



St. Peter Senior Center

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day Sr. Center-CLOSED	2 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	3 9-10:00 PALS	4 3:00-4:00 NAPS Medicare Help by Apt. 1:00 Men's Cards	5 9-10:00 PALS 1:30 Pfeffer	6 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
7	8 9-10:00 PALS	9 1:00-4:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	10 GAC Buffet 9-10:00 PALS	11 1:00 Men's Cards	12 9-10:00 PALS 1:30 Pfeffer	13
14	15 9-10:00 PALS	16 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	17 9-10:00 PALS	18 2-5:00 St. Peter Boomers Expo 1:00 Men's Cards	19 9-10:00 PALS 1:30 Pfeffer	20
21	22 9-10:00 PALS	23 1:00 (500 Cards) 1:15 Bridge	24 9-10:00 PALS	25 1-3:00 Healthy Life 1:00 Men's Cards	26 9-10:00 PALS 1:30 Pfeffer	27
28	29 9-10:00 PALS	30 1:00 (500 Cards) 1:15 Bridge				See October calendar on next page 



St. Peter Senior Center

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9-10:00 PALS	2 3:00-4:00 NAPS Medicare Help by Apt 1-3 Healthy Life 1:00 Men's Cards	3 9-10:00 PALS 1:30 Pfeffer	4 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine
5	6 9-10:00 PALS	7 10:15 Balance Class FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	8 GAC Buffet Buffet Cancelled 9-10:00 PALS	9 1-3 Healthy Life 1:00 Men's Cards	10 9-10:00 PALS 1:30 Pfeffer	11
12	13 9-10:00 PALS	14 1:00-4:00 Sr. Dance 10:15 Balance Class 1:00 (500 Cards) 1:15 Bridge	15 9-10:00 PALS	16 1-3 Healthy Life 1:00 Men's Cards	17 9-10:00 PALS 1:30 Pfeffer	18
19	20 9-10:00 PALS 1-3 "What's New for Medicare 2015"	21 FOOT CLINIC 10:15 Balance Class 1:00 (500 Cards) 1:15 Bridge	22 9-10:00 PALS	23 1-3 Healthy Life <u>**1:30 Pfeffer</u> 1:00 Men's Cards	24 9-10:00 PALS No Pfeffer	25
26	27 9-10:00 PALS	28 10:15 Balance Class 1:00 (500 Cards) 1:15 Bridge	29 9-10:00 PALS	30 1-3 Healthy Life 1:00 Men's Cards 9-3:30 Medicare Open Enrollment by Apt	31 HALLOWEEN 9-10:00 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 @ the River

No Breakfast
in Sept.



Stay tuned
for future Breakfast at the River Dates

Medicare/ Insurance Counseling Help

1st Thursday of each Month By Appointment

Sept 4th & Oct 2nd @ the Sr. Center

One-on-One Help.
Call Sylvia @ 934-7227 for an appointment.

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., Sept 4th & Oct. 2nd
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., Sept. 2 & Tues., Sept. 16;
Tues., Oct. 7 & Tues., Oct 21

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

Call 934-0667 for an appt.



BUFFET LUNCH AT GUSTAVUS

Wed., Sept. 10 & ~~cancelled~~
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, Sept. 9— 1:00 p.m.-4:00 p.m.
Music by: Don Klossner

Tuesday, Oct. 14— 1:00 p.m.-4:00 p.m.
Music by: Bud Berhow

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., Sept 3-Fri., Oct 10

Mon, Wed, & Fri from 9:00-10:00 am

Mon., Oct 13-Fri., Nov 14

Mon, Wed, & Fri from 9:00-10:00 am

Cost \$25.00

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

"What's New In Medicare for 2015"

Robin Thompson, from the Minnesota River Area Agency on Aging will speak on the changes in Medicare for 2015

Mon., Oct. 20th 1-3:00pm

St. Peter Senior Center

Questions? Contact the Senior Linkage Line @ 1-800-333-2433

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

Medicare Annual Open Enrollment

Thurs. Oct. 30th & Wed., Nov., 19th 9-3:30pm

To make an apt. call Sylvia @ 934-7227

If you wish to change Medicare Part D or Medicare Advantage coverage for 2015, all changes must be made during open enrollment time (Oct. 15-Dec. 7th)

Trained Counselors from the Senior Linkage Line will be available by apt on Oct. 30 & Nov. 19 @ St. Peter Senior Center,

A MATTER OF BALANCE-Managing Concerns about Falls

Many older adults experience concerns about falling and restrict their activities.

MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Classes are held once a week on Tuesdays Free of Charge

October 7-November 25 10:15-12:15pm

St. Peter Library Meeting Room @ the Community Center

Register by calling VINE @ 386-5586 or Sylvia @ 934-7227

Sponsored by Minnesota River Area Agency on Aging, St. Peter Sr. Ctr. & VINE.

EXPO!

St. Peter Boomers & Beyond

**Thurs., Sept. 18th
2-5:00pm**

For more details; see enclosed flyer

Living A Healthy Life with Chronic Conditions

This program consists of a two-hour class held once a week on Thursdays for 6 weeks. Increase your health and Wellness & take charge of your life living with a chronic condition.

Thurs., Sept. 25-Oct. 30 1-3:00pm

Saint Peter Library Meeting Room @ the Community Center

FREE of Charge.

Register by calling VINE, 507-386-5586.

Questions? Contact Sylvia @ 934-7227 or Karen from VINE 386-5586.

Sponsored by Minnesota River Area Agency on Aging, St. Peter Sr. Ctr. & VINE.



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Thurs., Sep. 4th 1:15-5:15 pm

4 hr. Tues., Oct. 14th 1:15-5:15 pm

8hr.—Both Tues & Wed.. Sept. 23 & 24 1:15-5:15 pm

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

"Coffee Talk"

Join us at the Senior Center



When: Thurs, Oct 16th
9:30-10:30 am

There will be a speaker presenting on Scams and Preventing elder financial abuse.

Refreshments will be served

Sponsored by First National Bank & Saint Peter Sr. Center

2014 Outstanding Seniors!

Congratulations to this year's outstanding Seniors:



Garfield Eckberg, New Sweden Township

Sally Burdick, North Mankato

Honorary LaDonna Thompson, St. Peter

This newsletter is a collaboration of: Nicollet County Senior Services & the Saint 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.

