

May/June  
2017

**Weekly Activities @  
the Senior Center**

- Mon. 2000 Club  
9:30-10 a.m.  
(weekly)
- Mon. Color Happy  
1-2:30 p.m.  
(1<sup>st</sup> and 3<sup>rd</sup>  
Mon. of the  
month)
- Tues. 500  
1 p.m.  
(weekly)
- Tues. Bridge  
1:15 p.m.  
(weekly)
- Wed. 2000 Club  
9:30-10 a.m.  
(weekly)
- Thur. Men's Cards  
1 p.m. (Room  
215 – weekly)
- Fri. 2000 Club  
9:30-10 a.m.  
(weekly)
- Fri. Chess and  
Checkers  
10 a.m.-12 p.m.  
(1<sup>st</sup> and 3<sup>rd</sup> Fri.  
of the month)
- Fri. Scrabble  
10 a.m.-12 p.m.  
(2<sup>nd</sup> and 4<sup>th</sup> Fri.  
of the month)
- Fri. Pfeffer  
1:30 p.m.  
(weekly)

# Saint Peter Senior News



**Get to Know... Gabriela Roemhildt**

Dear Friends,

Welcome to the newly crafted style of the Saint Peter Senior Center Newsletter! If we haven't met yet, I am the newly hired coordinator – replacing Sylvia Perron after her many years of service. I am very excited to be working in the Senior Center and look forward to seeing and hearing from you.

**A little about me!**

- I am originally from Dana Point, California.
- My husband is retired from military service after 25 years. As a Navy wife, I have lived in Japan, Singapore, Italy, Hawaii, and Idaho
- I have a Master of Library and Information Science degree from UW, Milwaukee.
- I enjoy reading, quilting, puzzles, and spending time with my family.
- After my husband's retirement, we traveled the US in our motorhome. We visited nearly 20 National Parks!

**Change** is inevitable, but you won't see too many changes in the Senior Center anytime soon. However, it is my hope to add *more* activities and learning programs in the coming months and years. ***Have no fear though, there will not be any changes to the schedule that is already in place!***

**What's New?** I am incredibly passionate about lifelong learning and you will continue to see more LIFE programs in the future. Community and Family Education and the Recreation Department are working hard to bring in speakers to talk about many topics of interest. Continue to check your newsletter, online, Facebook, or the quarterly Community Center brochure for updates. Or, pick up the phone and call me!

**Keep your mind sharp** by coming to the Senior Center for an assortment of games. In May, we will be adding chess, checkers and Scrabble to the calendar. While I am not very good at card games, I am adept at these games and would love to play a game with you!

Please feel free to call, email or stop by with your questions, comments and concerns.

Gabriela Roemhildt  
[gabrielar@saintpetermn.gov](mailto:gabrielar@saintpetermn.gov)  
934-0667



Irish Immigration to America in the 1800's rocketed as Ireland was devastated by the Irish Potato Famine. Potatoes in the fields of Ireland turned black and rotted in the ground.

Ask Yourself:

*When was the last  
time you learned  
something new?*

Maybe now is  
the time! Join a  
LIFE class today.



**Building Summer Hours**  
Monday – Friday 6 a.m. – 8 p.m.  
Saturday 9 a.m. – 4 p.m.  
Sunday CLOSED (except for  
reservations)

## LIFE: Learning is ForEver Classes to Inform, Inspire & Connect

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

One-stop registration for all classes at Community & Family Education. Register in person, by phone 934-3048 or online at [stpetercommunityedonline.com](http://stpetercommunityedonline.com).

### The Irish Famine and its Effect on Irish and American history, 1845-1945

For seven years, from 1845-1852, Ireland experienced a devastating famine that killed approximately one million people and forced another million to leave the country in the hopes of survival. The majority of those who left came to America. This program examines the period 1845-1945 and explores how “The Great Hunger” changed the course of history, not only of Ireland but of the United States as well. Min. 5, max. 25.

Joan Easton, retired Professor of Capital University in Columbus, OH  
Tue., May 9, 9–11 a.m., SPCC Rm. 219, Register by May 1, \$5 LI-S01

### A History of Immigration 1840-1950

Why do people leave their families, their friends, and their homes to resettle in a foreign land? What would it take for you to leave behind everything you know? This course will explore the political, economic, and religious factors that motivated Europeans to immigrate to America during the period of 1840-1950. Min. 5, max. 25.

Joan Easton, retired Professor of Capital University in Columbus, OH  
Tue., May 30, 9–11 a.m., SPCC Rm. 219, Register by May 22, \$5 LI-S02

### Women in American Society, Past and Present

The past two hundred years have seen many radical shifts in the position of women in American society. What exactly has changed, and what aspects of women’s experiences remain the same? This program will survey the role of women in the US from the time of the country’s founding to the present day. Min. 5, max. 25.

Joan Easton, retired Professor of Capital University in Columbus, OH  
Tue., Jun. 13, 9–11 a.m., SPCC Rm. 219, Register by Jun. 5, \$5 LI-S03

### Walking Historic Saint Peter

Saint Peter has had a colorful history and geography beginning with its bid to become the state's capital. Join Bob for a two-hour walk which will include the city's steamboat landing, Captain Dodd's home, ferry, burial site and the historic places along Minnesota Avenue and Third Street. At the end of the walk, bring your own lunch to the group picnic.

Bob Douglas, Emeritus Professor of Geography, GAC

Wed., Jun. 14, 10 a.m. – 12 noon, Meet at the Chamber of Commerce building, Register by Jun. 7, \$5 LI-S04

### \*New\*

### American Bison at Minneopa

Bison are roaming once again at Minneopa State Park for the first time in hundreds of years. Minneopa Area Naturalist, Scott Kudelka, will talk about the significance of bison, the establishment of a MN Conservation Herd and some of the unique characteristics of North America's largest mammal. The presentation will focus on the bison herd at Minneopa State Park and the future of this animal.

Thurs., May 25, 10 - 11:30 a.m.

SPCC Rm. 219, \$5 LI-S09



**What's the difference between bison and buffalo?** While bison and buffalo are used interchangeably, in North America the scientific name is bison.

## New in May !

### Chess & Checkers

**1<sup>st</sup> and 3<sup>rd</sup> Friday, 10 a.m. - 12 p.m.**

Brush off those strategy skills with a classic game of chess or checkers! Mental gymnastics stretches your brain – use it or lose it!

Senior Center, Room 219

### Scrabble

**2<sup>nd</sup> and 4<sup>th</sup> Friday 10 a.m. - 12 p.m.**

Sharpen your memory and join us for a game of Scrabble! A 2015 study of Scrabble players show that the game helps with visual perception and memory, plus, it's fun!

Senior Center, Room 219

### Color Happy

**1<sup>st</sup> and 3<sup>rd</sup> Monday 1 - 2:30 p.m.**

Stimulate brain power, creativity and fine motor skills by coloring in a coloring book specifically for adults! Supplies will be provided, bring your own creativity!

Library Meeting Room

*Register for all*

*LIFE classes at*

*the Community*

*& Family*

*Education Office.*

*Register in person,*

*by phone*

*934-3048,*

*or on-line.*



What are you hungry for?

Daily menu at:  
<https://gustavus.edu/diningservices/menu/>

*“Everybody  
needs*

*beauty...places to  
play in and pray  
in where nature  
may heal and  
cheer and give  
strength to the  
body and soul  
alike.”*

*– John Muir*



John Muir is today referred to as the “Father of the National Parks”.

## Lunch at Gustavus

### Gustavus Adolphus College Buffet Lunch for Seniors

Meet friends for lunch at one of the best buffets around!

Wed., May 10. Jun. 14, Jul. 12, Aug. 9; 11 a.m.–12:30 p.m.,  
Gustavus Three Crowns Room, \$6.75

No registration required. Visit the GAC Book Mark for discounts!

Questions? Call 934-0667

## Matinee Documentaries at the Treaty Site

Nicollet County Historical Society and Community & Family Education invite you to a summer afternoon documentary series. Due to the great interest in these previously shown films, we’ve decided to offer them again. As always, the films are free and open to the public.

### John Muir: A Glorious Journey

This film tells the story of John Muir, America's most famous naturalist and conservationist. Muir shared his love of nature through writing and inspired people to protect our country's wild places, fueling the formation of the National Park Service and the modern conservation movement. After the film, we invite you to take a walk on the prairie trails next to the Treaty Site.

Film not rated. Runtime is 22 minutes. June 1, 2 p.m. Treaty Site History Center, Free.

### University Avenue: One Street, a Thousand Dreams

"University Avenue means different things to different people. It's always been eclectic, unruly, noisy, and gritty. The street has seen its fortunes rise and fall over the decades. Its purpose has always been the same: to provide a vital link between Minneapolis and Saint Paul for people and commerce." Lou Bellamy's opening narration sets the stage for this journey down one of the most fascinating and influential streets in the Upper Midwest.

Film not rated. Runtime is 57 minutes. July 6, 2 p.m. Treaty Site History Center, Free.

## Senior Transportation has Shifted Gears!

The service you've known as Nicollet County Senior Transportation by Senior Volunteers has transitioned. Nicollet County has partnered with VINE to provide transportation services throughout the entire County. It is as simple as calling VINE at 507-387-1666. For more information contact Mary Hildebrandt at 507-934-7220 or [mary.hildebrandt@co.nicollet.mn.us](mailto:mary.hildebrandt@co.nicollet.mn.us)

## Senior Nutrition Program & Meals on Wheels

Park View Manor, 1010 S. 4th St., St. Peter. Anyone over 60 years of age and/or spouse is welcome to participate. Reservations for both programs must be made one day in advance by calling 934-8850 between 10 a.m. and 12:30 p.m.

## Medicare & Health Insurance Help

Help available for questions on Medicare, supplemental insurance, medication costs, etc. No appointment needed however you can make an appointment by calling 1-800-333-2433. One-on-one assistance. Sponsored by MN River Area Agency on Aging. Thu., May 4, Jun. 1, Jul. 6, Aug. 3. Offered from 2-4 p.m. in the Senior Center Rm. 219

## Puzzle Swap

The 5 Benefits of Puzzles for Adults

1. Enhanced memory
2. Accelerated ingenuity
3. Supporting the entire thought process
4. Production of dopamine
5. Meditation



If you or someone your know enjoys puzzles, the Senior Center is offering a Puzzle Swap in Room 215. Please bring only complete puzzles of 500 or more pieces in their original box. Days and times coincide with the Foot Clinic: May 2 & 16, Jun. 6 & 27.



Seniors make up 17.9% of the population in Minnesota. 24% of seniors live in or near poverty level.

### *Can you help?*

Volunteers are always needed for the Meals on Wheels program. Contact Gabriela for more information. 934-0667



By year-end 2016, more than 56 million Americans are expected to be enrolled in Medicare.



**Staying  
connected  
on the  
internet  
is a  
healthy  
emotional  
outlet.**

## Technology

### Appy Hour

**For those who have a working knowledge of their device and want to learn about new apps.** Whether you're looking for new games, music, or books, we'll find an app and share it with you. Bring your own device. (Please note this program is not intended for those who need instruction on how to use their phone, eReader or tablet.)

Becky Menk

Always the last Thursday of the month.

May 25, Jun. 29, Jul. 27 & Aug. 31 at 4–5 p.m., Library Meeting Room, FREE, no pre-registration.

### Getting to Know Your Apple iPhone

We'll explore your options for settings, as well as things like setting up your home screen and contacts, using voice dictation, texting, forwarding and deleting information and more. You'll learn how to sync with other devices, manage your calendars and how to manage your pictures. Bring your own iPhone (this class is not for android phones.) Min. 5, max. 6.

Becky Menk

Sess. 1: Tue., May 9 & 16, 10:15 a.m. – 12:15 p.m.,  
Library Meeting Room, Register by May 1, \$10 LI-S05



### Getting to Know Your Android Phone

We'll explore your options for settings, as well as things like setting up your home screen and contacts, using voice dictation, texting, forwarding and deleting information and more. You'll learn how to sync with other devices, manage your calendars and how to manage your pictures. Bring your own Android smartphone (this class is not for iPhones.) Min. 5, max. 6.

Becky Menk

Sess. 1: Tue., Jun. 6 & 13, 10:15 a.m. – 12:15 p.m.,  
Library Meeting Room, Register by May 29, \$10 LI-S07

### Senior Surf Day

This FREE hands-on class will teach you the basics of operating a computer and how to navigate the Internet. There are lots of reasons to get on the Internet. You can find information, check out new entertainment ideas and keep in touch with family and friends. This is an introductory class that is intended for older adults with little or no computer experience. Max: 6

Tue., May 9, 9–11 a.m.

Saint Peter Public Library, no charge

Register by calling the Senior Linkage Line, 1-800-333-2433.

## Health and Wellness

**Splish Splash! Roy T. Lindenberg Memorial Outdoor Pool opens Saturday, May 27!**

### Water Aerobics

Noon - 1 p.m.



**Sess. I** Tue./Thu.

May 30-June 29

**Sess. II** Tue./Thu.

July 11-Aug. 10

\$42, Appropriate for all levels of fitness. Shallow and deep water exercises for a high cardio workout.

### Open Swim Hours

1-4:15 p.m., Mon.-Thu.

1-6 p.m., Fri.-Sun.

### Naturalist Night Hike

Thu., May 18,

8-9 p.m.,

Traverse des

Sioux Park/

Treaty Site History Center



Learn how to use your five senses (sight, hearing, touch, taste and smell) in the dark without using any artificial light. Please meet in the lobby at the Treaty Site History Center at 7:55 p.m. and be ready to depart at 8 p.m.

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

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.

To register stop by the Recreation Office or call 934-0667.

Mon., Wed., Fri., 10-11 a.m.

Sess. 1: May 31-Jul. 7

Sess. 2: Jul. 10-Aug. 18

SPCC Multi-Purpose Rm.

310A, \$25

### \*New\* Workout to Go

**Workout-to-Go** is a small booklet designed to fit easily into your purse or travel bag.

You can do the 13 easy-to-follow strength, balance, and flexibility exercises in this booklet anytime, anywhere.

Use it at home or take it with you on vacation. View, print, or download your own copy at <https://go4life.nia.nih.gov/workout-to-go>.

*A limited number of copies will be available at the Recreation office in the community center.*

### Foot Care Clinics

Tuesday appointments, call 934-0667. May 2 & 16, Jun. 6 & 27, Jul. 6 (Thur.) & 18,

Aug. 1 & 15

SPCC Rm. 215, \$25

### \*New\* 2000 Club

**Can you walk 2000 steps (or one mile)?**

Meet Gabriela in the gym to walk 2000 steps (one mile) on the gym walking path. This is a great way to warm up those muscles before P.A.L.S.!

Mon., Wed., Fri., 9:30-10 a.m. Community Center Track, 3<sup>rd</sup> floor

### A Matter of Balance

**Thu., Mar. 16-May 4**

Improve your balance flexibility, and strength to help you increase your level of activity and manage falls. This is an award-winning program that gives you the tools and strategies to manage falls.

Library Meeting Rm; 1-3 p.m.

Cost: Free

Register by calling VINE at 386-5586.

### N.A.P.S. – Note location change!

The Nutrition Assistance Program for Seniors is available to low-income seniors 60 years and over. Food is now distributed at the Nicollet County Health and Human Service Building at 622 S. Front Street from 3-4 p.m. on Thursdays - May 4, Jun. 1, Jul. 6 and Aug. 3. Please register ahead by calling 1-800-365-0270. Sponsored by Second Harvest Heartland.

**Save the Date for the  
Senior Dances**

**\*New\***

**Senior Summer Safety**

**May 9**  
Don Klossner  
**Jun. 13**  
Luverne Wanous

**Jul. 11**  
Bud Berhow

**Aug. 8**  
Luverne Wanous

Tuesday, 1–4 p.m., American  
Legion, \$6 at the door

Officers Travis Sandland and Dave Arpin will present a short program on scam prevention, general safety and being vigilant over the long summer months. Don't forget that school-age children will have a whole extra month off this summer! Light refreshments will be served. Wednesday, May 17 from 11:15 a.m. -12:15 p.m., SPCC 219. Free.



600 S. Fifth St., Suite 200  
St. Peter, MN 56082



# MAY 2017 (R) – Please Register

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Color Happy 1-2:30	<b>2</b> Foot Clinic (appt.) Puzzle Swap 500 1pm Bridge 1:15pm	<b>3</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>4</b> Men's Cards 1pm Matter of Balance 1-3 Medicare and Insurance Help 2-4	<b>5</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Chess & Checkers 10-12 Pfeffer 1:30pm	<b>6</b>  Plant Sale at the Cox House	
<b>7</b>	<b>8</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>9</b> <b>Irish Famine 9-11 (R)</b> Senior Surf 9-11 Apple iPhone 10:15-12:15 <b>Senior Dance 1-4</b> 500 1pm Bridge 1:15pm	<b>10</b> 2000 Club 9:30-10 P.A.L.S. 10-11 <b>Lunch at Gustavus 11-12:30</b>	<b>11</b> Men's Cards 1pm	<b>12</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Scrabble 10-12 Pfeffer 1:30	<b>13</b>	
<b>14</b>  Happy Mother's Day!	<b>15</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Color Happy 1-2:30	<b>16</b> Foot Clinic (appt.) Puzzle Swap Apple iPhone 10:15-12:15 500 1pm Bridge 1:15pm	<b>17</b> 2000 Club 9:30-10 P.A.L.S. 10-11 <b>Senior Summer Safety 11:15</b>	<b>18</b> <b>American Bison 10am (R)</b> Men's Cards 1pm Appy Hour 4-5pm Naturalist Night Hike 8-9 pm	<b>19</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Chess & Checkers 10-12 Pfeffer 1:30pm	<b>20</b>	
<b>21</b>	<b>22</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>23</b> 500 1pm Bridge 1:15pm	<b>24</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>25</b> Men's Cards 1pm	<b>26</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Scrabble 10-12 Pfeffer 1:30	<b>27</b>  Outdoor Pool Opens	
<b>28</b>	<b>29</b> <b>Memorial Day</b> Community Center Closed	<b>30</b> <b>History of Immigration 9-11am (R)</b> Water Aerobics 12-1(R) 500 1pm Bridge 1:15pm	<b>31</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>(R) – Please Register</b> </div>			

# JUNE 2017

(R) – Please Register

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Water Aerobics 12-1(R) Men's Cards 1pm Medicare and Health Insurance Help 2-4 John Muir Movie 2 pm	<b>2</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Chess & Checkers 10-12 Pfeffer 1:30pm	<b>3</b>
<b>4</b>	<b>5</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Color Happy 1-2:30	<b>6</b> Android Phone 10:15-12:15 Water Aerobics 12-1(R) Foot Clinic (appt.) Puzzle Swap 500 1pm Bridge 1:15pm	<b>7</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>8</b> Water Aerobics 12-1 (R) Men's Cards 1pm	<b>9</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Scrabble 10-12 Pfeffer 1:30	<b>10</b>
<b>11</b>	<b>12</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>13</b> <b>Women in American Society 9-11(R)</b> Android Phone 10:15-12:15 Water Aerobics 12-1(R) <b>Senior Dance 1-4</b> 500 1pm Bridge 1:15pm	<b>14</b> 2000 Club 9:30-10 P.A.L.S. 10-11 <b>Walking Historic Saint Peter 10-12 (R)</b> <b>Lunch at Gustavus 11-12:30</b>	<b>15</b> Water Aerobics 12-1 (R) Men's Cards 1pm	<b>16</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Chess & Checkers 10-12 Pfeffer 1:30pm	<b>17</b>
<b>18</b>	<b>19</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Color Happy 1-2:30	<b>20</b> Foot Clinic (appt.) Puzzle Swap Water Aerobics 12-1(R) 500 1pm Bridge 1:15pm	<b>21</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>22</b> Water Aerobics 12-1 (R) Men's Cards 1pm	<b>23</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Scrabble 10-12 Pfeffer 1:30	<b>24</b>
<b>25</b>	<b>26</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>27</b> Water Aerobics 12-1 (R) 500 1pm Bridge 1:15pm	<b>28</b> 2000 Club 9:30-10 P.A.L.S. 10-11	<b>29</b> Water Aerobics 12-1 (R) Men's Cards 1pm Appy Hour 4-5	<b>30</b> 2000 Club 9:30-10 P.A.L.S. 10-11 Chess & Checkers 10-12 Pfeffer 1:30pm	