

# CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

February 2026

## DIRECTORY

**Mary Simon**

*Executive Director*

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**Angie Quick**

*Assistant Executive Director*

(651) 515-1726

**Deb Bland**

*Director of Marketing*

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**Kaitlyn Olson**

*Director of Life Enrichment*

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**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

Happy Valentine's Day to all! This is a wonderful time to share kindness and send a little extra love to those around us

We are excited to welcome two new part-time maintenance team members, Bob and Nate, who will be starting in early February. They will be alternating weekends, allowing us to have weekend maintenance coverage moving forward.

We continue to experience challenges with one of our elevators being out of service. We are grateful to have three other elevators available for use. Please note that signs will be posted when an elevator is out of order and removed once repairs are complete. If you see a sign, we kindly ask that you do not attempt to use that elevator. While we understand this can be frustrating, please know that staff are not provided with estimated repair times.

Culinary Chat will be resuming in February at its previously scheduled time—the first Friday of the month at 10:00 AM. The next Culinary Chat will take place on February 6 at 10:00 AM in the Chapel.

We would also like to share that Jack Krakow is no longer working with us. We thank Jack for his commitment and service to our community. Forefront is actively working to identify the right replacement. In the meantime, Forefront leadership is on site daily, and staffing and daily services remain unaffected. Our team continues to focus on supporting residents and maintaining consistent service.

Last month, we made the decision to cancel our Walmart bus outing due to extremely cold temperatures. Because the ramp door must remain open while assisting passengers, the bus is unable to heat adequately in such conditions, making it uncomfortable for riders. Resident safety and comfort remain our priority.

Lyngblomsten recently launched a quarterly e-newsletter called Threads to help keep everyone connected throughout the year. It features stories, updates, and news from across the organization. If you would like to join the mailing list for Threads, please fill out the form on our website by clicking here: <https://lyngblomsten.org/news-events/publications/subscribe-publications/> The next edition will arrive in April.

At this time, there are no major updates regarding the retail space or the development of the skilled nursing facility. Market analysis will be taking place to help determine future direction.

**Celebrate Lyngblomsten's 120th Anniversary!**

**Tuesday, February 17 | 10:00–11:00 AM**

Stop by Sophia's for cupcakes and a trivia game as we celebrate the day Lyngblomsten was incorporated as a nonprofit in 1906. Wear purple, Lyngblomsten's corporate color, inspired by the purple lyng flower from which our organization gets its name.

Blessings, *Mary Simon*, Executive Director

## **A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT**

Thank you all so much for your patience, understanding, and kindness while I was away for a little while. I am incredibly grateful for this community and the grace you consistently show one another—and me. It truly means more than I can say.

I am so happy to be back and very excited for the month of February ahead. This month brings a wonderful mix of familiar favorites and special moments, with a strong focus on music, connection, and togetherness. We are lucky to have several musical performances coming up, each offering something unique—whether it’s soothing, energizing, or simply joyful to experience together.

February also brings one of our most anticipated social events of the season—Cupid’s Dance. This evening celebration is a chance to dress up, enjoy live music, and spend time with friends and neighbors in a fun, festive atmosphere. Whether you love to dance or just enjoy being part of the energy, it’s sure to be a memorable night.

As always, my door is open. Thank you for continuing to make Lyngblomsten at Lino Lakes such a welcoming, supportive, and vibrant place to call home. I look forward to seeing you out and about this month.

Warmly,

Kaitlyn Olson

Director of Life Enrichment

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Celebrating our community and welcoming new faces.

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A clean list of all your weekly favorites and continuing programs.

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*Recurring outings are happening as usual.*

### **Page 8 & 9– Movies Showing in The Theater on Third**

Your monthly movie guide!

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Messages, reflections, and literary updates.

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All the details about our upcoming performance!

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Everything you need to know to keep moving this month.

### **Page 14 – Room Locations & Blue Heron Salon Contacts**

A clear guide to help you find your way around the building.

# FEBRUARY BIRTHDAYS

February 01 | Judy S. (#202)  
February 02 | Elleen B. (#401)  
February 02 | Carlton L. (#234)  
February 02 | Linda W. (#216)  
February 03 | Janet S. (#203)  
February 06 | Doreen S. (#402)

February 14 | Sandy P. (#122)  
February 15 | Connie A. (#421)  
February 17 | Arthur P. (#136)  
February 17 | Marilyn E. (#409)  
February 21 | Don F. (TH250)  
February 24 | Susan S. (#316)

## Birthday Party!

Friday, February 20th 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

Cathy B.   (#241)	Karen M   (#231)
Jim B.   (#127)	Karen H.   (#231)
Diane M.   (#230)	Nancy R.   (#213)
Burt M.   (#231)	Judy M   (#406)
Karen M   (#231)	

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

## 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)

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.

# IMPORTANT HIGHLIGHTS

**STORY GROUP** Every Monday, (February 2, 9, 16, & 23) 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—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, (February 3, 10, 17 & 24) 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, February 3 at 2PM in the Chapel. Let love take center stage this February with a special musical performance presented by MacPhail Center for Music. Saxophonist Alexis (Lexie) Aguilar brings a rich, expressive sound that's both soothing and stirring—perfect for the season of romance. Whether you're a longtime music lover or simply looking for a beautiful way to spend an afternoon, this performance promises elegant melodies and heartfelt moments that are sure to linger long after the final note.

**MULTI MEDIA ART SERIES** Wednesdays, (February 4, 11, 18, & 25) 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, (February 4, 11, 18, & 25) 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, February 24 at 2PM in the Chapel. She's back! Join retired University of Minnesota biology professor Jane Phillips for another fascinating installment of Science with Jane. This month's topic, "Scary Creatures," takes a closer look at the animals that give us the chills—and why they're often more misunderstood than truly frightening. From creepy appearances to surprising behaviors, Jane brings her signature humor, storytelling, and scientific insight to creatures that are strange, spooky, and endlessly interesting.

Come curious, leave amazed—and maybe a little less afraid.

# IMPORTANT HIGHLIGHTS

**TECH HELP** Saturday's, (February 7 & 21) 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!

**CUPIDS DANCE** Friday, February 13 at 6-8PM in the Chapel. Love is in the air! Join us for an evening of music, movement, and a little Valentine's magic at our Cupid's Dance. Whether you come with a sweetheart, a friend, or just your dancing shoes, this night is all about connection, fun, and feeling the love. Spinning the soundtrack for the evening is DJ Paul Young, a professional DJ known for reading the room and creating the perfect vibe. From romantic classics to upbeat favorites that get everyone on the dance floor, DJ Paul Young will keep the energy flowing and the mood just right all night long.

Dress up if you'd like, dance when the music moves you, and celebrate Valentine's Day with laughter, rhythm, and heart.

**MONTHLY STORY TIME** Monday, February 16 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!](#)) Join us for another evening of meaningful stories and shared experiences at Story Time, held on the third Monday of each month in the Chapel. February's gathering features two unique and heartfelt presentations:..

..“Readings from a Book I Authored” Hailey Fjestad — the young granddaughter of resident Orian Fjestad — shares excerpts from her own writing.

“Living in an RV: For Better or Worse” Judy Cork reflects on life on the road and the adventures (and lessons) that came with it. Story Time is a resident-led program created to celebrate storytelling in all its forms. We welcome your feedback and suggestions for future presentations as this group continues to grow and evolve.

Presented by Sandy Peck-Garrity, Judy Cork, Adele Thomas, Mike Welsch, and Gene Allen.

**CARAVAN CONCERT** Friday, February 20 at 10:30AM in the Chapel. Caravan: Music from Around the Globe. Pack your bags—no passport required! Caravan invites you on a musical journey across the world, featuring a rich blend of sounds from South America, Europe, Africa, the Middle East, Asia, and back home to the U.S. Performed on a wide variety of traditional and unique instruments, this engaging concert celebrates the beauty, diversity, and shared spirit of music across cultures. Expect the familiar, discover the unexpected, and enjoy a truly global listening experience.

# RECURRING MONTHLY HIGHLIGHTS

**MEN'S' GROUP** Mondays, (February 2, 9, 16, & 23) 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, (February 3, 10, 17, & 24) at 1PM in the Art Studio.

**MEXICAN TRAIN** Tuesdays, (February 3, 10, 17, & 24) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

**EVENING BINGO** Every other Tuesday, (February 3 & 17) at 7PM in the Chapel. Late night bingo game!

**BRIDGE** Wednesdays, (February 4, 11, 18, & 25) at 2PM on 2AL.

**POLISH & PAMPER** Every other Thursday, (February 5 & 19) 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, (February 5 & 19) 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, (February 12 & 62) at 2:15PM in the Chapel.

**MAHJONGG** Fridays, (February 6, 13, 20 & 27) 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, (February 7, 14, 21, & 28) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

**WEEKEND SCRABBLE** Saturdays, (February 7, 14, 21, & 28) at 1PM on 2AL.

**WEEKEND BINGO** Saturdays, (February 7, 14, 21, & 28) at 1:45PM in the Chapel.

**BIRTHDAY PARTY** Friday, February 20 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, February 16 at 4PM. 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 (February 24) 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, February 17 at 2:30PM in the Chapel.

**RESIDENT MEETING** Monday, February 24 at 2:30PM in the Chapel.

**TUESDAY BOOK CLUB** Tuesday, February 24 at 2:30PM in the Community Room. This is led by volunteer Michelle D.

**FRIDAY BOOK CLUB** Friday, February 27 at 10AM in the Community Room. This is led by volunteer Michelle D.

## FEBRUARY 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, February 10 | Shopping: Target**

We will leave the lobby at 9AM. Sign up by Friday, February 6.

### **Friday, February 13 | Centennial Library**

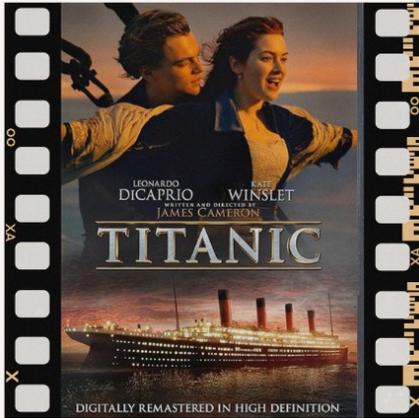
We will leave the lobby at 9:45AM. Sign up by Monday, February 9.

### **Tuesday, February 24 | Shopping: Walmart**

We will leave the lobby at 9AM. Sign up by Friday, February 20.

Have outing ideas? Email Kaitlyn at [kolson@lyngblomsten.org](mailto:kolson@lyngblomsten.org).

# NOW SHOWING IN THE THEATER ON THIRD



## Titanic

Sunday, February 8<sup>th</sup> 1:30PM

Poor artist Jack and rich debutante Rose fall in love with each other while aboard the unsinkable Titanic. However, the trip takes a turn for the worse when the ship hits an iceberg.

Classic Romance

3 Hours.



## Romeo & Juliet

Thursday, February 12<sup>th</sup> 6PM

In Verona, bad blood between the Montague and Capulet families leads to much bitterness. Despite the hostility, Romeo Montague (Douglas Booth) manages an invitation to a masked ball at the estate of the Capulets and meets Juliet (Hailee Steinfeld), their daughter. The two are instantly smitten but dismayed to learn that their families are enemies. Romeo and Juliet figure out a way to pursue their romance, but Romeo is banished for his part in the slaying of Juliet's cousin, Tybalt.

Romance/Based on a Book

2 Hours.



## 1917

Sunday, February 15<sup>th</sup> 1:30PM

During World War I, two British soldiers -- Lance Cpl. Schofield and Lance Cpl. Blake -- receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades -- including Blake's own brother.

War/Time Piece

2 Hours.

# NOW SHOWING IN THE THEATER ON THIRD



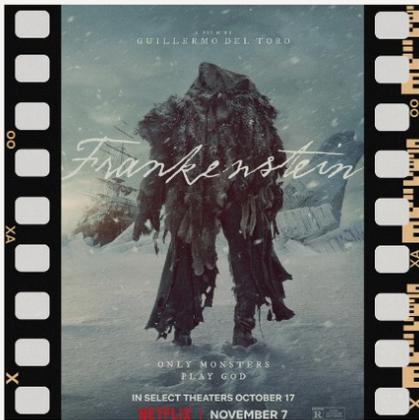
## The HighwayMen

Sunday, February 22<sup>nd</sup> 1:30PM

Former Texas Rangers Frank Hamer and Maney Gault come out of retirement and join forces to try and apprehend notorious outlaws Bonnie Parker and Clyde Barrow.

Suspense/True Story

2 ½ Hours.



## Frankenstein

Thursday, February 26<sup>th</sup> 6PM

A brilliant but egotistical scientist brings a monstrous creature to life in a daring experiment that ultimately leads to the undoing of both the creator and his tragic creation.

Suspense/Based on a Book

2 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. Remembrance Service February 5th.

### **GRIEF SUPPORT GROUP | THURSDAY, DATE TBD**

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. Date will be updated once known.

## **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](mailto: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.**

# Lyngblomsten Presents: *Music in the Key of Romance*

**Tuesday, February 3rd / 2:00 – 3:00**

**Lyngblomsten at Lino Lakes**



Alexis (Lexie) Aguilar is a saxophonist currently based in the Twin Cities. In addition to her current studies pursuing a DMA in saxophone performance at the University of Minnesota, she teaches as an adjunct professor of saxophone at the University of Saint Thomas and MacPhail Center for Music. Lexie enjoys being an active member of music communities and has performed with the Minneapolis Orchestra, the Quad City Symphony Orchestra, at the North American Saxophone Alliance Regional Conferences, and at the Iowa Saxophone Unite Conferences. She currently works with the University of Minnesota's New Music Ensemble, as both a performer and administrator. Previously Lexie received a Master's in Music from the New England Conservatory and a Bachelor of Arts in both French and Saxophone performance at Augustana College.

**Free; No registration required.**

**MACPHAIL CENTER FOR MUSIC**



*Healthcare, Housing & Services for Older Adults since 1906*

St. Paul & Lino Lakes | [www.lyngblomsten.org](http://www.lyngblomsten.org)

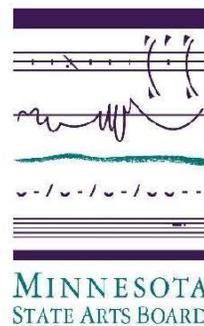
# Caravan: Music from Around the Globe

**Friday, Feb. 20<sup>th</sup> / 10:30 – 11:30**

**Chapel/Multipurpose Room**

Join us as we present a world-trotting array of exciting and beautiful music played on many traditional instruments. Guaranteed to showcase the new and unusual, as well as the familiar! Join us as we take you on a whirlwind tour from South America to Europe, Africa to the Middle East, and Central Asia to East Asia and back home to the US. Let's celebrate and enjoy the rich variety of music in our world!

*Multi-instrumentalist Tim O'Keefe playing buzuq, mandolin, tenor guitar, harmonica, & hand drums; multi-instrumentalist David Burk on guitar, lap steel, banjo, oud & cumbus; Laura Harada playing violin, ukulele, and hand drums. All three have extensive knowledge of many world music styles and decades of experience performing and educating audiences of all ages.*



*This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.*



*Healthcare, Housing & Services for Older Adults since 1906*

**St. Paul & Lino Lakes | [www.lyngblomsten.org](http://www.lyngblomsten.org)**

## 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.**



## 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

#### 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.