Doug Ohman, Author and Guest Speaker on Thurs. Aug. 11th @ 12 in Johnson Hall

See you at the Fair!

Wed., August 10th -Sun, August 14th.

Volunteers Needed!

At the Nicollet Co. Fair
Aug. 10-14, 2016

Volunteers needed to watch Johnson Hall exhibits. For more information or to sign up contact Joni Anderson @

380-6691 or email

jonigailanderson@gmail.com

The Great Minnesota Get-Together”



Join us for a great day @ the State Fair!

When: Thurs, Sept 1
Cost \$29.00 per person

Call the Nicollet County Bank @ 507-931-3310 to sign up



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Thurs., Aug 25 1:00- 5:00 pm

Register by contacting Community and Family Ed. @ 934-8048.
online at www.stpetercommunityedonline.com

Save the Date.....



Senior Expo

Thurs., September 17, 2016

St. Peter Community Center and the Senior Center
2-4 pm Vendor Booths, Entertainment, Health Screenings, Flu Shots, Refreshments and etc.

4pm Speaker, Dr. Gazzola, Mankato Clinic's Thrive Campaign

More details will follow.....

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

Please call Sylvia at 934-7227, if you would like to receive this newsletter by mail or email or have your name removed from the list.

