

CSP Newsletter

Monthly updates from Guild's Community Support Program

July 2025

50 Coolest FREE Places

Dakota County published a document listing its "50 Coolest Free Places," available online at <https://www.co.dakota.mn.us/Government/Board/District2/Documents/50CoolestFreePlaces.pdf>. Here's a sneak peek at a few:

1. Chimney Rock (near Hastings)
2. Pine Bend Bluffs (Inver Grove Heights)
3. Vermillion River (near Farmington)

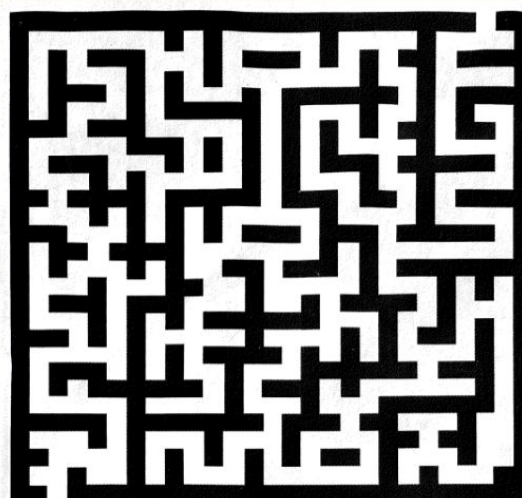


PLEASE NOTE:
THE CSP WILL BE CLOSED ON
FRIDAY, JULY 4 IN
OBSERVANCE OF THE
INDEPENDENCE DAY HOLIDAY

Save the Date!

The Dakota County Fair will be August 4 - 10 in Farmington. For more info visit dakotacountyfair.org

Fun Maze



Welcome to Summer Fun!

 **guild**
Empowering People.

CSP Groups and Classes

Sudoku

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. — The Mephram Group

		4		8				
	3				6			
	5	6			1		4	
	8				7			5
						9	1	
9			5	1			2	
	6		4			3	5	
							8	
				3	1			

Journey Employment

Facilitated by Jen & Venecia,
IPS Employment Specialists
First Wednesday of the month
at 1:30pm

NEXT SESSION: July 2

Do you want to explore career options and readiness skills with Employment? We welcome your curiosity & creativity during this power hour!

Dinner Club

Dinner Club

Tuesday July 8 at 4:30pm

Southern Social Restaurant

RSVP \$\$

Art with Jennifer

Friday, July 11 at 1:30 pm

Friday, July 18 at 1:30 pm

Monday, July 21 at 1:30 pm

Friday, July 25 at 1:30 pm

Wellness Wednesdays

Join us Wednesdays for wellness ideas and practices to improve your wellbeing!

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

ARCTT

--	--	--	--	--	--

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JOMAR

--	--	--	--	--	--

MUBHEL

--	--	--	--	--	--

www.jumble.com

ROBUGE

--	--	--	--	--	--

Print answer here:

--	--	--	--	--	--

THAT SCRAMBLED WORD GAME

by Henri Arnold and Mike Argirion



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Wordsearch: wash it

287

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, or diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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

AIRING
BASKET
BLANKETS
BLOW
BOIL
CLEAN
CYCLE
DETERGENT
DIRTY
DRESS
DRYING

FABRIC
FOLD
GLOVE
HANG
HEAT
IRON
LAUNDRY
LEVEL
LINE
PANTS
PEGS

POWDER
PRESS
PUMP
RINSE
ROTARY
SCRUB
SHEETS
SHIRT
SHRINK
SMOOTH
SOAK

SOAP
SOCKS
SOFTENER
SPIN
STAIN
TAPS
TEMPERATURE
TOP-LOADER
TOWELS
WASH
WATER

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Free Concert Series!

Lowertown Sounds is a free, independent community concert series held on Thursday nights in Mears Park, 221 5th Street East, St. Paul, MN. Concerts begin at 6 p.m. and end around 10:00 p.m. Guests are invited to bring blankets and chairs to enjoy the show.

- July 10 Dan Rodrigues with opener Becky Kapell
- July 17 Annie and the Bang Bang with opener Maria and the Coins
- July 24 Turn Turn Turn with opener Molly Brandt
- July 31 Salsa del Soul with opener Alma Andina

Leprechaun Days

Leprechaun Days is Rosemount's 8 day summer festival where visitors can participate in a variety of events capped off by the Mid-Summer Faire the last weekend. July 19 - 26. Visit leprechaundays.org for more info.

WordWheel



Insert the missing letter to complete an eight-letter word reading clockwise or counterclockwise.

Cooking with Diane

Delicious Swedish Meatballs using Frozen Meatballs

Ingredients

- 1 bag of frozen meatballs
- 1/4 cup of butter
- 1/3 cup of all-purpose flour
- 4 cups of beef broth
- 3/4 cup sour cream
- Cooked egg noodles



Instructions

- Bake meatballs on a sheet pan for 20 minutes at 350 degrees.
- While the meatballs are cooking, melt 1/4 cup of butter in a saucepan over medium-high heat.
- Once butter is melted, whisk in 1/3 cup of all-purpose flour and continue to whisk until it browns up and thickens a bit.
- Slowly stir in 4 cups of beef broth and whisk while cooking for 2 minutes, or until it starts to thicken.
- Once the sauce has thickened, add 3/4 cup of sour cream and stir well.
- Now add your baked meatballs to the sauce and let cook for 10 minutes. Salt and pepper to taste.
- Serve immediately over cooked egg noodles.