

November 2024 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>American Indian Heritage Month</p> <p>9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games 2:00 Foodmobile at McDonough Homes Rec Center</p>	<p>11:00 Gentle Exercise 12:30 Krafters 12:30 Fiberazzi 3:00 Cremation Seminar 1:00 Social</p>	<p>9:15 Pickleball 9:30 Fit & Fabulous 9:40 Foot Care w/ Joan 12:00 Keystone Cmty Singers Rehearsal 12:30 Cribbage</p>	<p>9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 10:30 TED Talks 2:00 Dice Games 10:00 History Tour #5</p>	<p>9:00 Gym Walking 10:30 Scrabble 10:00 Fare for All/Shoe Bus 12:30 Cards 10:00 Foodmobile at M Health Fairview--Roselawn Clinic</p>
<p>9:15 Pickleball 9:30 Fit & Fabulous 1:00 Seed Mosaic Art Class 11:00 Word Games</p>	<p>9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys</p>	<p>9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:00 Keystone Cmty Singers Rehearsal 12:30 Cribbage</p>	<p>9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Dice Games 10:00 Foodmobile at Roseville Public Library</p>	<p>10:30 Scrabble 12:30 Cards 9:00 Gym Walking</p>



HISTORY TOURS SEATS OPEN!

There are still some seats available for a couple of end of the year tours! For more info and to register, please visit our website at: keystoneservices.org/seniors/history-tours or call us at 651-298-5493. Payment is due at the time of registration.

November Continued

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9:15 Pickleball 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 1:00 Jewelry Creators 11:00 Word Games 2:00 Foodmobile at Jeremiah Program, Saint Paul	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:00 Keystone Cmty Singers Rehearsal 12:30 Cribbage 3:00 Ask the Lawyer	9:15 Pickleball 9:30 Bridge 6:00 Keystone Cmty Singers Performance 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Gentle Exercise 12:30 Krafters 2:30 Movie 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Movie 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Movie 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Gentle Exercise 12:30 Krafters 2:30 Movie 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	
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Art Programs

Keystone and VocalEssence Community Choir

Our very own Keystone Community Singers will have their Fall concert on **Thursday, November 21; 6:00 p.m.** at our Merriam Park Community Center. Our Spring Concert was a roaring success, come see what we've been working on this fall! All are welcome.

Holiday Sing-Along

Wednesday, December 18; 12:30-2:30 p.m. at West 7th

All are welcome! RSVP at 651-298-5493

Art Workshops with Caponi Art Park:

Please register for each workshop. \$5/Workshop

Seed Mosaic: A MN Tradition

Each year the State Fair displays seed mosaics created by Minnesota artists. In this workshop, you will learn about this great tradition and make your own unique seed mosaic.

Monday, November 11

1:00 – 2:30 p. m.

Mini Macrame Wall Hanging

Enjoy a blast from the past with the once again-popular art form, macrame. A fixture of every 1970s home, this art form is making a comeback on the contemporary art scene. In this project, you will learn a variety of knot-tying techniques to create a unique macrame project perfect for any home.

Monday, December 9

1:00 – 2:30 p. m.

Birch Tree Resist Paintings

Learn how to paint the perfect woodland scene featuring birch trees and accompanying leaves using a few simple techniques and materials. You will be guided step-by-step through the painting process and be introduced to new art terms and techniques related to this project.

Monday, January 13

1:00 – 2:30 p. m.

December 2024 Events

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West 7th

MW

Both Locations

ZO

Zoom

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Holiday Crafts 11:00 Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 10:00 Fare for All 12:30 Keystone Cmty Choir Recap	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	9:00 Gym Walking 10:30 Scrabble 12:30 Cards	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 2:30 Final Disposition Seminar 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking
9:15 Pickleball 9:00 Foot Care w/ Susan 9:30 Fit & Fabulous 1:00 Mini Macrame Art Class 11:00 Word Games	9:15 Pickleball 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys 12:30 History Tour #6	9:15 Pickleball 9:30 Smart Driver 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 2:30 Final Disposition Seminar 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 10:30 Medicare Counseling 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 12:30 Holiday Sing-a-long 3:00 Ask the Lawyer 11:00 Book Club	9:15 Pickleball 9:30 Bridge 2:30 Final Disposition Seminar 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 10:30 Medicare Counseling 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 10:30 Medicare Counseling 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Movie 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 12:30 Holiday Sing-a-long 3:00 Ask the Lawyer 11:00 Book Club	9:15 Pickleball 9:30 Bridge 10:30 Medicare Counseling 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 10:30 Medicare Counseling 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 10:30 Medicare Counseling 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	
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Zoom

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		9:00 Gym Walking 12:30 Fiberazzi Every Tuesday in January	9:00 Closed for Holiday 1	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Dice Games	2	9:00 Gym Walking 10:30 Scrabble 10:00 Fare for All 12:30 Cards	3		
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	6 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 1:00 Social	7 9:15 Pickleball 9:30 Fit & Fabulous 9:40 Foot Care w/ Joan 12:30 Cribbage 3:00 Ask the Lawyer	8 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare 12:30 Counseling 1:30 Estate Planning Seminar 3:00 Ask the Lawyer	9 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 5:30 Book Club 2:00 Dice Games	10 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Birch Tree Painting Class 11:00 Word Games	13 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 1:00 Social 9:00 Coffee w/ the Guys	14 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 1:30 Estate Planning Seminar 3:00 Ask the Lawyer	15 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 1:30 Estate Planning Seminar 3:00 Ask the Lawyer	16 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	17 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				
Closed for Holiday Happy MLK Jr. Day	20 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 1:00 Social	21 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	22 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	23 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	24 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	27 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Movie 1:00 Social	28 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	29 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage	30 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	31 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				

