



# St. Peter Senior Center

## May 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 3:00-4:00 NAPS 2:30-4 Medicare Help  1:00 Men's Cards	<b>2</b>  10:00 PALS 1:30 Pfeffer	<b>3</b> 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
<b>4</b>	<b>5</b>  10:00 PALS	<b>6</b> FOOT CLINIC  1:00 (500 Cards) 1:15 Bridge	<b>7</b> 10:00 PALS  9-11 Senior Surf	<b>8</b>  1:00 Men's Cards	<b>9</b>  10:00 PALS 1:30 Pfeffer	<b>10</b>
<b>11</b> Happy Mother's Day!	<b>12</b>  10:00 PALS	<b>13</b> 1:00-4:00 Sr. Dance 2-7 Sr. Expo Verizon Center 1:00 (500 Cards) 1:15 Bridge	<b>14</b> GAC Buffet 10:00 PALS	<b>15</b>  1:00 Men's Cards	<b>16</b>  10:00 PALS 1:30 Pfeffer	<b>17</b>
<b>18</b>	<b>19</b>  10:00 PALS	<b>20</b> 8:30 Sr. Breakfast FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	<b>21</b> 10:00 PALS	<b>22</b>  1:00 Men's Cards	<b>23</b>  10:00 PALS 1:30 Pfeffer	<b>24</b>
<b>25</b>	<b>26</b> CLOSED Memorial Day	<b>27</b> 10:00 PALS  9-11 Senior Surf 1:00 (500 Cards) 1:15 Bridge	<b>28</b>	<b>29</b>  10:00 PALS  1:00 Men's Cards	<b>30</b>  1:30 Pfeffer	<b>31</b> See June calendar on other side  



# St. Peter Senior Center

## June 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	4	5 3:00-4:00 NAPS 2:30-4 Medicare Help 10:00 PALS 1:00 Men's Cards	6 1:30 Pfeffer	7 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine	
8	9	10 Senior Dance @ the Legion 1:00-4:00 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	11 GAC Buffet	12 10:00 PALS 1:00 Men's Cards	13 1:30 Pfeffer	14	
15 Happy Father's Day	16	17 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	18 12-6pm Free Cell Phone Distribution	19 10:00 PALS 1:00 Men's Cards	20 1:30 Pfeffer	21	
22	23	24 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	25	26 10:00 PALS 1:00 Men's Cards	27 1:30 Pfeffer	28	
29	30	SAVE THE DATE: Senior Day @ the Nicollet County Fair, Friday , August 8 @ 1pm					
							

# Monthly/Weekly Activities

## St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

### Breakfast @ the River

**Tue., May 20th @ 8:30**

Speaker: Alyssa Auten  
Director of the Nicollet Co.  
Historical Society



**No Breakfast in June**

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

### **Medicare/ Insurance Counseling Help**

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

**May 1 and June 5 @ 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., May 1 & June 5  
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., May 6th & Tues., May 20th;  
Tues., June 3rd & Tues., June 24th

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



Call 934-0667 for an appt.

### **BUFFET LUNCH AT GUSTAVUS**

**Wed., May 14 & June 11  
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, May 13— 1:00 p.m.-4:00 p.m.

Music by: Luverne Wanous

Tuesday, June 10— 1:00 p.m.-4:00 p.m.

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

May 27-July 10 Cost \$25.00

Tue. & Thu. from 10:00-11:00

July 15-August 28 Cost \$25.00

Tue. & Thu. 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 934-7227 .

# Other Events



## 50+Lifestyle Expo

TUESDAY, MAY 13 2-7 PM  
Verizon Wireless Center, Mankato

**Keynote Speaker: Joan Steffend @ 1pm**

FREE ADMISSION 100 +Vendor Booths

Sponsored by: Mayo Clinic Health System, The Thro Company, Mankato Clinic



**PICKLEBALL  
ON  
WEDNESDAYS!**

Courts will be open  
this summer at  
Vet's Fields

For more information  
Call the St. Peter Rec Dept.  
@ 934-0667



**AARP Driver's Safety Classes**  
Classes meet in the St. Peter Community Center

4 hr.	Mon., May 8th	1:15-5:15 pm
4 hr.	Tue., Jun 10	1:15-5:15 pm

8hr.—Both Mon & Tues. Jun 2 & 3rd 5:45-9:45 pm  
Register by contacting Community and Family Ed. @ 934-3048.



### **“Senior Surf”**

Everything you ever wanted to know, about the internet!

Wed., May 7th or Tues., May 27th from 9–11am

St. Peter Public Library (Enter thru Door A)

Classes for beginning senior Internet users that can help you learn about the Internet, how to find answers to your questions, and how to use email to stay connected with friends and family.

**Register by calling Sylvia Perron @ 934-7434 or  
Senior LinkAge Line @ 1-800-333-2433**

Sponsored by: St. Peter Senior Center & MN River Area Agency on Aging.

### **FREE Cell Phone**

Does your household receive... Assistance? If so, your may be eligible for a free cell phone. Life Wireless will be distributing phone to eligible households on

Wed., June 18th 12–6 pm

St. Peter Comm. Center, Senior Room #219

What to Bring with you:

Photo ID with valid address  
Proof of Income



### **St. Peter Outdoor Pool**

#### **Afternoon Aqua Fit (Water Aerobics)**

Session 1 Jun. 10-Jul. 10 (Tue & Thurs) 12-1 pm \$40  
Session 2 Jul. 15-Aug. 14 (Tue & Thurs) 12-1 pm \$40

#### **Adult Lap Swim**

Mon.-Fri. 12-1pm Cost \$2.50 per time

Register for classes Mon-Fri 8-5pm at the Recreation & Leisure Services, 600 S. 5th St., Ste 200, St. Peter or online at [www.saintpeter.gov/recreation](http://www.saintpeter.gov/recreation)

### **ATTENTION!**

The following offices within Nicollet County have received new Phone Numbers:

**PUBLIC HEALTH  
MAIN LINE  
507-934-7220**

**SYLVIA PERRON,  
Sr. Services Coordinator/Transportation  
DIRECT LINE  
507-934-7227**

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.

