

SAINT PETER

COMMUNITY & SENIOR CENTER

SEPTEMBER
OCTOBER

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FREE PROGRAMS ALL WEEK LONG!

A Walk in the Park | Gorman Park & Saint Peter Community Center | Mon., Oct. 3 | 11 a.m.

Live Well Fitness Tour and Treats | River's Edge Hospital | Mon., Oct. 3 | 2 p.m.

Varsity Volleyball Game | Saint Peter High School | Mon., Oct. 3 | 7 p.m.

Hillstrom Museum of Art Tour | Gustavus Adolphus College | Tue., Oct. 4 | 11 a.m.

Free Luncheon | Gustavus Adolphus College | Tue., Oct. 4 | 12:00 p.m.

Free Dance and Dinner | American Legion Post 37 | Tue., Oct. 4 | 5 p.m.

Pickleball Clinic | Veteran's Park Pickleball Court | Wed., Oct. 5 | 11 a.m.

Arboretum Tour | Gustavus Adolphus College Arboretum | Thu., Oct. 6 | 11 a.m.

Free Luncheon | Melva Lind Interpretive Center | Thu., Oct. 6 | 12 p.m.

Monarch Butterflies | Melva Lind Interpretive Center | Thu., Oct. 6 | 12:30 p.m.

Learn Music, Learn Life | Saint Peter Community Center Room 219 | Fri., Oct. 7 | 11 a.m.

**Registration for all programs is open.
Please call 934-0667 for more information.**

600 S. 5th St., Ste. 200, Saint Peter, MN 56082

Phone: 507-934-0667 | Email: gabrielar@saintpetermn.gov

www.saintpetermn.gov/senior-center | Facebook: @SaintPeterRecreation

CITY OF SAINT PETER OUR MISSION

Help people
Be good stewards of resources
Promote sustainable community
Help each other be successful
Support each other
Promote community above self

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DREAMWORKS
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The MUSICAL

**Thursday–Saturday,
November 18–20 at 7:00 pm
and
Sunday, November 21 at 2:00 pm**

**Saint Peter High School
Performing Arts Center**

**Reserved Seating Tickets
\$5 SPPS staff/students**
(activity passes may not be used for the performances)
\$12 adults

Tickets on sale starting Nov. 7
Watch the *Highlights* for ticket sales info.

We Will Never Forget
SEPTEMBER 11

happy HALLOWEEN

UPCOMING PROGRAMS IN THE SENIOR CENTER

Grandparent's Day Festivities

Fri., Sep. 9 | 10—11:30 a.m. | SPCC Rm. 219 | \$4 per couple, \$1 per additional guests

Ages 0—PreK with Grandma, Grandpa, Nana, Papa, Opa, and Oma....bring the special “grand” in your life and celebrate two generations. Enjoy Crafts, BINGO, interactive fitness activities and a photo booth. Coffee, juice and a light snack will be provided. Bring out the kid in all of us! **Register online or with the Recreation Office at 934-0667.**

LSS Meals Pop-Up Events

2nd Wednesdays of the Month | 1:30—3 p.m. | Saint Peter Food Shelf | Free

Any seniors 60+ in Minnesota in need of nutrition can receive meals in bundles of 10 at each pop-up event on a first come, first serve basis. A quick, easy form will need to be filled out for anyone who would like to pick up meals, with the assistance of an LSS volunteer or worker. The home style meals are produced at local LSS kitchens and are individually sealed and portioned with a balance of proteins, carbohydrates and spices to taste great.

Fresh Food Friday: St. Peter Area Produce Distribution

Fri., Sep. 9 and Oct. 7 | 11 a.m. – 1 p.m. | First Lutheran Church Parking Lot | Free

Fresh Food Friday (FFF) is a low contact, outdoor drive-through style produce distribution. This product distribution is catered to low-income and marginalized community members in and around the Saint Peter area; no proof of eligibility is required.

Lunch and Learn: Everything You Ever Wanted to Know about Cremation and Funerals... but were Afraid to Ask!

Mon., Sep. 12 | 11 a.m. | SPCC Rm. 219 | Free

Join us for a Lunch and Learn program of education, humor, and answers to your questions regarding planning for final arrangements. The program will start with *10 Things You Probably Don't Know About Cremation & Funerals* and then spend time on your questions for the remainder of our time together. Dispel myths, remove doubt and get real answers to questions you might have about making funeral and cremation arrangements. Lunch sandwich choice of turkey, ham or vegetarian from Erberts and Gerberts. (Max. 30) **Register online or with the Recreation Office at 934-0667.** *Ben Pawlitschek, Prearrangement Consultants with St. Peter Funeral Home*

Fall Prevention Awareness Day

Thu., Sep. 22 | 11 a.m. | SPCC Rm. 217 | Free

Falls are common in adults 65 years of age and older. A fall risk assessment checks to see how likely it is that you will fall. This program will consist of a fall assessment, including an initial screening, which will include a series of questions about your overall health and if you've had previous falls or problems with balance, standing, and/or walking and a set of tasks, known as fall assessment tools. These tools test your strength, balance, and the way you walk. *Mike Beckman, Physical Therapist, Benedictine Living Community*

Active Aging Week

Mon.—Fri., Oct. 3—7 | Multiple Times and Locations | Free

See page 18 for a full list of events, locations and registration information!

4 | LIFE: LEARNING IS FOREVER



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

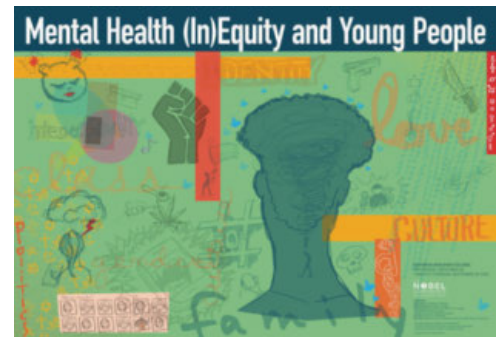
A venture of the Recreation & Leisure Services Department,
the Senior Center, and Community & Family Education

ALL CLASSES ARE FREE TO THE COMMUNITY

Nobel Conference 2022: A Preview with the Director

Fri., Sep. 9 | 11 a.m. | SPCC Rm. 217 | Free

Back for the 58th session, the Nobel Conference brings leading researchers and thinkers to Gustavus, to explore revolutionary, transformative and pressing scientific issues and the ethical questions that arise alongside them. Nobel Conference 58 will address mental health disparities and their effects on youth, with a particular emphasis on the significance of identity, trauma and technology. Listen to this year's Nobel Director offer a preview of the upcoming conference and what people might learn. *Lisa Heldke, Professor of Philosophy, Director, Nobel Conference, Gustavus Adolphus College*

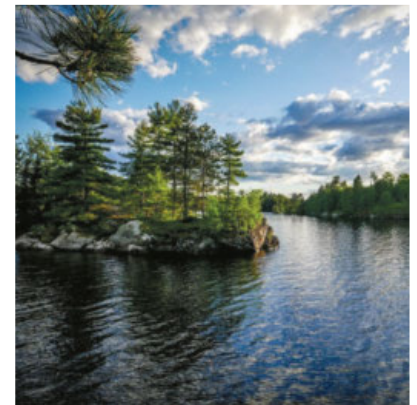


Voyageurs National Park: A Glance

Tue., Sep. 20 | 11 a.m. | SPCC Rm. 219 | Free

Established in 1975, Voyageurs National Park is filled with evidence of over 10,000 years of human life and use. Signs of Native Americans, fur traders, and homesteaders, signs of logging, mining, and commercial fishing are scattered throughout the park. Learn more about Minnesota's only National Park and the mission Voyageurs Conservancy, the official nonprofit partner of Voyageurs National Park. Also hear from local National Park Teen Ambassadors and their experience at Voyageurs this summer!

Breanna Trygg, Education and Outreach Director, Voyageurs Conservancy; Raina Roemhildt and Evan Deshayes, National Park Teen Ambassadors



Understanding Bias: What Would You Do?

Mon., Sep. 26 | 11 a.m. | SPCC Rm. 219 | Free

The Greater Mankato Diversity Council began in 2004 to provide diversity education to the community. We will watch a series of video clips and discuss reactions and feelings that the images evoke. *Missy Manderfeld and Mary Lou Kudela, Greater Mankato Diversity Council*



Reflections of a Naturalist: Scott Kudelka

Fri., Oct. 14 | 11 a.m. | SPCC Rm. 219 | Free

Scott Kudelka has been a regular presenter in the Saint Peter Recreation and Leisure Services Department, teaching to both young and old patrons. Help celebrate his upcoming retirement by listening to his stories and reflections of his years in Minnesota nature. We will toast his retirement with cake! *Scott Kudelka, MN DNR Naturalist*



NOBEL CONFERENCE 58: MENTAL HEALTH (IN)EQUITY AND YOUNG PEOPLE *Real Time Streaming at the Saint Peter Community Center*

Wed., Sep. 28 | 9:30 a.m. | SPCC Rm. 217

Academic Procession and Conference Opening

Welcome, Rebecca Bergman, College

President Nobel Conference 58

*Introduction, Lisa Heldke, Director of Nobel
Conference*

Wed., Sep. 28 | 10:00 a.m. | SPCC Rm. 217

Adolescents' Daily Race-Related Experiences and Mental Health Outcomes

Lecture by Dr. Brendesha Tynes, Associate

Professor of Education and Psychology,

University of Southern California

Thu., Sep. 29 | 9:30 a.m. | SPCC Rm. 217

It Takes a Village to Make Someone Lonely

Lecture by Dr. Manuela Barreto, Professor of

Social and Organizational Psychology,

University of Exeter

Thu., Sep. 29 | 10:00 a.m. | SPCC Rm. 217

Radical Healing and Inclusive Change- Making: Centering Transgender and Gender Diverse Communities

Lecture by Dr. G. Nic Rider, Assistant Professor,

Program in Human Sexuality and

Coordinator, Adult Transgender Health

Services Program, University of Minnesota

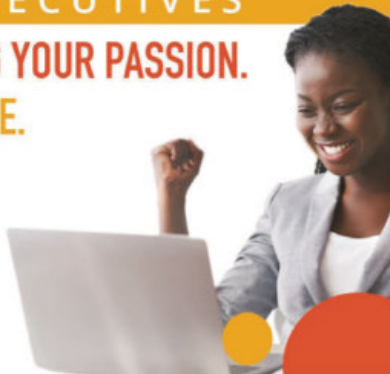


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MOVIE MATINEES

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. Movies are shown September through May.

CLASSIC FILMS

Mon., Sep. 5 No Movie

Building closed in recognition of Labor Day

Mon., Oct. 3 Sunset Boulevard

An aging silent film queen refuses to accept that her stardom has ended. She hires a young screenwriter to help set up her movie comeback. The screenwriter believes he can manipulate her, but he soon finds out he is wrong.

Mon., Nov. 7 Sergeant York

Tennessee marksman Alvin York, a recent convert to Christianity, finds himself torn between his non-violent beliefs and his desire to serve his country when recruited to fight in World War I. An adaptation of the real York's memoirs.

CURRENT FILMS

Mon., Sep. 19 West Side Story (2021)

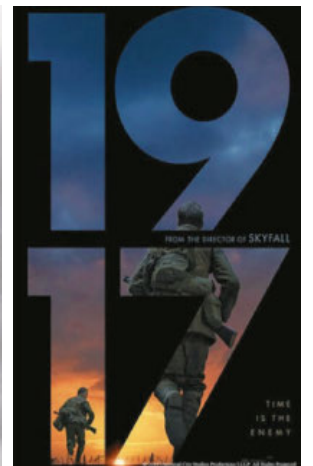
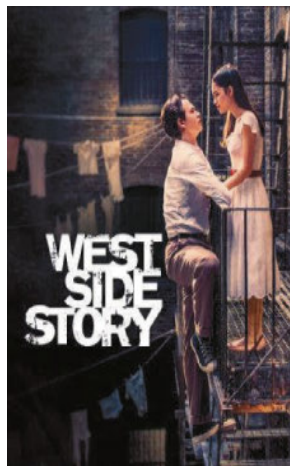
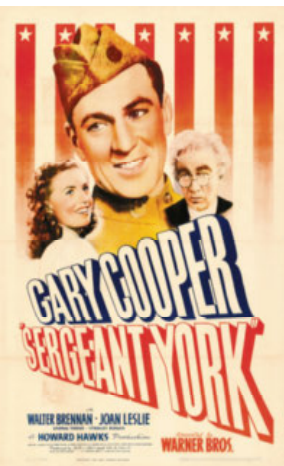
Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks -- two rival gangs vying for control of the streets. This is the 2021 remake by Steven Spielberg.

Mon., Oct. 17 Belfast (2021)

A semi-autobiographical film which chronicles the life of a working class family and their young son's childhood during the tumult of the late 1960s in the Northern Ireland capital.

Mon., Nov. 21 1917 (2019)

During World War I, two British soldiers receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades.



LUNCH AND LEARN: EVERYTHING YOU EVER WANTED TO KNOW ABOUT CREMATION AND FUNERALS... BUT WERE AFRAID TO ASK!

Join us for a Lunch and Learn program of education, humor, and answers to your questions regarding planning for final arrangements. The program will start with *10 Things You Probably Don't Know About Cremation & Funerals* and then spend time on your questions for the remainder of our time together. Dispel myths, remove doubt and get real answers to questions you might have about making funeral and cremation arrangements. Max. 30.

Erberts and Gerberts boxed lunch will be served.

MONDAY, SEPTEMBER 12 | 11 A.M.
SPCC RM. 219 | FREE

Call the Recreation Department at 934-0667 to register!



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FALL MUSIC PROGRAM

ENJOY AN AFTERNOON OF MUSIC AT THE SENIOR CENTER

Maud Hixson Sings Judy Garland

Wednesday, September 14 | 2 p.m.

Celebrate the 100th birthday of Judy Garland with returning vocalist Maud Hixson, singing the best Judy songs with her piano accompanist.

Country Classics with Mike Bustin

Wednesday, October 12 | 2 p.m.

The repertoire consists of classic country music on acoustic guitar. Listen to the sounds of Hank Williams, Johnny Cash and Merle Haggard.

Charlie Maguire: Songs and Stories of the Orphan Train

Wednesday, November 9 | 2 p.m.

Learn the history of the Orphan Trains through original music by returning musician, Charlie Maguire.

River Valley String Quartet

Wednesday, December 14 | 2 p.m.

Hear the sounds of the holidays and other favorite classical pieces by this local stringed quartet.

**All programs are free | Call 934-0667 for information
Saint Peter Community Center Rm. 219**



This program is made possible by the voters of Minnesota through a grant provided by the Traverse des Sioux Library Cooperative, thanks to a legislative appropriation from the arts and cultural heritage fund.



Grandparents Day 2022

September 9 10-11:30a.m.
\$4 per couple
\$1 per additional guest

Saint Peter Community Center, Room 219
Register online or with the Recreation Office

Bring the special "grand" in your life and celebrate two generations. Enjoy Crafts, interactive fitness activities and a photo booth. Coffee, juice and a light snack will be provided. Bring out the kid in all of us!




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October is National Apple Month!

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I D A R E D A P O E M P I R E A D
E S R C S N W A N N U O C A M E N
K A O N Z E M S A K Q E A B R J A
E E O I A P E E G N S F R A R A L
G W E L D O H N O V A O U N I Z T
N R T P S E G I L X S T I J N Z R
A H E I S U L W D I E P R R I N O
Y N R E L A U I A Z S J U A O Z C
N A I O N C K A C I N B A S P C L
N H M I R I F E R I E A L E Y S I
I T I T N R N C J A O A L R I T B
P A L A I E Y G R J R U O A O I E
P N T T Y E Y B E A N T S T G N R
I O O V N D S M H D C I A P P S T
P J N O H S O T N I C M R N Y N Y
F E H N C R W N V F I R E S I D E

Word List:

- | | | | |
|------------|----------|----------|-----------|
| EMPIRE | FUJI | GALA | DELICIOUS |
| HONEYCRISP | MCINTOSH | JONAGOLD | BRAEBURN |
| CRISPIN | ENVY | JAZZ | AMBROSIA |
| JONATHAN | GREENING | PIPPIN | SPY |
| ROME | WINESAP | RUSSET | MACOUN |
| CORTLAND | KEEPSAKE | IDARED | SPARTAN |
| BEACON | HARALSON | WEALTHY | FIRESIDE |
| KANZI | LIBERTY | MILTON | SNOW |
| VICTORY | | | |

Sudoku

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

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

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DIFFICULTY: ★★☆☆

PUZZLE SWAP

Are you a puzzler? Puzzles are actually quite beneficial to older adults. Some of the top benefits of puzzles for seniors are:

1. Improves memory
2. Enhances problem-solving skills
3. Boosts your mood
4. Encourages attention to detail
5. Offers fun social collaboration

The Senior Center has a large supply of puzzles for trading including 500 and 1000 piece puzzles. If you have puzzles ready to go to the thrift store or recycling, please consider donating those puzzles to the Senior Center for others to enjoy. Or stop by the Senior Center to see what puzzles are currently available. If you have puzzles with missing pieces, make sure to note that on the box!



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MINNESOTA HISTORY

Presented by Arn Kind

EARLY YEARS: THE FRENCH VOYAGEUR & MINNESOTA'S FUR TRADE

Role-play the parts of voyageurs and/or proud Dakota or Ojibwa Indians. Learn how these early Europeans paddled heavy, cargo-laden canoes through the vast interior of North America. We will also learn how the French and the Indians bartered with one another. The French wanting furs to be made into fashionable hats and clothing; the Dakota and Ojibwa wanting the French trade goods. These trade goods would make life easier for the Indians, and were a mixture of cloth (cotton or wool), beads, trinkets, mirrors, traps, knives, tomahawks, and trade rifles.

WED., SEP. 28, 2 P.M., SPCC RM. 219, FREE

THE NORTHFIELD BANK RAID: MINNESOTANS FOIL THE JAMES/YOUNGER GANG

In late August, early September, one of the most notorious outlaw gangs in history rode into Minnesota intent on robbing a number of prosperous banks in the southern part of the state. The core of the gang was made up of Jesse and Frank James, along with the three Younger brothers; Cole, Jim and Bob. They greatly underestimated the ardor and the resolve of the people of Minnesota.

WED., OCT. 26, 2:00 P.M., SPCC RM. 219, FREE

U.S.S. WARD AT PEARL HARBOR: MINNESOTANS FIRE THE FIRST SHOTS

Less than a year before America entered into the Second World War, a bunch of young Minnesotans joined the U.S. Navy. After their training, these men were shipped off to serve their country. These Minnesotans proved to be excellent sailors who were proud to serve on the destroyer U.S.S. Ward stationed in Pearl Harbor in the Hawaiian Island of Oahu. They kept the vessel ship-shape and proved themselves to able sea-men. When the crew of the U.S.S. Ward spotted a submarine trying to sneak in to the harbor entrance on December 7, 1941, the events that followed and the way the crew of the Ward reacted to them would earn all of them a place in the history books.

WED., NOV. 30, 2 P.M., SPCC RM. 219, FREE

This program is made possible by the voters of Minnesota through a grant provided by the Traverse des Sioux Library Cooperative, thanks to a legislative appropriation from the arts and cultural heritage fund.

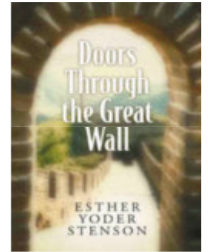


PROGRAMS AT THE SAINT PETER PUBLIC LIBRARY

Doors Through the Great Wall

Thu., Sep. 15 | 5:30 p.m. | Saint Peter Public Library, Fireplace Area

Author talk A memoir set in post-Mao China, this book describes the author's experiences and adventures as a young Anabaptist English teacher in meeting a culture both entirely different, yet surprisingly similar to the Amish Mennonite culture of her childhood and youth. Join us by the fireplace for this local author talk with Esther Stenson!



Human Library Experience: Teens and Adults

Sat., Sep. 24 | 9 a.m. to 1 p.m. | Saint Peter Public Library

Check out a Human Book for a one-to-one conversation that helps you develop a broader understanding of what it means to be human. Free and open to everyone! Our human books are all volunteers who choose to donate their time to talk about their titles. It is, therefore, important for us, to create a safe space for our books as well as for our readers. Every one of the Human Library's books has personal experience with their titles and is drawn from a group in society that experience stigmatization, prejudice and/or discrimination.

Secrets of the Congdon Mansion

Tue., Oct. 18 | 6 p.m. | Saint Peter Public Library, Library Meeting Room

Reporter Joe Kimball has covered the infamous Congdon murders since the day the bodies were discovered in 1977. He is the author of the best-selling "Secrets of the Congdon Mansion," a first-hand account of Minnesota's most infamous murder case. Joe will talk about covering the story from start to finish as a reporter for the Star Tribune and gives inside details of the victims, investigators and perpetrators, to bring the tale to life. Come and listen to the details of the case, and gain insight into this important piece of Minnesota history. *This project is made possible with money from Minnesota's Arts and Cultural Heritage Fund and the people of Minnesota for Library Legacy activities.*

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 <p>BRANDT LAW OFFICE, P.A. James W. Brandt • Christopher P. Grean</p>	<ul style="list-style-type: none"> • Family - Grandparents' Rights • Real Estate • Title Insurance Agent • Wills & Trusts - Estate Planning - Probate <p>info@brandtlawoffice.com www.brandtlawoffice.com 219 W Nassau St St Peter 931-6940</p>	



Prepare for Medicare

Thu., Nov. 3 | 11 a.m.

SPCC Rm. 217 | Free

New to Medicare or need a refresher for upcoming changes? In Prepare for Medicare 2022, you will learn all about the basics of Medicare, supplemental plans and what Medicare does and does not cover. Information about Medicare advantage plans, prescription plans and identifying which plan works best for you will also be covered.

Learn also how fitness programs may be covered!

Nelson Schmidt, Jr. Blue Cross MN Consultant



Walking Track

The Walking Track is open whenever the building is open, with the exception of Tuesday mornings from 7 a.m. - 10 a.m. (closed for cleaning).



**Monthly Foot Clinics
are held at the
Saint Peter
Community Center
by Linda Dusek, LPN**

**Call 507-380-7163
for appointments**



Free! Pickleball Clinic

Wed., Sep. 7 | 6—7:30p.m. | SPCC Gym

All ages. All are welcome! All equipment will be provided. Please register online or with the Recreation Office.

Daytime/Beginner Pickleball

Mon., Wed., and Fri. from Sep. 12—Dec. 30

11:15 a.m.—1:15 p.m. | SPCC Gym | Registration Required

Max of 32 players per day – registration opens 48 hours prior to open Pickleball time. Purchase a punch card from the Recreation Office or online. No walk-ins.

Adult Social/Open Pickleball

Sun., Sep. 11—Dec. 18 | 4—6 p.m.

Wed., Sep. 14—Dec. 28 | 6—8 p.m.

This is more advanced/competitive play that occurs in the evening. Max of 32 players per day – registration opens 48 hours prior to open Pickleball time. Purchase a punch card from the Recreation Office or online. No walk-ins.

Fitness Classes

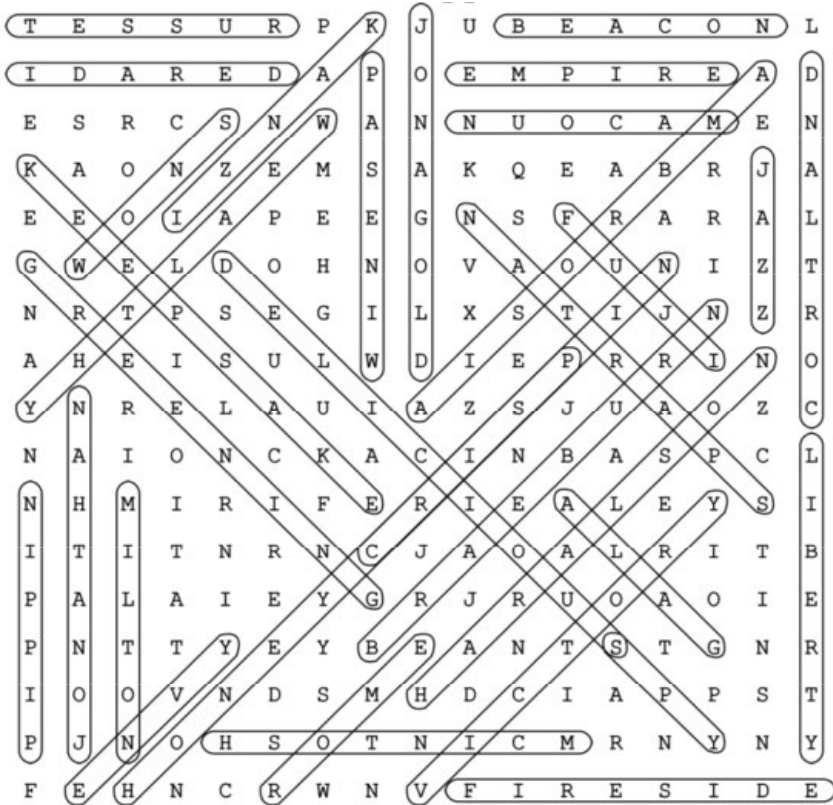
Senior Fitness

**Mon., Wed., Fri. | 10—11 a.m. | Gym | \$25
Virtual and In-Person Option!**

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 at the Recreation Office or call 934-0667.

Sess. 1:	Aug. 1—Sep. 2
Sess. 2:	Sep. 7—Oct. 7 (no class 9/5)
Sess. 3:	Oct. 10—Nov. 11 (no class 11/11 or 11/25)
Sess. 4:	Nov. 14—Dec. 16



16 | SEPTEMBER CALENDAR

Thursday, September 1

12:30 PM Men's Cards

Friday, September 2

10:00 AM Senior Fitness

1:30 PM Pfeffer

Monday, September 5

Building Closed

Tuesday, September 6

8:00 AM Foot Clinic

1:00 PM Bridge/500

Wednesday, September 7

10:00 AM Senior Fitness

Thursday, September 8

12:30 PM Men's Cards

Friday, September 9

10:00 AM Senior Fitness

10:00 AM Grandparent's Day

11:00 AM LIFE: Nobel Preview

1:30 PM Pfeffer

Sunday, September 11

4:00 PM Pickleball

Monday, September 12

10:00 AM Senior Fitness

11:00 AM Lunch and Learn:

Funeral Planning

11:15 AM Pickleball

12:30 PM Men's Cards

Tuesday, September 13

1:00 PM Bridge/500

Wednesday, September 14

10:00 AM Senior Fitness

11:15 AM Pickleball

2:00 PM Fall Music Series:

Maud Hixson

6:00 PM Pickleball

Thursday, September 15

12:30 PM Men's Cards

Friday, September 16

10:00 AM Senior Fitness

11:15 AM Pickleball

1:30 PM Pfeffer



Sunday, September 18

4:00 PM Pickleball

Monday, September 19

10:00 AM Senior Fitness

11:15 AM Pickleball

12:30 PM Men's Cards

1:00 PM New Release Movie

Monday

Tuesday, September 20

8:00 AM Foot Clinic

11:00 AM LIFE: Voyageurs

National Park

1:00 PM Bridge/500

Wednesday, September 21

10:00 AM Senior Fitness

11:15 AM Pickleball

6:00 PM Pickleball

Thursday, September 22

11:00 AM Fall Prevention

Awareness Program

12:30 PM Men's Cards

Friday, September 23

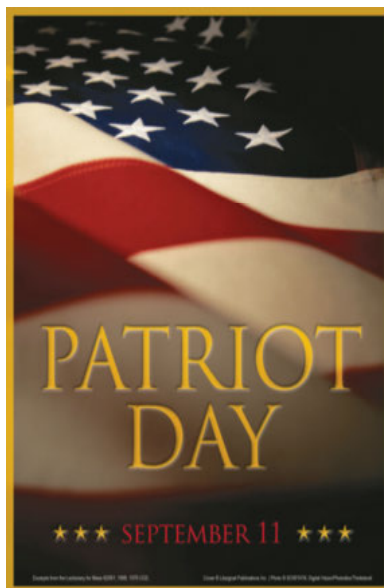
10:00 AM Senior Fitness

11:15 AM Pickleball

1:30 PM Pfeffer

Saturday, September 24

9:00 AM Library: Human Experience



Sunday, September 25

4:00 PM Pickleball

Monday, September 26

10:00 AM Senior Fitness

11:00 AM LIFE: Understanding Bias: What Would You Do?

11:15 AM Pickleball

12:30 PM Men's Cards

Tuesday, September 27

1:00 PM Bridge/500

Wednesday, September 28

9:30 AM Nobel Conference Streaming

10:00 AM Senior Fitness

11:15 AM Pickleball

2:00 PM Minnesota History: French Voyageur & Minnesota's Fur Trade

6:00 PM Pickleball

Thursday, September 29

9:30 AM Nobel Conference Streaming

12:30 PM Men's Cards

Friday, September 30

10:00 AM Senior Fitness

11:15 AM Pickleball

1:30 PM Pfeffer



WEEKLY ACTIVITIES

Sundays

4:00 PM Pickleball

Mondays

10:00 AM Senior Fitness

11:15 AM Pickleball

12:30 PM Men's Cards

Tuesdays

1:00 PM Bridge and 500

Sunday, October 2

4:00 PM Pickleball

Monday, October 3

10:00 AM Senior Fitness

11:00 AM Active Aging Week

11:15 AM Pickleball

12:30 PM Men's Cards

1:00 PM Classic Movie Monday

2:00 PM **Active Aging Week**

7:00 PM **Active Aging Week**

Tuesday, October 4

8:00 AM Foot Clinic

11:00 AM Active Aging Week

12:00 PM Active Aging Week

1:00 PM Bridge/500

5:00 PM Active Aging Week

Wednesday, October 5

10:00 AM Senior Fitness

11:00 AM Active Aging Week

11:15 AM Pickleball

6:00 PM Pickleball

Thursday, October 6

11:00 AM Active Aging Week

12:00 PM Active Aging Week

12:30 PM Active Aging Week

12:30 PM Men's Cards

Friday, October 7

10:00 AM Senior Fitness

11:00 AM Active Aging Week

11:15 AM Pickleball

1:30 PM Pfeffer



Sunday, October 9

4:00 PM Pickleball

Monday, October 10

10:00 AM Senior Fitness

11:15 AM Pickleball

12:30 PM Men's Cards

Tuesday, October 11

8:00 AM Foot Clinic

1:00 PM Bridge/500

Wednesday, October 12

10:00 AM Senior Fitness

11:15 AM Pickleball

2:00 PM Fall Music Series: Mike Bustin

6:00 PM Pickleball

Thursday, October 13

12:30 PM Men's Cards

Friday, October 14

10:00 AM Senior Fitness

11:00 AM LIFE: Reflection of a Naturalist

11:15 AM Pickleball

1:30 PM Pfeffer

Sunday, October 16

4:00 PM Pickleball

Monday, October 17

10:00 AM Senior Fitness

11:15 AM Pickleball

12:30 PM Men's Cards

1:00 PM New Release Movie Monday

Tuesday, October 18

8:00 AM Foot Clinic

11:00 AM LIFE: Understand the Issue: Ukraine Conflict

1:00 PM Bridge/500

6:00 PM Library: Secrets of the Congdon Mansion



Wednesday, October 19

10:00 AM Senior Fitness (Room 219)

11:15 AM Pickleball

6:00 PM Pickleball

Thursday, October 20

12:30 PM Men's Cards

Friday, October 21

10:00 AM Senior Fitness

11:15 AM Pickleball

1:30 PM Pfeffer

Sunday, October 23

4:00 PM Pickleball

Monday, October 24

10:00 AM Senior Fitness

11:15 AM Pickleball

12:30 PM Men's Cards

Tuesday, October 25

1:00 PM Bridge/500

Wednesday, October 26

10:00 AM Senior Fitness

11:15 AM Pickleball

2:00 PM Minnesota History: Northfield Bank

Thursday, October 27

12:30 PM Men's Cards

Friday, October 28

10:00 AM Senior Fitness

11:15 AM Pickleball

1:30 PM Pfeffer

Sunday, October 30

4:00 PM Pickleball

Monday, October 31

10:00 AM Senior Fitness

11:15 AM Pickleball

12:30 PM Men's Cards



Wednesdays

10:00 AM Senior Fitness

11:15 AM Pickleball

6:00 PM Pickleball

Thursdays

12:30 PM Men's Cards

Fridays

10:00 AM Senior Fitness

11:15 AM Pickleball

1:30 PM Pfeffer



FREE PROGRAMS ALL WEEK LONG!

A Walk in the Park | Gorman Park and Saint Peter Community Center | Mon., Oct. 3 | 11 a.m.

Grab your friends, relatives, or grandkids for a bike, walk or run around the Community Center and Gorman Park. No registration.

Live Well Fitness Tour and Treats | River's Edge Hospital | Mon., Oct. 3 | 2 p.m.

Tour the exercise facilities at River's Edge Hospital, Live Well Fitness, and hear more information about the classes and programs offered there. The tour will end at the hospital cafeteria for coffee and treats. No registration.

Varsity Volleyball Game | Saint Peter High School | Mon., Oct. 3 | 7 p.m.

Watch the Saint Peter Saints take on Hutchinson at the Varsity game. Free entrance, hot dog or pizza slice, drink and popcorn for those over 55 with AAW coupon. Collect AAW coupon from Recreation and Leisure Office or Senior Newsletter to redeem at the concessions stand. No registration.

Hillstrom Museum of Art Tour | Gustavus Adolphus College | Tue., Oct. 4 | 11 a.m.

Donald Myers, Director of the Hillstrom Museum of Art, will lead a personalized tour of the campus art museum. No registration.

Free Luncheon | Gustavus Adolphus College | Tue., Oct. 4 | 12:00 p.m.

Senior luncheon hosted in the Heritage Room at Gustavus. Registration Required. Maximum 40. \$10 payable at the door for anyone unregistered.

Free Dance and Dinner | American Legion Post 37 | Tue., Oct. 4 | 5 p.m.

The Rod Cerar Orchestra returns to Saint Peter! Enjoy dinner and dancing with live music at the American Legion. Free will donation at the door. Event Sponsored by the American Legion Families Post 37 and the Saint Peter Chamber of Commerce. No registration.

Pickleball Clinic | Veteran's Park Pickleball Court | Wed., Oct. 5 | 11 a.m.

A staff led Pickleball clinic will be held at Veteran's Park outdoor courts (weather permitting). The clinic will teach the fundamentals of Pickleball, scoring, rules and court etiquette. All materials will be provided by the Recreation Department. No registration.

Arboretum Tour | Gustavus Adolphus College Arboretum | Thu., Oct. 6 | 11 a.m.

Scott Moeller, Linnaeus Arboretum Director and Naturalist will lead a walking tour of this Saint Peter gem. No registration.

Free Luncheon | Gustavus Adolphus College, Melva Lind Interpretive Center | Thu., Oct. 6 | 12 p.m.

Enjoy a free luncheon after touring the Arboretum. Registration Required. Maximum 40.

Monarch Butterflies | Gustavus Adolphus College, Melva Lind Interpretive Center | Thu., Oct. 6 | 12:30 p.m.

Monarchs are the one butterfly that everyone knows and can identify with just one glance. This amazing creature over a number of generations will migrate from here in Minnesota all the way down to Mexico. Program presented by Scott Kudelka, MN DNR Naturalist. No registration.

Learn Music, Learn Life | Saint Peter Community Center Room 219 | Fri., Oct. 7 | 11 a.m.

Artist Mike Arturi shares his journey through music and the desire to play drums, he gained life skills that guided him through a lifelong and continuing career in music. This stand-alone program illustrates how pursuing a personal area of interest can lead to a lifelong career. No registration.

Registration for all programs is open. Please call 934-0667 for more information.

Program made possible through a grant by proceeds from the annual Saint Peter Senior Expo, Saint Peter Chamber of Commerce and Mankato Clinic Foundation.



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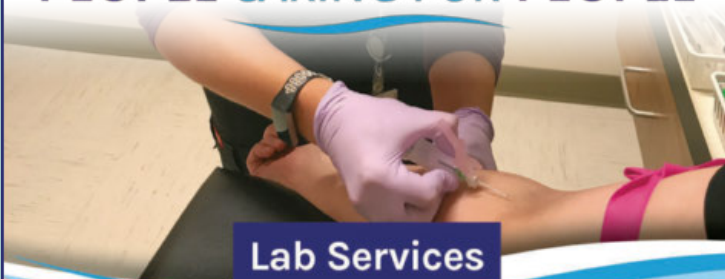
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This coupon redeemable on Monday, October 3 at
Saint Peter High School Concessions Stand.

Varsity Volleyball Game at 7 p.m.

Redeemable for one drink, one popcorn, and one hot
dog or slice of pizza. Valued at \$5.

Paid for by the Annual Senior Expo Fund.

COUPON MUST BE PRESENTED AT TIME OF PURCHASE.

LEARN MORE ABOUT ACTIVE AGING WEEK BY CALLING 934-0667 FOR MORE INFORMATION.

Program made possible through a grant by the Mankato Clinic Foundation, Saint Peter Chamber of Commerce, City of Saint Peter Department of Recreation and Leisure Services and the proceeds from the Annual Senior Expo.