



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

February, March, April 2025

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To register for classes, events, and appointments: Call 651-645-0349 or 651-298-5493 or send an email to knivacolgan@keystoneservices.org

Keystone Thriving Times is published quarterly by Keystone Active Seniors, a program of Keystone Community Services for adults 50 and up who want to keep their minds alert, bodies healthy, and spirits energized.

SITE LOCATIONS

-  Merriam Park Community Center
2000 Saint Anthony Ave
Saint Paul, MN 55104
651-645-0349
-  West 7th Community Center
265 Oneida Street
Saint Paul, MN 55102
651-298-5493
-  Keystone Community Food Center
651-917-3792
1800 University Ave
Saint Paul, MN 55104

Get Social and Volunteer: Address Hunger!

Food is the center of all of our lives. So, when you don't have enough, it can leave you feeling off-center, anxious, and certainly hungry.

According to Feeding America research, 1 in 11 seniors aged 60 and older, or 8.7% of the senior population, were food insecure in 2022. And it's not just older adults feeling the pinch. One in eight U.S. households are considered food insecure.

How to help – volunteer!

One solution is to get out and volunteer. From putting together care packages to stocking up a food pantry or delivering groceries or meals to families and seniors, there's a place for you to help others—and help yourself, too.

Helping those less fortunate or food insecure doesn't just help those we serve. According to the Harvard study, Volunteering and Subsequent Health and Well-Being in Older Adults: An Outcome-Wide Longitudinal Approach, older adults who volunteer as little as two hours per week substantially lower their risk of early death, become more physically active and improve their overall sense of well-being compared with those who don't volunteer.

Where to volunteer!

Keystone Community Services allows you to see your community transformed. We love working with



our volunteers to give them roles that fit their interests and work with their schedules. Whether helping distribute food at one of our food shelves or interacting with kids in our enrichment programs, you'll feel fulfilled serving the community at Keystone.

Meals on Wheels is renowned for its nationwide service that delivers meals to the homebound: America, Let's Do Lunch program. Keystone is proud to be a part of this program where meals are picked up at a central location and delivered directly along a pre-determined route to several seniors' homes in a particular area. If this sounds appealing, set up a volunteer schedule that works for you, whether once a week, once a month, or as needed.

To explore volunteering opportunities with Keystone Community Services, visit our website at Keystoneservices.org/volunteer or call Sara, the Keystone Volunteer Manager, at 651-797-7725.

Story Continued on Pg. 2 ▶



Tips for Volunteering

* Start small (maybe an hour or two a week) and try not to over-commit. Start with a manageable routine. Remember: The job should fit your likes as well as the organization's needs.

* Look at opportunities close to home and consider convenience.

* Depending on the job (such as visiting veterans at the VA), expect a background check, an expense the organization should cover. Less personal activities, such as sorting food at a food bank, will likely only require you to sign a liability waiver.

* Go solo. It may be fun to volunteer with a friend, but you will meet more people if you go by yourself because it gently forces you to meet new people!

Your help is needed, and a world of opportunity awaits. Since this is your time, look for work you can commit to and are likely to find fulfilling.



Article by Jennifer Juergens Thomas

Jennifer Juergens Thomas has a lifelong interest in how people get together. As a former AP reporter, she covered feature stories and later wrote about conventions from Anaheim to New Zealand as editor of Meetings and Conventions magazine.

ZOOM PROGRAMS

NEW!

ZOOM Exercise

Mondays, 9:30–10:15 a.m.

ZOOM Word Games

Mondays, 11:00 a.m.–12:00 p.m.
No meeting on February 17

ZOOM Social

Tuesdays, 1:00–2:00 p.m.

ZOOM Dice Games

Thursdays, 2:00–3:00 p.m.

ZOOM Bingo

Feb. 20, March 20 & April 17
11:00 a.m.–12:00 p.m. on ZOOM
or in-person at W7th.

ZOOM Book Club

We are wondering if anyone would like to participate in an on-line book club. Through ZOOM, you can do the things you enjoy and meet new friends, without leaving the comfort of your home. If you are interested please contact us. Let us know the time, day and types of books you enjoy reading.

We will pick books that are available through the St. Paul Public Library, which we will pick up for you. Contact Lynne Beck at lynne.beck@gmail.com, our book club host or Karlene Niva-Colgan, knivacolgan@keystoneservices.org, 651-504-2599.

Interested in joining a ZOOM event?

Call or email Karlene for more information and the links to join in the fun! knivacolgan@keystoneservices.org or 651-645-0349.

February 2025 Events



MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom

MONDAY

9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
1:00 Jewelry Design
11:00 Word Games

TUESDAY

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafers
2:30 Drop-in Lounge
9:00 Gym Walking
12:30 Fiberazzi
1:00 Social

WEDNESDAY

9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage

THURSDAY

9:15 Pickleball
9:30 Bridge
9:30 Fit & Fabulous
10:30 TED Talks
2:00 Dice Games

FRIDAY

9:00 Gym Walking
10:30 Scrabble
10:00 Fare For All
12:30 Cards

9:15 Pickleball
9:00 Foot Care w/ Susan
9:30 Fit & Fabulous (also on ZOOM)
1:00 Jewelry Design
11:00 Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafers
2:30 Drop-in Lounge
9:00 Gym Walking
12:30 Fiberazzi
1:00 Social
9:00 Coffee w/ the Guys


9:15 Pickleball
9:30 Fit & Fabulous
12:00 Choir Rehearsal
12:30 Cribbage

9:15 Pickleball
9:30 Bridge
9:30 Fit & Fabulous
9:30 Medicare Counseling
12:30 Smart Driver
5:30 Book Club
2:00 Dice Games

10:30 Scrabble
12:30 Cards
9:00 Gym Walking



Closed for President's Day



9:15 Pickleball
12:30 Krafers
2:30 Drop-in Lounge
9:00 Gym Walking
12:30 Fiberazzi
1:00 Social

9:15 Pickleball
9:30 Fit & Fabulous
9:30 Medicare Counseling
12:00 Choir Rehearsal
12:30 Cribbage
3:00 Ask the Lawyer

9:15 Pickleball
9:30 Bridge
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
9:30 Fit & Fabulous (also on ZOOM)
1:00 Art Class: Mandala Rock Painting
11:00 Word Games

9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafers
2:30 Movie Matinee
9:00 Gym Walking
12:30 Fiberazzi
1:00 Social

9:15 Pickleball
9:30 Fit & Fabulous
12:00 Choir Rehearsal
12:30 Cribbage
11:00 Book Club

9:15 Pickleball
9:30 Bridge
9:30 Fit & Fabulous
11:00 Bingo
6:30 Meet the Author
2:00 Dice Games

10:30 Scrabble
12:30 Cards
6:15 Family Movie Night: Hairspray!
9:00 Gym Walking

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	9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	9:00	Gym Walking
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						
		9:00	Coffee w/ the Guys						
9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	10:30	Scrabble
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	9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	10:30	Scrabble
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				
		9:00	Coffee w/ the Guys						
9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	10:30	Scrabble
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	6:15	Family Movie Night: Ratatouille
6:30	Meet the Author	2:30	Movie Matinee	12:00	Choir Rehearsal	11:00	Bingo (also on ZOOM)	9:00	Gym Walking
11:00	Word Games	12:30	Fiberazzi	12:30	Cribbage	11:00	Book Club		
		1:00	Social						
		9:00	Coffee w/ the Guys						
9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	10:30	Scrabble
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	6:15	Family Movie Night: Ratatouille
11:00	Word Games	2:30	Movie Matinee	12:30	Cribbage	11:00	Dice Games	9:00	Gym Walking
		12:30	Fiberazzi	11:00	Book Club				
		1:00	Social						
		9:00	Coffee w/ the Guys						
9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	9:15	Pickleball	10:30	Scrabble
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	6:15	Family Movie Night: Ratatouille
11:00	Word Games	2:30	Movie Matinee	12:30	Cribbage	11:00	Dice Games	9:00	Gym Walking
		12:30	Fiberazzi	11:00	Book Club				
		1:00	Social						
		9:00	Coffee w/ the Guys						

WOMEN'S HISTORY MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:15 Pickleball 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 9:30 Fit & Fabulous 12:00 Choir Rehearsal 12:30 Cribbage	9:15 Pickleball 9:30 Bridge 1:30 Final Disposition Seminar 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Dice Games	9:00 Gym Walking 10:30 Scrabble 10:00 Fare For All 12:30 Cards
9:15 Pickleball 9:30 Fit & Fabulous (also on ZOOM) 1:00 Jewelry Design 11:00 Word Games	9:15 Pickleball 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 9:30 Fit & Fabulous 12:00 Choir Rehearsal 12:30 Cribbage	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking

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

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

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 LPI, 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. 2158
 tbergles@4lpi.com

Ongoing Exercise & Activities

Fit & Fabulous **MP** **W7**

Specially designed group fitness classes for ages 50+ and all abilities, following the routines and principles of the Silver & Fit program. Class includes stretching, endurance and weight lifting. Join us at your comfort level. On Mondays, you can join us on Zoom as well! Contact Karlene for details. Recorded classes also available 24/7 on our website. Exercise Leader: Karlene, Silver & Fit Certified.

Mondays & Thursdays at West 7th.

Wednesdays at MPCC with instructional video

9:30 a.m.–10:15 a.m.

Cost: \$15 per month, may be covered by your health insurance. Call your health insurance customer service line to find out. Check the back of your insurance card for the correct number. Tell them you want to see if you are eligible for exercise benefits.

No class on Monday, February 17.

Gentle Exercise **MP**

This Arthritis Foundation Exercise Program (AFEP) class, while designed for people living with arthritis, is open to anyone looking for a gentle exercise class. Arthritis Foundation-trained Instructor Bonnie Eller will lead this low-impact, joint-safe class, teaching gentle stretching and strengthening. The movements in class can be done standing or sitting.

Tuesdays

11:00 a.m.–11:45 a.m.

Continuing session: Tuesdays; February 4 & 11

1-wk break: Tuesday, February 18

6-wk session: Tuesdays; February 25–April 1

1-wk break: Tuesday, April 8

6-wk session: Tuesdays; April 15–May 20

Social Pickleball **MP**

For those 50+. Novice and advanced Pickleball matches played for fun. You get a good, enjoyable workout. No pickleball on Monday, February 17.

Mondays, Tuesdays, Wednesdays & Thursdays

Wednesdays will have one court dedicated to beginner players.

9:15 a.m.–11:45 a.m.

Cost: \$3/session. NOTE: New Price!



Fiberazzi **W7**

Knit, crochet and needlecrafts. All skill levels and fabric craft types welcomed. Come share ideas and conversation.

Tuesdays

12:30 p.m.–2:30 p.m.

Foot Care Clinic

MP 1st appt at 9:40

Wednesday, March 5 with Joan Strumpf

9:40 a.m.–1:30 p.m.

40 minute appointments

Cost: \$50

W7 1st appt at 9:00

Monday, February 10 & April 14 with Susan Janicke

9:00 a.m.–2:00 p.m.

30 minute appointments

Cost: \$50

Call to make an appointment.

Krafters **MP**

Bring your art/craft supplies and spend an afternoon with your fellow artists/crafters, sharing ideas and conversation.

Tuesdays

12:30 p.m.–2:30 p.m.

Drop-in Lounge MP

Join us in-person

Starting January 7, stop by to play tabletop games and socialize. No commitment or sign up necessary. All are welcome.

Tuesdays

2:30–3:30 p.m.

Bingo W7

Join us in-person or through a ZOOM link

The popularity of Bingo is undeniable. We play both in-person and via ZOOM. Each Bingo card costs \$1. Play as many as you like. Money collected is divided between 10 games, 9 regular and 1 cover-all. One winner per game.

ZOOM players: If you need Bingo cards, they will be mailed or delivered to you. You must play same number of cards each month and must send in monthly or quarterly payments for your cards to play. 265 Oneida Street, St. Paul, 55102

Thursdays, February 20, March 20 & April 17

11:00 a.m.–12:00 p.m. on Zoom or at W7th

Ask the Lawyer: Senior Specialty Legal Advice W7

Dave Burns offers FREE one-time 15-minute consultations on the third Wednesday of each month to assist with elder law issues.

Registration required.

Call 651-298-5493 to book your appointment.

3rd Wednesday of the month

February 19, March 19 & April 16

3:00 p.m.–5:00 p.m.

Coffee With The Guys

**"Conversation is food for the soul."
Pancakes help too. Join us once
a month for coffee and conversation.**

We'll meet at Day by Day café on West 7th (they are saving us a table). No set agenda, just conversation and coffee.

Order some food if you like. This outing is for the guys only. Our staff person, Phil, will be hosting.

February 11, March 11 & April 8

9:00 a.m.–10:00 a.m.



AARP SMART DRIVER PROG. W7

4-hour Refresher Course:

Thursday, Feb. 13

12:30 p.m.–4:30 p.m.

Call 651-298-5493

ASAP to reserve your spot. Space is limited.

Cost: \$25

Bridge MP

Match up with players according to your desired level of play.

Thursdays

9:30 a.m.–11:30 p.m.

Cards W7

Meet weekly with others who enjoy playing cards. Currently playing 500, but taking suggestions for other card games.

Fridays

12:30 p.m.–2:30 p.m.

Scrabble MP

Like all word games, Scrabble, is great for the mind. Join us weekly for several challenging games.

Fridays

10:30 a.m.–12:30 p.m.

Cribbage MP

Weekly games of Cribbage, new players welcome!

Wednesdays

12:30 a.m.–2:30 p.m.

Evening Book Club W7

Join us monthly for a lively discussion with new "book loving" friends. Call Joan Dion at 651-489-8103.

Thursdays, February 13, March 13 & April 10

5:30 p.m.–7:30 p.m.

Jewelry Design Space W7

Bring your own jewelry supplies and join others who enjoy making one of a kind creations. We will share ideas, tips and conversation. Free!

Most Mondays 1:00 p.m. to 3:00 p.m.

(see calendar for details)



mGlide-Care: A Study to Support Hypertension Care in Older Adults with Memory Problems

Researchers at the University of Minnesota want to find ways to help older adults with dementia and hypertension manage their high blood pressure.

Is the study a good fit for me?

This study may be a good fit for older adults with dementia who also have high blood pressure and a smartphone.

Location of Research

Our focus groups will take place at the Epidemiology Clinical Research Center.

Contact Information

To take part in our focus groups or for more information, please contact our study team:



mGlideCare@umn.edu



612-626-7979

What would happen if join?

If you decide to take part, you and your caregiver would attend three focus groups.

Focus groups involve answering surveys, talking about your experience with managing high blood pressure, and learning how to use a wireless blood pressure monitor.

Each focus group will last about 60 minutes. Participants will receive \$50 Target gift cards for each focus group to thank them for their time.



UNIVERSITY OF MINNESOTA

TED TALKS

IDEAS WORTH SPREADING

TEDTalks are short video presentations introducing us to new ideas or presenting a fresh perspective on something we already know.

Scientists, researchers, technologists, artists, designers, and others aim to stir our curiosity and get us talking. The goal is to present “Ideas Worth Spreading” to an audience of people open to being inspired or possibly wanting an introduction to a new topic.

If this sounds interesting, join us for an hour once a month. We watch several short videos on a single topic and discuss how it relates to us. It’s fun and often leads to thinking about ideas we never considered before.

1st Thursday of each month, 10:30 a.m.

February 6: To Love is to be Brave

March 6: Why We Laugh

April 3: The Good News You Might Have Missed

OVERNIGHT TOURS (NOT KEYSTONE HISTORY TOURS)

Michigan’s Upper Peninsula - Mackinac Island & East Coast of Lake Michigan

Monday, July 29–Friday, August 1

Cost: Double occupancy: \$1960/person;

Single occupancy: \$2380

\$400 deposit due at time of registration

Bus & Train Tour: Chicago World-class City Tour

Thursday, October 16–Sunday, October 19

Cost: Double occupancy: \$1490/person;

Single occupancy: \$1850

\$400 deposit due at time of registration

Registration is available only through Minneapolis Community Education. If there are enough Keystone participants, they will offer a bus pick-up from West 7th as well as the Minneapolis pick-up location.

Call 612-668-3000 for more information and to register. Tell them you are from Keystone.

MPCC MATINEE MOVIES

2:30–4:00 p.m.

4th Tuesdays at Merriam Park Cmty Center

Movie Synopses

February 25:

Musical: West Side Story (2021) – PG-13

An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

Directed by Steven Spielberg.

March 25:

Comedy: Thelma (2024) – PG-13

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.

April 22:

Suspense: Conclave (2024) – PG

When Cardinal Lawrence is tasked with leading one of the world’s most secretive and ancient events, selecting a new Pope, he finds himself at the center of a conspiracy that could shake the very foundation of the Catholic Church.

HISTORY TOURS 2025 SEASON WITH DAVE BREDEMUS

Tour 1: Thursday, May 8 | 11:30–5:30

Twin Cities Pizza and Italian Heritage, \$89

Tour 2: Tuesday, June 3 | 10:00–5:30

Taverns, Bootleggers and Prohibition, \$96

Tour 3: Thursday, June 12 | 10:00–5:00

Best of Minneapolis, \$110

Tour 4: Tuesday, July 15 | 8:00–7:00

Giants on the Land: Trees, Historic Churches, Lindbergh, and Waterfalls, a tour of Morrison County, MN, \$176

Tour 5: Friday, July 25 | 8:30–5:00

Saint Paul to Vasa, MN, Antique Power Show and Restored Pioneer Village on Bauer Farm, \$152

Registration opens on Tuesday, April 1 at 9:30 a.m.
www.KeystoneServices.org/Seniors/History-Tours
or call 651-298-5493

Final Disposition & The Importance of Permanent Memorialization **MP**

Join us for a seminar as we discuss the various methods of final disposition available in Minnesota. Burial, Natural Burial, Entombment, Cremation, Alkaline Hydrolysis, and coming soon (July 1st, 2025) Natural Organic Reduction. What do all of these things mean?

Regardless of your desired method of final disposition, how will you be permanently memorialized? We look forward to discussing these topics with you in a light and informal environment! Presented by Nickie Hood, Roselawn Cemetery. RSVP to 651-645-0349.

Thursday, April 3

1:30 – 2:30 p.m.

Memoir Writing for Adults **W7**

Everyone has stories; join this stimulating and fun Memoir Writing Class to help you write your stories and preserve your memories for family, friends or a larger community. No experience is needed, but each class builds on the other, so attendance is important

Instructor: Susan Cook is a retired educator with 18+ years of teaching Memoir Writing classes for Adults.

FREE—In collaboration with St. Paul West Seventh Public Library. Please RSVP at Keystone or through the Library.

Monday, April 14; Tuesday, April 22;

Mondays, April 28, May 5, May 12 & May 19

1:00 p.m.-3:00 p.m.

Free Family Movie Nights **W7**

Join Keystone and the W7 Library one Friday night a month for a fun, family outing. We'll show our favorite movies on the big screen in the gym. Bring your favorite blanket, and wear your pajamas if you like. Singing along, dancing, and having fun are all encouraged!

Friday, February 28—Hairspray

Friday, March 28—Ratatouille

Friday, April 25—Addam's Family

6:15 p.m.-8:15 p.m.

Seniors Directory

Keystone Staff and Resources Directory

Program Director:

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Volunteer

Engagement Manager:

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The Thriving Times newsletter is the best source for up-to-date information about our current activities and services. If you are interested in receiving the quarterly newsletter by mail or email, please contact Keystone. You can also access the Thriving Times newsletter online at KeystoneServices.org/Seniors.

Community Resources

WEST 7TH FARE FOR ALL 2025

January 3 — 1st Friday

February 7 — 1st Friday

March 7 — 1st Friday

April 4 — 1st Friday

May 2 — 1st Friday

June 6 — 1st Friday

July 11 — 2nd Friday

August 8 — 2nd Friday

September 5 — 1st Friday

October 3 — 1st Friday

October 31 — 5th Friday

December 5 — 1st Friday

Fare For All is a pop-up grocery store. We sell packs of fresh produce and frozen meat at up to 40% off of retail prices. Everyone is welcome to participate. We follow a co-op model, so the more people who shop, the better the discounts. We accept cash, credit, debit, and EBT cards. Cards are preferred. We do not accept checks. Just stop by and shop!

265 Oneida St., Saint Paul, Hours: 10:00 p.m.–12:00 p.m.

COMMUNITY RESOURCES:

Friends and Co:

Elder Friends Phone Companions
(friendly phone conversations)

612-746-0737

Minnesota Food Hotline:

Learn about programs to help pay for food and get food.

1-888-711-1151

Ramsey County

Financial Assistance:

Learn and sign up for financial assistance and inquire about healthcare programs.

651-266-4444

Senior Linkage Line:

Speak with local aging experts about resources and other general needs.

1-800-333-2433

Help at Your Door:

Grocery shopping and delivery to your home. Sliding fee scale and accepts SNAP/EBT.

651-642-1892

Mental Health Resources:

Adult Mental Health Crisis Line:

651-266-7900

Minnesota Mental Health Helpline:

1-800-862-1799

Jewish Family Services:

Connecting individuals and families of all backgrounds to multiple community resources

651-698-0767

Metro Meals on Wheels:

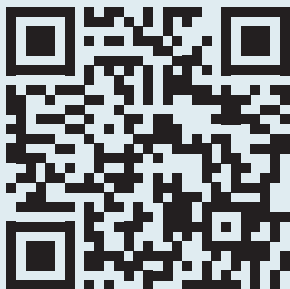
Home delivered meals across the whole metro. Delivered by local organizations by trained volunteer drivers.

612-623-3363

HELP WITH MEDICARE

Do you have questions about Medicare, Supplement/Medigap, and Advantage plans? We provide Medicare Counseling in your area to those who currently have Medicare, are new to Medicare, or are planning for the future.

At no cost, we provide unbiased information about the different parts of Medicare, your options, and ways to potentially lower your Medicare costs. Interpreters are also available upon request. If you have questions, we have answers!



West 7th: Thursdays,
February 13, March 13, & April 10

MPCC: Wednesdays,
February 19, March 19, & April 16

Schedule an appointment at
trellisconnects.org/medicareappt,
by scanning our QR code, or by
calling Keystone for assistance.

m MINNESOTA
SENIOR LINKAGE LINE



2000 St. Anthony Avenue
St. Paul, MN 55104

NONPROFIT ORG
US POSTAGE
PAID
TWIN CITIES MN
PERMIT #2159

Inclement Weather Procedures:

If Keystone needs to close or cancel programming due to weather or other circumstances, we will do our best to post it to our website and social media sites such as Facebook. When appropriate, we will also post the updates to WCCO News. Our main phone line will also have up-to-date information for you regarding closures. Always use your best judgment when choosing to join us for a program. Stay safe!

Phone 651.645.0349

Website keystoneservices.org

Merriam Park CC: 2000 St. Anthony Ave,
St. Paul, MN 55104 | tel 651-645-0349

West 7th CC: 265 Oneida Street,
St. Paul, MN 55102 | tel 651-298-5493

**KEYSTONE COMMUNITY FOOD CENTER
BY THE NUMBERS**



6,942

*total number of shifts worked
by volunteers in 2024*

*how many volunteers worked a shift
at KCFC in December 2024?*

177

BY THE NUMBERS

MEALS ON WHEELS



*what percentage of
open shifts got filled
in December 2024?*

95%

1,987

*total number of shifts
worked by volunteers in 2024*



ALL ARE WELCOME