



# THRIVING TIMES

*Keystone Happenings for the 50-Plus Generations!*

**KEYSTONE COMMUNITY SERVICES**

**August, September, October 2025**

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Register for classes, events, and appointments by calling:  
651-645-0349 / 651-298-5493

Or by sending an email to:  
knivacolgan@keystoneservices.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

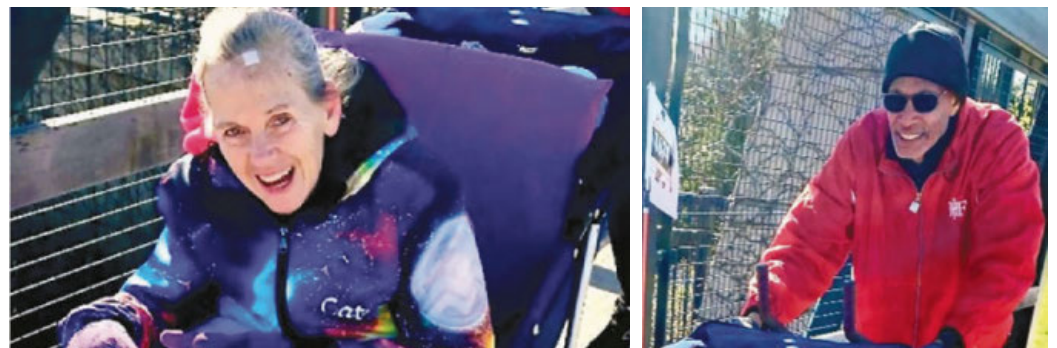
1800 University Ave W  
Saint Paul, MN 55104  
651-917-3792



## From miles to marathons - A bond louder than words

### **The Story of Anthony Copeland-Parker and Catherine Popp.**

When Catherine Popp was diagnosed with early onset Alzheimer's in 2014, her partner, Anthony Copeland-Parker, turned their passion for running marathons and 5Ks into a full-time caregiving strategy. Drawing from research that shows immobility accelerates health decline in patients with dementia, Copeland-Parker made movement their medicine, keeping Popp active and walking, sometimes six to 10 miles a day.



*Anthony Copeland-Parker and Catherine Popp during their 50th state half-marathon in 2024.*

He made the unusual decision to hire health aides, not to sit and watch TV with her all day, but to walk with Popp, in addition to the walking he was doing with her. Through her active daily routine, Popp has maintained her physical strength, avoided complications such as bedsores and pneumonia, and exceeded her doctor's expectations in retaining some independence, including feeding herself.

"The instinct is to avoid movement out of fear of falls and injuries, but the real danger is inactivity. Once your loved one starts sitting around, it's a quick slide from the chair to the wheelchair and then to the bed, where even more health problems begin," says Copeland-Parker, author of *Running All Over the World* and another book about their journey with Alzheimer's disease.

Eleven years after her diagnosis, Popp is still clocking nearly six miles a day but is now nonverbal. "The bond we share speaks louder than words, Copeland-Parker says. "She still comprehends what I'm saying, and we still laugh together."

## Benefits of staying physically active

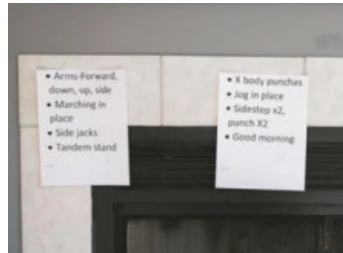
Many caregivers have similar stories, and scientific evidence supports them. Research shows that staying physically active can help people living with dementia, Parkinson's disease, and other neurological conditions. A review of 16 studies, published in the scientific journal *The Gerontologist*, found that simple exercises performed at home can improve physical fitness, mood, daily functioning, and even behavior in people with dementia. It also found that when caregivers participate in the activity, it can help ease their stress.

A common myth is that individuals with dementia can't participate in physical activity due to memory or cognitive challenges. Movement is not only possible but crucial, especially for maintaining mobility and preserving independence, says Amit Shah, M.D., assistant professor of medicine at the Mayo Clinic in Scottsdale, Arizona.

Shah recommends weight training at home to maintain strength. "Even small weights, 3 to 5 pounds, can strengthen arms and shoulders to help individuals remain more independent," he says.

## Mind-body connection

Jenny Caldwell of Beecher, Illinois, is convinced that her husband, Paul, who was diagnosed with Parkinson's disease in 2013, is stronger mentally because of his regular exercise routine. During the pandemic, Paul started an exercise program over Zoom for close friends with Parkinson's disease. The group meets three times a week and includes core, balance, strength, low cardio, and high cardio training. Jenny and Paul recently started an exercise class at a local center for seniors who want to exercise but cannot afford to join a gym. "Exercising together keeps us both moving, but more than that, it brings us closer — it's something we do for each other and with each other," says Jenny. "Twelve years after the diagnosis, we never thought Paul would be in such good shape. Between his medication regimen and commitment to exercise, his symptoms are well managed."



## ZOOM PROGRAMS

### Zoom Fun & Word Games

Everyone loves a good game. There are many games adaptable to playing on ZOOM. We will rotate through a few in each session. Join us to challenge your mind and have fun doing it.

**Mondays, 11:00-12:00, Thursdays, 2:00-3:00M (No meeting on September 1)**

### Zoom Social

**Tuesdays, 1:00 - 2:00 PM**

### Zoom Bingo

**Thursdays, 11:00 - 12:00 PM, August 21,  
September 18 & October 16**

### Zoom Exercise

**Mondays, 9:30 - 10:15 AM**

Zoom Recordings are always available to watch on our website.

### Interested in joining a Zoom event?

You can use Zoom on a smartphone, a tablet, a laptop, or a computer (as long as you have a camera, speakers, and a microphone). Call or email Karlene to join in the fun! [knivacolgan@keystoneservices.org](mailto:knivacolgan@keystoneservices.org) or 651-645-0349.

# August 2025 Events



Merriam Park



West 7th



Both Locations



Zoom

+ Also available  
on Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>10:30</b> Scrabble 1 <b>12:30</b> Cards <b>9:30</b> Gym Walking
<b>9:30</b> Fit & Fabulous + 4 <b>1:00</b> Jewelry Design <b>11:00</b> Zoom Fun & Games	<b>12:30</b> Krafters 5 <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:30</b> Fit & Fabulous 6 <b>12:30</b> Cribbage	<b>9:30</b> Bridge 7 <b>9:30</b> Fit & Fabulous <b>10:30</b> TED Talks <b>2:00</b> Zoom Fun & Games	<b>9:00</b> Gym Walking 8 <b>10:30</b> Scrabble <b>10:00</b> Fare For All <b>12:30</b> Cards
<b>9:00</b> Foot Care 11 <b>9:30</b> Fit & Fabulous + <b>1:00</b> Jewelry Design <b>11:00</b> Zoom Fun & Games	<b>12:30</b> Krafters 12 <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social <b>9:00</b> Coffee w/ the Guys	<b>9:30</b> Fit & Fabulous 13 <b>12:30</b> Cribbage	<b>9:30</b> Bridge 14 <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>5:30</b> Book Club <b>2:00</b> Zoom Fun & Games	<b>10:30</b> Scrabble 15 <b>12:30</b> Cards <b>9:00</b> Gym Walking
<b>9:30</b> Fit & Fabulous + 18 <b>1:00</b> Jewelry Design <b>11:00</b> Zoom Fun & Games	<b>12:30</b> Krafters 19 <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:30</b> Fit & Fabulous 20 <b>9:30</b> Medicare Counseling <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer	<b>9:30</b> Bridge 21 <b>9:30</b> Fit & Fabulous <b>11:00</b> Bingo + <b>2:00</b> Zoom Fun & Games	<b>10:30</b> Scrabble 22 <b>12:30</b> Cards <b>6:00</b> Family Movie Night <b>9:00</b> Gym Walking
<b>9:30</b> Fit & Fabulous + 25 <b>1:00</b> Jewelry Design <b>11:00</b> Zoom Fun & Games	<b>12:30</b> Krafters 26 <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:30</b> Fit & Fabulous 27 <b>12:30</b> Cribbage	<b>9:30</b> Bridge 28 <b>9:30</b> Fit & Fabulous <b>2:00</b> Zoom Fun & Games	<b>10:30</b> Scrabble 29 <b>12:30</b> Cards <b>9:00</b> Gym Walking

# September 2025 Events



Merriam Park



West 7th



Both Locations



Zoom

+ Also available  
on Zoom



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>LABOR DAY</b> Keystone Closed	1	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Zoom Social	2	9:15 Pickleball 9:00 Foot Care 9:30 Fit & Fabulous 12:30 Cribbage	3	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Zoom Fun & Games	4	9:30 Gym Walking 10:30 Scrabble 10:00 Fare For All 12:30 Cards	5
9:15 Pickleball 9:30 Fit & Fabulous + 1:00 Storytelling Workshop 1:00 Jewelry Design 11:00 Zoom Fun & Games	8	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Zoom Social 9:00 Coffee w/ the Guys	9	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage	10	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Zoom Fun & Games	11	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	12
9:15 Pickleball 9:30 Fit & Fabulous + 1:00 Storytelling Workshop 1:00 Jewelry Design 11:00 Zoom Fun & Games	15	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Zoom Social	16	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 3:00 Ask the Lawyer	17	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 11:00 Bingo + 2:00 Zoom Fun & Games	18	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	19
9:15 Pickleball 9:30 Fit & Fabulous + 1:00 Storytelling Workshop 1:00 Jewelry Design 11:00 Zoom Fun & Games	22	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:00 Movie Matinee 9:00 Gym Walking 12:30 Fiberazzi 1:00 Zoom Social	23	9:15 Pickleball 9:30 Fit & Fabulous 12:00 Community Singers 12:30 Cribbage	24	9:15 Pickleball 9:30 Bridge 2:00 Zoom Fun & Games	25	10:30 Scrabble 12:30 Cards 6:00 Family Movie Night 9:00 Gym Walking	26
9:15 Pickleball 9:30 Fit & Fabulous + 1:00 Storytelling Workshop 1:00 Jewelry Design 11:00 Zoom Fun & Games	29	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Zoom Social	30						

# October 2025 Events

**MP** Merriam Park

**W7** West 7th

**MW** Both Locations

**ZO** Zoom

+ Also available  
on Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>9:15</b> Pickleball 1 <b>9:30</b> Fit & Fabulous <b>12:00</b> Community Singers <b>12:30</b> Cribbage	<b>9:15</b> Pickleball 2 <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>10:30</b> TED Talks <b>2:00</b> Zoom Fun & Games	<b>9:30</b> Gym Walking 3 <b>10:30</b> Scrabble <b>10:00</b> Fare For All <b>12:30</b> Cards
<b>9:15</b> Pickleball 6 <b>9:30</b> Fit & Fabulous + <b>12:30</b> Fiber Basket Class <b>11:00</b> Zoom Fun & Games	<b>9:15</b> Pickleball 7 <b>11:00</b> Gentle Exercise <b>12:30</b> Krafters <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:15</b> Pickleball 8 <b>9:30</b> Fit & Fabulous <b>12:00</b> Community Singers <b>12:30</b> Cribbage	<b>9:15</b> Pickleball 9 <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>12:30</b> Smart Driver <b>5:30</b> Book Club <b>2:00</b> Zoom Fun & Games	<b>10:30</b> Scrabble 10 <b>12:30</b> Cards <b>9:00</b> Gym Walking
<b>9:15</b> Pickleball 13 <b>9:00</b> Fit & Fabulous + <b>9:00</b> Foot Care <b>12:30</b> Fiber Basket Class <b>11:00</b> Zoom Fun & Games	<b>9:15</b> Pickleball 14 <b>12:30</b> Krafters <b>1:00</b> Avoiding Scams Talk <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social <b>9:00</b> Coffee w/ the Guys	<b>9:15</b> Pickleball 15 <b>9:30</b> Fit & Fabulous <b>9:30</b> Medicare Counseling <b>12:00</b> Community Singers <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer	<b>9:15</b> Pickleball 16 <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>11:00</b> Bingo + <b>2:00</b> Zoom Fun & Games	<b>10:30</b> Scrabble 17 <b>12:30</b> Cards <b>9:00</b> Gym Walking
<b>9:15</b> Pickleball 20 <b>9:30</b> Fit & Fabulous + <b>12:30</b> Fiber Basket Class <b>11:00</b> Zoom Fun & Games	<b>9:15</b> Pickleball 21 <b>11:00</b> Gentle Exercise <b>12:30</b> Krafters <b>9:00</b> Gym Walking <b>12:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:15</b> Pickleball 22 <b>9:30</b> Fit & Fabulous <b>12:00</b> Community Singers <b>12:30</b> Cribbage	<b>9:15</b> Pickleball 23 <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>2:00</b> Zoom Fun & Games	<b>10:30</b> Scrabble 24 <b>12:30</b> Cards <b>6:00</b> Family Movie Night <b>9:00</b> Gym Walking
<b>9:15</b> Pickleball 27 <b>9:30</b> Fit & Fabulous + <b>12:30</b> Fiber Basket Class <b>11:00</b> Zoom Fun & Games	<b>9:15</b> Pickleball 28 <b>11:00</b> Gentle Exercise <b>12:30</b> Krafters <b>2:00</b> Movie Matinee <b>9:00</b> Gym Walking <b>2:30</b> Fiberazzi <b>1:00</b> Zoom Social	<b>9:15</b> Pickleball 29 <b>9:30</b> Fit & Fabulous <b>12:00</b> Community Singers <b>12:30</b> Cribbage	<b>9:15</b> Pickleball 30 <b>9:30</b> Bridge <b>9:30</b> Fit & Fabulous <b>2:00</b> Zoom Fun & Games	<b>9:00</b> Gym Walking 31 <b>10:30</b> Scrabble <b>10:00</b> Fare For All <b>12:30</b> Cards





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

No class on Monday, September 1 and Thursday September 25

## 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.

**Tuesdays, 11:00 AM - 11:45 AM**

**Continuing session:** Tuesdays; September 2 - October 7

**1-wk break:** Tuesday, October 14

**Continuing session:** Tuesdays; October 21 - November 25

**Summer Break:** August 5 - 26

## Social Pickleball **MP**

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

Pickleball restarts on Tuesday, September 2

**Mondays, Tuesdays, Wednesdays & Thursdays**

Wednesdays will have a court for beginner players.

**9:15 AM - 11:45 AM**

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, September 3 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, August 11 & October 13 with Nurse**

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

30 minute appointments

Cost: \$50

Call to make an appointment



## SHORT STAFFED?

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## 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](mailto:AmeriCorpsSeniors@lssmn.org) for more information and to make an impact in your community!!*



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Keystone Community Svcs, Saint Paul, MN

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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, August 21, September 18 and October 16  
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 August 20,  
September 17 and October 15 from 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, August 12, September 9  
and October 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 West 7th:  
Thursday, October 9 from 12:30 AM - 4:30 PM  
Cost: \$25**

## Bridge **MP**

Match up with players according to your desired level of play. **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, August 14, September 11, and October 9  
5:30 PM - 7:30 PM**

## Jewelry Design Space **W7**

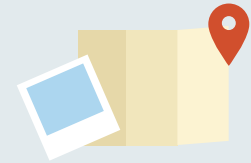
Bring your own jewelry supplies and join others who enjoy making one of a kind creations. We will share ideas, tips, and conversation. Free!

**Most Mondays 1:00 PM to 3:00 PM**  
(see calendar for details)



# 2025 FALL HISTORY TOUR SCHEDULE

## WITH DAVE BREDEMUS AND MINNEAPOLIS COMMUNITY EDUCATION



### **Tour 1: Backroads of Wisconsin | Saturday, September 27<sup>TH</sup> | 9:00 AM - 6:15 PM**

**Pick-up times and sites:** 9:00 a.m. West 7th Community Center, 265 Oneida St., St. Paul -> 6:15 p.m. Return to West 7th  
The tour price includes historical narration by Dave Bredemus, a bird-watching train ride, motorcoach transportation, a bakery stop, water, and snacks. Lunch at Culvers is on your own. Bring binoculars!

**Cost: \$165**

### **Tour 2: Exploring the Driftless Region | Wednesday, October 8<sup>TH</sup> | 8:00 AM - 9:15 PM**

**Pick-up times and sites:** 8:00 a.m. West 7th Community Center, 265 Oneida St., St. Paul -> 9:15 p.m. Return to West 7th  
In the heart of North America lies a beautiful and mysterious land, untouched by glaciers, with a rugged landscape home to fascinating geology and physical features unique to the world. We will spend the day traveling through the Driftless Region of Wisconsin, enjoying its unique geography. The tour price includes motorcoach transportation, a bakery stop, admission to all museums, and dinner.

**Cost: \$145**

### **Tour 3: Cheng Heng Cambodian Dinner | Thursday, October 23<sup>TH</sup> | 1:00 PM**

**Pick-up Times and Sites:** No bus pickup for this one. Everyone is to meet at the restaurant by 1:00 p.m.  
Celebrate the magic of Cambodia, brought to life through the dedication of a woman-owned, family-run establishment.

Please note that to maintain the cultural integrity and authenticity of the cuisine, we regretfully cannot accommodate any dietary restrictions or allergies. 5-course meal, hot tea, tax, and gratuity are included.

Cheng Heng is located at: 448 University Ave. W., Saint Paul, MN 55103

Limited parking on side of building.

**Cost: \$35**

### **Tour 4: Historic Scandinavian Towns of Northern Minnesota | Thursday, December 11<sup>TH</sup> | 9:00 AM - 6:15 PM**

**Pick-up times and sites:** 9:00 a.m. West 7th Community Center, 265 Oneida St., St. Paul -> 6:15 p.m. Return to West 7th  
The cost includes motorcoach transportation, admission to all museums, a Danish lunch buffet, pie, and beverages, as well as donations to local churches.

**Cost: \$142**

Register today by visiting [keystoneservices.org/tours](https://keystoneservices.org/tours) or by calling Minneapolis Community Education at 612-668-3000.

## OVERNIGHT TOURS

### NOT KEYSTONE TOURS



#### **Michigan's Upper Peninsula - Mackinac Island & East Coast of Lake Michigan**

**Monday, July 28 - 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.

To register call 612-668-3000 and tell them you are with Keystone Community Services.

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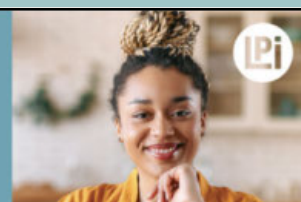
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Keystone Community Svcs, Saint Paul, MN

B 4C 02-1107

## 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**

**August 7:** Reverse Bucket List

**September 4:** The Benefits of Aging with Grace

**October 2:** The True Power of Music

## MATINEE MOVIES



**4th Tuesdays of every month at  
Merriam Park Community Center beginning at 2:00 PM**

### Movie Synopses

#### **The Thursday Murder Club**

**Tuesday, September 23 at 2:00 PM**

The film follows a group of friends in a retirement home who gather to solve murders for fun but find themselves caught in a real case.

#### **A Haunting in Venice, Tuesday, October 28 at 2:00 PM**

Retired and living in Venice, Italy, Poirot reluctantly attends a séance where a murdered guest thrusts the detective into a sinister, shadowy world.



## New Volunteer Opportunity Launching in 2026

### Help Make a Difference in the Lives of Older Adults!

We’re excited to announce the launch of a brand-new community initiative starting in early 2026: **Volunteer Chore and Transportation Services** for older adults in our area! As our community grows, so does the need for support for our aging neighbors. This new program is designed to help older adults maintain their independence and quality of life by offering free rides to essential appointments and assistance with small household chores—all provided by caring volunteers like you.

**This service is made possible thanks to generous funding from the Minnesota Live Well at Home Grant.**

#### **Volunteer Drivers Needed**

Do you have a reliable vehicle and a few hours to spare each month? Volunteer drivers will help older adults get to:  
Medical appointments | Grocery stores | Community events | Other essential errands

#### **Chore Helpers Wanted**

Not a driver? No problem! We also need volunteers to assist with light household tasks such as:  
Changing light bulbs | Taking out the trash | Tidying up | Seasonal yard work

#### **Why Volunteer?**

Make a meaningful impact | Build connections in your community | Flexible scheduling | Receive training and ongoing support

### Get Involved Today!

We’re currently recruiting volunteers in preparation for our 2026 launch. If you’re interested in joining this rewarding effort, please contact us at **651-316-4441** or visit [keystoneservices.org/volunteer](https://keystoneservices.org/volunteer) to learn more and sign up.



# Cultural and Arts Programming



## Storytelling Workshop W7

You have a story to tell! This workshop will help you refine your storytelling skills in a supportive environment. We will explore strategies to craft compelling stories, enhance your speaking skills, and engage your audience when presenting your narrative. The last session would be a “performance” where participants could invite friends and family. Instructor Susan Cook has a background in theatre arts, with years of experience writing and performing stories. Join in the fun!

**Mondays, September 8, 15, 22, and 29 from 1:00 PM – 2:30 PM**



## Fiber Coil Basketry Class W7

Join the basket-weaving trend and learn to apply the coil technique to create a beautiful coiled basket. The coil basket will be made by wrapping and stitching yarn around a core, creating a sturdy and decorative item. The finished project can be used for storage or decoration.

**Class: 4 weeks, Mondays 12:30 – 3:00, October 6, 13, 20 & 27**

**Cost:\$10/person**



## Free Family Movie Nights **W7**

Join Keystone and the West 7th 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, August 22, 6:00 PM - *Luca* (2021)**

On the Italian Riviera, an unlikely but strong friendship grows between a human being and a sea monster disguised as a human.

### **Friday, September 26, 6:00 PM- *Lyle, Lyle, Crocodile* (2022)**

Feature film based on the children's book about a crocodile that lives in New York City

### **Friday, October 24, 6:00 PM - *Munsters* (2022)**

A Reboot of the 1960's "The Munsters," that followed a family of monsters who move from Transylvania to an American suburb.

## SCAMS: A Presentation **MP**

A Consumer Road Show from the Minnesota Attorney General's Office: Scams targeting senior citizens come in all types and sizes, range greatly in complexity, and may originate from someone close to you or a stranger halfway around the world. Join staff from the Minnesota Attorney General's Office for a presentation and conversation about common scams targeting seniors and what you can do to keep yourself safe.

**Tuesday, October 14 from 1:00 PM - 3:00 PM**

## Keystone Community Singers **MP**

We invite everyone who enjoys lifting their voice in song to join us for twelve amazing weeks of singing together and preparing for a concert for friends and family. No auditions, no experience necessary. Please join us!

**Wednesdays, 12:00-2:30 Starting September 24 through December 3**

**Concert: evening of Thursday, December 4**



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# Community Resources

## WEST 7TH FARE FOR ALL 2025

**January 3<sup>RD</sup>** - 1st Friday

**February 7<sup>TH</sup>** - 1st Friday

**March 7<sup>TH</sup>** - 1st Friday

**April 4<sup>TH</sup>** - 1st Friday

**May 2<sup>ND</sup>** - 1st Friday

**June 6<sup>TH</sup>** - 1st Friday

**July 11<sup>TH</sup>** - 2nd Friday

**August 8<sup>TH</sup>** - 2nd Friday

**September 5<sup>TH</sup>** - 1st Friday

**October 3<sup>RD</sup>** - 1st Friday

**October 31<sup>ST</sup>** - Last Friday

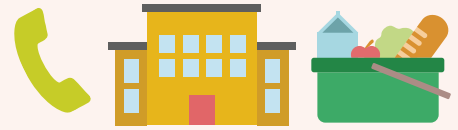
**December 5<sup>TH</sup>** - 1st Friday

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!

**Location:** 265 Oneida St., Saint Paul, MN 55102

**Hours:** 10:00 PM – 12:00 PM

## 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**

### 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**

### 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 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 Community Center:

Thursdays, August 14, September 11, & October 9

### Merriam Park Community Center:

Wednesdays, August 20, September 17 and October 15

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



# 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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**Ben Allrich**

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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**

##### **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



*(Express Bike Shop, a social enterprise of Keystone Community Services.)*

#### **Express Bike Shop 30th Anniversary**

Join us on September 6 for Express Bike Shop's 30th Anniversary! The bike shop is a full-service bike shop specializing in refurbished bicycles and a nonprofit youth employment program - all rolled into one! This fall, we are getting ready to celebrate 30 years of preparing youth entering the workforce with their first job opportunity. Stay tuned for more information about this event on our website!