

# Saint Peter Senior Center

## September 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3-4 pm-NAPS 2-4 pm Medicare/ Insurance Help  1:00 Men's Cards	2  10:00 PALS 1:30 Pfeffer	3  9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
4	5  Labor Day Sr. Center <b>CLOSED</b>	6  FOOT CLINIC  1:00 (500 Cards) 1:15 Bridge	7  10:00 PALS	8  1:00 Men's Cards	9  10:00 PALS 1:30 Pfeffer	10
11	12  10:00 PALS	13  8:30 Sr. Breakfast 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	14  GAC Buffet 10:00 PALS	15  47ro " Senior Expo  1:00 Men's Cards	16  10:00 PALS 1:30 Pfeffer	17
18	19  10:00 PALS	20  FOOT CLINIC  1:00 (500 Cards) 1:15 Bridge	21  10:00 PALS	22  1:00 Men's Cards	23  10:00 PALS 1:30 Pfeffer	24
25	26  10:00 PALS	27  1:00- Matter of Balance  1:00 (500 Cards) 1:15 Bridge 6:30- VINE Presentation	28  10:00 PALS	29  1:00- Matter of Balance 1:00 Men's Cards	30  10:00 PALS 1:30 Pfeffer	October calendar on bYI hdU[ Y 

# Saint Peter Senior Center

## October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
<b>2</b>	<b>3</b> 10:00 PALS	<b>4</b> FOOT CLINIC 1:00– Matter of Balance 1:00 (500 Cards) 1:15 Bridge 6:30—VINE Presentation	<b>5</b> 10:00 PALS	<b>6</b> 3-4pm NAPS 2-4 pm Medicare/ Insurance Help 1:00– Matter of Balance 1:00 Men’s Cards	<b>7</b> 10:00 PALS 1:30 Pfeffer	<b>8</b>
<b>9</b>	<b>10</b> 10:00 PALS	<b>11</b> 1:00– Sr. Dance 1:00– Matter of Balance 1:00 (500 Cards) 1:15 Bridge 6:30– VINE Presentation	<b>12</b> GAC Buffet 10:00 PALS	<b>13</b> 1:00– Matter of Balance 1:00 Men’s Cards	<b>14</b> 10:00 PALS 1:30 Pfeffer	<b>15</b>
<b>16</b>	<b>17</b> 10:00 PALS	<b>18</b> FOOT CLINIC 1:00– Matter of Balance 8:30– Sr. Breakfast 1:00 (500 Cards) 1:15 Bridge	<b>19</b> 10:00 PALS	<b>20</b> 1:00– Matter of Balance 1:00 Men’s Cards	<b>21</b> 10:00 PALS 1:30 Pfeffer	<b>22</b>
<b>23</b>	<b>24</b> 10:00 PALS	<b>25</b> 1:00 (500 Cards) 1:15 Bridge	<b>26</b> 10:00 PALS	<b>27</b> 1:00 Men’s Cards	<b>28</b> 10:00 PALS 1:30 Pfeffer	<b>29</b>
<b>30</b> 	<b>31</b> Happy Halloween! 10:00 PALS					

# Monthly/Weekly Activities

## Saint 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., Sept. 1 & Oct. 6  
3:00 ~ 4:00 p.m.**

### Foot Clinics

Tues., Sept. 6 & 20  
Tues., Oct 4 & 18

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

**September 1 & October 6  
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., September 14 & October 12  
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, September 13— 1:00 p.m.-4:00 p.m.  
Music by: Don Klossner

Tuesday, October 11— 1:00 p.m.-4:00 p.m.  
Music by: Larry Novotny

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

**ENHANCE  
FITNESS**

Exercise classes designed for older adults

**August 29- October 7 ( No class Sept 5)**

Mon, Wed, & Fri 10:00-11:00 am

**October 10- November 18 (no class Nov. 11)**

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

## **Matter of Balance**

Do you have concerns about falling?

**Tuesdays and Thursdays**

**Sept 27– Oct 20 1-3 pm**

**St. Peter Public Library**

Classes are held for four weeks and are led by trained leaders. Register by calling Karen at VINE, 507-386-5586 or Sylvia at 507-934-7434

Sponsored by the Senior Center, VINE & MN River Area Agency on Aging.

## **Tips & Tools for Navigating Change and Embracing Aging**

Join VINE staff members in this three part series of timely conversations

- ◆ Working through Changes in our Lives: **Tues., Sept 27 6:30-7:30pm**
- ◆ Supporting Family Members & Friends Experiencing Memory Loss: **Tues., Oct. 4 6:30-7:30pm**
- ◆ Five Wishes: **Tues. Oct. 11 6:30-7:30pm**

Register by calling 507-934-3048

Sponsored by the Senior Center, Community & Family Education, VINE.

## **"Medicare Part D Enrollment"**

**Thurs., Nov. 10 9:00– 4:00 pm**

**Appointments needed.**

**Call Senior Linkage Line, 1-800-333-2433 to make your appointment.**

Senior Linkage Line staff and volunteers will be available to help you review, choose, and enroll in a Part D plan.



In need of disposing unneeded medications properly? Nicollet County offers a safe disposal medication program

Leave your medication in the original bottle, bring it to the Take it to the Box medication disposal box.

Box open 24/7

Nicollet County Sheriff's Office

First Floor Lobby

501 S. Minnesota Ave., St. Peter, MN

## **Nicollet County Offers Sharps Disposal**

### **HOW do I dispose?**

Collect needles/sharps in a hard sided container with a closure.

**COST to dispose? FREE**

**WHEN is it available?**

Monday – Friday 8:00 am- 4:30 pm  
**WHERE do I take my container?**

**Nicollet County Public Health Office**

Health & Human Services Building

622 S. Front Street, St. Peter, MN

Questions? Call 507-934-7220



## **AARP Driver's Safety Classes**

Classes meet in the St. Peter Community Center

4 hr. Thurs., Oct 6 5:30-9:30pm

8 hr. Mon./Tues. Sept 12 & 13 5:30-9:30 pm

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

## **Senior Breakfast at Whiskey River**



**Tues., Sept 13– 8:30– 9:30 am**

Guest Speaker: Kristine Harmon of Good Samaritan Home Care will be discussing the Lifeline Medical Alert System and other home care services provided.

**Tues., Oct 18– 8:30– 9:30 am**

Guest Speaker: Edna Thayer, Author of *Mirthful Spirit-Embracing Laughter for Health* will be speaking about "Humor for the Health of It."

**Cost: \$9.00**

Register by calling Sylvia at 507-934-7434

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

