

CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

October 2025

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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



Greetings to all,

What a beautiful fall it has been—these crisp, sunny days have truly been a gift.

Our **vaccination clinic** will take place in the Chapel on **Monday, October 6th, from 10 AM to noon**. After receiving your vaccine, you'll be asked to stay for about 15–20 minutes for observation. Consent forms have already been sent to the pharmacy, but they will bring a few extra doses for anyone who didn't pre-register. Please remember to complete a consent form and bring your insurance card if you plan to participate.

We are also looking for more **"tour hosts"**! With both our independent apartments and townhomes currently full, we're grateful to those who have already welcomed prospective residents into your homes. If you'd be open to being added to the list, please connect with **Deb Bland**. We'll always give you as much notice as possible, and of course, participation is completely optional.

A quick **pet policy reminder**: pets must remain on a 6'–8' leash and in the care of a responsible person any time they are outside of your unit. This applies to both residents and visiting guests. Retractable leashes are not allowed inside the main building due to safety concerns.

Regarding the **main staircase carpet**, while it will not be replaced, our interior designer is exploring alternative options to help with the "busy" look. For your safety, please remember to always use the railing. If you prefer, there are three other stairwells available on the independent living side, as well as four elevators.

And for all our **Twins fans**—when the baseball season wraps up, station 56 will switch back to Ovation. It will return to Twins programming again next season.

Wishing you all a safe and colorful October!

Blessings to all,

Mary Simon

Executive Director



A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT

As the leaves turn and the air grows crisp, we find ourselves entering the beginning of the holiday season—a time filled with warmth, connection, and celebration. October is the perfect month to slow down and enjoy cozy moments, but also to dive into festive fun with your friends and neighbors here at Lyngblomsten.



Our calendar is brimming with opportunities to connect and enjoy this season together. You'll find plenty of favorites to keep your routine going strong: Walking Group, Chair Yoga, Water Aerobics, Mahjongg, Bridge, Gather & Games in Sophia's Café, and our beloved Movie Nights. Add in a little variety with Culinary Chats, Cribbage, and the Weight/Cardio Room with a volunteer, and you'll have no shortage of ways to stay active and engaged.

October also brings a lineup of special highlights to look forward to:

- S'mores Nights – nothing says fall like gathering around the firepit with friends and a gooey marshmallow treat.

- MacPhail Tuba Performance & Rhythmically Speaking – let music lift your spirits in the chapel.

- October Birthday Celebration in Wally's – an afternoon to celebrate life and laughter.

- Fall Outings – from Target and Walmart runs to Waldoch Farms and a scenic Fall Colors Trip, there are plenty of ways to soak in the beauty of the season.

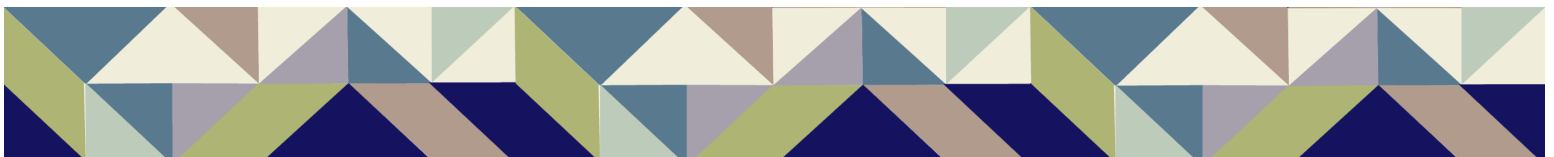
And then comes the magic... On Friday, October 31st from 10AM–12PM, we'll host our 2nd Annual Trick or Treat Event! Little witches, superheroes, pumpkins, and princesses from the community will parade through our halls, bringing joy, laughter, and a touch of Halloween wonder right to your doors. It's a heartwarming morning where generations come together, and the smiles are truly contagious. If you'd like to hand out treats, be sure to sign up at the front desk—last year was such a success, and we can't wait to create even more memories this year!

As the month wraps up, keep an eye out for something a little different—our staff will be showing off their Halloween “spirit wear” during the final week of October. If you see odd outfits, silly hats, or spooky accessories floating around, know that it's all in good fun and part of celebrating the season alongside you.

October marks the gateway to months filled with celebration and togetherness, and here at Lyngblomsten, we're ready to make it special. So grab your calendars, invite a neighbor to join you, and let's make this month one to remember.

Kaitlyn Olson,

Director of Life Enrichment



CULINARY CORNER

Hello from the kitchen! Well, it's been quite the month since I last spoke to you all about what we were doing to improve food services here at Lyngblomsten. We have so much to talk about! New items, new people, new menus – improvements happening each and every day. I began to correct things in resident facing areas first working to improve guest services, menu items and products, food related issues, and the quality of the food served.

Many of you may have stopped by Sophia's to enjoy some of our new bakery products such as chocolate croissants or sea salt and caramel cookies. We have introduced a new fall and winter menu, and are in the process of renewing the continental breakfast service as well as dinner service in Wally's and Mikelson's Tavern. You will continue to see improvements and new people for the next few weeks as we begin to put the finishing touches on things.

About some of the finishing touches yet to be completed, many of you are anticipating the opening of the Norsk Pantry Shop. First off, we chose the name Norsk as it's a generic descriptor of the Scandinavian countries (we love our Norwegian residents, but we also have Swedes, Dains, Germans, Fins, and a scattering of other countries. We wanted to present a clean name that also felt familiar with the rest of the facility. At this time I will begin the switch over very soon. We have been waiting for the grocery jobber, the supplier of the products, to get set up. This takes some time. Very soon you will start to see new pantry items and soon after that the addition of cold grocery items such as eggs, milk and butter. We are planning on having around 40 pantry and personal hygiene products available.

Speaking of new people, many of you have already met some of our new employees. Khader has started as a morning server in Wally's and helps out in Sophia's when needed. Nick, our new full time dishwasher started last week and although you may not see him about the hallways, he is one of our most important new employees as he helps us keep things clean and sanitary throughout the building.

Fahim has also joined us as a dinner service server in the tavern and Wally's, he is exceptionally nice and helpful. This week Tammy will start as a bartender and server at dinner service – please do welcome and make our new staff feel welcome. I am beginning to work on hiring new cooks as well as a full time attendant for Sophia's as well.

You may have noticed food quality, presentation and temperature are improving. As we introduce new menu items, new recipes and new procedures there may be some turbulence as we work out the kinks. I do apologize for this, but we are working as hard as we can to make improvements and your feedback has been invaluable in correcting issues that come up. As we introduce new recipes it's also important to note that we may have a dish or side item that isn't that great or didn't turn out how we had anticipated – some things take trial and error to make perfect. We are all on this journey together.

It is my greatest wish that you have all seen my tireless service, endless working days and the improvements happen in real time so you can be assured that we are getting to our goal of having a culinary operation just as supreme as our facility.

I have been working very hard and many of you have taken a moment to approach me and let me know that I should take some time off. I agree, but I also believe in hard work. Most of you worked very hard your entire lives and I know you all know and appreciate when there is hard work to be done. It's what made Minnesota great and built our country into the nation it is today, your hard work! For you all, we can't thank you enough! For me personally, I want to thank you all for the care you have shown me personally. There is about six or seven weeks of refinement to do, and then I will take some time off.

Already we have made such great strides that in just six weeks we have been able to staff dinner service, introduce a new menu and exciting items in Sophia's, and improved the quality of food. We did this together. Through your feedback and helpful suggestions to letting me know what food items you may want to see offered. Thank you!

Your Dining Services Director
Jack Krakow, FSM CFPM



OCTOBER BIRTHDAYS

October 01	Donna K. (#211)	October 13	Barb P. (#TH)
October 03	Helen P. (#112)	October 15	Cristol P. (#TH266)
October 03	Sally F. (#345)	October 16	Doris N. (#101)
October 04	Tom Z. (#TH278)	October 16	Mike W. (#115)
October 04	Pat K. (#419)	October 16	Nancy B. (#TH291)
October 08	Ted E. (#409)	October 16	Jan J. (#109)
October 09	Harold M. (#319)	October 17	Steve H. (#324)
October 10	Merida A. (#312)	October 19	Pat C. (#413)
October 12	Diane W. (#320)	October 21	Dick V. (#104)

Birthday Party!

Friday, October 17th 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

Soveig H. | (#328)

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

Live Vibrantly!

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

OCTOBER HIGHLIGHTS

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

MULTI MEDIA ART SERIES Wednesdays, (October 1, 8, 15, 22 & 29) 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, (October 1, 8, 15, 22 & 29) at 2PM on 2AL.

PORTRAIT ART SERIES Every Wednesday (October 1, 8, 15, 22 & 29) at 1PM in the Art Studio. Sign ups required and limited!

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.

SNACK 'N' CHAT Every Other Thursday (October 2, 16 & 30) 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, October 3 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 (October 3, 10, 17, 24 & 31) 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, (October 4, 11, 18 & 25) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

WEEKEND SCRABBLE Saturdays, (October 4, 11, 18 & 25) at 1:45PM on 2AL.

WEEKEND BINGO Saturdays, (October 4, 11, 18 & 25) at 1:45PM in the Chapel.

MEN'S' GROUP Mondays, (October 6, 13, 20, & 27) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

MACPHAIL MUSIC HOUR Tuesday, October 7 at 2PM in the Chapel. Welcome two phenomenal musicians!

MEXICAN TRAIN Tuesdays, (October 7, 14, 21 & 28) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

EVENING BINGO Tuesdays, (October 14 & 28) at 7PM in the Chapel. Late night bingo game!

JEOPARDY WITH KAITLYN Every other Tuesday (October 7 & 21) at 3:15PM in the Art Studio. Join your neighbors and friends as we battle together as a team.

OCTOBER HIGHLIGHTS CONTINUED

POLISH & PAMPER Every other Thursday, (October 9 & 23) 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 (October 9 & 23) at 2:15PM in the Chapel.

S'MORES NIGHT Every other Thursday evening (October 9 & 23) at 6PM in The Courtyard or Sophia's Café weather depending.

RHYTHMICALLY SPEAKING Every other Friday (October 10 & 24) at 1PM in the Chapel.

HAPPY HOUR Tuesday, October 14 at 4:30PM in the dining areas. Join us for special priced food and drink!

MEMORY LOSS CAREGIVERS SUPPORT GROUP Third Wednesday of every month (October 15) 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, October 17 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.)

FIRE DRILL Monday, October 20 at 4PM. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

TOWNHOME MEETING Tuesday, October 21 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.

RESIDENT MEETING Monday, October 27 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 (October 28) at 2:30PM in the Community Room. This is led by volunteer Michelle D.

FRIDAY BOOK CLUB Last Friday of every month (October 31) at 10AM in the Community Room. This is led by volunteer Michelle D.

HALLOWEEN TRICK OR TREAT EVENT! Friday, October 31 from 10am-12pm. Residents who sign up at the front desk will welcome little ghosts and goblins right to their doors. Children from our community (and residents' families) will join us to trick-or-treat through the townhomes and main building. This special event was such a hit last year, bringing smiles to both the kids and our residents, and we are so excited to do it again. Don't miss this fun and festive way to celebrate Halloween together!



NOW SHOWING IN THE THEATER ON THIRD



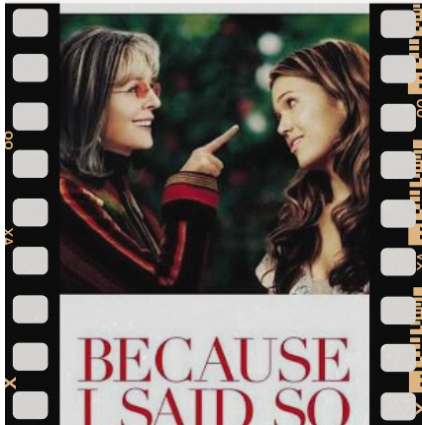
A Working Man

Thursday, October 2nd 6PM

Levon Cade left behind a decorated military career in the black ops to live a simple life working construction. But when his boss's daughter, who is like family to him, is taken by human traffickers, his search to bring her home uncovers a world of corruption far greater than he ever could have imagined.

Action/Suspense

2 Hours.



Because I said So

Sunday, October 5th 1:30PM

Daphne Wilder (Diane Keaton) is the proud mother of three women: Milly (Mandy Moore), Maggie (Lauren Graham) and Mae (Piper Perabo), and her love for her offspring knows no bounds. Because her youngest, always chooses the wrong man, she decides to take action to prevent Milly from repeating the mistakes of the past. Dating disaster ensues when Daphne tries to achieve her goal by placing an online personal ad for Milly.

Romance/Drama

1 ½ Hours.



The Butler

Sunday, October 12th 1:30PM

After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades, Cecil has a front-row seat to history and the inner workings of the Oval Office. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son.

Thriller/Drama

2 Hours.



Lawless

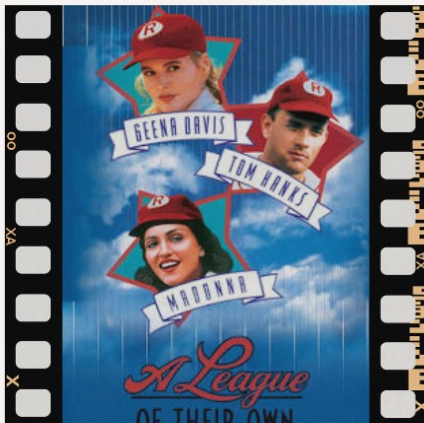
Thursday, October 16th 6PM

In 1931, the Bondurant brothers of Franklin County, Va., run a multipurpose backwoods establishment that hides their true business, bootlegging. Middle brother Forrest (Tom Hardy) is the brain of the operation; older Howard (Jason Clarke) is the brawn, and younger Jack (Shia LaBeouf), the lookout. Though the local police have taken bribes and left the brothers alone, a violent war erupts when a sadistic lawman (Guy Pearce) from Chicago arrives and tries to shut down the Bondurants operation.

Drama/Suspense

2 Hours.

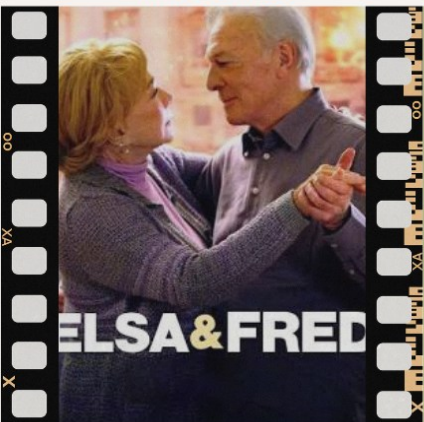
NOW SHOWING IN THE THEATER ON THIRD



A League of Their Own Sunday, October 19th 1:30PM

As America's stock of athletic young men is depleted during World War II, a professional all-female baseball league springs up in the Midwest, funded by publicity-hungry candy maker Walter Harvey (Garry Marshall). Competitive sisters Dottie Hinson (Geena Davis) and Kit Keller (Lori Petty) spar with each other, scout Ernie Capadino (Jon Lovitz) and grumpy has-been coach Jimmy Dugan (Tom Hanks) on their way to fame. Madonna and Rosie O'Donnell co-star as two of the sisters' teammates.

Classic/Comedy 2 Hours.



Elsa & Fred Sunday, October 26th 1:30PM

After losing his wife, Fred (Academy Award winner Christopher Plummer) moves into a nearby apartment building where he meets Elsa (Academy Award winner Shirley MacLaine). Elsa bursts into his life like a whirlwind, teaching him that time is precious and that he should enjoy life - and love - to the fullest.

Family/Comedy 1 ½ Hours.



Joy Thursday, October 30th 1:30PM

A story of a family across four generations, centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Facing betrayal, treachery, the loss of innocence and the scars of love, Joy becomes a true boss of family and enterprise in a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.

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

OCTOBER 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.

In the event of a *Special Outing Trip, overflow sign ups will be held at a lottery basis.

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

Tuesday, October 14 | Shopping: Target

We will leave the lobby at 9AM. Sign up by Friday, October 10.

Wednesday, October 15 | *Waldoch Farms & Garden Center

THIS WILL BE A LOTTERY OUTING IF WE HAVE A FULL SIGN UP SHEET

We will leave the lobby at 10AM. Sign up by Monday, October 13.

10:15AM: Arrive at the farm.

10:15-11:30AM: Adventures and leisure.

~12pm: Arrive back at Lyngblomsten.

Thursday, October 16 | Waldoch Farms & Garden Center

THIS OUTING IS FOR THOSE IN ASSISTED LIVING & MEMORY CARE.

We will leave the lobby at 10AM. Sign up by Monday, October 13.

10:15AM: Arrive at the farm.

10:15-11:30AM: Adventures and leisure.

~12pm: Arrive back at Lyngblomsten.

Friday, October 17 | Centennial Library

We will leave the lobby at 9:45AM. Sign up by Monday, October 13.

Tuesday, October 28 | Shopping: Walmart

We will leave the lobby at 9AM. Sign up by Friday, October 24.

Tuesday, October 28 | *Supper: Porterhouse Steakhouse

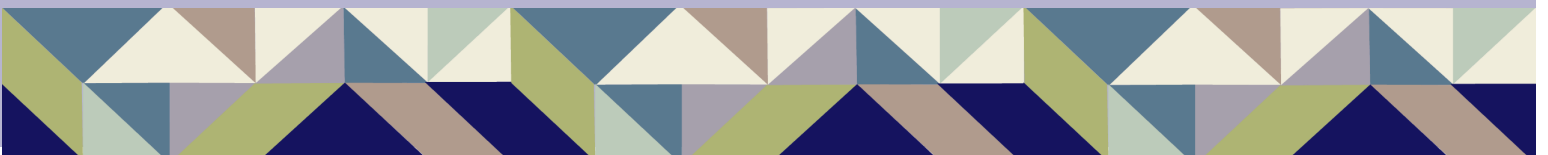
We will leave the lobby at 5PM. Sign up by Friday, October 24.

LIMIT 8 RESIDENTS

Thursday, October 30 | Scenic Drive: Fall Colors

THIS OUTING IS FOR THOSE IN ASSISTED LIVING & MEMORY CARE.

We will leave the lobby at 10AM. Sign up by Monday, October 27. Outing will last roughly an hour.





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.

The entire month of October will be spend looking at the life of a very familiar Biblical character – Daniel. Join us for ***“An Uncompromising Life: A Study of Daniel”***. We will trace the themes of integrity, courage, and the challenges of living faithfully in a secular culture.

The Sacrament of Holy Communion will be celebrated on Thursday October 9, and Thursday October 23.

GRIEF SUPPORT GROUP | EVERY THURSDAY

Thursdays 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.

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

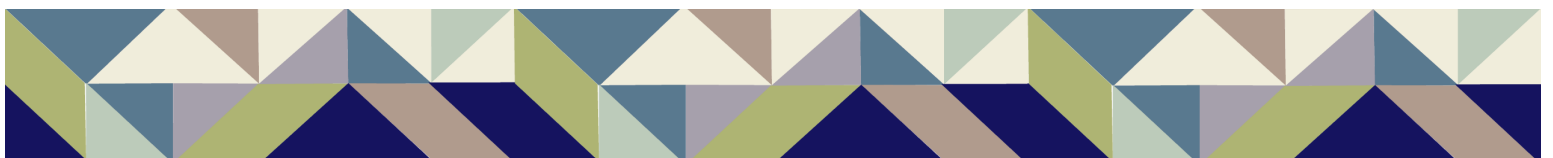
Friday | Residents only from 7AM–12PM

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.



Mixed Media Portraits – Beyond A Likeness

**Wednesdays, Oct. 1st – Nov. 12th (7 weeks)
1:00 – 2:30, Studio – 4th Floor**



Starting with a look at portraits from art history, we will use mixed media materials to explore self-portraits that go beyond simply capturing a likeness. Meaningful portraits convey personal and social identities through tools such as symbolism, expressive mark-making, choice of materials, color and more. The instructor will provide examples, inspiration and guidance to make your own creative, meaningful portraits that go beyond what you may have thought possible. Even if you

haven't used a paint brush since grade school, you are welcome to attend and will learn to make personal portraits.

Free; All materials provided.

Registration required, class limited to 10. Contact Kaitlyn Olson at (651)515-1730 or email kolson@lyngblomsten.org.

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



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



Jason Tanksley,
Tuba
&
Pinar Başgöze,
Pianist



Across the Sea: Letters and Songs from England
Tuesday, October 7 at 2:00

This recital features British music including works by Rodney Newton, Ralph Vaughan Williams, Edward Elgar and Samuel Coleridge-Taylor. From playful, rhythmic passages to tender, expressive songs, each piece tells its own story. The program explores the rich melodies and emotional depth of these composers, while also highlighting the tuba's expressive range in both lyrical and lively moments.

Jason Tanksley is a Minnesota-based tubist, performer and educator who serves as Instructor of Tuba at St. Olaf college and teaches in the school partnership program at MacPhail. He combines high-level performance with mentorship, striving to make classical music inclusive and accessible.

Tanksley has performed with many of the nation's leading orchestras including the Cleveland Orchestra, Los Angeles Philharmonic, Minnesota Orchestra, Atlanta Symphony, Detroit Symphony, Seattle Symphony, Kansas City Symphony, Jacksonville Symphony, Oregon Symphony and St. Paul Chamber Orchestra. He has also toured nationally with the Sphinx Orchestra both in the United States and abroad.

Pinar Basgoze is a native of Ankara, Turkey where she received her B.A. and M.A. degrees in piano performance. She has also studied in London as well as at the University of Minnesota. She is a member of Duo Harmonia piano duo in addition to teaching at MacPhail. Pinar regularly appears as part of the MacPhail Hour series because she has a great passion for sharing her musical gifts with others.


MacPhail


STORY TIME


Thanks to your wonderful interest, Story Time will now be held on the 3rd Monday of each month at 6:30 PM in the Chapel.


Each session will include:



- Two presentations (about 15 minutes each)
- Q&A discussion time
- Total program length: about 1 hour


 Monday, October 20

 6:30 PM


 Chapel

 This month's storytellers:

-  "The Beads Lead to a Family Story" by Ann Schroeder
- A set of gifted beads unfolds into an incredible story passed through generations.
-  "Living With Some US Western History" by Gene Allen
- Growing up close to the Oregon & California Trails and experiencing the history of the region.

 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.

L
LYNGBLOMSTEN
AT LINO LAKES

2ND ANNUAL

TRICK OR TREAT!



6070 Blanchard Blvd,
Lino Lakes MN 55014



Friday, October 31st
10:00AM-12:00PM

EMAIL

KOLSON@LYNGBLOMSTEN.ORG

EVENT

PLEASE SEND ALL INQUIRIES
AND QUESTIONS TO KAITLYN
OLSON, DIRECTOR OF LIFE
ENRICHMENT.

PHONE

651-515-1730



Trick-or-Treat Locations:

- **Townhomes:** Children will be able to go house-to-house on our quiet, no-public-access road. (May join chapel if weather is not permitting outdoor traveling)
- **Independent Living:** Trick-or-treaters will make their way through the four floors of our independent living apartments.
- **Chapel Parade: Assisted living and Memory Care** residents will gather in the Chapel for a special parade-style event.



How You Can Participate:

- Sign up at the front desk
Include your room # and if you have pets
- Closer to the event Kaitlyn will give you a sign to put on your door letting the kids know to stop and knock!

Invite your family! We're also welcoming small groups of local in-home daycares, stay-at-home parents, and small centers to bring children for day-time trick-or-treating! This is a great chance to see the community filled with fun and costumes!

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