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**Mark your calendars: Lyngblomsten Mid-Summer Festival scheduled for July 21**  
*New features in 2017 include a Wellness Lounge and performances from Lakeshore Players Theatre*

**ST. PAUL, Minn. (June 8, 2017)** — Lyngblomsten, a senior care organization that has been serving older adults since 1906, invites the community to attend its annual Mid-Summer Festival on Friday, July 21, from 2–8 PM on its campus in St. Paul (1415 Almond Avenue). New features at this year’s celebration include an indoor Wellness Lounge and performances from Lakeshore Players Theatre of White Bear Lake.

“The Lyngblomsten Mid-Summer Festival isn’t your ordinary summer festival,” said Andrea Lewandoski, Lyngblomsten’s Director of Lifelong Learning and the Arts. While it will have food and live entertainment like others will, it also will have opportunities for the community to learn about, support, and celebrate the contributions of older adults.

“The Mid-Summer Festival celebrates how Lyngblomsten is empowering older adults to live meaningful lives—filled with the arts, lifelong learning, and wellness—365 days a year,” Lewandoski said. “I just have not seen another local organization dedicated to having these principles embedded into its core fabric.”

Lewandoski is confident the Festival will have something for everyone.

- For the Picassos and Michelangelos of the world, there are hands-on art activities where it’s okay to get messy.
- For theater-lovers and concertgoers, there are live performances at three stages, both outdoors and indoors.
- For the health conscious, there are opportunities to participate in yoga, aromatherapy, and more.
- And for those with a sweet tooth (that’s just about everyone!), there is plenty of mouthwatering ice cream available for purchase (not to mention pizza, pulled pork sandwiches, corn on the cob, and more!)

Lyngblomsten held its first summer festival over 100 years ago in 1913 to pay tribute to Anna Quale Fergstad, the nonprofit’s founder and first president. This year, the celebration will feature a number of activities, including the following:

- An **arts showcase** featuring paintings, sketches, pottery, and other pieces created by Lyngblomsten residents, tenants, and community participants over the past year.

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- **Make-and-take art activities** led by organizations that Lyngblomsten partners with throughout the year, including Northern Clay Center, the Polymer Clay Guild of Minnesota, Art with Heart, COMPAS, artist Jan Gunderson, and the Weavers Guild of Minnesota. All Festival attendees can participate in these activities!
- **Live music and entertainment** featuring organizations that Lyngblomsten partners with throughout the year, including the Minnesota Opera, Lakeshore Players Theatre, COMPAS, MacPhail Center for Music, Kairos Alive!, HealthRHYTHMS™ Drumming, and the Alzheimer's Poetry Project of Minnesota.
- An indoor **Wellness Lounge** that will allow festivalgoers not only to take a break from the excitement and heat outdoors, but also to learn about the many ways Lyngblomsten promotes wellness throughout the year. Activities will include wellness demonstrations (including yoga and seated exercise), a pet visiting station, an essential oils station (including opportunities to create an aromatherapy felt pin and to experience an aroma touch hand massage), a spiritual care booth, and a hydration station.
- Delicious **food, beverages, and ice cream** provided by Grand Ole Creamery & Pizzeria.
- **Games and activities** for children, including a bounce house, a puppet making station, a fishing pond, a crayon scavenger hunt, and more.

For more information on this family-friendly event, visit [www.CelebrateMSF.com](http://www.CelebrateMSF.com). The Lyngblomsten Mid-Summer Festival is proudly part of ComoFest 2017: Fun Every Weekend in July. Learn more at [www.comofest.org](http://www.comofest.org).

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*The Lyngblomsten Mid-Summer Festival will be held on July 21, 2017, from 2–8 PM on the Lyngblomsten campus (1415 Almond Avenue, St. Paul), two blocks east of the Minnesota State Fairgrounds entrance. Day will include an arts showcase, make-and-take art activities, food, games, and live music and entertainment.*

*Incorporated in 1906, Lyngblomsten is a Christian nonprofit organization enhancing the quality of life for older adults of all faiths and cultures through its healthcare and housing facilities and through its community-based outreach programs for seniors living independently. Learn more at [www.lyngblomsten.org](http://www.lyngblomsten.org).*