



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations!

KEYSTONE COMMUNITY SERVICES

May, June, July 2026

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West 7th Community Center is Remodeling

A community center for the future of West 7th residents

The West 7th Community Center is delighted to announce and unveil subtle yet significant improvements that will make the space more vibrant and useful.

Neighbors and visitors here are already seeing the benefits of completed and coming improvements, and we invite you to stop by and say hello when you have a chance!



After decades of establishing itself as a hub of vital youth, family, senior, and civic activities, Keystone Community Services was awarded a \$484,931 grant from the Minnesota Department of Education’s Multi-Purpose Community Facility Project in June of 2025. Recent visitors to the West 7th Community Center are just beginning to see results.

“This is such an exciting time for West 7th,” said Keystone senior program director Teisha Magee, who has worked for the agency since 2013. The list of updates includes everything from hydration stations to major improvements in the gym, creating a more versatile and useful community center experience.

“These updates mean our participants of all ages will have a refreshed, modern space to gather, thrive, and stay connected to the community they love,” Magee said. Magee notes that this is the first major update to the multi-purpose facility itself since it was built in 1985. The list of improvements is extensive and will take time, but the changes will have a profound effect.

Coming improvements include:

1. A new durable gym floor with yellow and blue accents, along with newly painted walls
2. An improved heating and cooling system in the gym for year-round activities
3. Improved gym acoustics
4. Three remodeled bathrooms, improving handicap accessibility
5. New hydration stations that replace the older water fountains. These include combination bottle-filling stations/drinking fountains – including a new unit in the lobby.
6. Improved Wi-Fi access, which will be integrated through the building and improved in areas where the signal is weakest

Register for classes, events, and appointments by calling:

651-645-0349 / 651-298-5493

Or by sending an email to:

info@keystonecommunityservices.org

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

1800 University Ave W
Saint Paul, MN 55104
651-917-3792



Although W7 is in the midst of improvements that will take months to complete, you may already see and hear the sounds of remodeling and building, as Flannery Construction and its workers have already been on site bringing the future closer to reality.

Magee noted that the hard work invested in planning for the future while simultaneously applying for the grant will pay off for years to come. “Better facilities mean better programming, more opportunities, and a place that truly honors the people who have given so much to this neighborhood,” she said. “We are thrilled. This is a big deal for all of us!”

The target completion date is December 31, 2026, but if you visit in the meantime, you may witness changes that people of all ages can appreciate. The new hydration station in the lobby is one clue that changes are not only here but are also happening in other parts of the center.

The West 7th Community Center was built in 1985, and Keystone merged with the community center and its programs in 2015. The combined site has been a hub of civic pride and activity for decades, boasting a St. Paul Public Library, after-school and summer kids programs, classrooms for kids as well as seniors, and a senior activities program that includes daily activities, a Meals on Wheels kitchen, and a senior lounge. Neighbors also know to vote at the community center. The site is also known for facilitating historic tours of the Twin Cities, Minnesota, and beyond, hosted by St. Paul native and historian Dave Bredemus.

Prior to the original community center construction in 1985, the site had featured a warming house and a skating rink. Way back when, it was also a limestone quarry and later a minor league baseball field. The vast grassy sports field to the west remains, and it includes a football field, picnic tables, a playground, a futsal court, two softball fields and two tennis courts. A community garden grows just to the west of the playground. Native trees still accent the landscape around the community center and fields, making for an idyllic experience for folks who utilize or just stroll through the green space here.

Senior activities include but are not limited to: Keystone Community Singers choir, Pickleball, Fit and Fabulous, Zoom Fun and Games, Gym Walking, Bridge, Krafters, Cribbage, Ted Talks, Scrabble, Cards, Ask The Lawyer, AARP Tax Service (seasonal), Book Club, Fiberazzi, and many more.

The West 7th Community Center is proud to be a Ramsey County polling place. The community center has been the site of Keystone’s Keys Fest, musical performances and concerts, health fairs for seniors and women, vaccination clinics during the pandemic, and many St. Paul Library events.

The St. Paul Public Library, located on-site, offers events for kids, including movies, story times, playdates, music, a computer lab, and educational classes. The West 7th Community Center also has two tenants, including North Star Non-Profit Consultants and Global Deaf Connection.

ZOOM PROGRAMS

Zoom Fun & Word Games

Everyone loves a good game. We will rotate through a few in each session. Join us to challenge your mind and have fun doing it. **Mondays, 11:00 AM - 12:00 PM, Thursdays, 2:00 PM - 3:00 PM (No meeting May 25 or July 2)**

Zoom Exercise Mondays, 9:30 AM - 10:15 AM

Zoom recordings are available to watch on our website.

Zoom Bingo Thursdays, 11:00 AM - 12:00 PM,

May 21, June 18 & July 23

Zoom Social Tuesdays, 1:00 PM - 2:00 PM

Interested in joining a Zoom event?

Call or email us to join in the fun! info@keystoneservices.org or 651-645-0349.

June 2026 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom

+ Also available
on Zoom



MONDAY

9:30 Fit & Fabulous
11:00 Zoom Fun & Games
1:00 Bridge
1:00 Crafters Delight

9:00 Foot Care
9:30 Fit & Fabulous +
11:00 Zoom Fun & Games
1:00 Bridge
1:00 Crafters Delight

9:30 Fit & Fabulous +
11:00 Zoom Fun & Games
1:00 Bridge
1:00 Crafters Delight

9:30 Fit & Fabulous +
11:00 Zoom Fun & Games
1:00 Bridge
1:00 Crafters Delight

9:30 Fit & Fabulous +
11:00 Zoom Fun & Games
1:00 Bridge
1:00 Crafters Delight

TUESDAY

9:30 Gym Walking
12:30 Kraffers
12:30 Fiberazzi
1:00 Zoom Social

9:00 Coffee w/ the Guys
9:30 Gym Walking
12:30 Kraffers
12:30 Fiberazzi
1:00 Zoom Social

9:30 Gym Walking
12:30 Kraffers
12:30 Fiberazzi
1:00 Zoom Social

9:30 Gym Walking
12:30 Kraffers
12:30 Fiberazzi
1:00 Zoom Social

9:30 Gym Walking
12:30 Kraffers
12:30 Fiberazzi
1:00 Zoom Social
1:00 Memoir Writing

WEDNESDAY

9:30 Fit & Fabulous
12:30 Cribbage

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

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

9:30 Fit & Fabulous
12:30 Cribbage

THURSDAY

9:30 Bridge
10:30 TED Talks
2:00 Zoom Fun & Games

9:30 Bridge
9:30 Medicare Counseling
2:00 Zoom Fun & Games
5:30 Book Club

9:30 Bridge
11:00 Bingo +
2:00 Zoom Fun & Games

9:30 Bridge
2:00 Zoom Fun & Games

FRIDAY

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

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

19
JUNETEENTH
Keystone Closed

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

25
9:30 Bridge
2:00 Zoom Fun & Games

26

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

30

Ongoing Exercise & Activities

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

Silver & Fit program classes for ages 50+. Class includes stretching, endurance and weight lifting. On Mondays, you can join us on ZOOM! Contact Karlene for details. Recorded classes also available 24/7 on our website. Exercise Leader: Karlene, Silver and Fit Certified.

Mondays & Thursdays at West 7th.

Wednesdays at MPCC with instructional video

9:30 AM - 10:15 AM

Cost: \$20 per month.

May be covered by your health insurance; you can find out by calling your customerservice line using the number on the back of your insurance card and asking if you are eligible for exercise benefits

No class on Monday, May 25. Beginning June 1st, class will change to be Mondays and Wednesdays at West 7th community center.

Gentle Exercise **MP**

This Arthritis Foundation Exercise Program (AFEP) class is designed for people living with arthritis and is open to anyone looking for a gentle exercise class. Arthritis Foundation-trained Instructor Karlene will lead this low-impact, joint-safe class, teaching gentle stretching and strengthening. Movements can be done standing or sitting. You can also join us by Zoom now! Talk to Karlene for the details.

May 5 - May 18

Tuesdays, 11:00 AM - 11:45 AM

Social Pickleball **MP**

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

Mondays, Tuesdays, Wednesdays & Thursdays

9:15 AM - 11:45 AM

Pickleball will take a summer break starting June 1st. We will resume August 31.

Cost: \$3/session.



Fiberazzi **W7**

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

Tuesdays, 12:30 PM - 2:30 PM

Krafters **MP**

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

Tuesdays, 12:30 PM - 2:30 PM

Foot Care Clinic at Merriam Park **MP**

Wednesday, May 6 and July 1 with Nurse

Joan Strumpf, 9:00 AM - 2:00 PM

40 minute appointments

Cost: \$50

Call to make an appointment

Foot Care Clinic at West 7th **W7**

Monday, June 8 with Nurse

Susan Janicke, 9:00 AM - 2:00 PM

30 minute appointments

Cost: \$50

Call to make an appointment



Are you helping an older adult and are looking for support?

Lyngblomsten Community Services is ready to help you on your caregiving journey.

- ▶ Local resource recommendations
- ▶ Memory Loss Caregiver Support Groups
- ▶ Caregiver education and training
- ▶ The Gathering (group respite program for adults with memory loss)

(651) 632-5320

caregiving@lyngblomsten.org

www.Lyngblomsten.org/CommunityServices

Funded in part under an award with Trellis as part of the Older Americans Act.



Specialty in serving people with dementia

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!!



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Ongoing Exercise & Activities

Bingo **W7**

Join us in-person or via ZOOM. The popularity of Bingo is undeniable. 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 the same number of cards each month and must send in monthly or quarterly payments for your cards to play.

Thursdays

May 21, June 18, and July 23

11:00 AM - 12:00 PM on ZOOM or in-person at W7th.

Ask the Lawyer:

Senior Specialty Legal Advice **W7**

Dave Burns offers our seniors 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 on May 20,
June 17, and July 15, 3:00 PM - 5:00 PM

COFFEE WITH THE GUYS

"Conversations is food for the soul."

Join us once a month for coffee and conversation. We'll meet at Day by Day café on West 7th. 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.

Tuesdays, May 12, June 9,
and July 14

Day by Day Cafe
477 7th Street, St. Paul
9:00 AM - 10:00 AM



AARP SMART DRIVER PROGRAM



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

4-hour Refresher Course at Merriam Park:
Wednesday, June 10, from 9:30 AM - 1:30 PM
Cost: \$25

*No AARP discount pricing available.

Bridge **MP**

Match up with players according to your desired level of play. Mondays, 1:30 PM - 3:30 PM and Thursdays, 9:30 AM - 11:30 AM

Cards **W7**

Meet weekly with others who enjoy playing cards. Currently playing 500, but taking suggestions for other card games. Fridays, 12:30 PM - 2:30 PM

Scrabble **MP**

Casual game play. Join us to exercise your brain! Fridays, 10:30 PM - 12:30 PM

Cribbage **MP**

Weekly games of Cribbage, new players welcome! Wednesdays, 12:30 PM - 2:30 PM

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 14, June 11, July 9, 5:30 PM - 7:30 PM

Crafters Delight **W7**

Bring craft projects you are currently working on or learn about new ideas from fellow crafters. The group has seen jewelry-making, fiber coil baskets, crochet, card making and more. Some Mondays we will bring in an instructor to teach a new skill. Most Mondays 1:00 PM to 3:00 PM

VocalEssence Vintage Voices and Keystone Community Services Present

THE POWER OF WE

Thursday, May 7, 2026, 6 PM

Margolis Hall, Mount Zion Temple, St. Paul

Free and open to the community



Scan to learn more



*Join us for an uplifting evening of music that reminds us of the strength we find in one another. Through soaring harmonies and soul-stirring melodies, **The Power of We** explores the profound bonds that connect us — the neighbors who show up, the hands that reach out, and the voices that rise together in times of joy and need.*

*This concert features beloved songs of compassion, togetherness, and hope — a musical journey through the moments that remind us we are never alone. From tender anthems of friendship to powerful choruses of solidarity, every note is a testament to what we can achieve when we stand as one. **Come ready to be moved. Come ready to belong.***

Rob Graham, conductor
John Jensen, collaborative pianist



For more information, call Keystone
Community Services at (651) 645-0349



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TEDTALKS

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.

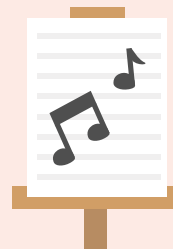
1st Thursday of each month, 10:30 AM at West 7th

May 7: Joy is an act of resistance

June 4: Intuition; an inner monologue

July 9: Age is just a number; Aging Happily

SUMMER SING-ALONG



**Wednesdays, July 8 and August 19
1:30 PM - 3:00 PM at Merriam Park**



Curious about our Choir? Maybe you want to sing along but not ready to commit to the whole series? Join us this summer for two sing-alongs. Get to know folks in the choir and our director, Rob, as we delight in song together.

No registration necessary

The Fall Choir Series will kick off Wednesday, August 26. More information will be available in our next issue of Thriving Times.

Keystone now offers Chore and Transportation Services from Keystone Community Services

The Keystone Chore and Transportation Services Program assists St. Paul residents age 60+ to “age-in-place” with funding from the MN Dept. of Human Services Live Well at Home Grant. Clients must be living independently, not in a care facility or a permanent supported living facility. **This program offers a variety of services, provided by screened and trained volunteers.**

1. Yard maintenance all year with summer lawn mowing, fall leaf raking, winter snow removal, and spring clean-up activities.
2. Household chore services such as assistance with laundry, grocery shopping, and other small in-home chores.
3. Technology support services such as setting up home internet, programming a television and remote, or tutoring assistance for new phones, tablets, or computers.
4. Assistance with essential transportation. Essential rides include trips to the grocery store, medical appointments, pharmacy visits, banking or other Keystone programs and activities.

Seniors pay on a sliding fee scale based on their stated monthly income. No one is denied service due to inability to pay. Older adults may request services for themselves, or a family member may refer someone whom they think could benefit from these services. Volunteers use their own vehicles for rides, and participants must be able to enter and exit the vehicle with minimal assistance (no lifting). We reserve the right to limit the distance or time of any ride requested, as well as the frequency of use.

To start the screening process to see if this is a good fit for you,
contact Kim Taylor at 651-316-4441 or ktaylor@keystoneservices.org

To provide a holistic approach, clients will also be screened for other Keystone programs and community services that may benefit them. All information is kept strictly confidential. This program is dependent on the availability of our volunteers. We cannot provide last-minute requests, nor can we guarantee assistance with every request we receive.

Cultural and Arts Programming

Chinese Calligraphy **W7**

Chinese calligraphy is the writing of Chinese characters as an art form, combining purely visual art and interpretation of the literary meaning. This class is geared toward adults, but interested teens are welcome. Supplies will be provided.

Week 1- Overview

Week 2 - Beginning Strokes

Week 3 - Learning All the Strokes

Week 4- Putting it All Together

Register at sppl.org/events

Mondays, April 27 - May 18 at 1:00 pm - 2:30 pm

Cost: FREE!



Memoir Writing for Adults **W7**

Everyone has stories; this stimulating and fun class will help you preserve your memories for family, friends or a larger community. No experience is needed. This is a five-week, non-academic class; each class builds on the other, so attendance is important.

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

Register at sppl.org/events

Tuesdays, June 30

July 7, 14, 21, 28

1:00 pm - 2:30 pm

Cost: FREE!

Stay Connected with FREE Technology Classes! **W7**

Keystone is excited to team up with Older Adults Technology Services (OATS) from AARP to bring it's world-class Senior Planet technology classes to our center! If you or someone you know is an older adult in the Twin Cities area, join us for FREE class sessions on health & wellness, technology, socialization, and much more. More information will be available soon. Call or email us to be on our mailing list for upcoming classes.

651-298-5493 or tmagee@keystoneservices.org



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Call 800.950.9952



Community Resources

FARE FOR ALL UPDATE



All Metro area Fare for All events have been canceled due to funding cuts. Go to TheFoodGroupMN.org for more information.

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 Community Center:
2nd Thursdays, May 14, June 11, and July 9

Merriam Park Community Center:
3rd Wednesdays, May 20, June 17, and July 15

Scan the QR to make an appointment or visit Trellis at the following link: trellisconnects.org/medicareappt. For further assistance you may also call Keystone at: **651-298-5493**



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 more, sign up for financial assistance, and inquire about healthcare programs.
651-266-4444

MN Aging Pathways

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

Adult Mental Health Crisis Line:

651-266-7900

Minnesota Mental Health Helpline:

1-800-862-1799

Metro Meals on Wheels:

Home delivered meals across the whole metro. Delivered by local organizations by trained volunteer drivers.
612-623-3363

Seniors Directory

Keystone Staff and Resources Directory

Senior Program Director

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

Meals on Wheels Coordinator

Maren Ronald | 651-504-2514
mronald@keystoneservices.org

Community Social Work

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

Senior Services Navigators

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

Kim Taylor | 651-316-4441
ktaylor@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



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Inclement Weather Procedures

If Keystone needs to close or cancel programming for any reason, we will do our best to post it to our website and social media channels. Our main phone line will also have up-to-date information for you regarding closures.

CONTACT

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West 7th Community Center

265 Oneida Street
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Keystone Community Food Center

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