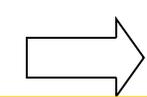




Saint Peter Senior Center

July 2014



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|-----------|---|---------------------|--|--|---|
| | | 1 FOOT CLINIC 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 2 | 3 9:00 PALS 3:00-4:00 NAPS By Apt-Medicare Help 1:00 Men's Cards | 4  <u>Sr. Center CLOSED</u> | 5 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine |
| 6 | 7 | 8 1:00-4:00 Sr. Dance 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 9 GAC Buffet | 10 9:00 PALS 1:00 Men's Cards | 11 1:30 Pfeffer | 12 |
| 13 | 14 | 15 FOOT CLINIC 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 16 | 17 9:00 PALS 1:00 Men's Cards 9:30-"Smartphone" Talk | 18 1:30 Pfeffer | 19 |
| 20 | 21 | 22 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 23 | 24 9:00 PALS 1:00 Men's Cards | 25 1:30 Pfeffer | 26 |
| 27 | 28 | 29 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 30 | 31 9:00 PALS 1:00 Men's Cards | 1:30 Pfeffer |  |



St. Peter Senior Center

August 2014



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---|--|---|---|---|
| | | | | | 1 1:30 Pfeffer | 2 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine |
| 3 | 4 | 5 FOOT CLINIC 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 6 —Nicollet County Fair August 6-10— | 7 3:00-4:00 NAPS By Apt-Medicare Help 9:00 PALS 1:00 Men's Cards | 8 Senior Day @ the Fair 1:00pm No Pfeffer | 9 —Nic Co. Fair— |
| 10 -Nic Co Fair— | 11 | 12 1:00-4:00 Sr. Dance 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 13 GAC Buffet | 14 9:00 PALS 1:00 Men's Cards | 15 1:30 Pfeffer | 16 |
| 17 | 18 | 19 FOOT CLINIC 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 20 | 21 9:00 PALS 1:00 Men's Cards | 22 1:30 Pfeffer | 23 |
| 24 | 25 | 26 9:00 PALS 1:00 (500 Cards) 1:15 Bridge | 27 | 28 9:00 PALS 1:00 Men's Cards "State Fair Trip" | 29 1:30 Pfeffer | 30 |
| 31  | | |  |  |  | |

Monthly/Weekly Activities

St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

Breakfast @ the River

**No Breakfast
in June and July**



*Stay tuned
for future Breakfast at the River Dates*

Medicare/ Insurance Counseling Help

1st Thursday of each Month By Appointment

July 3 and Aug 7@ the Sr. Center

One-on-One Help.

Call Sylvia @ 934-7227 for an appointment.

Foot Clinics

Tues., July 1st & Tues., July 15th;

Tues., Aug 5th & Tues., Aug 19th

Community Center
Rm #215 (enter door B)
Fee: \$24.00



Call 934-0667 for an appt.

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., July 3 & Aug 7
3:00 ~ 4:00 p.m.**

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



BUFFET LUNCH AT GUSTAVUS

Wed., July 9 & August 13

11:00—12:30

Senior
Price \$6.50



**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, July 8— 1:00 p.m.-4:00 p.m.

Music by: Lyndon Peterson

Tuesday, August 12— 1:00 p.m.-4:00 p.m.

Music by: Luverne Wanous

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

July 15-August 28

Tue. & Thurs. from 9:00-10:00 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

Volunteers Needed!

At the Nic. Co. Fair

Aug. 6-10, 2014

Volunteers needed to watch Johnson Hall exhibits. For more information or to sign up contact Joni Anderson @ 380-6691 or email jonigailanderson@gmail.com

OUTSTANDING SENIOR CITIZEN NOMINATION

Nominations are being sought for the 2014 Outstanding Senior Citizen Award for Nicollet County. Winners will be announced @ the Nicollet Co. Fair on Aug. 8th.

*Nomination forms are available by contacting Sylvia at 934-7227.

Deadline for nominations is July 15,



Nicollet County Fair "Senior Day"



Friday, August 8th

The 2014 Outstanding Seniors, Farm Family and Century Farms will be announced in the Johnson Hall @ 1:00pm.

Entertainment & Refreshments provided

Make sure to visit the Nicollet County Fair this year!...
Wed., August 6th -Sun, August 10th.



"Don't Let your Smartphone Out Smart You!"

Come learn the basics of using your smartphone (cell phone)

Thursday, July 17th 9:30-10:30 am

St. Peter Senior Center, 600 S. Washington Ave (Door B)

Representatives from First National Bank and Best Buy will be available to help and answer any of your questions.

Refreshments Provided

Sponsored by: First National Bank, Best Buy and St. Peter Senior Center



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Tues., Aug 12th 5:45-9:45 pm

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

8hr.—Both Tues & Wed.. Sept. 23 & 24 1:15-5:15 pm

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

"The Great Minnesota Get-Together"

Join us for a great day @ the State Fair!



When: Thurs, Aug., 28
Departing @7:45 am
(From treaty site museum)
Returning @5:00 pm
Cost: \$25.00
(includes entrance fee & transportation)

Questions? or to sign up for this trip!! Call 931-3310.

⇒ **SAVE THE DATE!**
SEPTEMBER 18, 2014
2:00-5:00 pm

**ST. PETER BOOMERS & BEYOND
EXPO @ THE COMMUNITY CENTER**
600 S. Washington Ave., St. Peter

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.

