



St. Peter Senior Center

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine
2	3 10-11:00 PALS	4 FOOT CLINIC 10:15 -Matter of Balance Class 1:00 (500 Cards) 1:15 Bridge	5 10-11:00 PALS	6 3:00-4:00 NAPS Medicare Help by Apt. 1:00 Men's Cards	7 10-11:00 PALS 1:30 Pfeffer	8 " Rake the Town" Call VINE 387-1666
9	10 1-3:00-Matter of Balance Class 10-11:00 PALS	11 Senior Center CLOSED Veteran's Day	12 10-11:00 PALS GAC Buffet 2:00-Roadshow Antique	13 1:00 Men's Cards	14 10-11:00 PALS 1:30 Pfeffer	15
16	17 10-11:00 PALS	18 1:00-4:00 Sr. Dance 10:15 -Matter of Balance Class 1:00 (500 Cards) 1:15 Bridge	19 9-3:30-Medicare Open Enrollment by appt. 10-11:00 PALS	20 FOOT CLINIC 1:00 Men's Cards	21 10-11:00 PALS 1:30 Pfeffer	22
23/30	24 10-11:00 PALS	25 10:15 -Matter of Balance Class 1:00 (500 Cards) 1:15 Bridge	26 10-11:00 PALS	27 CLOSED Thanksgiving Day	28 CLOSED No PALS Class or Pfeffer	29 See December & more on the next pages 



St. Peter Senior Center

December 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10-11:00 PALS	2 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	3 10-11:00 PALS	4 3:00-4:00 NAPS Medicare Help by Apt 1:00 Men's Cards	5 10-11:00 PALS 1:30 Pfeffer	6 9:30-11:00 Alzheimer's/ Dementia Support Meeting @ Benedictine
7	8 10-11:00 PALS	9 1:00-4:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	10 GAC Buffet 10-11:00 PALS	11 1:00 Men's Cards	12 10-11:00 PALS 1:30 Pfeffer	13
14	15 10-11:00 PALS	16 FOOT CLINIC 8:30-Sr. Breakfast @ the River 1:00 (500 Cards) 1:15 Bridge	17 10-11:00 PALS	18 1:00 Men's Cards	19 10-11:00 PALS 1:30 Pfeffer	20
21	22	23 1:00 (500 Cards) 1:15 Bridge	24 Christmas Eve Senior Center CLOSED	25 Merry Christmas  Senior Center CLOSED	26 Senior Center CLOSED No Pfeffer	27
28	29 10-11:00 PALS	30 Senior Center CLOSED No Bridge or 500	31 New Year's Eve 10-11:00 PALS	"Happy New Year" 		

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., Nov. 6th & Dec. 4th
3:00 ~ 4:00 p.m.**

Foot Clinics

Tues., Nov. 4 & Thurs, Nov. 20;
Tues., Dec. 2 & Tues., Dec. 16

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

1st Thursday of each Month By Appointment

Nov. 6th & Dec. 4th @ the Sr. Center

One-on-One Help.
Call Sylvia @ 934-7227 for an appointment.

BUFFET LUNCH AT GUSTAVUS

Wed., Nov. 12 & Dec. 10
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, Nov. 18th— 1:00 p.m.-4:00 p.m.

Music by: Bud Berhow

Tuesday, Dec. 9— 1:00 p.m.-4:00 p.m.

Music by: Lyndon Peterson

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

Mon., Nov. 17-Fri., Dec. 19

&

Mon., Dec. 29-Fri., Jan 30

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



"Rake the Town 2014"

Rakers will be available to help in North Mankato, St. Peter and in other communities within Blue Earth & Nicollet County

Saturday, November 8th



Call the VINE office at 387-1666 to sign up to get your raking done or to volunteer to help.

Medicare Annual Open Enrollment

Wed., Nov., 19th 9-3:30pm

If you wish to change Medicare Part D or Medicare Advantage coverage for 2015, all changes must be made during open enrollment time (Oct. 15-Dec. 7th)

Trained Counselors from the Senior Linkage Line will be available by appointment Nov. 19 @ St. Peter Senior Center,

To make an appointment. call Sylvia @ 934-7227

DRIVE for a CAUSE Meals on Wheels

A door-to-door meal delivery for Seniors

YOU CAN HELP...It only takes ONE HOUR!

Choose your day, week or month.

Mileage for entire route is sponsored by:

Common Good RSVP

&

Lutheran Social Service of Minnesota

Interested? Call Rosie at 507-934-8850



Is it trash? Or is it treasure?

Find out at Roadshow Antiques, to be held at the Senior Center,

Wed., November 12th 2:00-4:00pm

St. Peter Senior Center

You're invited to bring your treasures for an appraisal by Carol Bode., antique dealer from New Ulm MN. She held a Roadshow Antiques at last year's Senior Expo and is returning by popular demand.

Please do not bring gemstones or firearms.

This event FREE to attend

RSVP to Lisa at 507-484-2203 or Sylvia at 507-934-7434

Sponsored by Ecumen -St. Peter and St. Peter Senior Center.



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Thurs., Nov. 6th 5:45-9:45 pm

4 hr. Tues., Dec. 2nd 1:15-5:15 pm

8hr.—Both Mon. & Tue. Nov. 10 & 11 5:45-9:45 pm

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

Breakfast @ the River for Seniors



Tues., Dec. 16th @ 8:30 am

Enjoy Christmas Music from the St. Peter High School Choir & Superintendent Dr. Paul Peterson will be speaking

Pay @Whiskey River, \$8 includes breakfast & tip.

Register by calling the Sr. Center @ 934-7227 or Comm 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.

