



St. Peter Senior Center

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day Senior Ctr.-CLOSED	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 Alzheimers/ Dementia Support Meeting @ Benedictine
8	9	10 1:00-4:00 Sr. Dance @ the Legion 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	11 GAC Buffet 11:15-12:30	12 10:00 PALS 1:00 Men's Cards	13 1:30 Pfeffer	14
15	16	17 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	18 8:30-Sr. Breakfast @ Whiskey River	19 2:00-5:00 Senior Expo 10:00 PALS 1:00 Men's Cards	20 1:30 Pfeffer	21
22	23	24 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					See October calendar on other side 



St. Peter Senior Center October 2013



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		1 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	2	3 3:00-4:00 NAPS 2:30-4 Medicare Help 10:00 PALS 1:00 Men's Cards	4 1:30 Pfeffer	5 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
6	7	8 Senior Dance @ the Legion 1:00-4:00 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	9 GAC Buffet 11:15-12:30 4:00-"Medicare Talk"	10 10:00 PALS 1:00 Men's Cards	11 1:30 Pfeffer	12
13	14	15 FOOT CLINIC 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	16 8:30-Sr. Breakfast @ Whiskey River 1:00-3:00 Caregiving Techniques	17 10:00 PALS 1:00 Men's Cards	18 1:30 Pfeffer	19
20	21 10:00 PALS	22 1:00 (500 Cards) 1:15 Bridge	23 9-3:30 Medicare Open Enrollment 10:00 PALS	24 1:00 Men's Cards 1:30 Pfeffer	25 10:00 PALS NO Pfeffer	26
27	28 10:00 PALS	29 1:00 (500 Cards) 1:15 Bridge	30 10:00 PALS	31 HAPPY HALLOWEEN 1:00 Men's Cards		

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

Wed., Sept. 18th @8:30

Speaker: Wayne Albers

He will provide information about the St. Peter Transit Services.

Wed., Oct. 16th @8:30

Speaker: Dr. Jeffrey Olson

Supt. of the St. Peter Public Schools, will share the findings of the Facilities Task Force.



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 5 & Oct 3
3:00 ~ 4:00 p.m.

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



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

Medicare/ Insurance Counseling Help

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

Sept 5 & Oct 3 @ the Sr. Center

One-on-One Help. No appointment needed.

Foot Clinics

Tues., Sept 3rd & Tues., Sept 17th;

Tues., Oct 1st & Tues., Oct 15th

Community Center

Rm #215 (enter door B)

Fee: \$24.00

Call 934-0667 for an appt.



BUFFET LUNCH AT GUSTAVUS

Wed., Sept 11th & October 9th

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 10th— 1:00 p.m.-4:00 p.m.

Music by: Don Klossner

Tuesday, Oct 8th— 1:00 p.m.-4:00 p.

Music by: Luverne Wanous

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

Sept. 3-Oct. 17th Cost \$25.00

Tuesdays and Thursdays from 10:00-11:00

Oct. 21- Nov. 25 Cost \$25.00

Mon.-Wed.-Fri. 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 .

What's New in Medicare

WEDNESDAY, October 9th @ 4pm

Robin Thompson, Senior Outreach Specialist
with Minnesota River Area Agency on Aging will be providing
information on "What's new in Medicare for 2014."

No Registration Required



55+ Driver Improvement Program

Thursday, October 17th 1-5pm

Nicollet Public School
Cost : \$20.00

Register by calling 1-888-234-1294

Sponsored by: Nicollet School Community
Education & MN Highway Safety & Research

AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4hr. Tues., Sept 24 5:45-9:45pm

4hr. Tue., Oct 22 5:45-9:45 pm

8hr.—Both Wed. & Thurs. Sept., 25 & 26 1:15-5:15pm

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

Emergency Notification System

Nicollet County Sheriff's Office &
Nicollet County Emergency Manage-
ment have contracted with a new
Emergency Notification System

To sign up:

www.co.nicollet.mn.us

or call

507-934-0412 or 507-934-0410

2013 Outstanding Seniors!

Congratulations to this year's outstanding Seniors:

Rich & Nancy Helgeson



*Thank you for all your
volunteer work!

Medicare Annual Open Enrollment

Remember that the Medicare Annual Open Enrollment Period is Oct. 15th - Dec. 7th: If you wish to change Medicare Part D or Medicare Advantage coverage for 2014, all changes must be made between Oct. 15th and Dec. 7th. Coverage will then begin Jan. 1, 2014.

For plan comparisons, trained Senior LingAge Line counselors will be available by appointment at the St. Peter Senior Center, 600 S. 5th St., St. Peter on Wed., Oct. 23rd and Wed., Nov. 13th.

To make an appointment call Sylvia Perron at 507-934-0484.

Senior LinkAge Line: 1-800-333-2433

One Stop Shop for Minnesota Seniors is a free service of the Minnesota Board on Aging

Caregiving Techniques

Wed., October 16

1:00-3:00 pm

Karen Hanson, Community Service
Manager with Home Instead Senior Care
will provide information on techniques to
cope with caregiving
and encourage daily activities.

To register call Sylvia @934-0484

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.

