

St. Peter Senior Center

March 2016



Everyone's Irish
On March 17th.

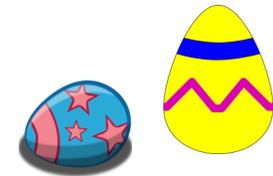


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	2 10:00 PALS	3 3-4 pm-NAPS 2-4 pm Medicare/ Insurance Help 1:00 Men's Cards	4 10:00 PALS 1:30 Pfeffer	5 9:30-11:00 Alzheimers/ Dementia Support Meeting @ Benedictine
6	7 10:00 PALS	8 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	9 GAC Buffet 10:00 PALS	10 7:00 –Author “Allen Eskens”at Treaty Site 1:00 Men's Cards	11 10:00 PALS 1:30 Pfeffer	12
13	14 10:00 PALS	15 8:30-Sr. Breakfast FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	16 10:00 PALS	17  1:00-Matter of Balance 1:00 Men's Cards	18 10:00 PALS 1:30 Pfeffer	19
20 First Day of Spring	21 10:00 PALS	22 4:30- Program at Heritage Meadows 1:00 (500 Cards) 1:15 Bridge	23 10:00 PALS	24 1:00- Matter of Balance 1:00 Men's Cards	25 10:00 PALS No- Pfeffer	26
27 Easter	28 10:00 PALS	29 1:00 (500 Cards) 1:15 Bridge	30 10:00 PALS	31 1:00- Matter of Balance 1:00 Men's Cards		April calendar on other side 



St. Peter Senior Center

April 2016



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

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., Mar. 3 & Apr. 7

3:00 ~ 4:00 p.m.

Foot Clinics

Tues., Mar. 1 & 15
Tues., Apr. 5 & 19

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 3 & April 7

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., Mar. 9 & Apr. 13
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 8— 1:00 p.m.-4:00 p.m.

Music by: Bud Berhow

Tuesday, April 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

March 21- April 29

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

May 2- June 3 - (no class May 30)

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

INTRODUCING... Books in a Bag

If you belong to a book club, St. Peter Public Library now has Books in a Bag available to check out. Each bag contains eight copies of the same title along with a folder containing book discussion questions and other information regarding the book.

Bags may be checked out for six weeks at a time.

Please contact the Library at 934-7420 for more information

Sponsored by the Friends of the St. Peter Library.

Keeping Mom & Dad Safe at Home

Tuesday, March 22 4:30-5:30
Heritage Meadows, 1302 W. Traverse Road

Enjoy refreshments while listening to Tony Shaikoski (certified occupational therapist) talk about adaptive equipment, fall prevention, home environment modifications and other ways to keep safe in the home.

Register by calling 931-8545
Sponsored by Good Samaritan Home Care— St. Peter



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Mon., Mar 21 5:30- 9:30 pm

4 hr. Thurs., Apr 14 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

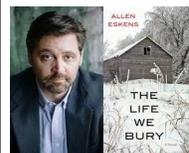


Tax Preparation Assistance

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 13h.

Join the St. Peter Reads ...with Allen Eskens



Thursday March 10, 2016 7pm
Treaty Site History Center, 1851 N. MN Ave.
St. Peter

Free Author Talk —Open to the Public



"Welcome to Medicare"

Thurs., April 21 3:00-5:00pm

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

Breakfast & Speaker @ Whiskey River



Tues., March. 15th 8:30-9:30 am—

Speaker: Sara Hewitt, Sweet Cheeks Honey Business & Family Farm

Tues., April 19th 8:30-9:30 am—

Speaker: John Nelson, Pet Expo-attracting birds to your feeders

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 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.

