



THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

November, December 2024, January 2025

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Traveling for Older Adults



To register for classes, events, and appointments: Call 651-645-0349 or 651-298-5493 or send an email to knivacolgan@keystoneservices.org

Keystone Thriving Times is published quarterly by Keystone Active Seniors, a program of Keystone Community Services for adults 50 and up who want to keep their minds alert, bodies healthy, and spirits energized.

SITE LOCATIONS

-  Merriam Park Community Center
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
651-917-3792
1800 University Ave
Saint Paul, MN 55104

Get Social—Get Traveling!

If you are over 50 and love to travel, you are not alone. According to an AARP survey, nearly two-thirds of Americans ages 50-plus planned on traveling in 2024.

Why Travel?

A recent article on the topic suggests older folks travel to escape from daily life, for nostalgia, or for lifelong learning. More importantly, the National Library of Medicine noted “the community value of tourism in forming and developing new relationships for seniors and creating opportunities for seniors to interact with others.” In other words, travel is a good cure for social isolation. A host of travel companies cater to seniors of every age, stage, interest, and mobility level!

Overseas Adventures

For retirees 50 and older, Overseas Adventure Travel (O.A.T.) offers land and small ship trips lasting two weeks or more. Their activity level rating system gauges travelers’ activity levels, ranging from one for easy tips to five for more strenuous jaunts.

Special interest cruises, a popular option for older people, offer a way to meet fellow enthusiasts en route to a fabulous destination. Options abound for travelers with special interests, such as music or food.

Choosing a Trip

Before you pack your bags, make sure that your travel is right for you. Several travel experts offer these tips:

Do the research. Check the FAQ section for information, ask friends for suggestions, and check that the tour operators are legit.

Story Continued on Pg. 3 ▶

Keystone Staff and Resources Directory

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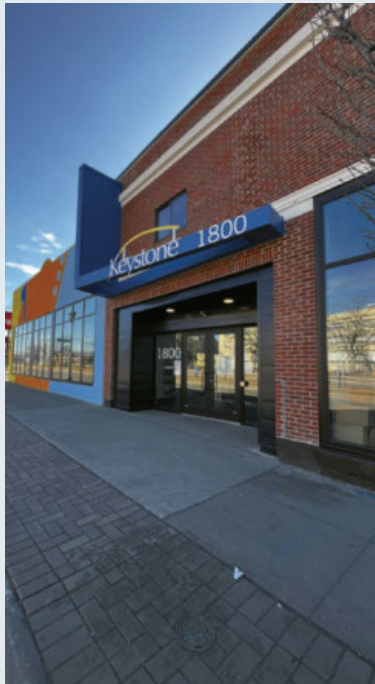
Sara Fleetham • 651-797-7725
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The Thriving Times newsletter is the best source for up-to-date information about our current activities and services. If you are interested in receiving the quarterly newsletter by mail or email, please contact Keystone. You can also access the Thriving Times newsletter online at KeystoneServices.org/Seniors.

KEYSTONE COMMUNITY FOOD CENTER

Our food shelf provides quality, healthy food for people in our community



Location

1800 University Avenue West, Saint Paul, MN 55104

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

Service Hours:

Monday: 10:00a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.
Tuesday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.
Wednesday: 4:00 – 7:00 p.m.
Thursday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.
Friday: 10:00 a.m. – 12:00 p.m. & 2:00 – 4:00 p.m.

No appointment or advanced registration is required. Food shelf participants are served on a first come, first served basis. We do have limited number of participants served each day.

Parking:

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

For more detailed information, visit our website at keystoneservices.org

Comparison shop on pricing; they can be far apart when comparing apples to apples.

Define your location preferences: Urban or rural? Bustling London or a small village in Greece?

What's your energy level? Many companies provide activity levels for trips. A hiking trip can be a leisurely stroll or a demanding uphill climb. Be honest with yourself on how much you can handle.

Just in case. Take adequate local currency and consider travel insurance, if you need daily medications, bring an adequate supply and a doctor's note if needed.

Jennifer Juergens Thomas has a lifelong interest in how people get together. An Orlando resident, she continues to contribute to Meetings Today magazine, among other ventures.

Some Tour Companies Devoted to 50+ Age Group

Keystone History tours are designed for history buffs. All trips begin in Saint Paul and move outward from there. www.KeystoneServices.org/history-tours

Small group exotic adventures, off the beaten track. <https://www.eldertreks.com>

European accessible travel. <https://www.sagetraveling.com>

Cultural, nature, hobby (golf, birding) trips; lists activity level. <https://www.roadscholar.org>

Educational tours for seniors and mature age travelers; longer trips over 20 days. <https://www.odysseytraveller.com>

More than 120 countries, hidden gems; lists activity levels for trips. <https://www.adventures-abroad.com>

Custom, luxury travel. <https://www.mywaytravel.com>

If you are an armchair traveler or want inspiration, check out Senior Planet's information on travel-related things!

ZOOM PROGRAMS

NEW!

ZOOM Word Games

Mondays

11:00 a.m. – 12:00 p.m. on ZOOM
No meeting on January 20

ZOOM Social

Tuesdays

1:00 – 2:00 p.m.
No meeting on December 24

ZOOM Dice Games

Thursdays

2:00 – 3:00p.m. on ZOOM
No meeting on November 28

ZOOM Book Club

With the return of colder weather, it's time to cozy up with a good book. Join us to share your thoughts and insights about what you read! Our monthly ZOOM Book Club, with our very own librarian, Lynne Beck will lead welcoming, relaxed and fun discussions Email Lynn to get the link for the group; lynne.beck@gmail.com. Books are available from the St. Paul Public Library; call to request one; **651-504-2599**.

4th Wednesdays

Nov. 27, Dec. 18, Jan. 22
11:00 am – 12:00 pm

Nov: No book, just a "get to know you session"

Dec: *A Gentleman in Moscow* by Amor Towles

Jan: *The Florist's Daughter* by Patricia Hampl

ZOOM Bingo

Nov. 21, Dec. 19 and Jan. 16

11:00 a.m. – 12:00 p.m. on ZOOM or in-person at W7th.

Call or email Karlene for more information and the links to join in the fun! knivacolgan@keystoneservices.org or 651-645-0349.

November 2024 Events

MP

Merriam Park

W7

West 7th

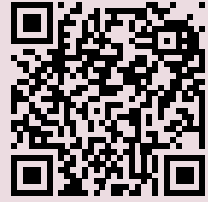
MW

Both Locations

ZO

Zoom

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
American Indian Heritage Month		4 9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games 2:00 Foodmobile at McDonough Homes Rec Center		5 11:00 Gentle Exercise 12:30 Krafters 12:30 Fiberazzi 3:00 Cremation Seminar 1:00 Social		6 9:15 Pickleball 9:30 Fit & Fabulous 9:40 Foot Care w/ Joan 12:00 Keystone Cmty Singers Rehearsal 12:30 Cribbage		7 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 10:30 TED Talks 2:00 Dice Games 10:00 History Tour #5		8 10:30 Scrabble 12:30 Cards 9:00 Gym Walking 10:00 Foodmobile at M Health Fairview--Roselawn Clinic	
11 9:15 Pickleball 9:30 Fit & Fabulous 1:00 Seed Mosaic Art Class 11:00 Word Games		12 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys		13 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:00 Keystone Cmty Singers Rehearsal 12:30 Cribbage		14 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 9:30 Medicare Counseling 5:30 Book Club 2:00 Dice Games 10:00 Foodmobile at Roseville Public Library		15 10:30 Scrabble 12:30 Cards 9:00 Gym Walking			



HISTORY TOURS SEATS OPEN!

There are still some seats available for a couple of end of the year tours! For more info and to register, please visit our website at: keystoneservices.org/seniors/history-tours or call us at 651-298-5493. Payment is due at the time of registration.

November Continued

MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:15 Pickleball 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 1:00 Jewelry Creators 11:00 Word Games 2:00 Foodmobile at Jeremiah Program, Saint Paul	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:00 Keystone Cmty Singers Rehearsal 12:30 Cribbage 3:00 Ask the Lawyer	9:15 Pickleball 9:30 Bridge 6:00 Keystone Cmty Singers Performance 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	18 19 20 21 22	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	25 26 27 28 29	Keystone Closed for Holiday West 7th Public Library Open 10:00-5:30

Art Programs

Keystone and VocalEssence Community Choir

Our very own Keystone Community Singers will have their Fall concert on **Thursday, November 21; 6:00 p.m.** at our Merriam Park Community Center. Our Spring Concert was a roaring success, come see what we've been working on this fall! All are welcome.

Holiday Sing-Along

Wednesday, December 18; 12:30-2:30 p.m. at West 7th

All are welcome! RSVP at 651-298-5493

Art Workshops with Caponi Art Park:

Please register for each workshop. \$5/Workshop

Seed Mosaic: A MN Tradition

Each year the State Fair displays seed mosaics created by Minnesota artists. In this workshop, you will learn about this great tradition and make your own unique seed mosaic.

Monday, November 11

1:00 – 2:30 p. m.

Mini Macrame Wall Hanging

Enjoy a blast from the past with the once again-popular art form, macrame. A fixture of every 1970s home, this art form is making a comeback on the contemporary art scene. In this project, you will learn a variety of knot-tying techniques to create a unique macrame project perfect for any home.

Monday, December 9

1:00 – 2:30 p. m.

Birch Tree Resist Paintings

Learn how to paint the perfect woodland scene featuring birch trees and accompanying leaves using a few simple techniques and materials. You will be guided step-by-step through the painting process and be introduced to new art terms and techniques related to this project.

Monday, January 13

1:00 – 2:30 p. m.

December 2024 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Holiday Crafts 11:00 Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 10:00 Fare for All 12:30 Keystone Cmty Choir Recap	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	9:00 Gym Walking 10:30 Scrabble 12:30 Cards	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Bridge 2:30 Final Disposition Seminar 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking
9:15 Pickleball 9:00 Foot Care w/ Susan 9:30 Fit & Fabulous 1:00 Mini Macrame Art Class 11:00 Word Games	9:15 Pickleball 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social 9:00 Coffee w/ the Guys 12:30 History Tour #6	9:15 Pickleball 9:30 Smart Driver 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 2:30 Final Disposition Seminar 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	
9:15 Pickleball 9:30 Jewelry Creators 1:00 Word Games	9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 9:00 Gym Walking 12:30 Fiberazzi 1:00 Social	9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 12:30 Holiday Sing-a-long 3:00 Ask the Lawyer 11:00 Book Club	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 10:30 TED Talk 5:30 Book Club 2:00 Dice Games	9:15 Pickleball 9:30 Cards 9:00 Gym Walking	9:15 Pickleball 9:30 Bridge 2:30 Final Disposition Seminar 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	10:30 Scrabble 12:30 Cards 9:00 Gym Walking	
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Lutheran Social Service of MN is seeking volunteers, age 55 or older, in your area to provide companionship to older adults or mentor school age children. Volunteers serve 10 or more hours per week for a tax free stipend and mileage reimbursement.

Please contact us at 888.205.3770 or AmeriCorpsSeniors@lssmn.org for more information and to make an impact in your community!!




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January 2025 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations

ZO

Zoom

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		9:00 Gym Walking 12:30 Fiberazzi Every Tuesday in January	9:00 Closed for Holiday 1	9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 TED Talks 2:00 Dice Games	2	9:00 Gym Walking 10:30 Scrabble 10:00 Fare for All 12:30 Cards	3		
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	6 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 1:00 Social	7 9:15 Pickleball 9:30 Fit & Fabulous 9:40 Foot Care w/ Joan 12:30 Cribbage 3:00 Ask the Lawyer	8 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare 12:30 Counseling 1:30 Estate Planning Seminar 3:00 Ask the Lawyer	9 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 10:30 Medicare Counseling 5:30 Book Club 2:00 Dice Games	10 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Birch Tree Painting Class 11:00 Word Games	13 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 1:00 Social 9:00 Coffee w/ the Guys	14 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 1:30 Estate Planning Seminar 3:00 Ask the Lawyer	15 9:15 Pickleball 9:30 Fit & Fabulous 9:30 Medicare Counseling 12:30 Cribbage 1:30 Estate Planning Seminar 3:00 Ask the Lawyer	16 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 11:00 Bingo (also on ZOOM) 2:00 Dice Games	17 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				
Closed for Holiday Happy MLK Jr. Day	20 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Drop-in Lounge 1:00 Social	21 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	22 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 11:00 Book Club	23 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	24 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				
9:15 Pickleball 9:30 Fit & Fabulous 1:00 Jewelry Creators 11:00 Word Games	27 9:15 Pickleball 11:00 Gentle Exercise 12:30 Krafters 2:30 Movie 1:00 Social	28 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage 1:00 Social	29 9:15 Pickleball 9:30 Fit & Fabulous 12:30 Cribbage	30 9:15 Pickleball 9:30 Bridge 9:30 Fit & Fabulous 2:00 Dice Games	31 10:30 Scrabble 12:30 Cards 9:00 Gym Walking				



Ongoing Exercise & Activities



Fit & Fabulous MP W7

Specially designed group fitness classes for ages 50+ and all abilities, following the routines and principles of the Silver & Fit program. Class includes stretching, endurance and weight lifting. Join us at your comfort level. On Mondays, you can join us on Zoom as well! Contact Karlene for details. Recorded classes also available 24/7 on our website. Exercise Leader: Karlene, Silver & Fit Certified.

Mondays & Thursdays at West 7th.

Wednesdays at MPCC

9:30 a.m. – 10:15 a.m.

Cost: \$15 per month, may be covered by your health insurance. Call your health insurance customer service line to find out. Check the back of your insurance card for the correct number. Tell them you want to see if you are eligible for exercise benefits. No class on Thursday, November 28, the week of December 23, Wednesday, January 1 or Monday, January 20.

Gentle Exercise MP

This Arthritis Foundation Exercise Program (AFEP) class, while designed for people living with arthritis, is open to anyone looking for a gentle exercise class. Arthritis Foundation-trained Instructor Bonnie Eller will lead this low-impact, joint-safe class, teaching gentle stretching and strengthening. The movements in class can be done standing or sitting.

Tuesdays

11:00 a.m.-11:45 a.m.

Continuing session: November 12 – Dec. 3

1-wk break: December 10

6-wk session: December 17 – January 28

1-wk break: December 24

Social Pickleball MP

For those 50+. Novice and advanced Pickleball matches played for fun. You get a good, enjoyable workout. No pickleball on Tuesday, November 5, Thursday, November 28, Tuesday, December 24, Wednesday, December 25, Wednesday, January 1, and Monday, January 20.

Mondays, Tuesdays, Wednesdays & Thursdays

Wednesdays will have one court dedicated to beginner players.

9:15 a.m. – 11:45 a.m.

Cost: \$2/session

Fiberazzi W7

Knit, crochet and needlecrafts. All skill levels and fabric craft types welcomed. Come share ideas and conversation. No meeting on December 24.

Tuesdays

12:30 p.m. – 2:30 p.m.

Foot Care Clinic

MP **1st appt at 9:40**

**Wednesday, November 6 and January 8
(note 2nd Wednesday due to holiday)
with Joan Strumpf**

9:40 a.m. – 1:30 p.m.

40 minute appointments

Cost: \$50

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

**Monday, December 9
with Susan Janicke**

9:00 a.m. – 2:00 p.m.

30 minute appointments

Cost: \$45

Call to make an appointment.

Krafters MP

Bring your art/craft supplies and spend an afternoon with your fellow artists/crafters, sharing ideas and conversation.

Tuesdays

12:30 p.m. – 2:30 p.m.

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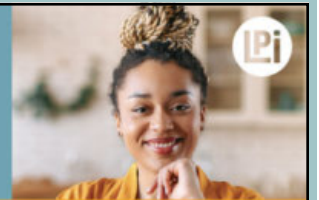
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B 4C 02-1107

Drop-in Lounge MP

Join us in-person

Starting January 7, stop by to play tabletop games and socialize. No commitment or sign up necessary. All are welcome.

There will be no meeting on January 28.

Tuesdays

2:30 – 3:30 p.m.

Bingo W7

Join us in-person or through a ZOOM link

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

ZOOM players: If you need Bingo cards, they will be mailed or delivered to you. You must play same number of cards each month and must send in monthly or quarterly payments for your cards to play. 265 Oneida Street, St. Paul, 55102

Thursdays, November 21, December 19 & January 16

11:00 a.m. – 12:00 p.m. on Zoom or at W7th

Ask the Lawyer: Senior Specialty Legal Advice W7

Dave Burns offers FREE one-time 15-minute consultations on the third Wednesday of each month to assist with elder law issues.

Registration required.

Call 651-298-5493 to book your appointment.

3rd Wednesday of the month

November 20, December 18, & January 14

3:00 p.m. – 5:00 p.m.

Coffee With The Guys

**"Conversation is food for the soul."
Pancakes help too. Join us once
a month for coffee and conversation.**

We'll meet at Day by Day café on West 7th (they are saving us a table). No set agenda, just conversation and coffee.

Order some food if you like. This outing is for the guys only. Our staff person, Phil will be hosting.

November 12, December 10, & January 14

9:00 a.m.



AARP SMART DRIVER PROG. MP

4-hour Refresher Course:

Wednesday, Dec. 11
9:30a.m. – 1:30p.m.

Call 651-645-0349
ASAP to reserve your
spot. Space is limited.
Cost: \$25

Bridge MP

Match up with players according to your desired level of play. No meeting on November 28.

Thursdays

9:30 a.m. – 11:30 p.m.

Cards W7

Meet weekly with others who enjoy playing cards. Currently playing 500, but taking suggestions for other card games.

Fridays

12:30 p.m. – 2:30 p.m.

Scrabble MP

Like all word games, Scrabble, is great for the mind. Join us weekly for several challenging games.

No meeting on November 28.

Fridays

10:30 a.m. – 12:30 p.m.

Cribbage MP

Weekly games of Cribbage, new players welcome!

Wednesdays

12:30 a.m. – 2:30 p.m.

Evening Book Club W7

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

Thursdays, November 14, December 12, & January 9

5:30 p.m. – 7:30 p.m.

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 p.m. to 3:00 p.m.

(see calendar for details)



HELP
US
HELP

YOUR VOICE IN RESEARCH

Health research is when people study a health problem to understand it better. The goal is to help patients and make communities healthier.

The **University of Minnesota** is doing a research study to learn what people generally **think and feel about health research**.

Sharing **YOUR VOICE** will help our researchers make better studies.

WHO?

We want to hear from everyone, but you must be **at least 18 years old** and able to **read English** to join.

WHAT?

Complete a **5-10-minute online survey**. Your answers will be anonymous.

LEARN MORE

✉ yourvoice@umn.edu

☎ 612-626-9809

🌐 z.umn.edu/yourvoicesurvey



UNIVERSITY OF MINNESOTA



MPCC MATINEE MOVIES

2:30–4:00 p.m.

4th Tuesdays at Merriam Park
Community Center

Movie Synopses

November 26: *Glass Onion: Knives Out:*

World-famous detective, Benoit Blanc heads to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends. 2022, PG-13 (This is re-scheduled from September due to technical difficulties.)

December 31: *Sherlock Holmes:* When a string of brutal murders terrorizes London, it doesn't take long for legendary detective Sherlock Holmes and Dr. Watson to find the killer. 2009, PG-13

January 28: *Death on the Nile:* Belgian sleuth, Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murder. 2022, PG-13

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 a.m.

November 7: Brother Steidal-Rast: Gratefulness

December 12: Live a Meaningful Life

January 2: Are your coping mechanisms healthy?



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Community Resources

Article: [How to Spot a Scam Email](#)

The first thing to remember in spotting a scam is, “If it seems too good to be true, it probably is.” Many of the scams that are going around will try to tell you that you have a prize to claim or that someone has left money to you in their will. If you don’t remember entering any contest, then ask yourself how did you win? Or why would someone you never heard of leave money to you in their will?

Some scammers might appear to be a friend or family member or even your pastor asking for help with getting them gift cards. Rather than continue any interaction in an email, call that person and ask if this is legitimate.

One of the first things to check when you get an email that seems a little odd is the grammar and punctuation. If an email is asking you for a favour (spelled the European way), uses the word “kindly” or is poorly worded and all lower-case letters, you have some red flags there. Check the sender’s address to make sure it is really coming from the person it is claiming to be. There might be only a slight difference from their correct email address. Read carefully!

Do not click on links or open attachments that you were not expecting. Last, but not least, the IRS will never contact you by phone or email. Hang up or delete!

For more on staying safe online, visit: www.cyberseniors.org.

Final Disposition & The Importance of Permanent Memorialization Seminar MP

Join us as we discuss the various methods of final disposition available in MN. How will you be permanently memorialized? We look forward to discussing these topics with you in a light and informal environment! Presented by Nickie Hood, Roselawn Cemetery.

Thursday, December 19

2:30 – 3:30 p.m.

Estate Planning Seminar W7

Join us for an educational seminar about all things estate planning. Bring your questions, and we’ll share ALL your options here in MN to avoid both living and death probate. We’ll also discuss how you can put a plan in place that’s legally enforceable and provides peace of mind for yourself and your heirs. FREE! Mike Myers, Consultant for Legacy Assurance Plan: 952-292-7017

Wednesday, January 15, 2025

1:30 – 2:30 p.m.

COMMUNITY RESOURCES:

Friends and Co:

Elder Friends Phone Companions
(friendly phone conversations)

612-746-0737

Minnesota Food Hotline:

Learn about programs to help pay for food and get food.

1-888-711-1151

Ramsey County

Financial Assistance:

Learn and sign up for financial assistance and inquire about healthcare programs.

651-266-4444

Senior Linkage Line:

Speak with local aging experts about resources and other general needs.

1-800-333-2433

Help at Your Door:

Grocery shopping and delivery to your home. Sliding fee scale and accepts SNAP/EBT.

651-642-1892

Mental Health Resources:

Adult Mental Health Crisis Line:

651-266-7900

Minnesota Mental Health Helpline:

1-800-862-1799

Jewish Family Services:

Free 20 minute phone conversations with mental health professionals.

651-239-4756

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: November 7 & 14,
December 12 & 26, January 9
MPCC: November 13 & 20,
December 11 & 18, January 15

Schedule an appointment at **trellisconnects.org/medicareappt**, by scanning our QR code, or by calling Keystone for assistance.



WEST 7TH FARE FOR ALL 2025

Jan 3 — 1st Friday
Feb 7 — 1st Friday
Mar 7 — 1st Friday
Apr 4 — 1st Friday
May 2 — 1st Friday
Jun 6 — 1st Friday

Jul 11 — 2nd Friday
Aug 8 — 2nd Friday
Sept 5 — 1st Friday
Oct 3 — 1st Friday
Oct 31 — 5th Friday
Dec 5 — 1st Friday

Hours: 10:00p.m. – 12:00p.m.

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!
265 Oneida St., Saint Paul



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Inclement Weather Procedures:

If Keystone needs to close or cancel programming due to weather or other circumstances, we will do our best to post it to our website and social media sites such as Facebook. When appropriate, we will also post the updates to WCCO News. Our main phone line will also have up-to-date information for you regarding closures. Always use your best judgment when choosing to join us for a program. Stay safe!

 **Phone** 651.645.0349

 **Website** keystoneservices.org

 **Merriam Park CC:** 2000 St. Anthony Ave,
St. Paul, MN 55104 | tel 651-645-0349

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

FREE AARP TAX ASSISTANCE — By Appointment Only

Sign up for free tax assistance from AARP

Appointments are available starting February at both of our locations.

Call the location nearest you after January 21 to schedule your appointment.

Merriam Park Community Center

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

Available Mondays and Fridays 9:30 a.m. – 2:30 p.m.

Starting February 10, 2025

Closed Presidents Day

West 7th Community Center

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

Available Wednesdays 9:00 a.m. – 2:00 p.m.

Starting February 12, 2023

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