

St. Peter Senior Center

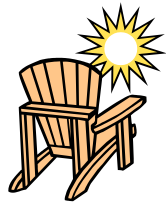
May 2012

"Older American's Month"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Foot Clinic 1:00-500 Cards 1:15 Bridge	2 10:00 PALS	3 2:30-4pm Medicare /Ins. Help 1:00 Men'sCards 3:00-4:00 NAPS	4 10:00 PALS 1:30 Pfeffer	5
6	7 5:45-9:45 AARP Driver's Safety Class 10:00 PALS	8 Sr. Dance 1:00-4:00pm 1:00-500 Cards 1:15 Bridge	9 GAC Buffet 11:15-12:15 Library's 10th Anniversary 10:00 PALS	10 1:00 Men's Cards	11 1:30 Pfeffer	12
13 Happy Mother's Day	14	15 Foot Clinic 1:00 -500 Cards 1:15 Bridge Senior Expo 9-3pm	16	17 1:00 Men's Cards	18 1:30 Pfeffer	19
20	21	22 8:30 Senior Breakfast @ the River 10:00 PALS 1:00-500 Cards 1:15 Bridge	23	24 10:00 PALS 1:00 Men'sCards	25 1:30 Pfeffer	26
27	28 Senior Center Closed Memorial Day	29 10:00 PALS 1:00 - 500 Cards 1:15 - Bridge	30	31 10:00 PALS 1:00 Men's Cards	Minnesota Senior Games May 31st-June 3rd @ MSU, Mankato	See June calendar on other side





St. Peter Senior Center June 2012



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					1 1:30 Pfeffer	2
3	4	5 Foot Clinic 10:00 PALS 1:00-500 Cards 1:15 Bridge	6	7 2:30-4pm Medicare/Ins Help 3:00-4:00 NAPS 10:00 PALS 1:00 Men's Cards	8 1:30 Pfeffer	9
10	11	12 1:00-4:00 Senior Dance @ the Legion 10:00 PALS 1:00-500 Cards 1:15 Bridge	13 GAC Buffet 11:15-12:15	14 10:00 PALS 1:00 Men's Cards	15 1:30 Pfeffer	16
17 Happy Father's Day 	18	19 10:00 PALS 1:00 -500 Cards 1:15 Bridge	20	21 10:00 PALS 1:00 Men's Cards	22 1:30 Pfeffer	23
24	25	26 8:30 Sr.Breakfast @ the River Foot Clinic 10:00 PALS 1:00-500 Cards 1:15 Bridge	27	28 10:00 PALS 1:00- Men's Cards	29 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

Breakfast at The River

Tues., May 22, "Traveling Sweden & Slovakia"

Michele Rusinko, Gustavus Dance Professor, will share her story of traveling with her son around the globe.

Tues., June 26, "Our Sister City"

Ben Leonard, Gustavus faculty and students traveled to our sister city of Petatlan, Mexico in April. Ben will present information about the experience.



Pay @Whiskey River, \$8 includes breakfast & tip.
Register by calling the Sr. Center @ 934-7434.

Medicare/ Insurance Counseling Help

1st Thursday of each Month 2:30-4pm

May 3rd and June 7th @ the Sr. Center

One-on-One Help. No appointment needed.

Sponsored by MN River Area on Aging

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:
Thur., May 3rd & June 7th
3:00 ~ 4:00 p.m.

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



Foot Clinics

Tuesdays, May 1st & 15th;
June 5th & 26th.

Community Center
Rm #215 (enter door B)
Fee: \$23.00



Call 934-0667 for an appt.

BUFFET LUNCH AT GUSTAVUS

Wed., May 9th & June 13th
11:15—12:15

Senior
Price \$6.00



Visit The Bookmark for Discounts.
No registration required just come and
enjoy a great lunch

Sponsored by The Senior Center, GAC Bookmark &
The Dining Service

Dance...Dance...Dance...

Tuesday, May 8th— 1:00 p.m.-4:00 p.m.

Music by: Cletus Goblisch

Tuesday, June 12— 1:00 p.m.-4:00 p.m.

Music by: Jolly Woodchopper

American Legion - 229 West Nassau, St. Peter

Cost: \$5 .00

Sponsored by the St. Peter Senior Center

Questions: Call Sylvia @934-0484.



P.A.L.S.
Partners in Active Living for Seniors

**ENHANCE
FITNESS**

Exercises classes designed for older adults

May 22-June 28

July 10-Aug 23 10:00-11:00

(Tuesdays & Thursdays)

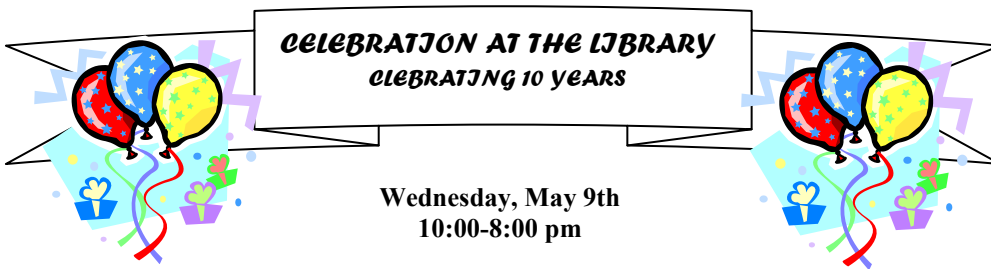
\$25 per person—Make checks payable to Nicollet County Public Health

SPCC Multi-Purpose Room 310A

A health and fitness program designed to help older adults (men & women),
be more active. Call Sylvia at 934-0484 to register.



Other Events



**Wednesday, May 9th
10:00-8:00 pm**

Special Events are planned throughout the day.

Call 934-7420 or stop at the Library for further details.

(Entertainment & Refreshments)

AARP Driver's Safety Classes

Classes meet in the St. Peter Community Center Rm#217

<u>Day</u>	<u>Date</u>	<u>Time</u>
Monday	May 7th	5:45-9:45 pm
Tuesday	June 5th	1:15-5:15 pm
Tuesday	July 10th	5:45-9:45 pm
Tuesday	Aug 21st	1:15-5:15 pm

Register by contacting Community and Family Education 934-3048 or online at www.stpetercommunityedonline.com

OUTSTANDING SENIOR CITIZEN NOMINATION

Nominations are being sought for the 2012 Outstanding Senior Citizen Award for Nicollet County. The award recognizes outstanding senior citizens who have contributed their time and talent to benefit their community after reaching the age of 65.

*Nomination forms are available by contacting Sylvia at 934-0484.
Deadline for nominations is July 6, 2012.



Your Public Health Neighbor

Individuals participating in this free program will have a daily telephone contact with a public health staff member each morning between the hours of 8:30-10 am.



Any questions or to participant in this great program contact Cheri @ The Nicollet County Public Health Office, 507-934-0459.

For Further Information or To Register Contact: →

Joshua Anderson @ Greater Mkto Convention 385-6663



At the Verizon Wireless Center, Mankato
Tuesday, May 15th 9-3pm

With Special Guest: Bud Grant @ 2:30pm

This event is **FREE** and open to the public!

This newsletter is a collaboration of: Nicollet County Senior Services & the St. Peter Senior Center.
Newsletter Requests: Please call Sylvia at 934-0484. If you would like to receive this newsletter by email or if you would like to have your name removed from the mailing list.

