



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations!

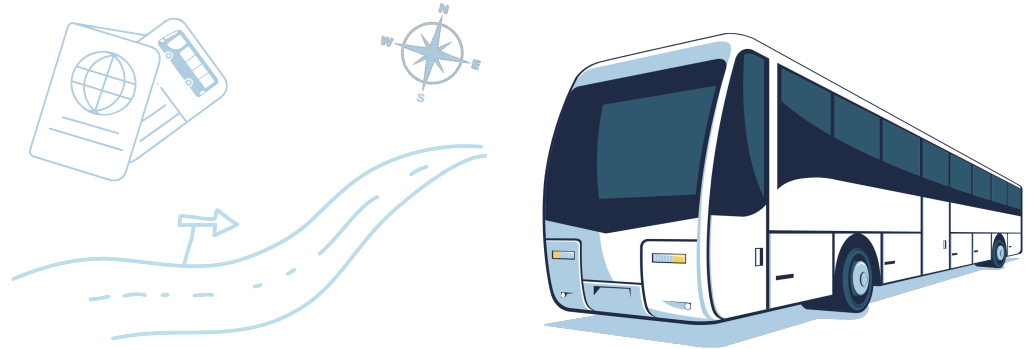
KEYSTONE COMMUNITY SERVICES

May, June, July 2025

INSIDE THIS ISSUE

ZOOM Programs	2
Calendars	3-5
Exercise & Activities	7-8
Research Activities	10
Additional Events	11-12
Arts Programming	13
Community Resource	14
Staff & Resources Directory	15

All aboard! Join us for the 2025 History Tours Season!



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.

Join us for an adventure in 2025

Experience engaging storytelling and captivating sights on a historic tour in St. Paul. Travel across the Twin Cities with your tour guide Dave and visit some of the first pizzerias in the area in **Twin Cities Pizza!** Take an educational and fun tour in **Taverns, Bootleggers and Prohibition in St. Paul**, to visit many famous and infamous sites including a few of the taverns and speakeasies that played prominent roles in Saint Paul's history! Get a close-up look at outstanding prairie-style architecture, stained glass windows, a bird sanctuary, a bookstore, a library, and a unique courthouse in **Best of Minneapolis: Trolleys to Towers**. Explore some of the "Giants" of Central Minnesota, including the legendary Paul Bunyan, world-famous aviator Charles Lindberg, and some of the largest white pines in the world in **Giants on the Land**. Watch the Pioneer Parade, the Hastings Spiral Bridge, a Large Craft and Flea Market, antique tractors and cars, flower gardens, a grist mill – powered by water, sawmills in operation, a fully stocked general store, and more in **Saint Paul to Vasa, Minnesota!**

Why should I participate in a Keystone History Tour?

Our History Tours Program is designed for sightseeing adventurers and history buffs. All 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. Plus, **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!

To register, call 651-298-5493 or visit: keystoneservices.org/seniors

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

Beware of common phone scams!

One of the most common phone scams out there is someone calling and pretending to be a grandchild or other loved one. They will say they have been arrested and need bail money they have been in a car accident, or their car is broken down. They say they are stuck in another city or state and will always stress that you should not call their parents. **Contact the parents to verify that it is truly your loved one.**

Some scammers claim to be the IRS. They may sound very threatening and tell you they will send the police to arrest you. Some will even tell you that you can pay your debt with gift cards. **The real IRS will never call you or ask you for gift cards.** Hang up.

Some callers will claim to be tech support from Microsoft or another website. If you have not reported an issue with your service it is highly unlikely that you would be getting a call. Don't give any information if you did not initiate the contact. **Do not let them access your system.**

You might get a call telling you that you won something, but that you have to pay some kind of fee to claim your prize. If you did not enter a contest ask yourself how you managed to win a prize. **Never pay to win something unless you're buying a lottery ticket or you're at the casino.**

Takeaway tips: If this is the first you have heard of the situation and they are insisting you take immediate action, let that be a red flag. The IRS, Medicare, Microsoft and most other agencies or businesses will not call you. Do not give information over the phone to someone who calls you out of the blue. If anything feels a bit off to you, tell them you will need to do some fact checking. Always remember – if it sounds too good to be true, it probably is!



- Article by Robin Eberlein

ZOOM PROGRAMS

Zoom Exercise

Mondays, 9:30 - 10:15 AM
Zoom Recordings are always available to watch on our website.

Zoom Social

Tuesdays, 1:00 - 2:00 PM

Zoom Word Games

Mondays, 11:00 - 12:15 PM
(No meeting on May 26)

Zoom Bingo

May 22, June 26 & July 17, 2:00 - 3:00 PM

Zoom Games

Thursdays, 2:00 - 3:00 PM
(No meeting on June 19)

Interested in joining a Zoom event?

Joining is easy, you can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone). Call or email Karlene for more information and the links to join in the fun! knivacolgan@keystoneservices.org or 651-645-0349.

May 2025 Events

MP Merriam Park

W7 West 7th

MW Both Locations

ZO Zoom

+ Also available
on Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:15 Pickleball 1 9:30 Bridge 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Zoom Games 6:00 Choir Concert	9:30 Gym Walking 2 10:30 Scrabble 10:00 Fare For All 12:30 Cards
9:15 Pickleball 5 9:30 Fit & Fabulous + 1:00 Memoir Writing 1:00 Jewelry Design 11:00 Word Games	9:15 Pickleball 6 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 7 9:30 Fit & Fabulous 9:00 Foot Care 12:30 Cribbage	9:15 Pickleball 8 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Zoom Games	10:30 Scrabble 9 12:30 Cards 9:00 Gym Walking
9:15 Pickleball 12 9:30 Fit & Fabulous + 1:00 Memoir Writing 1:00 Jewelry Design 11:00 Word Games	9:15 Pickleball 13 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys	9:15 Pickleball 14 9:30 Fit & Fabulous 12:30 Cribbage	9:15 Pickleball 15 9:30 Bridge 9:30 Fit & Fabulous 2:00 Zoom Games	10:30 Scrabble 16 12:30 Cards 9:00 Gym Walking
9:15 Pickleball 19 9:30 Fit & Fabulous + 1:00 Jewelry Design 11:00 Word Games	9:15 Pickleball 20 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 21 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 3:00 Ask the Lawyer	9:15 Pickleball 22 9:30 Bridge 9:30 Fit & Fabulous 11:00 Bingo + 2:00 Zoom Games	10:30 Scrabble 23 12:30 Cards 6:15 Family Movie Night 9:00 Gym Walking
MEMORIAL DAY Keystone Closed 26	9:15 Pickleball 27 12:30 Krafters 2:00 Movie Matinee 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 28 9:30 Fit & Fabulous 12:30 Cribbage	9:15 Pickleball 29 9:30 Bridge 9:30 Fit & Fabulous 2:00 Zoom Games	10:30 Scrabble 30 12:30 Cards 9:00 Gym Walking

June 2025 Events

MP Merriam Park

W7 West 7th

MW Both Locations

ZO Zoom

+ Also available
on Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Fit & Fabulous + 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 12:30 Cribbage	9:30 Bridge 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Zoom Games	9:30 Gym Walking 10:30 Scrabble 10:00 Fare For All 12:30 Cards
9:00 Foot Care 9:30 Fit & Fabulous + 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys	9:30 Fit & Fabulous 9:30 Smart Driver 12:30 Cribbage	9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Zoom Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking
9:30 Fit & Fabulous + 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 3:00 Ask the Lawyer	JUNETEENTH Keystone Closed	KEYSTONE HOLIDAY Keystone Closed
9:30 Fit & Fabulous + 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 12:30 Krafters 2:00 Movie Matinee 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 12:30 Cribbage	9:30 Bridge 9:30 Fit & Fabulous 11:00 Bingo + 2:00 Zoom Games	10:30 Scrabble 12:30 Cards 6:15 Family Movie Night 9:00 Gym Walking
9:30 Fit & Fabulous + 1:00 Chinese Calligraphy 1:00 Jewelry Design 11:00 Word Games				

July 2025 Events

MP Merriam Park

W7 West 7th

MW Both Locations

ZO Zoom

+ Also available
on Zoom



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	11:00 Gentle Exercise 1 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 2 9:40 Foot Care 12:30 Cribbage	9:30 Bridge 3 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Zoom Games	4TH OF JULY Keystone Closed
9:30 Fit & Fabulous + 7 1:00 Mah Jong 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 8 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys	9:30 Fit & Fabulous 9 12:30 Cribbage	9:30 Bridge 10 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Zoom Games	9:30 Gym Walking 11 10:30 Scrabble 10:00 Fare For All 12:30 Cards
9:30 Fit & Fabulous + 14 1:00 Jewelry Design 1:00 Connect Five 11:00 Word Games	11:00 Gentle Exercise 15 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 16 9:30 Medicare Counseling 12:30 Cribbage 2:00 Community Sing-Along 3:00 Ask the Lawyer	9:30 Bridge 17 9:30 Fit & Fabulous 11:00 Bingo + 2:00 Zoom Games	10:30 Scrabble 18 12:30 Cards 9:00 Gym Walking
9:30 Fit & Fabulous + 21 1:00 Chinese Checkers 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 22 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 23 12:30 Cribbage	9:30 Bridge 24 9:30 Fit & Fabulous 2:00 Zoom Games	10:30 Scrabble 25 12:30 Cards 6:15 Family Movie Night 9:00 Gym Walking
9:30 Fit & Fabulous + 28 1:00 Jewelry Design 11:00 Word Games	11:00 Gentle Exercise 29 12:30 Krafters 2:00 Movie Matinee 9:00 Gym Walking 2:30 Fiberazzi 1:00 Social	9:30 Fit & Fabulous 30 12:30 Cribbage	9:30 Bridge 31 9:30 Fit & Fabulous 2:00 Zoom Games	

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, May 26 and Thursday June 19.

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 Bonnie Eller 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; May 6 - 20

1-wk break: Tuesday, May 27

Continuing session: Tuesdays; June 3 - July 29

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.

No pickleball on Monday, May 26, and the entirety of the months of June, July or August.

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

Foot Care Clinic

Wednesday, May 7 with Nurse Joan Strumpf **MP**

9:00 AM - 2:00 PM

30 minute appointments

Cost: \$50

Wednesday, July 2 with Nurse Joan Strumpf **MP**

9:40 AM - 1:30 PM

30 minute appointments

Cost: \$50

Monday, June 9 with Nurse Susan Janicke **W7**

9:00 AM - 2:00 PM

30 minute appointments

Cost: \$50

Call to make an appointment

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

Ongoing Exercise & Activities

Bingo **W7**

Join us in-person or via ZOOM. The popularity of Bingo is undeniable. Each Bingo card costs \$1. Play as many as you like. Money collected is divided between 10 games: 9 regular and 1 cover-all. One winner per game.

ZOOM players: If you need Bingo cards, they will be mailed or delivered to you. You must play the same number of cards each month and must send in monthly or quarterly payments for your cards to play.

Thursdays, May 22, June 26, and July 17
11:00 AM - 12:00 PM on ZOOM or in-person at W7th.

Ask the Lawyer: Senior Specialty Legal Advice **W7**

Dave Burns offers our seniors FREE one-time 15-minute consultations on the third Wednesday of each month to assist with elder law issues. Registration required. Call 651-298-5493 to book your appointment.

3rd Wednesday of the month on May 21, June 18, and July 16 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.

May 13, June 10, and July 8
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. Cost: \$25

4-hour Refresher Course:
Thursday, June 11 from 9:30 AM - 1:30 PM

Bridge **MP**

Match up with players according to your designed level of play. **Thursdays, 12:30 PM - 2:30 PM**

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**

Learn all word games, Scrabble, is great for the mind. Join us weekly for several challenging games.
Fridays, 10:30 PM - 12:30 PM

Cribbage **MP**

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

Evening Book Club **W7**

Join us monthly for a lively discussion with new "book loving" friends. Call Joan Dion at 651-489-8103.
Thursdays, May 8, June 12, and July 10
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)



mGlide-Care: A Study to Support Hypertension Care in Older Adults with Memory Problems

Researchers at the University of Minnesota want to find ways to help older adults with dementia and hypertension manage their high blood pressure.

Is the study a good fit for me?

This study may be a good fit for older adults with dementia who also have high blood pressure and a smartphone.

Location of Research

Our focus groups will take place at the Epidemiology Clinical Research Center.

Contact Information

To take part in our focus groups or for more information, please contact our study team:

What would happen if join?

If you decide to take part, you and your caregiver would attend three focus groups.

Focus groups involve answering surveys, talking about your experience with managing high blood pressure, and learning how to use a wireless blood pressure monitor.

Each focus group will last about 60 minutes. Participants will receive \$50 Target gift cards for each focus group to thank them for their time.



mGlideCare@umn.edu



612-626-7979



UNIVERSITY OF MINNESOTA

TEDTALKS

IDEAS WORTH SPREADING

TEDTalks are short video presentations introducing us to new ideas or presenting a fresh perspective on something we already know. Scientists, researchers, technologists, artists, designers, and others aim to stir our curiosity and get us talking. The goal is to present "Ideas Worth Spreading" to an audience of people open to being inspired or possibly wanting an introduction to a new topic.

If this sounds interesting, join us for an hour once a month. We watch several short videos on a single topic and discuss how it relates to us. It's fun and often leads to thinking about ideas we never considered before.

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

May 1: Advice Monster, Inner Voice and People Pleasing

June 5: Sleep: Why daylight is secret to better sleep

July 3: Perfectionism: Is perfectionism just procrastination in disguise

MATINEE MOVIES



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

Movie Synopses

Murder Mystery, Tuesday, May 27 at 2:00 PM

is a comedy mystery film starring Adam Sandler, and Jennifer Aniston; follows a married couple caught up in a murder investigation on a billionaire's yacht.

A Man on the Inside, Tuesday, June 24 at 2:00 PM

is a series; two episodes with discussion starring Ted Danson; Charles, a retired man, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a nursing home.

Where the Crawdads Sing, Tuesday, July 29 at 2:00 PM

is a mystery drama film; A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved.

OVERNIGHT TOURS

NOT KEYSTONE TOURS



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

Monday, July 29 - 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

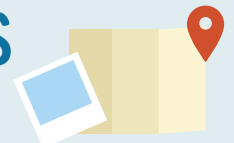
\$400 deposit due at time of registration

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.**

HISTORY TOURS

WITH DAVE BREDEMUS



Tour 1: Thursday, May 8TH | 11:30 AM - 5:30 PM

Twin Cities Pizza and Italian Heritage - \$89

Tour 2: Tuesday, June 3TH | 10:00 AM - 5:30 PM

Taverns, Bootleggers and Prohibition - \$96

Tour 3: Thursday, June 12TH | 10:00 AM - 5:00 PM

Best of Minneapolis - \$110

Tour 4: Friday, July 18TH | 8:00 AM - 7:00 PM

Giants on the Land: Trees, Historic Churches, Lindbergh, and Waterfalls, a tour of Morrison County, MN, - \$176

Tour 5: Friday, July 25TH | 8:30 AM - 5:00 PM

Saint Paul to Vasa, MN, Antique Power Show and Restored Pioneer Village on Bauer Farm - \$152

**Register today by visiting [keystoneservices.org/tours](https://www.keystoneservices.org/tours)
or by calling 651-298-5493**

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 paamas if you like. Singing along, dancing, and having fun are all encouraged!

***The Wild Robot*, Friday, May 23 at 6:15 PM**

After a shipwreck, an intelligent robot is stranded on an uninhabited island. To survive the harsh surroundings, she bonds with the native animals and cares for an orphaned baby goose. The film was nominated for 3 Oscars.

***Fern Gully*, Friday, June 27 at 6:15 PM**

Set in a rainforest of fairies who believe humans only exist in stories. When a logging company threatens their home, a fairy named Crysta accidentally shrinks a human named Zak, leading to an unlikely alliance.

***Princess Bride*, Friday, July 25 at 6:15 PM**

Buttercup, is a beautiful young woman who falls in love with Westley, a farm boy. When Westley leaves to seek his fortune, he is presumed dead as Buttercup is followed by a mysterious man in black.

Memoir Writing for Adults **W7**

Everyone has stories; join this stimulating and fun Memoir Writing Class to help you write your stories and preserve your memories for family, friends or a larger community. No experience is needed but each class builds on the other so attendance is important.

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

FREE-In collaboration with St/ Paul West Seventh Public Library. Please RSVP at Keystone or through the Library.

Monday, May 5 from 1:00 PM - 3:00 PM

Summer Community Sing-Along **MP**

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

Wednesday, July 16 from 2:00 PM - 3:00 PM

Cultural and Arts Programming

Chinese Cultural Workshop **W7**

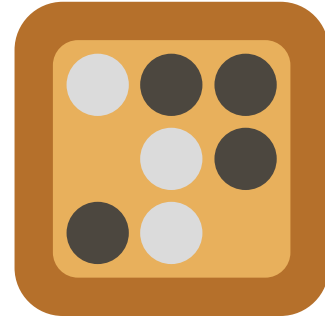
West 7th Library and Keystone Services are pleased to offer a series of Chinese cultural workshops! Come to one or all sessions. Classes will be held in Room 112 of the West 7th Community Center. All classes are free and open to the public. **Register at sppl.org/events or through Keystone by calling 651-298-5493.**



Chinese Calligraphy

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

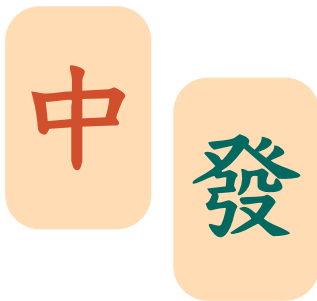
Monday, June 30 from 1:00 PM – 2:30 PM



Gomoku

Gomoku, also called Connect Five or Five in a Row, is similar to Connect Four, but played using a Go game set. This simple concept takes great strategy; come learn how to out-manuever your opponent.

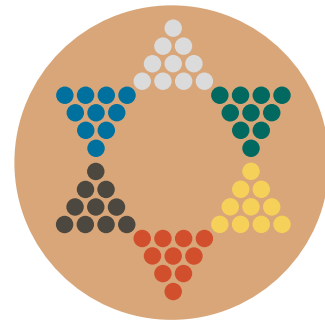
Monday, July 14 from 1:00 PM – 2:30 PM



Mahjong

Mahjong is a game of Chinese origin that combines strategic thinking, social interaction, and a bit of luck, offering a unique and engaging experience for players of all skill levels. Fun for the Mahjong lover or anyone curious about exploring the Mahjong game.

Monday, July 7 from 1:00 PM – 2:30 PM



Chinese Checkers

Chinese checkers can be played by two, three, four or six players. It is a racing game. The goal is not to capture your adversary's game pieces, but to cross the board faster than your opponents. Easy to learn, this is an entertaining and social game.

Monday, July 21 from 1:00 PM – 2:30 PM

Community Resources

WEST 7TH FARE FOR ALL 2025

January 3RD - 1st Friday

February 7TH - 1st Friday

March 7TH - 1st Friday

April 4TH - 1st Friday

May 2ND - 1st Friday

June 6TH - 1st Friday

July 11TH - 1st Friday

August 8TH - 1st Friday

September 5TH - 1st Friday

October 3RD - 1st Friday

October 31ST - Last Friday

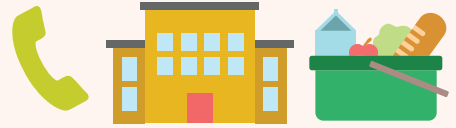
December 5TH - 1st Friday

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, May 8, June 12, & July 10

Merriam Park Community Center:

Wednesdays, May 21, June 18, & July 16

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



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

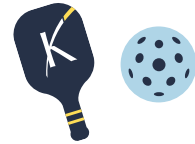
Judy Burns | 651-504-2650
jburns@keystoneservices.org

History Tours Coordinator

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

Volunteer Engagement Manager

Sara Fleetham | 651-797-7725
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KEYSTONE COMMUNITY FOOD CENTER

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

Location

1800 University Avenue West, Saint Paul, MN 55104

The center is located between the Wendy's and Arby's on the corner of Fairview and University.

Service Hours

Monday: 10 AM - 12 PM, 2 PM - 4 PM

Tuesday: 10 AM - 12 PM, 2 PM - 4 PM

Wednesday: 4 PM - 7 PM *

Thursday: 10 AM - 12 PM, 2 PM - 4 PM

Friday: 10 AM - 12 PM, 2PM - 4 PM

Parking:

Participants are encouraged to park in our parking lot behind the building or on Beacon Avenue.

*Beginning **Wednesday, June 11**, we will be adding an additional Market service from **11 AM - 1 PM** to increase our service capacity.

Evening Market service will shift to **4 PM - 6 PM**.





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 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



(Julia, Keystone's Director of Programs and AARP volunteers)

Thank you AARP! Since 1968, Tax-Aide has provided free tax assistance to more than 80 million taxpayers. Historically they have provided tax assistance free of charge with a special focus on taxpayers who are over 50 and have low-to-moderate income. This year, we are happy to say that AARP Foundation Tax-Aide volunteers helped prepare a total of 605 tax returns!