



Saint Peter Senior Center

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10-11:00 PALS	3 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	4 10-11:00 PALS	5 3-4 pm NAPS Medicare Help by appt 1:00 Men's Cards	6 10-11:00 PALS 1:30 Pfeffer	7 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
8	9 10-11:00 PALS	10 1:00-4:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	11 10-11:00 PALS GAC Buffet	12 1:00- "Welcome to Medicare" 1:00 Men's Cards	13 10-11:00 PALS 1:30 Pfeffer	14
15	16 10-11:00 PALS	17  FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	18 10-11:00 PALS	19 1:00 Men's Cards	20 10-11:00 PALS 1:30 Pfeffer	21
22	23 10-11:00 PALS	24 1:00 (500 Cards) 1:15 Bridge	25 10-11:00 PALS	26 1:00 Men's Cards	27 10-11:00 PALS 1:30 Pfeffer	28
29	30 10-11:00 PALS	31 1:00 (500 Cards) 1:15 Bridge				See April calendar on next page 

Saint Peter Senior Center April 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10-11:00 PALS	2 3:00-4:00 NAPS Medicare Help by Appt 1:00 Men's Cards 10:15-Matter of Balance	3 10-11:00 PALS 1:30 Pfeffer	4 9:30-11:00 Alzheimers/Dementia Support Meeting @ Benedictine
5 Happy Easter!	6 10-11:00 PALS	7 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	8 GAC Buffet 10-11:00 PALS	9 1:00 Men's Cards 10:15-Matter of Balance 4:00-8:00-Progressive Dinner	10 10-11:00 PALS 1:30 Pfeffer	11
12	13 10-11:00 PALS	14 1:00-4:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	15 10-11:00 PALS	16 1:00 Men's Cards 10:15-Matter of Balance	17 10-11:00 PALS 1:30 Pfeffer	18
19	20 10-11:00 PALS	21 FOOT CLINIC 8:30 Senior Breakfast 1:00 (500 Cards) 1:15 Bridge	22 8:30 -"Senior Surf" St. Peter Library 10-11:00 PALS	23 1:00 Men's Cards 10:15-Matter of Balance	24 10-11:00 PALS 1:30 Pfeffer	25
26	27 10-11:00 PALS	28 1:00 (500 Cards) 1:15 Bridge	29 10-11:00 PALS	30 1:00 Men's Cards 10:15-Matter of Balance		

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., Mar. 5 & Apr. 2
3:00 ~ 4:00 p.m.

Foot Clinics

Tues., Mar. 3rd & 17th ;
Tues., Apr. 7th & 21st

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

March 5 and April 2
by appointment at the Senior Center
One-on-One Help.

Call Sylvia @ 934-7227 for an appointment.
Sponsored by MN River Area Agency on Aging

BUFFET LUNCH AT GUSTAVUS

Wed., March 11 & April 8
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, March 10— 1:00 p.m.-4:00 p.m.
Music by: Don Klossner

Tuesday, April 14— 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., March 9 -Fri., April 10

&

Mon., April 13 -Fri., May 15
Mon, Wed, & Fri from 10:00-11:00 am
Cost \$25.00

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 934-7227 .

Other Events

"Do you have concerns about falling?"

Come join us at a Matter of Balance Class.

Thursdays: April 2–May 21 10:15–12:15pm

St. Peter Community Center Library

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



"Senior Surf"

Everything you ever wanted to know, about the internet! Learn how to use e-mail to stay connected with friends & family.

Wed., April 22nd 8:30–10:30am

St. Peter Public Library (Enter thru Door A)

Register by calling Sylvia @ 934-7434 or Senior LinkAge Line @ 1-800-333-2433

Sponsored by: St. Peter Senior Center & MN River Area Agency on Aging



Tax Preparation Assistance

Taxpayers who are low income earners or sr. citizens may be eligible for free help with preparing their taxes.

Call Comm. Ed to schedule an appointment @ 934-3048

Appointments only on Wednesdays:
Thru April 8th.

SAVE THE DATE...



*in honor of Mother's Day,
First National Bank & St. Peter
Senior Center are hosting:*

An Afternoon of Tea

Thurs., May 14th 1:00pm

Cost is \$5.00 per guest

*Refreshments will be served and Prizes
Questions? Contact Sylvia @ 934-7227
Or Lisa @ 931-4000*

"Welcome to Medicare"

Thurs., March 12th 1:00-3:00pm

Minnesota Area Agency on Aging will be offering an introductory class on Medicare.

Register by calling Sylvia @ 934-7434

Sponsored by the St. Peter Senior Center & MN River Area Agency on Aging



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Tues., Mar. 24th 5:45–9:45 pm

4 hr. Tues., Apr. 21st 1:15–5:15 pm

8 hr. Mon & Tues., May 4 & 5 5:45–9:45pm

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

Breakfast @ the River for Seniors

Tuesday., April 21st 8:30am

Guest Speaker Scott Moeller
from the Gustavus College Arboretum

Cost \$8.00

(includes beverage & tip.)

To sign up call Sylvia @ 934-7434 or Community Ed @ 934-3048



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.