

February 2025 Events

MP Merriam Park

W7 West 7th

MW Both Locations

ZO Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Pickleball 3</p> <p>9:30 Fit & Fabulous (also on ZOOM)</p> <p>1:00 Jewelry Design</p> <p>11:00 Word Games</p>	<p>9:15 Pickleball 4</p> <p>11:00 Gentle Exercise</p> <p>12:30 Krafters</p> <p>2:30 Drop-in Lounge</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p>	<p>9:15 Pickleball 5</p> <p>9:30 Fit & Fabulous</p> <p>12:30 Cribbage</p>	<p>9:15 Pickleball 6</p> <p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>10:30 TED Talks</p> <p>2:00 Dice Games</p>	<p>9:00 Gym Walking 7</p> <p>10:30 Scrabble</p> <p>10:00 Fare For All</p> <p>12:30 Cards</p>
<p>9:15 Pickleball 10</p> <p>9:00 Foot Care w/ Susan</p> <p>9:30 Fit & Fabulous (also on ZOOM)</p> <p>1:00 Jewelry Design</p> <p>11:00 Word Games</p>	<p>9:15 Pickleball 11</p> <p>11:00 Gentle Exercise</p> <p>12:30 Krafters</p> <p>2:30 Drop-in Lounge</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p> <p>9:00 Coffee w/ the Guys</p>	<p>9:15 Pickleball 12</p> <p>9:30 Fit & Fabulous</p> <p>12:00 Choir Rehearsal</p> <p>12:30 Cribbage</p>	<p>9:15 Pickleball 13</p> <p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>9:30 Medicare Counseling</p> <p>12:30 Smart Driver</p> <p>5:30 Book Club</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble 14</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p> 
<p>Closed for President's Day 17</p> 	<p>9:15 Pickleball 18</p> <p>12:30 Krafters</p> <p>2:30 Drop-in Lounge</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p>	<p>9:15 Pickleball 19</p> <p>9:30 Fit & Fabulous</p> <p>9:30 Medicare Counseling</p> <p>12:00 Choir Rehearsal</p> <p>12:30 Cribbage</p> <p>3:00 Ask the Lawyer</p>	<p>9:15 Pickleball 20</p> <p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>11:00 Bingo (also on ZOOM)</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble 21</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p>
<p>9:15 Pickleball 24</p> <p>9:30 Fit & Fabulous (also on ZOOM)</p> <p>1:00 Art Class: Mandala Rock Painting</p> <p>11:00 Word Games</p>	<p>9:15 Pickleball 25</p> <p>11:00 Gentle Exercise</p> <p>12:30 Krafters</p> <p>2:30 Movie Matinee</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p>	<p>9:15 Pickleball 26</p> <p>9:30 Fit & Fabulous</p> <p>12:00 Choir Rehearsal</p> <p>12:30 Cribbage</p> <p>11:00 Book Club</p>	<p>9:15 Pickleball 27</p> <p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>11:00 Bingo</p> <p>6:30 Meet the Author</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble 28</p> <p>12:30 Cards</p> <p>6:15 Family Movie Night: Hairspray!</p> <p>9:00 Gym Walking</p>

BLACK HISTORY MONTH

March 2025 Events

MP Merriam Park

W7 West 7th

MW Both Locations

ZO Zoom



MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9:15	Pickleball	3	9:15	Pickleball	4	9:15	Pickleball	5	9:15	Pickleball	6	9:00	Gym Walking	7
9:30	Fit & Fabulous (also on ZOOM)		11:00	Gentle Exercise		9:30	Fit & Fabulous		9:30	Bridge		10:30	Scrabble	
1:00	Jewelry Design		12:30	Krafters		9:40	Foot Care w/ Joan		9:30	Fit & Fabulous		10:00	Fare For All	
11:00	Word Games		2:30	Drop-in Lounge		12:00	Choir Rehearsal		10:30	TED Talks		12:30	Cards	
			12:30	Fiberazzi		12:30	Cribbage		2:00	Dice Games				
			1:00	Social										
9:15	Pickleball	10	9:15	Pickleball	11	9:15	Pickleball	12	9:15	Pickleball	13	10:30	Scrabble	14
9:30	Fit & Fabulous (also on ZOOM)		11:00	Gentle Exercise		9:30	Fit & Fabulous		9:30	Bridge		12:30	Cards	
1:00	Jewelry Design		12:30	Krafters		12:00	Choir Rehearsal		9:30	Fit & Fabulous		9:00	Gym Walking	
11:00	Word Games		2:30	Drop-in Lounge		12:30	Cribbage		9:30	Medicare Counseling				
			12:30	Fiberazzi					5:30	Book Club				
			1:00	Social					2:00	Dice Games				
			9:00	Coffee w/ the Guys										
9:15	Pickleball	17	9:15	Pickleball	18	9:15	Pickleball	19	9:15	Pickleball	20	10:30	Scrabble	21
9:30	Fit & Fabulous (also on ZOOM)		11:00	Gentle Exercise		9:30	Fit & Fabulous		9:30	Bridge		12:30	Cards	
1:00	Jewelry Design		12:30	Krafters		9:30	Medicare Counseling		9:30	Fit & Fabulous		9:00	Gym Walking	
11:00	Word Games		2:30	Drop-in Lounge		12:00	Choir Rehearsal		11:00	Bingo (also on ZOOM)				
			12:30	Fiberazzi		12:30	Cribbage		2:00	Dice Games				
			1:00	Social		3:00	Ask the Lawyer							
9:15	Pickleball	24	9:15	Pickleball	25	9:15	Pickleball	26	9:15	Pickleball	27	10:30	Scrabble	28
9:30	Fit & Fabulous (also on ZOOM)		11:00	Gentle Exercise		9:30	Fit & Fabulous		9:30	Bridge		12:30	Cards	
1:00	Art Class: Gelli Plate Printing		12:30	Krafters		12:00	Choir Rehearsal		9:30	Fit & Fabulous		6:15	Family Movie Night: Ratatouille	
6:30	Meet the Author		2:30	Movie Matinee		12:30	Cribbage		2:00	Dice Games		9:00	Gym Walking	
11:00	Word Games		12:30	Fiberazzi		11:00	Book Club							
			1:00	Social										
9:15	Pickleball	31												
9:30	Fit & Fabulous (also on ZOOM)													
1:00	Jewelry Design													
11:00	Word Games													

WOMEN'S HISTORY MONTH

April 2025 Events

MP Merriam Park

W7 West 7th

MW Both Locations

ZO Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:15 Pickleball 1 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:30 History Tour Registration Opens	9:15 Pickleball 2 9:30 Fit & Fabulous 12:00 Choir Rehearsal 12:30 Cribbage	9:15 Pickleball 3 9:30 Bridge 1:30 Final Disposition Seminar 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Dice Games	9:00 Gym Walking 4 10:30 Scrabble 10:00 Fare For All 12:30 Cards
	9:15 Pickleball 7 9:30 Fit & Fabulous (also on ZOOM) 1:00 Jewelry Design 11:00 Word Games	9:15 Pickleball 8 12:30 Krafters 2:30 Drop-in Lounge 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys	9:15 Pickleball 9 9:30 Fit & Fabulous 12:00 Choir Rehearsal 12:30 Cribbage	9:15 Pickleball 10 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Dice Games

Art Programs

Keystone & VocalEssence Community Choir

After two wonderful concert experiences, Keystone Community Singers will begin rehearsals for our third concert in February. The choir is looking for more members to join our fun. Only a love of singing is required. A special call out to Tenors and Baritones, as lower voices are especially needed.

Rehearsals are every **Wednesday, February 12-April 30, 2025, from 12:00 – 2:00 p.m.** at our Merriam Park Community Center (2000 St. Anthony Avenue, St. Paul). We will host a concert on **Thursday, May 1 at 6:00 p.m.**

Contact Robert Graham at 612-547-1458 or email him at robert@vocalessence.org to sign up or to get more information.

Art Workshops w/ Caponi Art Park

Please register for each workshop. \$5/Workshop

Mandala Rock Art **W7**

Discover the art of mandala rocks. In this workshop, you will learn the history and meaning behind mandala designs and practice techniques to create patterns using dots. You will combine this knowledge to paint your own mandala art on rocks

Monday, February 24

1:00–2:30 p.m.

Gelli Plate Printmaking **W7**

Gelli prints are a fresh twist on monoprinting. You will learn about nontraditional printmaking, then create a series of unique prints from gelatin plates combining natural materials, stencils and paint. This method allows for experimenting with layers as well as exploring natural shapes and textures.

Monday, March 24

1:00–2:30 p.m.

Spring Craft Session **W7**

Anyone can make these crafts. Each craft is chosen to remind us of Spring. Step-by-step instructions provided. Guaranteed to make you smile. Let your creativity flow.

Monday, April 21

1:00–2:30 p.m.

April 2025 Events

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Pickleball 14</p> <p>9:00 Foot Care w/ Susan</p> <p>9:30 Fit & Fabulous (also on ZOOM)</p> <p>1:00 Jewelry Design</p> <p>1:00 Memoir Writing</p> <p>11:00 Word Games</p>	<p>9:15 Pickleball 15</p> <p>11:00 Gentle Exercise</p> <p>12:30 Krafters</p> <p>2:30 Drop-in Lounge</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p>	<p>9:15 Pickleball 16</p> <p>9:30 Fit & Fabulous</p> <p>9:30 Medicare Counseling</p> <p>12:00 Choir Rehearsal</p> <p>12:30 Cribbage</p> <p>3:00 Ask the Lawyer</p>	<p>9:15 Pickleball 17</p> <p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>11:00 Bingo (also on ZOOM)</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble 18</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p>
<p>9:15 Pickleball 21</p> <p>9:30 Fit & Fabulous (also on ZOOM)</p> <p>1:00 Jewelry Design</p> <p>11:00 Word Games</p>	<p>9:15 Pickleball 22</p> <p>11:00 Gentle Exercise</p> <p>12:30 Krafters</p> <p>2:30 Movie Matinee</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Memoir Writing</p> <p>1:00 Social</p>	<p>9:15 Pickleball 23</p> <p>9:30 Fit & Fabulous</p> <p>12:00 Choir Rehearsal</p> <p>12:30 Cribbage</p> <p>11:00 Book Club</p>	<p>9:15 Pickleball 24</p> <p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble 25</p> <p>12:30 Cards</p> <p>6:15 Family Movie Night: Addams Family</p> <p>9:00 Gym Walking</p>
<p>9:15 Pickleball 28</p> <p>9:30 Fit & Fabulous (also on ZOOM)</p> <p>1:00 Craft Class: Spring Crafts</p> <p>1:00 Memoir Writing</p> <p>11:00 Word Games</p>	<p>9:15 Pickleball 29</p> <p>11:00 Gentle Exercise</p> <p>12:30 Krafters</p> <p>2:30 Drop-in Lounge</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p>	<p>9:15 Pickleball 30</p> <p>9:30 Fit & Fabulous</p> <p>12:00 Choir Rehearsal</p> <p>12:30 Cribbage</p>	<p>6:00 Choir Concert 1</p> <p>MAY</p>	

Meet the Author **W7**

Many West Enders know Joe Landsberger for all his work for the West 7th neighborhood and his wealth of knowledge and history regarding this area. Joe has just completed and published a hyper-local book of history, Origin Story of Fort Road/West Seventh Street, the Township/City of Saint Paul, the Territory/State of Minnesota: Glacial Age Forward.

Keystone and the Saint Paul Public Library are sponsoring two "Meet the Author" events to showcase Joe and to discuss his research, his process, and the book that resulted from it. Joe will share stories from his book and discuss where we go from here! RSVP to 651-298-5493 or through the West 7th Public Library.

Thursday, February 27
Monday, March 24
 6:30 p.m.

AVAILABLE NOW!

PRINT & DIGITAL AD SPACES

The support of Your Business is Greatly Appreciated

Tom from LPJ, our newsletter printer, will be securing new ads for our Center in the coming weeks. It is the support of the business community that helps to make our Center thrive. Please consider purchasing a print and/or digital ad as your participation makes our newsletter successful, and you attract customers!

Newsletter advertising is a cost-effective way to advertise 12 times per year and show support for your local community; in turn, members will support you!

Digital advertising allows your business to be front and center to anyone who visits a center profile page on OurSeniorCenter.com — that's approximately 500,000 page views per month!

Tom Bergles
 800-950-9952 ext. 2188
 tbergles@lpj.com