



# COMMUNITY THREAD

## APRIL 2026



### LIVING WELL: LEAVE LONELINESS BEHIND

Explore how social connection impacts health and well-being, and why it may look different than you expect. Join us in challenging common perceptions and receive insights on building meaningful connection and purpose in your life. Speaker: Anna King with New Perspective Senior Living

- **Date: Thursday, April 23 at 1 PM**
- Location: Stillwater
- Free & open to all!



### NAVIGATING GRIEF & LOSS

Explore common grief responses, identify personal coping strengths, and learn supportive resources. Participants will also create a meaningful "memory lantern" to take home.

- **Date: Monday, April 13 at 2 PM**
- Location: Stillwater
- Free & open to all!



### FRIDAY FUN DAY

*FREE & OPEN TO ALL!*

ACTIVITY	FRIDAY	TIME
<b>BINGO</b>	<b>April 3 &amp; 17</b>	<b>10:00 AM</b>
<b>TRIVIA</b>	<b>April 10</b>	<b>10:00 AM</b>
<b>PIE DAY</b>	<b>April 24</b>	<b>10:00 AM</b>
<b>MOVIE &amp; POPCORN</b>	<b>April 24</b>	<b>1:00 PM</b>

### CT ORIENTATION



New to Community Thread? Join us for an orientation to explore how we connect neighbors through social activities, volunteering, and services. You'll check out our event calendar, learn about add-on options, and meet newcomers and our friendly team.

- **Date: Wednesday, April 25 at 1 PM**
- Location: Stillwater

A full schedule of activities and events is available to view online. Visit our website ([CommunityThreadMN.org](http://CommunityThreadMN.org)) or scan the QR code to the right.





**VOLUNTEER  
APPRECIATION  
MONTH: Q&A  
WITH KATE**

Community Thread celebrates Kate Caffrey, our Volunteer Engagement Director, whose passion for service connects people to meaningful opportunities. In honor of National Volunteer Appreciation Month, Kate shares what volunteering means to her and why it matters.

**What does volunteering mean to you?** Volunteering to me is about connection and purpose. It's about building relationships and learning from others. It is everyday acts of service that contribute to a need and make meaningful impact in the community.

**What types of volunteering have you personally participated in?** Outside of Community Thread, I work to make a difference in my own community of South Minneapolis. For me, volunteering is a personal commitment. Whether it's assisting with local food distribution for neighbors in need or providing rides to a friend for medical appointments, volunteering is how I stay connected and show up for my community and neighbors.

**What's one of your favorite things about the volunteers you work with at Community Thread?** I can't choose just one thing! There are so many ways our volunteers inspire me and bring me joy — from stocking the gift room for Holiday Hope, to sharing stories from our volunteer drivers, to organizing the annual jewelry sale boutique, or transforming our outdoor spaces with their gardening talents. I'm constantly amazed by the dedication, creativity, and heart our volunteers bring to everything they do.

**What are you looking forward to most as Volunteer Engagement Director?** Volunteers are the heart of who we are so I'm excited to welcome, engage and connect new faces to opportunities both at Community Thread and in the greater community fostering connection and helping our neighbors in need.



*Scan the QR  
code to  
volunteer today!*



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