

SAINT PETER

COMMUNITY & SENIOR CENTER



SUMMER
2023

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UNDERSTAND
JUNETEENTH
CULTURAL SIGNIFICANCE PAST AND PRESENT

TWO PUBLIC PROGRAMS
WEDNESDAY, JUNE 21

Youth Library Program | 10:30 a.m. | Library
Adult Program | 1 p.m. | SPCC Rm. 219

Presentation by Dr. Kenneth A. Reid, former Director of African American and
Multicultural Affairs at Minnesota State University, Mankato



THIS PROGRAM MADE POSSIBLE THROUGH THE SUPPORT OF SAINT PETER GOOD NEIGHBOR DIVERSITY COUNCIL AND 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.





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 Phone: 507-934-0667 | Email: gabrielar@saintpetermn.gov
 www.saintpetermn.gov/senior-center | Facebook: @SaintPeterRecreation
 Volume 3/5 of Yearly Editions | 2023

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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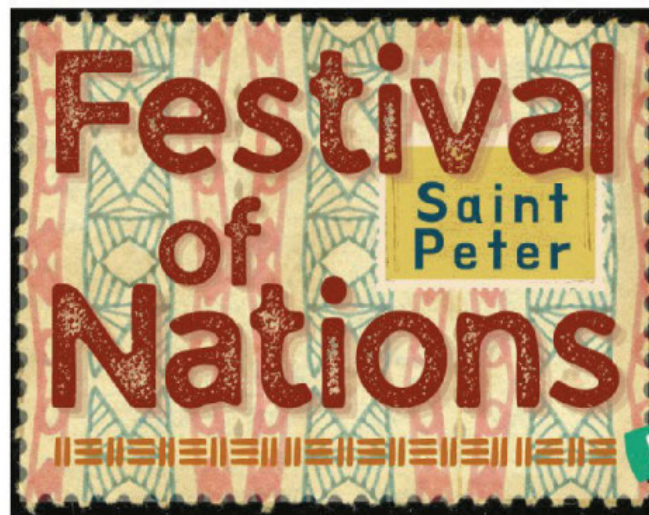
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SUMMER BEGINS

celebrating culture & community
• music • art • dance • food •



Saturday
May 6th
1p-5p
Johnson Hall
and outdoors at
Nicollet County
fairgrounds

FREE



55+ Driver's Safety Classes

4-hour in-person refresher courses

Tuesday, June 27, 1:00–5:00 PM
SP Community Center, Rm. 217, \$28

Tuesday, August 29, 1:00–5:00 PM
SP Community Center, Rm. 217, \$28

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



If you are unable to attend one of our class dates, Minnesota Highway Safety & Research Center at St. Cloud State University offers numerous in-person classes, both 4-hour and 8-hour, in Mankato at Lincoln Community Center & Vine Adult Community Center, as well as classes in other area communities: Arlington, Fairfax, Gibbon, Madelia, New Ulm, Winthrop. You may contact them at 320-308-1400 or visit their website, MnSafetyCenter.org. They also offer online classes.

UPCOMING PROGRAMS IN THE SENIOR CENTER

**All programs are subject to cancellation or rescheduling*

Medicare 101 – Refreshments Served!

Tue., May 2 | 11 a.m. | SPCC Rm. 219 | Free

Are you approaching Medicare age? Are you confused by the different parts of Medicare? Medicare can be confusing and overwhelming. This one hour class will help you better understand the basics of Medicare, including Parts A, B, C & D, as well as coverage options beyond Medicare. Learn about the different enrollment periods. This valuable information will help you make an informed decision on your future healthcare coverage. *Natalie Kelly, UnitedHealthcare Medicare Solutions*

Reverse Mortgages

Tue., May 9 | 11 a.m. | SPCC Rm. 219 | Free

Learn the ABC's of reverse mortgages. Daily living expenses have increased, but so have home values. Many homeowners are sitting on equity that could be converted to cash; that cash could make all the difference in your retirement years. Learn from a local Reverse Mortgage Specialist the basics of how a federally insured reverse mortgage works! *Russ Blaschko NMLS #472746, Reverse Mortgage Specialist*

Older American Month and UCare – Refreshments Served!

Tue., May 23 | 11 a.m. | SPCC Rm. 219 | Free

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). UCare would like to recognize you. We will be serving a special treat and drink in recognition of this event and would love to have you come by and be recognized! *Marla Valentino-Wiste, South MN Medicare Marketing & Sales, UCare*

PEARLS: Mental Health Care for Older Adults Information Session

Thu., May 25 | 11 a.m. | SPCC Rm. 219 | Free

PEARLS is an evidence-based program offered by VINE, to reduce symptoms of depression and improve quality of life for older adults. PEARLS provides confidential high-quality mental health care for those who want to improve the way they feel. During 6-8 sessions, over a 6-month period, participants work with a VINE coach on learning problem-solving skills and behavioral techniques. ***This program is a learning session only, individual sessions may be scheduled later.*** *Glenda Becthold, LSW, Pearls Coach at VINE: Faith in Action*

Diabetic Shoe Clinic

Wed., May 31 | 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.*

Downsizing 101 – Refreshments Served!

Thu., Jun. 8 | 11 a.m. | SPCC Rm. 219 | Free

The thought of downsizing can be daunting and frankly, kind of scary. It is both a physical and emotional journey, and it can be challenging just knowing how to start. We would love to help. By providing you with guidance, resources, and strategies, we hope to make downsizing into more of a positive experience for all of those involved and to put a friendly face to this scary process. Treats will be provided! We hope to see you there, no matter where you or your loved ones are at in the journey. *Sean and Chelsea O'Connell, Realtors, Edina Realty*

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

No registration required | All classes are free

MAYDAY! Peace Conference

Wed., May 3 | 10—11:20 a.m. | Gustavus Adolphus College Christ Chapel | Free

The MAYDAY! Peace Conference was created to inspire attendees to work for justice and peace throughout the world. Starting in 2023, the conference will follow a "teach-in" model. This format is designed to learn more about a complex and current topic from a variety of perspectives. The morning will include short remarks and a panel discussion from campus experts and time for small group dialogue.

Understand the Issue: Roe v. Wade Today

Thu., May 4 | 11 a.m. | SPCC Rm. 219 | Free

On Jan. 22, 1973, the Supreme Court handed down a decision that continues to divide the nation. In *Roe v. Wade*, the court ruled that a state law that banned abortions except to save the life of the mother was unconstitutional under the 14th Amendment. The decision has proved to be one of the most controversial cases in the court's history and landed back at the Supreme Court in 2022. This program is rescheduled from the fall of 2022!

Jill Locke, Professor, Department of Political Science, Gustavus Adolphus College

My Escape Story: A Story of WWII

Tue., Jun. 6 | 2 p.m. | SPCC Rm. 219 | Free

On this 79th anniversary of the Allied landings on the beaches of Normandy, retired SPHS French teacher Mary Behrends will share her father's story of escape from occupied France. Arnold Pederson was the Flight Engineer on a B-17 that was shot down over northern France on February 8, 1944. The rest of the crew went down with the plane and were captured, but Arne heard the pilot's order to jump, so he did. *This is not a D-day story, but the great adventure of a young soldier from Knife River, MN who was saved by resistant fighters, and remained grateful to them for the rest of his long life.* He passed away this past December at the age of 100.

Mary Behrends, Retired SPHS Teacher

The Stories that Shape Us

Fri., Jun. 16 | 11 a.m. | SPCC Rm. 219 | Free

Who do we think we are? And how did we get this way? Societies are built on stories, and the media have become modern-day storytellers with an endless supply of tales to tell. In this interactive session, we'll examine media from different times and places (including from your very own living room!) to better understand how their stories have shaped the way we see ourselves (and others) in the world—for better and for worse.

Martin Lang, Department of Communication Studies, Gustavus Adolphus College

The United States Flag: Origins, Evolution and Symbolism

Tue., Jun. 27 | 11 a.m. | SPCC Rm. 219 | Free

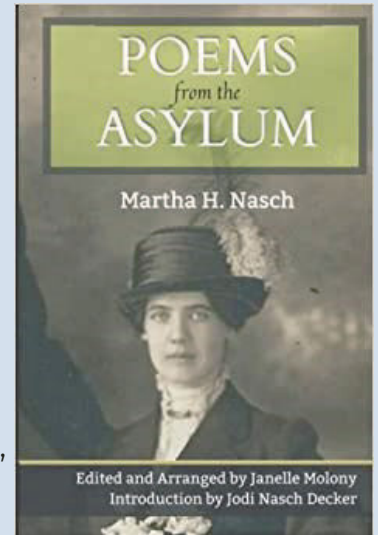
The United States Flag is an important, perhaps, the most important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story.

David Jones, Historical Presenter

DESCENDANTS OF ASYLUM PATIENT: AN UNBELIEVABLE TALE

Poems from the Asylum: Martha Nasch
Tue., May 23 | 6 p.m. | SPCC Rm. 219 | Free

Poems from the Asylum is a descendant-authored biography that goes beyond the haunted hospital walls to shed light on medical and mental health practices of the 1920s in the United States. Martha Nasch lived in the St. Peter State Hospital for the Insane in Minnesota as patient #20864. While institutionalized, Martha Nasch wrote down poetic testimonies of other female patients. Her words reflect deep empathy for the women, as well as reveal the tragic state of mental health care and perspectives during this time. Since those stories have been released, Martha Nasch has been called an advocate for the many women who never made it out. In one poem, she reflected: "From being in a place like this, of what you have to see... if you're not insane when coming in, it won't be long... you'll be." – Martha Nasch, "The Asylum," Circa 1934.



Signed books will be available for purchase on site. Due to the topics and themes presented, this event is not recommended for young audiences.

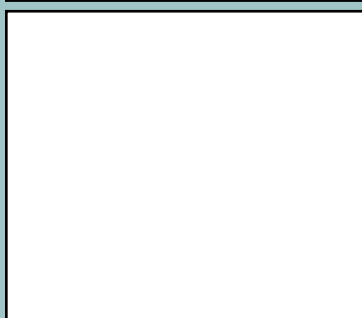
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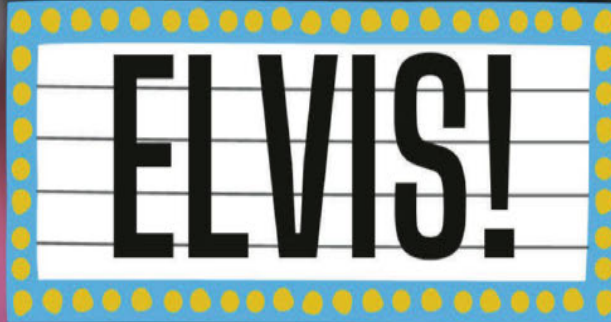
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WED., JUNE 14 | 2 P.M. | SPCC RM. 219 | FREE

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. We ask all patrons to bring their own chair, blanket and refreshments if desired. In case of inclement weather, concerts will be cancelled.



Masa Ishikawa Trio | Fri., July 14 | 7—8:30 p.m.

Hannah Bretz & Friends | Fri., July 28 | 7—8:30 p.m.

TBA | Fri., Aug. 11 | 7—8:30 p.m.

TBA | Fri., Aug. 18 | 7—8:30 p.m.



A Story of WWII

MY ESCAPE STORY

On this 79th anniversary of the Allied landings on the beaches of Normandy, retired SPHS French teacher Mary Behrends will share her father's story of escape from occupied France. Arnold Pederson was the Flight Engineer on a B-17 that was shot down over northern France on February 8, 1944. The rest of the crew went down with the plane and were captured, but Arne heard the pilot's order to jump, so he did. This is not a D-day story, but the great adventure of a young soldier from Knife River, MN who was saved by resistant fighters, and remained grateful to them for the rest of his long life. He passed away this past December at the age of 100.

Shared by Mary Behrends, Retired SPHS Teacher and daughter of Arnold Pederson.

TUE., JUN. 6 | 2 P.M. | SPCC RM. 219 | FREE



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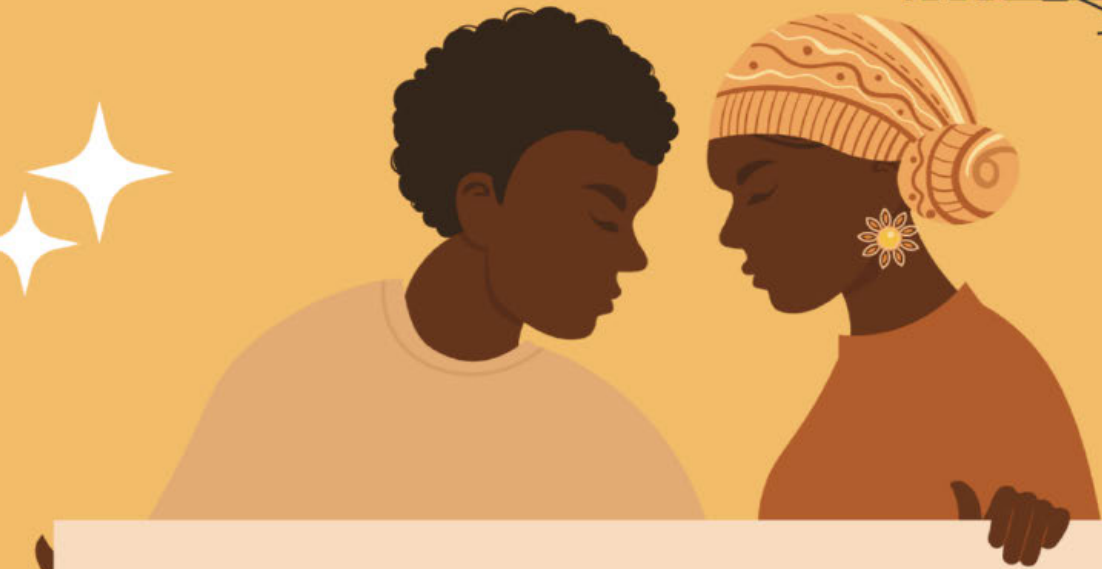
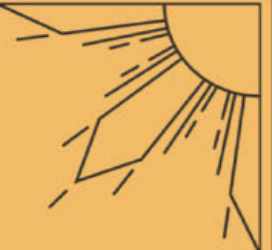


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JUNETEENTH
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TWO PUBLIC PROGRAMS
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ADULT FITNESS AT THE SAINT PETER COMMUNITY CENTER

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

Cardio Strength

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!

Power Hour

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 8, Jun. 12, Jul. 17 and Aug. 21

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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 I M A R L I N P R M I O L F N T H H
 L A D U C A R R A B C A D F F S S C
 A E H S I F Y A R C P R I I I I I U
 H I G R O U P E R I O S S F T S F U
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 F U D E S R R I L I E U U E C H S P
 I N E A O E S T R B O T T S R L S P
 S A R M T H B O W F I N I S E D L E
 H H E R R I N G C L E E T H P S O R
 E R E T S B O L R I O S E O W A E C

Word List:

TILAPIA
 TUNA
 SWORDFISH
 WHITEFISH
 TILEFISH
 TROUT
 SUNFISH
 SALMON
 HERRING
 LOBSTER

TIGERFISH
 BASS
 BOWFIN
 PERCH
 COBIA
 CRAPPIE
 DOGFISH
 GROUPER
 MACKEREL
 MARLIN

TUNA
 BLUEFISH
 BREEM
 CARP
 COD
 CRAYFISH
 FLOUNDER
 HADDOCK
 KINGFISH
 SNAPPER

BARRACUDA
 PIKE
 TROUT
 CATFISH
 EEL
 STURGEON
 SEABASS
 HALIBUT
 LIONFISH

Sudoku 1

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

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

Sudoku 2

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

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

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SUMMER KICKOFF EVENT

Summer isn't just for kids! Join the fun at Gorman Park as the Library and Recreation Department kickoff summer! The theme for the summer reading program is *All Together Now*—hit the library for the summer displays and activities, book recommendations and more!

SUMMER KICKOFF SUMMER KICKOFF

EMERGENCY VEHICLES
FOOD TRUCKS
GAMES/ACTIVITIES
BOUNCE HOUSES
PRIZES - DRAWING @ 7 PM

ALL TOGETHER NOW
SUMMER READING PROGRAM

JUNE
5

GORMAN
PARK
5-7:30P

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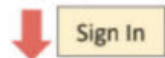




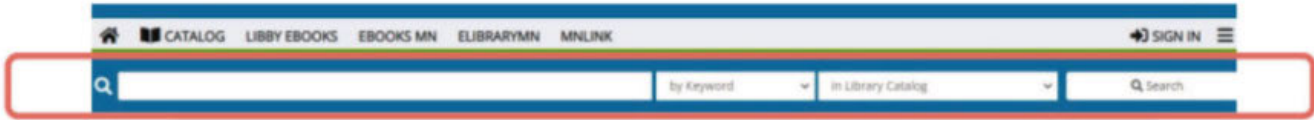
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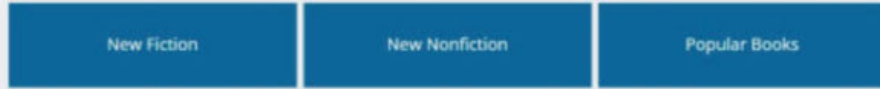
SEARCHING



BROWSE CATEGORIES

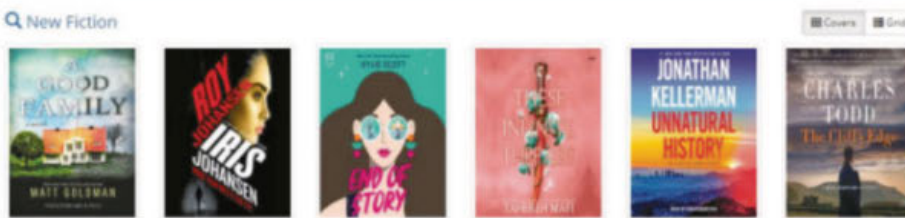
Click on Category Name to see associated titles.

Click on a cover image for more details or to place a hold.



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LUNCH AND LEARN RETURNS THIS SUMMER! REGISTRATION IS OPEN!

Enjoy a free lunch 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 of the Rich and Famous: What Can We Learn?

Thu., May 11 | 11 a.m. | SPCC Rm. 219 | Free

Prince, Ted Williams, Aretha Franklin, Robin Williams – these names have made front-page news for their estate planning blunders. While you may not have the multi-billion dollar estates that these celebrities had, there are many lessons to be learned that apply to estates of all sizes. Family fights, unclear or ambiguous guidance, or even the complete absence of a plan—big name



celebrities but common, everyday mistakes. (Max. 30). **Gustavus boxed lunch will be served.**

Macy Anderson and John Christian, Estate Planning Attorneys, Blethen Berens

Eligibility for Medical Assistance and Medicare Savings Programs

Mon., Jun. 12 | 11:30 a.m. | SPCC Rm. 219 | Free

Minnesota seniors (age 65+) and disabled Minnesotans can access Medical Assistance (MA) to help with their healthcare needs, if they are within certain income and asset limits.

Medicare Savings Programs (MSPs) may help qualified Medicare recipients cover the cost of their Medicare premiums, copays and deductibles. Many county

residents are already accessing these programs. As the COVID public health emergency is expiring as of May 11, those on MA and other Minnesota healthcare programs will be asked to complete

recertification processes. Recertification will occur in the coming months (mn.gov/dhs/renewmycoverage).

Nicollet County Health and Human Services wants to inform current clients about what to expect regarding renewing their programs. Persons not currently

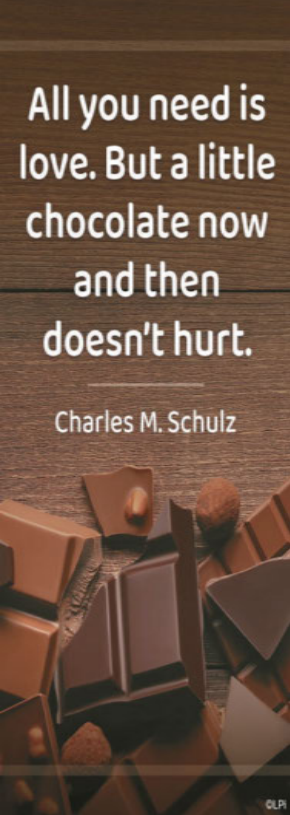
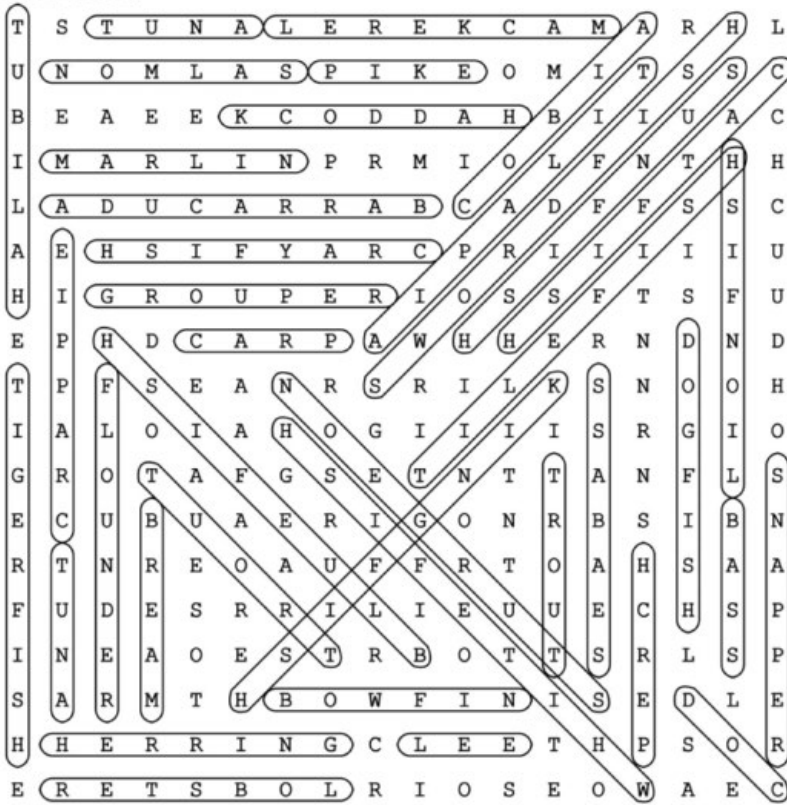
on MA or MSPs also may attend, to learn about eligibility requirements and application processes for these programs.

Medicare stuff (Max. 30). **Gustavus boxed lunch will be served.**

Presented by Nicollet County Health and Human Services, Steph Dorweiler, Adult Programs and MNSure Team Lead, David Sellnow, Eligibility Worker, Medical Assistance

for Long-Term Care, Jessica Thompson, Eligibility Worker, Adult Programs





Answer to Sudoku 1

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

Answer to Sudoku 2

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



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16 | MAY CALENDAR

Monday, May 1

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

Tuesday, May 2

8:00 AM Foot Clinic
11:00 AM Medicare
 1:00 PM Bridge/500

Wednesday, May 3

10:00 AM Senior Fitness
 11:15 AM Pickleball

Thursday, May 4

11:00 AM LIFE: Roe v. Wade
 12:30 PM Men's Cards

Friday, May 5

10:00 AM Senior Fitness
 11:15 AM Pickleball
 1:30 PM Pfeffer

Monday, May 8

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

Tuesday, May 9

11:00 AM Reverse Mortgages
 1:00 PM Bridge/500

Wednesday, May 10

10:00 AM Senior Fitness

Thursday, May 11

11:00 AM Lunch and Learn: Estate Planning
 12:30 PM Men's Cards

Friday, May 12

10:00 AM Senior Fitness
 1:30 PM Pfeffer

Monday, May 15

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

Tuesday, May 16

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

Wednesday, May 17

10:00 AM Senior Fitness (Rm. 219)

Thursday, May 18

12:30 PM Men's Cards

Friday, May 19

10:00 AM Senior Fitness (Rm. 219)
 1:30 PM Pfeffer



Monday, May 22

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

Tuesday, May 23

11:00 AM Older Americans—UCare
 1:00 PM Bridge/500

Wednesday, May 24

6:00 PM Martha Nasch
 10:00 AM Senior Fitness

Thursday, May 25

12:30 PM Men's Cards
11:00 AM PEARLS

Friday, May 26

10:00 AM Senior Fitness
 1:30 PM Pfeffer

Monday, May 29

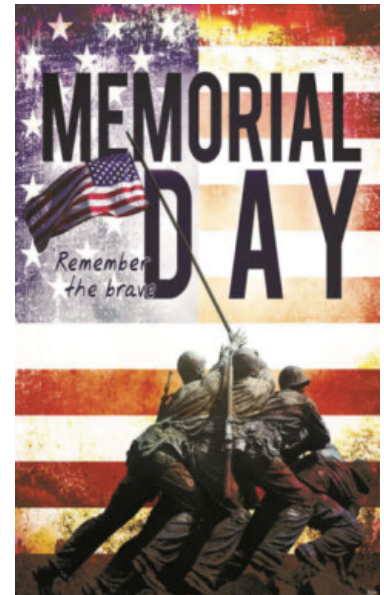
Building Closed in observation of Memorial Day

Tuesday, May 30

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

Wednesday, May 31

10:00 AM Senior Fitness
11:00 AM Diabetic Shoe Clinic



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 Cardio Strength
 6:15 PM Power Hour

Thursday, June 1

12:30 PM Men's Cards

Friday, June 2

10:00 AM Senior Fitness

1:30 PM Pfeffer

Monday, June 5

10:00 AM Senior Fitness

12:30 PM Men's Cards

Tuesday, June 6

8:00 AM Foot Clinic

1:00 PM Bridge/500

2:00 PM My Escape Story

Wednesday, June 7

10:00 AM Senior Fitness

5:00 PM Pickleball

Thursday, June 8

11:00 AM Downsizing

12:30 PM Men's Cards

Friday, June 9

10:00 AM Senior Fitness

1:30 PM Pfeffer

Monday, June 12

10:00 AM Senior Fitness

11:30 AM Lunch and Learn: Medicare

12:30 PM Men's Cards

Tuesday, June 13

1:00 PM Bridge/500

Wednesday, June 14

10:00 AM Senior Fitness

2:00 PM ELVIS

5:00 PM Pickleball

Thursday, June 15

12:30 PM Men's Cards

Friday, June 16

10:00 AM Senior Fitness

11:00 AM LIFE: Stories that Shape Us
Pfeffer

Monday, June 19

10:00 AM Senior Fitness

12:30 PM Men's Cards

Tuesday, June 20

1:00 PM Bridge/500

Wednesday, June 21

10:00 AM Senior Fitness

1:00 PM Juneteenth Program
5:00 PM Pickleball

Thursday, June 22

12:30 PM Men's Cards

Friday, June 23

10:00 AM Senior Fitness

1:30 PM Pfeffer

Monday, June 26

10:00 AM Senior Fitness

12:30 PM Men's Cards

Tuesday, June 27

8:00 AM Foot Clinic

11:00 AM LIFE: American Flags

1:00 PM Bridge/500

Wednesday, June 28

10:00 AM Senior Fitness

5:00 PM Pickleball

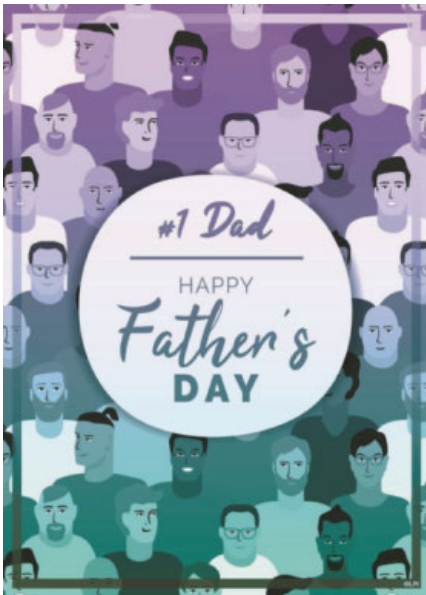
Thursday, June 29

12:30 PM Men's Cards

Friday, June 30

10:00 AM Senior Fitness

1:30 PM Pfeffer



Wednesdays

10:00 AM Senior Fitness

5:30 PM Stretch and Sculpt

5:00 PM Pickleball

Thursdays

12:30 PM Men's Cards

5:15 PM Cardio Strength

6:15 PM Power Hour

Fridays

10:00 AM Senior Fitness

1:30 PM Pfeffer



Monday, July 3

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

Tuesday, July 4

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

Wednesday, July 5

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, July 6

12:30 PM Men's Cards

Friday, July 7

8:00 AM Foot Clinic
10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 10

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

Tuesday, July 11

1:00 PM Bridge/500

Wednesday, July 12

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, July 13

12:30 PM Men's Cards

Friday, July 14

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 17

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

Tuesday, July 18

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

Wednesday, July 19

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, July 20

12:30 PM Men's Cards

Friday, July 21

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 24

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

Tuesday, July 25

1:00 PM Bridge/500

Wednesday, July 26

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, July 27

12:30 PM Men's Cards

Friday, July 28

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, July 31

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



Tuesday, August 1

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

Wednesday, August 2

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, August 3

12:30 PM Men's Cards

Friday, August 4

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 7

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

Tuesday, August 8

1:00 PM Bridge/500

Wednesday, August 9

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, August 10

12:30 PM Men's Cards

Friday, August 11

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 14

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

Tuesday, August 15

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

Wednesday, August 16

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, August 17

12:30 PM Men's Cards

Friday, August 18

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 21

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

Tuesday, August 22

1:00 PM Bridge/500

Wednesday, August 23

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, August 24

12:30 PM Men's Cards

Friday, August 25

10:00 AM Senior Fitness
1:30 PM Pfeffer

Monday, August 28

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

Tuesday, August 29

1:00 PM Bridge/500

Wednesday, August 30

10:00 AM Senior Fitness
5:00 PM Pickleball

Thursday, August 31

12:30 PM Men's Cards

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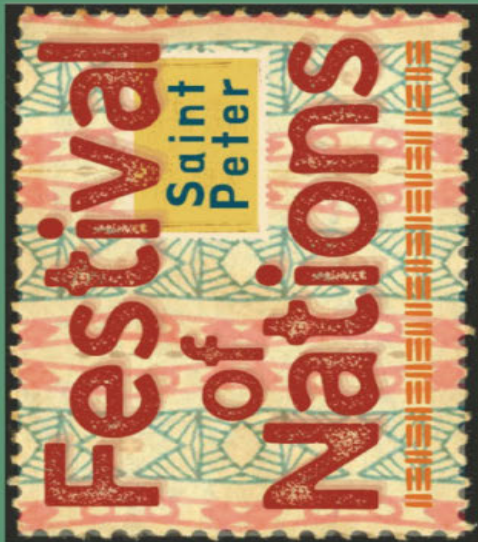
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