



St. Peter Senior Center March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 PALS 10:00-11:00 or 1:00-2:00 p.m.	2 Foot Clinic 1:00 - 500 1:15 - Bridge	3 PALS 10:00-11:00 or 1:00-2:00 p.m.	4 1:00 Men's Cards	5 1:30 Pfeffer	6
7	8 PALS 10:00-11:00 or 1:00-2:00 p.m.	9 1:00—500 1:15 - Bridge	10 PALS 10:00-11:00 or 1:00-2:00 p.m.	11 1:00 Men's Cards	12 PALS 10:00-11:00 or 1:00-2:00 p.m. 1:30 Pfeffer	13
14	15 PALS 10:00-11:00 or 1:00-2:00 p.m.	16 Foot Clinic 1:30 Irish Trio NO Bridge or 500	17 PALS 10:00-11:00 or 1:00-2:00 p.m.	18 1:00 Men's Cards	19 PALS 10:00-11:00 or 1:00-2:00 p.m. 1:30 Pfeffer	20
21	22 PALS 10:00-11:00 or 1:00-2:00 p.m. 2-4 Medicare / Health Ins. NAPS 3-4 pm	23 8:30 Sr. Breakfast 1:00—500 1:15 - Bridge	24 PALS 10:00-11:00 or 1:00-2:00 p.m.	25 Birthday Dinner @ 11:30 Bingo @ 12:30 1:00 Men's Cards	26 PALS 10:00-11:00 or 1:00-2:00 p.m. 1:30 Pfeffer	27
28	29 PALS 10:00-11:00 or 1:00-2:00 p.m. 10:00 Tornado Program	30 1:00—500 1:15 - Bridge	31 PALS 10:00-11:00 or 1:00-2:00 p.m.			



St. Peter Senior Center April 2010

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Volunteer Week-April 18-24, 2010

"Our Volunteers go the extra mile with a smile!"

Thanks to all our Volunteers!

1

1:00 Men's Cards

2

Good Friday
NO Pfeffer
NO PALS

3

4



Happy Easter!!!

5

PALS
10:00-11:00 or
1:00-2:00 p.m.

6

Foot Clinic
1:00 - 500
1:15 - Bridge

7

PALS
10:00-11:00 or
1:00-2:00 p.m.

8

1:00 Men's Cards

9

PALS 10:00-11:00 or
1:00-2:00 p.m.
1:30 Pfeffer

10

11

12

PALS
10:00-11:00 or
1:00-2:00 p.m.

13

1:00—500
1:15 - Bridge

14

PALS
10:00-11:00 or
1:00-2:00 p.m.

15

1:00 Men's Cards

16

PALS 10:00-11:00 or
1:00-2:00 p.m.
1:30 Pfeffer

17

18

**Volunteer Week
April 18—24**

19

20

GAC Sale & Luncheon

Foot Clinic
1:00 - 500
1:15 - Bridge

21

22

1:00 Men's Cards

23

1:30 Pfeffer

24

25

26

PALS 10:00-11:00 or
1:00-2:00 p.m.
2-4 Medicare / Health Ins.
NAPS 3-4 pm

27

8:30 Sr. Breakfast

1:00—500
1:15 - Bridge

28

PALS
10:00-11:00 or
1:00-2:00 p.m.

29

**9:30 Medicare
Presentation**

1:00 Men's Cards

30

PALS 10:00-11:00 or
1:00-2:00 p.m.
1:30 Pfeffer

Ongoing Events

St. Peter Senior Center

600 South Fifth Street, Suite 219 934.7434 or 934.0667

Sylvia Perron, Senior Center Coordinator

March Birthday Dinner & Bingo - Thursday, March 25th 11:30

Menu: "Pork Chop with Mushroom Glaze"

Free meal if you have a March birthday — Suggested Donation \$4.00.

Call 934-0667 or 934-7434 for reservations. *Reservation Deadline is March 22nd.*

Bingo at 12:30. We will play 10 games. \$1.00 per card.

April Birthday Dinner & Bingo - Call 934-0667 or 934-7434 for date.

N.A.P.S.

(Nutrition Assistance Program for Seniors)

Call to pre-qualify 1-800-365-0270.

Pick up food at the Senior Center on:

Monday, March 22 & Monday, April 26, 3:00 - 4:00 p.m.

Sponsored by: Second Harvest

55 Alive Driver's Safety Classes

Mon, March 22 5:45-9:45 p.m.

Wed, April 7 1:15-5:15 p.m.

Wed, May 12 5:45-9:45 p.m.

Call St. Peter Comm. & Family Education, 600 S. Fifth Street,
Suite 207 - for an appointment, 934-3048



Foot Clinics — Tuesdays, March 2 & 16; April 6 & 20. Call 934-0667 for appointment. Fee: \$22.00. Traverse des Sioux Rm #102.

- ◆ 500 Cards — Tuesdays at 1:00 pm
- ♠ Bridge — Tuesdays at 1:15 pm
- ♠ Men's Cards — Thursdays at 1:00 pm
- ♥ Pfeffer — Fridays at 1:30 pm



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.

Monthly Activities



The Tornado of the Century Monday, March 29, 10:00 to 11:30 a.m.

Summit Center, 518 South Fifth Street, Mankato
12 years ago on March 29, 1998, is a day people in the Minnesota River Valley will never forget—the day an F-4 tornado devastated parts of St. Peter and most of Comfrey. KEYC meteorologist, Mark Tarello will kick off the program with some important information about severe weather and some tips for staying out of harm's way.

(Transportation Provided) No Charge.

Call Sylvia by Wednesday March 24 to reserve your spot!



Breakfast at the River for Seniors

Tuesday, March 23
8:30 - 9:30 a.m.

& Tuesday, April 27
8:30 - 9:30 a.m.

March Breakfast: "The Arboretum through the Lens of a Camera"
by Bob Dunlap, Naturalist, GAC Linneaus Arboretum

April Breakfast: "Watch for further details on speaker."

Fee: \$8: Includes breakfast, beverage and tip. Pay at Whiskey River for your breakfast.
Pre-register by calling St. Peter Community and Family Education at 934-3048 or the Senior Center at 934-7434 by Friday, March 19 and Friday, April 23.



Irish Music Trio

Tuesday, March 16 - 1:30 p.m.
St. Peter Senior Center

We are proud to present a mini-concert of the "Chulrua Trio." The music they play is instrumental dance music of Ireland; jigs, hornpipes, polkas and slides.

Sponsored By: St. Peter Reads and Friends of the St. Peter Public Library
This project is made possible by a grant provided by the Traverse Des Sioux Library System and is funded in part, or in whole, by the Minnesota Arts & Cultural Heritage fund as appropriated by the Minnesota State Legislature, with money from the vote of the people of Minnesota on November 4, 2008.

P.A.L.S.

Partners in Active Living for Seniors



Exercise classes designed for older adults.

Monday, Wednesday and Friday, 10:00-11:00 a.m. and 1:00-2:00 p.m.

\$20 per person per session—Please make checks out to Nicollet County Public Health

March 8 — April 16. SPCC Multi-Purpose Room 310A. Register by March 3

A health and fitness program designed to help older adults have fun, be more active and live a better quality of life. All fitness levels welcome including those who may walk with assistance of cane or walker.

Call Sylvia at 934-7434 to register.

Sale & Lunch at GAC

GAC Bookmark Annual
Clean-Up Sale & Buffet
Tuesday, April 20

depart from Sr. Center @ 10:30.
Transportation provided.

Cost: \$5.00

Call Sylvia @ 934-7434 to register by April 15.

Welcome to Medicare

*Everything you wanted to know,
but was afraid to ask!*

The Minnesota River Area on Aging, Inc. will be teaching an introductory class on Medicare. If you are getting ready to turn 65, new to Medicare or just want information about your benefits this class is for you!

The class will be held at the SP Senior Center on
April 29, 2010 from 9:30 a.m.-12:00p.m.

You must pre-register by calling Sylvia at 934-7434.

Tax Preparation Assistance

Wednesdays, thru April 14

**SPCC Room 300, FREE, however,
pre-registration is required.**

Tax payers who are low income earners or senior citizens may be eligible for free help with their tax preparation.

**Call St. Peter Comm. & Family Ed
for an appointment, 934-3048.**