

# CAMPUS NEWSLETTER

*A newsletter for the residents of Lyngblomsten at Lino Lakes*

*May 2025*

## **DIRECTORY**

**Mary Simon**

*Executive Director*

(651) 515-1724

**Angie Quick**

*Assistant Executive Director*

(651) 515-1726

**Deb Bland**

*Director of Marketing*

(651) 515-1727

**Kaitlyn Olson**

*Director of Life Enrichment*

(651) 515-1730

**Jackie Leuer**

*Director of Culinary*

(651) 515-1736

**Jared O'Connell**

*Director of Physical Plant*

(651) 515-1737

(Office)

**Receptionist**

(651) 515-1725

**After Hours Emergency -**

**Maintenance**

(651) 356-3595

Please put maintenance requests in through the front desk.

**TUNE TO CH. 7 ON YOUR TV FOR DAILY UPDATES**

## **GREETINGS FROM THE EXECUTIVE DIRECTOR**

It's a beautiful time of year, and we hope you've been enjoying the sunshine in our lovely courtyard. Just a friendly reminder: you'll need your fob to re-enter the building from the courtyard doors—don't forget it when you step outside!

We're also excited to share that the fountain for our pond will be arriving soon! The electrical work has been quoted, and we're looking forward to seeing the new fountain spray water high into the air, complete with lights for a stunning evening glow.

A few community reminders:

We love seeing residents and families host gatherings in our shared spaces—it brings wonderful energy to the building! If you reserve a space for a party, please be sure the group stays within that reserved area. It's also important that all children are supervised by an adult at all times while in the building. Unattended children can pose a safety risk, especially for those using mobility devices.

We've also received feedback about cars being left unattended in the front drop-off zone. To help keep things moving smoothly, we ask that if you're delivering items, please load them onto a cart first, move your car to a parking spot, and then complete your delivery. Thank you for your cooperation!

### **AED Safety Note**

We have an AED (Automated External Defibrillator) located just outside the Fitness Center. It provides verbal step-by-step instructions if ever needed.

### **Severe Weather Season is Here**

As we enter the stormy season, please remember to stay tuned to local weather alerts via radio or television. In the event of a severe weather warning:

- Close all windows, drapes, and blinds
- Go to an interior, windowless space like a bathroom or closet
- While we don't have a designated tornado shelter, residents are welcome to use the basement or garage areas if they feel safer doing so.

Thank you for helping us keep our community safe, respectful, and thriving.

Blessings to all,  
*Mary Simon*  
Executive Director



## A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT



Spring has officially settled in, and with it comes one of our favorite times of the year—Homes for the Aging Week! Starting May 12, we'll be honoring our vibrant community of residents with a week full of appreciation, joy, and connection. Get ready for exciting activities, fun surprises, and giveaways designed just for you. This week will be jam-packed with extra events and special touches, so be sure to keep an eye out for bonus flyers and email announcements leading up to and during the week.

In addition to all the Homes for the Aging festivities, we'll also take time to celebrate the amazing women in our lives during our Mother's Day Social in Mikelson's Tavern. Whether you're a mother, grandmother, mentor, or friend, this gathering is a chance to connect, reflect, and enjoy each other's company.

And the excitement doesn't stop there! Our first Bear Boating trip of the season is launching this month, and we can't wait to feel that lake breeze again out on White Bear Lake. Space is limited, so check the calendar and get signed up early if you want to join!

We're also thrilled to welcome not one, but two incredible musical performances this month!

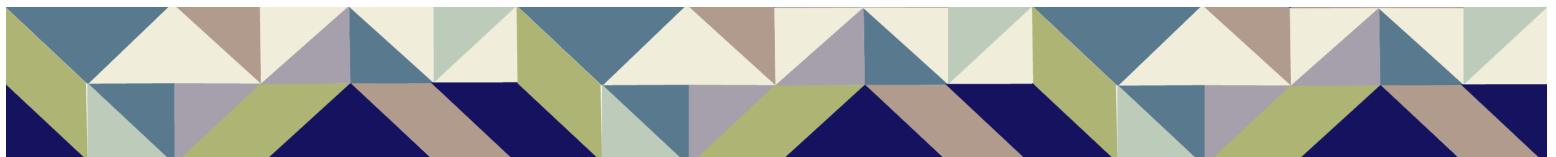
Steve Roehm will be joining us for a unique and relaxing vibraphone concert—his musical style brings a soothing, melodic experience that's sure to strike the right chord.

Later in the month, don't miss a special performance by the Pistachio Singers, a delightful local vocal trio known for their vibrant harmonies and playful repertoire that blends classics with charm. You can read more about them [here](#).

With so much going on, it's a great time to try something new, meet a neighbor, or just enjoy the sunshine. As always, if you have any questions, ideas, or want to get more involved, my door is open!

(P.S. Gardening Spots are Opening This Week)

Wishing you a joyful and music-filled May,  
Kaitlyn Olson,  
Director of Life Enrichment



## MAY BIRTHDAYS

May 01		Lori D. (#215)	May 15		Marilyn R. (#103)
May 02		Judd Z. (#323)	May 22		Nancy M. (#341)
May 04		Mary K. (#134)	May 23		Erin O. (#318)
May 06		Max P. (TH266)	May 24		Judy C. (#301)
May 06		Marie H. (TH263)	May 26		Alice F. (#113)
May 10		Trish S. (TH275)	May 27		Jeannette L. (#317)
May 11		Nancy D. (#410)	May 28		Mary Ann L. (#133)



### Birthday Party!

Friday, May 22, at 2PM 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

Robert C. | (#413)  
Mary & Wayne B. | (TH 271)  
Pat & Charles J. | (#326)  
Ardeen B. | (#225)  
Vicki E. | (#239)  
Sally F. | (#345)  
Judith S. | (#129)

## 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

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

*Live Vibrantly!*

## MAY HIGHLIGHTS

**MACPHAIL CONNECTING VOICES (CV CHOIR)** Thursdays (May 1, 8, 15, 22 & 29) 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! Next Concert: May 29 at 11AM in the Chapel.

**POLISH & PAMPER** Every Other Thursday (May 1, 15 & 29) 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 Thursday (May 1, 15 & 29) 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.

**CULINARY CHAT** Friday, May 2 at 10AM in the Chapel. Decide resident-choice meals, meet the Culinary Director, ask questions, and give suggestions. (Also on CH.8)

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

**GOLF SIMULATOR** Saturdays (May 3, 10, 17, 24 & 31) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

**WEEKEND SCRABBLE** Saturdays (May 3, 10, 17, 24 & 31) at 1:45PM on 2AL.

**WEEKEND BINGO** Saturdays (May 3, 10, 17, 24 & 31) at 1:45PM in the Chapel.

**WALKING GROUP** Mondays, Wednesdays, & Saturdays at 12:45PM. Gather in the lobby.

**MEN'S' GROUP** Mondays (May 5, 12, 19, & 26) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

**PIANO WITH GARRETT** Mondays (May 5 & 19) at 3:30PM in the Chapel. Come listen to a very talented Highschool Pianist, who plays every song from memory!

**CINCO DE MAYO HAPPY HOUR** Monday, May 5 at 5PM in Mikelson's Tavern.

**LEARN BRIDGE** Tuesdays (May 6, 20 & 27) 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 (May 6, 13, 20 & 27) 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.

**MEXICAN TRAIN** Tuesdays (May 6, 13, 20 & 27) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

**EVENING BINGO** Tuesdays (May 6 & 27) at 7PM in the Chapel. Late night bingo game!

## MAY HIGHLIGHTS CONTINUED

**MULTI MEDIA ART SERIES** Wednesdays (May 7, 14, 21, & 28) at 10AM in 2nd floor Assisted Living Dining Area. This program is specifically tailored for those currently living in Assisted Living and Memory Care.

**PERSONAL MEMOIR WRITING SERIES** Wednesdays (May 7, 14, 21, & 28) at 1PM in the Art Studio. Led by Morgan Grayce Willow.

**BRIDGE** Every Wednesday (May 7, 14, 21, & 28) at 2PM on 2AL.

**WEIGHT/CARDIO ROOM WITH VOLUNTEER** Wednesdays, (May 7, 14, 21, & 28) at 2:30PM. Angela will be available in the fitness area to help you gain understanding and confidence while using the machines.

**BINGO** Every other Thursday (May 8 & 22) at 2:15PM in the Chapel.

**S'MORES NIGHT** Every other Thursday evening (May 8 & 22) at 6PM in The Courtyard or Sophia's Café weather depending.. Join us for gathering with friends while toasting a marshmallow over a warm fire.

**MOTHERS DAY SOCIAL** Friday May 9 at 12PM in Mikelson's Tavern. Inviting all ladies to join us for hors devours and special sips to celebrate.

**VIBRAPHONE PERFORMANCE BY STEVE ROEHM** Friday, May 9 at 2PM in the Chapel. (Also on CH.8) See flyer at the end of the Newsletter for more details.

**MOVIE IN THE CHAPEL** Monday, May 12 at 2pM in the Chapel. Join us as we watch the hit movie "Grease" with John Travolta and Olivia Newton John.

**PISTACHIO SINGERS** Monday, May 12 at 6:30pM in the Chapel. Come watch in awe as a group of ladies aged from 55-98 sing and dance a journey of pieces that takes us through time.

**SCIENCE PROJECT WORKSHOP** Tuesday, May 13 from 10AM-2pM in Sophia's Café. You will get an opportunity to create some fascinating DIY science projects with guided help by a volunteer. Choices like handmade lava lamps and weather in a jar are just a few ideas.

**SCIENCE WITH JANE** Tuesday, May 13 at 2pM in the Chapel. Join Jane Phillips as we take a closer look at world of Migration!

**MAKE YOUR OWN FOOD CREATION** Wednesday, May 14 from 10AM-2pM in Sophia's Café. Come down anytime during these hours to make your very own parfait, mini tart or fruit pizza.

**PROM** Thursday, May 15 at 6PM in the Chapel. Theme: Forever Young. Please look for a flyer coming up for more details and information.

**PEP RALLY & BBQ** Friday, May 16 from 12-2PM in the Courtyard. Centennial Highschool Marching Band will be shuttling 40 of their musicians over to perform musical pieces for us. We will also be grilling on the courtyard for lunch. Please look for a flyer coming up for more details and information.



## MAY HIGHLIGHTS CONTINUED

**FIRE DRILL** Tuesday, May 20 at **10AM**. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

**TOWNHOME MEETING** Tuesday, May 20 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.

**MEMORY LOSS CAREGIVERS SUPPORT GROUP** Third Wednesday of every month (May 21) 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.

**BIRTHDAY PARTY** Friday, May 23 at 2PM in Wally's. Everyone is welcome as we celebrate our friends who have birthdays this month. (See page 4 for a list of birthdays.)

**RESIDENT MEETING** Monday, May 26 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, May 27 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.

**TUESDAY BOOK CLUB** Last Tuesday of every month (May 27) at 3PM in the Community Room. This is led by Residents.

**FRIDAY BOOK CLUB** Last Friday of every month (May 30) at 10AM in the Community Room. This is led by Residents.

**JEOPARDY** Friday, May 30 at 2PM in the Art Studio. Join Kaitlyn and your neighbors as you work together or competitively to win the most points playing one of America's favorite game shows.

### BOOK NOOK

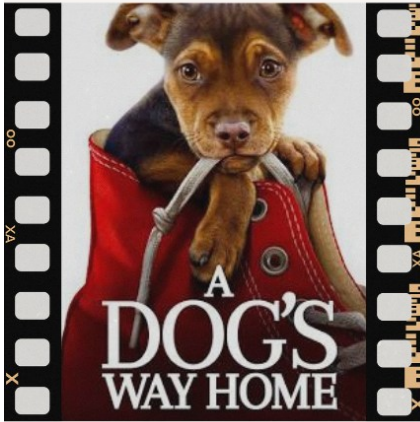
We are currently at a max capacity for books and are not accepting any donations at this time. Be on the look out for dates given out when we are ready for donations!

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.**

# NOW SHOWING IN THE THEATER ON THIRD



Thursday, April 1  
6PM

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers who happen to cross her path.

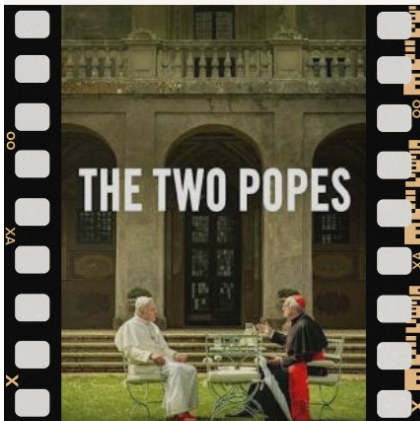
Family/Drama  
1 ½ Hours.



Sunday, May 4  
1:30PM

Former CIA spies Emily and Matt are pulled back into espionage after their secret identities are exposed.

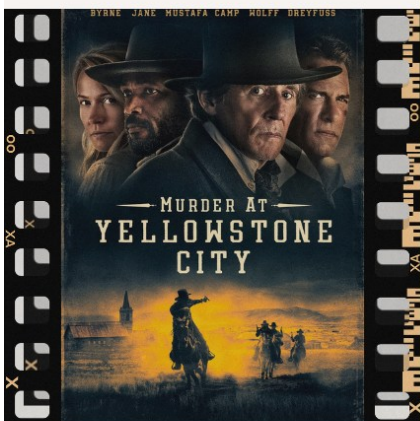
Action/Comedy  
1 ½ Hours.



Sunday, May 11  
1:30PM

Behind Vatican walls, Pope Benedict and the future Pope Francis must face their pasts and find common ground in order to forge a new path for the Catholic Church.

Based on Real Life  
1 ½ Hours.



Sunday, May 18  
1:30PM

The once peaceful and booming Yellowstone City has fallen on hard times, but when a local prospector strikes gold, things seem to turn around. However, any hope is soon shattered when the prospector is found dead and the sheriff quickly arrests a mysterious newcomer. As the brutal murders continue, worried residents start to prepare for a final showdown that pits neighbor against neighbor.

Western/Suspense  
2 Hours.



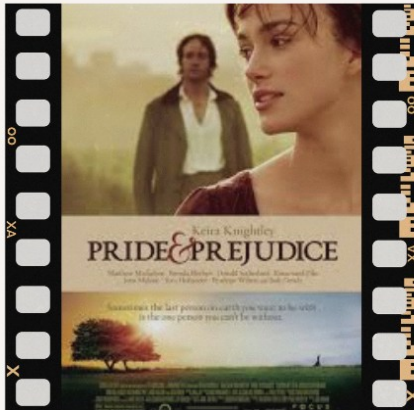
# NOW SHOWING IN THE THEATER ON THIRD



Sunday, May 25  
1:30PM

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

Based on a Book  
2 Hours.



Thursday, May 29  
6PM

In this adaptation of Jane Austen's beloved novel, Elizabeth Bennet (Keira Knightley) lives with her mother, father and sisters in the English countryside. As the eldest, she faces mounting pressure from her parents to marry. When the outspoken Elizabeth is introduced to the handsome and upper-class Mr. Darcy (Matthew Macfadyen), sparks fly. Although there is obvious chemistry between the two, Darcy's overly reserved nature threatens the fledgling relationship.

Action/Comedy  
1 ½ Hours.



EVERY SUNDAY  
7PM

The once-mighty King Saul falls victim to his own pride; at the direction of God, he anoints an unlikely, outcast teenager as the new king; David finds himself on a journey to discover and fulfill his destiny, navigating love, loss and violence.

Faith Based  
2-3 Episodes



## MAY OUTINGS

**If you are interested in participating in any of these outings, please sign-up at 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, May 13 | Shopping: Target**

We will leave the lobby at 9AM. Sign up by Friday, May 2.

### **Friday, May 16 | Centennial Library**

We will leave the lobby at 9:45AM. Sign up by Monday, May 12.

### **Tuesday, May 27 | Shopping: Walmart**

We will leave the lobby at 9AM. Sign up by Friday, May 23.

### **Tuesday, May 27 | 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, May 26.

**Packing:** 2:30-4:15PM

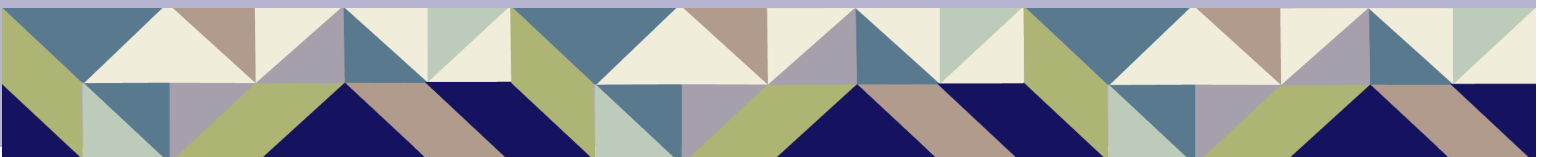
**Arrive back** at Lyngblomsten: 5PM

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, May 26 | Bear Boating: White Bear Lake**

We will leave the lobby at 9AM. Sign up by Friday, May 23.

**ONLY 8 SPOTS AVAILABLE. PARTICIPANTS WILL BE CHOSEN BY LOTTERY IF OVER 8 SIGN UP.**





### **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 **May 5**.

### **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**

During the month of May, we'll have a simplified worship service, led by local faith leaders or engaging in worship online through Spiritual Eldercare. Holy Communion will be offered on May 1 & 15.

**MAY 1:** Pastor Janet Karvonen Montgomery from Incarnation Lutheran

**MAY 8:** TBD

**MAY 15:** Pastor Ivy Huston from Living Waters Lutheran

**MAY 22:** TBD

**MAY 29:** TBD

### **GRIEF SUPPORT GROUP | EVERY THURSDAY**

Thursdays at 3:30PM in Community Room. All of us have experienced loss in 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.

### **BIBLE STUDY WITH JAN W. | 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.



### 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:

**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

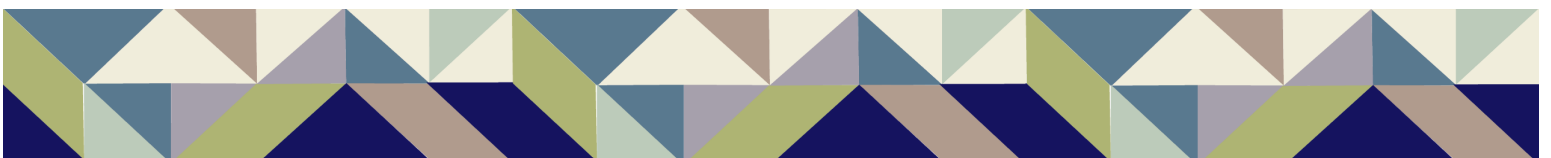
**Friday | Residents only** from 7AM–12PM

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.**



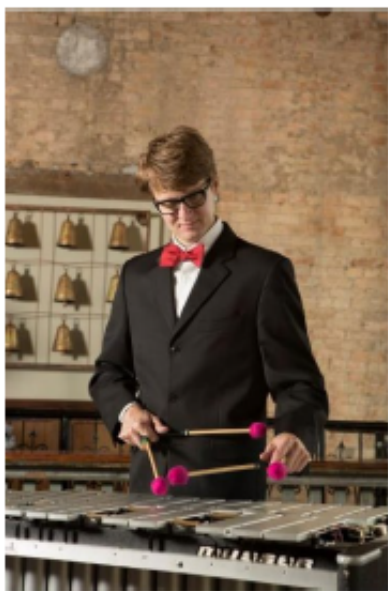
# Lyngblomsten Presents: Can You Feel the Vibes?

**Friday, May 9<sup>th</sup> / 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@lyngblomsten.org](mailto:hnelson@lyngblomsten.org)

## 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** | **CH** Located on first floor across from Sophia's.

**Fitness Room** | **F** Located on first floor.

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

**Salon** | **No Key** Located on first floor.

**Mikelson's Tavern** | **MT** 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** | **CR** 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\*