CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

April 2025

DIRECTORY

Mary Simon

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Director of Physical Plant (651) 515-1737 (Office)

Receptionist

(651) 515-1725

After Hours Emergency - Maintenance

(651) 356-3595

<u>Please put maintenance</u> <u>requests in through the</u> <u>front desk.</u>

TUNE TO CH. 7 ON YOUR
TV FOR DAILY UPDATES

GREETINGS FROM THE EXECUTIVE DIRECTOR

Wishing you all the joys and blessings of the Easter season! As spring blossoms around us, we're reminded of new beginnings and fresh connections. A warm welcome to our newest residents and staff—we're so glad you're here and part of our community! A few friendly reminders to help things run smoothly:

Culinary Comments – If you have suggestions or concerns about meals, please use the Culinary Comment Cards. Including the date and specific meal helps our team respond more accurately. General feedback forms are also available near the mailboxes—if you'd like a follow-up, be sure to include your name.

Room Reservations – When reserving a space for gatherings, please remember: if you have children with you, keep them in the reserved room—no running in the hallways, please. The person reserving the space is responsible for following all room-use guidelines. Thank you for your cooperation!

No Free Table – We don't have a designated "free table" for drop-off items. Instead, if you have something you'd like to offer to neighbors, please take a photo and post it on the bulletin board near the package room.

Recycling & Disposal – Looking to donate or toss items responsibly? Visit Anoka County's Recycling & Disposal Directory to search by item and find nearby options.

Wishing you a season filled with warmth, renewal, and joy.

Blessings to all,

Mary Simon

Executive Director



A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT

April Adventures at Lyngblomsten at Lino Lakes

Spring is in the air, and with it comes a renewed sense of energy and possibility here at Lyngblomsten. April is shaping up to be a vibrant and meaningful month, filled with exciting events, returning favorites, and opportunities to connect with one another in fresh ways.

We're especially thrilled to welcome several new residents who have recently moved in! As our community continues to grow, let this be a gentle reminder to keep an open heart and open chair at your table. If you see someone sitting alone in the dining room, take a moment to introduce yourself. A simple smile or shared meal can spark a new friendship and help make someone feel truly at home.

This month, we're bringing back our popular Arm Chair Travel experience. We'll be journeying through the breathtaking and historic landscapes of Palestine and Israel—no passport needed! Come prepared to be transported as we explore the culture, traditions, and landmarks of these deeply significant regions.

April also features a special Wood and Craft Sale, showcasing handcrafted pieces created by our talented residents and dedicated volunteers. Whether you're shopping for yourself or looking for a unique gift, this is the perfect chance to support your neighbors and celebrate creativity in our community.

We are honored once again to highlight one of our own, Otto S., who will be featured in an upcoming Veterans Round Table. Otto's path to Minnesota is one of resilience, survival, and courage—spanning WWII-era Poland, Prussia, Germany, Canada, California, North Dakota, and finally, here. His story is both moving and inspiring, and we are so fortunate he has chosen to share it with us.

We're also continuing our partnership with Feed My Starving Children. Participating in this volunteer opportunity is a powerful way to make a difference in the lives of others while building deeper bonds with fellow residents through service and shared purpose.

From heartfelt storytelling and cultural exploration to laughter-filled gatherings and meaningful volunteer work, there's something for everyone this month. As always, I invite you to stop by my office if you have ideas, questions, or just want to chat. Let's keep growing, connecting, and celebrating together—April is going to be beautiful.

Warmly, Warmly,

Kaitlyn Olson,

Director of Life Enrichment

APRIL BIRTHDAYS

| April 02 Terry M. (#130) | April 07 Pat E. (#226) |
|--|--|
| April 02 Marty B. (#213) | April 07 Bubs O. (#231) |
| April 03 Carolyn P. (#236) | April 13 Nick B. (#259) |
| April 05 Esther T. (#224) | April 21 Cathy B. (#206) |
| April 06 Paula Z. (#323) | April 25 Marie W. (#331) |



Birthday Party!

Friday, April 25, at 2:30PM in Wally's.

Please join us as we gather to celebrate our friends who have birthdays this month.

To get your birthday in the monthly newsletter complete the Life Enrichment Interest Inventory. They were handed out in your move in binder. Extra copies are available at the front desk.

NEW RESIDENTS

Ruth O. | (#329)

Carlton L. | (#234)

Sandra L. | (#221)

Donna K. | (#211)

Pat J. | (#326)

Please extend a warm welcome to all of our incoming residents to our community!

Live Vibrantly!

RESIDENT REPRESENTATIVES

Current residents who are willing to help you familiarize yourself with your community!

Lead: Ted E. (#409)

Anne R. (#220) **Nan B.** (#425)

Diane L. (#412) **Marilyn P.** (#327)

Ann S. (#420) **Caryl W.** (#218)

If you are interested in becoming a resident **VOLUNTEER** please contact Kaitlyn to let her know you are interested in becoming a trained volunteer through Lyngblomsten Volunteer Services. This would include extra tasks like covering the front desk, helping out during events and socials, outings, etc.

THE WOOD SHOP

Tuesdays & Wednesdays from 10AM-12PM

Wood and Craft Sale in Sophia's Café on Thursday, April 10th from 10AM-2PM.

APRIL HIGHLIGHTS

LEARN CRIBBAGE Tuesdays (April 1, 8, 15, 22 & 29) at 10AM on 2AL. Interested in learning how to play this card game? Come join! Also, if you know how to play, please join in on helping new comers get a refresher or new tricks!

YARN AND FABRIC CLUB Tuesdays (April 1, 8, 15, 22 & 29) at 1PM in the Art Studio. Do you enjoy sewing, knitting, crocheting, patching, or working with fabric and string? Whether you're working on a quilt, scarf, or any fabric-related craft, this is a great opportunity to bring your typically solitary activity into a social space.

TUESDAY BOOK CLUB April 1 & 29 at 3PM in the Community Room. This is led by Residents.

MEXICAN TRAIN Tuesdays (April 1, 8, 15, 22 & 25) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes! (April 25 is pushed to 3:30)

EVENING BINGO Tuesdays (April 1, 15, & 29) at 7PM in the Chapel. Late night bingo game!

Walking Group Mondays, Wednesdays, & Saturdays at 12:45PM. Gather in the lobby.

MEN'S' GROUP Mondays (April 7, 14, 21, & 28) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

PIANO WITH GARRETT Mondays (April 7 & 21) at 3:30PM in the Chapel. Come listen to a very talented Highschool Pianist, who plays every song from memory, meaning he uses no sheet music during his performance!

MULTI MEDIA ART SERIES Wednesdays (April 2 & 9) at 10AM in 2nd floor Assisted Living Dining Area. This program is specifically tailored for those currently living in <u>Assisted Living</u> and Memory Care. NOTE: No Class for the Last Three Wednesdays of the Month.

PERSONAL MEMOIR WRITING SERIES Wednesdays (April 2, 9, 16, 23 & 30) at 1PM in the Art Studio. Led by Morgan Grayce Willow.

BRIDGE Every Wednesday (April 2, 9, 16, 23, & 30) at 2PM on 2AL.

WEIGHT/CARDIO ROOM WITH VOLUNTEER Wednesdays, (April 2, 9, 16, 23 & 30) at 2:30PM. Angela will be available in the fitness area to help you gain understanding and confidence while using the machines.

MacPhail Connecting Voices (CV Choir) Thursdays (April 3, 10, 17 & 24) at 10:30AM in the Chapel. This unique and joy-filled choral experience is for those living at Lyngblomsten. No vocal experience is required. Everyone is welcome to join at any time!

POLISH & PAMPER Every Other Thursdays (April 3 & 17) at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

SNACK 'N' CHAT Every Other Thursdays (April 3 & 17) at 2:15PM in the Community Room. This is a group for the ladies of the campus to come and join in a special time of chatting and snacking.

APRIL HIGHLIGHTS CONTINUED

CULINARY CHAT Friday, April 4 at 10AM in the Chapel. Decide resident-choice meals, meet the Culinary Director, ask questions, and give suggestions. (Also on CH.8)

FRIDAY BOOK CLUB April 4 & 25 at 10AM in the Community Room. This is led by Residents.

OPEN GAMES Friday and Saturday evenings at 6:30PM in Sophia's Café. This is a resident led activity, and all are welcome. <u>Cards and Board games are located in the cabinet across from the fireplace in the lounge area</u>. Feel free to play these at any time!

GOLF SIMULATOR Saturdays (April 5, 12, 19, & 26) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

WEEKEND SCRABBLE Saturdays (April 5, 12, 19, & 26) at 1:45PM on 2AL.

WEEKEND BINGO Saturdays (April 12, 19, & 26) at 1:45PM in the Chapel.

NOTE: NO BINGO ON SATURDAY, APRIL 5.

SCIENCE WITH JANE Tuesday, April 8 at 2PM in the Chapel. Join Jane Phillips as we take a closer look at the fascinating world of fungi! From the friendly helpers that keep our ecosystems in balance to the troublemakers that cause mischief, this session will explore the good, the bad, and the truly bizarre. Get ready for a lively, educational tour of the hidden life beneath our feet!

OTTO S. ROUNDTABLE SHOWING Tuesday, April 8 at 6PM in The Chapel. Join us for another showing of our very own resident that resides here at Lyngblomsten about his heroic journey through wars and hardships.

WOOD AND CRAFT SALE Thursday, April 10 from 10AM-2PM in Sophia's Cafe. Volunteer Will L. and resident Orian F. will be hosting a sale on items that they have handmade throughout the weeks in the WoodShed.

BINGO Every other Thursday (April 10 & 24) at 2:15PM in the Chapel.

GUITAR PERFORMANCE BY MATT Friday, April 11 at 2PM in the Chapel. (Also on CH.8)

ARM CHAIR TRAVEL Monday, April 14 at 3PM in the Chapel. A new location for a growing popular activity. Join us as we journey through the Holy lands of Palestine & Israel.

FIRE DRILL Tuesday, April 15 at <u>4PM</u>. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

MEMORY LOSS CAREGIVERS SUPPORT GROUP Third Wednesday of every month (April 16) at 10:30AM in the Art Studio. Led by Lisa Brown, MSW, LISW. This group is specifically being offered to those who are caring for a loved one who is currently experiencing Alzheimer's Disease or a related dementia.

EASTER EGG HUNT EXTRAVAGANZA Friday, April 18 from 2-4PM. Join us for our 2nd annual Easter Egg Hunt! Last year with over 600 eggs hidden, we are excited to bring it back this year! Look forward to a flyer with more information.

APRIL HIGHLIGHTS CONTINUED

TOWNHOME MEETING Tuesday, April 22 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment.

YARD GAME KICKOFF WITH INCARNATION LUTHERAN CHURCH Wednesday, April 23 .from 6-7PM in the Courtyard (weather permitting, otherwise Chapel). 20 volunteers will be returning from Incarnation to kickstart the warm weather with a yard game event! From bag toss, ladder ball, mini putt-putt, bocce ball, you name it, we will have it! Come join in on the fun while we have tons of lively volunteers!

ART CRIMES: PRESENTATION Friday, April 25 at 1PM in the Chapel. Brushstrokes and Bandits: Heists, Forgeries, and Scandals in the Art World. Join us for a thrilling look at the intersection of art and crime, where beauty and deception collide. This lecture delves into the darker side of art history, uncovering notorious heists, daring forgeries, and scandalous fraud cases that have captivated the world over the past 200 years.

BIRTHDAY PARTY Friday, April 25 at 2:30PM in Wally's. Everyone is welcome as we celebrate our friends who have birthdays this month. (See page 3 for a list of birthdays.) **RESIDENT MEETING** Monday, April 28 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment.

FEED MY STARVING CHILDREN—VOLUNTEER OPPORTUNITY Tuesday, April 29 from 2M-5PM. volunteer opportunity at Coon Rapids FMSC as they host a "Senior Day" designed for a relaxed and rewarding experience. Unlike typical packing sessions, this event is all about coming together at an easygoing pace to make a difference for children in need. There are unlimited volunteer spots, but only 12 spaces available on the bus, so sign up soon! If you plan to drive yourself, please indicate that on the sign-up sheet at the front desk.

BOOK NOOK

We are currently at a max capacity for books and are not accepting any donations at this time. Be on the look out for dates given out when we are ready for donations!

Also, we would like to introduce the amazing Library team that continuously makes sure it stays a space you can enjoy:

DIANE L. & ANNE R.
DOROTHY S. & DIANE W.
PAULA Z. & MARY W.
MARILYN P. & JUDY C.

PLEASE RETURN BOOKS TO THE RETURN BIN-FOR THE LIBRARY KEEPERS TO PLACE BACK IN THEIR ORIGINAL SPOTS.

THERE ARE BOOK REVIEW SLIPS AVAILABLE FOR YOU TO FILL OUT WHEN YOU ARE DONE READING A BOOK. LOCATED IN THE RETURN BOX IN THE LIBRARY.



APRIL OUTINGS

<u>If you are interested in participating in any of these outings, please sign-up at</u> the front desk.

All outings are roughly 1-1/2 hours in duration unless otherwise noted below. We can accommodate 13 residents on the bus for each outing. If we have more than 13 people interested, we will open a waitlist where you may be contacted if someone cancels. If you are able to drive your own vehicle to the destination, you are encouraged to follow the bus or meet us there.

The bus ride is provided by Lyngblomsten; however, residents are responsible for all costs associated with the outing.

Tuesday, April 15 | Shopping: Target

We will leave the lobby at 9AM. Sign up by Friday, April 11.

Thursday, April 17 | Lunch: Orchid Restaurant

We will leave the lobby at 10AM. Sign up by Monday, April 14.

Friday, April 18 | Centennial Library

We will leave the lobby at 9:45AM. Sign up by Monday, April 14.

Tuesday, April 29 | Feed My Starving Children: Volunteer Opportunity

(Unlimited Sign-Up. Please leave spots on bus for those who do not drive.)

We will leave the lobby at 2PM. Sign up by Monday, April 28.

Packing: 2:30-4:15PM

Arrive back at Lyngblomsten: 5PM

This is a "Senior's Only" session. There will be no competition, and you go at your own pace.

If you are willing to let people carpool with you please mention that when you are signing up at the front desk.

Wednesday, April 30 | Shopping: Walmart

We will leave the lobby at 9AM. Sign up by Friday, April 25.

SPIRITUAL CARE

FAREWELL FRIENDS

After much prayer and discussion with my family, I have decided to resign from my role as campus pastor at Lyngblomsten at Lino Lakes, with my last day being Thursday, April 24. This decision was not easy, as I have truly enjoyed working with both staff and residents. However, managing full time ministry at Living Waters Lutheran and 10+hours a week at Lyngblomsten has become too much for me to handle faithfully and effectively.

Balancing two communities and all the responsibilities that come with them have become overwhelming and are taking a physical toll on my physical health. I deeply value this community and will continue to keep you in my thoughts and prayers.

Let us pray... Gracious God, thank you for the privilege of serving alongside such a wonderful community at Lyngblomsten. I give thanks for the relationships built, the stories shared, and the growth we've experienced together. Bless each person here, staff and resident alike, with peace, joy and continued strength. May Your presence guide and surround this community in the days ahead as it strives to be a place of care, compassion and love. May all who walk through tis doors feel Your love and grace, in Jesus' name,

Amen.

In God's love and peace,

Pastor Ivy Huston

ROMAN CATHOLIC MASS FIRST WEDNESDAY OF THE MONTH

Mass with Holy Communion is led by Father Bill Deziel from St. Joseph's at the Lake

ROMAN CATHOLIC WORD & COMMUNION SERVICE | WEDNESDAYS AT 1PM IN THE CHAPEL

Consecrated lay leaders from St. Odilia's and St. Joseph's at the Lake will be leading this service of Word and Communion.

PROTESTANT WORSHIP | THURSDAYS AT 1PM IN THE CHAPEL

Join us for worship with music, scripture and communion. All are welcome to participate. Worship will take place on:

April 3: God compels us towards mercy: Luke 15.

April 7: Palm Sunday: Luke 19: 28-40.

April 14: Passion according to the Gospel of Luke.

April 21: Celebration of Easter & Godspeed to Pastor Ivy.

PRAYING THE ROSARY- FIRST MONDAY OF THE MONTH AT 2PM IN THE CHAPEL

Friends from St. Joseph's at the Lake will be leading the rosary prayers with us. Bring your rosary and join us on **April 7.**

SPIRITUAL CARE CONTINUED



GRIEF SUPPORT GROUP | EVERY THURSDAY

Thursdays **(April 3, 10, 17, & 24)** at 3:30PM in Community Room. All of us have experienced loss is some way and those losses shape how we navigate our daily lives. Join us for conversation and sharing as we find hope together in the shadow of grief.

MINDFULNESS GROUP | MONDAYS AT 1:30PM IN THE CHAPEL

Mindfulness means choosing to pay attention to this present moment, on purpose, without judgement. This group meets to practice a variety of techniques that help us center our hearts in this moment. All experience levels are encouraged to join us- Residents and staff alike. **April** 7, 14, 21, & 28.

BIBLE STUDY WITH PASTOR IVY | MONDAYS AT 10:30AM IN THE COMMUNITY ROOM

Bring your bible and join us as we explore the story of God's love for all of creation, including us fragile and fractured humans. Bible Study will meet:

April 7: Palm Sunday Story: Luke 19:28-40.

April 14: The Passion story according to Luke: Luke 22: 14-23:56.

April 21: Easter story- Now what? Luke 24:1-12.

MEMORY CARE MASS | OFFERED MONTHLY IN LOCAL PARISHES

A memory care mass is designed to fit the needs of those living with dementia while still allowing them to experience the comfort and spiritual care they need. Each mass is 30 minutes in length and held in the chapels at St. Odilia's and St. Mary at the Lake beginning at 1:30PM, followed by a time of fellowship. These services allow those experiencing dementia and their caregivers to receive communion and participate in prayer. If you have any questions, please contact Deacon Jim Saumweber at St. Odilia's, (651) 484-6681 or Kathleen Finn at St. Mary of the Lake (651) 429-7771, and choose option 1 on the dial pad. Memory Care Mass will take place:

April 10: St. Mary's of the Lake (4741 Bald Eagle Ave, White Bear Lake)

May 22: St. Odilia's

June 26: St. Mary of the Lake

FITNESS CENTER CLASS SCHEDULE

Monday | **Seated Strength Exercise** with Sarah from 1–1:45PM

Tuesday | Chair Yoga with Angie at 10AM

Wednesday | **Seated Strength Exercise** with Sarah from 1–1:45 PM

Thursday | **Chair Yoga** with Angie at 10AM

Friday | Gentle Yoga with Terrie at 11AM



POOL SCHEDULE

Monday | Water Aerobics with Sarah from 2–3PM

Residents only from 7AM-12PM

Residents and their family/friends from 12-2PM and 3-10PM

Tuesday | Residents only from 7AM-12PM

Residents and their family/friends from 12-10PM

1st Tuesday: Gentle Water Ai Chi with Sherryl at 11AM

2nd and 4th Tuesday: Gentle Water Work with Sherryl at 11AM

Wednesday | Water Aerobics with Sarah from 2–3 PM

Residents only from 7AM-12PM

Residents and their family/friends from 12-2PM and 3-10PM

Thursday | Residents only from 7AM-12 M

Residents and their family/friends from 12-10PM

Friday | Residents only from 7AM-12PM

Residents and their family/friends from 12–10PM

Saturday and Sunday | Residents only from 7AM-12PM

Residents and their family/friends from 12-10PM

Please note: the Pool, Fitness Center, and Golf Simulator are reserved for Lyngblomsten volunteers every other Tuesdays of the month from 3-7PM.



Presentation: Art Crimes

Friday, April 25th / 1:00 – 2:00 PM Lyngblomsten at Lino Lakes Chapel/Multipurpose Room 6070 Blanchard Blvd., Lino Lakes

Scandals in the Art World. Join us for a thrilling look at the intersection of art and crime, where beauty and deception collide. This lecture delves into the darker side of art history, uncovering notorious heists, daring forgeries, and scandalous fraud cases that have captivated the world over the past 200 years. From iconic masterpieces stolen in audacious thefts to the meticulous craft of counterfeiters deceiving experts. These stories reveal the art world's susceptibility to crime and intrigue with dramatic flair. We'll explore famous cases, discussing the techniques that art thieves and forgers used, and the impact of these crimes on artists, collectors, and institutions.

Olivia Lonetti is an art historian who works with fine objects at Revere Auctions.

REVERE AUCTIONS

Free. No registration required.

For more information, contact Holly Nelson, Director of Lifelong Learning & the Arts, at hnelson@lyngblomsten.org or (651) 632-5459.



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Lyngblomsten Presents: Can You Feel the Vibes?

Friday, May 9th / 2:00 – 3:00 Chapel/Multipurpose Room 6070 Blanchard Blvd., Lino Lakes 55014

Performing artist Steve Roehm is a Minneapolis based musician who has created his niche playing the Vibraphone. Join him to hear a variety of music and learn about this unique instrument.



Steve is a native of Saint Paul, and has been performing and teaching music in the Twin Cities since 1995. He joined the MacPhail Center for Music in 2004, where he teaches percussion and rock and roll. Steve has traveled extensively, and in the past ten years he has performed with Matt Wilson, The Flops, Dan Schwartz, Clay Moore and Leslie Gore. In 2011, he joined the Witness, which is the

house band for Minnesota Public Radio's "Wits." He has also recorded for The Jonas Brothers and can be heard on the soundtrack of "Stay" featuring Ewan McGregor.

Free; No registration required. For more information, contact Holly Nelson, Director of Lifelong Learning & the Arts, at (651) 632-5459 or hnelson@lvngblomsten.org



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ROOM KEY & LOCATIONS

Game Room | **G** Located on garage level. Follow white hallway by garage door.

Wood Shed | WS Located on garage level. Follow white hallway by garage door.

Lobby | **L** Located on first floor. Common meeting space for outings & other events.

Sophia's Café | **SC** Located on first floor by the lobby.

Courtyard | **CY** Located outside on first floor behind Sophia's.

Chapel | <u>CH</u> Located on first floor across from Sophia's.

Fitness Room | <u>F</u> Located on first floor.

Pool | **P** Located on first floor in the fitness area.

Salon | No Key Located on first floor.

Mikelson's Tavern | <u>MT</u> Located on second floor.

Wally's | W Located on second floor.

Puzzle Table | No Key Located on second floor. Located by Life Enrichment offices.

2nd Floor Assisted Living Dining Area | **2AL** Located on second floor in Assisted Living. Near Mikelson's and Wally's.

Theater | **T** Located on third floor. North end.

Library | **No Key** Located on third floor. South end.

Community Room | <u>CR</u> Located on fourth floor. North end.

Art Studio | **S** Located on fourth floor. South end.

BLUE HERON SALON

Salon Hours:

Tuesdays: 1:30-7PM

Thursdays: 8:30AM-5PM

Contacts:

Salon Owner/Hair Professional- Loreen: (612) 600-7641

Massage Therapist-Melody: (763) 222-3691

Nail Tech- Tuyen: (612) 229-1002

GIFT CARDS AVAILABLE FOR PURCHASE