



# THRIVING TIMES

Keystone Happenings for the 50-Plus Generations

KEYSTONE COMMUNITY SERVICES

FEBRUARY, MARCH, APRIL 2023

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To register for classes, events, and appointments:  
Call 651-645-0349 or 651-298-5493  
or send an email to  
[knivacolgan@keystoneservices.org](mailto: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  
651-645-0349
- West 7<sup>th</sup> Community Center  
651-298-5493



## New Keystone Community Food Center – coming soon!

In 2019, the plan for a new Community Food Center was born during a community engagement process that included input from over 700 community members. With information from our community, we concluded that Ramsey County needs more food resources, and Keystone should expand to provide these resources.

Knowing we needed more space to store and distribute food, Keystone searched for an affordable location that would give us space to design a building that fits our vision for a welcoming place for all. After an extensive search and with early lead gifts, we purchased the buildings located at 1790 and 1800 University Avenue West in St. Paul.

Over the last few years, Keystone has been planning, designing, and raising funds to make our new Community Food Center possible! The new Community Food Center will bring all food shelf programs, including the Foodmobile, food shelf grocery delivery

program, and resource navigation services under one roof. This one location will be a hub for food support and will provide the space to expand more community-based programs in the community.

With the incredible and generous support of our community for the Opening Doors to Food Security Campaign, we are thrilled to share we are 90% towards our \$8.5 million goal for the new center! We are still working to close the fundraising gap for this vital project. This legislative session, we are asking the State of Minnesota for a one-time cash appropriation investment for our new center.

Thanks to the generosity in our community, construction for the new Community Food Center is beginning this month! We invite you to visit our website and social media for more information about this exciting project. We look forward to sharing more news and information with you as we continue to go through this campaign.



# Seniors Annual Membership



## Keystone’s Active Seniors Annual Membership

**\$35 per person for a 1 year membership**  
**\$40 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.
- Monthly e-newsletter with updated activities, events and community resources.
- Countless free activities designed by your peers and Keystone staff.
- Membership gives you access to expert advice from community leaders around health insurance, Medicare navigation, and legal advice.
- Most importantly it gives you a place to connect with others in the community.
- The senior lounges and facilities are open and available for your use.

**Sign up today:** Online: [www.KeystoneServices.org/Seniors](http://www.KeystoneServices.org/Seniors) (Pay Your Bill)

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

**Questions about membership?** Call 651-298-5493 or 651-645-0349

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### Keystone’s Active Seniors Annual Membership

Name(s) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Phone# \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact (name & phone #) \_\_\_\_\_

**Membership Level:** ☐ \$35    ☐ \$40 membership + mailed newsletter



# ZOOM PROGRAMS

If you need the incentive to join one of our Zoom programs, this winter weather provides it! Many times this winter, our Minnesota weather has made traveling away from our homes difficult at best. And we're only partway through! Many of you have felt stuck at home due to snowy, slippery roadways and sidewalks. But you can still join us and stay safe and comfortable! ZOOM Word Games, Dice Games, Social Hour, and BINGO are all available, and we will soon be adding more Zoom options, such as exercise classes. Join us from the comfort and safety of your warm, snug home. Call or email Karlene for instructions.

## ZOOM Bingo

The popularity of Bingo is undeniable. We will 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; February 16, March 16 and April 20**  
11:00 a.m. – 12:00 p.m. on Zoom or at W7th  
(no lunch at this time)

## ZOOM Word Games

Join us weekly on ZOOM, to challenge and strengthen your mind through word games. We will rotate through four games: Scattergories, Boggle, Words within Words and "Let's Make a Guess." You will need paper and pen. Fun guaranteed! New game ideas welcomed.

**Mondays, no group on February 20**  
11:00 a.m. – 12:00 p.m. on ZOOM

## ZOOM Social

Let's face it getting out of the house isn't always easy; especially on bad weather days. Wouldn't it be nice if our friends came to us, and we didn't have to worry about a clean, tidy, house? ZOOM social helps with both.

Join us with your beverage of choice and let's talk and laugh.

Call or email Karlene or ZOOM link.

**Tuesdays from**  
2:00 – 3:00 p.m. on ZOOM



## ZOOM Dice Games

Games are fun. And dice games are fun for everyone; not requiring any great skill or deep thinking. There are many dice games adaptable to playing on ZOOM. We will rotate through several varieties of games. Join us. Try it, you'll like it. Call or email Karlene for ZOOM link.

**Thursdays from 2:00 – 3:00 p.m. on ZOOM**

## We will soon offer Zoom Fit & Fabulous and Arthritis Exercise Classes!

“First of all, the Zoom programs are FUN!!! It has been great to be able to socialize at home without having to worry about the weather/covid. I come to all the programs depending on my schedule. Again, the games are fun, keeps my brain active, I learn something new everytime, and always provides laughs. I am very glad that all the various activities are available. Thanks Karlene, for being our fearless leader!”

Sue

# February 2023 Events

**MP**

Merriam Park

**W7**

West 7th

**MW**

Both Locations



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>9:15</b> Pickleball  <b>9:00</b> Foot Care Clinic  <b>9:30</b> Fit &amp; Fabulous  <b>11:00 ZOOM:</b> Word Games</p>	<p><b>9:15</b> Pickleball  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Krafters  <b>10:30</b> Gym Walking  <b>12:30</b> Fiberazzi  <b>2:00 ZOOM:</b> Social</p>	<p><b>9:15</b> Pickleball  <b>9:30</b> Fit &amp; Fabulous  <b>12:30</b> Cribbage  <b>3:00</b> Ask the Lawyer</p>	<p><b>9:15</b> Pickleball  <b>9:30</b> Bridge I  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Bridge II  <b>9:30</b> Fit &amp; Fabulous  <b>10:30</b> Gym Walking  <b>11:00</b> TED Talks  <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10:30</b> Scrabble  <b>9:30</b> Fit &amp; Fabulous  <b>10:00</b> Fare For All  <b>12:30</b> Cards</p>
<p><b>6</b></p> <p><b>9:15</b> Pickleball  <b>9:00</b> Foot Care Clinic  <b>9:30</b> Fit &amp; Fabulous  <b>11:00 ZOOM:</b> Word Games</p>	<p><b>7</b></p> <p><b>9:15</b> Pickleball  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Krafters  <b>10:30</b> Gym Walking  <b>12:30</b> Fiberazzi  <b>2:00 ZOOM:</b> Social</p>	<p><b>8</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Fit &amp; Fabulous  <b>12:30</b> Cribbage</p>	<p><b>9</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Bridge I  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Bridge II  <b>9:30</b> Fit &amp; Fabulous  <b>9:30</b> Health Care Counseling  <b>10:30</b> Gym Walking  <b>12:30</b> Smart Driver  <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10</b></p> <p><b>10:30</b> Gym Walking  <b>10:30</b> Scrabble  <b>12:30</b> Cards</p>
<p><b>13</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Fit &amp; Fabulous  <b>11:00 ZOOM:</b> Word Games</p>	<p><b>14</b></p> <p><b>9:15</b> Pickleball  <b>12:30</b> Krafters  <b>10:30</b> Gym Walking  <b>12:30</b> Fiberazzi  <b>2:00 ZOOM:</b> Social</p>	<p><b>15</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Health Care Counseling  <b>9:30</b> Fit &amp; Fabulous  <b>12:30</b> Cribbage</p>	<p><b>16</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Bridge I  <b>12:30</b> Bridge II  <b>9:30</b> Fit &amp; Fabulous  <b>10:30</b> Gym Walking  <b>11:00</b> Bingo (also on Zoom)  <b>5:30</b> Book Club  <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>17</b></p> <p><b>10:30</b> Gym Walking  <b>10:30</b> Scrabble  <b>12:30</b> Cards</p>
<p><b>20</b></p> <p><b>Presidents' Day</b>          KEYSTONE CLOSED</p>	<p><b>21</b></p> <p><b>9:15</b> Pickleball  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Krafters  <b>10:30</b> Gym Walking  <b>12:30</b> Fiberazzi  <b>2:00 ZOOM:</b> Social</p>	<p><b>22</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Fit &amp; Fabulous  <b>12:30</b> Cribbage</p>	<p><b>23</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Bridge I  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Bridge II  <b>9:30</b> Fit &amp; Fabulous  <b>10:30</b> Gym Walking  <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>24</b></p> <p><b>10:30</b> Gym Walking  <b>10:30</b> Scrabble  <b>12:30</b> Cards</p>
<p><b>27</b></p> <p><b>9:15</b> Pickleball  <b>9:30</b> Fit &amp; Fabulous  <b>11:00 ZOOM:</b> Word Games</p>	<p><b>28</b></p> <p><b>9:15</b> Pickleball  <b>11:30</b> Arthritis Exercise  <b>12:30</b> Krafters  <b>10:30</b> Gym Walking  <b>12:30</b> Fiberazzi  <b>2:00 ZOOM:</b> Social</p>			



# March 2023 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>11:00 ZOOM:</b> Word Games</p>	<p><b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Foot Care Clinic <b>9:30</b> Fit &amp; Fabulous <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit &amp; Fabulous <b>10:30</b> Gym Walking <b>11:00</b> Ted Talks <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10:30</b> Scrabble <b>10:00</b> Fare For All <b>12:30</b> Cards</p>
<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>11:00 ZOOM:</b> Word Games</p>	<p><b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>12:30</b> Cribbage</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit &amp; Fabulous <b>9:30</b> Health Care Counseling <b>10:30</b> Gym Walking <b>5:30</b> Book Club <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards</p>
<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>1:00</b> Build a Bird Feeder <b>11:00 ZOOM:</b> Word Games</p>	<p><b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Medicare Counseling <b>9:30</b> Fit &amp; Fabulous <b>12:30</b> Cribbage</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit &amp; Fabulous <b>10:30</b> Gym Walking <b>11:00</b> Bingo (also on Zoom) <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards</p>
<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>11:00 ZOOM:</b> Word Games</p>	<p><b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>12:30</b> Cribbage</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit &amp; Fabulous <b>10:30</b> Gym Walking <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards</p>
<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>11:00 ZOOM:</b> Word Games</p>	<p><b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Fit &amp; Fabulous <b>12:30</b> Cribbage</p>	<p><b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit &amp; Fabulous <b>10:30</b> Gym Walking <b>2:00 ZOOM:</b> Dice Games</p>	<p><b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards</p>

# April 2023 Events

MP

Merriam Park

W7

West 7th

MW

Both Locations



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>11:00 ZOOM:</b> Word Games	<b>4</b> <b>9:15</b> Pickleball <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social	<b>5</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage <b>3:00</b> Ask the Lawyer	<b>6</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>12:30</b> Bridge II <b>9:30</b> Fit & Fabulous <b>10:30</b> Gym Walking <b>11:00</b> TED Talk <b>2:00 ZOOM:</b> Dice Games	<b>7</b> <b>10:30</b> Scrabble <b>10:00</b> Fare For All <b>12:30</b> Cards
<b>10</b> <b>9:15</b> Pickleball <b>9:00</b> Foot Care Clinic <b>9:30</b> Fit & Fabulous <b>11:00 ZOOM:</b> Word Games	<b>11</b> <b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social	<b>12</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage	<b>13</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit & Fabulous <b>9:30</b> Health Care Counseling <b>10:30</b> Gym Walking <b>5:30</b> Book Club <b>2:00 ZOOM:</b> Dice Games	<b>14</b> <b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>17</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>11:00 ZOOM:</b> Word Games	<b>18</b> <b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social	<b>19</b> <b>9:15</b> Pickleball <b>9:30</b> Health Care Counseling <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage	<b>20</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit & Fabulous <b>10:30</b> Gym Walking <b>11:00</b> Bingo (also on Zoom) <b>2:00 ZOOM:</b> Dice Games	<b>21</b> <b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards
<b>24</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>11:00 ZOOM:</b> Word Games	<b>25</b> <b>9:15</b> Pickleball <b>11:30</b> Arthritis Exercise <b>12:30</b> Krafters <b>10:30</b> Gym Walking <b>12:30</b> Fiberazzi <b>2:00 ZOOM:</b> Social	<b>26</b> <b>9:15</b> Pickleball <b>9:30</b> Fit & Fabulous <b>12:30</b> Cribbage	<b>27</b> <b>9:15</b> Pickleball <b>9:30</b> Bridge I <b>11:30</b> Arthritis Exercise <b>12:30</b> Bridge II <b>9:30</b> Fit & Fabulous <b>10:30</b> Gym Walking <b>2:00 ZOOM:</b> Dice Games	<b>28</b> <b>10:30</b> Gym Walking <b>10:30</b> Scrabble <b>12:30</b> Cards



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**ballrich@lpicommunities.com**

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Keystone Community Svcs, Saint Paul, MN

A 4C 02-1107



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

**Monday & Thursdays at West 7th**  
**Wednesday at MPCC**

9:30 a.m. – 10:15 a.m. with live instruction  
Cost: \$15 per month: may be covered by your health insurance. Call your health insurance customer service line to find out.

## Arthritis Exercise **MP**

For all those with Arthritis, but also those looking for a less intense exercise program. Arthritis Foundation trained exercise instructors will lead this low-impact, joint-safe exercise class; teaching gentle stretching and strengthening. New Instructor Karlene Niva-Colgan leading on **Tuesdays**; Bonnie Eller leading on **Thursdays**.

**6-week session: February 7 – 9**

*(no classes, February 14 & 16)*

**6-week session: February 21 – March 30**

*(no classes, April 4 and 6)*

**6-week session: April 11 – May 18**

*(no classes, May 23 – June 1)*

11:00 a.m. – 11:45 a.m.

## Gym Walking

A nice safe, dry, (cool or warm – depending on the season) place to walk. Both W7th and Merriam Park Gyms available. Subject to change depending on facility schedule.

**W7** **Tuesdays, Thursdays & Fridays**  
10:30 a.m. – 12:00 p.m.

**MP** **Fridays**  
10:30 a.m. – 12:00 p.m.

## Pickleball **MP**

For those 50+. Novice and advanced Pickleball matches played for fun, and include similar levels of play. You get a good, enjoyable work out. Come check it out.

**Mondays, Tuesdays, Wednesdays & Thursdays**

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.

**Tuesdays**

12:30 p.m. – 2:30 p.m.

## Foot Care Clinic

Starting in January Foot Care will alternate between our locations and nurses every other month; clients may sign up for either location.

**MP** **Wednesday, March 1**

9:30 a.m. – 1:30 p.m.

40 minute appointments

Cost: \$45

**W7** **Monday, February 6; Monday April 10**

9:00 a.m. – 2:00 p.m.

40 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.







## Bingo W7

Join us in-person or through a ZOOM link

The popularity of Bingo is undeniable. We will 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; February 16, March 16 and April 20**  
11:00 a.m. – 12:00 p.m. on Zoom or at W7th  
(no lunch at this time)

## Ask the Lawyer: Senior Specialty Legal Advice W7

Melanie Liska of Tarrant & Liska, PLLC, offers FREE one-time 15-minute consultations on the first Wednesday of each month to assist with elder law issues. Registration required.

**1st Wednesdays of the month**  
**February 1, March , April 1**  
3:00 p.m. – 4:00 p.m.

## TED Talks W7

Join us once a month for a discussion on an interesting topic. A few TED Talk videos will be shown on the TV screen, 10 -15 minutes long, and a discussion will follow. Something new to learn and think about.

**Thursdays**  
11:00 a.m.

**February 2:** A colorful case for outside the box thinking on identity

**March 2:** You don't actually know what your future self wants

**April 6:** The lies our culture tells us about what matters – and a better way to live

## Bridge MP

Both brush-up: Bridge I, and intermediate play: Bridge II. Match up with players according to your desired level of play. Meets two separate times on Thursdays.

**Brush-up: Thursdays**      **Intermediate: Thursdays**  
9:30 a.m. – 11:30 p.m.      12:30 p.m. – 2:30 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.

**Fridays**  
10:30 a.m. – 12:30 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; February 9, March 9 and April 13**  
5:30 p.m. – 7:00 p.m.

## Cribbage MP

Enjoy several games of cribbage. Games played with partners and table rotation.

**Wednesdays**  
12:30 p.m. – 2:30 p.m.



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Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)

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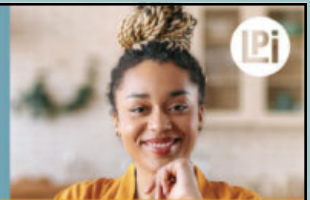
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B 4C 02-1107

# Beyond the Crayon Box

E B M A H O G A N Y V M N M B L U  
 R L E S A T I O A I A A N N L C P  
 O A W C A R A R O G E R S P U C E  
 G C O A Q R G L E L N O D S E N A  
 I K L R U I E N U T S O O R O B C  
 D P L L A T T R U U N N R E N I H  
 N U E E M A E T A R Y N N P V O S  
 I R Y T A C K T I Q V G E P E R A  
 B P A N R C I E P U A R D O R A L  
 R L A S I R I M E O N E L C M N M  
 O E A R N R O I S I N E O L I G O  
 W E B T E L O L L S G N G T L E N  
 N L A V E N D E R E I O S A L P A  
 W E R T U N T S E H C L L N I L I  
 E E O C R E A M K N I P V D O U N  
 D E L K N I W I R E P E F E N M U  
 F U C H S I A E T R O Y A L R R D

## Word List:

BLUE	GREEN	ORANGE	RED
YELLOW	BROWN	BLACK	TURQUOISE
PURPLE	VIOLET	VERMILLION	CERULEAN
INDIGO	SCARLET	GRAY	PEACH
CHESTNUT	TAN	LAVENDER	SALMON
MAHOGANY	GOLDENROD	MAGENTA	PERIWINKLE
BRICK	SILVER	PLUM	SEPIA
PINK	COPPER	LIME	FUCHSIA
MAROON	NAVY	NEON	ROYAL
AQUAMARINE	CREAM	GOLD	



# Ongoing Services



## TOURS RETURN MAY 2023!

The current plan for Dave's History Tours is to return in May 2023. We will have more information in late winter with a new brochure and reservation information.

If you are not on the Tours email list, sign up now!  
See our website to be on our email list or call to be added to the mailing list.

## VOLUNTEER HELP NEEDED!

Volunteering with Keystone gives you the opportunity to see your community transformed!

Currently, we are looking for volunteers to help sort and distribute food at our food shelves, and deliver meals and groceries to neighbors in our community. Volunteers can help on a weekly, bi-weekly, or monthly basis or sign up for volunteer shifts as their schedule allows.

**To sign up to volunteer with Keystone, please visit our website [www.keystoneservices.org](http://www.keystoneservices.org) to start your application today!**

**Beth and Bill O'Connor do feel appreciated by the neighbors they help. "Anytime a client thanks us or remarks how important the service is to them, it's rewarding," Beth said.**

**"I remember a woman who had just gotten an apartment and was early in her sobriety telling me how fortunate she was because of the food shelf and how grateful she was for all the food and other items she received. She had very little in her checkbook to be able to afford anything."**



**RAMSEY COUNTY Social Services**

## COMMUNITY ADVISORY COUNCIL

Join us and make a difference for Ramsey County residents.

Do you live or work in Ramsey County and have a passion for ensuring your community members have the resources and services they need to thrive?

Consider joining a committee. As a member, you'll have the opportunity to meet with Ramsey County leaders, and shape future policy and services to better serve the residents who need them most. Members receive \$50 per meeting and \$25 per hour for additional work.



**ADULT MENTAL HEALTH COMMITTEE**

Help adults living with mental health concerns with living arrangements, school, work and recreation.



**ADULT SERVICES COMMITTEE**

Help older adults who have disabilities or difficulty living independently and are at risk for abuse.




**CHILDREN'S SERVICES REVIEW PANEL**

Help examine the county's children's services policies and make recommendations to improve outcomes for children and families.



**DISABILITY SERVICES & SUPPORT COMMITTEE**

Help community members living with disabilities who are limited in their abilities to live independently.



**SUBSTANCE USE & RECOVERY COMMITTEE**

Help community members access appropriate and culturally specific pathways to recovery.

**LEARN MORE**  
[ramseycounty.us/CAC](http://ramseycounty.us/CAC)

**CONTACT US**  
651-266-4434  
[CommunityAdvisoryCouncil@ramseycounty.us](mailto:CommunityAdvisoryCouncil@ramseycounty.us)



# ARTS PROGRAMMING



Arts programming continues! Our grants from the Metropolitan Regional Arts Council and Minnesota State Arts Board make it possible for us to continue offering free arts programming through the winter on Monday afternoons at W7th. Spread your "creative wings." Programming is for all, no matter your experience with art. We are all learners in these groups.

*Keystone arts funding is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board thanks to a legislative appropriation from the arts and cultural heritage fund.*

## **BUILD A BIRDHOUSE! -W7**

Welcome back your feathered friends with a wooden bird feeder you've made just for them! Join Scott, an avid bird lover and birdwatcher, to build a bird feeder for you to take home and keep. All materials are provided. No power tools will be used, and no experience is necessary. Only nine kits are available. RSVP now to save your spot!

**Monday, March 13**  
1:00–3:00 Cost: Free!



## **At-Home Art Kits Available**

We have a small number of art supplies and craft kits available for you to complete at home during these dreary winter days. If you would be interested in having some projects sent to your home, call Karlene to arrange delivery.

**Watch this space for more arts programming to come this Spring and Summer. We are planning more outdoor concerts and art classes for the warmer months! See you soon!**



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# Community Resources

## COMMUNITY RESOURCES:

### **Little Brothers Friends of the Elderly:**

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**

## AARP SMART DRIVER PROGRAM

Four-hour  
refresher course: **W7**

Thursday, February 9  
12:30 – 4:30 pm

Call 651-298-5493 ASAP  
Space is limited.  
Call to reserve your spot.

Cost: \$25



## DON'T FORGET YOUR YEARLY WELLNESS VISIT!

Schedule with  
your Doctor  
today

- Annual wellness exam
- Influenza vaccine
- Pneumococcal vaccines
- Breast cancer screening
- Colorectal cancer screening
- Cholesterol screening
- Diabetes screening
- High blood pressure screening
- Osteoporosis screening





## HEALTH CARE COUNSELING

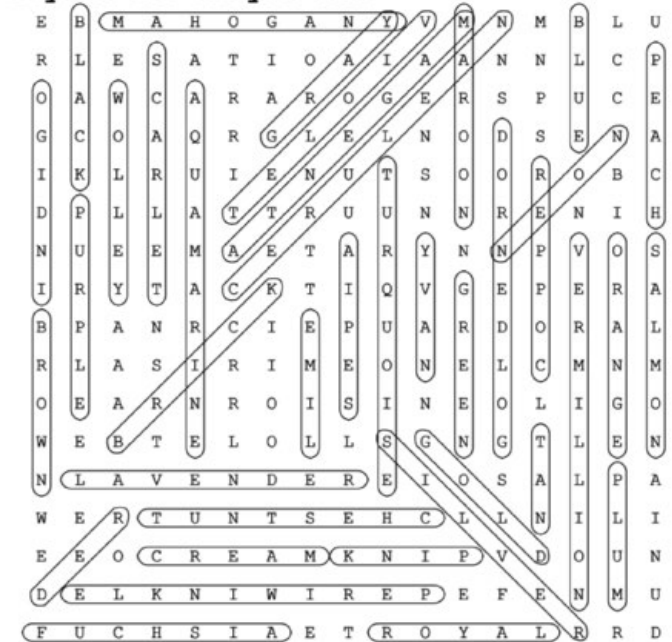
**FREE Health Insurance counseling is available by appointment only. A trained volunteer will help determine your best options.**



Must make appointments through Senior Linkage; [trellisconnects.org/get-help/medicare](https://trellisconnects.org/get-help/medicare) or call **800-233-2433**, or call Keystone and we can assist you with signing up

**1-hour appointments:** 9:30 a.m. – 12:30 p.m.  
**2nd Thursday W7;** February 9, March 9 & April 13  
**3rd Wednesday MPCC;** February 15, March 15 & April 19

### Beyond the Crayon Box



#### Word List:

BLUE  
YELLOW  
PURPLE  
INDIGO  
CHESTNUT  
MAHOGANY  
BRICK  
PINK  
MAROON  
AQUAMARINE

GREEN  
BROWN  
VIOLET  
SCARLET  
TAN  
GOLDENROD  
SILVER  
COPPER  
NAVY  
CREAM

ORANGE  
BLACK  
VERMILLION  
GRAY  
LAVENDER  
MAGENTA  
PLUM  
LIME  
NEON  
GOLD

RED  
TURQUOISE  
CERULEAN  
PEACH  
SALMON  
PERIWINKLE  
SEPIA  
FUCHSIA  
ROYAL

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#### Inclement Weather Procedures:

As we have abundantly seen this winter, sometimes the weather messes with our best-laid plans! 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](http://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 in February at both of our locations.  
Call the location nearest you after January 16 to schedule your appointment.**

### **Merriam Park Community Center**

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

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

Starting February 10, 2023

*Closed Presidents Day*

### **West 7th Community Center**

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

Available Mondays & Wednesdays 9 – 2:00 p.m.

Starting February 6, 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