



Saint Peter Senior Center

May 2015



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 2:00-Tea @ Prairie Hill	6 9:00-11:00 "Welcome to Medicare" 10:00 PALS	7 3:00-4:00 pm NAPS 2-4 pm Medicare Help 10:15 -Matter of Balance 1:00 Men's Cards	8 10:00 PALS 1:30 Pfeffer	9
10 Happy Mother's Day!	11 10:00 PALS	12 2:00-7:00 Sr. Expo @ Mkto 1:00 Sr. Dance 1:00 (500 Cards) 1:15 Bridge	13 10:00 PALS GAC Buffet	14 1:00 Men's Cards 10:15-Matter of Balance	15 10:00 PALS 1:30 Pfeffer	16 Author Brunch 9:30-noon Speaker: Michael Perry Jackson Campus, GAC
17	18 10:00 PALS	19 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	20 10:00 PALS	21 10:00 PALS 1:00 Men's Cards 10:15-Matter of Balance	22 1:30 Pfeffer	23 
24/31 	25 Memorial Day- SENIOR CENTER CLOSED	26 1:00 (500 Cards) 1:15 Bridge	27 10:00 PALS	28 10:00 PALS 1:00 Men's Cards 10:15-Matter of Balance	29 1:30 Pfeffer	30 See June calendar on next page 



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21 HAPPY FATHER'S DAY	22 10:00 PALS	23 FOOT CLINIC 1:00 (500 Cards) 1:15 Bridge	24 10:00 PALS	25 1:00 Men's Cards	26 10:00 PALS 1:30 Pfeffer	27
28	29 10:00 PALS	30 1:00 (500 Cards) 1:15 Bridge				
						

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., May 7 & Jun 4

3:00 ~ 4:00 p.m.

Foot Clinics

Tues., May 5 & 19

Tues., June 2 & 23

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

May 7 and June 4

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., May 13 and June 10

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, May 12— 1:00 p.m.-4:00 p.m.

Music by: Bud Berhow

Tuesday, June 9— 1:00 p.m.-4:00 p.m.

Music by: Don Klossner

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., May 18- Fri., June 19 (no class on May 25)

(May 18-28 ck location and time / June 1-19 Mon, Wed, Fri 10-11am)

&

Mon., June 22- Fri., July 24

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



50+Lifestyle Expo

Tuesday, May 12 2-7 pm

6 pm Guest Speaker: Carl Eller (Former Viking)
Verizon Wireless Center, Mankato

100 + Vendor Booths, Entertainment, Food and more.
This event is **FREE** and open to the public!

Sponsored by: Mayo Clinic Health System, The Thro Company, Mankato Clinic



In honor of Mother's Day,
Hosted by Ecumen Prairie Hill
1305 Marshall St., St. Peter

Ladies Fancy Hat Tea

Tues., May 5 2:00-3:00pm
Complimentary Event! Bring a Friend!

RSVP to Lisa Hofferbert @ 507-484-2203

Community Center

The Community Center Gym and Walking Track
will be **CLOSED**

due to re-surfacing the gym floor

Mon., May 18– Sun., May 31

The Gym and walking track will re-open on
June 1st

Thank you!

Sunday, May 10



HAPPY
FATHER'S
DAY

Sunday, June 21

"Welcome to Medicare"

Wed., May 6 9:00-11:00 am

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



AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center

4 hr. Mon., May 18 1:15- 5:15 pm

4 hr. Thur., Jun 18 5:45- 9:45 pm

8 hr. Mon & Tues., May 4 & 5 5:45-9:45pm

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

Breakfast @ the River for Seniors

Tuesday, May 19 8:30am

Speaker: Traverse Des Sioux Garden Center

Cost \$8.00

(includes beverage & tip.)

To sign up 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.

