



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

MAY, JUNE, JULY 2024

INSIDE THIS ISSUE

Staff & Resources Directory	2
Giving Garden	3
Zoom Programs	3
Calendars	4-6
Exercise & Activities	8-9
Making New Friends	11
Ongoing Services	12
Arts Programming	13
Community Resources	14-15



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
651-645-0349
- West 7th Community Center
651-298-5493

Why Play is Important

Scientific studies continue to show that enjoyable activities can have several major benefits. For example, they have the power to help:

- Improve how your brain works**
 Do you want to maintain your memory and optimize your ability to learn new things? Engaging in play on a regular basis can enhance your creativity and mental sharpness.
- Heal, establish, or maintain relationships**
 A lot of seniors are lonely. In fact, on average older adults who live alone spend over ten hours alone each day. But having fun can enable older adults to make new friends or improve existing relationships. Things like laughter and friendly competition are known to increase harmony, trust, empathy and intimacy among people who experience them together.

- Improve your mental and emotional well-being**
 Do you like the way you feel when you have a brighter outlook on life and your sense of time recedes into the background? Engaging in activities you enjoy can expand your optimism, multiply your moments of joy, and reduce your stress. It can even help prevent depression.
- Extend your life and improve your physical vitality**
 Who doesn't want to feel younger or more energetic? Creating plenty of fun moments in your life can be a good way to boost your immune system, reduce your risk of illness, and minimize your perception of any pain you might already have.

Play should be a major part of life for everyone. We can all probably use many more joyful experiences. It's who we are, no matter our age.

Keystone Staff and Resources Directory

Program Director:

Teisha Magee • 651-504-4461
tmagee@keystoneservices.org

Meals on Wheels Coordinator:

Niki Blue • 651-504-2514
nblue@keystoneservices.org

Community Social Work:

Holly Brackett • 651-504-2594
hbrackett@keystoneservices.org

Senior Services Navigator:

Phil Schmid • 651-504-4469
pschmid@keystoneservices.org

Activities Coordinator:

Karlene Niva-Colgan • 651-504-2599
knivacolgan@keystoneservices.org

Senior Services Assistant:

Judy Burns • 651-504-2650
jburns@keystoneservices.org

History Tours Coordinator:

Teisha Magee • 651-504-4461
tmagee@keystoneservices.org

Volunteer Engagement Manager:

Sara Fleetham • 651-797-7725
sfleetham@keystoneservices.org



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.

KEYSTONE COMMUNITY FOOD CENTER

Our food shelf provides quality, healthy food for people in our community.



Location:

1800 University Avenue West, Saint Paul, MN 55104

The center is between the Wendy's and Arby's on the corner of Fairview and University.

Service Hours:

- Monday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.
- Tuesday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.
- Wednesday: 4:00 – 7:00 p.m.
- Thursday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.
- Friday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.

No appointment or advanced registration is required. Food shelf participants are served on a first come, first served basis. We do have limited number of participants served each day.

Parking:

Participants are encouraged to park in our parking lot behind the building or park on Beacon Ave.

For more detailed information, please visit our website at keystoneservices.org!



THE GIVING GARDEN *at West 7th*

Hello neighbors! As we enter gardening season, we can't wait to introduce our Giving Garden at the West 7th Community Center! What is a Giving Garden? It's exactly what it sounds like- a garden grown with the specific intent to give away the harvest.

We will be transforming previously unused garden beds and growing a variety of fresh produce (and flowers!) for neighborhood residents to enjoy. Produce will be distributed free of charge at West 7th for anyone who

would like some. Please do not pick food straight from the garden- we will be weighing it before we make it available in the lobby. Additionally, we will be part of the West End Garden Tour on June 15th!

Whether you're a seasoned gardener or would like to learn more about growing your own food, we would love for you to come by!

If you're interested in more information, feel free to contact Niki Blue at (651) 504-2514 or nblue@keystoneservices.org.

ZOOM PROGRAMS

ZOOM Word Games

Mondays,
11:00 a.m. – 12:00 p.m. on ZOOM
No meetings on Monday, May, 27

ZOOM Social

Tuesdays,
1:00 – 2:00 p.m. on ZOOM

ZOOM Dice Games

Thursdays,
2:00 – 3:00 p.m. on ZOOM

ZOOM Bingo

Thursdays,
May 23 (notice new date!)
June 20 and July 18
11:00 a.m. – 12:00 p.m. on ZOOM
or in-person at W7th.

Call or email Karlene for more information and the links to join in the fun!

knivacolgan@keystoneservices.org
or 651-645-0349.

What is the fastest hour of the week?

For me, the answer to that question is the time spent with Karlene and friends on Zoom. Maybe that is why they call it, ZOOM!

I was a reluctant joiner. I finally tried it more than a year after things in my world were offered that way. I discovered it is free to put on your computer and just one click gets you into the group. After Karlene knows you are interested, she sends a reminder email – and "click," you are there! Stay cozy in your comfy clothes and a favorite chair right in your own home.

We enjoy a little friendly competition with the games, socialize with friendly Keystone seniors and have a good time to boot!

Nothing to be concerned about. Karlene walks us through the games, keeps track of rules (if there are any!), watches the time and keeps us focused while we enjoy ourselves. Think about giving it a try. Karlene is a great facilitator and a fun participant. We will happily welcome you – and you don't have to leave home. – Paula, a frequent "Zoomer"



May 2024 Events

MP Merriam Park **W7** West 7th **MW** Both Locations



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6
9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
11:00 ZOOM: Word Games

7
9:15 Pickleball
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
3:00 Cremation Seminar
1:00 ZOOM: Social

8
9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Vintage Voices
 Choir Rehearsal (location changes today!)

9
9:15 Pickleball
9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
9:30 Medicare
5:30 Counseling
2:00 Book Club
ZOOM: Dice Games

10
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

13
9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
11:00 ZOOM: Word Games

14
9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
2:30 Trivia Tuesday
9:00 Gym Walking
12:30 Fiberazzi
1:00 ZOOM: Social
9:00 Off-Site: Coffee with the Guys

15
9:30 Medicare
 Counseling
12:30 Cribbage
1:30 Vintage Voices
 Choir Rehearsal
9:15 Pickleball
9:30 Fit & Fabulous
3:00 Ask the Lawyer

16
9:15 Pickleball
9:30 Bridge I
12:30 Bridge II
6:00 Vintage Voices Choir
 Public Performance – All welcome!
9:30 Fit & Fabulous
11:00 ZOOM: Bingo (also on Zoom)
2:00 ZOOM: Dice Games

17
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

20
9:15 Pickleball
9:30 Fit & Fabulous (also on ZOOM)
11:00 ZOOM: Word Games

21
9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
9:00 Gym Walking
12:30 Fiberazzi
1:00 ZOOM: Social

22
9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage
1:30 Vintage Voices
 Choir Rehearsal

23
9:15 Pickleball
9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
2:00 ZOOM: Dice Games

24
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

27
Keystone Closed
MEMORIAL DAY

28
9:15 Pickleball
11:00 Gentle Exercise
12:30 Krafters
2:30 Movie Matinee
9:00 Gym Walking
12:30 Fiberazzi
1:00 ZOOM: Social

29
9:15 Pickleball
9:30 Fit & Fabulous
12:30 Cribbage

30
9:15 Pickleball
9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
2:00 ZOOM: Dice Games

31
11:30 Scrabble
12:30 Cards
9:00 Gym Walking

June 2024 Events

MP Merriam Park **W7** West 7th **MW** Both Locations



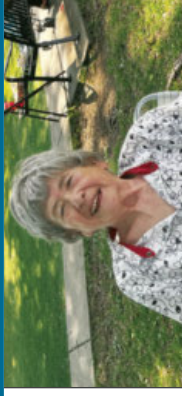
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3

9:30 Fit & Fabulous
(also on ZOOM)
11:00 ZOOM: Word Games

4

11:00 Gentle Exercise
12:30 Krafters
12:30 Fiberazzi
1:00 ZOOM: Social

5

9:30 Fit & Fabulous
12:30 Cribbage

6

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
10:30 TED Talk
2:00 ZOOM: Dice Games

7

9:00 Gym Walking
11:30 Scrabble
10:00 Fare For All
12:30 Cards

10

9:00 Foot Care
with Susan
9:30 Fit & Fabulous
(also on ZOOM)
11:00 ZOOM: Word Games

11

11:00 Gentle Exercise
12:30 Krafters
1:00 Trivia Tuesday
12:30 Fiberazzi
1:00 ZOOM: Social
9:00 Off-Site: Coffee
with the Guys

12

9:30 Fit & Fabulous
9:30 Smart Driver
12:30 Cribbage

13

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
9:30 Medicare
Counseling
5:30 Book Club
2:00 ZOOM: Dice Games

14

11:30 Scrabble
12:30 Cards

17

9:15 Fit & Fabulous
(also on ZOOM)
11:00 ZOOM: Word Games

18

11:00 Gentle Exercise
12:30 Krafters
12:30 Fiberazzi
1:00 ZOOM: Social

19

Keystone Closed
Juneteenth Holiday.

20

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
11:00 Bingo (also on ZOOM)
2:00 ZOOM: Dice Games

21

11:30 Scrabble
12:30 Cards

24

9:15 Fit & Fabulous
(also on ZOOM)
11:00 ZOOM: Word Games

25

12:30 Krafters
2:30 Movie Matinee
12:30 Fiberazzi
1:00 ZOOM: Social

26

9:30 Fit & Fabulous
12:30 Cribbage

27

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
2:00 ZOOM: Dice Games

28

11:30 Scrabble
12:30 Cards

July 2024 Events

MP Merriam Park **W7** West 7th

MW Both Locations



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:30 Fit & Fabulous
(also on Zoom)
11:00 **ZOOM:** Word Games

11:00 Gentle Exercise
12:30 Kraffers
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:30 Fit & Fabulous
9:40 Foot Care with Joan
12:30 Cribbage

Keystone Closed
HAPPY 4TH OF JULY

5

Keystone Closed
For the HOLIDAY

9:30 Fit & Fabulous
(also on Zoom)
11:00 **ZOOM:** Word Games

11:00 Gentle Exercise
12:30 Kraffers
2:30 Trivia Tuesday
12:30 Fiberazzi
1:00 **ZOOM:** Social
9:00 Off-Site: Coffee
with the Guys

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

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
9:30 Medicare
Counseling
5:30 Book Club
2:00 **ZOOM:** Dice Games

12

11:30 Scrabble
10:00 Fare For All
12:30 Cards

9:30 Fit & Fabulous
(also on Zoom)
11:00 **ZOOM:** Word Games

11:00 Gentle Exercise
12:30 Kraffers
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:30 Medicare
Counseling
9:30 Fit & Fabulous
12:30 Cribbage
3:00 **Ask the Lawyer**

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
11:00 Bingo (also on Zoom)
2:00 **ZOOM:** Dice Games

19

11:30 Scrabble
12:30 Cards

9:30 Fit & Fabulous
(also on Zoom)
11:00 **ZOOM:** Word Games

11:00 Gentle Exercise
12:30 Kraffers
2:30 Movie Matinee
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:30 Fit & Fabulous
12:30 Cribbage

9:30 Bridge I
12:30 Bridge II
9:30 Fit & Fabulous
2:00 **ZOOM:** Dice Games

26

11:30 Scrabble
12:30 Cards

9:30 Fit & Fabulous
(also on Zoom)
11:00 **ZOOM:** Word Games

11:00 Gentle
Exercise
12:30 Kraffers
12:30 Fiberazzi
1:00 **ZOOM:** Social

9:30 Fit & Fabulous
12:30 Cribbage

9:30 Fit & Fabulous
12:30 Cribbage

31

9:30 Fit & Fabulous
12:30 Cribbage





**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit [Ipicommunities.com
/adcreator](http://Ipicommunities.com/adcreator)

Volunteer In Your Community

Lutheran Social Service of MN is seeking volunteers, age 55 or older, in your area to provide companionship to older adults or mentor school age children. Volunteers serve 10 or more hours per week for a tax free stipend and mileage reimbursement.
Please contact us at 888.205.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community!!




Where Remembrance Begins



**THE CATHOLIC
CEMETERIES**



*Give Them Peace
of Mind...
Pre-plan today &
SAVE!*



Let Us Guide You | call 651-228-9991

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Ben Allrich**

ballrich@Ipicommunities.com

(800) 950-9952 x2757

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.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. Recorded classes also available 24/7 on our website. Exercise Leader: Karlene, Silver & Fit Certified.

Mondays & Thursdays at West 7th.

Wednesdays at MPCC

**No class on Monday, Monday, May 27,
Wednesday, June 19 or Thursday, July 4**

9:30 a.m. – 10:15 a.m. with live instruction
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.

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.



**6-week session
(Tuesday only) 11:00 a.m.
May 14 – June 18**

1-week break:
Tuesday, June 25

**6-week session
(Tuesday only) 11:00 a.m.
July 2-August 6
Gentle Exercise will take a
three-week break August 13-27.**

Pickleball **MP**

For those 50+. Novice and advanced Pickleball matches played for fun. You get a good, enjoyable work out.

**Mondays, Tuesdays, Wednesdays & Thursdays
through May only. No Pickleball in June, July or August.**

9:15 a.m. – 11:45 a.m.

Cost: \$2/session

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, May 1 and July 3
with Joan Strumpf**

9:40 a.m. – 1:30 p.m.

40 minute appointments

Cost: \$50

W7 1st appt at 9:00

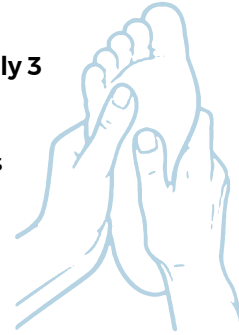
**Monday, June 10
with Susan Janicke**

9:00 a.m. – 2:00 p.m.

30 minute appointments

Cost: \$45

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.

Trivia Tuesday **MP**

Join us in-person

Come show off the strange and unusual facts and trivia that you have collected over the years! Each month will feature new questions and there may even be a theme to the madness.

FREE

Tuesdays, May 14, June 11 and July 9

2:30 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, May 16, June 20 and July 18

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

May 15 and July 17

No meeting in June due to Juneteenth holiday.

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.

May 14, June 11, and July 9 at 9:00 a.m.



History Tours Update

Keystone History Tours season 2024 with Dave Bredemus will run from August through October 2024. We are working on another great season of travel and will post details in our next newsletter.

If you received this newsletter, you are on the mailing list for the tours too! If you would like to be on our mailing list call 651-504-4461. Our email list is always a faster way of getting the same information, consider using that option as well!

Dave will also be offering free tours of the West Seventh neighborhood as part of WestFest on June 8th. See back cover or call Dave at 651-734-5578 for more details.

Bridge 1 and 2 **MP**

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

Thursdays

Brush-up: 9:30 a.m. – 11:30 p.m.

Experienced Play: 12:30 – 2:30 p.m.

More players needed for this!

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

11:30 a.m. – 12:30 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 – May 9, June 13 and July 11

5:30 p.m. – 7:00 p.m.

Cribbage **MP**

Weekly games of Cribbage, new players welcome!

Wednesdays

12:30 p.m. - 2:30 p.m.

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com



Scan to contact us!

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



SafeStreets

833-287-3502

ADVERTISE HERE

to reach your community



Call 800-950-9952

SHEILA J. KELLY
ATTORNEY AT LAW



- WILLS
- TRUSTS
- POWER OF ATTORNEY
- HEALTHCARE DIRECTIVE
- PROBATE
- ELDER LAW

YOUR HOMETOWN ESTATE PLANNING ATTORNEY

FREE Initial 1/2 Hour Office Consultation

4856 Banning Avenue, White Bear Lake
612.568.8758
skelly@sheilakellylaw.com
www.sheilakellylaw.com



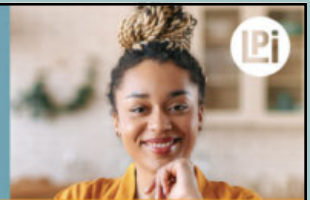
SUPPORT OUR ADVERTISERS!

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4lpi.com or www.4lpi.com/careers

THRIVE
LOCALLY

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



For ad info. call 1-800-950-9952 • www.lpicommunities.com.

Keystone Community Svcs, Saint Paul, MN

B 4C 02-1107

Making New Friends as an Older Man

By Michael Tougias, first published in AARP's Senior Planet

The Surgeon General recently declared loneliness an epidemic – many studies reveal the impact on health – and some reports say the crisis is worse among men.

Some blame the lingering impact of Covid. The National Institutes of Health noted last May that ‘the COVID 19 epidemic was related to increased levels of loneliness.’

But during a recent NPR broadcast, psychologists discussed how a majority of men think they should conquer all their problems on their own, and anything less is seen as a sign of weakness.

Male Friendships are Different

Don't fall into that trap: real strength is knowing when to reach out for the help of others. Sometimes loneliness is combined with mild depression – and it can feel tough to reach out and join a group. If that is case, just take the first step...or just show up.

Years ago, when I was a newbie to fishing the surf in Florida, I noticed this tall guy catching Spanish mackerel – when I wasn't. I walked over, and said, ‘What's your secret?’ Doug not only told me how to catch the mackerel, he also gave me one of his lures.

We talked about fishing together in the future, and since that day I've enjoyed great companionship with Doug – and an introduction to his circle of friends. All because I stopped to ask a question.

(Just last month, Doug texted me ‘You should come down to the beach, I'm catching giant blues right and left!’ I went and we had a ball.)

This is a lesson to everyone – guys and gals alike – to counter loneliness by reaching out to others. Even shy people can make new friends just by asking a stranger a question.

Men Talk Side by Side

Conversations men have, I've noticed, are usually the by-product of an activity rather than the reason for getting together. It's rare that I'll call a male friend and say let's have coffee and talk. Men, I believe, need a common interest to get together. It's during the doing that the conversation happens.

My guess is that most women communicate face to face, but men talk side by side while performing an activity. I'd wager most of my conversations with Doug occur when

we aren't even looking at each other – we're busy casting out our lures. The same could be said of golf, bowling or any activity that gets guys out of the house.

Here are a couple of ways I've been able to find and keep friendships . . .

Volunteering – it's wonderful to feel a sense of purpose and you meet other volunteers and anyone you are helping. For years I volunteered to take blind people on nature walks, and we all had a great time – and I met another volunteer who became my primary care physician.

Joining a group that participates in an interesting activity will pay big dividends in combating loneliness and making new friends. Doug and I formed an informal



group of fishermen who meet every couple months for pizza and beer. Almost all of us got to know each other via shore fishing.

If you have physical limitations there are a myriad of clubs and groups that might also be a good fit, from card playing, book clubs, bird watching, or historical societies.

Keystone Community Services offers many interest groups that chat via Zoom: Games, Social Hour, Bingo and many more.

Casting a wide net – There are lots of other ways for guys to broaden their opportunities for friendships, from taking a part time job to offering to house or pet sit for neighbors. There are many options to connect – from classes in walk in centers if one is near you, to local libraries or a Meet Up.

(continued on page 12)



MPCC MATINEE MOVIES

Join us for matinees once a month on our big, new television screen! FREE!

2:30-4:00 p.m.

4th Tuesdays at Merriam Park Community Center

May 28 – Yesterday

June 25 – Top Gun: Maverick • July 23 – Priscilla



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 topic they never considered before.

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.

10:30 a.m. Thursdays **W7**

May 2, June 6, No TED Talks in July

New Topics:

May: Infectious Generosity

June: Wonder & Awe in Nature

July: No TED Talk in July

Making New Friends *(continued from page 11)*

Male Friendship - Next steps

Ask questions about other people's lives. Men are often reluctant to share emotions and put on a stoic front, but asking questions breaks that ice. Seek out key people where both you and they can be their authentic selves.

Invest in friendships. They are not perpetual motion machines, where just one shove (or one activity) sets it in motion forever and it runs by itself. True friendships take time and effort to start and to sustain. I arranged a dinner with four friends from high school who live in my area every month or two. Two of those guys have known me since first grade! Amazing friendships that might have drifted apart without those periodic dinner get togethers of the guys.

Keep trying. Give one solution a few tries. As mentioned earlier, it can feel tough or awkward to reach out and join a group — at first. I have found that with any endeavor that feels difficult, everything starts rolling after a few tries. You'll be glad you did

Michael J. Tougias is a *New York Times* bestselling author and co-author of 30 books for adults and nine books for young adults. He is best known for his non-fiction narratives of survival and rescue stories. His book **The Finest Hours** has been made into a Disney movie. Tougias speaks to both business groups and at public libraries across the country.
www.michaeltougias.com



2024 FREE FARMER'S MARKET EVENTS



Keystone's Free Farmer's Market season will run from June - October.

We will distribute free, fresh produce and vegetables at Roseville Covenant Church, Rice and Arlington Field, and Allianz Field.

All event information will be posted in later May. You can visit our website and social media pages for event details.

ARTS PROGRAMMING

Vintage Voices Choir Concert

Thursday, May 16 at 6:00 pm at Merriam Park



Our inaugural Vintage Voices Choir (a part of VocalEssence) will be giving a free concert at the Merriam Park Community Center. They have been rehearsing all spring! Come celebrate and cheer on your friends and neighbors at this fun, lively, and free event!



**SUPPORT THE
ADVERTISERS**
that Support our
Community!



Community Resources

Words from Sara Volunteer Services Manager

The Keystone Community Food Center (KCFC) has been open for 3 months and is busy, busy, busy. In January alone, we provided food support for 2,133 program participants who visited Keystone for the first time.

Our added capacity and accessibility are serving the community well. We rely on 154 volunteer shifts each week to cover the Basic Needs Programs at KCFC – Food Shelf, Foodmobile and Grocery Delivery.



And over fifty shifts to cover our Meals on Wheels deliveries. Wow! We are grateful for all of the partners that make this happen every day. I am starting my 10th month as part of Keystone's Volunteer Team. Very quickly in my tenure I came to realize how incredibly vital you are to all that we do.

In January, Sophie joined the Volunteer Team with a focus on volunteer support at KCFC. She has been a wonderful addition to our team. You can learn more about her in this week's newsletter. Looking ahead, we are working on some volunteer appreciation plans, so stay tuned for an opportunity to join us and other volunteers to be celebrated!

I can always be reached at **651-797-7725**
or by email sfleetham@keystoneservices.org.

— Sara Fleetham, Volunteer Engagement

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:

Free 20 minute phone conversations with mental health professionals.
651-239-4756

Rainbow Health:

Advocating for and serving the LGBTQ+ community, those living with HIV, and all folks facing barriers to equitable healthcare.
612-341-2060

AARP SMART DRIVER PROGRAM



Four-hour refresher course: **MP**

Thursday, June 12 MPCC
9:30-1:30

Call 651-298-5493 ASAP
Space is limited.
Call to reserve your spot.

Cost: \$25

MEDICARE COUNSELING

FREE Medicare counseling is available by appointment only. A trained volunteer will help determine your best options.



Must make appointments through Senior Linkage; **trellisconnects.org/get-help/medicare** or call **800-233-2433**, or call Keystone and we can assist you with signing up.

1-hour appointments 9:30 a.m. – 12:30 p.m.

2nd Thursday at W7 –
May 9, June 13, and July 18

3rd Wednesday at MPCC –
May 15, no appointments in June at MPCC and July 17

West 7th Fare for All Dates 2024

Jan 5 – 1st Friday

Feb 2 – 1st Friday

Mar 8 – 2nd Friday

Apr 5 – 1st Friday

May 3 – 1st Friday

June 7 – 1st Friday

July 12 – 2nd Friday

Aug 9 – 2nd Friday

Sept 6 – 1st Friday

Oct 4 – 1st Friday

Nov 1 – 1st Friday

Dec 1 – 1st Wednesday



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!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ben Allrich

ballrich@lpicommunities.com

(800) 950-9952 x2757

SUPPORT OUR ADVERTISERS!






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

A colorful, hand-drawn style poster for "West Fest on 7th". The background is a mix of yellow, orange, and teal. It features various icons: a guitar, a drum, a slice of pizza, a stack of spaghetti, a wine glass, a house, and musical notes. A central red square contains the text "WEST FEST ON 7th" in white, bold, block letters. To the right, a white rectangular box with a teal border contains event details in red and teal text. At the bottom of this box is a QR code and the website "westfeston7th.com".

FOOD • DRINKS • LIVE MUSIC • SILENT AUCTION
WALKING TOURS • FAMILY ACTIVITIES

CELEBRATING THE PEOPLE,
PLACES, & HISTORY OF

**THE WEST SEVENTH
NEIGHBORHOOD**

JUNE 8th
2024

HOSTED BY • ST. STAN'S OF WEST SEVENTH



For more details westfeston7th.com