

CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

March 2026

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Maintenance**

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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 (almost!) Spring, everyone! There is something about these brighter mornings and longer afternoons that brings a fresh sense of energy to our community. As we look ahead to a new season, I want to extend a very warm welcome to all of our new residents — we are so happy you have joined our wonderful Lyngblomsten at Lino Lakes family. We truly believe this is a special place because of the people who call it home.

As many of you know, we continue to thoughtfully plan for the future of our campus. Our long-standing goal has been to build a Skilled Nursing Facility (SNF) here at Lyngblomsten at Lino Lakes, and we have also envisioned developing the corner lot of our property. After much discussion, planning, and consideration of many factors, we are unable to move forward with both projects at the same time. At this time, we are leaning toward developing the corner lot first, with the SNF project to follow at a later date.

We will be hosting a Neighborhood Meeting toward the end of March 2026. Residents of the surrounding neighborhood, as well as our campus residents, will be invited to attend. Plans for the corner lot development will be presented at that time. More details will be shared as they become available.

On another exciting note — our townhomes and independent living apartments are currently full! This speaks volumes about our vibrant community. We are looking for residents who may be willing to allow us to show their apartments or townhomes to prospective residents. Thank you to those who have already volunteered. If you are open to being added to the list, please let me know. We will always provide as much notice as possible when scheduling tours.

We are also still in the process of hiring a new Culinary Director. In the meantime, please continue filling out comment cards — they are reviewed daily by our culinary team and truly help guide improvements and decision-making.

A few friendly reminders as we continue enjoying our shared spaces:

- If you use the Studio or art room, please wipe down tables and tidy the sink area before leaving.
- In the fitness area, please return equipment to its proper place after use.

I am looking forward to all that this spring season will bring for us together. *Mary Simon*, Executive Director

A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT

March always feels like a turning point. The days stretch a little longer, the sun sticks around a little later, and you can feel the anticipation of spring building in the air. While winter may still be holding on, our calendar certainly isn't slowing down!

This month is filled with movement, creativity, conversation, and connection. From fitness favorites like Seated Strength, Chair Yoga, and Water Aerobics to competitive classics like Bridge, Mahjongg, Scrabble, Mexican Train, and Hand & Foot — there is something happening nearly every day to keep your mind and body active.

Creativity is shining this month as well! We are thrilled to host our Weaving Exhibit, showcasing the beautiful pieces created during Gail's 8-week Fabric Arts class. Be sure to stop by and celebrate the incredible talent right here in our community.

Looking to try something new? Our Improv class continues to grow, and trust me — it is laid-back, laughter-filled, and zero-pressure. Science with Jane returns this month, Story Group keeps the creativity flowing, and we'll gather to celebrate our March birthdays together in Wally's.

Of course, we'll also enjoy special moments like St. Patrick's Day Happy Hour, outings to Target, Walmart, Red Lobster, Great Moon, and more. Whether you're in the mood to learn, move, create, compete, worship, or simply sit and connect — March offers it all.

Spring officially begins this month... and so is Daylight Savings! So remember to spring those clocks ahead an hour this month!

Let's make it a lucky one!

Kaitlyn Olson

Director of Life Enrichment

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MARCH BIRTHDAYS

March 01 | Robert G. (#295)

March 02 | Judith M. (#406)

March 02 | David B. (#282)

March 02 | Gene O. (#303)

March 03 | William Z. (#328)

March 03 | Liz B. (#331)

March 07 | Cynthia C. (#209)

March 08 | William L. (#107)

March 09 | Beryl M. (#336)

March 09 | Cheryl P. (#229)

March 11 | Susan P. (#417)

March 17 | Barbara L. (#107)

March 18 | Bob C. (#413)

March 18 | Karen M. (#403)

March 21 | Phyllis W. (#125)

March 22 | Jean P. (#227)

March 28 | Elaine N. (#310)

March 31 | Ronald M. (#120)

Birthday Party!

Friday, March 20th at 2:30PM in Wally's.

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



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

Karen M. | (#239)

Burt M. | (#230)

Marvin N. | (#343)

Linda R. | (#206)

Jeanette B. | (#304)

Kenneth T. | (#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, (March 2, 9, 16, 23, & 30) 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 Every other Tuesday, (March 3, & 17,) 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, March 3 at 2PM in the Chapel. Join us for an enchanting afternoon with Willow Brae, a talented duo bringing the rich musical traditions of Ireland and Scotland to life. Featuring Andrea Stern on harp and Laura MacKenzie on traditional wind instruments and voice, this performance blends lyrical airs, lively dance tunes, and heartfelt songs from the Celtic countryside. You'll hear a beautiful variety of unique and seldom-heard instruments — both plucked and wind-powered — while learning fascinating stories about the music's history and cultural roots.

IMPROVISATION Wednesdays, (March 4, 11, 18 & 25) from 1:30-3PM in the Community Room. “I need a script!” ... No, you don't! Join award-winning actor, writer, and director Dane Stauffer for an 8-week improvisation experience designed to help you think on your feet, build confidence, and have a whole lot of fun along the way. Through simple, engaging exercises, you'll explore the powerful concept of “yes, and...,” learn to trust your instincts, strengthen listening skills, and connect your imagination to your voice and body. Side effects may include increased confidence in public speaking, enhanced creativity, sharper listening skills... and plenty of laughter.

MULTI MEDIA ART SERIES Wednesdays, (March 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.

SCIENCE WITH JANE Tuesday, March 24 at 2PM in the Chapel. Join Jane Phillips, retired biology professor from the University of Minnesota, for another fascinating afternoon of discovery as she dives into the science of Mate Selection. What drives attraction in the animal kingdom? Is it bright feathers, powerful antlers, impressive songs, or something more subtle? From elaborate courtship displays to surprising evolutionary strategies, Jane will explore how species choose their partners — and why it matters. As always, Jane brings her engaging storytelling style, sharp insight, and just the right touch of humor to make science both accessible and exciting. You won't want to miss this lively and thought-provoking conversation! Come curious — and ready to learn something new about the natural world around us.

IMPORTANT HIGHLIGHTS

TECH HELP Saturday's, (March 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!

MONTHLY STORY TIME Monday, March 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. March'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.

“Planes, Trains, & Automobiles” and all the interesting modes of transportation presented by Gary & Diane L.

Story Time is a resident-led program created to celebrate storytelling in all its forms.

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

WEAVING CLASS EXHIBIT Tuesday, March 17 from 1-2:30PM in the Art Studio. For the past eight weeks, creativity has been quietly weaving its way through our Studio with Gail's Fabric Arts class — and now it's time to show off the results! Join us for a special exhibit celebrating the beautiful, textured, and colorful pieces created by our talented resident artists. From bold patterns to intricate details, each piece tells its own story of patience, imagination, and craftsmanship.

Whether you're curious about weaving, love fiber arts, or simply want to support your neighbors, this is a wonderful opportunity to admire the artistry that has been taking shape right here in our community.

Come be inspired — and who knows... you might just find yourself wanting to join the next creative adventure!

ST. PATRICK'S DAY HAPPY HOUR

Tuesday, March 17 at 4:30PM in the dining areas. Put on a touch of green and join us for a festive St. Patrick's Day Happy Hour! We'll be raising a glass to good luck, good friends, and a little Irish cheer. Enjoy themed drinks, light snacks and plenty of laughter as we celebrate together. Whether you're Irish by heritage or just Irish for the day, this is the perfect excuse to gather, sip, and socialize. Sláinte to community and a shamrockin' good time!

TOUGH TOPICS & CONVERSATIONS

Wednesday, March 18 at 4PM in the Chapel. We are partnering with Our Lady of Peace Hospice and Home Health Care to offer an informative and supportive session focused on navigating meaningful conversations with loved ones. This presentation will explore the common challenges that come with changes in health and abilities, along with helpful strategies for approaching these discussions with confidence and compassion. Attendees will also learn about valuable resources and supports available to families. Whether you are planning ahead, supporting a spouse or family member, or simply wanting to feel more prepared for life's transitions, this session offers guidance in a thoughtful and respectful environment. Residents are welcome to attend.



RECURRING MONTHLY HIGHLIGHTS

MEN'S' GROUP Mondays, (March 2, 9, 16, 23, & 30) 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, (March 3, 10, 17, 24, & 31) at 1PM in the Art Studio. March 17 studio reserved for Weaving Exhibit.

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

EVENING BINGO Every other Tuesday, (March 3, 17, & 31) at 7PM in the Chapel. Late night bingo game!

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

POLISH & PAMPER Every other Thursday, (March 5 & 19) at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

SNACK N' CHAT (NAME CHANGED BACK!) Every other Thursday, (March 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, (March 12 & 26) at 2:15PM in the Chapel.

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

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

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

BIRTHDAY PARTY Friday, March 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, March 16 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 (March 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.

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

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

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

TOWNHOME MEETING Tuesday, March 31 at 2:30PM in the Chapel.

MARCH 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, March 10 | Shopping: Target

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

Friday, March 13 | Centennial Library

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

Friday, March 13 | Lunch: Great Moon China Buffet *Requires \$18 Cash at time of outing*

We will leave the lobby at 10:30AM. Sign up by Monday, March 9.

Tuesday, March 24 | Shopping: Walmart

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

Thursday, March 26 | Shopping: Dollar Tree

We will leave the lobby at 9AM. Sign up by Monday, March 23.

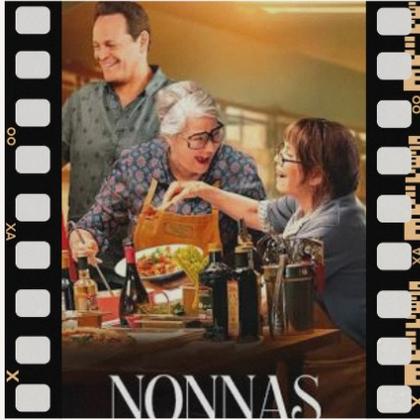
Friday, March 27 | Lunch: Red Lobster

We will leave the lobby at 10:30AM. Sign up by Monday, March 23.

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

Live Vibrantly!

NOW SHOWING IN THE THEATER ON THIRD



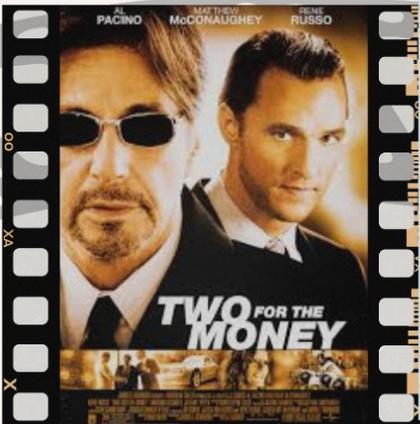
Nonna's

Sunday, March 1st 1:30PM

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs.

Comedy/Based on Real Life

2 Hours.



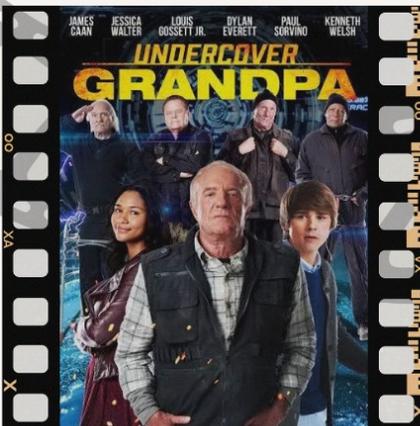
Two for the Money

Sunday, March 8th 1:30PM

After suffering a career-ending injury, a former college football star aligns himself with one of the most renowned touts in the sports-gambling business.

Sports/Drama

2 Hours.



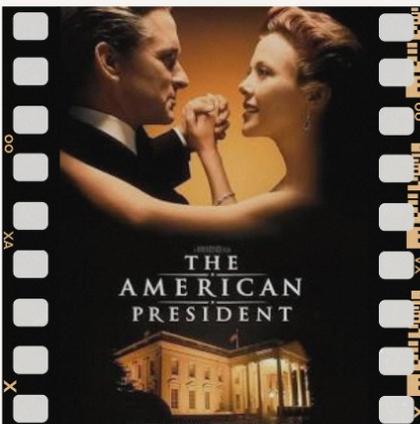
Undercover Grandpa

Thursday, March 12th 6PM

A shy young man turns to his grandfather and his grandfather's old war buddies to help him rescue the woman of his dreams from kidnapers.

Comedy/Action

1 ½ Hours.



The American President

Sunday, March 15th 1:30PM

With the end of his first term in sight, widowed U.S. President Andrew Shepherd (Michael Douglas) knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade (Annette Bening), Shepherd's supporters question the relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Shepherd must choose between his political career and his love for Sydney.

Romantic/Comedy

2 Hours.

NOW SHOWING IN THE THEATER ON THIRD



Wyatt Earp

Sunday, March 22nd 1:30PM

The epic biography of western lawman Wyatt Earp, who at an early age, is taught that nothing matters more than family and the law. He becomes a respected sheriff in Dodge City and Tombstone. Joined by his brothers and Doc Holliday, Earp wages war on the dreaded Clanton and McLauray gangs.

Western/Action

2 ½ Hours.



Munich: Edge of War

Thursday, March 26th 6PM

Set in the fall of 1938, Hitler prepares to invade Czechoslovakia, and the government of Neville Chamberlain desperately seeks a peaceful solution. A British civil servant and a German diplomat, former classmates, travel to Munich to discuss peace.

Thriller/Drama

2 Hours.



The Magic of Belle Isle

Sunday, March 29th 1:30PM

A retired and disabled writer moves to a remote village in an effort to regain his strength and passion for words. He soon meets a single mother with three children, and with their help and inspiration he rejuvenates his life and work.

Drama/Comedy

2 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

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.

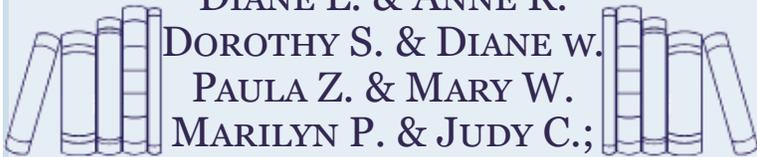
Our dedicated Library team that continuously makes sure it stays a space you can enjoy:

DIANE L. & ANNE R.

DOROTHY S. & DIANE W.

PAULA Z. & MARY W.

MARILYN P. & JUDY C.;



Something New in the Library Nook!
We are excited to share a wonderful addition to our Library Nook! Thanks to a generous donation, we now have a beautiful new collection of Books on CD, along with a new bookcase and several CD players for resident use.

The Books on CD are shelved on the nonfiction side of the library, organized by author. When you are finished enjoying them, please place them in the clearly marked "RETURNS" basket.

CD players are available to sign out at the Front Desk for up to two weeks at a time.

While we're on the topic of returns — we kindly ask that all books and CDs be placed in the RETURNS basket. This allows our volunteer librarians to carefully review items for organization, proper shelving, and any signs of wear or damage. Keeping things in order helps ensure the library remains welcoming and easy to browse for everyone.

We are so grateful to see how much our community enjoys the library space.

PLEASE RETURN BOOKS TO THE RETURN BIN-

BOOK REVIEW SLIPS ARE AVAILABLE FOR YOU . LOCATED IN THE RETURN BOX IN THE LIBRARY.

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 | 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. Our Thursday worship times in March will find us solidly in a Lenten series — The Seven Last Words of Christ. We will hear these words from Christ as he suffers and dies, and which eventually lead us to His resurrection on Easter. Please join us for these powerful and life changing lessons for Christ.

The Sacrament of Holy Communion will also be celebrated on March 12 and 26.

**GRIEF SUPPORT GROUP | THIRD
THURSDAY, MARCH 19 AT 3:30PM**

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. Meets in the Community Room.





L
LYNGBLOMSTEN
AT LINO LAKES

Join us for a Community Meeting

You're invited to attend a neighborhood meeting regarding a proposed new development by Lyngblomsten.

Lyngblomsten is exploring plans for a thoughtfully designed mixed-use building at the NW corner of Hodgson Road and County Road J (adjacent to Lyngblomsten's existing senior living building). This new development would include apartment homes for adults 55+ with retail space on the first floor. This neighborhood meeting is an opportunity to learn more about the vision for the project, see preliminary plans, and ask questions.

- When:** Tuesday, March 24, 2026
6:30-7:45 PM
- Location:** Lyngblomsten at Lino Lakes (multipurpose room)
6070 Blanchard Boulevard (corner of Hodgson & Cty J/Ash Street)
Lino Lakes, MN 55014
- RSVP:** No reservations needed; just come. Presentation starts at 6:30 PM.

Lyngblomsten will present their plans for the site and will be available to answer questions and gather feedback from neighbors and community members.

We hope you can join us to learn more and share your thoughts on this important addition to the neighborhood!

Lyngblomsten at Lino Lakes is a senior living community owned and operated by Lyngblomsten, a Christian nonprofit that's been enhancing the quality of life for older adults since 1906. Learn more about our mission, our history, and our programs and services at www.Lyngblomsten.org.

Lyngblomsten Presents: *Willow Brae*

Tuesday, March 3rd / 2:00 – 3:00 p.m.

Chapel / Multipurpose room

Lyngblomsten at Lino Lakes



Andrea Stern, harp
Laura MacKenzie,
traditional wind & voice

Willow Brae brings to life the airs, dance tunes, and songs of the Irish and Scottish countryside, conveying the warm resonance of traditional music and song and the spark of dynamic dance tunes.

Experience a wide array of unique, seldom-heard instruments, both plucked and wind-powered. This duo shares fascinating historical and cultural information about the instruments and music, all delivered with humor and skill.

Free; No registration required.



Healthcare, Housing & Services for Older Adults since 1906

St. Paul & Lino Lakes | 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.