

CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

August 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

Jack Krakow

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



A warm welcome to all our new residents and staff—we're so glad you've joined the Lyngblomsten family!

We're excited to announce that Forefront Culinary Services has officially joined our team. With them, we welcome Jack Krakow, our new Culinary Director. Be sure to read his article in this newsletter to learn more about his background and vision.

As always, your feedback in the dining room matters. Comment cards are available for you to share both compliments and concerns—letting us know what you're enjoying or what needs improvement helps us serve you better.

A quick tip: alcoholic beverages are available for purchase in the dining room and tavern for your enjoyment while dining or socializing. However, please note that alcohol is not available to-go.

Have you seen the fountain lately? It's up and running again! A huge thank you to Jared, Aaron, Jeff, Mark, and Owen for their continued dedication to maintaining our beautiful landscaping and grounds.

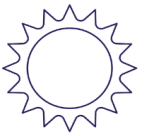
And finally, if you experience a blood spill on your carpet, please notify the receptionist as soon as possible. While there is a cleaning charge, prompt attention will help ensure the spot is properly treated and removed.

Wishing everyone a wonderful month ahead!

Blessings to all,
Mary Simon
Executive Director



A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT



August brings a fresh rhythm to campus—literally! We're thrilled to introduce "Rhythmically Speaking", a movement-based class that blends music and motion into a fun and energizing experience. It's a great way to try something new and reconnect with your body in a joyful, expressive way.

This month also features our exciting Night to Unite celebration, where local first responders will join us for a community-building afternoon. Expect engaging Q&A sessions, a chance to meet a real K9 unit, and maybe even get a closer look at some of their emergency vehicles. It's a great opportunity to build relationships and learn more about the folks who help keep our community safe.

Our outings calendar is expanding, and we're adding a new destination this month: Minnesota's Largest Candy Store in Jordan! Whether you're going for the sweets, the nostalgic décor, or just the road trip vibes—it's bound to be a fun one. And for our anglers, another fishing trip on the St. Croix is coming up, with first spots going to those who missed out on the Father's Day outing.

We're also welcoming Brighton Hospice as they treat us to an ice cream social—a perfect pairing for a warm afternoon and a sweet chance to socialize with friends. Along with another presentation on scams and how to avoid and prevent them at a later date!

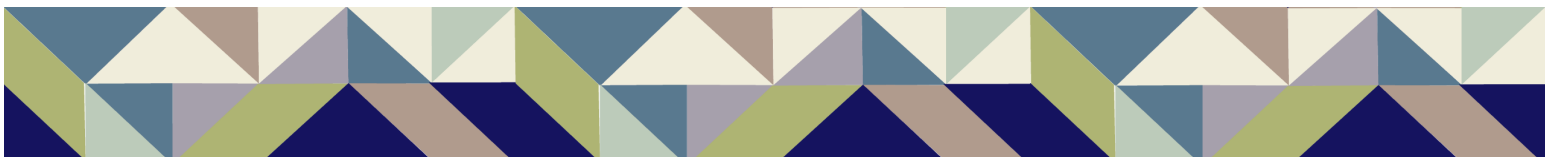
As for our regular trips to Feed My Starving Children, we'll be pressing pause for now until we see more interest. If this outing is something you'd like to see return, let me know—we love when our volunteer efforts grow from resident enthusiasm.

Don't miss the upcoming Scam Prevention presentation, covering how to spot red flags, what to do if you or a loved one is targeted, and how to stay a step ahead.

Between s'mores nights, story sharing, games in Sophia's Café, and plenty of creative outlets, August is the perfect time to branch out and enjoy something new. You belong here—and your next favorite event might be just around the corner.

Kaitlyn Olson,

Director of Life Enrichment



CULINARY CORNER

We're thrilled to welcome Jack Krakow, FSM CFPM, to the Lyngblomsten community as our new Culinary Director! Jack joins us through Forefront Services Group, Lyngblomsten's new dining services partner.

With over a quarter century of dedicated work in hospitality, Jack is an accomplished food service executive, Executive Chef, Whisky Sommelier, and Master Baker. He's also a state-certified Food Protection Manager and a certified Food Service Manager by the National Restaurant Association.

You can find Jack's office just steps from Sophia's on the main floor. Feel free to stop by anytime! Outside of work, Jack enjoys food history, general history, graphic design, and architecture.

Over the next few weeks and months, you'll see a complete transformation in your dining services. We've been working diligently to bring you a fresh, new experience. Prepare for wholesome, fresh, exciting, and scrumptious new menu options, bakery items, beverages, and a more convenient shop.

Sophia's will still offer all your beloved favorites at their current prices, now enhanced with a refreshed coffee experience, new bakery treats, paninis, sandwiches, pizzas, and an array of exciting new cold beverages, including exotic teas and juices.

Mikelson's Tavern will introduce its own dedicated menu featuring Euro bistro pub favorites, perfect for an expanded, later dinner option. Meanwhile, Wally's and our room dining experience will both present expanded menus with new flavors and themes.

Do you have a favorite dish or recipe you'd like to share with the community? We'd love to feature it as a special menu item! We're looking for 12 recipes—one for each month—including main courses, sides, cocktails, and desserts.

Let us know your culinary creation!

BOOK NOOK

We are currently accepting *NEWER* book donations throughout the month of August. Be on the look out for some of our very own resident authors that have published books for you to enjoy.

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.**

AUGUST BIRTHDAYS

August 02 | Lee P. (#313)

August 11 | Loretta C. (TH247)

August 11 | Tom S. (#202)

August 14 | Jack T. (TH267)

August 14 | Karen C. (#218)

August 15 | Mary W. (#324)

August 17 | Gene B. (#116)

August 17 | Carol P. (#TH287)

August 19 | Betty P. (#426)

August 27 | Diane L. (#412)

August 29 | Opal Z. (#105)



Birthday Party!

Friday, August 15th 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

Don B. | (#208)

Janet G. | (#322)

Juanita G. | (#128)

Kristine M. | (#212)

RESIDENT REPRESENTATIVES

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

Lead: Ted E. (#409)

Anne R. (#220)

Diane L. (#412)

Ann S. (#420)

Nan B. (#425)

Marilyn P. (#327)

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.

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

Live Vibrantly!

THE WOOD SHOP

Tuesdays & Wednesdays from 10AM-12PM

THE WEIGHT/CARDIO CENTER

Wednesdays from 2:30-3:30PM

AUGUST HIGHLIGHTS

CULINARY CHAT Friday, August 1 at 10AM in the Chapel. Decide resident-choice meals, meet the (NEW) Culinary Director, Jack Krakow, ask questions, and give suggestions. (Also on CH.8)

FRIDAY BOOK CLUB Will be meeting August 1 at 10AM in the Community Room. This is led by volunteer Michelle D.

RHYTHMICALLY SPEAKING Every other Friday, Starting with a kick off August 1 at 10AM in the Chapel. Look at page 14 for more details. Class times after the kickoff start at 1PM.

GATHER AND 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, (August 2, 9, 16, 23 & 30) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

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

WEEKEND SCRABBLE Saturdays, (August 2, 9, 16, 23 & 30) at 1:45PM on 2AL.

WEEKEND BINGO Saturdays, (August 2, 9, 16, 23 & 30) at 1:45PM in the Chapel.

MEN'S' GROUP Mondays, (August 4, 11, 18, & 26) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

NIGHT TO UNITE Tuesday, August 5 from 1-2:30PM in the Chapel. Join us for this annual celebration of safety, connection, and community! Meet our local first responders, enjoy a K9 demonstration, ask your burning questions during the Q&A, and get a peek at their emergency vehicles up close. A fun and interactive event for all!

YARN AND FABRIC CLUB Tuesdays & Thursdays, 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, (August 5, 12, 19 & 26) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

EVENING BINGO Tuesdays, (August 5 & 19) at 7PM in the Chapel. Late night bingo game!

MULTI MEDIA ART SERIES Wednesdays, (August 6, 13, 20 & 27) at 10AM in 2nd floor Assisted Living Dining Area. This program is specifically tailored for those currently living in Assisted Living and Memory Care.

BRIDGE Every Wednesday, (August 6, 13, 20 & 27) at 2PM on 2AL.

STORY TIME Kicking off Monday, August 18 6:30PM in The Chapel. Look to page 13 for more details.

AUGUST HIGHLIGHTS CONTINUED

SNACK 'N' CHAT Every Other Thursday (August 7 & 21) 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.

JEOPARDY WITH KAITLYN Friday, August 8 at 2PM in the Art Studio. Join your neighbors and friends as we battle together as a team to play one of Americas favorite game shows.

TONY GARRY MUSIC Tuesday, August 12 at 2PM in the Chapel. Welcome back a familiar entertainer!

FIRE DRILL Tuesday, August 12 at 4PM. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

POLISH & PAMPER Every other Thursday, (August 14 & 21) at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

BINGO Every other Thursday (August 14, & 28) at 2:15PM in the Chapel.

S'MORES NIGHT Every other Thursday evening (August 14 & 21) at 6PM in The Courtyard or Sophia's Café weather depending.

BIRTHDAY PARTY Friday, August 15 at 2:30PM in Wally's. Everyone is welcome as we celebrate our friends who have birthdays this month. (See page 4 for a list of birthdays.)

TOWNHOME MEETING Tuesday, August 19 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 (August 20) 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.

BRIGHTON HOSPICE ICE CREAM SOCIAL Friday, August 22 at 2:15M in the Chapel. Nothing says summer like free ice cream! Come cool off, mingle with neighbors, and enjoy a frozen treat .

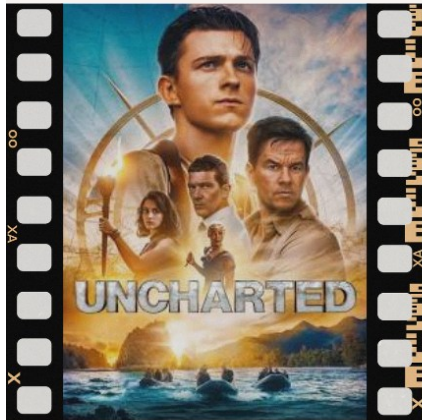
RESIDENT MEETING Monday, August 25 at 2:30PM in the Chapel. Please come to hear updates about your community from the Executive Director and the Directors of Physical Plant & Life Enrichment.

TUESDAY BOOK CLUB Last Tuesday of every month (August 26) at 2:30PM in the Community Room. This is led by volunteer Michelle D.

AVOID SCAMS Friday, August 29 at 2:15PM in the Chapel. Come hear about todays modern scams and how you can avoid them and learn what to do if you become a victim of a scam.



NOW SHOWING IN THE THEATER ON THIRD



Uncharted

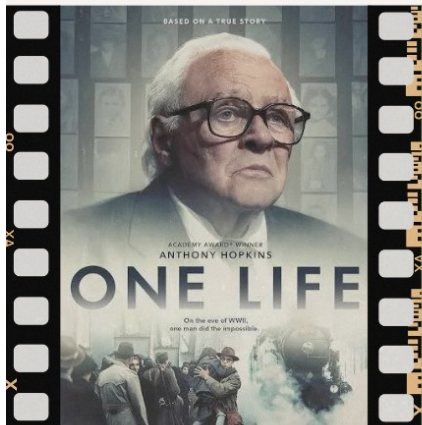
Sunday, August 3

1:30PM

Street-smart thief Nathan Drake (Tom Holland) is recruited by seasoned treasure hunter Victor "Sully" Sullivan (Mark Wahlberg) to recover a fortune lost by Ferdinand Magellan 500 years ago. What starts as a heist job for the duo becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Moncada (Antonio Banderas), who believes he and his family are the rightful heirs....

Action/Adventure

1 ½ Hours.



One Life

Thursday, August 7

6PM

Based on the true story of Nicholas 'Nicky' Winton, who helped rescue hundreds of predominantly Jewish children before Nazi occupation closed the borders. Fifty years later, Nicky (Anthony Hopkins) is reunited with some of those he helped save.

War/Drama

2 Hours.



Break Every Chain

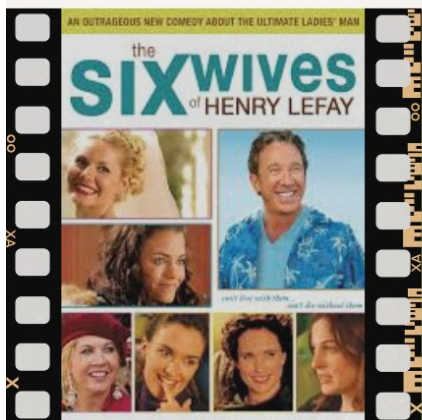
Sunday, August 10

1:30PM

A police officer's battle with alcoholism, depression, and devastating loss; and the true story of how God changed his life forever.

Action/Adventure

1 ½ Hours.



The 6 Wives of Henry LeFay

Sunday, August 17

1:30PM

An estranged daughter inadvertently reconnects with her carefree dad after his unexpected death brings together his six very different former lovers.

Comedy

1 ½ Hours.

NOW SHOWING IN THE THEATER ON THIRD



Blue Angels

Thursday, August 21

6PM

A young WWII pilot, Jack Turner (Emile Hirsch), is saved by a young Chinese widow named Ying (Crystal Liu), who risks her life to hide the injured American pilot in her house.

Action/War

1 ½ Hours.



The Fire Inside

Sunday, August 24

1:30PM

Claressa Shields becomes the first American woman to win a gold medal only to learn that not all dreams are created equal.

True Story/Sports

1 ½ Hours.



The Healer

Sunday, August 31

1:30PM

Alec Bailey is a gambling, womanizing bankrupt electrical repairman who still is traumatized by the death of Charlie, Alec's twin's brother. Without a penny and almost in the poorness, Alec realizes a long-time stranded uncle Richard Heacock, a brother of his mother who lives in Halifax, Nova Scotia, that accepts to solve Alec's money debts with one condition: that Alec moves Halifax by a year....

Drama/Comedy

1 ½ Hours.



Sundays

7PM

This drama about the life of Jesus Christ introduces Jesus and the calling of his initial disciples, with a discussion after each episode..

Spiritual

2-3 Episodes each week

AUGUST 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, August 12 | Shopping: Target

We will leave the lobby at 9AM. Sign up by Friday, August 8.

Wednesday, August 13 | Largest Candy Store (Jordan) & Lunch

(CASH OR CHECK ONLY ACCEPTED AT THE CANDY STORE)

We will leave the lobby at 10AM. Sign up by Monday, August 11.

~11:30AM: Arrive at *Jordan Taproom* for a relaxed, familiar style lunch.

12:45PM: Head to Minnesota's Largest Candy Store (just minutes away)

1-2PM: Enjoy browsing candy delights and treats.

Friday, August 15 | Centennial Library

We will leave the lobby at 9:45AM. Sign up by Monday, August 11.

Tuesday, August 26 | Shopping: Walmart

We will leave the lobby at 9AM. Sign up by Friday, August 22.

Wednesday, August 27 | Fishing: St. Croix Valley Sign up by Monday, August 25.

8AM: Leave the lobby.

9-11AM: Fishing .

12pm: Arrive back at Lyngblomsten.

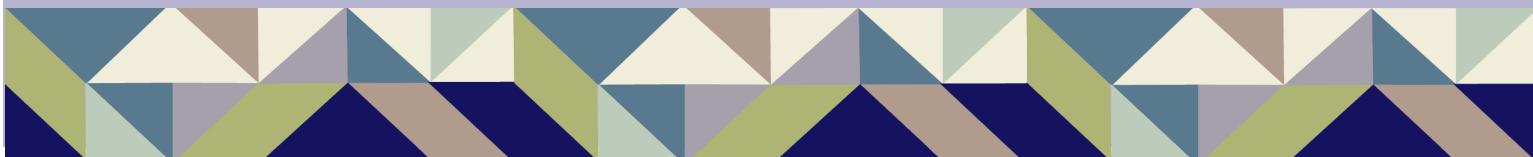
SPOTS WILL BE FIRST GIVEN TO THOSE WHO PREVIOUSLY SIGNED UP IN JUNE.

Friday, August 29 | Lunch: Red Lobster

We will leave the lobby at 10:30AM. Sign up by Monday, August 25.

Saturday, August 30 | Shopping: Dollar Store

We will leave the lobby at 10AM. Sign up by Wednesday, August 27.





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

Next Rosary: August 4

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 on Thursdays, in the Chapel, as we come together to sing, pray, learn from God's Word, support each other, and celebrate our faith family. Led by Tim Overweg.

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.

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.



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

Volunteer, Angela, in the Fitness Center on Wednesdays at 2:30PM

Thursday | Chair Yoga with Angie at 10AM

Friday | Gentle Yoga with Terri 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

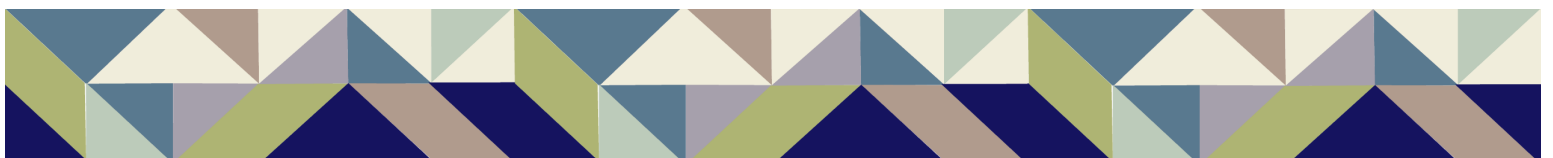
Friday | Residents only from 7AM–12PM

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 Tuesday of the month from 12-7PM.



Rhythmically Speaking

**Every other Friday, 1:00 – 2:00
starts Aug. 1st**

**Chapel/Multipurpose Room
Lyngblomsten at Lino Lakes**

Meets:

Aug. 1 – introductions and kick-off

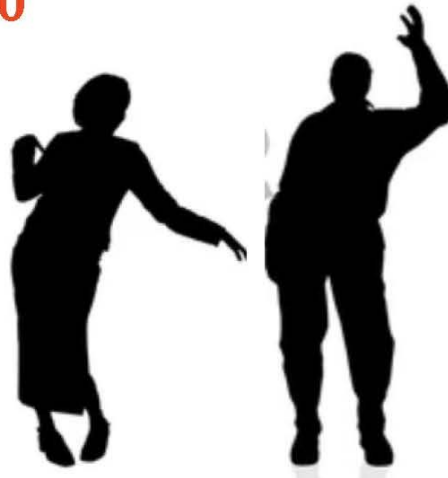
Aug. 15, 29

Sept. 12, 26

Oct. 10, 24

Nov. 7, 21

Dec. 5 - Dance Party Celebration



Enjoy an hour of dance instruction, music and movement with *Rhythmically Speaking*. *Rhythmically Speaking* is a dance company with experienced teachers who love sharing the joy of movement with participants of all ages and abilities. You will feel energized and inspired by moving to the beat with others while following the instructor's lead.

Check out what to expect and meet the instructors at the August 1st kick off. No dance experience required – all abilities welcome. Even participants who use a walker or wheelchair may be accommodated and have a great experience!

Free. No registration required

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



Healthcare, Housing & Services for Older Adults since 1906

St. Paul & Lino Lakes | www.lyngblomsten.org



STORY TIME

Discover, Share & Connect Through Stories

📖 Inspired by the success of our recent Theater story presentations, we're launching a resident storytelling group open to all!

✨ What It's About:

We're residents who enjoy sharing personal stories, life experiences, research, and more. Topics include:

- Fascinating careers
- Historical or genealogical findings
- Unique travel adventures
- Military or life-changing moments
- And even... fun embarrassing tales!



First Kick Off Meeting

Monday, August 18th at 6:30PM

The Chapel



Want to share or suggest a story?

Contact:

- Gene Allen - allnana225@aol.com
- Marty Barnum - m2j2barnum@aol.com
- Judy Cork - judycork6@gmail.com
- Sandra (Sandy) Peck-Garrity peck.garrity@gmail.com
- Barbara Hagen - genehagen@att.net

Note: Political topics are not part of these programs.

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