

# St. Peter Senior Center

## January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Senior Center CLOSED Happy New Year!	2 10-11:00 PALS 1:30 Pfeffer	3
4	5 10-11:00 PALS	6 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	7 10-11:00 PALS	8 1:00 Men's Cards	9 10-11:00 PALS 1:30 Pfeffer	10
11	12 10-11:00 PALS	13 1:00-4:00 Sr. Dance 1:00 (500 Cards) in lobby 1:15 Bridge in SP Rm	14 10-11:00 PALS GAC Buffet	15 3-4 pm NAPS Medicare Help by apt 1:00 Men's Cards	16 10-11:00 PALS 1:30 Pfeffer	17
18	19 NO PALS Senior Center CLOSED Martin Luther King Jr. Holiday	20 FOOT CLINIC 1:00 (500 Cards) in lobby 1:15 Bridge in SP Rm	21 10-11:00 PALS	22 1:00 Men's Cards	23 10-11:00 PALS 1:30 Pfeffer	24 4:00-BINGO Fundraiser @ the Redman Club
25	26 10-11:00 PALS	27 1:00 (500 Cards) 1:15 Bridge	28 10-11:00 PALS	29 1:00 Men's Cards	30 10-11:00 PALS 1:30 Pfeffer	31 See February calendar on page 2 



# St. Peter Senior Center

## February 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February is Heart Health Month						
1	2 10-11:00 PALS	3 FOOT CLINIC  1:00 (500 Cards)	4  10-11:00 PALS	5 3:00-4:00 NAPS Medicare Help by Apt  1:00 Men's Cards	6  10-11:00 PALS 1:30 Pfeffer	7
WINTER FEST ACTIVITIES THRU February 8th						
8	9  10-11:00 PALS	10 1:00-4:00 Sr. Dance  1:00 (500 Cards) 1:15 Bridge	11 GAC Buffet  10-11:00 PALS	12  1:00 Men's Cards	13  10-11:00 PALS 1:30 Pfeffer	14 Happy Valentine's Day!
15	16 NO PALS Senior Center CLOSED President's Day	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 Senior Center CLOSED No Bridge or 500	25  10-11:00 PALS	26  1:00 Men's Cards	27  10-11:00 PALS 1:30 Pfeffer	28

# Monthly/Weekly Activities

## St. 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. 15th & Feb 5th  
3:00 ~ 4:00 p.m.**

### Foot Clinics

Tues., Jan. 6th & 20th ;  
Tues., Feb. 3rd & 17th

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 15th & February 5th  
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., Jan. 14th & Feb. 11th  
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, Jan. 13th— 1:00 p.m.-4:00 p.m.  
Music by: Cletus Goblisch

Tuesday, Feb. 10th— 1:00 p.m.-4:00 p.m.

Music by: Bud Berhow-"Valentine's Dance"  
Sponsored by First National Bank



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. 29 -Fri., Jan. 30

&

Mon., Feb. 2 -Fri., March 6

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 want to play CRIBBAGE?"

Come join us at Heritage Meadows for some fun playing cribbage

**Every Wednesday, starting Jan. 7th @ 2pm**

Heritage Meadows Senior Living Community

1302 W. Traverse Road

All cribbage players are welcome.

No reservations needed.

Questions? Call 931-8545.



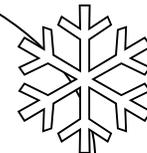
## WINTER FEST ACTIVITES

January 30-February 8, 2015

1st Medallion Clue released  
@ 6:01pm -Jan. 30th

Feb. 7th-Polar Plunge @TBA  
Hallett's Pond

Watch for further details in the  
St. Peter Herald.



## BINGO

Fundraiser for the Senior Activities  
Come and Support the  
Senior Center.

**Sat., January 24th @ 4pm**  
Red Men Club, 412 S. 3rd St., St. Peter



## 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*

## 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.



## AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Thurs., Jan.. 8th 1:15-5:15 pm

4 hr. Tues., Feb. 10th 1:15-5:15 pm

8hr.—Both Tue. & Wed. Feb. 17 & 18 1:15-5:15 pm

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

## Breakfast @ the River for Seniors

No Breakfast January-March



**Save the Date.....Tues., April 21st**  
Scott Moeller, from the Gustavus Arboretum will be speaking.

**Watch for Further Details**

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.

