



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

JANUARY, FEBRUARY, MARCH 2020

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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 Senior Center
651-645-7424

📍 West 7th Community Center
651-298-5493

LOCATION KEY

MP This symbol means events are held at Merriam Park Community Center.

W7 This symbol means events are held at West 7th Community Center.



NEW YEAR: NEW OPPORTUNITIES

WELCOME TO 2020!

We have many exciting opportunities to share with you.

Keystone hosted its 5th gala celebrating 80 years of service. At our 2019 Keys to Success event our sponsors and donors contributed more than \$148,000 to expand our mobile food shelf services. It was a memorable evening to watch our community come together to put Foodmobile 2.0 on the road! Currently the Foodmobile delivers food directly to 3,300 people. This larger bus will be on the road in 2020 to serve more people and expand the number of distribution sites it visits.

2020 also marks the year that the next census will be conducted. Keystone is partnering with other community organizations to get the word out and encourage all households to complete the census. Census data provides a snapshot of our nation and

informs local and federal agencies on where to build schools and hospitals, how to distribute funds and how the state will be represented in DC. Your participation is critical. Spread the word.

Lastly, we want to share some active senior updates. Keystone senior program added an additional day of pickle ball to accommodate new players. It is now available Tuesday, Thursday and Friday mornings. Come give it a try. Keystone will be hosting another round of our History Tours with guide, Dave Bredemus. The brochure for 2020 tours will be out soon at the community centers or on our website, so keep an eye out. Lastly, please remember to renew your membership. Annual membership helps us continue to provide the space and support for daily activities and socializing.

Center Updates



📍 Merriam Park CC: 2000 St. Anthony Ave, St. Paul, MN



📍 West 7th CC: 265 Oneida Street, St. Paul, MN

ANNUAL MEMBERSHIP

\$30 per person for a 1 year membership
\$35 per person membership + quarterly newsletter mailed to your house

What you can expect to get for your membership:

Note: Everyone is welcome to participate in our programs but your membership helps make it possible for us to provide the services and amenities.

- A quarterly newsletter that informs you of upcoming events, community services and an activity calendar.
- Two inviting lounges dedicated to seniors in the community as gathering places for socializing & group meetings.
- Your membership also includes many free activities such as movies, card clubs, book and craft groups, social activities, educational speakers and history lectures.
- Unlimited activities with a fee of \$2 or less.
- Membership gives you access to expert advice from community leaders around pension counseling, health insurance and Medicare navigation, legal advice and pension rights.
- Most importantly it gives you a place to connect with others in the community.

Sign Up Today: In person or by mail

Mail to: Keystone Senior Program, 2000 St. Anthony Ave., St. Paul MN 55104

Questions about membership? Call Karlene at 651-603-6663.

Upcoming Speakers & Events

Out to Lunch **MP** **W7**

Who doesn't like to go out to eat? No cooking, no dishes; time spent with friends. Join us once a quarter for good food and good conversations. Next restaurant choice will be decided on at previous lunch. **Meet at the restaurant.** Look for Keystone sign on table or ask Server.

Thursday, January 23

11:30 a.m. – 1:00 p.m.

At Keys Café **SIGN UP!**

Lexington Plaza,
1682 Lexington Ave. N., Roseville

Cost: Lunch cost is on your own.

Hand and Foot **MP**

Do you love to play cards? Join us for a fun and easy card game called Hand and Foot. Hand and Foot is a version of Canasta in which each player is dealt two sets of cards, known as the "hand" and the "foot." The object of the game is to be the first to get rid of all your cards.

Wednesdays

1:00 – 3:00 p.m.

Cost: \$1 (free to Keystone Members)

Presentation: **MP**

St. Paul Public Library

Many people know you can find books at the Library, but what else can the Saint Paul Public Library offer? Join Librarian Jodi from the Merriam Park Library to hear about more!

Monday, January 27

11:30 a.m. – 12:30 p.m.

Cost: \$1 (free to Keystone Members)

Lunch N' Bingo **W7**

Lunch begins at 11:30 a.m.

Bingo starts at 12:00 Noon

Thursday, January 16

Register by January 9

Menu

SKINNERS Pizza, salad & dessert

Thursday, February 20

Register by February 13

Menu

Chicken Chow Mein and fried rice from Kim's Kitchen

Thursday, March 19

Register by March 12

Menu

JIMMY JOHN'S Sub sandwiches, chips and dessert

Cost: \$7 for lunch; \$1 for each bingo card. You MUST pre-register if you want to join us for lunch.

Silver Sneakers Workshop: You're in Control **W7**

In this workshop, presented by Silver Sneakers, participants will understand that they are in control of managing Type 2 diabetes. Delivered by Jeff Prendergast through education, inspiration and useful tools.

Wednesday, January 15

1:00 – 2:00 p.m.

Silver Sneakers Workshop: A Little Means A Lot **MP**

In this workshop, presented by Silver Sneakers, participants will learn the importance of taking small steps towards better health through self-reflection, setting goals and keeping active. Delivered by Jeff Prendergast through education and simple exercise.

Wednesday, January 22

11:30 a.m. – 12:30 p.m.

TED TALKS

BROWN BAG SERIES **W7**

TED is a nonprofit devoted to spreading ideas in the form of short, powerful talks (*18 minutes or less*). TED began in 1984 as a conference where Technology, Entertainment & Design converged, and today covers almost all topics – from science to business to global issues.

Each month we will watch a collection of pre-selected TED talk videos with a common theme and then have time for discussion. Feel free to bring a brown bag lunch to enjoy while we watch and discuss the videos.

Thursdays

11:30 a.m. – 1:00 p.m.

Themes for viewing:

January 2

Easy, Healthy, Behavior Changes

February 6

Small Things, Big Ideas

March 5

Battling Loneliness

Cost: \$1/time for non-members

CBD for Seniors **W7**

Join us as we dig into the details of CBD. We will help guide you through answering all the pertinent questions, including why CBD? Why the craze? What exactly is CBD and what can I use it for? How much do I need? These questions and more can be answered in this informative class.

Wednesday, February 12

12:30-1:30

Cost: FREE. (samples and snacks provided)

MP Merriam Park **W7** West 7th

January 2020 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
|  <p>10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 10:00 Merry Monday 12:30 Cribbage 6:15 Square Dancing</p> | <p>6</p> <p>9:15 Pickleball 12:30 Cribbage 1:00 Kraffers 10:00 Coloring Jam 1:00 Fiberazzi</p> | <p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p> | <p>2</p> <p>9:15 Pickleball 10:00 Bridge I 12:30 Bridge II 9:00 T'ai Chi 9:30 Foot Care Clinic 11:30 TED Talks</p> | <p>3</p> <p>9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards</p> |
| <p>13</p> <p>10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 10:00 Merry Monday 12:30 Cribbage 6:15 Square Dancing</p> | <p>7</p> <p>9:15 Pickleball 12:30 Cribbage 1:00 Kraffers 10:00 Coloring Jam 1:00 Fiberazzi</p> | <p>8</p> <p>9:30 Foot Care Clinic 10:30 Fit & Fabulous 11:15 Fellowship Fifteen 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga</p> | <p>9</p> <p>9:15 Pickleball 10:00 Bridge I 12:30 Bridge II 9:00 T'ai Chi 10:00 Health Insurance Counseling 6:00 Book Club</p> | <p>10</p> <p>9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 10:00 FARE FOR ALL 12:30 Cards</p> |
| <p>20</p> <p>CLOSED FOR MARTIN LUTHER KING, JR. DAY</p> | <p>21</p> <p>9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 10:00 Coloring Jam 1:00 Fiberazzi</p> | <p>22</p> <p>10:30 Fit & Fabulous 11:15 Gym Walking 11:30 Silver Sneakers Workshop 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga 12:15 Movie</p> | <p>23</p> <p>Off Site: 11:30 OUT TO LUNCH 9:15 Pickleball 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi</p> | <p>24</p> <p>9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards</p> |
| <p>27</p> <p>10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 11:30 St. Paul Public Library 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage 5:30 Mobile Menders</p> | <p>28</p> <p>9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi</p> | <p>29</p> <p>10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga</p> | <p>30</p> <p>9:15 Pickleball 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi</p> | <p>31</p> <p>9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards</p> |



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February 2020 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
|  <div>AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 10:00 Merry Monday 12:30 Cribbage</div> |  <div>3 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi</div> | <div>AARP TAXES 9:30 Foot Care Clinic 10:30 Fit & Fabulous 11:15 Fellowship Fifteen 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga</div> |  <div>4 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi</div> |  <div>5 AARP TAXES 9:30 Foot Care Clinic 10:30 Fit & Fabulous 11:15 Fellowship Fifteen 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga</div> |
| <div>10 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage</div> | <div>11 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 10:00 Coloring Jam 1:00 Fiberazzi</div> | <div>12 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga 12:30 CBD for Seniors</div> | <div>13 9:15 Pickleball 9:30 Smart Driver 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi 10:00 Health Insurance Counseling 6:30 Book Club</div> | <div>14 9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards</div> |
| <div>17 CLOSED FOR PRESIDENT'S DAY</div> | <div>18 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi</div> | <div>19 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga</div> | <div>20 9:15 Pickleball 10:00 Bridge I 10:00 Health Insurance Counseling 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi 11:30 Lunch n' Bingo 3:00 Ask the Lawyer</div> | <div>21 9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards</div> |
| <div>24 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage 5:30 Mobile Menders</div> | <div>25 9:15 Pickleball 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi</div> | <div>26 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga 12:15 Movie</div> | <div>27 9:15 Pickleball 10:00 Bridge I 12:30 Bridge II 9:00 T'ai Chi</div> | <div>28 9:15 Pickleball 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards</div> |

March 2020 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| 2 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 10:00 Merry Monday 12:30 Cribbage | 3 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi | 4 AARP TAXES 10:30 Fit & Fabulous 11:15 Fellowship Fifteen 11:15 Gym Walking 1:00 Hand & Foot 1:00 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga | 5 9:15 Pickleball 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi 9:30 Foot Care Clinic 11:30 TED Talks | 6 9:30 Foot Care Clinic 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 10:00 FARE FOR ALL 12:30 Cards |
| 9 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage | 10 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 10:00 Coloring Jam 1:00 Fiberazzi | 11 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga | 12 9:15 Pickleball 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi 10:00 Health Insurance Counseling 6:00 Book Club | 13 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 12:15 ST. PATRICK'S DAY PARTY 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards |
| 16 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage 5:30 Mobile Menders | 17 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi | 18 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga | 19 9:15 Pickleball 9:30 Health Insurance Counseling 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi 11:30 Lunch n' Bingo 3:00 Ask the Lawyer | 20 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards |
| 23 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage | 24 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi | 25 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Hand & Foot 1:30 Restorative Yoga 9:00 Fit & Fabulous 9:45 Gym Walking 10:45 Heavy Weight Yoga 12:15 Movie | 26 9:15 Pickleball 10:00 Bridge I 11:00 Gentle Exercise 12:30 Bridge II 9:00 T'ai Chi 12:30 Smart Driver | 27 10:00 Fit & Fabulous 11:15 Gym Walking 11:30 Scrabble 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cards |
| 30 AARP TAXES 10:30 Fit & Fabulous 11:15 Gym Walking 1:00 Line Dancing 9:00 Fit & Fabulous 9:45 Gym Walking 12:30 Cribbage | 31 9:15 Pickleball 11:00 Gentle Exercise 12:30 Cribbage 1:00 Kraffers 1:00 Fiberazzi |  | | |
|  | | | | |



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Keystone Community Svcs, Saint Paul, MN

A 4C 02-1107

Ongoing Exercise

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

Specially designed group fitness classes for ages 50+ and all abilities. Class will include stretching and warm up, work on endurance, cool down, guided relaxation and fun!

Monday, Wednesday & Friday **W7**

9:00 - 9:45 a.m.

Monday & Wednesday **MP**

10:30 - 11:15 a.m.

Fridays **MP **SIGN UP!****

10:00 - 10:45 a.m.

(Monday's & Wednesday's are Instructor led)

Cost for Fit & Fabulous classes is \$10/month.

For Silver & Fit Insurance Members, \$25/year.

Registered participants can attend class at either Merriam Park Community Center or West 7th Community Center. Call the center or stop by to register.

Line Dancing **MP**

Join the Keystone advanced beginners line dancers for an afternoon of fun. Stop by and try it out. **SIGN UP!**

Mondays, 1:00 - 2:30 p.m.

Cost: \$8/person/per week

Pickleball **MP**

Novice and advanced Pickleball matches are played for fun and include similar levels of play. You can get a good workout while having fun! Drop in and check it out. Meet new people!

(added Fridays due to popularity)

Tuesday, Thursday & Friday

9:15 - 11:00 a.m.

Cost: \$2/session

T'ai Chi Ch'uan **W7**

T'ai Chi offers many health benefits including stress relief, lower blood pressure, more relaxed breathing, improved balance and lower body strength, and help with pain management for even beginning T'ai Chi students. **SIGN UP!**

Thursdays, 9:00 - 10:00 a.m.

Cost: \$12/class or \$45/month

Restorative Yoga Class **MP**

This class is designed for seniors. Our instructor, Sarah Dutton, will adapt it to fit all abilities. Bring a mat, or sit in a chair. Enjoy the many benefits of yoga which includes increased flexibility, improved respiration, balance, and decreased stress levels. **SIGN UP!**

Wednesdays, 1:30 - 2:30 p.m.

Cost: \$48/month

HeavyWeight Yoga™ **W7**

This class is especially designed for people with larger bodies. Join instructor Vicky Dim and experience happy yoga practices with people like yourself while gaining flexibility, balance, and sense of well-being.

Wednesdays, 10:45 - 11:45 a.m.

Cost: \$40/month; \$10/class; start anytime **SIGN UP!**

Gym Walking

With or without sticks, 19 times around the gym is a mile! Bring your tennis shoes, headphones, sticks or whatever "supplies" you need. **FREE**

Monday, Wednesday & Friday **MP**

11:15 a.m. - 12:15 p.m.

Monday, Wednesday & Friday **W7**

9:45 - 10:30 a.m.

Gentle Exercise **MP**

Arthritis Foundation trained exercise instructors will lead this low-impact, joint-safe exercise class through the use of gentle stretching and strengthening movements. All are welcome. **SIGN UP!**

New 6 week session:

Tuesdays & Thursdays

January 14 - February 20

11:00 a.m. - 12:00 p.m.

One week break: Tuesday & Thursday, February 25 & 27

New 6 week session:

Tuesdays & Thursdays

March 3 - April 9

11:00 a.m. - 12:00 p.m.

Cost: \$1/class

(Check to see if this class is covered under your health insurance policy; if so, it is free.)



Please call us to sign up:

651-645-7424 (MP) OR

651-298-5493 (W7)

Ongoing Activities

Keystone Book Club W7

Join us for a lively discussion and make new “book loving” friends. Call Joan Dion at 651-489-8103 if you are interested in joining the book club.

**2nd Thursdays, January 9
February 13 & March 12**

6:00 - 8:00 p.m.

Cost: \$1/day

Bridge MP

Thursday mornings: You can play and discuss your hands, refreshing yourself with the game. Thursday afternoons: for intermediate players.

Thursdays (Brush-up)

10:00 a.m. - 12:00 Noon

Thursdays (Intermediate)

12:30 - 3:00 p.m.

Cost: \$1/day

Cribbage

Relax and enjoy a good game of cribbage. Everyone is welcome.

Mondays, 12:30 - 3:00 p.m. W7

Tuesdays, 12:30 - 3:00 p.m. MP

Cost: \$1/day

Fiberazzi W7

Knit, crochet and needlecrafts. All skill levels & fabric craft types welcome. We are always looking for new members!

Tuesdays, 1:00 - 3:00 p.m.

Cost: \$1/day

Keystone Krafters/Artists MP

Bring your art supplies and spend an afternoon with your fellow crafters.

Tuesdays, 1:00 - 3:00 p.m.

Cost: \$1/day

Call 651-645-7424 with questions.

Card Games: 500/65 W7

Calling all card players. Enjoy a game of an old favorite “500” or learn a fun and easy new game “65.” (“65” is similar to rummy)

Fridays, 12:30 - 3:00 p.m.

Cost: \$1/day

Scrabble MP

Play two games or play four games depending on whatever your day will allow. Ongoing. Bring a snack to share.

Fridays, 11:30 a.m. - 2:00 p.m.

Cost: \$1 per day

Fellowship Fifteen MP

Fellowship is defined as friendly association with people who share one’s interests. Join us on the 1st Wednesday of the month, after Fit & Fab, for 15 minutes (or more) to visit and enjoy a snack with your fellow fitness friends.

1st Wednesdays

January 8 (second due to holiday)

February 5 & March 4

11:15 - 11:45 a.m.



Merry Monday W7

Join us on the 1st Monday each month (*or close to it in case of holidays*) after exercise class for a social hour to have a snack, visit, and celebrate the month’s birthdays. Please join us if you are able.

1st Mondays

January 6, February 3 & March 2

10:00 - 10:30 a.m.

AARP SMART DRIVER PROGRAM

Four-hour refresher course:

Thursday, February 13 MP

9:30 a.m. - 1:30 p.m.

**Call 651-645-7424 ASAP
to reserve your spot.**

Thursday, March 26 W7

12:30 p.m. - 4:30 p.m.

**Call 651-298-5493 ASAP
to reserve your spot.**

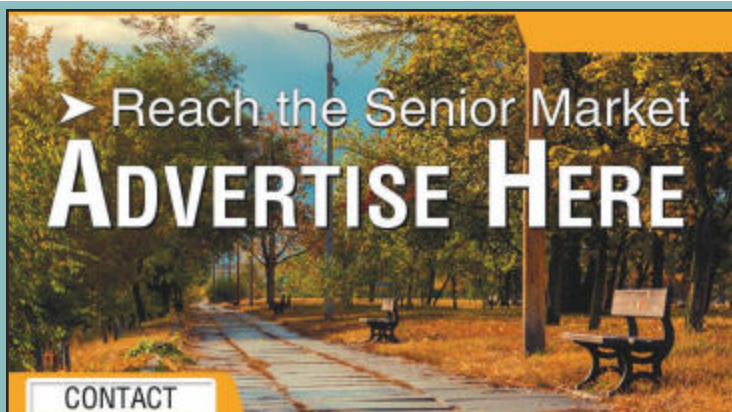
Cost: \$20



NOTICE: \$1 events are free with annual membership.

MP Merriam Park W7 West 7th

📍 **Merriam Park:** 2000 St. Anthony Ave, St. Paul, MN 55104 📍 **West 7th:** 265 Oneida Street, St. Paul, MN 55102



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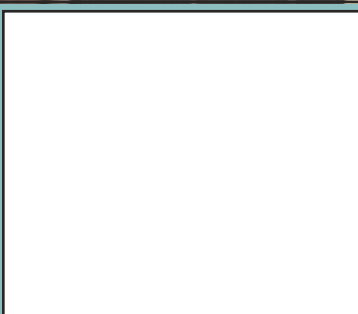
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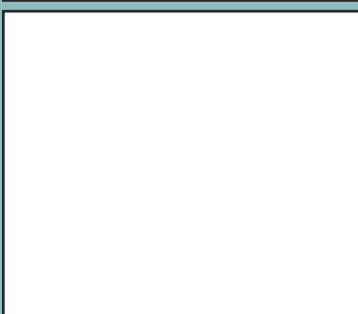


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Keystone Community Svcs, Saint Paul, MN

B 4C 02-1107

More Speakers & Events



CYBER SENIORS

Our very popular Cyber-Seniors program has paired up with the Keystone Teen Tech Center (sponsored by Best Buy) to offer one-to-one technology training to our seniors. This new format allows local teens to receive training to be skilled technology instructors and offers local seniors a patient partner for learning how to use their phone, computer or tablet. You can learn how to navigate the internet, how to make better use of your phone, learn new programs or brush up on skills.

Cyber-Seniors will meet at the Best-Buy Teen Tech Center
1150 Selby Ave, Saint Paul

Weekly Sessions:

Mondays afternoons

3:15 - 5:15 p.m.

Any questions call Beth 646-752-3014



Half-hour appointments.

Cost: \$30/session

1st Thursdays **W7**

January 2, February 6 & March 5

9:30 a.m. - 3:00 p.m.

Call 651-298-5493

to make an appointment.

January 8 **MP**

(2nd Wed. because of holiday)

February 5 & March 6 **MP**

(1st Friday because of taxes)

9:30 a.m. - 11:30 a.m.

Call 651-645-7424

to make an appointment.

Keystone will be closed the following holiday dates:

Monday, January 20
for Martin Luther King

Monday, February 17
for Presidents Day



ST. PATRICK'S PARTY

Isn't it true, we all want to be a "wee bit" Irish on St. Patrick's Day. Dig out your green duds and join the fun. Enjoy a sing-a-long of Irish favorites, plus some familiar songs from the 40s and 50s, led by Jim Clasen, along with our annual potato bar with many toppings and dessert.

Friday, March 13 **MP**

12:15 - 2:00 p.m.

Cost: \$8 — You must sign up by March 6 to have lunch



Ongoing Services

Health Insurance Counseling

FREE health insurance counseling is available by appointment only. A trained volunteer will help you determine your best options. Appointments last approximately one hour.

SIGN UP!

2nd Thursdays, W7

January 9, February 13 & March 12

10:00 a.m. - 12:00 Noon

Pre-registration required. Call 1-800-333-2433.

3rd Thursdays, MP

January 16, February 20 & March 19

9:30 a.m. - 1:00 p.m.

Pre-registration required. Call 1-800-333-2433.

Blood Pressure Checks

The Merriam Park Senior Center has a Blood Pressure Check station that is available to you every day. Staff can assist you with taking your blood pressure.

Monday-Friday, 9:00 a.m. - 4:00 p.m.

Service Information & Referral

Do you have questions or need assistance with services you or a family member might need? Call and talk to Holly S. at the senior center at Merriam Park 651-797-7708 or Holly B. or Judy at West 7th 651-298-5493.

Meals on Wheels MP W7

Fresh nutritious and delicious meals. Fresh hot, cold or frozen meals are available on a daily basis.

Cost is based on a sliding fee scale. Meals are available to all who need nutritious food in their lives.

Call Metro Meals on Wheels at 612-623-3363 with questions or to sign-up.



Mobile Menders W7

DO YOU HAVE CLOTHING THAT NEEDS REPAIR? The Mobile Menders are a group of volunteer sewers and menders that do basic clothing repair to keep you wearing your favorite items. They can add buttons, do hemming, fix zippers, etc. If you have something that needs repair, bring the clean item(s) to West 7th during their sewing clinic to get fixed. Most items can be fixed on the spot and some can be left to be picked up another time.

Mondays, January 27, February 24 & March 16

Mobile Menders come to the West 7th Community Center once a month from 5:30 - 7:30 p.m.

Senior Specialty Legal Advice W7

Melanie Liska of Tarrant & Liska, PLLC offers **FREE** one-time 15-minute consultations on the third Thursday of each month to assist with elder law issues.

3rd Thursdays,

January 16, February 20 & March 19

3:00 - 4:00 p.m.

Pre-registration required. Call 651-298-5493.

SIGN UP!

SNAP Food Support Program

Call Holly B. at 651-298-5493 to see if you would be eligible.

Fare for All W7

Fare for All buys fresh fruits, vegetables and frozen meat in bulk to save you up to 40% off grocery store prices. This program is open to everyone. You can save on meats, produce and other quality grocery items.

1st Fridays (usually), January 10, February 7 & March 6

Fare for All comes to the West 7th Community Center once a month from 10 a.m. - 12:00 p.m.



MP Merriam Park **W7** West 7th

Get Ready for Census 2020

What

The federal Census is conducted every 10 years to count everyone in the United States: all citizens and non-citizens.

Census data provides a snapshot of our nation and informs local and federal agencies on where to build schools and hospitals, how to distribute funds and how the state will be represented in DC.

All information is kept confidential under oath and can not be shared with law enforcement, courts or government agencies.

Why

Each person counted in the census brings thousands of dollars of federal aid to their local community.

It determines the amount of federal dollars allocated to support Head Start, Medical Assistance, college scholarships, SNAP, school lunch programs, Medicare supplements and more.

Representation in state and federal government is determined by the number of people that live in a state or census track. Minnesota is very close to losing a seat in the House of Representatives in Washington DC so counting every person in Minnesota is important.

How

Watch for Census materials in your mailbox in March and April 2020. Follow the instructions to complete the census online, over the phone, or by paper. It is only 10 questions.

If a census worker comes to your door they will have a picture badge. They will only visit homes that haven't completed the census. Count each child and adult sleeping in the home at the time you are completing the census survey. Spread the word- Participating in the census helps your community build its future.

Why Keystone Cares

Fair representation of all people living in our community matches with Keystone's values and mission. Keystone promotes census participation to ensure our community has the resources needed to sustain a thriving community.



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Keystone History Tours



Presented by: Keystone History Tours • David Bredemus, Historian & Tour Guide

Unique Business Model Supports Keystone's Youth and Senior Programs

Keystone's social enterprises include the Express Bike Shop and Keystone's History Tours. By being a customer at the bike shop or participating in a tour, you are providing financial support that goes directly back into Keystone's youth and senior programs.

Register Now for a Tour

NOW OFFERING ONLINE REGISTRATION

We are excited to announce we are offering a new registration process. We are now able to give you the opportunity to register for tours online! This will offer you more flexibility with your registration because you can sign up for tours when it is convenient for you! **Registration is open as soon as you receive the brochure. The 2020 brochure will be available soon.**

Don't feel comfortable registering online?

We know some people don't feel comfortable using a computer and prefer to register over the phone. We will save some spots on each tour for people who prefer to call in. To register by phone, please call Keystone at **651-298-5493**.

Keystone History Tours

Keystone's History Tours Program is designed for sightseeing adventurers and history buffs. Keystone staff design and lead the tours. Tours are presented by David Bredemus, Keystone's Historian and Tour Guide. Dave specializes in local, regional and international tours based on history, culture and geography. Through this program, we are pleased and excited to present you with fun, informative, adventurous and educational excursions.

Proceeds from the History Tours program are used to support Keystone's Senior program. Your participation in a tour helps seniors stay connected to their community.



Learn more about History Tour Program details, upcoming tour dates, trip policy information, and how to sign up at our website: keystoneservices.org

MOVIES FOR YOUR ENJOYMENT!

Wednesday, January 22

YESTERDAY

(PG-13, 2019, Drama/Fantasy, 1h 57m)

Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard of them, Jack becomes an overnight sensation.

Wednesday, February 26

THE PEANUT BUTTER FULCAN

(PG-13, 2019, Drama/Comedy, 1hr 37m)

After running away from a residential nursing home to pursue his dream of

becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

Wednesday, March 25

A BEAUTIFUL DAY IN THE NEIGHBORHOOD

(PG, 2018, Biography/Comedy/Drama, 1h 38m)

Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.



All showings are at **W7**
12:15 - 2:15 p.m. - Cost: \$1



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 **Merriam Park CC:** 2000 St. Anthony Ave,
St. Paul, MN 55104 | tel 651-645-7424
Senior Center

 **West 7th CC:** 265 Oneida Street,
St. Paul, MN 55102 | tel 651-298-5493

FREE AARP TAX ASSISTANCE – By Appointment Only

Sign up for free tax assistance from AARP.

Appointments are offered Mondays and Wednesdays starting in February
at both of our locations. Please call the location nearest you:

Merriam Park Community Center

2000 St. Anthony Ave., St. Paul, MN 55104
651-546-7424

Available Mondays & Wednesdays 9 a.m. - 2 p.m.

Starting February 3, 2020

Closed Presidents Day

West 7th Community Center

265 Oneida Street, St. Paul, MN 55104
651-298-5493

Available Mondays & Wednesdays 9 - 11:30 a.m.

Starting February 5, 2020

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

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