



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

AUGUST, SEPTEMBER, OCTOBER 2024

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How Old is Old?



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

WASHINGTON—Middle-aged and older adults believe that old age begins later in life than their peers did decades ago, according to a study published by the American Psychological Association.

“Life expectancy has increased, which might contribute to a later perceived onset of old age. Also, some aspects of health have improved over time, so that people of a certain age who were regarded as old in the past may no longer be considered old nowadays,” said study author Markus Wettstein, PhD, of Humboldt University in Berlin, Germany.

However, the study, which was published in the journal *Psychology and Aging*, also found evidence that the trend of later perceived old age has slowed in the past two decades.

Wettstein, along with colleagues at Stanford University, the University of Luxembourg and the University of Greifswald, Germany, examined data from 14,056 participants in

the German Aging Survey, a longitudinal study that includes people living in Germany born between 1911 and 1974. Participants responded to survey questions up to eight times over 25 years (1996–2021), when they were between 40 and 100 years old. Additional participants (40 to 85 years old) were recruited throughout the study period as later generations entered midlife and old age. Among the many questions survey participants answered was, “At what age would you describe someone as old?”

The researchers found that compared with the earliest-born participants, later-born participants reported a later perceived onset of old age. For example, when participants born in 1911 were 65 years old, they set the beginning of old age at age 71. In contrast, participants born in 1956 said old age begins at age 74, on average, when they were 65.

However, the researchers also found that the trend toward a later

Story Continued on Pg. 3 ▶

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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.

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!

perceived onset of old age has slowed in recent years.

“The trend toward postponing old age is not linear and might not necessarily continue in the future,” Wettstein said.

The researchers also looked at how individual participants’ perceptions of old age changed as they got older. They found that as individuals aged, their perception of the onset of old age was pushed further out. At age 64, the average participant said old age started at 74.7. At age 74, they said old age started at 76.8. On average, the perceived onset of old age increased by about one year for every four to five years of actual aging.

Finally, the researchers examined how individual characteristics such as gender and health

status contributed to differences in perceived onset of old age. They found that women, on average, said that old age started two years later than men—and that the difference between men and women had increased over time. They also found that people who reported being more lonely, in worse health, and feeling older said old age began earlier, on average, than those who were less lonely, in better health, and felt younger.

The results may have implications for when and how people prepare for their own aging, as well as how people think about older adults in general, Wettstein said.

“It is unclear to what extent the trend towards postponing old age reflects a trend towards more positive views on older people and

aging, or rather the opposite—perhaps the onset of old age is postponed because people consider being old to be an undesirable state,” Wettstein said.

Future research should examine whether the trend toward a “postponement” of old age continues and investigate more diverse populations in other countries, including non-Western countries, to understand how perceptions of aging vary by country and culture, according to the researchers.

Full Article: “Postponing Old Age: Evidence for Historical Change Toward a Later Perceived Onset of Old Age,” by Markus Wettstein, PhD, and Denis Gerstorf, PhD, Humboldt University of Berlin; Rinseo Park, PhD, and Nilan Ram, PhD, Stanford University; Anna E. Kornadt, PhD, University of Luxembourg; Susanne Wurm, PhD, University Medicine Greifswald. Psychology and Aging, published online April 22, 2024.

Markus Wettstein, PhD

ZOOM PROGRAMS

ZOOM Word Games

Mondays,

11:00 a.m. – 12:00 p.m. on ZOOM
No meeting on Monday, Sept. 2

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,

Aug. 15, Sept. 19, and Oct. 17

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”



August 2024 Events



ZO Zoom

MW Both Locations

West 7th

W7

Merriam Park

MP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Fit & Fabulous</p> <p>11:00 Word Games</p>	<p>12:30 Krafters</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>2:00 Cremation Seminar</p> <p>1:00 Social</p>	<p>9:30 Fit & Fabulous</p> <p>12:30 Cribbage</p> <p>9:30 Offsite: History Tour #1</p>	<p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p>
<p>9:00 Foot Care with Susan</p> <p>9:30 Fit & Fabulous</p> <p>11:00 Word Games</p>	<p>12:30 Primary Election Voter Site</p> <p>12:30 Krafters</p> <p>2:30 Trivia Tuesday</p> <p>12:30 Fiberazzi</p> <p>9:00 Offsite: Coffee with the Guys</p> <p>1:00 Social</p>	<p>9:30 Fit & Fabulous</p> <p>12:30 Cribbage</p> <p>12:30 Sing-a-long</p> <p>5:30 Offsite: History Tour #2</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</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p>
<p>9:30 Fit & Fabulous</p> <p>11:00 Word Games</p>	<p>12:30 Krafters</p> <p>9:00 Gym Walking</p> <p>12:30 Fiberazzi</p> <p>1:00 Social</p>	<p>9:30 Fit & Fabulous</p> <p>9:30 Medicare Counseling</p> <p>12:30 Cribbage</p>	<p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p>
<p>9:30 Fit & Fabulous</p> <p>11:00 Word Games</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>9:30 Fit & Fabulous</p> <p>12:30 Cribbage</p>	<p>9:30 Bridge</p> <p>9:30 Fit & Fabulous</p> <p>2:00 Dice Games</p>	<p>10:30 Scrabble</p> <p>12:30 Cards</p> <p>9:00 Gym Walking</p>

October 2024 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	1 Gentle Exercise Krafters Gym Walking Fiberazzi Social	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 12:00 Keystone Cmty. Singers Rehearsal	2 Fit & Fabulous Cribbage Keystone Cmty. Singers Rehearsal	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 TEDTalks 2:00 Dice Games	3 Bridge Fit & Fabulous TEDTalks Dice Games	9:00 Gym Walking 10:30 Scrabble 10:00 Fare For All 12:30 Cards	4 Scrabble Fare For All Cards
9:15 Pickleball 9:30 Fit & Fabulous 11:00 Word Games	7 Pickleball Fit & Fabulous Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Trivia Tuesday 9:00 Gym Walking 12:30 Fiberazzi 9:00 Offsite: Coffee with the Guys 1:00 Social	8 Pickleball Gentle Exercise Krafters Trivia Tuesday Gym Walking Fiberazzi Offsite: Coffee with the Guys Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Healthcare Counseling 12:30 Cribbage 12:00 Keystone Cmty. Singers Rehearsal 8:45 Offsite: History Tour #4	9 Fit & Fabulous Healthcare Counseling Cribbage Keystone Cmty. Singers Rehearsal Offsite: History Tour #4	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 Bridge Fit & Fabulous Medicare Counseling Smart Driver Book Club Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	11 Scrabble Cards Gym Walking
9:15 Pickleball 9:00 Foot Care with Susan 9:30 Fit & Fabulous 11:00 Word Games	14 Pickleball Foot Care with Susan Fit & Fabulous Word Games	9:00 Gym Walking 9:15 Pickleball 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	15 Gym Walking Pickleball Krafters Gym Walking Fiberazzi Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Healthcare Counseling 12:30 Cribbage 12:00 Keystone Cmty. Singers Rehearsal 3:00 Ask the Lawyer	16 Fit & Fabulous Healthcare Counseling Cribbage Keystone Cmty. Singers Rehearsal Ask the Lawyer	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	17 Bridge Fit & Fabulous Bingo (also on ZOOM) Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	18 Scrabble Cards Gym Walking
9:15 Pickleball 9:30 Fit & Fabulous 11:00 Word Games	21 Pickleball Fit & Fabulous Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Movie Matinee 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	22 Pickleball Gentle Exercise Krafters Movie Matinee Gym Walking Fiberazzi Social	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 12:00 Keystone Cmty. Singers Rehearsal	23 Fit & Fabulous Cribbage Keystone Cmty. Singers Rehearsal	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 2:00 Dice Games	24 Bridge Fit & Fabulous Medicare Counseling Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	25 Scrabble Cards Gym Walking
9:15 Pickleball 9:30 Fit & Fabulous 11:00 Word Games	28 Pickleball Fit & Fabulous Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	29 Pickleball Gentle Exercise Krafters Gym Walking Fiberazzi Social	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 12:00 Keystone Cmty. Singers Rehearsal	30 Fit & Fabulous Cribbage Keystone Cmty. Singers Rehearsal	Happy Halloween! 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	31 Pickleball Bridge Fit & Fabulous Dice Games		



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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



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, September 2

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
Tuesdays,
11:00–11:45 a.m.
Sept. 3 - Oct. 8**

**6-week session
Tuesdays,
11:00–11:45 a.m.
Oct. 22 - Nov. 26**

1 week break:
Tuesday, October 15

Social Pickleball MP

For those 50+. Novice and advanced Pickleball matches played for fun. You get a good, enjoyable workout. No Pickleball in August.

Mondays, Tuesdays, Wednesdays & Thursdays

Wednesdays will have one court dedicated to beginner players.

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, September 4
with Joan Strumpf**

9:40 a.m. – 1:30 p.m.

40 minute appointments

Cost: \$50

W7 **1st appt at 9:00**

**Monday, August 12 & October 14
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, August 13, September 10 & October 8
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, August 15, September 19 & October 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
September 18 & October 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.

August 13, September 10 and October 8
9:00 a.m.



HISTORY TOURS REGISTRATION IS NOW OPEN!

Join us this fall and early winter as we travel the region on six different day trips. We'll do tours of Saint Paul, University Avenue, the Mississippi River, the Wisconsin River Bluffs, a road trip to Spillville, IA, and one to Duluth for the Bentleyville Lights show.

For full descriptions and to register, please visit our website at keystoneservices.org/seniors/history-tours or call us at 651-298-5493. Payment is due at the time of registration.



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.

Evening Book Club W7

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

Thursdays, August 8, September 12 & October 10
5:30 p.m. – 7:30 p.m.

Cribbage MP

Weekly games of Cribbage, new players welcome!

Wednesdays
12:30 a.m. – 2:30 p.m.

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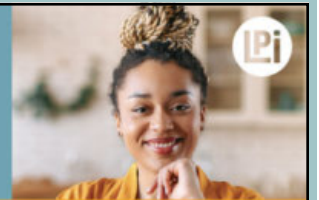
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Interested in being involved in research?

About Research and Volunteering

The University of Minnesota Clinical and Translational Science Institute is hoping to connect communities to research opportunities to help advance healthcare. The goal of research is to learn new things in order to help groups of people in the future.

When you participate in research, you, as an individual, may or may not be helped by volunteering. However, by choosing to volunteer, you can help researchers solve health problems to improve the lives of people and create a healthier future.

Contact the Recruitment Center:
612-626-9809
ctsirecruitment@umn.edu

About



StudyFinder is a website that has over 400 different University of Minnesota research studies that are looking for volunteers. You can find a study that is right for you by searching keywords or conditions. There are many studies you can be part of even if you do not have the condition being studied.

Scan the QR code or visit:
studyfinder.umn.edu





MPCC MATINEE MOVIES

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

2:30–4:00p.m.

4th Tuesdays at Merriam Park Community Center

August 27– Rescued by Ruby

September 24– Glass Onion: A Knives Out Mystery

October 22– The Peanut Butter Falcon

Movie Synopses

August: *Rescued by Ruby*; 2022; PG13

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Rudy. Based on a true story.

September: *Glass Onion: A Knives Out Mystery*; 2022; PG13

World-famous detective Benoit Blanc heads to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends.

October: *The Peanut Butter Falcon*; 2019; PG13

A man who has Down syndrome runs away to realize his wrestling dreams and sets out for adventure with a new friend in tow and a caregiver in pursuit.



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.

10:30 a.m. Thursdays

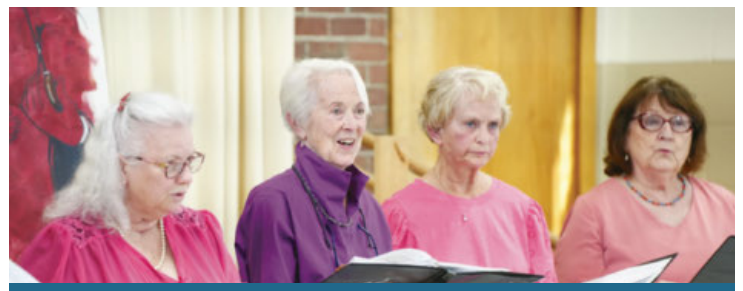
August 8, September 5, and October 17

New Topics:

August: End of Life

September: Comedy

October: Simplify Your Life



ARTS PROGRAMMING



Keystone and VocalEssence Community Choir

After a fantastic debut performance in May, the Keystone Community Singers are back this fall! The choir is looking for more members to join our fun. Rehearsals are **every Wednesday starting September 4th from 12:30-2:00 p.m.** at our Merriam Park Community Center (2000 Saint Anthony Park, Saint Paul). We will host a concert on the evening of Thursday, November 21st.

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

And/Or Try Our... Summer Sing-Along

Spread the word, bring a friend (or two or three!) and come join us for summer sing-alongs at West 7th Community Center! These sing-alongs will feature a wide variety of music that we will sing together, just for the pure fun and joy of it! Free and open to all!

Wednesday, August 14, 2024

12:30 - 2:00 p.m., West 7th Community Center



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Community Resources

Words from Sara Volunteer Services Manager

Hard to believe we are halfway through 2024 already. It was good to see so many of our volunteers at the Volunteer Social on June 25. Plans are already in the works for another one in the fall. We may be biased, but Keystone really does have the very best volunteers!

Most of Keystone's programs use volunteers every day. If you have some time to spare, we can probably find a role for you, whether it be weekly, once a month or fill in substitute. You can keep in touch with the Volunteer Team here:

Sara Fleetham, Volunteer Engagement Manager

sfleetham@keystoneservices.org / 651-797-7725

Sophie Hilker, Volunteer Coordinator

shilker@keystoneservices.org / 651-603-6656

We'd love to hear from you.



AARP SMART DRIVER PROGRAM W7



Four-hour Refresher Course:

Thursday, October 10
12:30–4:30

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

Cost: \$25

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

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: August 8, September 12 & 26, October 10 & 24

MPCC: August 21, September 11 & 18, October 16 & 24

Schedule an appointment at **trellisconnects.org/medicareappt** or by scanning our QR code.



WEST 7TH FARE FOR ALL 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

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2000 St. Anthony Avenue
St. Paul, MN 55104

Incllement 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

FREE FARMER'S MARKET

Drive-Through Event

ALL ARE WELCOME!

You will receive **free, fresh fruits and vegetables.**

All events take place from **10:00 a.m. - 12:00 p.m.**

ROSEVILLE COVENANT CHURCH

2865 Hamline Ave N, Roseville

- June 7
- July 12
- August 2
- September 6
- October 4

RICE AND ARLINGTON FIELD

1500 Rice St, St. Paul

- June 14
- July 26
- August 9
- September 13
- October 11

ALLIANZ FIELD

400 Snelling Ave N, St. Paul

- June 21
- July 19
- August 23
- September 20

Scan the QR code to see the Español and Hmoob flyer

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651-645-0349

keystoneservices.org