



Saint Peter Senior Center

September 2015



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 Labor Day Sr. Center CLOSED	8 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	9 GAC Buffet 10:00 PALS	10 1:00 Men's Cards	11 10:00 PALS 1:30 Pfeffer	12
13	14 10:00 PALS	15 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	16 10:00 PALS	17 2:00 Sr. Expo @ the Community Center 1:00 Men's Cards	18 10:00 PALS 1:30 Pfeffer	19
20	21 10:00 PALS	22 1:00 (500 Cards) 1:15 Bridge	23 10:00 PALS	24 6:00 Paint & Create 10:15 Matter of Balance 1:00 Men's Cards	25 10:00 PALS	26
27	28 10:00 PALS	29 1:00 (500 Cards) 1:15 Bridge	30 10:00 PALS			See October calendar next page 



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18	19 10:00 PALS	20 8:30- Sr. Breakfast FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	21 10:00 PALS	22 Medicare Part D Enrollment-by appt. 10:15 Matter of Balance 1:00 Men's Cards	23 10:00 PALS 1:30 Pfeffer	24
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Monthly/Weekly Activities

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., Sep 3 & Oct 1
3:00 ~ 4:00 p.m.**

Foot Clinics

Tues., Sept 1 & 15
Tues., Oct 6 & 20

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

**September 3 & October 1
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., Sept. 9 & Oct. 14
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, September 8— 1:00 p.m.-4:00 p.m.
Music by: Don Klossner

Tuesday, October 13— 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

**ENHANCE
FITNESS**

Exercise classes designed for older adults

Mon., Aug. 31- Fri., Oct. 2- (no class Sept 7)
Mon., Oct 5- Fri., Nov 6
Mon., Nov 9- Fri., Dec 18- (no class Nov 11 & 27)
Mon, Wed, & Fri 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



St. Peter Boomers & Beyond

Thursday, September 17, 2015

St. Peter Community Center 600 Washington Avenue

2-4 pm Vendor tables, flu shots, health screenings, chair massages

2:30- 3:30 pm Entertainment by Pengra & Arsenault

4- 5 pm Jim Klobuchar, MN journalist, author, and travel guide

(Entertainment & Speaker will be held in the Senior Center Rm #219)

Refreshments and door prizes

This program is made possible with funds provided by the St. Peter Tourism and Visitors Bureau.

Paint & Create

Thurs., Sept. 24th 6 pm

St. Peter Senior Center

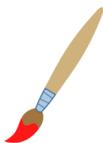
Paint on canvas; no experience required!

Cost \$35.00 (includes supplies & hors d' oeuvres)

Call Sylvia at 934-7434 to register

Proceeds benefit the Senior Center

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



Living a Healthy Life with Chronic Conditions

Thursdays from 1:30-4 pm

October 1 - November 5

River's Edge Hospital & Clinic

A class designed to help people with
chronic conditions take charge of
their life.

Register by calling 934-8476

A Matter of Balance

Learn to improve your balance,
flexibility, and strength.

Every Thursday
September 24-November 12
10:15-12:15 pm

Call Sylvia 934-7434 to register

Sponsored by MN River Area Agency on
Aging, St. Peter Senior Center and VINE.



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Tue., Sept 15 5:45- 9:45 pm

4 hr. Mon., Oct 12 1:00- 5:00 pm

8 hr. Mon & Tues., Sep 21 & 22 1:15- 5:15pm

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

Breakfast at the River

Tues., October 20th 8:30-9:30 am

Guest Speaker:

Christian Lillienthal and his exotic pets



Cost: \$8.00 (includes breakfast & tip)
To register call Sylvia 934-7434 or Community Ed. 934-3048
by October 15th

Medicare Part D Enrollment

Thursday, Oct. 22nd & Nov. 30th

Senior Linkage Line staff and volunteers will be available
to help you review and enroll in a Part D plan.

Appointments are available from 9- 4 pm
by contacting Sylvia at 934-7434

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.

