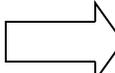


St. Peter Senior Center

May 2013 "Older American's Month"



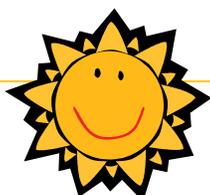
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 3:00-4:00-NAPS 1:00 Men's Cards	3 10:00 PALS 1:30 Pfeffer	4 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
5	6 10:00 PALS	7 FOOT CLINIC 5:30 Women's Health Expo @ River's Edge Hosp 1:00 (500 Cards) 1:15 Bridge	8 GAC Buffet 11:15-12:30 10:00 PALS	9 1:00 Men's Cards	10 10:00 PALS 1:30 Pfeffer	11
12  Happy Mother's Day	13 10:00 PALS	14 1:00-4:00 Sr. Dance @ the Legion 9-2 Expo @ Verizon 1:00 (500 Cards) 1:15 -Bridge	15 10:00 PALS	16 1:00 Men's Cards	17 10:00 PALS 1:30 Pfeffer	18
19	20 10:00 PALS	21 FOOT CLINIC 8:30 Sr. Breakfast @ the River 1:00 (500 Cards) 1:15 Bridge	22 10:00 PALS	23 1:00 Men's Cards	24 10:00 PALS 1:30 Pfeffer	25
26	27 SR. CTR CLOSED MEMORIAL DAY	28 1:00 (500 Cards) 1:15 -Bridge	29 10:00 PALS	30 1:00 Men's Cards	31 10:00 PALS 1:30 Pfeffer	 See June calendar on other side 



St. Peter Senior Center

June 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
2	3	4 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	5	6 3:00-4:00 NAPS 2:30-4 Medicare Help 10:00 PALS 1:00 Men's Cards	7	8 1:30 Pfeffer
9	10	11 Senior Dance @ the Legion 1:00-4:00 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	12 GAC Buffet 11:15-12:30	13 2-4 Lifelong Learner Talk @ Sr. Center 10:00 PALS 1:00 Men's Cards	14	15 1:30 Pfeffer
16  Happy Father's Day	17	18 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	19	20 10:00 PALS 1:00 Men's Cards	21	22 1:30 Pfeffer
23	24	25 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	26	27 10:00 PALS 1:00 Men's Cards	28	29 1:30 Pfeffer 
30						

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., May 21 @8:30

Speaker: Marilyn Kluntz
Of Mary's Flowers will speak on
"Spring/Summer Planting"

No Breakfast in June

Enjoy a delicious breakfast, the company of friends, and a great program with our special speaker.

Pay @Whiskey River, \$8 includes breakfast & tip.
Register by calling the Sr. Center @ 934-7434
or Comm Ed @ 934-3048.



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., May 2nd & June 6th
3:00 ~ 4:00 p.m.

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



Medicare/ Insurance Counseling Help

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

May 2nd & June 6th @ the Sr. Center

One-on-One Help. No appointment needed.
Sponsored by MN River Area on Aging

Foot Clinics

Tues., May 7th & Tues., May 21st;
Tues., June 4th & Tues., June 25th
Community Center
Rm #215 (enter door B)
Fee: \$23.00

Call 934-0667 for an appt.



BUFFET LUNCH AT GUSTAVUS

Wed., May 8th & June 12th
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, May 14th— 1:00 p.m.-4:00 p.m.

Music by: Jolly Woodchopper

Tuesday, June 11th— 1:00 p.m.-4:00 p.

Music by: Don Klossner

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., May 6-Fri., May 31 Cost \$20.00

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

Tues., June 4-Thurs., July 25 Cost \$25.00

Tuesdays and Thursdays from 10:00-11:00

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.

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



Other Events

Films on First Thursdays

THURSDAY, May 2, @ 7PM
"Brother Towns"

THURSDAY, June 6, @ 7PM
"Garbo the Spy"

FREE event, no registration required.

**Films are shown at the Treaty Site History Center, Hwy 169,
one mile north of downtown St. Peter**



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

Expressions and Slang: Past and Present

Thursday, June 13th 2-4 pm
@ the St. Peter Senior Center

Speaker: Bob Utermohlen, former MSU Professor and a member of the
Mankato Area Lifelong Learners.

Call Sylvia @ The St. Peter Sr. Center to Register 934-7434.

Sponsored by The Mankato Area Lifelong Learners

Alzheimer's / Dementia Support Meetings

May 4th & June 1st

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

OUTSTANDING SENIOR CITIZEN NOMINATION

Nominations are being sought for the 2013 Outstand-
ing Senior Citizen Award for Nicollet County.
Winners will be announced @ the Nicollet Co. Fair on
Aug. 9th.

***Nomination forms are available by contacting
Sylvia at 934-0484.**

Deadline for nominations is July 12, 2013.



**At the Verizon Wireless Center,
Mankato
Tuesday, May 14th 9-2 pm**

**With Special Guest: Paul Douglas
Speaking @ 2:00pm**

Exhibit Booths, Medical Screenings, Informational
Speakers and Door Prizes

**This event is FREE and
open to the public!**

Sponsored by: Thro Co., Mankato Clinic and Mayo Clinic

River's Edge Hospital & Clinic "Women's Health Expo"

Tuesday, May 7th 5:30-8:00 pm

Health information, vendors, free health screenings, door prizes.

With breakout sessions starting @ 6:00 pm

Free Admission

Located at River's Edge Hospital & Clinic 1900 N. Sunrise Drive

AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4hr. Tues., May 7 1:15-5:15pm

4hr. Thurs., Jun 20 1:15-5:15pm

4hr. Tues, July 30 1:15-5:15pm

8hr.—Both Tues. & Wed. May 21 & 22 5:45-9:45pm

**Register by contacting Community and Family Ed. @ 934-3048.
online at www.stpetercommunityedonline.com**

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.

