

CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

September 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 look forward to getting to know you and helping you feel right at home.

A few updates to share:

Rent Checks: Starting in September, mailed checks will go directly to Lyngblomsten in St. Paul instead of the lockbox. We're working toward a new local lockbox to resolve past issues. For those receiving statements via email, the St. Paul address will be included in the message. If you'd like to sign up for ACH payments, please see Mary or Angie.

Power Outages: To check outage maps and restoration times, visit the Xcel Energy Outage Page or download their app (no login required, just click "Outages"). Nursing staff will notify Jared as needed—no calls to him are necessary.

Community Amenities:

- Grills are available for everyone's use. Please clean them and return utensils to the bins afterward.
- Grocery carts and flatbeds are also available—thank you for returning them promptly to their designated spots.

Vaccination Clinic: Our Flu and Covid vaccination clinic will be held Friday, October 6, from 10 AM–Noon in the Chapel. Consent forms will be emailed out soon, and copies will also be available at the front desk, where we can assist with insurance card copies. More details to come.

Blessings to all,
Mary Simon



A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT



As the air turns crisp and the leaves begin to show their first hints of color, September invites us to slow down and savor both new adventures and the comfort of familiar traditions. This month, we'll embrace the season with some very special outings. Our visit to Pine Tree Apple Orchard will be the perfect way to welcome fall—fresh apples, beautiful scenery, and the simple joy of time spent together. We'll journey to Historic Fort Snelling, where Minnesota's history comes alive and gives us the chance to reflect on the stories that shaped our state. We'll also head out on the St. Croix River for a boating trip, soaking up the beauty of the water and the last warm breezes of summer.

But you don't need to leave campus to find plenty of fun and connection. This September we're excited to share:

Gather & Games every Friday and Saturday evening in Sophia's Café—a cozy chance to meet up with neighbors, laugh, and play.

Our Walking Group is now meeting at 10AM, the perfect way to start the day with fresh air and movement.

Jeopardy has become such a favorite that it's now on the calendar every other Tuesday—be sure to check for the exact dates and join us for a little brain-teasing fun.

And of course, we'll gather for S'mores Nights, birthday celebrations, and all of our regular favorites like Bingo, Mahjongg, and Cribbage.

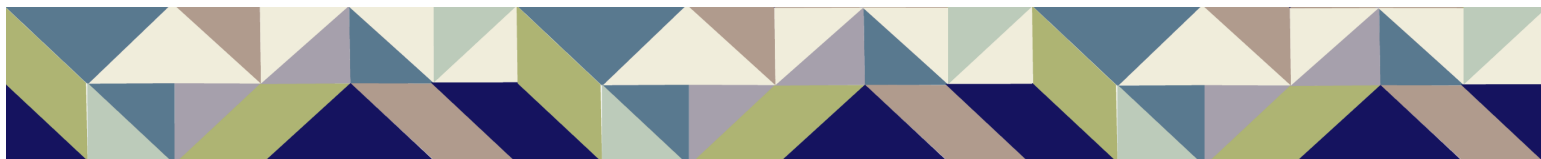
September offers us the best of both worlds: big adventures that take us off campus, and warm, familiar gatherings that bring us together right here at home.

Whether you're exploring the orchard, sharing stories by the fire, or simply strolling with friends in the morning air, this month is full of opportunities to connect and celebrate the beauty of the season.

Here's to a September filled with joy, community, and cozy autumn moments.

Kaitlyn Olson,

Director of Life Enrichment



CULINARY CORNER

Wow! What a few weeks it has been! We hit the ground running here just a few weeks ago, and it has been just fantastic to get to know you all. You are all so very kind and welcoming and I can't thank you enough for making my arrival here feel like a homecoming.

By now you may have noticed some changes about. Sophia's has begun to receive fresh new items such as new sandwiches, snacks, desserts, salads, and beverages. For our Memory Care residents, we have created a new breakfast menu and are working on a new lunch menu. Speaking of menus, be on the lookout for an all-new exciting menu from us with expanded chef created dishes coming up here in just a few weeks. We have been using the same menu set that was in place before our arrival in an effort to use up food items and products rather than letting them go to waste.

It may look rather bare in the gift shop these days as we transition it into a pantry shop that will feature a selection of groceries, pharmacy sundries, and household provisions for our independent living residents. Think of items such as milk and butter, eggs, bread, flour and sugar, soaps, lotions, feminine products, male centric products, paper towels (good ones), and bathroom tissue.

Of course we will still carry gifts as well as an expanded selection of books, periodicals, magazines, greeting cards and more. Yes, we will even have doggie treats for those of you with pups!

I personally have been working very long hours to ensure that your dining options are elevated, service is increased, staff is welcoming and friendly, the food is HOT, the drinks are COLD and the ice cream isn't melted. Offda! It's taking some hard work. It may have been a bit turbulent on your side of the bar as we began to hold people accountable, requested excellent work and started to increase the quality of the products we use to make your food and drinks.

In the long run some of the bumpy services we have had will pay off as new staff is hired, new menus are introduced and things such as service ware (plates, dishes, silverware, napkins) are replaced and improved.

Speaking of new staff, we have hired a new breakfast and dinner cook! Eli started with us in the kitchen and we are very excited that he and his talents are with us at Lyngblomsten. Early next week, if you join us for breakfast or lunch, you will meet our newest server (our first hired since we began a few weeks ago). Shortly after that on Friday of next week you will meet our second new breakfast and lunch server. I have also hired our first full time dishwasher - and he will be a great help to us all over. Out of the 15 people I need to hire, I've found 3 in two weeks. Onward and upward!

All of you please feel free to stop by my office (by Sophia's) and stop by for a chat. As always if there is something you would like us to carry, stock or put on the menu...just let me know! Drink lots of water, a cookie a day keeps the grumble away, and always eat your veggies!

Your Dining Services Director
Jack Krakow, FSM CFPM



SEPTEMBER BIRTHDAYS

September 03 | Janet H. (#406)

September 06 | Karen B. (#259)

September 13 | Ruel C. (#422)

September 14 | Chris H. (#279)

September 14 | Anne W. (#115)

September 18 | Bernadine M. (#325)

September 20 | Sandy L. (#221)

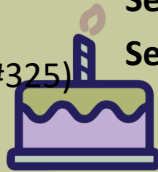
September 22 | Mary B. (TH271)

September 24 | Leyvinia O. (#110)

September 25 | Richard S. (#316)

September 27 | Nan B. (#425)

September 29 | Sandi P. (#313)



Birthday Party!

Friday, September 19th 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

Mike D. | (#114)

Evelyn "Sis" H. | (#338)

Rite & Richard S. | (#408)

Brad L. | (#124)

RESIDENT REPRESENTATIVES

Our 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

THE WEIGHT/CARDIO CENTER

Wednesdays from 2:30-3:30PM

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

Live Vibrantly!

SEPTEMBER HIGHLIGHTS

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.

MACPHAIL MUSIC HOUR Tuesday, September 2 at 2PM in the Chapel. Welcome two phenomenal musicians! A pianist and a bassoonist!

MEXICAN TRAIN Tuesdays, (September 2, 9, 16, 23 & 30) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

EVENING BINGO Tuesdays, (September 2, 16 & 30) at 7PM in the Chapel. Late night bingo game!

WALKING GROUP (NEW FALL/WINTER TIME) Mondays, Wednesdays, & Saturdays, at 12:45PM. Gather in the lobby.

MULTI MEDIA ART SERIES Wednesdays, (September 3, 10, 17 & 24) 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, (September 3, 10, 17 & 24) at 2PM on 2AL.

SNACK 'N' CHAT Every Other Thursday (September 4 & 18) 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, September 5 at 10AM in the Chapel. Decide resident-choice meals, meet the Culinary Director, Jack Krakow, ask questions, and give suggestions. (Also on CH.8)

MAHJONGG Fridays (September 5, 12, 19, & 26) at 2PM in the Community Room on 4th floor.

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, (September 6, 13, 20 & 27) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

WEEKEND SCRABBLE Saturdays, (September 6, 13, 20 & 27) at 1:45PM on 2AL.

WEEKEND BINGO Saturdays, (September 6, 13, 20 & 27) at 1:45PM in the Chapel.

MEN'S' GROUP Mondays, (September 8, 15, 22, & 29) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

JEOPARDY WITH KAITLYN Every other Tuesday (September 9 & 23) at 3:15PM in the Art Studio. Join your neighbors and friends as we battle together as a team.

SEPTEMBER HIGHLIGHTS CONTINUED

POLISH & PAMPER Every other Thursday, (September 11 & 25) 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 (September 11 & 25) at 2:15PM in the Chapel.

S'MORES NIGHT Every other Thursday evening (September 11 & 25) at 6PM in The Courtyard or Sophia's Café weather depending.

RHYTHMICALLY SPEAKING Every other Friday (September 12 & 26) at 1PM in the Chapel. Look at page 14 for more details.

FIRE DRILL Monday, September 22 at **10AM**. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

STORY TIME Monday, September 15 6:30PM in The Chapel. Look to page 13 for more details.

BIRTHDAY PARTY Friday, September 19 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, September 23 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.

FRIDAY BOOK CLUB Last Friday of every month (September 26) at 10AM in the Community Room. This is led by volunteer Michelle D.

MEMORY LOSS CAREGIVERS SUPPORT GROUP Third Wednesday of every month (September 17) 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.

RESIDENT MEETING Monday, September 29 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 (September 30) at 2:30PM in the Community Room. This is led by volunteer Michelle D.



NOW SHOWING IN THE THEATER ON THIRD



White Bird

Thursday, September 4th 6PM

Julian has struggled to belong ever since he was expelled from his former school for his treatment of Auggie Pullman. To transform his life, Julian's grandmother finally reveals her own story of courage. During her youth in Nazi-occupied France, a boy shelters her from mortal danger. Together, they find first love in a stunning, magical world of their own creation, while the boy's mother risks everything to keep her safe.

Drama/War

1 ½ Hours.



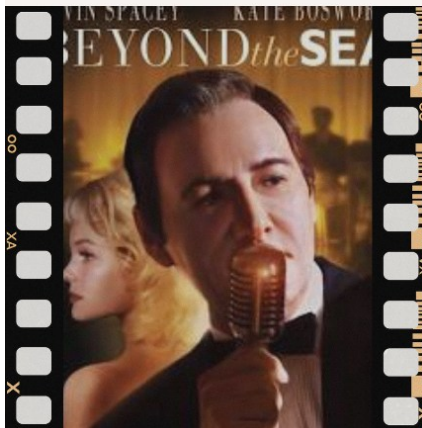
Still Mine

Sunday, September 7th 1:30PM

Based on true events and laced with wry humour, STILL MINE is a heartfelt love story about an 89-year-old New Brunswicker (James Cromwell) who comes up against the system when he sets out to build a more suitable house for his wife (Geneviève Bujold) whose memory is starting to go. Craig quickly gets on the wrong side of an overzealous government inspector, who finds just about everything unacceptable, including the unstamped wood Craig has milled from his own trees. As Irene becomes increasingly ill and amidst a series of stop-work orders Craig races to finish the house. Hauled into court and facing jail, Craig takes a final stance.

Romance/Drama

1 ½ Hours.



Beyond the Sea

Sunday, September 14th 1:30PM

As a boy, Bobby Darin (Kevin Spacey) nearly died from rheumatic fever. While it left him with a weakened heart, it didn't weaken his desire to become the most popular singer in the country. Knowing that he's living on borrowed time, Bobby works nonstop to conquer the pop and jazz worlds with hits like "Splish Splash" and "Mack the Knife." But as the '60s come into full swing, Bobby sees his style of singing fall out of favor, and his marriage to actress Sandra Dee (Kate Bosworth) suffer.

Music/Biopic

2 Hours.



Only the Brave

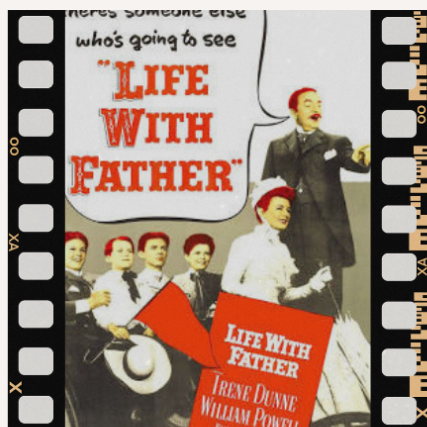
Thursday, September 18th 6PM

Through hope, determination, sacrifice and the drive to protect families and communities, the Granite Mountain Hotshots become one of the most elite firefighting teams in the United States. While most people run from danger they run toward it, watching over lives, homes and everything people hold dear, while forging a unique brotherhood that comes into focus with one fateful fire in Yarnell, Arizona.

Action

2 Hours.

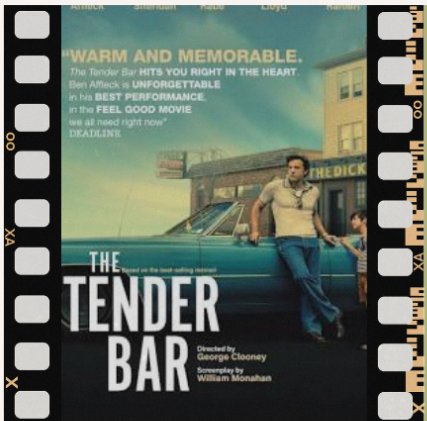
NOW SHOWING IN THE THEATER ON THIRD



Life with Father Sunday, September 21st 1:30PM

In late 19th-century New York City, stockbroker Clarence Day (William Powell) strives to maintain order in his bustling household. Despite his attempts to be the chief authority over his four sons, his wife, Vinnie (Irene Dunne), is the one who truly keeps order in their home, much to Clarence's chagrin. To gain more respect, Clarence reluctantly considers making changes that will benefit everyone, including his own baptism. This slice-of-life comedy was based on a popular Broadway play.

Classic/Comedy 2 Hours.



The Tender Bar Sunday, September 28th 1:30PM

In 1972, 9-year-old J.R. Maguire moves into his grandfather's dilapidated house in Long Island, N.Y. Searching for a father figure, he falls under the unconventional tutelage of his uncle Charlie, a charismatic, self-educated bartender who introduces him to a handful of the bar's colorful regulars. As the years pass and J.R. grows into a young man, he tries to fulfill his dream of becoming a writer.

Drama 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

SEPTEMBER 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, September 09 | Shopping: Target

We will leave the lobby at 9AM. Sign up by Friday, September 5.

Tuesday, September 09 | Historical Fort Snelling-Van Tour

We will leave the lobby at 12:45PM. Sign up by Monday, September 8.

~1:30PM: Arrive at *Historical Fort Snelling*.

1:30-2:30PM: History on the GO! Tour.

3PM: Arrive back at Lyngblomsten.

Wednesday, September 10 | Boating: St. Croix Valley

We will leave the lobby at 8AM. Sign up by Monday, September 8.

9AM: Arrive at the marina.

9-11AM: Boating the St. Croix.

12pm: Arrive back at Lyngblomsten.

Friday, September 12 | Centennial Library

We will leave the lobby at 9:45AM. Sign up by Monday, September 8.

Tuesday, September 23 | Shopping: Walmart

We will leave the lobby at 9AM. Sign up by Friday, September 19.

Wednesday, September 24 | Shopping: Dollar Store

We will leave the lobby at 10AM. Sign up by Wednesday, September 19.

Friday, September 29 | Lunch: Olive Garden

We will leave the lobby at 10:30AM. Sign up by Monday, September 19.

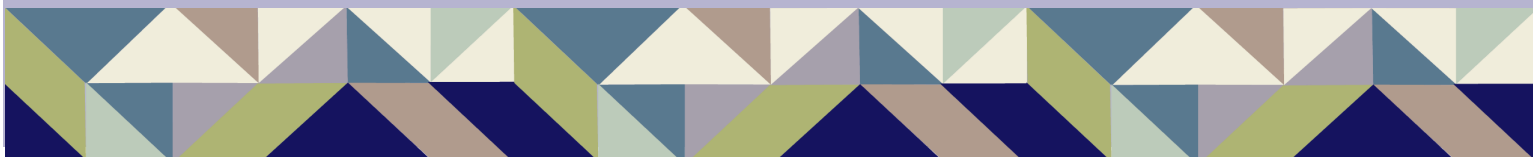
Thursday, September 25 | Pine Tree Apple Orchard

We will leave the lobby at 9AM. Sign up by Monday, September 22.

9:30AM: Arrive at the Orchard.

9:30-11AM: Apple Orchard adventures and leisure.

~12pm: Arrive back at Lyngblomsten.





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.

SERVICE OF REMEMBRANCE | THURSDAY, SEPTEMBER 18 1PM IN THE CHAPEL

Service to honor those that we have lost within our Lyngblomsten Community.

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.

BOOK NOOK

Dear Readers,

Have you had a chance to visit the Library since we've made changes? Are the shelves any easier to navigate? Are Non-Fiction and Fiction clearly marked? Do you see where books are to be returned? Have you found the magazine rack? I think it is pretty stuffed at the moment, but at the end of each month we will start fresh! Most recently we added a section called Residents' Work. Did you know we have several published authors in our midst? Their books are the one group of books that we need to use a simple check out procedure. You will see a clipboard with a place to put your information when you wish to checkout and return one of these books. We are open to suggestions you may have. Please contact Diane Lysiak at 651-226-5387 either by text, phone, or email at dsl@owleng.com.

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.

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

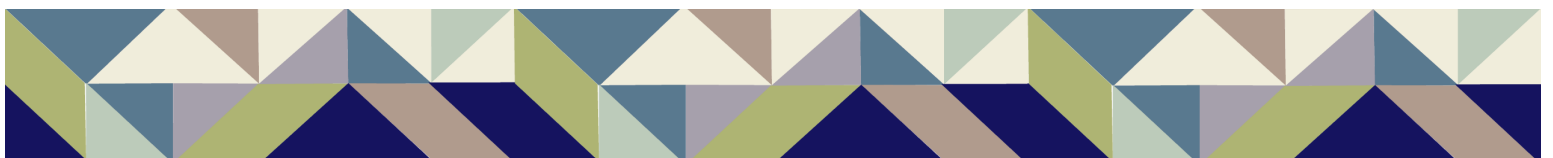
Friday | Residents only from 7AM–12PM

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

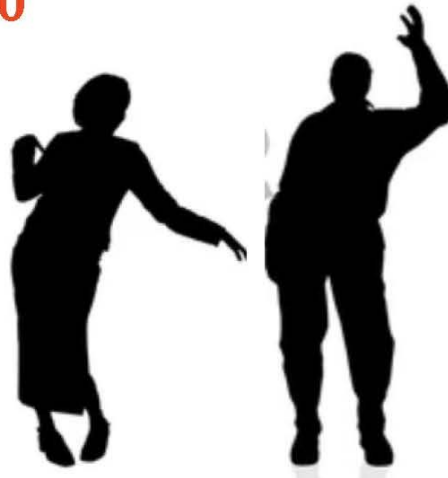
Aug. 15, 29

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

Thank you for the wonderful feedback and suggestions after our very first Story Time gathering! We're thrilled to invite you back for our next session:



Monday, September 15



6:30 PM



Chapel



This month's storytellers:

- Mike Welsh — "1976: Living in Northern China"
- Judy Cork — "Our RV Traveling Days"
- Tom Wilson — "Arresting a Bumbling Bank Robber"

★ Be Part of the Story!

Story Time is a resident-led program and depends on participation. We're always looking for volunteers—or your nomination of fellow residents—to share a 10-15 minute story from life or career.



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