



# St. Peter Senior Center

## November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 PALS 1:30 Pfeffer	2 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
3	4 10:00 PALS	5 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	6 10:00 PALS	7 3:00-4:00 NAPS 2:30-4 Medicare 1:00 Men's Cards	8 10:00 PALS 1:30 Pfeffer	9
10	11 Senior Center CLOSED Veteran's Day	12 1:00-4:00 Sr. Dance @ the Legion 1:00 (500 Cards) 1:15 Bridge	13 10:00 PALS GAC Buffet Medicare Open Enrollment- call for apt. 5:30 Pickleball	14 1:00 Men's Cards	15 10:00 PALS 1:30 Pfeffer	16
17	18 10:00 PALS	19 FOOT CLINIC Sr. Breakfast @ Whiskey River 10:00 PALS 1:00 (500 Cards) 1:15 Bridge	20 10:00 PALS 5:30 Pickleball	21 1:00 Men's Cards  <i>Charlie and the Chocolate Factory Play @ the St. Peter High School 7:30pm Each night Nov. 21, 22, and 23rd.</i>	22 10:00 PALS 1:30 Pfeffer	23
24	25 10:00 PALS	26	27	28 Senior Center CLOSED Thanksgiving Day	29 Senior Center CLOSED	30 See December calendar on other side 

# St. Peter Senior Center December 2013



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1	2 10:00 PALS	3 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	4 10:00 PALS 5:30 Pickleball	5 3:00-4:00 NAPS 2:30-4 Medicare Help 1:00 Men's Cards	6 10:00 PALS 1:30 Pfeffer	7 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine
8	9 10:00 PALS	10 Senior Dance @ the Legion 1:00-4:00 1:00 (500 Cards) 1:15 Bridge	11 GAC Buffet 10:00 PALS 5:30 Pickleball 6:15 Tour of Lights	12 2:00-4:00 Library Holiday Open House 1:00 Men's Cards	13 10:00 PALS 1:30 Pfeffer	14
15	16 10:00 PALS	17 FOOT CLINIC Sr. Breakfast @ Whiskey River 1:00 (500 Cards) 1:15 Bridge	18 10:00 PALS	19 1:00 Men's Cards	20 10:00 PALS 1:30 Pfeffer	21
22	23 10:00 PALS	24 Senior Center CLOSED Christmas EVE	25 Senior Center CLOSED Christmas	26 <u>No Men's Cards</u>	27 <u>No Pfeffer</u>	28
29	30	31 NEW YEAR's EVE 1:00 (500 Cards) 1:15 Bridge				

# 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., Nov. 19th @8:30 am

Speaker: Anissa Sandland  
She will provide information about the  
St. Peter Public Library

Tues., Dec. 17th @8:30 am

Special Guests: SPHS Choir  
The St. Peter High School Choir  
will singing Christmas Carols.

Supt. Olson will update us on the St. Peter School District.



### 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., Nov 7th & Dec 5th  
3:00 ~ 4:00 p.m.

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



Register by calling the Sr. Center @ 934-7434  
or Comm Ed @ 934-3048. Cost \$8.00

### Medicare/ Insurance Counseling Help

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

**Nov 7 & Dec 5 @ the Sr. Center**

One-on-One Help. No appointment needed.

### Foot Clinics

Tues., Nov 5th & Tues., Nov 19th;  
Tues., Dec 3rd & Tues., Dec 17th

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

Call 934-0667 for an appt.



### BUFFET LUNCH AT GUSTAVUS

Wed., Nov 13th & Dec 11th  
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, Nov 12— 1:00 p.m.-4:00 p.m.

Music by: Lyndon Peterson

Tuesday, Dec 10— 1:00 p.m.-4:00 p.m.

Music by: Don Sieberg/Betty Goettl

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

December 2-December 23 Cost \$20.00  
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

## Discover PICKLEBALL!

WEDNESDAYS!

November 13th & 20th

December 4th & 11th 5:30-7pm SPCC gym

*Come try it for free!*

Pickleball combines elements of ping pong, tennis and badminton

Learn more about pickleball @ [www.usapa.org](http://www.usapa.org)



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

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St. Peter Public Library  
HOLIDAY OPEN HOUSE



Thursday, December 12th 2-4pm

Free event for Everyone!

Enjoy refreshments and live music

Special guests: The St. Peter High School  
Madrigal singers.

Stay and browse our great collections  
holiday books, movies & cds!



### AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4hr. Tues., Nov 19 1:15-5:15pm

4hr. Tues., Dec 17 1:15-5:15 pm

8hr.—Both Wed. & Thurs. Nov 6th & 7th 1:15-5:15pm

8hr.—Both Wed. & Thurs. Dec 3rd & 4th 1:15-5:15pm

Register by contacting Community and Family Ed. @ 934-3048.  
online at [www.stpetercommunityedonline.com](http://www.stpetercommunityedonline.com)

### Medicare Open Enrollment

For plan comparison, Linkage Line  
counselors will be available on

Wed., Nov. 13th

at the St. Peter Senior Center  
(Door B)

By appointment only

Call Sylvia @ 507-934-0484.

### Tour of Christmas Lights

Wed., Dec. 11th

Meet @ 6:15 pm

(Senior Ctr./Community Ctr. Door B)

We will take a bus to see the "Kiwanis Tour of Lights" @ Sibley  
Park, and other light displays throughout the Mankato and  
St. Peter area. Refreshments will follow the tour.

Please call 931-1550 to register.

Sponsored by  
St. Peter Police Reserves & Saints Bus Service.

### Social Media

Join us to learn about what social media is and how to use it

Wed., November 20th 9:00-10:00 am

St. Peter Community Center—St. Peter Rm #217

GAC Communications Studies Students will inform us about:

- \* How to use Social Media (Facebook, Twitter, etc.)
- \* The advantages and disadvantages of the different features.

**Learn new ways to get your news! Online and on a mobile device.**



### St. Peter Schools presents:

CHARLIE AND THE  
CHOCOLATE FACTORY

Thurs., Nov. 21, Fri., Nov. 22 & Sat., Nov 23.

7:30 pm

Adults \$5 Senior \$3

St. Peter High School



You may also use a Sr. Activity pass for admission.

Sr. Activity passes are available at  
the St. Peter Community Ed office free of charge.  
(must be 60+ years and a St. Peter School District Resident)

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.

