

# Saint Peter Senior Center

## November 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	2 10:00 PALS	3 3-4 pm-NAPS 2-4 pm Medicare/ Insurance Help Medicare Open Enrollment -by apt only 1:00 Men's Cards	4 10:00 PALS 1:30 Pfeffer	5 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
6	7 10:00 PALS	8 Vote 1:00 (500 Cards) 1:15 Bridge	9 GAC Buffet 10:00 PALS	10 Medicare Open Enrollment 1:00 Men's Cards	11 Veterans Day NO- PALS 1:30 Pfeffer	12
13	14 10:00 PALS	15 FOOT CLINIC 8:30 Sr. Breakfast 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	16 1:00-3:00pm What's new in Medicare 10:00 PALS	17 9:00-11:00 Canvas & Coffee 1:00 Men's Cards	18 10:00 PALS 1:30 Pfeffer	19
20	21 10:00 PALS	22 1:00 (500 Cards) 1:15 Bridge	23 10:00 PALS	24 Happy Thanksgiving! CLOSED	25 CLOSED NO- PALS NO-Pfeffer	26
27	28 10:00 PALS	29 1:00 (500 Cards) 1:15 Bridge	30 10:00 PALS			December calendar on next page 



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4	5 10:00 PALS	6 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	7 10:00 PALS	8 1:00 Men's Cards	9 10:00 PALS 1:30 Pfeffer	10
11	12 10:00 PALS	13 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	14 GAC Buffet 10:00 PALS	15 9:00-11:00 Canvas & Coffee 1:00 Men's Cards	16 10:00 PALS 1:30 Pfeffer	17
18	19 10:00 PALS	20 FOOT CLINIC 8:30 Sr. Breakfast 1:00 (500 Cards) 1:15 Bridge	21 10:00 PALS	22 1:00 Men's Cards	23 10:00 PALS 1:30 Pfeffer	24
25 Merry Christmas! 	26 CLOSED NO- PALS	27 1:00 (500 Cards) 1:15 Bridge	28 10:00 PALS	29 1:00 Men's Cards	30 10:00 PALS 1:30 Pfeffer	31 
						

# Monthly/Weekly Activities

## St. 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., Nov. 3 & Dec. 1  
3:00 ~ 4:00 p.m.**

### Foot Clinics

Tues., Nov. 1 & 15  
Tues., Dec. 6 & 20

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

**November 3 & December 1  
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., November 9 & December 14  
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, November 15— 1:00 p.m.-4:00 p.m.  
Music by: Luverne Wanous

Tuesday, December 13— 1:00 p.m.-4:00 p.m.  
Music by: Lyndon Peterson



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**

**October 10- November 18 ( No class Nov. 11)**

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

**November 21- December 30 (no class Nov. 25 & Dec. 26)**

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

## **“What’s New in Medicare”**

Debbie Bauleke, Sr. Outreach Specialist with MNRAA will be here to answer any questions and provide information on the changes for Medicare in 2017.

**Wed., Nov. 16 1:00-3:00pm**  
**St. Peter Senior Center**

No Registration Required

Sponsored by the St. Peter Senior Center and the Minnesota River Area Agency on Aging.

## **THANK YOU!**

To all the Men and Women whom served in the armed forces.

We honor you on this Veterans Day!



## **Canvas and Coffee**



**Thurs., Nov. 17 9:00- 11:00am \$31.00**

Family Fresh Market & Caribou Coffee- Community Room

**Thurs., Dec. 15 9:00- 11:00 am \$ 31.00**

River Rock Coffee- back room

Join us for a creative painting class over a hot cup of coffee!  
All art supplies are provided.

**Register at the Comm Ed office or call 934-3048.**

## **“Medicare Part D Enrollment”**

**Thurs., Nov. 10 9:00- 4:00 pm**  
All appointment times for Nov. 10th have been filled.  
An additional date has been added:

**Thurs., Nov. 3rd 9:00-4:00pm**

**Call Senior Linkage Line, 1-800-333-2433**  
**to make your appointment.**



## **Tour of Lights**

**Wed., Dec. 14th**  
**meet at 6:15 pm**

**Senior Ctr./Community Ctr. -Door B**

We will take a bus to see the “Kiwanis Tour of Lights” in Sibley Park, Mankato  
Refreshments will follow the tour.

Call after Nov. 28th, to register @ 931-1550  
Sponsored by St. Peter Police Reserves & Saints  
Bus Service

## **Pickelball**



Try out Pickelball at no charge....  
Thurs., Nov. 3 1:30-2:30 and  
Thurs., Dec. 1 1:30-2:30

.....  
*Adult Social Pickelball..*  
Wednesdays, Oct. 5- Apr. 26  
6:00-8:00pm  
Thursdays, Oct. 6- Dec. 29  
11:30 am - 1:30pm

*St. Peter Community Ctr. Gym*  
\$3 at the door or \$30 for a pass  
Questions? Contact St. Peter Rec office  
at 934-0667.



## **AARP Driver’s Safety Classes**

Classes meet in the St. Peter Community Center

4 hr. Tues., Nov 15 1:00-5:00pm  
8 hr. Mon./Tues. Jan. 30 & 31 1:00-5:00 pm

Register by contacting Community and Family Ed. @ 934-3048.  
online at [www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)

## **Senior Breakfast at Whiskey River**



**Tues., Nov. 15- 8:30- 9:30 am**

Guest Speaker: Kristin Ziemke, Board Certified Music Therapist will be discussing  
“Music in Therapy”...what makes it such a powerful tool.

**Tues., Dec. 20- 8:30- 9:30 am**

Special Guests: Choir Director Scott Hermanson, with members of the SPHS Choir  
and Superintendent Dr. Paul Peterson.

**Cost: \$9.00**

**Register by calling the Senior Center at 934-7434 or Comm Ed 934-3048**

**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.

