

SAINT PETER

COMMUNITY & SENIOR CENTER



SUMMER
2022

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**2022 MINNESOTA
SENIOR GAMES
AUGUST 11 -14, 2022**

The Minnesota Senior Games is an athletic event with more than 20 sports for people ages 50 or better. Athletes can compete in a variety of events including archery, bowling, cycling, pickleball, swimming, track & field and more.

Register at:

www.MNSENIORGAMES.com

The 2022 MN Senior Games is hosted by Visit Mankato.

Contact them at 507-385-6640 or seniorgames@visitmankato.com

Presented by 



600 S. 5th St., Ste. 200, Saint Peter, MN 56082
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www.saintpetermn.gov/senior-center | Facebook: @SaintPeterRecreation

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SUMMER BEGINS

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PLEASE NOTE

See page 20 for a glance of what fall programming will include!



20TH
ANNIVERSARY
Friday, May 6, 4-7 p.m.
COMMUNITY CENTER &
LIBRARY
OPEN HOUSE EVENT

The poster features a blue background with a photograph of a modern building. Large gold balloons in the shape of the number '20' are positioned above the word 'ANNIVERSARY', which is written in white on a blue banner. Below the banner, the event details are listed in white text.

UPCOMING PROGRAMS IN THE SENIOR CENTER

**All programs are subject to cancellation or rescheduling*

Powerful Tools for Caregivers—Six Week Course

Thursdays, May 5 – June 9 | 3 p.m. – 4:30 p.m. | SPCC Rm. 219 | Free

Caring for an older relative or friend can be stressful and isolating, often leading to depression and negative health impacts. Powerful Tools for Caregivers is an education program for family caregivers of older adults. The program empowers family caregivers to reduce negative effects of caregiving and to practice self-care. **Registration required, call the Recreation Office at 934-0667 or online using the QR code.**



Mary Cassem, Active Aging Programs, Catholic Charities of Southern MN

Diabetic Shoe Clinic

Wed., May 18 | 11 a.m. – 2 p.m. | SPCC Rm. 219 | Free

Diabetics with Medicare may be entitled to one pair of therapeutic shoes and 3 pairs of inserts every year. It is important that you wear good shoes. Pick the style and color of shoe you want. All sizes and widths available. Multiple selection of shoes featuring vendors such as New Balance, Propet, Dr. Comfort, Drew and many more. A certified shoe fitter will measure and examine your feet. We take care of all the paperwork, and personally deliver and fit the shoes for you. *Please call Lindsay at 952-237-9865 for more information.*



Gault Park Tree Planting

Thu., May 19 | 11 a.m. | Gault Park | Free

Join the City Forestry staff and plant saplings (young trees) at Gault Park. Bring your own gloves!



Cooperative Living: Learn More

Thu., June 23 | 11 a.m. | SPCC Rm. 219 | Free

Learn how cooperative style living differs from other senior housing. Get all your questions answered about cooperatives and the way they work and what differentiates Willow Brook Cooperative from other coops. Downsizing tips to get ready to move into a senior cooperative or other place will also be shared.

Liz Miller, Housing Director, Willow Brooke Cooperative – Mankato



Caring Transitions: Downsize, Declutter and Estate Sales

Mon., Aug. 22 | 11 a.m. | SPCC Rm. 219 | Free

Thinking about moving? Learn more about relocation services – including working with movers and real estate agents, the process of sorting through years of memories and where to find assistance from the physical challenges and emotional strain that comes from moving.

Doug Lamoureux, Owner, Caring Transitions of Mankato



HERE'S WHAT'S HAPPENING



LIFE: LEARNING IS FOREVER CLASSES TO INFORM, INSPIRE & CONNECT

A venture of the Recreation & Leisure Services Department,
the Senior Center, and Community & Family Education

No registration required | All classes are free



Helen Keller

Wed., May 25 | 2 p.m. | SPCC Rm. 219 | Free

In the late nineteenth century a little girl struggled out of the depths of fear. At the age of two, Helen experienced a life threatening illness. She was plunged into a dark, silent world. Anne Sullivan, a determined young teacher would find the key to unlock Helen's prison. Through Anne's diligence and perseverance, Helen would become a world renowned speaker and advocate for the disabled. *Jessica Michna, Historical Presenter*

SPEND THE SUMMER WITH SCOTT: LEARN WITH DNR NATURALIST SCOTT KUDELKA

Wild about Wildlife

Wed., June 1 | 2 p.m. | SPCC Rm. 219 | Free

What are some of the cool animals that can be found throughout the state? Learn how these mammals have adapted to survive in their natural environment and some of the more interesting characteristics. Using furs from 15 different mammals (badger, skunk, mink, coyote, etc.) gives a different perspective on how these animals survive. You will have a chance to test your knowledge by participating in a number of hands-on activities including "Guess the Critter."



American Bison

Wed., June 8 | 2 p.m. | SPCC Rm. 219 | Free

As the largest mammal on the Great Plains, millions of bison once roamed North America and played an integral role in the livelihood of many American Indian tribes. The American bison is an animal built to live in harsh conditions and this is demonstrated through an activity called "Build a Bison." We will also talk about the distribution of bison prior to the arrival of Europeans, the differences between the words "bison" and "buffalo," and the conservation effort to save this American icon.



Bird Ecology

Wed., June 15 | 2 p.m. | SPCC Rm. 219 | Free

What makes a bird a bird? Discover all the different parts of a bird, why birds are important to us and how birds get along in nature. We will talk about a number of different bird species that make their home here in Minnesota and in particular look at the unique characteristics of a mallard duck.



Prairie Hike

Wed., June 22 | 2 p.m. | Traverse des Sioux Park | Free

Prior to Euro-American settlement of southern Minnesota, the tall-grass prairie dominated the landscape throughout the Minnesota River Basin. A hike through a restored prairie will give us a chance to learn about some of the plants and wildlife found in this ecosystem. We will also talk about its benefits to the natural environment.



MINNESOTA RIVER PADDLE

Wednesday, Aug. 10 or 24 | 10 a.m.—12 p.m. | \$10 per person

Includes all equipment and bus service.

All ages. Join DNR naturalist, Scott Kudelka, for a paddle down the Minnesota River! Paddle in a 3-person canoe from Seven Mile Creek boat landing to Riverside Park—Mill Pond Municipal Campground in Saint Peter. The 5.5 mile trip may include a break on a sandbar, eagle sightings and more! Park on the east side of Seven Mile Creek/boat landing side, you will be transported back to your vehicles at Seven Mile Creek by Saints Bus Service. A certified lifeguard will be present and life jackets, available in multiple sizes, will be provided. You may get wet, dress accordingly, water shoes recommended. Space is limited, register early! **Register online or call 934-0667.** Min. 12,



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MOVIE MATINEES

MOVIE MONDAYS: CLASSIC AND NEW RELEASE

1st and 3rd Mondays of the month at 1 p.m., Library Meeting Room, FREE.

A collaboration of the Saint Peter Public Library and Senior Center.

All films are closed captioning for hearing impaired and ESL.

CLASSIC FILMS

The Country Girl

Mon., May 2 | 1 p.m.

This drama features the hard-drinking Frank Elgin, a once-popular Broadway star whose glory days have passed. When the director gives Elgin a role in his new musical, he must also deal with the actor's sour and ever-present wife, Georgie, who Dodd believes is the cause of her husband's failure. However, as Dodd spends more time around Georgie, the truth about her husband becomes clear.



The Longest Day

Mon., Jun. 6 | 1 p.m.

In 1944, the U.S. Army and Allied forces plan a huge invasion landing in Normandy, France. Despite bad weather, General Eisenhower gives the okay and the Allies land at Normandy. With much effort, and lost life, troops get off the beach, traveling deep into French territory. The German military, due to arrogance, ignorance and a sleeping Adolf Hitler, delay their response to the Allied landing, with crippling results.



No Movie in recognition of 4th of July

Mildred Pierce

Mon., Aug. 1 | 1 p.m.

When Mildred Pierce's wealthy husband leaves her for another woman, Mildred decides to raise her two daughters on her own. Despite Mildred's financial successes in the restaurant business, her oldest daughter resents her mother for degrading their social status. In the midst of a police investigation after the death of her second husband, Mildred must evaluate her own freedom and her complicated relationship with her daughter.

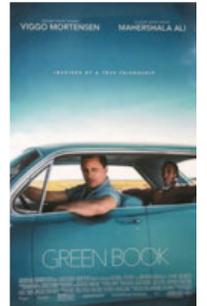


CURRENT FILMS

Green Book

Mon., May 16 | 1 p.m.

Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.



Cruella

Mon., Jun. 20 | 1 p.m.

Estella is a young and clever grifter who's determined to make a name for herself in the fashion world. She soon meets a pair of thieves who appreciate her appetite for mischief, and together they build a life for themselves on the streets of London.



Spencer

Mon., Jul. 18 | 1 p.m.

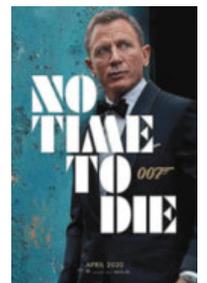
The marriage between Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the queen's estate. There's eating and drinking, shooting and hunting. Diana knows the game, but this year, things will be profoundly different.



No Time to Die

Mon., Aug. 15 | 1 p.m.

James Bond is enjoying a tranquil life in Jamaica after leaving active service. However, his peace is short-lived as his old CIA friend, Felix Leiter, shows up and asks for help. The mission to rescue a kidnapped scientist turns out to be far more treacherous than expected, leading Bond on the trail of a mysterious villain who's armed with a dangerous new technology.



SUMMER IN THE PAVILION: LIVE MUSIC AT MINNESOTA SQUARE PARK

The Art Center of Saint Peter along with Saint Peter Recreation Department present the Summer in the Pavilion Concert Series. This concert series has been adapted for social distancing guidelines and we ask all patrons to bring their own chair, blanket and refreshments if desired. In case of inclement weather, concerts will be cancelled.



The EZ Jazz Trio & Friends Fri., July 8, 7—8:30 p.m.

Liz Draper Et Al Fri., July 22, 7—8:30 p.m.

Steely Ann Fri., Aug. 5, 7—8:30 p.m.

Masa Ishikawa Trio Fri., Aug. 19, 7—8:30 p.m.



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SENIOR SPRING FLING

WITH DESSERT BAR

NEW DATE

Wednesday, May 18 | 2 - 4 p.m.

Saint Peter Community Center Gym

ROD CERAR ORCHESTRA

\$5 suggested donation at the door

All proceeds go to support senior programming

Dust off your dancing shoes!

Adults age 55 and older are cordially invited to attend the first annual Senior Spring Fling at the Saint Peter Community Center. Dessert Bar provided by Ecumen Prairie Hill & Sand Prairie



ST. PETER
CHAMBER OF
COMMERCE



Adult Fitness at the Saint Peter Community Center

Registration is required for these classes. Call 934-0667 or register online <https://secure.rec1.com/MN/stpeter-mn/catalog>

Interval Training

Tue. & Thu. | 5:15–6 p.m. | SPCC Rm. 310A

This class is great for beginners or those returning to exercise. Focus will be on teaching strength and endurance using bodyweight and various equipment. You will learn proper form and a variety of exercises. When you have completed this class you will have the strength, skills and knowledge to take on any fitness challenge!

H.I.I.T.

Tue. & Thu. | 6:15–7:15 p.m. | SPCC Rm. 310A

Join this freestyle class utilizing a combination of aerobic conditioning, strength training, and core engagement. This class brings variety to your fitness routine while using a variety of equipment and partner activities may be included.

Stretch and Sculpt

Wed. | 5:30–6:30 p.m. | SPCC Rm. 310A

An hour of total body stretching and sculpting! This class is for all fitness levels (everyone works at their own pace) and reaches deep into the body to tone and stretch every inch of it. This class focuses on building strength and flexibility.

Senior Fitness

Mon., Wed. & Fri. | 10–11 a.m. | SPCC Gym \$25
New sessions start: May 23, Jun. 27, Aug. 1 and Sep. 7.

A health and fitness program designed to help older adults be more active, enjoy a better quality of life and have fun. All fitness levels welcome. *Donna Haala, Certified Enhance Fitness Instructor.*

Please register online or at the Recreation Office. Ask about our virtual option!

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 O E R O M O O E M W M S L S M E N D
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 A O I O C O N G A R E E R D X R M Q
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 S R V A N G Y E L L O W S T O N E E

Word List:

ACADIA
 CANYONLANDS
 GLACIER
 REDWOOD
 VOYAGEURS
 ROCKY
 CASCADES
 MAMMOTH
 DUNES

ARCHES
 CONGAREE
 KATMAI
 SAGUARO
 YELLOWSTONE
 MOUNTAIN
 RAINIER
 CAVE
 SMOKY

BADLANDS
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 OLYMPIC
 SEQUOIA
 YOSEMITE
 PETRIFIED
 MESA
 GRAND
 TETON

BISCAYNE
 EVERGLADES
 PINNACLES
 SHENANDOAH
 ZION
 FOREST
 VERDE
 CANYON

Sudoku 1

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

							8	
		1	7	6	5	2	9	
6					9			
5	4				8	6		
		9			6	7		
	7			9	1	8		
					2	1		4
				4				
						9		



Sudoku 2

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

1		8						
2	4	9						
				7		9		
			2	9	5		7	
5			1					3
			2	9			4	1
			1	3	8			7
	3			4				8

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HAVE BEEN DONE?

MAY 23 - JUNE 30



EVENTS

- Mon., May 23, 5-7pm Opening Night
- May 23-27, School Week
- Wed., June 8, 6pm The Nuremburg Trials with historian Michael Eckers
- Mon. June 13, 4-6pm Academic Panel: Ideologies of Hate: Then and Now, Outdoors in the Gorman Park Pavilion
- Movie Series
 - Wed., June 15, 6:30p, The Book Thief
 - Mon., June 20, 1pm, Saul & Ruby's Holocaust Survivor's Band
 - Mon., June 29, 1pm, Denial
- TBA, late June, Intro to Judaism with Marian Broida



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LUNCH AND LEARN RETURNS THIS SUMMER! REGISTRATION IS OPEN!

Enjoy a free lunch from while listening to the experts! Registration is required for these free events. Space limited. Call 934-0667 to register or go online:

<https://secure.recl.com/MN/stpeter-mn/catalog>

Estate Plans: Establishing, Updating, and Looking Beyond

Tue., May 3 | 11 a.m. | SPCC Rm. 219 | Free

Each individual and family are unique, so estate planning isn't a one-size-fits-all process. Additionally, estate plans don't always age like a fine wine and often need updating as you enter new chapters of life. It's never too late to establish an estate plan, update your existing documents, or look beyond your will to other planning options and tools. Join members of the Blethen Berens estate planning team to dive into these topics and more. (Max. 30). **Gustavus boxed lunch will be served.**



Jared Koch, Macy Anderson, and John Christian, Blethen Berens

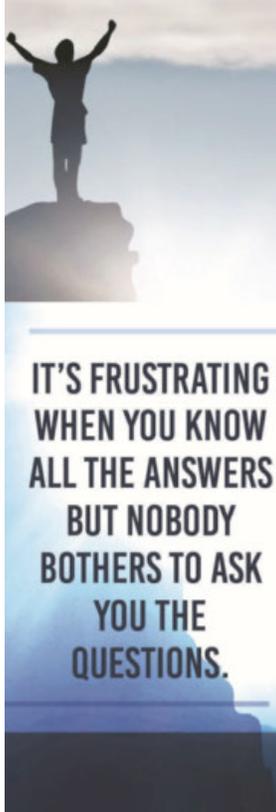
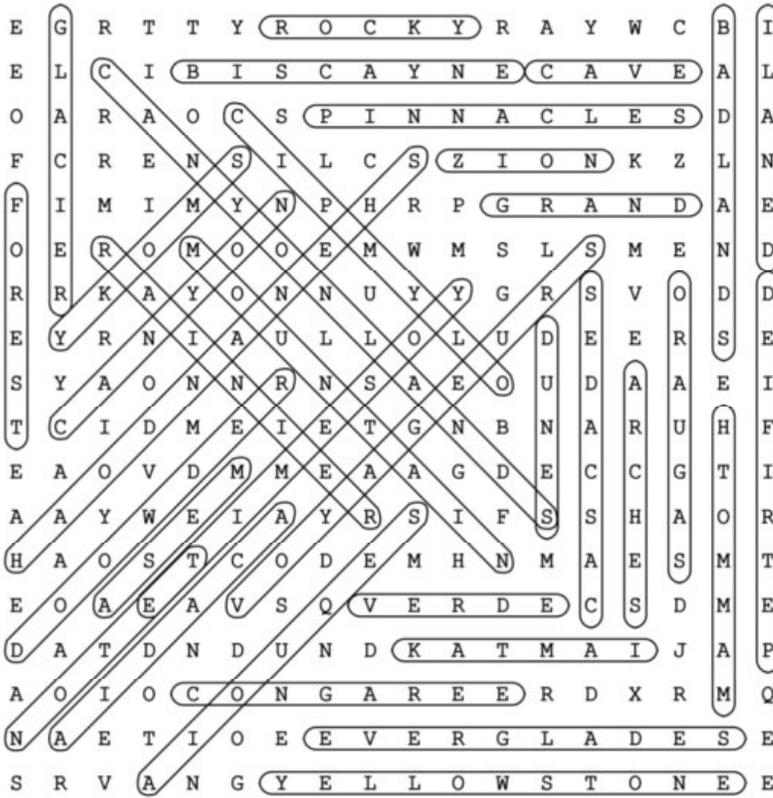
Learn More: City's Urban Forest and Emerald Ash Borer (EAB)

Tue., May 17 | 11 a.m. | SPCC Rm. 219 | Free

This lunch session will cover the topics of the City's Urban Forest and Emerald Ash Borer (EAB). Sara Arsenault, the City's Community Forestry Intern and an AmeriCorps volunteer oversees the project and will talk about her work in the community. The tree inventory system will be explained with a brief description of the most popular trees and how to identify them. We will also talk about the Emerald Ash Borer (EAB) pest and the details of how we are managing it within the City. Anyone interested in trees or learning more should attend. A tree planting event will be held on Thursday, May 19 at Gault Park at 11 a.m. (Max. 30). **Gustavus boxed lunch will be served.**



City Staff and Sara Arsenault, Community Forestry Intern, AmeriCorps



Answer to Sudoku 1

9	2	7	1	3	4	5	8	6
4	8	1	7	6	5	2	9	3
6	5	3	2	8	9	4	7	1
5	4	2	3	7	8	6	1	9
8	1	9	4	2	6	7	3	5
3	7	6	5	9	1	8	4	2
7	3	8	9	5	2	1	6	4
1	9	5	6	4	7	3	2	8
2	6	4	8	1	3	9	5	7

Answer to Sudoku 2

1	5	8	6	3	9	7	4	2
2	4	9	5	1	7	3	8	6
3	7	6	4	2	8	1	5	9
6	2	4	8	7	3	9	1	5
8	1	3	2	9	5	6	7	4
5	9	7	1	6	4	8	2	3
7	8	2	9	5	6	4	3	1
4	6	1	3	8	2	5	9	7
9	3	5	7	4	1	2	6	8

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16 | MAY CALENDAR

Monday, May 2

10:00 AM Senior Fitness
 11:15 AM Pickleball
 12:30 PM Men's Cards
1:00 PM Classic Movie Monday

Tuesday, May 3

8:00 AM Foot Clinic
11:00 AM Lunch and Learn: Estate Planning
 1:00 PM Bridge/500

Wednesday, May 4

10:00 AM Senior Fitness
 11:15 AM Pickleball
 6:00 PM Pickleball

Thursday, May 5

12:30 PM Men's Cards
3:00 PM Caregiver Workshop

Friday, May 6

10:00 AM Senior Fitness
 11:15 AM Pickleball
 1:30 PM Pfeffer
4:00 PM 20th Anniversary Celebration



Monday, May 9

10:00 AM Senior Fitness
 11:15 AM Pickleball
 12:30 PM Men's Cards

Tuesday, May 10

1:00 PM Bridge/500

Wednesday, May 11

10:00 AM Senior Fitness
 6:00 PM Pickleball

Thursday, May 12

12:30 PM Men's Cards
3:00 PM Caregiver Workshop

Friday, May 13

10:00 AM Senior Fitness
 1:30 PM Pfeffer

Monday, May 16

10:00 AM Senior Fitness
 12:30 PM Men's Cards
1:00 PM New Movie Monday

Tuesday, May 17

8:00 AM Foot Clinic
11:00 AM Lunch and Learn: City Urban Forest
 1:00 PM Bridge/500

Wednesday, May 18

10:00 AM Senior Fitness
11:00 AM Diabetic Shoe Clinic
2:00 PM Senior Spring Fling
 6:00 PM Pickleball

Thursday, May 19

8:00 AM Blood Drive
11:00 AM Gault Tree Planting
 12:30 PM Men's Cards
3:00 PM Caregiver Workshop

Friday, May 20

10:00 AM Senior Fitness
 1:30 PM Pfeffer



Monday, May 23

10:00 AM Senior Fitness
 12:30 PM Men's Cards

Tuesday, May 24

1:00 PM Bridge/500

Wednesday, May 25

10:00 AM Senior Fitness
2:00 PM Historical Presenter: Helen Keller
 6:00 PM Pickleball

Thursday, May 26

12:30 PM Men's Cards
3:00 PM Caregiver Workshop

Friday, May 27

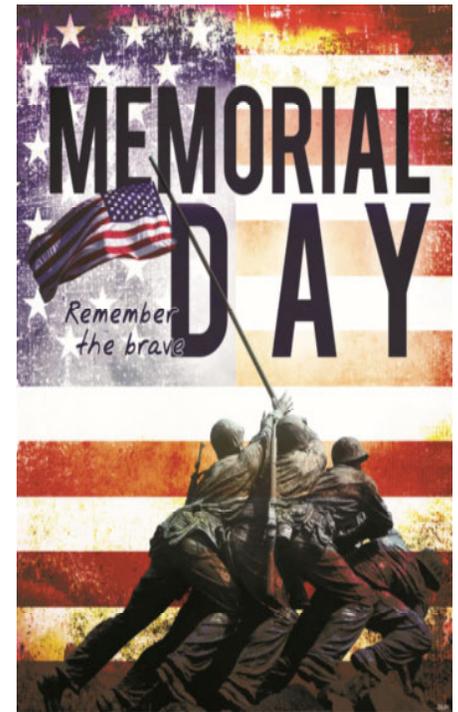
10:00 AM Senior Fitness
 1:30 PM Pfeffer

Monday, May 30

Building Closed in observation of Memorial Day

Tuesday, May 31

8:00 AM Foot Clinic
 1:00 PM Bridge/500



WEEKLY ACTIVITIES

**Pickleball moves outdoors once the weather is good!*

**Starting May 11, pickleball only meets indoors on Wednesday evenings.*

Mondays

10:00 AM Senior Fitness
 12:30 PM Men's Cards

Tuesdays

1:00 PM Bridge and 500
 5:15 PM Interval Training
 6:15 PM H.I.I.T.

Wednesday, June 1

10:00 AM Senior Fitness
2:00 PM Wild about Wildlife
5:00 PM Pickleball

Thursday, June 2

12:30 PM Men's Cards

Friday, June 3

10:00 AM Senior Fitness
 1:30 PM Pfeffer

Monday, June 6

10:00 AM Senior Fitness
1:00 PM Classic Movie Monday

12:30 PM Men's Cards

Tuesday, June 7

8:00 AM Foot Clinic
 1:00 PM Bridge/500

Wednesday, June 8

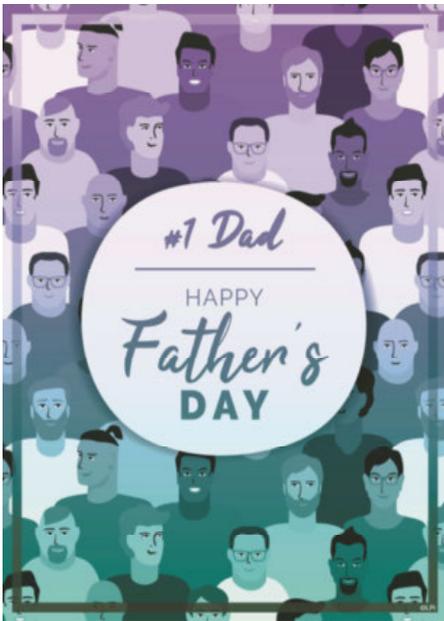
10:00 AM Senior Fitness
2:00 PM American Bison
5:00 PM Pickleball

Thursday, June 9

12:30 PM Men's Cards
3:00 PM Caregiver Workshop

Friday, June 10

10:00 AM Senior Fitness
 1:30 PM Pfeffer



Monday, June 13

10:00 AM Senior Fitness
 12:30 PM Men's Cards

Tuesday, June 14

1:00 PM Bridge/500

Wednesday, June 15

10:00 AM Senior Fitness
2:00 PM Bird Ecology
5:00 PM Pickleball

Thursday, June 16

12:30 PM Men's Cards

Friday, June 17

10:00 AM Senior Fitness
 1:30 PM Pfeffer



Monday, June 20

10:00 AM Senior Fitness
 12:30 PM Men's Cards

1:00 PM New Movie Monday

Tuesday, June 21

8:00 AM Foot Clinic

1:00 PM Bridge/500

Wednesday, June 22

10:00 AM Senior Fitness
2:00 PM Prairie Hike
5:00 PM Pickleball

Thursday, June 23

11:00 AM Cooperative Living
 12:30 PM Men's Cards

Friday, June 24

10:00 AM Senior Fitness
 1:30 PM Pfeffer

Monday, June 27

10:00 AM Senior Fitness
 12:30 PM Men's Cards

Tuesday, June 28

1:00 PM Bridge/500

Wednesday, June 29

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, June 30

12:30 PM Men's Cards



Wednesdays

10:00 AM Senior Fitness
 5:30 PM Stretch and Sculpt
 6:00 PM Pickleball

Thursdays

12:30 PM Men's Cards
 5:15 PM Interval Training
 6:15 PM H.I.I.T.

Fridays

10:00 AM Senior Fitness
 1:30 PM Pfeffer



Friday, July 1

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 4

**Building Closed in observation of
4th of July**

Tuesday, July 5

8:00 AM Foot Clinic
1:00 PM Bridge/500

Wednesday, July 6

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, July 7

12:30 PM Men's Cards

Friday, July 8

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 11

10:00 AM Senior Fitness
12:30 PM Men's Cards

Tuesday, July 12

1:00 PM Bridge/500

Wednesday, July 13

10:00 AM Senior Fitness
11:15 AM Pickleball

5:00 PM Pickleball

Thursday, July 14

12:30 PM Men's Cards

Friday, July 15

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 18

10:00 AM Senior Fitness
12:30 PM Men's Cards

1:00 PM New Movie Monday

Tuesday, July 19

8:00 AM Foot Clinic
1:00 PM Bridge/500

Wednesday, July 20

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, July 21

12:30 PM Men's Cards

Friday, July 22

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 25

10:00 AM Senior Fitness
12:30 PM Men's Cards

Tuesday, July 26

1:00 PM Bridge/500

Wednesday, July 27

10:00 AM Senior Fitness

5:00 PM Pickleball

Thursday, July 28

12:30 PM Men's Cards

Friday, July 29

10:00 AM Senior Fitness
1:30 PM Pfeffer



Monday, August 1

10:00 AM Senior Fitness
1:00 PM Classic Movie Monday

12:30 PM Men's Cards

Tuesday, August 2

8:00 AM Foot Clinic
1:00 PM Bridge/500

Wednesday, August 3

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, August 4

12:30 PM Men's Cards

Friday, August 5

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 8

10:00 AM Senior Fitness

12:30 PM Men's Cards

Tuesday, August 9

1:00 PM Bridge/500

Wednesday, August 10

10:00 AM Senior Fitness

11:00 AM Minnesota River Paddle

5:00 PM Pickleball

Thursday, August 11

12:30 PM Men's Cards

Friday, August 12

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 15

10:00 AM Senior Fitness
12:30 PM Men's Cards

1:00 PM New Movie Monday

Tuesday, August 16

8:00 AM Foot Clinic

1:00 PM Bridge/500

Wednesday, August 17

10:00 AM Senior Fitness

5:00 PM Pickleball

Thursday, August 18

12:30 PM Men's Cards

Friday, August 19

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 22

10:00 AM Senior Fitness

11:00 AM Caring Transitions

12:30 PM Men's Cards

Tuesday, August 23

1:00 PM Bridge/500

Wednesday, August 24

10:00 AM Senior Fitness

11:00 AM Minnesota River Paddle

5:00 PM Pickleball

Thursday, August 25

12:30 PM Men's Cards

Friday, August 26

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 29

10:00 AM Senior Fitness
12:30 PM Men's Cards

Tuesday, August 30

1:00 PM Bridge/500

Wednesday, August 31

10:00 AM Senior Fitness

5:00 PM Pickleball

PEOPLE CARING FOR PEOPLE



Urgent Care

THE WAY YOU ARE TREATED is JUST AS IMPORTANT as the **TREATMENT YOU RECEIVE.**

River's Edge Hospital's Urgent Care offers convenient services for non-emergent illnesses or injuries. Conveniently located at the main entrance of the hospital, no appointment is necessary. You just walk-in and get the care you need, 7 days a week!

Sports physicals, Sore throats, Earaches, Pink eye, cuts, Minor sprains, Bruises, Bug bites, Burns, Other aches and pains

Monday-Friday 12 pm - 7:30 pm

Saturday & Sunday 8 am - 4 pm

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(507) 931-2200
www.REHC.org

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PEOPLE CARING FOR PEOPLE



Lab Services

THE WAY YOU ARE TREATED is JUST AS IMPORTANT as the **TREATMENT YOU RECEIVE.**

River's Edge Hospital uses state-of-the-art equipment to provide a variety of laboratory clinical testing to diagnose, monitor and prevent disease. And for your convenience, Direct Access Testing (DAT) is

available so you can receive commonly asked for tests without an order from your physician. No appointment necessary!

Monday-Friday 12 pm - 7:30 pm

Saturday & Sunday 8 am - 4 pm

1900 North Sunrise Drive
(507) 931-2200
www.REHC.org

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Tuesday, May 10, 12 Noon – 4 PM
SP Community Center Rm. 217, \$28

Tuesday, June 28, 1 – 5 PM
SP Community Center Rm. 217, \$28

Tuesday, August 30, 1 – 5 PM
SP Community Center Rm. 217, \$28

*Call Saint Peter Community and Family
Education at 934-3048, extension 1 to register.*



A GLANCE AT FALL!

Music Series Returns

Wednesdays, Sep. 14, Oct. 12,
Nov. 9 and Dec. 14

Minnesota History:

3-Part program with Arn Kind

Wednesdays, Sep. 28, Oct. 26,
and Nov. 30

Active Aging Week

Mon.—Fri., Oct. 3—7