



St. Peter Senior Center

January 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day SR. CENTER CLOSED <u>NO CARDS</u>	2	3 Foot Clinic 1:00 Men's Cards 3:00-4:00 NAPS 2:30-4 Medicare Help	4 1:30 Pfeffer	5
6	7 10:00 PALS	8 1:00-4:00 Sr. Dance @ the Legion 1:00-500 Cards	9 GAC Buffet 11:15-12:30 10:00 PALS	10 1:00 Men's Cards	11 10:00 PALS 1:30 Pfeffer	12
13	14 10:00 PALS	15 Foot Clinic 1:00 -500 Cards 1:15 -Bridge	16 10:00 PALS	17 1:00 Men's Cards	18 10:00 PALS 1:30 Pfeffer	19
20	21 Martin Luther King Jr. Day SR. CENTER CLOSED <u>NO PALS</u>	22 1:00-500 Cards 1:15 Bridge	23 10:00 PALS	24 1:00 Men's Cards	25 10:00 PALS 1:30 Pfeffer	26
27	28 10:00 PALS	29 1:00 -500 Cards 1:15 -Bridge	30 10:00 PALS	31 1:00 Men's Cards		See February calendar on next page 



St. Peter Senior Center

February 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 PALS 1:30 Pfeffer	2
3	4 10:00 PALS	5 Foot Clinic 1:00-500 Cards 1:15 Bridge	6 10:00 PALS	7 1:00 Men's Cards 3:00-4:00-NAPS 2:30-4:00 Medicare Help	8 10:00 PALS 1:30 Pfeffer	9
10	11 10:00 PALS	12 1:00-4:00 Sr. Dance@ the Legion 1:00-500 Cards 1:15 Bridge	13 GAC Buffet 11:15-12:30 10:00 PALS	14 <i>St. Valentine</i>  1:00 Men's Cards	15 10:00 PALS 1:30 Pfeffer	16
17	18 President's Day SR. CENTER CLOSED	19 Foot Clinic 1:00 -500 Cards 1:15 Bridge	20 10:00 PALS	21 1:00 Men's Cards	22 10:00 PALS 1:30 Pfeffer	23
24	25 10:00 PALS	26 1:00- 500 Cards 1:15 Bridge	27 10:00 PALS	28 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

No Breakfast in
January and February

Save the Date:
Tues., March 26th
Speaker: Todd Prafke
City Administrator will speak on
"State of the City"



Medicare/ Insurance Counseling Help

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

Jan 3 & Feb 7 @ the Sr. Center

One-on-One Help. No appointment needed.

Sponsored by MN River Area on Aging

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., Jan 3rd & Feb 7th
3:00 ~ 4:00 p.m.

Foot Clinics

Thurs. Jan 3rd & Tues. Jan 15th;

Tuesdays Feb 5th & 19th.

Community Center

Rm #215 (enter door B)

Fee: \$23.00

Call 934-0667 for an appt.



BUFFET LUNCH AT GUSTAVUS

Wed., Jan 9th & Feb 13th

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, Jan 8— 1:00 p.m.-4:00 p.m.

Music by: Jolly Woodchopper

Tuesday, Feb 12— 1:00 p.m.-4:00 p.

Music by: Cletus Goblisch

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

Mon., Jan 7– Fri., Feb 15 (no class on Jan 21st)

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

Wed., Feb 20– Wed., March 27

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

\$25 per person—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. Call Sylvia at 934-0484 to register.

**ENHANCE
FITNESS**

Join us for a class
to see if you want to
join in on the FUN!

Other Events

Various Different Classes offered by Community Family & Education



Beginner Computer Class

Thur., Jan. 24 6:30-8:30
Location: Q Computers 2140 Hoffman Rd, Mkto
Cost: \$38
Learn how to use all parts of the computer.

Facebook 101

Tue., Feb. 5 6:30-8:30
Location: Q Computers 2140 Hoffman Rd., Mkto
Cost: \$38
Learn what Facebook is, how it works, and what it is meant to do .

IPAD 101

Mon., Feb. 25 7-8:30
Location: SPSHS Media Center
Cost: \$10
Come and learn about what these devices are being used for.

Any Questions? Call Community Ed. to register @934-3048

Tax Preparation Assistance



Wed., Feb. 6-Apr. 10
9:00-12:00pm & 1:00-3:00pm
Community Center Rm. 215

Taxpayers who are low income earners or senior citizens may be eligible for free help with their tax preparation. Call Comm. Ed @ 934-3048 for a appt.

Appointments only on Wednesdays

HEART HEALTH

February is heart month



Join Cheryl Bohnen on
Thurs., Feb 7 6-7:30pm
@ the St. Peter Co-op
She will be talking about how we can keep our heart healthy! Have the opportunity to have heart scans here in class!
Call to register @ 934-3048
This is a FREE event!

Water Aerobics Classes



Join us for Afternoon
or
Evening Classes
(Classes are being held at St. Peter High School and Community Pool)

Mondays and Thursdays
4-5pm or 7-8pm

Session 1: Jan. 7- Feb. 7 (10 classes) Register by: Jan 2
Session 2: Feb. 11- Mar. 18 (10 classes) Register by: Feb 4

Call the Community Ed @ 934-3048 to Register

AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4hr.	Wed., Jan 23	1:15-5:15pm
4hr.	Wed., Feb 6	1:15-5:15pm
4hr.	Tues, Mar 12	1:15-5:15pm
4hr.	Wed., Mar 20	1:15-5:15pm
8hr.	Both Tues. & Wed. Jan. 29 & 30	5:45-9:45pm

Register by contacting Community and Family Education 934-3048,

Bad Weather Alert



The Policy for closing the Senior Center and activities is that if St. Peter School District is closed, the Senior Center is closed and all activities are cancelled.

**Questions:
Call the Recreation Dept. @ 934-0667.**

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.

