

THRIVING TIMES

BUILDING AND GROWING COMMUNITY AS WE AGE

KEYSTONE COMMUNITY SERVICES

November 2026, December 2026, January 2027

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Register for classes, events, and appointments by calling:
Merriam Park: 651-645-0349
West 7th: 651-298-5493

Or by sending an email to:
info@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 St. Anthony Avenue
St. Paul, MN 55104
651-645-0349

West 7th Community Center
265 Oneida Street
St. Paul, MN 55102
651-298-5493

Keystone Community Food Center
1800 University Avenue W
St. Paul, MN 55104
651-917-3792

Year-End Giving with Keystone

Planning Now Makes A Difference!

As the year comes to a close, many of us reflect on what matters most: family, community, and the opportunity to make a meaningful difference in the lives of others. Year-end giving is one of the most impactful ways to support neighbors facing challenges and help build a stronger, more connected community.



At Keystone Community Services, every gift made during the year-end season helps provide critical resources and support to individuals across our community. Contributions fund essential programs that address food insecurity, housing stability, youth development, employment support, and services for older adults. These programs help thousands of people each year move toward greater stability and independence.

The holiday season often highlights both the generosity of our community and the growing needs of many families. Rising costs for housing, food, and everyday necessities can create additional hardships for those already struggling to make ends meet. Year-end donations help ensure that Keystone can continue responding to these needs now while planning for the future.

As you consider your year-end charitable giving, we invite you to invest in the power of community. Your support makes it possible for Keystone Community Services to continue its mission of helping people thrive. Together, we can ensure that our neighbors have access to the resources, connections, and support that they need to build brighter futures.

Make your year-end gift today at

https://keystoneservices.org/donate

Thank you for your generosity, partnership, and commitment to creating a stronger community for all.

NEWS

Keystone Community Services partners with Older Adults Technology Services to offer tech classes at West 7th and Merriam Park

In 2026, Keystone Community Services partnered with **Older Adults Technology Services (OATS) from AARP** to offer a variety of free technology classes for older adults through **Senior Planet**. Unlike generic technology courses, the ones prepared by Senior Planet are geared toward and explicitly designed for adults 60 and older.



The courses offered at Keystone are taught by OATS-certified trainers using a curriculum reviewed by Senior Planet's experts in aging to best address both the changing needs and diversity of interests of older adults, enabling them to not only navigate but take full advantage of and truly enjoy the digital age.

With a variety of topics ranging from 90-minute info sessions about food delivery apps to a multi-week program series on saving money through digital literacy, a partnership with Senior Planet allows Keystone to offer courses for seniors about what they're interested in, meeting them where they are.

See page 13 for information about what courses Keystone is offering between November 2026 and January 2027. Future courses will be determined based on attendance and participant feedback.

Questions, comments, and potential areas of interest can be directed to our new Senior Activities Coordinator, **Eden Dattalo**, by phone at 651-504-2599 or by email at edattalo@keystoneservices.org

ZOOM PROGRAMS

Zoom Fun & Word Games

Mondays, 11:00 AM - 12:00 PM
Thursdays, 2:00 PM - 3:00 PM
Do you enjoy challenging your mind and having fun doing it? Then our social word group is the place for you! We are currently rotating between Wordle, Make A Guess, Trivia, and Spelling Bee, but we are always looking for new games.

Zoom Exercise

Mondays, 9:30 AM - 10:15 AM
Zoom Exercise will return by November 1st. Recordings of previous sessions are available to watch on our website.

Zoom Social

Tuesdays, 1:00 PM to 2:00 PM
We can all benefit from regular social connection and good conversation. Join our virtual social group once a week, where we build community through casual, unstructured discussions.

Zoom Bingo

3rd Thursdays, 11:00 AM - 12:00 PM
November 19, December 17, January 21
More details on page 8.

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



November 2026 Events

MP Merriam Park | MW Both Locations | ZM Zoom
W7 West 7th | OS Offsite | (+) means also on Zoom

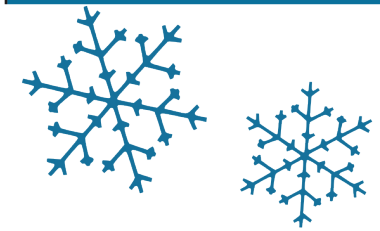
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	**3** Election Day! 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social	**4** 9:00 MP Foot Care 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:00 MP Keystone Singers 12:30 MP Cribbage	**5** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 10:30 W7 TED Talks 2:00 ZM Fun & Games 3:00 W7 MyChart Basics	**6** 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards
9 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:00 W7 Greeting Cards 12:30 MP Bridge 1:00 W7 Crafter's Delight	**10** 9:15 OS Guys' Coffee 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 MP Botanic Garden 1:00 ZM Zoom Social 3:30 MP Healthcare & Tech	**11** 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:00 MP Keystone Singers 12:30 MP Cribbage	**12** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Medicare Counsel 9:30 W7 Fit & Fabulous 2:00 ZM Fun & Games 5:30 W7 Book Club 5:30 OS Choir Concert	**13** 9:30 MW Gym Walking 10:30 MP Scrabble 12:00 MP Choir Wrap-Up 12:30 W7 Cards 12:30 OS Tech Help
16 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	**17** 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Medicare Online	**18** 9:15 MP Pickleball 9:30 MP Fit & Fabulous 9:30 MP Medicare Counsel 12:30 MP Cribbage 2:00 W7 Viewers Like Us 3:00 W7 Ask the Lawyer	**19** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 11:00 W7 Bingo + 2:00 ZM Fun & Games	**20** 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help 6:15 W7 Family Movie Night
23 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	**24** 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Mystery Matinee	**25** 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage	**26** Thanksgiving Keystone Closed	**27** Thanksgiving Keystone Closed
30 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight				





December 2026 Events

MP Merriam Park | MW Both Locations | ZM Zoom
W7 West 7th | OS Offsite | (+) means also on Zoom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Digital Scrapbooking	2 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage	3 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 9:30 W7 Medicare Counsel 10:30 W7 TED Talks 2:00 ZM Fun & Games	4 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help
7 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	8 9:00 OS Guys' Coffee 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social	9 9:15 MP Pickleball 9:30 MP Fit & Fabulous 9:30 MP Keystone Singers 12:30 MP Cribbage	10 9:15 MP Pickleball 9:30 MP Drive Smart 9:30 MP Bridge 9:30 W7 Medicare Counsel 9:30 W7 Fit & Fabulous 2:00 ZM Fun & Games 2:00 W7 Meal Kit Services 5:30 W7 Book Club	11 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help
14 9:00 W7 Foot Care 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	15 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Tech & Caregiving	16 9:15 MP Pickleball 9:30 MP Fit & Fabulous 9:30 MP Medicare Counsel 12:30 MP Cribbage 3:00 W7 Ask the Lawyer	17 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 11:00 W7 Bingo + 2:00 ZM Fun & Games	18 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help 6:15 W7 Family Movie Night
21 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	22 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 2:30 MP Mystery Matinee	23 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage	24 **Christmas Eve** Keystone Closed	25 **Christmas** Keystone Closed
28 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	29 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social	30 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage	31 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 2:00 ZM Fun & Games	1 **New Year's Day** Keystone Closed

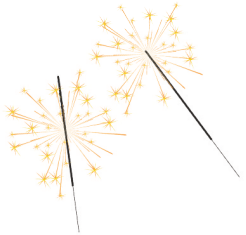
January 2027 Events

MP Merriam Park | W7 West 7th | MW Both Locations | OS Offsite | ZM Zoom | (+) means also on Zoom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	**5** 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Fitness Apps	**6** 9:00 MP Foot Care 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage	**7** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 10:30 W7 TED Talks 2:00 ZM Fun & Games	**8** 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help
11 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	**12** 9:00 OS Guys' Coffee 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social	**13** 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage 2:00 W7 Viewers Like Us	**14** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Medicare Counsel 9:30 W7 Fit & Fabulous 2:00 ZM Fun & Games 5:30 W7 Book Club 3:00 W7 Digital Wallets	**15** 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help
18 **MLK, Jr. Day** Keystone Closed	**19** 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Mystery Matinee	**20** 9:15 MP Pickleball 9:30 MP Fit & Fabulous 9:30 MP Medicare Counsel 12:30 MP Cribbage 3:00 W7 Ask the Lawyer	**21** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 11:00 W7 Bingo + 2:00 ZM Fun & Games	**22** 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help
25 9:15 MP Pickleball 9:30 W7 Fit & Fabulous + 11:00 ZM Fun & Games 12:30 MP Bridge 1:00 W7 Crafter's Delight	**26** 9:15 MP Pickleball 9:30 W7 Gym Walking 12:30 MP Krafters 12:30 W7 Fiberazzi 1:00 ZM Zoom Social 3:00 MP Finance Apps	**27** 9:15 MP Pickleball 9:30 MP Fit & Fabulous 12:30 MP Cribbage	**28** 9:15 MP Pickleball 9:30 MP Bridge 9:30 W7 Fit & Fabulous 11:00 W7 Bingo + 2:00 ZM Fun & Games	**29** 9:30 MW Gym Walking 10:30 MP Scrabble 12:30 W7 Cards 12:30 OS Tech Help 6:15 W7 Family Movie Night



Happy New Year from Keystone!



Ongoing Recreation

Fit & Fabulous MP W7

Mondays & Thursdays at West 7th
Wednesdays at MP with prerecorded video
9:30 AM - 10:15 AM
Cost: $20 per month

Silver & Fit program classes are for ages 50+. Class includes stretching, endurance, and weight lifting. On Mondays, you can join us on Zoom! Contact us for details.

Recorded classes are also available 24/7 on our website: keystoneservices.org
Exercise Leader: Karlene, Silver & Fit Certified

Social Pickleball MP

Mondays, Tuesdays, Wednesdays, and Thursdays at Merriam Park
9:15 AM - 11:45 AM
No Pickleball Tuesday, November 3
Cost: $3 per session

For those 50+. Novice and advanced pickleballs matches, played for fun. Come join us!



Bridge MP

Mondays, 12:30 PM - 2:30 PM
Thursdays, 9:30 AM - 11:30 AM
Match up with players according to your desired level of play.

Fiberazzi W7

Tuesdays, 12:30 PM - 2:30 PM
Knit, crochet, and needlecrafts. All skill levels and fabric craft types welcomed! Share ideas and conversation.

Krafters MP

Tuesdays, 12:30 PM - 2:30 PM
Bring your art/craft supplies and spend a casual afternoon with your fellow artists and crafters, sharing ideas and conversation!

Cribbage MP

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

Cards W7

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

Scrabble MP

Fridays, 10:30 AM - 12:30 PM
Casual games of Scrabble. Join us to exercise your brain!

FOOT CARE CLINICS

Foot Care Clinic at Merriam Park

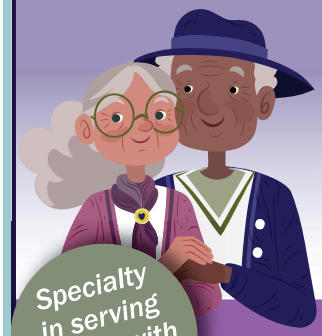
Wednesday, November 4th, 2026
Wednesday, January 6th, 2027
With Nurse Joan Strumpf
9:00 AM - 2:00 PM
40 minute appointments
Cost: $50
Call to make an appointment
651-645-0349

Foot Care Clinic at West 7th

Monday, December 14th
With Nurse Susan Janicke
9:00 AM - 2:00 PM
30 minute appointments
Cost: $50

Call to make an appointment
651-298-5493

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- Caregiver education and training
- The Gathering (group respite program for adults with memory loss)

(651) 632-5320
caregiving@lyngblomsten.org
www.Lyngblomsten.org/CommunityServices

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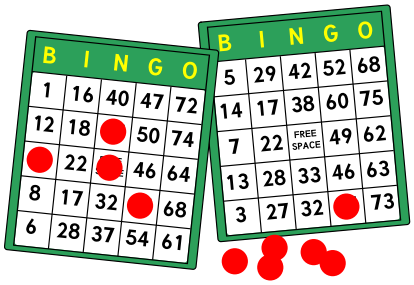
Ongoing Recreation

BINGO! W7

Thursdays, November 19, December 17, and January 21, 11:00 AM - 12:00 PM
Zoom or in-person at West 7th.

Play Bingo, visit with friends, and maybe even with something! Each Bingo card costs $1. Play as many cards as you like. Money collected is divided between the ten games to create the winnings. We typically play 9 regular games 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.



Ask the Lawyer: Senior Specialty Legal Advice W7

Wednesdays, November 18, December 16, and January 20, 3:00 PM - 5:00 PM

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.

COFFEE WITH THE GUYS

Tuesdays, November 10, December 8, and January 12 at Day by Day Café
477 7th Street, St. Paul
9:00 AM - 10:00 AM

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.

AARP® SMART DRIVER PROGRAM



4-hour Refresher Course at Merriam Park
Thursday, December 10 from 9:30 AM - 1:30 PM

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

Cost: $25. No AARP discount pricing is available.



Crafter's Delight W7

Most Mondays, 1:00 PM - 3:00 PM
Bring craft projects you are currently working on or learn about new ideas from fellow crafters! Some sessions we may bring in an instructor to teach the group a new skill.

Evening Book Club W7

Thursdays, November 12, December 10, and January 14
5:30 PM - 7:30 PM
Join us the second Thursday of every month for a lively discussion with other book lovers! To join us or get more details, call Joan at 651-489-8103.



THE ARTS AT KEYSTONE COMMUNITY SERVICES

Keystone Singers Concert



Keystone Community Singers present:
Singing Through the Seasons
Thursday, November 12th, 2026
6:00 PM - 7:15 PM at Mount Zion Temple
1300 Summit Avenue, St. Paul, MN 55105
Cost: FREE! (With optional donation)

Let the Keystone Community Singers take you on a journey through the seasons!
Enjoy songs, poetry, and reflections that lead you through celebrations of coming home, remembrances of loved ones, giving thanks for the people and blessings in our lives, ringing in the holiday season, and looking forward to better days ahead. Featuring a wide variety of music from folk songs to favorite holiday carols.

Botanic Garden the Musical

Join us for a FREE listening experience of Botanic Garden the Musical Tuesday, November 10th, at 1:00 PM at Merriam Park Community Center

It's Kate's first date as a widow and she's desperate to get out of it. There's only one person who can help—Jake, her dead husband.



Botanic Garden The Musical is a two-person musical about love, grief, memory, and moving forward. Written by Todd Logan with music by Lindsay Jones.

SHEILA J. KELLY
ATTORNEY AT LAW



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

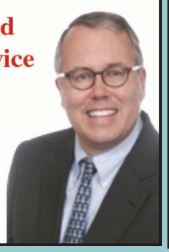
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TEDTALKS

1st Thursday of each month, 10:30 AM @ W7

"TEDTalks" are video presentations introducing viewers to new ideas or 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 to watch several short videos on a single topic and discuss how it relates to us. Not only is it fun, but it often leads to thinking about things we never considered before.

November 5th: Mindfulness: The Art of Paying Attention
December 3rd: Your Brain on Music
January 7th: Do You Talk To Yourself? How to Harness Your Inner Voice

Drop-In Tech Help for Older Adults

Need a little help with your phone, tablet, or computer? Join us for free drop-in tech support!

Friendly staff and volunteers are available to answer questions, troubleshoot issues, and help you feel more confident using technology.

No appointment needed--just bring your device and your questions. We'll do the rest!



Fridays, 12:30 PM - 2:00 PM
No Drop-In on Friday, November 6
Keystone Best Buy Teen Tech Center
1150 Selby Ave, St. Paul, MN 55104

Movies at Keystone Community Services

Enjoy a Mystery Matinee hosted by Keystone at Merriam Park on a Tuesday afternoon, or bring the little ones in your life to the West 7th library, which has once again partnered with Keystone to show family-friendly movies on Friday Movie Night!

Mystery Matinee

Tuesdays on November 24th, December 22nd, and January 19th, starting at 3:00 PM at Merriam Park Community Center

November 24th: Witness for the Prosecution
A veteran British barrister must defend his client in a murder trial that has surprise after surprise.
December 22nd: Glass Onion: A Knives Out Mystery
Tech billionaire Miles Bron invites his friends for a getaway on his private island. When someone turns up dead, Detective Benoit Blanc is put on the case.
January 19th: The Thursday Murder Club
Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

Friday Movie Night at West 7th

Select Fridays beginning at 6:15 in partnership with the West 7th library

November 20th: Chicken Run!
When a cockerel apparently flies into a chicken farm, the chickens see him as an opportunity to escape their evil owners.
December 18th: Polar Express
On Christmas Eve, a young boy embarks on a magical adventure to the North Pole on the Polar Express, while learning about friendship, bravery, and the spirit of Christmas.
January 29th: Rise of the Guardians
When the evil spirit Pitch launches an assault on Earth, the Immortal Guardians team up to protect the innocence of children all around the world.

Rotating Programming

Earth-Friendly Greeting Cards W7

Monday, November 9th from 12:00 to 4:00
Cost: Free!

Come alone or with friends to the ultimate card-making party! Drop in and spend an afternoon designing your own environmentally friendly greeting cards using everyday items. Create unique art using recycled and upcycled materials. Leave with as many cards as you care to make. All materials provided.



Viewers Like Us Club

In collaboration with Minnesota PBS, we are proud to present a series of award-winning programs. Join us for screenings with snacks and lively discussion, sponsored by MNPBS.

Remember the Magic W7

Wednesday, November 18th at 2:00 PM

Every holiday season, Dayton's transformed into a magical wonderland, complete with storybooks brought to life by fantastical displays. Wander back in time to the 8th floor auditorium, where countless visitors made cherished memories, and reminisce with artists, magic makers, and lifelong fans who share their stories of this timeless tradition.

Electric Indian W7

Wednesday, January 13th at 2:00 PM

Henry Boucha's story of struggle, tragedy, and triumph can break your heart if you don't look hard enough. The film follows Boucha's journey from high school hockey standout to Olympic medalist, from professional stardom to crushing defeat, and from struggle to healing.

History Tours OS



Keystone History Tours is partnering with Minneapolis Community Education to bring you several tours this fall and winter.

All registrations will be through Minneapolis Community Education.

Call 612-668-3000 to register or visit https://bit.ly/2026HistoryTours for full details or to register online.

Tuesday, October 20: St. Paul History Neighborhoods; 10:00 AM to 4:30 PM, $99 per person

Thursday, November 12: Asian Progressive Dinner; 2:30 PM - 6:30 PM, $125 per person

December 9 to 10: Iowa Holiday Treasures, 8:00 AM Wednesday - 5:00 PM Thursday
Prices start at $450 per person, with a $100 deposit

April 7 to 15, 2027: Civil Rights Tour from Minneapolis to Montgomery
Prices start at $3,275 per person, with a $400 deposit



Keystone Singers (see page 9 for concert details)

Technology Classes for Older Adults

Introduction to MyChart W7
Thursday, November 5th at 3:00 PM
Learn more about this efficient digital portal that stores your health records in one place!

Healthcare and Tech at a Glance MP
Tuesday, November 10th at 3:30 PM
Technology meets healthcare. Learn about how AI and telemedicine are shaping the way we manage our health.

Navigating Medicare Resources Online MP
Tuesday, November 17th at 3:00 PM
Medicare can be daunting. Learn how to use reliable online resources to gain a better understanding.
**** Please note that this lecture focuses on how to find reliable information on Medicare and does not provide advice on Medicare enrollment or plans.**

Digital Scrapbooking Tools MP
Tuesday, December 1st at 3:00 PM
Say goodbye to paper cuts! Come learn about digital scrapbooking tools.

Meal Kit Services W7
Thursday, December 10th at 2:00 PM
Following a specific diet, trying to eat healthier, or need help meal planning? Learn how meal kit services can take the stress out of meal time!

Tech Basics for Caregiving MP
Tuesday, December 15th at 3:00 PM
Caregiving is hard, but tech tools can make it easier! Join us in this lecture to find out how.

Fitness Apps MP
Tuesday, January 5th at 3:00 PM
Learn how fitness apps can help you track and conquer your goals!

Intro to Digital Wallets W7
Thursday, January 14th at 3:00 PM
You CAN leave home without your wallet! Learn about popular digital wallets and their many uses!

Banking and Finance Apps MP
Tuesday, January 26th at 3:00 PM
Discover what you can do with online and mobile banking!

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



LPi Call 800.950.9952

Community Resources

KEYSTONE COMMUNITY FOOD CENTER



1800 University Avenue W
St. Paul, MN 55104

Our food shelf provides quality, healthy food for people in our community. No appointment or advanced registration required.

Service Hours

Monday: 10 AM - 12 PM, 2 PM - 4 PM
Tuesday: 10 AM - 12 PM, 2 PM - 4 PM
Wednesday: 11 AM - 1 PM, 4 PM - 6 PM
Thursday: 10 AM - 12 PM, 2 PM - 4 PM
Friday: 10 AM - 12 PM, 2 PM - 4 PM

Parking

Participants can park in our parking lot behind the building or on Bacon Avenue.

HELP WITH MEDICARE

Do you have questions about Medicare, Supplement/Medigap, or 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: Nov 12, Dec 10, and Jan 14

Merriam Park Community Center:
3rd Wednesdays: Nov 18, Dec 16, and Jan 20

Scan the QR code to make an appointment or visit Trellis at the following address: **metroaging.org/medicareappt**
For further assistance, you may also call Keystone directly.

MINNESOTA AGING PATHWAYS

COMMUNITY RESOURCES



Friends & Co

Friends & Co connects older adults age 62+ and volunteers to build meaningful, two-way friendships that reduce isolation and loneliness while helping create community. With free programs and flexible options like in-home visits, phone calls, and group meetups, it's easy to find a way to connect.
Sign up online at friendsco.org

Minnesota Food Hotline

Learn about programs to help pay for food or 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

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 area. Delivered by local organizations with 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

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

Chore and Transportation Coordinator
Kim Taylor | 651-316-4441
ktaylor@keystoneservices.org

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

Senior Activities Coordinator
Eden Dattalo | 651-504-2599
edattalo@keystoneservices.org

Senior Services Assistant
Judy Burns | 651-504-2650
jburns@keystoneservices.org

Volunteer Engagement Manager
Sara Fleetham | 651-797-775
sfleetham@keystoneservices.org





Keystone COMMUNITY SERVICES

NONPROFIT ORG
US POSTAGE
PAID
TWIN CITIES MN
PERMIT #2159

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 St. Anthony Avenue
St. Paul, MN 55104
651-645-0349

West 7th Community Center
265 Oneida Street
St. Paul, MN 55102
651-298-5493

Keystone Community Food Center
1800 University Avenue W
St. Paul, MN 55104
651-917-3792

SIGN UP FOR FREE TAX ASSISTANCE FROM TRAINED AARP VOLUNTEERS

Appointments are available starting in February at both of our locations.
Call the location nearest you after January 19th to schedule your appointment.
Appointments fill very quickly and you must have an appointment to be seen.
Plan to pick up a tax preparation packet from the location before your appointment.

Merriam Park Community Center

2000 St. Anthony Avenue, St. Paul, MN 55104
651-645-0349

Mondays and Fridays 9:30 AM to 2:30 PM
February 1st through April 12th, 2027
Closed Presidents' Day

West 7th Community Center

265 Oneida Street, St. Paul, MN 55102
651-298-5493

Wednesdays 9:00 AM to 2:00 PM
February 1st through April 14th, 2027
Closed Presidents' Day

WHAT TO BRING WITH YOU...

Picture ID and Social Security Card or ITIN Documents

Income documents and brokerage statements

Healthcare 1095A, B, or C, or marketplace exemption letter

Copy of last year's tax return

Deduction proofs (mortgage interest, medical, dental, business, property taxes, charitable donations)

Records of federal and state taxes paid

Educational expenses

Bank check for direct deposit or payment