

Engage | Discover | Thrive

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2nd Half with Lyngblomsten

A Center for Enriching Lives after 50

Summer 2017 Catalog

July, August, & September

Locations: Como Park & White Bear Lake
www.lyngblomsten.org/2ndHalf

About 2nd Half with Lyngblomsten

2nd Half with Lyngblomsten

Engage | Discover | Thrive

2nd Half with Lyngblomsten is a life enrichment center that takes an integrative approach to supporting adults aging well in their communities. Located in the 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:



The 2nd Half enrichment centers are designed to bolster socialization, encourage lifelong learning, promote health and wellness, provide support during life transitions, and help navigate opportunities and resources for enriching life's journey. The continuum of offerings is designed to help older adults remain as independent as possible for as long as possible.

Learn more at **www.lyngblomsten.org/2ndHalf**.

About Lyngblomsten

LYNGBLOMSTEN

Located in St. Paul, Lyngblomsten is a Christian nonprofit organization serving older adults and their families through healthcare, housing, and community services.

- **Community Services:** Offering supportive services including education, wellness resources, caregiver support, social and service engagement, Lyngblomsten journeys with older adults who are living in or near the St. Paul area. These services are accessed through our partner congregations and life enrichment centers called 2nd Half with Lyngblomsten.
- **Senior Housing:** Lyngblomsten offers market-rate and low income independent apartments with assisted living services available.
- **Healthcare:** Lyngblomsten Care Center offers 24-hour skilled nursing care including short-term transitional care (TCU); long-term general care; and specialized care for Alzheimer's disease and other dementias, Parkinson's disease, and palliative care.

Learn more at **www.lyngblomsten.org**.

Our mission: *Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.*

Funding & Support

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. Some classes and offerings are provided with additional grants and funding through community partners and are noted in the program description. Learn more about the Foundation at www.lyngblomsten.org/get-involved.

Locations

2nd Half with Lyngblomsten life enrichment centers are hosted at two sites. **Everyone from the community is welcome at both sites.**

2nd Half with Lyngblomsten—Como Park

Located on the Lyngblomsten campus at
1415 Almond Avenue, St. Paul, MN 55108
(651) 414-5293 | www.lyngblomsten.org

2nd Half with Lyngblomsten—White Bear Lake

Located at Redeemer Lutheran Church
at 3770 Bellaire Avenue,
White Bear Lake, MN 55110
(612) 559-3646 | www.rlc-wbl.org

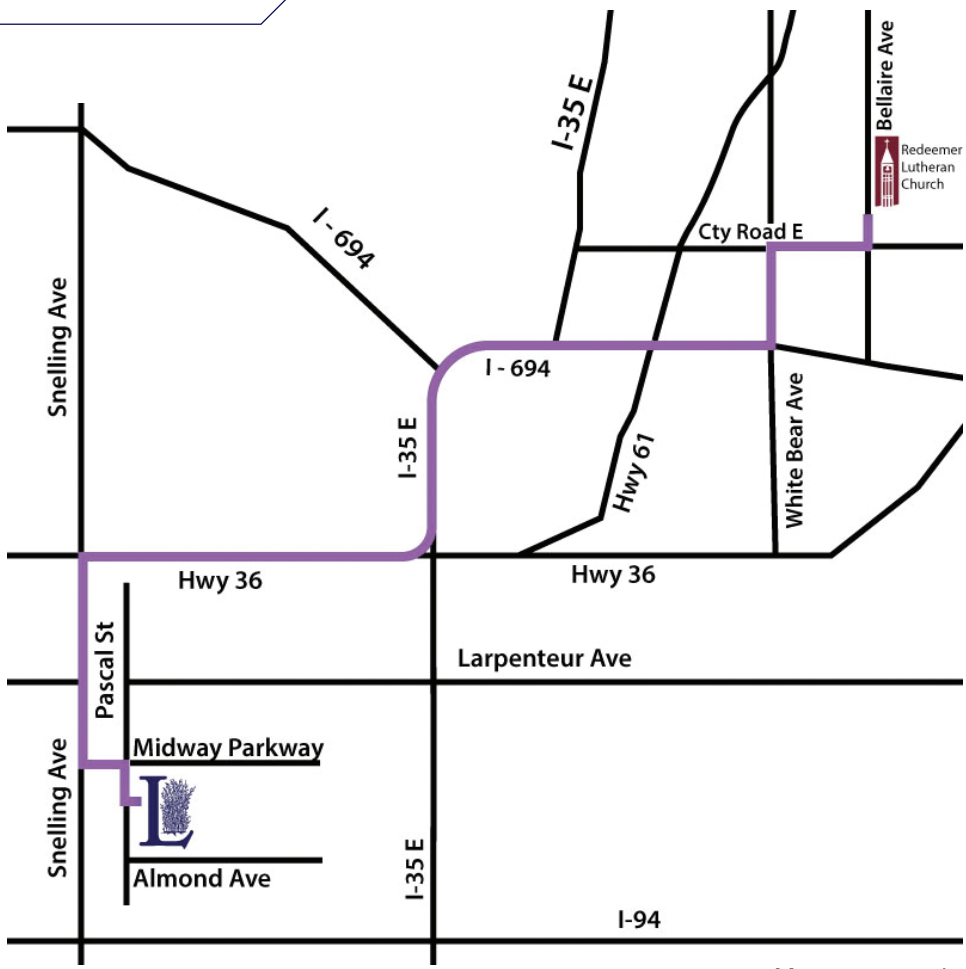
Directory

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Map & Directions



Map not to scale

Summertime Treats

Summer should get a speeding ticket, it goes by so fast! Windows open to let in fresh air, long sunlit days, and explosions of color all around—time to get out and enjoy it. We Minnesotans know all too well what is waiting around the corner for us!

This catalog is filled with old and new, tried and true. Picnics, parks, and patios, and our newly refurbished State Capitol. Creative Circle, HealthRHYTHMS Drumming, Sunday afternoon concerts. How about the chance to meet our Amish neighbors to the south in the comfort of a coach bus? Or stay close by and meet our Jewish neighbors as we tour a synagogue, or volunteer to make lunch for those in need? All of this and more is waiting for you to explore in the pages ahead.

Grab an iced tea, find a comfortable chair, and dive into this edition of the 2nd Half with Lyngblomsten catalog. Of course, it wouldn't be summer without the Lyngblomsten Mid-Summer Festival, a true Lyngblomsten tradition for the whole family and neighborhood.

Art classes, wellness opportunities, and Redeemer Primetime events—always so much fun! July will bring us a cooking class, and September will bring another popular Cocoa & Canvas. Take a look at the "staycations" we call Armchair Traveler, or explore a book with the author at Books-Cheese-Wine. We will even meet the Chief of Police for coffee in August! Maybe he will let summer off with just a warning. Join us: enjoy, learn, laugh, and engage.

2nd Half with Lyngblomsten is pleased to offer you many summertime treats.

Mary Deaner
Site Coordinator
2nd Half with Lyngblomsten—Como Park

LYNGBLOMSTEN MID-SUMMER FESTIVAL

A Celebration of Arts & Lifelong Learning

Proudly Part of ComoFest 2017



Friday JULY 21 2017

Main Stage Sponsor: McGough



2–8 PM

- Arts Showcase featuring works by older adults
- Hands-on art activities for all ages
- Music, dance, and theatrical stage performances
- Food
- Games for kids

Bring your family, friends, and neighbors! Admission is FREE, and creative activities, food, and games are priced for affordable fun.

On the Lyngblomsten campus at:
1415 Almond Avenue, St. Paul, MN 55108

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The 2nd Half with Lyngblomsten catalog is published quarterly.

Lyngblomsten Community Services
1415 Almond Avenue, St. Paul, MN 55108

www.lyngblomsten.org/2ndHalf

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Armchair Traveler: Malta—Small in size, but rich in history

Thursday, July 27
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Join John and Virginia Sweeney for scenes of Malta, a tiny historic island in the middle of the Mediterranean Sea. One of four islands in the archipelago, Malta has a population of over 400,000 and is a vacation destination for millions of Europeans. The Apostle Paul was shipwrecked there (Acts 28). Queen Elizabeth spent the first few months of her marriage to Prince Philip there where he served as a naval officer. President Roosevelt, Winston Churchill, and the Joint Chiefs of Staff met there a week prior to the historic Yalta conference with Stalin during WWII.

Free program; $3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #727ea

Armchair Traveler: New Mexico

Wednesday, August 23
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Gil Digen recently attended the Albuquerque International Balloon Fiesta, and he will present his experience to us. We'll see the National Museum of Nuclear Science and History and the Trinity Atomic Bomb Site near the White Sands National Monument in New Mexico. Gil is a retired airline pilot and served as a travel photographer for Northwest Airlines for 18 years. Currently he teaches photography classes at various colleges in the metro area and has a studio in NE Minneapolis where he does portraiture and commercial photography.

Free program; $3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #823ea

Armchair Traveler: Cuba

Thursday, September 28
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Carol Slater will show photos of Havana frozen in 1963, an eco-village and medical clinic at Las Terrazas, the Che Guevara Mausoleum in Santa Clara, the colorful city of Trinidad, the Unesco World Heritage Site in the city of Cienfuegos, and the small town of Cojimar. Visit Revolution Square, see the statue of John Lennon sitting on the park bench, and find out what a "Cuban Marriage" is.

Free program; $3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #928ea

Art History

4th Monday each month
10–11:30 AM at Redeemer Lutheran Church, Classroom

Local artist Angie Renee will lead a group discussion each month about a famous artist in history and his or her impact on the world. You will have the opportunity to try your hand at a simple art project based on the featured artist of the month.

- **July 31:** Explore the whimsical paintings of Russian artist **Marc Chagall**.
  Registration required by July 27.
  Program #731ea
- **August 28:** Learn about Canadian painter **Emily Carr,** whose paintings were inspired by nature and the people of the Pacific Northwest coast.
  Registration required by August 24.
  Program #828ea
- **September 25:** Explore the beauty of **Claude Monet's** garden in France through his impressionistic paintings.
  Registration required by September 21.
  Program #925ea

Fee: $12/class; includes supplies. Scholarships available.

Beginning Spanish Conversation

Tuesdays, August 1, 15, & 22
(not meeting August 8)
7–8:15 PM on the Lyngblomsten campus, Community Room (lower level)

Learn basic Spanish and become comfortable speaking. We'll practice by repeating and replying to greetings and simple questions. You will learn correct pronunciation and some of the most commonly used verbs. Each class will include reviewing and adding new material. This will also be a good review for those who took the class in May. No tests! *Instructor: Mary Kay Kersting, who has 16 years of experience as a bilingual education assistant*

Fee: $18.75 (includes printed materials)
Registration required by July 31.
Program #81ea

Beginning Ukulele

MacPhail Center for Music

Tuesdays, September 12–December 12
(12 weeks; not meeting November 21 & one other date TBD)
1–2 PM at The Heritage at Lyngblomsten (1440 Midway Parkway), 2nd Floor Lounge

This introductory course is for absolute beginners who want to have fun playing a stringed instrument that is accessible, portable, and easy to learn. Teaching is individualized. Simple chord charts and well-known songs are used to develop skills within a group, giving players an enjoyable and successful learning experience. This class is taught using a 4-string (G-C-E-A tuned) ukulele. **Please bring your own ukulele to each class.** *Teacher: Jean Seils, MacPhail Center for Music*

Fee: $270 for all 12 sessions, plus a 5% discount for students 55+.
Registration required.
Special registration: Register online at www.macphail.org or call (612) 321-0100.
Program #912ea

Beginning Ukulele Jam

MacPhail Center for Music

Tuesdays, September 12–December 12
(12 weeks; not meeting November 21 & one other date TBD)
2–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway), 2nd Floor Lounge

This ensemble is for beginner to intermediate players looking to play in a group and take their ukulele skills beyond the basic I, IV, and V chords. Play familiar songs with others creating a great group sound while learning new chords, voicings, and exploring new picking and strumming patterns in a fun and welcoming environment. This group is taught using a 4-string (G-C-E-A tuned) ukulele. **Please bring your own ukulele to each class.** *Teacher: Jean Seils, MacPhail Center for Music*

Fee: $270 for all 12 sessions, plus a 5% discount for students 55+.
Registration required.
Special registration: Register online at www.macphail.org or call (612) 321-0100.
Program #912ea2

Books-Cheese-Wine with Author Martha Wegner

A Word in Edgewise: Life in Between Raising Kids, Keeping a Home, and Staying Sane

Thursday, July 13
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

If you need a quick laugh or a familiar trip through the world of staying sane as you raise a family, you will love hearing Wegner read from her compilation of essays, *A Word in Edgewise: Life in Between Raising Kids, Keeping a Home, and Staying Sane*. We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation. *Presenter: Martha Wegner is also the author of Dear David: Dealing with My Son's Addiction One Letter at a Time,* and *Poetry in Slow Motion: Navigating Parkinson's Disease*

Fee: $6
Registration preferred; walk-ins welcome.
Program #713ea

Books-Cheese-Wine with Author Keane Amdahl

Modern Cooking with Freshwater Fish

Thursday, August 10
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Author Keane Amdahl casts a wide net to gather up tips for purchasing, substituting, and preparing Midwestern fish—from whitefish to perch, walleye to ciscoes—in tasty and often surprising ways. Whether you have anglers among your family and friends, or you've got a line on specialty markets that are expanding all the time, freshwater fish offer an excellent and varied way to savor "seafood" locally and sustainably. There will be sample recipes from the book to taste dependent upon the fish available. We will also offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

Fee: $6
Registration preferred; walk-ins welcome.
Program #810ea

Books-Cheese-Wine with Author Gary K. Olson

In the Margins: Poems which open the deep issues of life and the beauty of the natural world

Thursday, September 14
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

In the midst of life's main events, things happen incidentally, adding delight and meaning. Olson's work and life experiences have acquainted him with deep loss and remarkable joy. He says, "I write feelings, images, and observations of life—mostly life in the margins." Gary is a pastor, drummer, husband, dad, and grandfather who lives in Maplewood. We will offer wine, non-alcoholic beverages, cheese, and crackers to enjoy throughout the presentation.

Fee: $6
Registration preferred; walk-ins welcome.
Program #914ea



Cocoa & Canvas: Faith Fall

Thursday, September 21
6–9 PM at Redeemer Lutheran Church, Fellowship Hall

Paint a fall scene with striking colors of orange and yellow with warm white birch trees as you explore a short devotional titled "Journey of a Lifetime." Jan Gunderson will give you step-by-step instructions to create your own one-of-a kind 16"x20" canvas. Paint, brushes, fun, and fellowship are all included! Optional spiritual or inspirational quote can be printed on your finished painting.

Fee: $25; includes supplies.
Scholarships available.
Registration required by September 18.
Program #921ea

Creative Circle

1st Monday of each month (not meeting in July or September)
10–11:30 AM at Redeemer Lutheran Church, Classroom

Explore mixed media artwork with a variety of art mediums available for use. A guided creative expression experience to discover your inner creative voice. No previous experience required. *Teacher: Angie Renee*

- **August 7: Garden Flowers**
  Registration required by August 1.
  Program #87ea

Fee: $12/session, includes supplies.
Scholarships available.

Exploring Art

Tuesdays
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Each series focuses on an artist, his or her impact on society, artistic style, time period in which he or she worked, influences, and carryover for today's art. Create a visual art project each week based on the artist's style. *Teachers: Art with Heart teaching artists Debbie Lyon and Renee Des Jarlais*

- **July 11–25:** **Jackson Pollock** was an American abstract expressionist painter known for his unique style of drip painting. **Registration required** by July 10.
  Program #711ea
- **August 1 & 8:** America as seen through the art of two 20th-century painters, **Andrew Wyeth** and **Norman Rockwell**. **Registration required** by July 31.
  Program #81ea2
- **September 12–26:** **Paul Klee** was a musician for most of his life, often practicing the violin as a warm-up for painting. He naturally saw similarities between music and visual art. **Registration required** by September 11.
  Program #912ea3

Fee: $30/series; includes supplies. Scholarships available.

Lyngblomsten Community Sage Singers

A MacPhail Music for Life Partnership
Wednesdays (not meeting August 2–September 6)
9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway), Dining Room

Join MacPhail teaching artists Joey Clark and Jeanne Bayer for weekly *Sing for Life* choir rehearsals. Classes build on the tradition of choral singing with a focus on developing vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material.

FREE **Registration required** for new members; ongoing.
Program #75ea

Meet the St. Paul Chief of Police

Thursday, August 17
3–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

Todd Axtell, St. Paul Chief of Police, will be visiting with us today. This is a great opportunity to get to know one of "St. Paul's finest," ask questions, and learn what a day in the life of a police officer is all about. Come for a relaxed and informative conversation with our Chief! Light refreshments will be served.

FREE **Registration required** by August 14.
Program #817ea

Mixed Media Art

led by *Art with Heart*
10–11:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway), 1st Floor Lounge

1st series: Tuesdays, July 11–25 (3 weeks)
Registration required by July 10.
Program #711ea2

2nd series: Tuesdays, August 1 & 8 (2 weeks)
Registration required by July 31.
Program #81ea3

3rd series: Tuesdays, September 12–26 (3 weeks)
Registration required by September 11.
Program #912ea4

Join Art with Heart teaching artists Debbie Lyon and Sara Benedett for a 2- or 3-week series of mixed media visual arts classes. Work on a new project each week to learn various skills in mixed media, acrylic, and watercolor painting including: resist, color mixing, texture, composition, and layering color for special effects. Develop your own artistic style, meet new friends, and have fun while learning together!

Fee: $25/series; includes supplies. Scholarships available.

Redeemer Primetime: Meet David Engen, Winner of *Alt for Norge—Season 6*

Thursday, September 21
9:30 AM Coffee; 10 AM Program at Redeemer Lutheran Church, Atrium

Alt for Norge is a reality television program shown on TVNorge. The 10 episodes put 12 American contestants of Norwegian heritage through various challenges in hope of meeting their relatives. We are pleased Minneapolis resident and former pastor, David Engen, will join us to share his first-hand experiences as the winner of Season 6.

FREE
Special registration: Sign up at the Welcome Center at Redeemer Lutheran Church, or call the church office at (651) 429-5411.

Second Sunday Concerts with MacPhail

2nd Sunday each month (no July concert)
2–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us the second Sunday of each month for a free concert featuring different musical performances from MacPhail Center for Music. Light refreshments served afterwards.

- **August 13:** Piano performance by Gail Olszewski
- **September 10:** Piano and vocal performance by Paula Lammers

FREE **No registration required.**

500 Card Group

Tuesdays (not meeting July 4)
1 PM on the Lyngblomsten campus, Community Room (lower level)

Join us for a game of 500! Beginners welcome.

FREE
Please register to reserve your spot.
Program #711so

Bibles & Bagels

Tuesdays (not meeting July 4)
8:15–9:30 AM at Redeemer Lutheran Church, Fellowship Hall

A Bible discussion group studies the Narrative Lectionary text for the upcoming Sunday. A facilitator will lead the discussion. Disclaimer: We rarely have bagels, but volunteer treats are brought, and coffee is always provided!

FREE **No registration required.**
Learn more: Contact Barb Wojahn at (651) 429-2557.

Bingo & Picnic Lunch

Friday, July 7
Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Join us for brats on the grill and Bingo. With sauerkraut, potato salad, beans, corn on the cob, and watermelon, we'll have an old-fashioned picnic—the perfect way to continue the Fourth of July celebration! Bingo starts around 1 PM. Prizes for every game.

Fee: $8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.
Registration required by July 5.
Program #77so

Bingo & Picnic Lunch
Friday, August 4
Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Join us for burgers on the grill and Bingo. With potato salad, beans, corn on the cob, and watermelon, it will be a summertime feast! Bingo starts around 1 PM. Prizes for every game.

Fee: $8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.
Registration required by August 2.
Program #84so

Bingo & Picnic Lunch
Friday, September 8
Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Our last picnic of the season—you won't want to miss it! Brats on the grill, sauerkraut, potato salad, beans, corn on the cob, and watermelon—yum! A great way to round out the summer, together enjoying a meal. Bingo starts around 1 PM. Prizes for every game.

Fee: $8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.
Registration required by September 6.
Program #98so

Cards & Socializing for Senior Deaf Community
Friday, September 22
(will resume meeting on the 3rd Friday of each month in the fall)
1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

FREE
Learn more: Contact Marlys Carlson at marlysmcarlson@gmail.com.
Program #922so

Coach Bus Trip: Crooked Roads & Quiet Farms
Wednesday, July 19

Experience the peaceful, simple lives of our Amish neighbors in southern Minnesota when we visit some of their farms and workshops. Local low-tech businesses like furniture- and basket-making will have items for sale, along with bakery items and sewing articles available from local farmers in their homes. Travel the countryside with glimpses of horse-drawn buggies and Amish children in their blue and black clothing and covered prayer caps. A professional guide will lead us and fill us in on customs of this community. Lunch will be at Pedal Pushers and features Norwegian meatballs, potatoes, veggies, and apple crisp. This trip will require some moderate activity with getting off and on the coach bus.

Bus site pick-ups:
8 AM from the Lyngblomsten campus, Community Room (lower level)
8:15 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)
Return time: Approximately 5–5:30 PM

Fee: $57 includes coach bus, lunch, and guided tour.
Registration required by June 28.
Program #719so

Coach Bus Trip: Jesse James Didn't Go There
Wednesday, August 16

Let's head to Northfield to tour Fossum's Alpaca & Yak Farm and Store. We'll get to see the inner workings of this animal breeding business and what the fiber products can produce. You can purchase items such as caps, scarves, and more. Then we are off to Ole's in Northfield for lunch before visiting what is described as a true Japanese Garden. Located at Carleton College, the garden is said to embody tranquility of body, mind, and spirit. Northfield is also home to another well-known school, St. Olaf College, which we'll see as we meander around town on the bus.

(cont'd on p. 14)

Bus site pickups:
9 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)
9:15 AM from the Lyngblomsten campus, Community Room (lower level)
Return time: Approximately 5 PM

Fee: $61 includes coach bus, lunch, and tours.
Registration required by July 26.
Program #816so

Coach Bus Trip: Taylors Falls River Tour

Wednesday, September 20

What do rocks, waterfalls, and art have in common? They add up to make a wonderful fall day! We'll start with a delightful river tour on a boat from Taylors Falls thru the gorges and cliffs of the St. Croix. The grandeur of the scenery is right off an art gallery wall. Then we'll cross the bridge to Wisconsin to the Dalles House for lunch. Following the excellent food we'll head back across the river and up the hill to the craziness of art gone mad in the Franconia Sculpture Garden. Moderate activity level includes boarding the boat and walking in the park.

Bus site pick-ups:
9 AM from the Lyngblomsten campus, Community Room (lower level)
9:15 AM from Gustavus Adolphus Lutheran Church (1669 Arcade Street, St. Paul)
Return time: Approximately 4 PM

Fee: $64.50 includes coach bus, boat tour, and lunch.
Registration required by August 30.
Program #920so

Out & About: Temple of Aaron

Thursday, July 6
1–2 PM at Temple of Aaron
(616 S Mississippi River Blvd, St. Paul)

Learn more about our Jewish brothers and sisters on this one-hour, guided tour of the sanctuary and chapel. This community has had a presence in St. Paul since 1910 and is affiliated with the Conservative Movement.

Bus site pick-ups:
12:15 PM from the Lyngblomsten campus, Community Room (lower level)
12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: $7 for transportation; please pay day of the event. Tour is free.
Registration required by June 29.
Program #76so

Out & About: Minnesota Public Radio

Thursday, August 3
10–11 AM at Minnesota Public Radio
(480 Cedar Street, St. Paul)

Ever wonder what your favorite radio personalities look like? Find out as we take a tour of the Minnesota Public Radio Studios in St. Paul. This one-hour standing/walking tour includes broadcast and production studios, work areas, and the International Control Center. See live shows in action and learn how our favorites are created! You may join us after for lunch at Anna's café and gifts at Lyngblomsten. Rides to Applewood Pointe will be offered after the tour, and again for those who join us for lunch. Anna's serves sandwiches, salads, ice cream, and a hot entrée.

Bus site pick-ups:
9:15 AM from the Lyngblomsten campus, Community Room (lower level)
9:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)
Return time: Approximately Noon

Fee: $7 for transportation; please pay day of the event. Tour is free. Lunch expense is on your own.
Registration required by July 31.
Program #83so

Out & About: Minnesota State Capitol

Thursday, September 7

The State Capitol just completed a $310 million dollar restoration! Our tour guide will lead us through this newly polished gem giving us an overview of the Capitol's history, art, architecture, and government. The building boasts the second largest self-supported marble dome in the world and features 23 different types of stone. Tour begins at 1 PM and lasts about 45 minutes.

Bus site pick-ups:
Noon from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)
12:15 PM from the Lyngblomsten campus, Community Room (lower level)

Fee: $7 for transportation; please pay day of the event. Tour is free; $5 freewill donation is suggested.
Registration required by August 31.
Program #97so

Out to Lunch at Pioneer Park

Friday, July 28
11 AM–2 PM at Pioneer Park
(512 2nd Street E, Stillwater)

This was a hit last summer! The park sits on a bluff overlooking the river and downtown Stillwater. We have a picnic shelter reserved to enjoy lunches from Nelson Cheese and Deli. Let's stop at Nelson's Ice Cream in Stillwater on the way home! **Please make your sandwich choice when you register:** 1) Turkey, Ham, Swiss, and Monterey Jack on Caraway Rye; 2) Veggies, Monterey Jack, Cheddar, and Swiss on Whole Wheat; 3) Turkey, Bacon, and Monterey Jack on Sourdough; 4) Roast Beef, Turkey, and Monterey Jack

Bus site pick-ups:
10:15 AM from the Lyngblomsten campus, Community Room (lower level)
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W)

Fee: $19 includes transportation and box lunch (sandwich, deli salad, fruit salad, cookie, and soda). $12 for lunch only.
Registration required by July 26.
Program #728so

Out to Lunch at Rudy's Redeye Grill

Friday, August 18
11 AM at Rudy's Redeye Grill
(4940 Highway 61 N, White Bear Lake)

Let's check out the patio at Rudy's. Salads, sandwiches, entrees—what's not to like? Come join this great group of folks who make this lunch date so fun.

Bus site pick-ups:
10:15 AM from the Lyngblomsten campus, Community Room (lower level)
10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W)

Fee: $7 for transportation; please pay day of the event. Lunch expense is on your own.
Registration required by August 16.
Program #818so

Out to Lunch at The Tavern Grill

Friday, September 22
11 AM at The Tavern Grill
(3561 Lexington Avenue, Arden Hills)

Celebrating American comfort food, The Tavern Grill menu features the kind of food you crave to eat—just like your mother used to make, only better! Soup, salad, burgers, pasta, pizza, sandwiches, desserts, and a full bar—with such a large selection, we are sure to find the perfect food for an enjoyable lunch together. If the weather cooperates, we'll sit on the outdoor patio.

Bus site pick-ups:
10:30 AM from the Lyngblomsten campus, Community Room (lower level)
10:45 AM from Applewood Pointe of Roseville (1480 Applewood Court W)

Fee: $7 for transportation; please pay day of the event. Lunch expense is on your own.
Registration required by September 20.
Program #922so2

Stitch 'N Chat

Tuesdays (not meeting July 4, July 25, & August 8)
9–11 AM on the Lyngblomsten campus, Community Room (lower level)

Sweet treats, coffee, chatting, laughing, and oh yes, some stitching! Men and women can join the group whether you stitch or not. The conversation is enriching, enlightening, and sometimes hilarious. What a great way to start the day!

FREE **No registration required.**



Ageless Grace® Exercise Classes

Fridays
1:30–2:30 PM at Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Dining Room

Practiced seated and to music, Ageless Grace consists of movements that are natural and organic (and never the same twice). Classes provide excellent chair exercise, as well as cognitive and social benefits. *Teacher: Pola Rest*

Fee: $1/person per class
Registration required.
Program #77hws

Concerned About Your Balance?

Wednesday, September 6
1:30–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Fear of falling can result in reduced activity levels, loss of confidence, and a diminished quality of life. Learn helpful strategies for fall prevention; how to recognize attitudes, habits, and home hazards that put us at risk for falls; and physical activities to improve flexibility, balance, and strength. *Presenter: Kate Taylor, MA, Community Health Improvement Coordinator, HealthEast Care System*

Offered in partnership with HealthEast.

FREE
Registration preferred; walk-ins welcome.
Program #96hws

Cooking Matters® at the Farmers' Market

Wednesday, July 26
1–3 PM at Redeemer Lutheran Church

Fresh produce abounds in Minnesota in the summer. While the gardens and farms are providing, we can eat healthy and local. It looks so good in the market, but how do I get it onto the table at home? Learn how to prepare a delicious, healthy, and simple meal using fresh produce from the farmers' market. Get a bagful of fresh ingredients to make the same meal at home. *Presenter: Nathan T. Hesse, Regional SNAP-Ed Educator, Health and Nutrition Programs, University of Minnesota Extension*

Education provided by University of Minnesota Extension; food bags provided by White Bear Area Emergency Food Shelf.

FREE **Registration required** by July 24.
Program #726hws

Eat Well, Live Strong

Wednesday, July 12
10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Learn how to get more fruits and vegetables into your diet and put more activity into your daily routine. Watch a cooking demo and taste healthy foods. *Presenter: Nathan T. Hesse, Regional SNAP-Ed Educator, Health and Nutrition Programs, University of Minnesota Extension*

Sponsored by University of Minnesota Extension.

FREE **Registration required** by July 10.
Program #712hws

HealthRHYTHMS Drumming

White Bear Lake: 2nd Mondays each month (Upcoming: July 10, August 14, & September 11)
10–11 AM at Redeemer Lutheran Church, Fellowship Hall
Program #710hws

Como Park: 3rd Mondays each month (Upcoming: August 21 & September 18; not meeting in July*)
9:30–10:30 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room
Program #821hws

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. Join us for drumming, wellness exercise, and guided imagery as we discover the rhythm of our hearts. No experience required. Drums and percussion instruments are provided. *Teacher: Cheri Bunker*

Fee: $5 (free for Lyngblomsten residents and tenants at the Lyngblomsten location).
Registration ongoing; walk-ins welcome.

* A special session will be held during the **Lyngblomsten Mid-Summer Festival** on July 21. See page 4 for more details about the Festival.

Living Well with Chronic Conditions

Wednesdays, July 12–August 16 (6 weeks)
10:30 AM–12:30 PM at Redeemer Lutheran Church

Are you feeling frustrated with your health and symptoms that feel beyond your control? Or do you support a parent, family member, or friend who is living with a health condition? Chronic conditions like diabetes, arthritis, depression, chronic pain, high blood pressure, and many other conditions can make life and health hard to manage. One helpful tool is *Living Well with Chronic Conditions*, a 6-week workshop that will offer practical tips and guidelines on a variety of health and wellness topics in order to feel more in control of managing health. During this interactive and engaging program, participants will learn from each other as well as two trained leaders. Each participant will receive a copy of the companion book, *Living a Healthy Life with Chronic Conditions*.

One participant stated, "I was tired. My pain was my boss. It was telling me what I could and couldn't do. Living Well with Chronic Conditions workshops put me back in charge. Now I have the energy to do the things that matter. I put life back in my life."

Sponsored by the Amherst H. Wilder Foundation.

Fee: $15 includes workshop, participant reference book, materials, and healthy snacks; scholarships available.
Registration required by July 7.
Program #712hws



Living Well with Chronic Disease—A Sample

Wednesday, August 2
1:30–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

As we grow older, we all wish for good health and well-being. But chronic conditions like diabetes, arthritis, depression, and heart or lung disease can make life and health hard to manage. Join us for a 1-hour sample of the 6-week series that will be offered this fall. The 6-week series offers a "toolbox" of self-management skills which can help ease the physical, emotional, social, and lifestyle effects of living with a chronic condition. *Presenter: Melissa Gibbs, LISW, Project Coordinator, Community Services for Aging, Wilder Foundation*

Offered in partnership with Wilder Foundation—Community Services on Aging.

FREE
Registration preferred; walk-ins welcome.
Program #82hws

Market Place Morning Talk

A monthly health education series for the community

2nd Wednesday each month
9:30–10:30 AM at Market Place Bingo Hall (2900 Rice Street, Little Canada)

- **July 12: Fall Prevention.** Falls threaten the health of older adults and hinder their ability to remain independent. Join us for tips and exercises proven to prevent falls. *Presenter: Aegis Therapy*
  Registration required by July 11.
  Program #712hws3
- **August 9: Stress Reduction**
  Registration required by August 8.
  Program #89hws
- **September 13: Five Wishes**
  Registration required by September 12.
  Program #913hws

Fee: $1 at the door.

Complimentary coffee and donuts provided. Co-sponsors: 2nd Half with Lyngblomsten, Roseville Area Senior Program, City of Little Canada Parks and Recreation, and The Estates of Roseville.

Wellness Checks

White Bear Lake:
NEW! 2nd Monday each month
(Upcoming: July 10, August 14, & September 11)
11:30 AM–1 PM at White Bear Area Senior Program (2484 E County Road F)

3rd Thursday each month
(Upcoming: July 20, August 17, & September 21)
9–11 AM at Redeemer Lutheran Church

Como Park: 4th Thursday each month
(Upcoming: July 27, August 24, & September 28)
12:30–2:30 PM on the Lyngblomsten campus, Community Services Offices (lower level)

Talk with Lyngblomsten Faith Community Nurse Becky Hulden about health concerns and issues related to remaining independent as health needs change. Health screening services include blood pressure and pulse assessments.

FREE **No appointment needed.**



Free Summer Farmers Market
Monday, July 10 & Monday, August 14
11:30 AM–1 PM at White Bear Area Senior Program (2484 E County Road F, White Bear Lake)

Wellness Checks will be available with Becky Hulden, 2nd Half with Lyngblomsten Faith Community Nurse (more information about Wellness Checks on page 18).

Yogadevotion

Tuesdays, September 5–October 24
(8 weeks)
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

Yogadevotion classes begin in the breath in order to center in the Presence of God. We'll start with devotion time, opening with scripture that speaks to a practice of faith during the breath work. The class is a combination of standing, balance, and floor poses, closing with restorative yoga—a practice of calm alertness that allows a time of reflection and thanksgiving for God's Presence in our lives. This is a multilevel class that offers modifications for all poses. Please bring your own yoga mat. *Teacher: Jean Auger*

Fee: $64; please pay on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate "Yogadevotion" on memo line).
Registration required by September 1.
Special registration: Contact Sue Johnson at suejohns3@gmail.com or (651) 387-3443.



Yogadevotion Soma Yoga

Thursdays, September 7–October 19
(7 weeks)
2–3 PM at Redeemer Lutheran Church, Library

Soma Yogadevotion classes offer the same faith-based class structure that Yogadevotion classes do. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that reeducate the brain how to move tense muscles—which can result in moving with more ease and freedom. Soma yoga is safe for **any body**. It incorporates mobility, strength, and stability into movements and helps build concentration and a meditative mind. The class is for all levels—from beginner to advanced—and participants can practice on a mat, chair, or standing at the wall. Please bring your own yoga mat and a blanket if available. *Teacher: Jane Schroeher, 200-hour Registered Yoga Teacher*

Fee: $56; please pay before or on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate "Soma Yoga" on memo line).
Registration required by September 5.
Special registration: Contact Jane Schroeher at (651) 770-9543 or schroehergj@msn.com.

Caregiver Services

Caregiver Resource & Referral Program

Are you a caregiver or care partner looking for more ideas, suggestions, education, and support? Lyngblomsten's staff of specially-trained and experienced social workers and nurses will listen to your individual needs and help you formulate a plan by facilitating:

- **A brief needs assessment**—can often be completed over the phone or by email.
- **A personalized response**—lists of available resources, referrals to programs, and educational materials will be provided.
- **A follow-up call** to ensure you received the information and support needed.

Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.

FREE

Learn More: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Adult Children Caregiver Support Group

3rd Wednesday each month
(Upcoming: July 19, August 16, & September 20)
6–7:30 PM at Wilder Caregiving Services (650 Marshall Avenue, St. Paul)

Are you taking care of an ill or aging parent? If so, please consider this support group offered in our community. Support groups can help you feel less alone and connect you with helpful resources and strategies. This group is offered in the evening and is accessible for most working caregivers.

Learn more: Call 651-280-CARE (2273) or email caregiving@wilder.org.

Caregiver Support Group

3rd Wednesday each month
(Upcoming: July 19, August 16, & September 20)
1–2:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include a brief education component, time to gather resources, and time to talk. Open to those caregiving for an adult with any healthcare issue or disease. New members always welcome; come as often as you are able.

FREE **No registration required.**

Learn more: Contact Jeanne Schuller, MSW, at (651) 285-9193 or jschuller@lyngblomsten.org.

Dementia Caregiver Re-Entry Group

For former & late-stage dementia caregivers: 1st Wednesday each month
(Upcoming: July 5, August 2, & September 6)
1–2:30 PM at Fairview Community Center (1910 County Rd B, Roseville), Room 116A
Learn more: Call (612) 791-5316.

For former dementia caregivers:
3rd Tuesday each month
(Upcoming: July 18, August 15, & September 19)
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Avenue W, Roseville), Heritage Room
Learn more: Call (612) 791-5316.

Sponsored by Roseville A/D Community Action Team, City of Roseville, and Ramsey County Libraries.

Informal gatherings with others sharing various stages of loss during and following the dementia caregiving experience to offer mutual support and understanding. Share experiences, gain insight, and make new friendships in creating a meaningful life in the face of continuing loss. Trained facilitators will coordinate and offer referrals and resources as needed.

FREE **No registration required.**

Dementia Caring & Coping Monthly Education

2nd Thursday each month
1–3 PM at Ramsey County Library—Roseville (2180 Hamline Ave N, Roseville), Community Room

- **July 13: Living and Dying with Dignity**
  Dr. Steven Miles, a geriatrician and ethicist at the University of Minnesota for Bioethics, examines how a diagnosis of dementia can affect healthcare decisions and end-of-life planning.
  Program #713rs

- **August 10: Testing for Dementia: Diagnosis & Treatment**
  Learn how a practicing neuropsychologist uses paper-pencil tests to differentiate dementia from normal aging, clarify types of dementia, and assist with what this means for the individual and their family in terms of treatments, how much assistance is needed, and future planning. *Presenter: Sonia Coelho Mosch, PhD, ABPP-Cn*
  Program #810rs

- **September 14: Why Can't My Family Agree?**
  Examine difficult family dynamics that often accompany caring for someone with dementia, including use of counselors and family meetings to help.
  Program #914rs

FREE **No registration required.**

Sponsored by Roseville A/D Community Action Team (includes 2nd Half with Lyngblomsten), City of Roseville, and Ramsey County Libraries.

For more details, resources, and support, visit www.lyngblomsten.org/2ndHalf

Group Respite (The Gathering)

Visit lyngblomsten.org/TheGathering for a list of church partners and Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss, and gives five hours of respite to caregivers who desire a break. The program is offered through Lyngblomsten Community Services, and in collaborative partnership with local churches. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (person experiencing memory loss). There is one volunteer paired with every participant. The caregiver and the person he or she cares for will meet a Gathering staff professional for an assessment prior to enrollment.

A day at The Gathering:

- The Gathering is staffed by dedicated volunteers specially trained to understand the distinctive needs of people experiencing memory loss (see page 25 to learn about volunteering with The Gathering).
- Volunteers greet participants upon arrival at 10 AM and together enjoy interesting activities and socializing until 3 PM.
- Following a nutritious lunch, participants are involved in an afternoon of activities which help them remain active and engaged. Typical activities include: music, games, light exercise, simple woodworking, painting, polymer clay projects, discussion groups (reminiscing, sports, history, etc.), guest speakers, and more.

Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.

Fee: Sliding scale
Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.



Memory Minders: A Kit for Caregivers

Available for check out at the Roseville and Shoreview Ramsey County Libraries.

Memory Minders Kits are created for those affected with Alzheimer's/ Dementia and their caregivers. The kit includes the following:

- Book on caregiver activities for people with memory loss
- Activities (specifically designed puzzles or games)
- Books with illustrations to spark memories and discussion
- CD of music to soothe and spark memory
- Booklet of resources for caregivers

Memory Loss Caregivers Support Groups

10 AM on Tuesdays or Thursdays at the following sites:

- Augustana Lutheran Church, West St. Paul; 1st Tuesday each month
- Centennial United Methodist Church, Roseville; 2nd Tuesday each month
- First Presbyterian Church, White Bear Lake; 1st Thursday each month
- Salem Lutheran Church, West St. Paul; 2nd Tuesday each month
- White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
- Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Family and friends who are caring for someone experiencing Alzheimer's disease or a related dementia are welcome to attend. Facilitators are trained through the Alzheimer's Association.

Coordinated through Lyngblomsten's The Gathering, in partnership with the Alzheimer's Association.

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

REACH—Resources for Enhancing Alzheimer's Caregiver Health

One-on-one caregiver support, education, and counseling. REACH is a proven approach used by caregiver consultants to support family members and others who are caring for someone with Alzheimer's disease or a related dementia. The goals are to teach caregivers how to reduce stress, solve problems, manage difficult behaviors the person with memory loss may display, help caregivers feel confident in the care they provide, and improve their ability to cope. Four core sessions are offered and tailored to what the caregiver needs most.

REACH in Minnesota is supported, in part, by grant number 90AL0007-01-00 from the US Administration for Community Living, Dept. of Health and Human Services, Washington, D.C., and the Minnesota Board on Aging, St. Paul, MN. Partners include the Arrowhead Area Agency on Aging and the Metropolitan Area Agency on Aging.

Fee: Sliding scale
Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org, or visit www.lyngblomsten.org/caregivers.

Spiritual TLC for Caregivers

1st Thursday each month
(Upcoming: July 6, August 3, & September 7)
10–11:30 AM at Redeemer Lutheran Church, Library

Spiritual TLC is a spiritual nurture group for caregivers and others experiencing a trying time. The group will come together for conversation with scripture, prayer, and mutual care. *Led by: Pastor Pam Stofferahn or Pastor Candee Moser*

FREE **No registration required.**
Learn more: Contact Pastor Candee Moser at (651) 429-5411.

Resources for Churches

Older Adult Ministry Forum: Am I Really Listening? Becoming a Purposeful Listener

Monday, September 18
10 AM–Noon on the Lyngblomsten campus, Community Room (lower level)

Have you ever asked yourself: "What if I could learn how to listen better or respond differently to the older adults in my faith community?" or thought: "I don't know what to say." In this fun and interactive session, you'll learn attitudes and skills to enhance your ability to listen with understanding and compassion. Leave with practical tools to transform your listening abilities and improve your ministry to older adults. *Presenter: Barb Schwery, Executive Director, BeFriender Ministry*

Fee: $10 per person or $25 for a group of 3 or more people from the same congregation. If you are signing up as a group, please do so at one time.
Registration required by September 14.
Program #918rs

Parish Nurse Ministry Resource Group

A resource and networking group for nurses serving in faith communities to connect for education and professional support. Annual membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new/start-up Parish Nurse Ministry programs, opportunities to apply for grant money from the Lyngblomsten Foundation for start-up programs or to enhance existing ministries, monthly nurse network meetings, 2–4 CEU opportunities for nurses annually (cost included in membership), and more.

Fee: $125 for an annual membership. Join at any time.
Learn more: Contact Mary Nordtvedt, RN, Lyngblomsten Parish Nurse Ministry Coordinator, at (651) 632-5380 or mnordtvedt@lyngblomsten.org, or visit www.lyngblomsten.org/parishnurse.

Support Groups

Caregiver Support Groups

See pages 20 & 22.

Parkinson's Disease Support Group

1st Thursday each month
(Upcoming: August 3 & September 7; not meeting in July)
1–3 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), 2nd Floor Lounge

For caregivers and people living with Parkinson's disease or other movement disorders. This gathering is an informal, self-managed support group whose purpose is to share information and offer mutual support in a spirit of self-acceptance. It is also a place where other family members and friends can feel welcome and supported. Facilitated by social workers; not a therapy group or class. New members always welcome; come as often as you are able.

FREE **No registration required.**
Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org. Visit www.lyngblomsten.org/parkinsons for additional information about Parkinson's care at Lyngblomsten.

Vision Loss Support Group

2nd Wednesday each month
(Upcoming: September 13; not meeting in July and August)
1–2 PM on the Lyngblomsten campus, Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will also be available at each meeting. New members always welcome; come as often as you are able.

FREE **No registration required.**

Transportation

Transportation
Mondays
Provided by 2nd Half with Lyngblomsten—Como Park

Transportation to appointments (e.g., medical, meetings, legal) in the St. Paul area is available every Monday for $8/round trip. Advance notice (by noon the Thursday before) is required. To schedule transportation to an appointment, contact Mary Deaner at (651) 414-5293.

Other

Wings of Nutrition Bread Program—Free Bread
Tuesdays
8:30 AM on the Lyngblomsten campus, Community Room (lower level)

Volunteers pick up bread that can no longer be sold from grocery stores and bakeries and make it available to the community. Free bread is available for anyone who would like to participate. Bread is available until it runs out.

Service Activities

Volunteer at Open Hands Midway
Monday, September 18
Choose from 2 shifts:
9:30–11 AM (meal preparation) or
11:30 AM–2:30 PM (serving and clean-up) at Open Hands Midway
(436 Roy Street N, St. Paul)

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran in the Midway. Each Monday they offer a meal, fresh produce, bakery, clothing, and household items FREE to people in need. They can use our help! We have been invited to help prepare and serve a Monday meal. There are two shifts available that day—you can sign up for one shift or both. Lunch is provided to those who help serve it.

Bus site pick-up:
From the Lyngblomsten campus, Community Room (lower level)
First shift: 9 AM; Return 11:15 AM
Second shift: 11:15 AM; Return 2:45 PM

FREE Includes transportation. We hope you may consider a donation to the organization itself instead.
Registration required by September 5.
Program #918sop1 (morning shift), or #918sop2 (afternoon shift)

Volunteering

Armchair Traveler Volunteer Presenter
4th Thursday each month
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Share your travel adventures with others who share this interest. Give a PowerPoint presentation that captures and conveys the fun you had and what you learned.

Learn more: Contact Janell Wampler at (651) 999-2597 or jwampler@lyngblomsten.org.

Lifelong Learning and the Arts: Wellness
Continuing Education for Lyngblomsten Volunteers
Wednesday, August 2
9 AM–1 PM on the Lyngblomsten campus, Newman-Benson Chapel

Current and prospective Lyngblomsten volunteers are encouraged to join us for a session that will focus on empowering and educating volunteers on the topic of wellness. Volunteers will walk away from the session with new tools, resources, and a support system for volunteering in or leading scheduled programs throughout Lyngblomsten.
(cont'd in next column)

FREE for current and prospective Lyngblomsten volunteers.
Registration required by Friday, July 28; lunch provided.
Special registration: Contact Shelli Beck, Lyngblomsten Lead Volunteer Coordinator, at (651) 414-5297 or sbeck@lyngblomsten.org.

Lyngblomsten Volunteer Bus Driver

Help Lyngblomsten residents or community participants get to and from events. Drivers should be courteous and friendly, helping passengers on and off the 13-passenger van, and be prompt with picking up and dropping off riders. No special driver's license is required; however, the driver must pass a Department of Transportation physical and have a clean driving record. Drivers should be comfortable in varying weather conditions and in many different neighborhoods in St. Paul and its suburbs. Training is provided by the Lyngblomsten Transportation Coordinator.

Learn more: Contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.

Virtual Reality: The Great Oxymoron!

Volunteer Development Series

Friday, September 15
6:30–8 PM on the Lyngblomsten campus

Through a variety of engaging, entertaining, and experiential activities, volunteers will grow in their awareness of and empathy for the challenges of aging. Experience virtual reality and travel somewhere while staying in place. You will not only have the experience, you will also learn about the potential benefits for older adults.

FREE for Lyngblomsten volunteers.
Registration required.
Special registration: Contact Shelli Beck, Lyngblomsten Lead Volunteer Coordinator, at (651) 414-5297 or sbeck@lyngblomsten.org.

Volunteer at Lyngblomsten

Upcoming new volunteer orientation dates held on the Lyngblomsten campus:

- Thursday, July 20 from 6–8 PM
- Tuesday, August 15 from 6–8 PM
- Saturday, September 16 from 10 AM–Noon

Lyngblomsten volunteers of all ages enrich the lives of older adults each day by sharing their time, experience, and talents. From the young to the young at heart, Lyngblomsten provides opportunities for experiences that will engage you as a volunteer and help us meet our mission and promise to older adults. Youth, adults, families, corporate groups, and church groups are all welcome.

Registration for orientation required.
Learn more: Contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org, or visit www.lyngblomsten.org/volunteer.

Volunteer to serve those with memory loss at The Gathering

Join the group of volunteers in your area who enjoy making a difference in the lives of people experiencing early- to mid-stage memory loss. Volunteers receive comprehensive training so they are able to plan the day's activities and promote socialization for their participants. See page 21 to learn more about The Gathering, or visit www.lyngblomsten.org/TheGathering.

Learn more: Contact Betsy Hoffman at (651) 414-5291 or bhoffman@lyngblomsten.org.

Connect with us!

facebook.com/Lyngblomsten
@Lyngblomsten_US

Registration Information

The following registration, payment information, and policies apply ONLY to programs where registrations are taken through Lyngblomsten. Please note that some programs indicate special registration instructions through a partner organization.

4 ways to register:

Registration form on page 27, or download/print a form at www.lyngblomsten.org/2ndHalf.
Cash or checks accepted. Make checks payable to "Lyngblomsten Services," unless noted otherwise.

Phone: (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

Mail:
2nd Half with Lyngblomsten—Registration
1415 Almond Avenue, St. Paul, MN 55108

Email: 2ndHalf@lyngblomsten.org. We will follow up to confirm your registration.

Dropbox:
2nd Half with Lyngblomsten—Como Park
Lower level of the Lyngblomsten campus, Community Services Offices
1415 Almond Avenue
St. Paul, MN 55108

2nd Half with Lyngblomsten—White Bear Lake
Redeemer Lutheran Church
3770 Bellaire Avenue
White Bear Lake, MN 55110

Policies

Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances. If a program is cancelled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline indicated will receive a full refund minus a $7 per program processing fee. No refunds will be given after a program has started.

Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten's website at www.lyngblomsten.org/2ndHalf for the most current updates. You will be notified if a program or class is cancelled.

Offerings Subject to Change

We recommend those who have not made a reservation to check the website in the event of a change: www.lyngblomsten.org/2ndHalf.

Photos

Participant pictures may be taken during activities and be included in Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

Scholarships

For programs where scholarships are available, please call (651) 632-5330 for more information and/or indicate interest when registering.

All Are Welcome

2nd Half with Lyngblomsten welcomes all persons and commits to enriching their lives. We foster a climate of purposeful inclusion of all, without regard to age, race, religion, gender identity, ethnicity, national origin, range of abilities, sexual orientation, financial means, education, or political perspective.

Registration Form

Print more registration forms at
www.lyngblomsten.org/2ndHalf.

Please complete form and mail to:

2nd Half with Lyngblomsten—Registration
1415 Almond Avenue, St. Paul, MN 55108

2nd Half with Lyngblomsten
A Center for Enriching Lives after 50

Name _____

Phone (_____) _____

Address _____ Apt# _____

City_____ State _____ Zip_____

Email _____

Emergency Contact _____

Phone (_____) _____

Age ☐ Under 55 yrs ☐ 55–69 yrs ☐ 70–84 yrs ☐ 85+ yrs

I would like to register for the following programs:

Program#	Program Name	Fee	Bus Site Pick-Up *
_____	_____	$_____	☐ _____
_____	_____	$_____	☐ _____
_____	_____	$_____	☐ _____
_____	_____	$_____	☐ _____
_____	_____	$_____	☐ _____
_____	_____	$_____	☐ _____

* Transportation fees are paid at the time of the bus service. Refer to program description for transportation availability and bus site pick-ups.

TOTAL PAYMENT ENCLOSED $ _____

All payment for classes and trips are due at the time of registration unless otherwise noted. Please send cash or check (payable to "Lyngblomsten Services").

By submitting this registration form, you confirm that you have read, understand, and agree to the 2nd Half with Lyngblomsten Registration Information & Policies as printed on page 26.

☐ Please add my name to the 2nd Half with Lyngblomsten Catalog mailing list to receive catalogs quarterly. It's FREE!

LYNGBLOMSTEN
1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org

Nonprofit
Organization
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PAID
Twin Cities MN
Permit #2376

Join us for Coach Bus Day Trips this summer!

TRIPS EVERY MONTH!



Crooked Roads & Quiet Farms

Wednesday, July 19

Experience the peaceful, simple lives of our **Amish neighbors in Southern Minnesota**. Visit their farms and workshops, and glimpse horse-drawn buggies and Amish children.

Lunch at Pedal Pushers



Jesse James Didn't Go There

Wednesday, August 16

See the inner workings of **Fossum's Alpaca & Yak Farm and Store**, and visit a true **Japanese Garden** at Carleton College, which is said to embody tranquility of body, mind, and spirit.

Lunch at Ole's in Northfield



Taylors Falls River Tour

Wednesday, September 20

Take a **boat tour from Taylors Falls** thru the gorges and cliffs of the St. Croix, then see the craziness of art gone mad in the **Franconia Sculpture Garden**.

Lunch at Dalles House in Wisconsin

See pages 13 and 14 for more details.