

CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

January 2026

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After Hours Emergency -

Maintenance

(651) 356-3595

Please put maintenance requests in through the front desk.

GREETINGS FROM THE EXECUTIVE DIRECTOR

Greetings and warm wishes to all of our new residents—welcome to the Lyngblomsten at Lino Lakes family! We are so happy you are here and look forward to getting to know you as part of our community.

A very heartfelt **thank you** to the anonymous donors who contributed to the staff Christmas gift. Your generosity and thoughtfulness mean so much, and our staff truly felt the appreciation behind this special tradition.

A quick reminder about **walkers in the restaurant**: To help ensure clear and safe walkways for everyone, we kindly ask that walkers be kept out of the main pathways. Staff members and fellow residents are always happy to assist in retrieving walkers when you're ready to leave. Walkers in walkways can pose a tripping or safety hazard, and we appreciate your understanding and cooperation.

Power Outages: If you are ever wondering whether there is a power outage in the area, there are a few helpful resources available. The Xcel Energy Outage Map (MN) provides real-time updates and can help determine whether an outage is widespread or localized. You may also visit linolakes.us and search for the Alert Center, where local alerts and outages are posted as they occur. Additionally, the Nextdoor app often shares timely power outage updates from nearby neighbors.

Elevators: If an elevator is temporarily out of service, a sign will be posted directly on that elevator. Please note that the notice applies only to that specific elevator. Service calls are placed immediately, and while exact repair times are not always available, any updates we receive will be added to the posted signage.

We would also like to share our appreciation for **O'Keefe Windows**, who once again did an outstanding job this year. We've heard wonderful feedback, including comments like "I thought the window was left open because it was so clean," and praise for their kindness, professionalism, and respectful presence in our community.

Here's to a happy, healthy, and joyful year ahead.

Mary Simon

Executive Director

TUNE TO CH. 7 ON YOUR TV FOR DAILY UPDATES

A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT

After the excitement and busyness of December, January invites us to take a collective breath. This month is all about easing into the new year with familiar routines, meaningful connections, and moments of quiet enjoyment. Think of January as a time for reflection, restoration, and settling back into rhythms that feel comfortable and grounding.

Throughout the month, you'll find many of our favorite recurring activities continuing — from fitness classes and walking groups to games, worship opportunities, and creative studios. These familiar touchpoints offer consistency and a sense of normalcy as we begin a fresh year together.

January also brings the return of several much-loved programs. We're excited to welcome back Piano with Garrett, as well as the return of Science with Jane, which always sparks curiosity and great conversation. Creative opportunities continue with fiber arts, mixed media, and weaving, offering space to slow down, work with your hands, and enjoy the process just as much as the finished piece.

Movie afternoons and evenings, Story Group gatherings, and small-group socials round out the month, creating opportunities to relax, listen, laugh, and spend time together without the hustle of a packed schedule. This is a wonderful month to try something new — or simply enjoy what you already love.

As always, participation is encouraged but never required. Whether January finds you joining in daily or choosing quieter moments at home, we hope this month feels calm, welcoming, and supportive as we step into the year ahead. Here's to a peaceful start to 2026 — we're glad you're here.

With Holiday Cheer,
Kaitlyn Olson
Director of Life Enrichment

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JANUARY BIRTHDAYS

January 02 | Anne R. (#220)

January 02 | Tom W. (TH-287)

January 05 | Bill B. (TH-291)

January 05 | Chuck J. (#326)

January 08 | Steve G. (#210)

January 08 | Florence Z. (#328)

January 12 | Ken A. (#222)

January 14 | Murcille H. (#308)

January 14 | Otto S. (#337)

January 17 | Bruce L. (TH-254)

January 20 | Kate W. (TH-295)

January 23 | Margo F. (#219)

January 25 | Gene A. (#421)

January 25 | Jane L. (#131)

January 27 | Bob P. (TH-258)

Birthday Party!

Friday, January 16th at 2:30PM in Wally's.



Please join us as we gather to celebrate our friends who have birthdays in January!

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

Nancy R. | (#410)

Catherine M. | (#318)

Peter & Roma L. | (#132)

Cheryl P. | (#229)

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

Live Vibrantly!

COMMUNITY VOLUNTEERS:

THE WOOD SHOP

Tuesdays & Wednesdays from 10AM-12PM

If you need anything fixed, come to the woodshop during these hours.

THE WEIGHT/CARDIO CENTER

Wednesdays from 2:30-3:30PM

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.

IMPORTANT HIGHLIGHTS

PIANO WITH GARRETT RETURNS Mondays, (January 5, 12, & 19) at 3:30PM in the Chapel. We're excited to welcome back Garrett for a special return to Lyngblomsten at Lino Lakes! While home from college, Garrett will be sharing his musical talents with us for a few weeks, bringing back the piano programs many residents have come to love. His performances are always a wonderful blend of familiar favorites, energy, and heartfelt music-making. Whether you're a longtime fan or joining for the first time, this is a joyful opportunity to sit back, listen, and enjoy the return of a familiar face at the piano.

STORY GROUP Every Monday, (January 5, 12, 19, & 26) from 12:30–2:30PM in The Community Room. Introducing the Story Group! What began as our weekly Writers Group has continued to evolve into something even more special! Now officially known as the Story Group, this resident-led gathering focuses on the power of storytelling—both spoken and written—and helps plan our monthly Story Time presentations in the Chapel. Meetings are informal, engaging, and always full of laughter and discovery as we share short verbal stories, discuss written works, and brainstorm ideas for future Story Time sessions. All residents are welcome to join—whether you'd like to share a story, listen to others, or simply connect with neighbors in a creative and relaxed setting. No agenda, no pressure—just stories waiting to be told. We hope to see you there!— Marty B., Judy C., Sandy p. & Gene A.

TECH HELP Tuesdays, (January 6 & 13) from 1-3PM in the Sophia's. Led by Resident Jack T., during this time you will be able to bring any technology question you may have in an open house style to gain better understanding!

MACPHAIL MUSIC HOUR Tuesday, January 6 at 2PM in the Chapel. We are delighted to welcome Andrea Leap, a MacPhail teaching artist and accomplished vocalist, for an engaging and uplifting musical experience. Many residents may recognize Andrea from her performances throughout the Twin Cities and beyond. With her warmth, expertise, and passion for music, this program promises a meaningful and energizing way to begin the year through song.

MULTI MEDIA ART SERIES Wednesdays, (January 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.

FIBER ART WEAVING Wednesdays, (January 7, 14, 21, & 28) from 1-2:30PM in the Art Studio. Brighten the winter months with color, texture, and creativity! This hands-on class series invites participants to explore tapestry weaving and basketry using vibrant yarns and natural materials. No prior experience is needed—just curiosity and a willingness to try something new. Guided by instructor Gail Katz-James, students will learn foundational weaving techniques, experiment with shapes and patterns, and create one-of-a-kind woven pieces and baskets. With all materials provided, this is a wonderful opportunity to learn, relax, and create in a welcoming studio environment. with your neighbors!

SCIENCE WITH JANE Tuesday, January 20 at 2PM in the Chapel. We are thrilled to welcome back Jane Phillips, retired biology professor from the University of Minnesota, for another

IMPORTANT HIGHLIGHTS

engaging installment of Science with Jane. Known for her fascinating presentations and approachable teaching style, Jane has a wonderful way of making complex topics both understandable and fun. This month's program will explore sex determination in animals, uncovering the surprising and sometimes unexpected ways nature decides "who's who" across the animal kingdom. Curious, educational, and always entertaining—this is a program you won't want to miss!

TECH HELP Saturday's, (January 10 & 24) from 10-11AM in Sophia's Café. Two of our youth volunteers will be here to help you navigate your phone, laptop, tablet, music player, etc. From downloading apps to basic calling or texting, they can help!

MONTHLY STORY TIME Monday, January 19 at 6:30PM in the Chapel. Join in as members from your community take this time to share stories. (P.S. Check out [Story Group!](#))

This month's presentations include: Dorothy Schubert will share "An Eventful Trip to Rapid City, SD," a personal tale filled with memorable moments and reflections from the road. We'll also hear from "Mean" Jean Pederson with "Those Were the Days, My Friend," a heartfelt and nostalgic look back that is sure to spark memories, laughter, and connection. Story Time is always a wonderful opportunity to gather, listen, and enjoy the power of shared experiences.

Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

RECURRING MONTHLY HIGHLIGHTS

MAHJONGG Fridays, (January 2, 9, 16, 23 & 30) at 2PM in the Community Room on 4th floor.

GATHER AND GAMES Friday and Saturday evenings at 6:30PM in Sophia's Café. 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, (January 2, 10, 17, 24 & 31) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!



WEEKEND SCRABBLE Saturdays, (January 2, 10, 17, 24 & 31) at 1PM on 2AL.

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

WEEKEND BINGO Saturdays, (January 2, 10, 17, 24 & 31) at 1:45PM in the Chapel.

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

YARN AND FABRIC CLUB Tuesdays, (January 6, 13, 20, & 27) at 1PM in the Art Studio.

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

BRIDGE Wednesdays, (January 7, 14, 21, & 28) at 2PM on 2AL.

EVENING BINGO Every other Tuesday, (January 13 & 27) at 7PM in the Chapel. Late night bingo game!

POLISH & PAMPER Every other Thursday, (January 8 & 22) at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

LADIES' GROUP Every other Thursday, (January 8 & 22) 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.

BINGO Every other Thursday, (January 11 & 22) at 2:15PM in the Chapel.

BIRTHDAY PARTY Friday, January 16 at 2:30PM in Wally's. Everyone is welcome as we celebrate our friends who have birthdays this month. (See page 3 for a list of birthdays.)

FIRE DRILL Monday, January 19 at **10AM**. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

MEMORY LOSS- CAREGIVERS SUPPORT GROUP Fourth Tuesday of every month (January 27) 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.

TOWNHOME MEETING Tuesday, January 20 at 2:30PM in the Chapel.

RESIDENT MEETING Monday, January 26 at 2:30PM in the Chapel.



TUESDAY BOOK CLUB Tuesday, January 27 at 2:30PM in the Community Room. This is led by volunteer Michelle D.

FRIDAY BOOK CLUB Friday, January 30 at 10AM in the Community Room. This is led by volunteer Michelle D.

CULINARY CORNER

HOLIDAY SEASON UPDATE: EVENTS, FOOD, & CHANGES YOU SHOULD KNOW: Hello again from the Lyngblomsten Kitchens!

I trust you all had a very enjoyable holiday season filled with joy and contentment and are looking forward to 2026. As we look to the new year we have a number of exciting things coming up.

NEW CULINARY EXPERIENCES

Route 66 Culinary Tour: Later this month, join us for an hour-long culinary tour of Route 66. We will be tasting and learning about historic comfort foods from the American Southwest's "mother road," including dishes from Chicago, Saint Louis, Tulsa, Oklahoma City, Albuquerque, Flagstaff, Palm Springs, Barstow, and Los Angeles. Look for further details from Life Enrichment soon!

WALLY'S AND MIKELSON'S TAVERN MENU UPDATES: New menus will be introduced at Wally's and Mikelson's Tavern this week, the first week of January. We've been working hard to refresh our standard sit-down and tavern offerings, building on the positive changes many of you have noticed at Sophia's.

ENHANCING CONTINENTAL BREAKFAST AT WALLY'S

Many of you enjoy the complimentary Continental Breakfast at Wally's. We are considering offering additional hot breakfast items—scrambled eggs, bacon, sausage patties, and hash browns—for a small upcharge of \$3.00. The price of the regular Continental Breakfast would remain the same; this charge would apply only if you select the hot items. We welcome your feedback on whether you would enjoy seeing these hot options added to the breakfast buffet.

SOPHIA'S WEEKEND HOURS

After careful consideration of traffic patterns and expenses, we are planning to adjust Sophia's Bistro's weekend service hours. We have observed a significant drop in business on Saturdays and Sundays, with very few sales recorded after 1:15 PM and virtually none after 2:30 PM.

Therefore, to best serve you and optimize our operations, we will be reducing our weekend hours by closing Sophia's at 2:30 PM on Saturdays and Sundays, effective February 1, 2026. This change reflects a 30-minute reduction in service time on these days.

CULINARY SERVICES MEETINGS

Starting this month, the separate Culinary Services Resident Meeting will no longer take place. Instead, it will be re-incorporated into the main monthly resident meeting, which is typically held on the first Friday of the month. We are making this change because we have been able to reduce the amount of time needed for these discussions. Furthermore, Culinary Services topics will also be included in the monthly Townhome Resident meeting to ensure we gather input and comments from all residents.

Happy Holidays!

Your Dining Services Director
Jack Krakow, FSM CFPM



JANUARY 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 must pay for costs that may be included.

Tuesday, January 13 | Shopping: Target

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

Friday, January 16 | Centennial Library

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

Tuesday, January 27 | Shopping: Walmart

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

Thursday, January 29 | Shopping: Dollar Tree

We will leave the lobby at 10:30AM. Sign up by Monday, January 26.

Have outing ideas? Email Kaitlyn at kolson@lyngblomsten.org.

NOW SHOWING IN THE THEATER ON THIRD



The Adam Project

Sunday, January 4th 1:30PM

Time-travelling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future after unintentionally crash landing in 2022.

Action/Fantasy

1 ½ Hours.



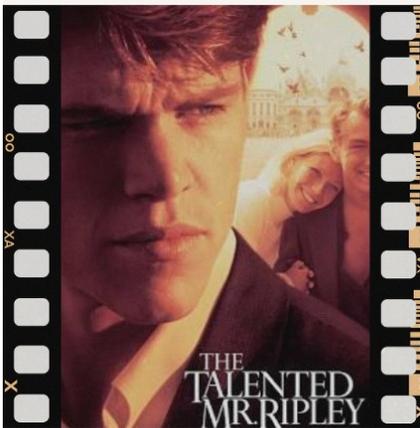
Singin' in the Rain

Sunday, January 11th 1:30PM

When the transition is being made from silent films to 'talkies', everyone has trouble adapting. Don and Lina have been cast repeatedly as a romantic couple, but when their latest film is remade into a musical, only Don has the voice for the new singing part. After a lot of practice with a diction coach, Lina still sounds terrible, and Kathy, a bright young aspiring actress, is hired to record over her voice.

Family/Classic

2 Hours.



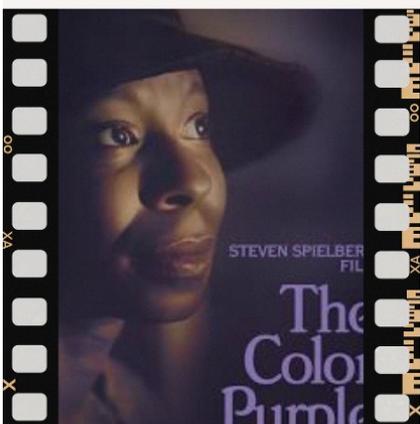
Talented Mr. Ripley

Thursday, January 15th 6PM

To be young and carefree amid the blue waters and idyllic landscape of sun-drenched Italy in the late 1950s; that's la dolce vita Tom Ripley (Matt Damon) craves- and Dickie Greenleaf (Jude Law) leads. When Dickie's father asks Tom to bring his errant playboy son back home to America, Dickie and his beautiful expatriate girlfriend, Marge Sherwood (Gwyneth Paltrow), never suspect the dangerous extremes to which Ripley will go to make their lifestyle his own.

Thriller/Crime

2 Hours.



The Color Purple

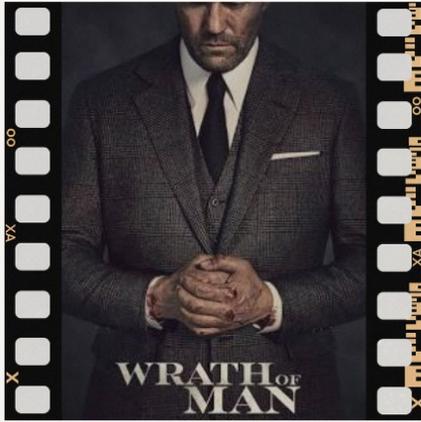
Sunday, January 18th 1:30PM

An epic tale spanning forty years in the life of Celie (Whoopi Goldberg), an African-American woman living in the South who survives incredible abuse and bigotry. After Celie's abusive father marries her off to the equally debasing "Mister" Albert Johnson (Danny Glover), things go from bad to worse, leaving Celie to find companionship anywhere she can. She perseveres, holding on to her dream of one day being reunited with her sister in Africa. Based on the novel by Alice Walker.

Drama

2 ½ Hours.

NOW SHOWING IN THE THEATER ON THIRD



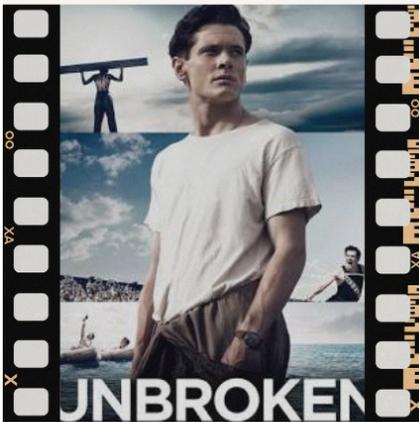
Wrath of Man

Sunday, January 25th 1:30PM

Mysterious and wild-eyed, a new security guard for a cash truck surprises his co-workers when he unleashes precision skills during a heist. The crew is left wondering who he is and where he came from. Soon, the marksman's ultimate motive becomes clear as he takes dramatic and irrevocable steps to settle a score.

Action/Thriller

2 Hours.



Unbroken

Thursday, January 29th 6PM

As a boy, Louis "Louie" Zamperini is always in trouble, but with the help of his older brother, he turns his life around and channels his energy into running, later qualifying for the 1936 Olympics. When World War II breaks out, Louie enlists in the military. After his plane crashes in the Pacific, he survives an incredible 47 days adrift in a raft, until his capture by the Japanese navy. Sent to a POW camp, Louie becomes the favorite target of a particularly cruel prison commander.

Military/Drama

2 ½ Hours.

SERIES



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

SPIRITUAL CARE



HISTORICAL BIBLE STUDY | MONDAYS 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.

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.

GRIEF SUPPORT GROUP | THURSDAY, JANUARY 15TH

Thursday, January 15 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



Readers,

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 by text, phone, or email at 651-226-5387 or dsl@owleng.com.

Our dedicated 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.;



- A Recent Book Review received:

"Stephen D. Cork, a Colonel in the United States Army is Judy Cork's brother-in-law. He wrote three books. The third book in the series: Sir, I Can Explain is fast paced. The protagonist, Major Genny O'Shane is resourceful, sassy, and get's her mission accomplished. I finished the book in three days. It was hard to put down. I highly recommend this good read."

by Sandy Peck-Garrity.

PLEASE RETURN BOOKS TO THE RETURN BIN- BOOK REVIEW SLIPS ARE AVAILABLE FOR YOU . LOCATED IN THE RETURN BOX IN THE LIBRARY.

Singing in the New Year

Tuesday, January 6th / 10:30 – 11:30

Lyngblomsten at Lino Lakes



A strong advocate for new music, and a curious and versatile musician, Andrea Leap is a MacPhail teaching artist with many years of experience as a singer, arranger, and educator. You might recognize her from her Unwrapping Music programs at Lyngblomsten, or you might have seen her on a local

stage of The Schubert Club, Minnesota Historical Society, Duluth Festival Opera, Fortune's Fool Theater, Skylark Opera, the Jungle Theater or the Spotlight Series at MacPhail Center for Music. Andrea holds a BM in Vocal Performance from Indiana University and a Master's degree in Music from the University of Michigan, with post-graduate studies in Paris, France. She is on faculty at MacPhail Center for Music, as well as an adjunct faculty member at the University of St. Thomas.

MACPHAIL CENTER FOR MUSIC

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



Healthcare, Housing & Services for Older Adults since 1906

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

Fiber Art: Weaving

Wednesdays, January 7 – February 25 (8 weeks)

1:00 – 2:30 PM / 4th floor Studio

Lyngblomsten at Lino Lakes



Brighten up the winter while working with colorful yarns. No experience necessary! This class series will explore tapestry weaving and basketry. Over the first four weeks, each student will use a frame loom to learn the basics of tapestry weaving and complete one or two weavings. Learn to weave stripes, basic geometric shapes, like rectangles and triangles, as well as curves. Using skills from their first sampler, students will

be encouraged to complete a second weaving based on a sketch.



We will next learn coiling to make small baskets, using yarns and soft rope. These baskets are fun to make and unlimited in design opportunities including color, texture and form. Lastly, we will learn to create a more traditional basket made with reeds, for interested students.

Through demonstrations and handouts, your instructor Gail Katz-James, will take you through the process of starting and finishing each project.

Free. All materials provided. Registration limited to 10.

Contact Kailyn Olson at kolson@lyngblomsten.org or

(651)515-1730

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

2nd and 5th 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

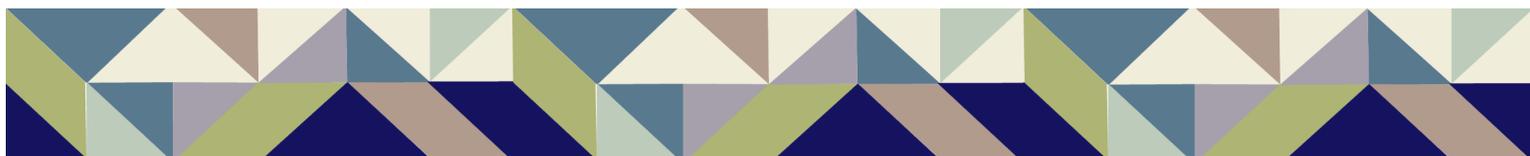
Friday | Residents only from 7AM–12PM

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.



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

MEET THE BLUE HERON SALON TEAM

Tuyen – Nail Technician with 13 years of experience, specializing in detailed nail art and quality care.

Melody – Licensed Massage Therapist with 10 plus years of experience, dedicated to helping clients relax and rejuvenate.

Loreen – Owner and Stylist with 42 years in the beauty industry, committed to providing exceptional service and a welcoming salon experience.

BLUE HERON SALON



New Menu Pricing



WOMENS HAIR CUTS SHAMPOO	\$37
CUT AND SET SHAMPOO BLOWDRY	\$55
SET SHAMPOO BLOWDRY STYLE	\$35
<hr/>	
MENS HAIRCUTS	\$25
BEARD TRIMS	\$10
<hr/>	
FULL HEAD COLOR	\$70
FOILS	\$85
COLOR W/HILIGHTS	\$115
COLOR W/HILIGHTS AND HAIRCUT	\$145
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PERM ONLY	\$75
PERM AND HAIRCUT	\$110
PERM/HAIRCUT AND STYLE	\$125
WAXING	\$15

FOR MASSAGE APPOINTMENTS,
PLEASE CALL MELODY:
763-222-3691

FOR NAIL APPOINTMENTS,
PLEASE CALL TUYEN:
612-229-1002

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.