

# CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

April 2026

## DIRECTORY

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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 Spring, everyone—and warm wishes for a beautiful Easter season ahead!

We are excited to share a few wonderful staff updates within our community. Please join me in welcoming **Linda Dickinson**, our new Administrative Assistant! Be sure to check out her introduction on page 7 to learn more about her. We're also pleased to share that Angie Quick has stepped into Deb Bland's previous role. Deb has quietly re-retired, and while she preferred to keep things low-key, we are incredibly grateful for all she has given to our community over the years.

Another exciting addition is **Nicholas Hickey**, who will be joining us as our new Culinary Director through Forefront. Nicholas brings a wealth of experience in senior living, and we are thrilled to have him on board. He officially starts April 1st and will be easing into orientation and training, so we appreciate your patience as he gets settled. You'll have an opportunity to meet him at the upcoming Culinary Chat on April 3rd, and he will be featured more in next month's newsletter.

A quick housekeeping reminder—our team has been finding candy wrappers tucked into plants and other unexpected places. We kindly ask that all trash be disposed of in proper waste bins. Holding onto wrappers until you reach a garbage can helps keep our shared spaces clean and welcoming for everyone.

Thank you to all who attended the recent meetings regarding the corner lot and shared your thoughtful feedback. We truly value your input and will continue passing along your ideas to CEO Jeff Heinecke. Updates will be shared as we move through the approval process. We also had a small but engaged group of neighbors attend the neighborhood meeting, and they brought forward some great questions as well.

As always, thank you for being such an important part of this community.

*Mary Simon,*  
Executive Director

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Celebrating our community and welcoming new faces.

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Enjoy an energetic percussion concert featuring rhythmic performances and lively beats that are sure to get your toes tapping.

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A clear guide to help you find your way around the building. Along with Salon hours & meet the staff!

### APRIL BIRTHDAYS

April 02 | Terry M. (#335)

April 03 | Carolyn P. (#236)

April 03 | Dorothy S. (#204)

April 04 | Dolly B. (#204)

April 04 | Rene T. (TH-267)

April 05 | Esther T. (#224)

April 06 | Paula Z. (#323)

April 07 | Pat E. (#226)

April 18 | Mike D. (#114)

April 19 | Gayle B. (#415)

April 21 | Cathy B. (#206)

April 22 | Carol B. (#241)

April 25 | Margaret H. (#207)

April 25 | Marilyn P. (#327)

### Birthday Party!

Friday, April 17 at 2:30PM in Wally's.  
All Residents Welcome!



### NEW RESIDENTS!

Ken T. | (#231)

### RESIDENT REPRESENTATIVES

Our current residents who are willing to help you familiarize yourself with your community!

Lead: Ted E. (#409)

Anne R. (#220) Caryl W. (#218)

Diane L. (#412) Marilyn P. (#327)

Ann S. (#420) Nan B. (#425)




### COMMUNITY VOLUNTEERS:

#### THE WOOD SHOP

Tuesdays & Wednesdays  
from 10AM-12PM

If you need anything fixed, or would like to learn new skills, come to the woodshop during these hours.

## A NOTE FROM THE LIFE ENRICHMENT DEPARTMENT

 April is here, bringing longer days, warmer sunshine, and plenty of new opportunities to gather together as a community. As we move into spring, I'm excited to introduce something brand new to our evening calendar — the **Sunset Social Series!**

Over the past few weeks, many of you took the time to share your thoughts in the Evening Activity Survey. I'm happy to report that **more than 50 residents responded**, offering wonderful ideas, suggestions, and feedback about what kinds of events you'd enjoy attending in the evening. Your responses were incredibly helpful and made it clear that there is real interest in creating more relaxed, social opportunities later in the day.

Thanks to your feedback, we're launching the **Sunset Social Series** this month — a collection of fun, welcoming evening gatherings designed to help neighbors connect, unwind, and enjoy time together after dinner. These events are meant to be casual, easy to attend, and full of opportunities for conversation and laughter.

Throughout April you'll see a few different styles of Sunset Socials appearing on the calendar. Some evenings may feature classic favorites like bingo, while others will invite neighbors to gather for desserts, games, or cozy outdoor moments like sharing s'mores together as the sun goes down. The goal is simple: create inviting spaces where residents can stop by, meet someone new, or enjoy a relaxed evening with friends.

Spring is the perfect season to try something new, and these evening events are a wonderful way to extend the vibrant sense of community that already fills our days here at Lyngblomsten at Lino Lakes.

Along with the launch of the Sunset Social Series, April will also bring a full calendar of engaging activities throughout the day. From educational programs like Science with Jane, to creative gatherings, music, and social opportunities, there will be plenty happening across campus.

I hope you'll take a look through the April calendar and consider joining us for one of our new evening gatherings. With your ideas helping shape this series, I'm excited to see neighbors come together and make these evenings something truly special.

To our many sunsets ahead,  
Kaitlyn Olson  
Director of Life Enrichment





## INTRODUCING: THE SUNSET SOCIAL SERIES

As the days grow longer and the sun lingers a little later in the evening, we're excited to introduce something new to our community calendar: **Sunset Socials**.

Over the past few months, many of you shared your thoughts in our Evening Activities Survey. Your feedback helped us learn what kinds of evening gatherings residents would truly enjoy—more opportunities to relax together, share a treat, play a game, and simply spend time with neighbors after dinner. Sunset Socials were created directly from those ideas.

These casual evening gatherings will take place around **6:30PM** on select evenings throughout the month. Each Sunset Social will feature a different theme—some nights may include desserts and games, others might bring us outdoors for s'mores, supper club-style potlucks, or classic favorites like Bingo. The goal is simple: create welcoming, low-key opportunities for residents to connect, laugh, and enjoy the evening together.

Whether you stay for the whole hour or just stop by to say hello, we hope Sunset Socials become a fun new tradition here at Lyngblomsten. We look forward to seeing you there as we enjoy good company and beautiful evenings together.

### SUNSET SOCIAL NIGHTS:

**DESSERT EXCHANGE & GAME SOCIAL— SOPHIA'S** (*Experiment*) TUESDAY, APRIL 7 AT 6:30PM

Kick off our new Sunset Social series with a sweet and social evening! Residents are invited to bring a favorite dessert or treat to share while enjoying a relaxed night of games and conversation with neighbors. Tables will be set with a variety of easy-to-play favorites including cards, dice games, and board games.

**EVENING BINGO— CHAPEL** WEDNESDAY, APRIL 15 AT 6:30PM

Join us for a classic evening of Bingo fun! Whether you're a seasoned player or just stopping by for a few rounds, it's always a lively time filled with laughs and friendly competition.

**S'MORES RETURNS— COURTYARD** THURSDAY, APRIL 23 AT 6:30PM

Back by popular demand! Gather for an evening of toasted marshmallows, melted chocolate, & good company as we bring back this sweet campfire favorite.

**PATIO & PLATES SUPPER CLUB BBQ- COURTYARD** WEDNESDAY APRIL 29 AT 6:30PM

Enjoy a relaxed evening on the patio as neighbors gather for a casual supper club-style social. Bring a favorite dish, snack, or dessert to share if you'd like, or simply come enjoy good food and great company. **A voluntary sign-up sheet available** by the Court Yard Door (Located in Sophia's Café) for residents who wish to participate in a potluck-style BBQ gathering. The "club" aspect simply means the social will be reserved for those who sign up to bring a dish, side, or meat to share. This helps ensure that no one feels like they are responsible for feeding the whole building while still creating a fun, collaborative dining experience.

# IMPORTANT HIGHLIGHTS

## CREATIVE OPPORTUNITIES

**IMPROVISATION** Wednesdays, (April 1, 8, 15, & Finale day-22) 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. listening skills... and plenty of laughter.

**MULTI MEDIA ART SERIES** Wednesdays, (April 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.

**YARN AND FABRIC CLUB** Tuesdays, (April 7, 14, 21, & 28) at 1PM in the Art Studio.

## CARDS & GAMES

**BRIDGE** Wednesdays, (April 1, 8, 15, 22 & 29) at 2PM on 2AL.

**MAHJONGG** Fridays, (April 3, 10, 17 & 24) at 1PM in the Community Room on 4th floor.

**GOLF SIMULATOR** Saturdays, (April 4, 11, 18 & 25) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

**WEEKEND SCRABBLE** Saturdays, (April 4, 11, 18 & 25) at 1PM on 2AL.

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

**HAND, KNEE & FOOT** Tuesdays, (April 7, 14, 21, & 28) at 1PM on 3AL. Come learn a game like Canasta!

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

**BINGO** Every other Thursday, (April 12 & 26) at 2:15PM in the Chapel.

## GROUPS & CLUBS

**POLISH & PAMPER** Every other Thursday, (April 2, 16 & 30) at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

**SNACK N’ CHAT** Every other Thursday, (April 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.

**STORY GROUP** Mondays, (April 6, 13, 20, & 27) from 12:30–2:30PM in The Community Room. 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.

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

**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.

**PATIO & PLATES SUPPER CLUB BBQ** Check out page 4 for more info on this Sunset Social Series Event!

# IMPORTANT HIGHLIGHTS

## PRESENTATIONS & ENTERTAINMENT

**MACPHAIL MUSIC HOUR** Tuesday, April 7 at 2PM in the Chapel. Join MacPhail teaching artist Caitlin Lucic for an engaging introduction to the world of orchestral percussion. Through live demonstrations and orchestral excerpts, you'll experience the instruments up close and discover how percussion adds color, rhythm, and excitement to symphonic music. From dramatic crashes to subtle rhythmic textures, you'll gain a whole new appreciation for the sounds that help bring an orchestra to life.

**IMPROV FINALE!** Monday, April 20th at 2:30PM in the Chapel. You are cordially invited to attend (and suggest ideas for) a Sharing of Improv Games! Presented by the Improvisation Adventures Class!

**MONTHLY STORY TIME** Monday, April 20 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. Story Time is a resident-led program created to celebrate storytelling in all its forms.

**MEMORY LOSS- CAREGIVERS SUPPORT GROUP** Fourth Tuesday of every month (April 28) 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.

**SCIENCE WITH JANE** Tuesday, April 28 at 2PM in the Chapel. Join us this month as Jane Phillips returns with a fascinating look at one of the most important—and hardest working—organs in the body: the heart. From how it keeps us alive every second of the day to the surprising ways it responds to emotion, this engaging presentation will explore both the science and significance behind the human heart.

## ELECTRONIC ASSISTANCE

**TECH HELP** Saturday's, (April 4 & 18) 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!

**TECH HELP** 1st and 2nd Tuesdays, (April 7, & 21, ) 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!

## IMPORTANT DATE REMINDERS

**BIRTHDAY PARTY** Friday, April 17 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, April 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, April 21 at 2:30PM in the Chapel.

**RESIDENT MEETING** Monday, April 27 at 2:30PM in the Chapel.

## **MEET LINDA!**

Hello! I'm Linda Dickinson, Lyngblomsten's new Administrative Assistant. Previously to coming here I worked for almost 16 years as the Administrative Assistant (aka Church Secretary) for Elmwood Church in St. Anthony Village. I was born in Milwaukee, but mainly grew up in California. In high school I played clarinet in the marching band. Then, I received a B.A. in Business from California State University at Davis!

My husband, David, and I met when we were both living in San Diego and moved to Minnesota in 1994. We will celebrate our 34th wedding anniversary this summer, and we have two adult children, Hannah and Josh. I enjoy making greeting cards, doing puzzles, going for walks, and am a lover of dogs ... and pizza.

Looking forward to meeting you all!  
Linda Dickinson,  
Administrative Assistant



## **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 for April begins on Maundy Thursday, April 2.

That will be the final look at the **Seven Last Words of Christ on the Cross** – *Father, Into Your Hands I Commit My Spirit*. Then on April 9 we will begin a series based on, arguably, the most famous parable told by Jesus – the story of the prodigal son. The series is titled **The Prodigal Son – Plus 1**.

This well-known story is about more than just the son who went away, the other brother, *AND* the father, are as important. We think we know what this parable is all about, but this is not your Sunday School days parable!

The Sacrament of Holy Communion will also be celebrated on April 2, 16, and 30.

### **GRIEF SUPPORT GROUP | THIRD THURSDAY, APRIL 16 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.

## BOOK NOOK

Dear 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:



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 (Audio Books) are shelved on the nonfiction side of the library, organized by author.

When you are finished enjoying them, please place them in the “RETURNS” bin. 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 bin.



## NOW SHOWING: THEATER ON THIRD EVERY SUNDAY



NETFLIX

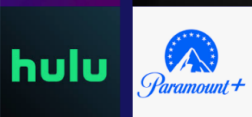


1:30PM



P

Every month a new list of movie suggestions will be in the Theater for resident’s to choose the movie for the afternoon. With any of these streaming platforms, the options are endless and now, all yours!



Paramount+



7PM

This drama about the life of Jesus Christ introduces Jesus and the calling of his initial disciples, with a discussion after each episode..

Faith Based/Historical Drama  
1-2 Episodes each week



## APRIL 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 . We can accommodate 13 residents on the bus for each outing. 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, April 14 | Shopping: Target**

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

### **Thursday, April 16 | \*U of M Landscape Arboretum**

We will leave the lobby at 9AM. Sign up by Monday, April 13.

**9:30AM:** Arrive at Arboretum.

**9:30-11:30AM:** Stroll the gardens, grab a bite to eat at the café, and explore the gift shop!

**~12pm:** Arrive back at Lyngblomsten.



### **Friday, April 17 | Centennial Library**

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

### **Tuesday, April 28 | Shopping: Walmart**

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

### **Thursday, April 30 | \*U of M Landscape Arboretum**

We will leave the lobby at 9AM. Sign up by Monday, April 27.

**9:30AM:** Arrive at Arboretum.

**9:30-11:30AM:** Stroll the gardens, grab a bite to eat at the café, and explore the gift shop!

**~12pm:** Arrive back at Lyngblomsten.



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

*Live Vibrantly!*

# **Community Safety Corner**

## Spring Weather Awareness – April Edition

Spring in Minnesota can bring quickly changing weather. Here are a few helpful reminders to stay safe during storms this season.



### **Thunderstorms**

- Stay indoors when thunder or lightning is present
- Move away from windows during strong winds
- Bring lightweight balcony or patio items inside if storms are expected
- Avoid using corded electronics during lightning
- Keep a flashlight nearby in case of power outages



### **Tornado Safety**

- Move to the lowest level of the building if a warning is issued
- Stay away from windows and exterior walls
- Use interior hallways or designated shelter areas
- Follow instructions and guidance from staff
- Remain in the shelter area until the warning has passed



### **Power Outages**

- Keep a flashlight with working batteries nearby
- Keep phones charged when storms are expected
- Use flashlights instead of candles when possible
- Report outages or concerns to staff
- Staff will provide updates if an outage occurs

When Severe Weather Happens Here:

Our community is prepared for changing weather conditions. If severe weather occurs, staff will monitor conditions closely and provide guidance as needed. Residents may hear announcements or be asked to move to designated interior areas if sheltering becomes necessary.

Our team is here to help ensure everyone remains safe, comfortable, and informed during storms.

If you ever have questions or concerns during severe weather, please do not hesitate to reach out to staff.



*Thursday Tavern Takeover  
w/ Anne & Sarah*



# GAME SCHEDULE

MIKELSON'S TAVERN 4-5PM

THURSDAY, APRIL 2ND

*Bar Bingo*

THURSDAY, APRIL 9TH

*Trivia*

THURSDAY, APRIL 16TH

*Karaoke*

THURSDAY, APRIL 23RD

*Bar Bingo*

THURSDAY, APRIL 30TH

*Trivia*



# Summer Classics

Mark your calendar for  
**HOMES FOR THE AGING WEEK**

# May 11-15, 2026

Enjoy a week's worth of festivities that celebrate classic summer memories. Drive-in movies, a weekend at the lake, county fairs, and much more are on the calendar! *Stay tuned for more details.*



# Lyngblomsten Concert: Caitlin Lucic, Percussion

*presented by MacPhail Center for Music*

**Tuesday, April 7 / 2:00 – 3:00 p.m.**

**Chapel-Lyngblomsten at Lino Lakes**



Join teaching artist Caitlin Lucic for an engaging introduction to orchestral percussion. Discover what it's like from the back of the orchestra and learn how the percussion section enhances the overall symphonic sound.

During this interactive session, Caitlin will share a wide variety of orchestral excerpts, offering an up-close look at the instruments and a chance to hear the percussion parts performed live. From dramatic crashes to subtle rhythmic textures, you will gain new insight into how percussion brings orchestral music to life.

**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)

## 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.