

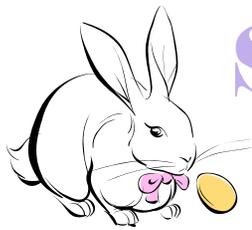


St. Peter Senior Center

March 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 PALS 1:30 Pfeffer	2 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
3	4 10:00 PALS	5 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	6 10:00 PALS	7 1:00 Men's Cards 3:00-4:00-NAPS 2:30-4:00 Medicare Help 7:00 Film @ Treaty Site	8 10:00 PALS 1:30 Pfeffer	9
10	11 10:00 PALS	12 1:00-4:00 Sr. Dance @ the Legion 1:00 (500 Cards) 1:15 -Bridge	13 GAC Buffet 11:15-12:30 10:00 PALS	14 1:00 Men's Cards	15 10:00 PALS 1:30 Pfeffer	16
17 St. Patrick's Day 	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
24/31 Easter 	25 10:00 PALS	26 8:30 Sr. Breakfast @ the River 1:00 (500 Cards) 1:15 -Bridge	27 10:00 PALS	28 1:00 Men's Cards	29 <u>NO PALS</u> 1:30 Pfeffer	30 See April calendar on other side 



St. Peter Senior Center

April 2013



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 1:00 Men's Cards 3:00-4:00-NAPS 2:30-4:00 Medicare Help 7:00 Film @Treaty Site	5 10:00 PALS 1:30 Pfeffer	6 9:30-11:00 Alzheimers/Dementia Support Mtg. @ Benedictine 10-11:45 Brunch w/ Authors 1:00-5:00 Book Festival
7	8 10:00 PALS	9 1-4 Sr. Dance@ the Legion 1:00 (500 Cards) 1:15 Bridge	10 GAC Buffet 11:15-12:30 10:00 PALS	11 1:00 Men's Cards	12 10:00 PALS 1:30 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 8:30 Sr. Breakfast @ the River 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				

Monthly/Weekly Activities

St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

Breakfast at The River

Tues., March 26th @8:30

Speaker: Todd Prafke
City Administrator will speak on
"State of the City"

Tues., April 23rd @8:30

Speaker: Serra Muscatello
will speak on
"Treasured Heritage Keepsakes"



Pay @Whiskey River, \$8 includes breakfast & tip.
Register by calling the Sr. Center @ 934-7434.

Medicare/ Insurance Counseling Help

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

March 7th & April 4th @ the Sr. Center

One-on-One Help. No appointment needed.

Sponsored by MN River Area on Aging

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., March 7th & April 4th
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. 5th & Tues., Mar. 19th;
Tues., April 2nd & Tues., April 16th
Community Center
Rm #215 (enter door B)
Fee: \$23.00

Call 934-0667 for an appt.



BUFFET LUNCH AT GUSTAVUS

Wed., March 13th & April 10th
11:00—12:30

Senior
Price \$6.00



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 12th— 1:00 p.m.-4:00 p.m.

Music by: Don Klossner

Tuesday, April 9th— 1:00 p.m.-4:00 p.

Music by: Luverne Wannous

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

Wed., Feb 20th-Wed., March 27th

Mondays, Wednesdays & Fridays from 10:00-11:00

Mon., April 1st-Fri., May 3rd

Mondays, Wednesdays & Fridays from 10:00-11:00

\$25 per person—Make checks payable to Nicollet County Public Health

SPCC Multi-Purpose Room 310A

A health and fitness program designed to help older adults (men & women),
be more active. Call Sylvia at 934-0484 to register.



Other Events

*****MOVIE NIGHTS*****

THURSDAY, MARCH 7, @ 7PM
 "We Still Live Here"

Four centuries ago, Wampanoag people helped the first English settlers in America-the Pilgrims-to survive. Although Americans celebrate "the Indians" every year at Thanksgiving, few know that their descendants are still on their homelands in Southeastern Massachusetts. Spurred on by an indomitable linguist named Jessie Little Doe, the Wampanoag are bringing their language and their culture back.

THURSDAY, APRIL 4, @ 7PM
 "Sweetgrass"

Follow the last modern-day cowboys as they lead their flocks of sheep up into Montana's breathtaking and often dangerous Absaroka-Beartooth Mountains for summer pasture. This astonishingly beautiful film reveals a world in which nature and culture, animals and humans, vulnerability and violence are all intimately meshed.

FREE event, no registration required.

Sponsored by: The Nicollet County Historical Society and Community & Family Education
Questions? Call Community & Family Education @ 934-3048



Alzheimer's / Dementia Support Meetings

March 2 & April 6

Time: 9:30-11:00 am

Location: Benedictine Living Community Activity Room
 1907 Klein St., St. Peter

Questions? Contact Molly Wendroth @ 934-8283
 or Jane Anderson @ 934-8817

AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

- 4hr. Tues., Mar 12 1:15-5:15pm
- 4hr. Wed., Mar 20 1:15-5:15pm
- 4hr. Tues, Apr 2 1:15-5:15pm
- 4hr. Tue., Apr 16 5:45-9:45pm
- 8hr.—Both Tues. & Wed. Mar. 26 & 27 1:15-5:15pm

Register by contacting Community and Family Ed. @ 934-3048.

Tax Preparation Assistance

Wed., Feb. 6-Apr. 10

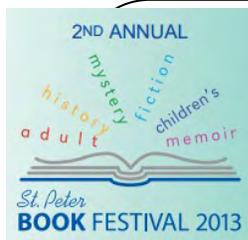
9:00-12:00pm & 1:00-3:00pm

Community Center Rm. 215



Taxpayers who are low income earners or senior citizens may be eligible for free help with their tax preparation. Call Comm. Ed @ 934-3048 for an appt.

Appointments only on Wednesdays



St. Peter Book Festival 2013
 Saturday, April 6, 2013 @ St. Peter Comm. Center

Brunch with the Authors 10-11:45am @ St. Peter Sr. Center

Fee \$20.00 register by calling Community Ed. By Thu., Mar. 28

Keynote Speaker: William Kent Krueger with "New Release Ordinary Grace" plus a Moveable Feast of Authors. Sponsored by:

2013 Book Festival 1-5pm -This is a FREE event-

- Meet area Authors •Attend Panel Presentations •Purchase Books
- Author Story time & Activities for families w/young children

Questions? Call Community & Family Education @ 934-3048



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.

