

# CAMPUS NEWSLETTER

A newsletter for the residents of Lyngblomsten at Lino Lakes

May 2026

## DIRECTORY

**Mary Simon**

*Executive Director*  
(651) 515-1724

**Angie Quick**

*Assist. Executive Director*  
(651) 515-1726

**Linda Dickinson**

*Administrative Assistant*  
(651) 515-1727

**Kaitlyn Olson**

*Director of Life Enrichment*  
(651) 515-1730

x

*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**



LYNGBLOMSTEN  
AT LINO LAKES

## GREETINGS FROM THE EXECUTIVE DIRECTOR



Happy Spring!

A warm welcome to all of our new residents and staff—we are so happy you are here and part of our community.

Thank you to those who have graciously offered to open your homes for apartment tours. We truly appreciate your help in showcasing the beauty of our community! We are currently looking for a one-bedroom to add to our tour list. As always, we provide as much notice as possible, and participation is completely optional.

We are excited to share that the proposed corner lot project has successfully passed the Planning and Zoning meeting. Thank you to the residents who attended and supported this step in the process. The project will now move forward to the City Council for final approval, which we anticipate within the next month. From there, the focus will shift to finalizing financing, which is already underway.

We have also continued conversations with the City regarding crosswalks and traffic concerns near the townhomes. Blanchard Boulevard is a city-managed road, and based on current policies, the speed limit remains set at 30 mph for local urban roadways and cannot be adjusted without an extensive study.

While additional crosswalks and speed bumps are not being approved at this time due to safety, visibility, and maintenance concerns, the City will be installing a temporary driver feedback sign that displays vehicle speeds. This will help gather data for further review by their traffic committee.

A few friendly reminders around the community:

-Please allow those exiting the elevator to step out before entering.

-If you are comfortable, culinary staff are happy to place walkers along the wall during meals and return them when you are ready to leave—this helps keep pathways clear for everyone.

-Residents are also welcome to bring their own coffee mugs to help reduce paper waste.

There is so much to look forward to this May! Be sure to keep your calendar nearby so you don't miss out on all the wonderful activities and events planned.

Blessings to all,

*Mary Simon,*

Executive Director

## MAY TABLE OF CONTENTS

**Page 2 – Table of Contents. Birthdays, New Residents, & Resident Volunteers**  
Celebrating our community and welcoming new faces.

**Pages 3 & 4 – Life Enrichment Article & Sunset Series** A very important article this month with all changes and upcoming ideas!

**Pages 5 & 6 – Important Highlights** Your go-to pages for everything new and upcoming.

**Page 7 – Spiritual Care** Updates on all things spiritual care related.

**Page 8 – Book Nook & Movies** Messages and literary updates along with this month's movies & series.

**Page 9 – Monthly Outings** Dates of outings on the purple bus!

**Page 10 – Rhythmically Speaking Dance Party & Kickoff** More information on our kickoff with our returning professional dancers that help us make movement more fun!

**Page 11 – Homes for the Aging Week Flyer**  
All things for our special week.

**Page 12 – Rhythmically Speaking Flyer**  
Read more information on our fun movement class led by professionals!

**Page 13 – Print Making Class Flyer**  
Read all details about the upcoming arts class!

**Page 14 – MacPhail Concert Flyer**  
Enjoy an exciting performance on violin.

**Page 15 – Fitness Class & Room Hours**  
Everything you need to know to keep moving this month.

**Page 16 – Room Locations & Blue Heron Salon Contacts**  
A clear guide to help you find your way around the building. Along with Salon hours & meet the staff!

### May BIRTHDAYS

May 01 | Lori D. (#215)  
May 02 | Judd Z. (#323)  
May 05 | Ann S. (#420)  
May 06 | Marie H. (TH-263)  
May 06 | Max P. (TH-266)  
May 10 | Trish S. (TH-275)  
May 11 | Nancy D. (#135)  
May 14 | Dick S. (#408)  
May 15 | Marilyn R. (#103)  
May 18 | Victor B. (#424)  
May 21 | Don B. (#208)  
May 22 | Nancy M. (#136)  
May 23 | Erin O. (#334)  
May 24 | Judy C. (#301)  
May 26 | Alice F. (#113)  
May 27 | Jeanette L. (#317)  
May 30 | Russ H. (#205)

### **Birthday Party!**

Friday, May 22 at 2:30PM in Wally's.  
All Residents Welcome!



### **NEW RESIDENTS!**

Jean & Howard R. | (#340)  
Donna M. | (#305)

### **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)



### **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

 May is Here & We Are SO Ready!

After such a fun and full spring kickoff, May is bringing the energy—and trust me, you're going to want your calendar close this month.

We're heading straight into one of our most exciting themed weeks of the year—Homes for the Aging Week: Classic Minnesota Summers—and it is going to feel like stepping right into your favorite summer memories. From a Day at the Lake to a Drive-In Movie, County Fair Day, and even a Camping Adventure, we're bringing all the best parts of a Minnesota summer right here to campus. Yes... that includes outdoor games, music, s'mores, and even a traveling petting zoo.

And that's just one week.

We're continuing to build on the momentum of your feedback (shout out to the 50+ of you who shared your thoughts with me ), and you'll start to see more intentional, engaging experiences across the board—from creative opportunities like Gelli Plate Printmaking to meaningful programs like Science with Jane, social favorites like Tavern Takeover, and plenty of ways to stay active, connected, and trying something new.

You'll also notice a great mix of music, performances, and evening programming continuing to grow—including our Sunset Social Series, which just wrapped its first month!

We've already made a few adjustments based on your feedback, and I'm so excited to keep building this into something really special for our community.

And I have a fun opportunity for you...

We are currently looking for a Movie Host—someone who would be willing to help run our movie showings in the Theater. This is a great way to get involved, meet others, and be part of bringing a favorite activity to life. The AV system is very user-friendly, and I will personally train you so you feel confident and comfortable. If this sounds like something you'd enjoy, come find me—I'd love to chat!

My biggest recommendation? Keep your calendar somewhere you'll see it daily. There is so much happening, and I would hate for you to miss something that could become your new favorite.

As always, my door is open. If there's something you'd love to see more of, try for the first time, or bring back—come find me. We're building this together, and it just keeps getting better.

Let's make it a May to remember,  
Kaitlyn Olson  
Director of Life Enrichment  
Office: 651-515-1730  
Email: kolson@lyngblomsten.org



# THE SUNSET SOCIAL SERIES



As the days grow longer and the sun lingers a little later in the evening, our new Sunset Social Series has officially completed its first month—and what a start it’s been!

Thank you to everyone who joined us, tried something new, and helped shape these evenings into something truly special. Your feedback has been incredibly valuable as we continue building these gatherings into a fun, welcoming tradition here at Lyngblomsten.

With any new series comes a little trial and error, and we’ve been listening closely. Based on your experiences and input, we’re making a few thoughtful adjustments to better align with your routines and make these evenings even more enjoyable.

You’ll still see the same great mix of relaxed, low-key gatherings—games, treats, music, and time to connect—but with a few updates to timing and flow to make attending even easier.

Whether you stay for the full hour or just stop by to say hello, Sunset Socials are all about creating simple, meaningful moments together—and we’re just getting started.

## SOCIALS

**CINCO DE MAYO HAPPY HOUR — MIKELSON’S & WALLY’S** | TUESDAY, MAY 5 AT 4PM

Kick off the month with a festive afternoon in the Tavern! Enjoy a fun, social happy hour filled with good company and a little Cinco de Mayo flair.

**NORTHSTAR CHORUS CONCERT — CHAPEL** | TUESDAY, MAY 12 AT 7PM

In true Homes for the Aging Week fashion, enjoy an evening of music performed by this group!

**MOUNDS VIEW ELEMENTARY CHAMBER ENSEMBLE — CHAPEL** |

WEDNESDAY, MAY 13 AT 7PM

Come experience true proteges! These elementary students will be sure to amaze you!

**S’MORES — COURTYARD** FRIDAY, MAY 15 AT 12(NOON) -2PM AND 4-6PM

Back by popular demand! Join us during our themed week for a cozy evening of toasted marshmallows, melted chocolate, and great company.

**EVENING BINGO — CHAPEL** TUESDAY, MAY 19 AT 6:30PM

Join your neighbors in an evening of Bingo!

**PATIO & PLATES SUPPER CLUB BBQ- COURTYARD** WEDNESDAY MAY 27 AT 5:30PM

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

## PRESENTATIONS & ENTERTAINMENT

**HAND BELL CONCERT** Saturday, May 2 at 10AM in the Chapel. Join The Mill City Handbell Ringers as they join us in a ringing in a great start to our day!

**PIANO RECITAL** Sunday, May 3 at 2PM in the Chapel. Join as Susan Hareland's students come back to show off their amazing skills!

**MONTHLY STORY TIME** Monday, May 18 at 6:30PM in the Chapel. 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 (May 26) 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, May 26 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.

**MACPHAIL MUSIC HOUR** Friday, May 30 at 10:30AM in the Chapel. Experience the powerful Violins of Hope—a moving concert featuring instruments once owned by Jewish musicians during World War II. Through music and storytelling, this program honors resilience, history, and the enduring strength of the human spirit. Performed by Dr. Jordan Warmath, you'll not only hear these remarkable violins brought to life, but also learn the stories behind them. This is a truly meaningful and unforgettable experience you won't want to miss!

## ELECTRONIC ASSISTANCE

**TECH HELP** Saturday's, (May 2 & 16) 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, (May 5, & 19) 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

**CULINARY CHAT** Friday, May 8 at 10AM in The Chapel. Everyone is welcome to share their comments, concerns & questions.

**FIRE DRILL** Monday, May 18 at **10AM**. When the fire alarm sounds, please stay in your apartment. Thank you for helping us perform these drills every month.

**BIRTHDAY PARTY** Friday, May 22 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.)

**TOWNHOME MEETING** Thursday, May 22 at 2:30PM in the Chapel.

**RESIDENT MEETING** Monday, May 25 at 2:30PM in the Chapel.

# IMPORTANT HIGHLIGHTS

## CREATIVE OPPORTUNITIES

**YARN AND FABRIC CLUB** Tuesdays, (May 5, 12, 19, & 26) at 1PM in the Art Studio.

**MULTI MEDIA ART SERIES** Wednesdays, (May 6, 13, 20 & 27) at 10AM in 2nd floor Assisted Living Dining Area. This program is specifically tailored for those currently living in Assisted Living and Memory Care.

**PRINT MAKING** Thursdays, (May 21 & 28) from 1-2:30PM in the Community Room. Get creative in the Studio with Gelli Plate Printmaking! Using acrylic paints and simple tools, you'll create beautiful, one-of-a-kind greeting cards perfect for sharing with loved ones. This fun, hands-on class with instructor Liisa Le is open to all skill levels—no experience needed. Come explore, experiment, and enjoy the magic of printmaking.

## CARDS & GAMES

**MAHJONGG** Fridays, (May 1, 8, 15, 22 & 29) at 1PM in the Community Room on 4th floor.

**GOLF SIMULATOR** Saturdays, (May 2, 9, 16, 23 & 30) at 10AM in the Game Room. Gather with friends and play rounds of golf during every season!

**WEEKEND SCRABBLE** Saturdays, (May 2, 9, 16, 23 & 30) at 1PM on 2AL.

**WEEKEND BINGO** Saturdays, (May 2, 9, 16, 23 & 30) at 1:45PM in the Chapel.

**HAND, KNEE & FOOT** Tuesdays, (May 5, 12, 19, & 26) at 1PM on 3AL. Come learn a game like Canasta!

**MEXICAN TRAIN** Tuesdays, (May 5, 12, 19, & 26) at 3:15M on 2AL. Join your neighbors in a weekly game of dominoes!

**BRIDGE** Wednesdays, (May 6, 13, 20 & 27) at 2PM on 2AL.

**BINGO** Tuesday, May 26 at 6:30PM in the Chapel. Join us for an fun afternoon.

## GROUPS & CLUBS

**HAPPY HOUR** Tuesday, May 5 at 4PM in The Tavern & Wally's. Everyone is welcome!

**STORY GROUP** Mondays, (May 4, 11, 18, & 25) 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, (May 4, 11, 18, & 25) at 2PM in the Game Room. Located on the Garage level. Join other men on campus with conversation and games.

**POLISH & PAMPER** Thursdays, (May 7 & 28) at 11AM on 2AL. Come one and come all for those who would like a free nail painting and hand massage.

**SNACK N' CHAT** Thursdays, (May 7 & 28) 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.

**TUESDAY BOOK CLUB** Tuesday, May 29 at 2:30PM in the Community Room. This is led by volunteer Michelle D.

**FRIDAY BOOK CLUB** Friday, May 26 at 10AM in the Community Room. This is led by volunteer Michelle D.

**PATIO & PLATES SUPPER CLUB BBQ** Wednesday, May 27 at 5:30PM in the Courtyard. Sign up is located on the courtyard door by Sophia's.

## **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.

### **GRIEF SUPPORT GROUP | THIRD THURSDAY, MAY 21 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.



## **Lyngblomsten wants to hear from you!**

Lyngblomsten is always seeking to do better in its service to older adults, which is why it wants to hear from *you!*

In late May/early June, Lyngblomsten will be conducting its annual Resident Satisfaction Survey. All residents of Lyngblomsten at Lino Lakes (and family members of those residing in memory care) will be receiving the survey. We encourage you to complete it, as the more feedback we receive, the better experience we are able to provide to you.

More details will be shared in the coming weeks. In the meantime, feel free to reach out to Mary Simon if you have any questions.

## 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

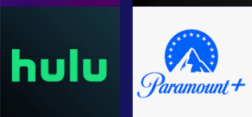


1:30PM



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



## MAY 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, May 5 | Shopping: Target**

We will leave the lobby at 9AM. Sign up by Friday, May 1.

### **Friday, May 15 | Centennial Library**

We will leave the lobby at 9:45AM. Sign up by Monday, May 11.



### **Tuesday, May 26 | Shopping: Walmart**

We will leave the lobby at 9AM. Sign up by Friday, May 22.

### **Wednesday, May 27| \*U of M Landscape Arboretum**

We will leave the lobby at 9AM. Sign up by Monday, May 25.

**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.

### **Thursday, May 28| \*Como Zoo & Arboretum**

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

**10AM:** Arrive at Como Zoo.

**10AM-12:30PM:** Stroll through the new tree top trail, sight see beautiful animals, grab a bite to eat at the café, and explore the gift shop!

**~1pm:** Arrive back at Lyngblomsten.



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

*Live Vibrantly!*

## Lyngblomsten Lifelong Learning & the Arts



Photo credit: Jillian Bell

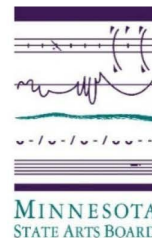
**Company dancers perform & everyone participates in social dancing together!**

**Rhythmically  
Speaking**

**Friday, 5/1, 1:00–2:00 p.m.  
dance party in the chapel at  
Lyngblomsten at Lino Lakes**

*Dancing Through The Decades* explores American social dance from the 1920s to the present! May 1<sup>st</sup> is our kick-off dance party with Rhythmically Speaking dancers. Classes are drop-in style, so come when you can. You will feel energized and inspired by moving to the beat with others. All levels welcome; dancers show both chair and standing moves.

*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)

# Summer Classics

Homes for the Aging Week 2026



May 11-15, 2026  
Lyngblomsten at  
Lino Lakes

Summer's a month away, but that doesn't mean the fun needs to wait until then! Join Lyngblomsten for Homes for the Aging Week as we celebrate a classic summer, highlighting the places, tastes, and activities you associate with the warmest season of the year.

All Lyngblomsten residents, participants, family members, employees, volunteers, and visitors are invited to participate.

## Monday, May 11 – A Day at the Lake

### OUTDOOR LAWN GAMES

10 AM–Noon in the main courtyard and memory care courtyard.

### MINNESOTA WATERWAYS GAMES

2–4 PM in the main courtyard and memory care courtyard.

### SUMMER TREATS & SUNSCREEN GIVEAWAYS

10 AM–Noon and 2–4 PM in the main courtyard.

### SPORTS JERSEY GIVEAWAY (FOR EMPLOYEES)

10 AM–Noon and 2–4 PM near Sophia's.

## Tuesday, May 12 – A Night at the Drive-In

### DRIVE-IN MOVIE

Cruise on over to the chapel at 10:30 AM for a drive-in movie experience on the big screen, complete with pretzel bites, candy bars, and malts. Other classic drive-in movies will be shown on channel 7 throughout the day.

### CLASSIC CAR SHOW

12:30 PM–2 PM in the parking lot with an appearance from the Pink Ladies.

### NORTH STAR CHORUS PERFORMANCE

7 PM in the chapel.

## Wednesday, May 13 – Hittin' the Road

### CREATE YOUR OWN BUMPER STICKER SHOWCASE

Designs will be displayed around campus throughout the week, with winning entries announced on Wednesday. Winners will receive a pair of MN State Fair tickets.

### PHOTO BOOTH & GAS STATION GIVEAWAYS

Have your picture taken at a roadside photo booth near Sophia's (another will be available in the memory care living room), and grab a snack from our pop-up gas station for the next leg of your journey

### ARMCHAIR TRAVELOGUE

2–3:30 PM in the chapel featuring a visual journey across Minnesota.

### STUDENT CHAMBER ENSEMBLE CONCERT

6 PM in the chapel.

### TOBIES CINNAMON ROLLS GIVEAWAY

10 AM–Noon near Sophia's.

## Thursday, May 14 – Come One, Come All to the County Fair!

### THE LYNGBLOMSTEN AT LINO LAKES COUNTY FAIR

Head on out to the main courtyard between 10 AM and noon for the county fair!

- ★ Sample mini donuts, corn dogs, cheese curds, and more.
- ★ Try your luck at ring toss, darts, and other games.
- ★ Feeling amorous? Stop by the kissing booth, which will feature smooches from your favorite canine friends on campus!

### PETTING ZOO

2–4 PM in the parking lot.

## Friday, May 15 – Camping Adventures

### CAMPFIRE SINGALONG WITH PHILIP WESTFALL

10:30–11:30 AM in the chapel.

### S'MORE S'MORES, PLEASE!

Noon–2 PM and 4–6 PM in the main courtyard, featuring nature games, axe throwing, and (of course!) S'mores.

## Monday-Friday

### "ON THE ROAD AGAIN" SCAVENGER HUNT

Will you spot Babe the Blue Ox, the biggest ball of twine, or the Jolly Green Giant on our Homes for the Aging Week road trip scavenger hunt? Poster boards featuring 10 Minnesota landmarks will be placed throughout our main building. Complete the road map form and turn it in for a chance to win a DQ gift card! (Forms can be picked up and turned in at the reception desk.)

## Dress-Up Days

MONDAY: SUMMER FUN

TUESDAY: 1950s SOCK HOP

WEDNESDAY: TRAVELING TOURIST

THURSDAY: WESTERN WEAR

FRIDAY: WILDERNESS ADVENTURE

Rev. 4/27/26

## Lyngblomsten Lifelong Learning & the Arts

**Rhythmically Speaking** Company dancers perform!  
Fri., 5/1, 1:00–2:00 p.m.

**Movement workshops: Fri., 5/15, 5/29,  
6/12, 6/26, 7/10, 7/24, 8/7, 8/21, 9/4**

**Time: 1:00–2:00 p.m.**

**Location: Lyngblomsten at Lino Lakes  
Chapel/Multipurpose room**



Photo credit: Jillian Bell

Join the fun! All levels welcome with modifications for everyone (e.g., dancers show chair and standing moves). Artistic Director Erinn Liebhard and dancers celebrate Jazz dance, a uniquely American art form.

**Free; Register with Kaitlyn Olson, Director of Life  
Enrichment, at [kolson@lyngblomsten.org](mailto:kolson@lyngblomsten.org) or 651-515-1730**

*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.*



**Lyngblomsten Lifelong Learning & the Arts**

## **In the Studio: Gelli Plate printmaking**

**Thursdays, May 21 – June 4 (3 weeks)**

**1:00 – 2:30 p.m. / 4<sup>th</sup> floor Studio**

**Lyngblomsten at Lino Lakes**

**Gelli plate card joy with instructor Liisa Le!**



Explore the exciting magic of acrylic paints and simple household pattern-makers to create stunning, one-of-a-kind designs on greeting cards—perfect for sharing love, celebration, and sympathy with friends and family.

This fun and creative experience is open to the Independent Living Community, all levels.

**Free. All materials provided. *Registration limited to 12.***  
**Contact Kaitlyn Olson at [kolson@lyngblomsten.org](mailto:kolson@lyngblomsten.org) or (651)515-1730**



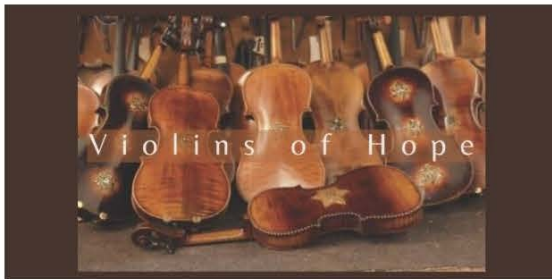
*Healthcare, Housing & Services for Older Adults since 1906*

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

# Lyngblomsten Presents: *Violins of Hope*

**Friday, May 30<sup>th</sup>**

**Lyngblomsten at Lino Lakes**



**Violins of Hope** represent the victory of the human spirit over evil and hatred. The Nazis used music, especially violins, to

humiliate and degrade Jews in ghettos and camps. They confiscated many thousands of instruments from Jews all over Europe. This concert will feature instruments from a private collection that were donated or bought from survivors of World War 2. Join us to hear the music they produce, see them up close and hear about the lives of the people who played them.

*Dr. Jordan Warmath will perform and present this program. She received her DMA in viola performance from the University of CA Santa Barbara and moved to Minneapolis from Los Angeles where she played in studio for soundtracks to Obi-Wan, Star Trek, the Lego Movie 2 and many more. She has also performed regularly with several different orchestras and opera companies. She currently teaches at MacPhail as well as Concordia University St. Paul.*

**Free; No registration required.**



*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

**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

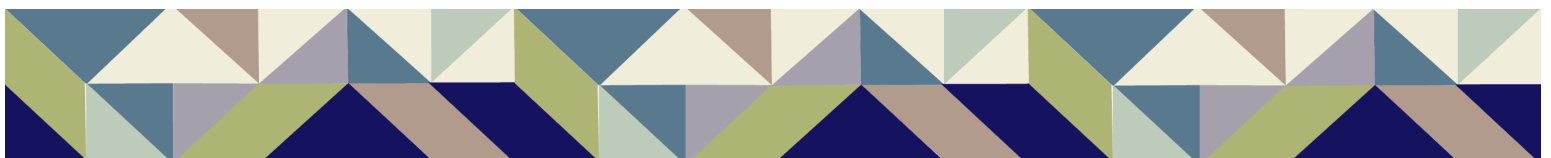
Residents and their family/friends from 12–10PM

**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.**

**Residents are still able to use the amenities during these hours.**



## 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.