







**Guild Community Support Program**  
 1740 Livingston Avenue  
 West Saint Paul, MN 55118

**RSVP (651) 457-2248 Ext. 2115**  
***RSVP on or after the 1<sup>st</sup> of the month***

## CSP Calendar July 2021

Monday 12-4 pm	Tuesday 12-4 pm	Wednesday 12-4 pm	Thursday 12-4 pm	Friday 12-4 pm	Saturday Closed
**Tours of the CSP are available Monday and Friday afternoons. Call Diane or Megan for an appointment**	**Classes subject to change: please call ahead to confirm**		1 CLOSED	2 CLOSED	3
5 <b>Closed for the Holiday: Happy 4<sup>th</sup>!</b>	6 1:30 Music Group 	7 1:30 TED Talks	8 1:30 All Member Meeting (see newsletter for details)	9 12:30 What's Happening?	10
12 12:30 TED Talks 1:30 Jean's Arts & Crafts	13 1:30 Music Group	14 1:30 TED Talks	15 1:00 Backyard games w/Frank	16 12:30 What's Happening? (see newsletter for details)	17
19 12:30 TED Talks 1:30 Art with Jennifer- <b>RSVP</b>	20 1:30 Spiritual Conversations with Stan (No Music Group this day)	21 1:30 TED Talks	22 1:30 <b>Ice Cream Social &amp; Grand Re-Opening Party!</b> (see newsletter for details)	23 12:30 What's Happening? 1:30 Art with Jennifer- <b>RSVP</b> 	24
26 12:30 TED Talks 1:30 Art with Jennifer- <b>RSVP</b> 	27 1:30 Music Group	28 1:30 TED Talks	29 1:30 July Birthdays & 	30 12:30 What's Happening? 1:30 Art with Jennifer- <b>RSVP</b>	31



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TWIN CITIES, MN  
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CSP Happenings

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All Member Meeting:

WELCOME BACK TO THE CSP! SINCE THE PANDEMIC, MUCH HAS CHANGED IN OUR COMMUNITY. WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO MEET WITH AS MANY PREVIOUS MEMBERS AS POSSIBLE TO CHECK IN REGARDING NEW AND UPCOMING EVENTS AT THE CSP. WE ALSO WOULD LIKE TO GO OVER OUR PLANS FOR HOW TO KEEP EVERYONE SAFE DURING OUR RE-OPENING PROCESS. WE WOULD LOVE TO SEE ALL NEW AND RETURNING MEMBERS ATTEND!

Thursday, July 8th  
1:30pm

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What's Happening Group:

ARE YOU LOOKING TO FIND FUN, FREE OR CHEAP WEEKEND ACTIVITIES? HAVE YOU THOUGHT ABOUT WHAT ACTIVITIES ARE HAPPENING IN THE AREA? WHAT'S THE WEATHER GOING TO BE LIKE? THIS GROUP DISCUSSES CURRENT EVENTS ALONG WITH LEISURE WEEKEND ACTIVITIES TO HELP YOU HAVE AN ENJOYABLE WEEKEND! COME JOIN US EVERY WEEK

Fridays @ 12:30pm

CSP Happenings

Grand Re-Opening – WELCOME BACK!

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*We are so excited to welcome community support program members back to the CSP after a 15 month closure due to the current pandemic. Our plans for SAFELY re-opening the CSP include the following:*

***-Social Distancing will be strongly encouraged in all indoor spaces***

***-All members and staff will be required to wear masks when indoors for the time being***

***-Calendar activities will slowly start back up with close attention being paid to make sure that local, state and CDC mandates are being strictly followed***

***-Hand washing and extra sanitization of community areas will be implemented and encouraged on a daily basis.***

***-Masks will NOT be required in outdoor areas on CSP premises***

Ice Cream Social & Grand re-opening party!

In honor of re-opening our doors at the CSP, please come join us for an Ice Cream Social with fun-filled Trivia questions afterwards. Prizes will be awarded to multiple winners!

Thursday, July 22<sup>nd</sup> 1:30pm

Jean's Arts and Crafts



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Monday, July 12<sup>th</sup> @ 1:30pm

Welcome Back Jean! We are so excited you are able to return to the CSP this summer! Come join member center volunteer Jean to do some fun and exciting arts and crafts projects! (RSVP)

Facilitator: Jean M., volunteer

# CSP Newsletter – July 2021

## CSP Groups & Classes

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### **ART WITH JENNIFER: CREATIVE SUMMER OUTDOOR FUN . . .**

Welcome Back Jennifer!

We are excited to announce that Jennifer will be returning as our resident art teacher here at the CSP after our long 15 month closure due to the current pandemic. Jennifer is looking into doing fun outdoor projects like Papermaking, Basketry, Beadwork, or possibly Tie-Dye. Come and find out what Jennifer has in store!

**July 19<sup>th</sup>, 23<sup>rd</sup>, 26<sup>th</sup>, 30<sup>th</sup>  
1:30pm**

### **Spiritual Conversations:**

*Welcome Back Stan! Do you connect with or wonder about spirituality in your life?*

*Join this month's group:*

**Tuesday, July 20<sup>th</sup> @ 1:30pm**

*Facilitator: Stan S., volunteer*

## CSP Happenings

### Backyard Games

Welcome Back Frank! Come join in playing some all-time favorite backyard games, including Bocce Ball, Bean Bag Toss and more!



**Thursday, July 15<sup>th</sup> @ 1:00pm**

### **TED Talks: Healthy Living**

Each month we feature 20 minute TED talks for our healthy lifestyles classes. TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where **Technology, Entertainment and Design** converged, and today covers almost all topics

**Mondays @ 12:30pm**

**Wednesdays @ 1:30pm**

*Facilitator: Diane & Megan*



### **BINGO!**

JOIN US ON **THURSDAY JULY 29<sup>TH</sup> @ 1:30PM** TO CELEBRATE WITH OUR FAMOUS MONTHLY BIRTHDAY BINGO! PRIZES

INCLUDED 😊

## The Happy Body & Mind Column

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### **Music Group:**

***“MUSIC GIVES A SOUL  
TO THE WORLD,  
WINGS TO THE MIND,  
FLIGHT TO THE  
IMAGINATION, AND  
LIFE TO  
EVERYTHING.”  
(AUTHOR UNKNOWN)***

COME ONE, COME ALL! JOIN US IN OUR QUEST TO ENJOY LIFE THROUGH SHARING OUR SINGING TALENTS. AN INDIVIDUAL KARAOKE SONG WILL BE CHOSEN BY EACH PERSON IN ATTENDANCE WHO WANTS TO PARTICIPATE. SONGS CAN BE SUNG EITHER SOLO OR COLLECTIVELY AS A GROUP DEPENDING UPON EACH PERSON'S PREFERENCE.



**Tuesdays at 1:30pm  
(NO GROUP ON JULY 20<sup>th</sup>)**

*Facilitator: Megan*

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