

St. Peter Senior Center

January 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 3:00-4:00 NAPS 2:30-4 Medicare 1:00 Men's Cards	3 1:30 Pfeffer	4 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
5	6 10:00 PALS	7 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	8 GAC Buffet 10:00 PALS	9 1:00 Men's Cards	10 10:00 PALS 1:30 Pfeffer	11
12	13 10:00 PALS	14 1:00-4:00 Sr. Dance @ the Legion 1:00 (500 Cards) 1:15 Bridge	15 10:00 PALS 6:00-8:00 Pickleball	16 1:00 Men's Cards	17 10:00 PALS 1:30 Pfeffer	18
19	20 Martin Luther King Jr. Senior Center Closed No PALS	21 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	22 10:00 PALS 6:00-8:00 Pickleball	23 1:00 Men's Cards	24 10:00 PALS 1:30 Pfeffer WINTER FEST Jan. 24th -Feb 2nd	25
26	27 10:00 PALS	28 1:00 (500 Cards) 1:15 Bridge	29 10:00 PALS 6:00-8:00 Pickleball	30 1:00 Men's Cards	31 10:00 PALS 1:30 Pfeffer	See February calendar on other side 



St. Peter Senior Center February 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 February is Heart Health Month						1 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine
			WINTER FEST ACTIVITIES		THRU February 2nd	
2	3 10:00 PALS	4 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	5 10:00 PALS 6:00-8:00 Pickleball 9:00-3:00 Tax Help	6 3:00-4:00 NAPS 2:30-4 Medicare Help 1:00 Men's Cards	7 10:00 PALS 1:30 Pfeffer	8
9	10 10:00 PALS	11 Senior Dance @ the Legion 1:00-4:00 1:00 (500 Cards) 1:15 Bridge	12 GAC Buffet 10:00 PALS 6:00- 8:00 Pickleball 9:00-3:00 Tax Help	13 1:00 Men's Cards	14 10:00 PALS 1:30 Pfeffer	15
16	17 President's Day Senior Center Closed NO PALS	18 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	19 10:00 PALS 6:00-8:00 Pickleball 9:00-3:00 Tax Help	20 1:00 Men's Cards	21 10:00 PALS 1:30 Pfeffer	22
23	24 10:00 PALS	25 1:00 (500 Cards) 1:15 Bridge	26 10:00 PALS 6:00-8:00 Pickleball 9:00-3:00 Tax Help	27 1:00 Men's Cards	28 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 at The River

No Breakfast
For
January and February



Save the Date
The next breakfast will be
March 18, 2014

Medicare/ Insurance Counseling Help

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

Jan 2 & Feb 6 @ 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., Jan 2nd & Feb 6th
3:00 ~ 4:00 p.m.

Foot Clinics

Tues., Jan 7th & Tues., Jan 21st;

Tues., Feb 4th & Tues., Feb 18th

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

Call 934-0667 for an appt.



BUFFET LUNCH AT GUSTAVUS

Wed., Jan 8th & Feb 12th

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, Jan 14— 1:00 p.m.-4:00 p.m.

Music by: Jolly Woodchopper

Tuesday, Feb 11— 1:00 p.m.-4:00 p.m.

Music by: Cletus Goblisch

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

Jan. 6- Feb. 7 Cost \$25.00

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

Feb. 10- March 14 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

PICKLEBALL!

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



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

Meet new people and get some great exercise while playing. Anyone can play. The game is played on a badminton size court with paddles and a whiffle ball.

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

WINTER FEST ACTIVITIES January 24—February 2, 2014



1st Medallion Clue released
@ 12:01 am -Jan. 25th

Feb. 1st-Polar Plunge @ 1:00pm
Hallett's Pond

Watch for further details in the
St. Peter Herald.



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4hr.	Tues., Jan. 28	1:15-5:15pm
4hr.	Mon., Feb. 24	1:15-5:15 pm
4 hr.	Mon., Mar. 10	5:45-9:45 pm

8hr.—Both Mon. & Tues. Feb 3 & 4 5:45-9:45pm
Register by contacting Community and Family Ed. @ 934-3048.
online at www.stpetercommunityedonline.com



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 @ 3pm
St. Peter Community Center #215
Appointments only on Wednesdays
Call Comm. Ed @ 934-3048.

St. Peter Community & Family Education

Water Aerobics @ St. Peter High School Pool
Session 2 Jan 13-Feb 13 (Mon & Thurs) 4-5 pm & 7-8 pm
Session 3 Feb 20-Mar 24 (Mon & Thurs) 4-5 pm & 7-8 pm

Aqua Zumba @ St. Peter High School Pool
Session 1 Jan 18- Feb 8 (Saturdays) 8-9 am
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.

Healthy Cooking For Seniors: Don't Eat a Lame Lunch!

Join us to learn about healthy eating. Come enjoy free coffee, your 5% discount and a morning cooking class.

Tues., Jan 14th 10-11am

Meets in the Community Room @ Family Fresh Market
Class includes various recipes and how to prepare each one.

Plan to taste the cooking and take home the recipes.

Class is FREE! Sign up at customer service at Family Fresh Market or call 507-931-5541.



Bad Weather Alert



The Policy for closing the Senior Center and activities is that if St. Peter School District is closed, the Senior Center is closed and all activities are cancelled.

Questions:
Call the Recreation Dept. @ 934-0667.

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.

