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Saint Peter Senior Center

January 2016

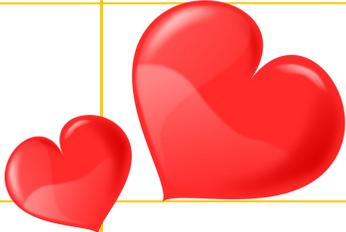


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy New Year!</p> 					<p>1 Happy New Year! Sr. Ctr. CLOSED No-PALS No-Pfeffer</p>	<p>2 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine</p>
<p>3</p> 	<p>4</p> <p>10:00 PALS</p>	<p>5</p> <p>FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge</p>	<p>6</p> <p>10:00 PALS</p>	<p>7 3-4 pm-NAPS 2-4 pm Medicare/ Insurance Help</p> <p>1:00 Men's Cards</p>	<p>8</p> <p>10:00 PALS 1:30 Pfeffer</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>10:00 PALS</p>	<p>12</p> <p>1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge</p>	<p>13</p> <p>GAC Buffet 10:00 PALS</p>	<p>14</p> <p>1:00 Men's Cards</p>	<p>15</p> <p>10:00 PALS 1:30 Pfeffer</p>	<p>16</p>
<p>17</p>	<p>18</p> <p><u>Martin Luther King Day</u> Sr. Center Closed No PALS</p>	<p>19 FOOT CLINIC</p> <p>1:00 (500 Cards) 1:15 Bridge</p>	<p>20</p> <p>10:00 PALS</p>	<p>21</p> <p>1:00 Men's Cards</p>	<p>22</p> <p>10:00 PALS 1:30 Pfeffer</p>	<p>23</p> 
<p>24/31</p>	<p>25</p> <p>10:00 PALS</p>	<p>26</p> <p>1:00 (500 Cards) 1:15 Bridge</p>	<p>27</p> <p>10:00 PALS</p>	<p>28</p> <p>1:00 Men's Cards</p>	<p>29</p> <p>Winter Fest 10:00 PALS 1:30 Pfeffer</p>	<p>30</p> <p>See February calendar on next page</p> 



Saint Peter Senior Center

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Winter Fest → Jan. 29- Feb. 7 	1 10:00 PALS	2 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	3 10:00 PALS	4 3-4pm NAPS 2-4 pm Medicare/ Insurance Help 1:00 Men's Cards	5 10:00 PALS 1:30 Pfeffer	6 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
7	8 10:00 PALS	9 1:00-Sr. Dance 1:00 (500 Cards) 1:15 Bridge	10 10:00 PALS GAC Buffet	11 1:00 Men's Cards	12 10:00 PALS 1:30 Pfeffer	13
14 Happy Valentines Day!	15 President's Day Senior Center- CLOSED NO-PALS	16 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	17 10:00 PALS	18 1:00 Men's Cards	19 10:00 PALS 1:30 Pfeffer	20
21	22 10:00 PALS	23 1:00 (500 Cards) 1:15 Bridge	24 10:00 PALS	25 1:00 Men's Cards	26 10:00 PALS 1:30 Pfeffer	27
28	29 10:00 PALS					

Monthly/Weekly Activities

SUBT Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

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. 7 & Feb. 4
3:00 ~ 4:00 p.m.

Foot Clinics

Tues., Jan. 5 & 19
Tues., Feb. 2 & 16

Community Center
Rm #215 (enter door B)
Fee: \$25.00

Call 934-0667 for an appt.



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



Medicare/ Insurance Counseling Help

January 7 & February 4
2:00-4:00 pm at the Senior Center
One-on-One Help.

Call Sylvia @ 934-7227 with questions
Sponsored by MN River Area Agency on Aging

BUFFET LUNCH AT GUSTAVUS

Wed., Jan. 13 & Feb. 10
11:00—12:30

Senior Price \$6.75



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, January 12— 1:00 p.m.-4:00 p.m.
Music by: Lyndon Peterson

Tuesday, February 9— 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

Mon., Dec 21- Fri., Jan 29- (no class Dec 25, Jan 1 & 18)
Mon, Wed, & Fri 10:00-11:00 am
Mon., Feb 8- Mar. 18- (no class Feb 15)
Mon, Wed, & Fri 10:00-11:00 am
Cost \$25.00

Make checks payable to Nicollet County Public Health

St. Peter Community Center (Rm 310A)

A health and fitness program designed to help older adults (men & women),
be more active.

Register @ the Recreation office or Call Sylvia at 934-7227 .

Other Events

"Do you have concerns about falling?"

Come join us at a Matter of Balance Class.

Thursdays: March 17–May 5 1:00–3:00 pm

St. Peter Public Library Room FREE of charge

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

Classes are held for 8 weeks and are led by trained leaders

Register by calling VINE, 386-5586 or Senior Center, 934-7434.

Sponsored by MN River Area Agency on Aging, St. Peter Sr. Center and VINE

Alzheimer's Association

First Saturday of each month 9:30-11 am
Benedictine Health Center, 1907 Klein St.

Monthly Caregivers Meetings

Questions, contact Molly @ 934-8283 or Jane @ 934-8817

Sponsored by Benedictine Health Ctr. &

alz.org | [alzheimer's](http://alzheimer's.org) association



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Tue., Jan 26 1:00– 5:00 pm

4 hr. Mon., Feb 22 1:00– 5:00 pm

8 hr. Mon & Tues., Mar 14 & 15 5:30– 9:30pm

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

WINTER FEST ACTIVITES



January 29 -February 7, 2016

Medallion Hunt

Jan. 30th– Firemen Youth Fishing Contest

Hallett's Pond

Feb. 6th-Polar Plunge

Hallett's Pond

Watch for further details in the St. Peter Herald.

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.

Pickelball



*The game is played on a badminton size court with wooden paddles and a whiffle ball.
Paddles and balls provided.*

*Every Wednesday 6–8pm
St. Peter Community Ctr. Gym*

No registration required, just show up and play!

Breakfast at the River



No Breakfasts in January and February

Save the Date....

Tues., March. 15th 8:30-9:30 am– Speaker: Sara Hewitt, Sweet Cheeks Honey Business & Family Farm

Cost: \$9.00 (includes breakfast & tip)

To register call Sylvia 934-7434 or Community Ed. 934-3048

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.

