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 east metro area, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life. Offerings focus on:

- **Education & the Arts**
- **Health, Wellness, & Spirituality**
- **Resources & Support**
- **Social & Outings**
- **Community Assets**
- **Service Opportunities**

The 2nd Half with Lyngblomsten 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](http://www.lyngblomsten.org/2ndHalf).

All Are Welcome!

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**About 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 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](http://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.

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**Funding & Support**

2nd Half with Lyngblomsten is supported, in part, by gifts made to the Lyngblomsten Foundation. In an effort to keep programs affordable for all, the fees charged cover a fraction of the actual cost to run the programs. We invite you to become a supporter by giving a donation to the Lyngblomsten Foundation at [www.lyngblomsten.org/donate](http://www.lyngblomsten.org/donate).
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
(651) 429-5411, ext. 15 | www.rlc-wbl.org

Lynn Amon, Site Coordinator—White Bear Lake
(651) 301-9445
lamon@lyngblomsten.org

Mary Deaner, Site Coordinator—Como Park
(651) 414-5293
mdeaner@lyngblomsten.org

Registration
Online: www.lyngblomsten.org/2ndHalf
Phone: (651) 632-5330

Connect with Us!

facebook.com/Lyngblomsten
@Lyngblomsten_US
Lyngblomsten

Map not to scale

www.lyngblomsten.org/2ndHalf
There are four kinds of people in the world: those who have been caregivers, those who are caregivers, those who will be caregivers, and those who will need caregivers.

Caregiving is varied. You may be a 24-hour caregiver or you may support a neighbor or a family member by helping with yard work, providing a ride to the doctor, or picking up groceries. Caregiving can be rewarding and exhausting. Connecting with others through a support group or meeting with a 2nd Half with Lyngblomsten staff member to learn about available resources can be a way to take care of yourself.

Consider letting 2nd Half with Lyngblomsten help equip and affirm you on your caregiving journey! Peruse this catalog (especially the Resources & Support section, pages 20–25) or visit www.lyngblomsten.org/2ndHalf to discover programs, classes, and services that can enrich your life.

Finally, I’d like share with you one of my favorite poems about caregiving: “The Caregiver’s Daily Affirmations” from the Caregiver’s Survival Network. Tear out this page and stick it to your refrigerator door or bathroom mirror. And always remember: you are appreciated and loved!

The Caregiver’s Daily Affirmations
I care for others with patience, love and kindness.
I live with courage and grace.
I don’t have to do it all.
I let go of the things I cannot change.
I accept myself and others without judgement.
I make progress every day whether I see it or not.
I care for myself with dignity, love and respect.
I am not alone.
I am capable.
If nothing else, I am getting stronger every day.
I am not afraid to ask for help.
I am appreciated.
I am loved.

Blessings,
Carolyn Klaver, RN
Community Dementia Care Specialist & Gathering Site Coordinator

Merry & Bright: Holiday Open House

Tuesday, November 19
10 AM–3 PM at Anna’s café & gifts on the Lyngblomsten campus
Holiday games, holiday music, hot chocolate and cookies, and drawings for prizes and gift store discounts (10, 20, 30, 40, and 50% off!).

Stop by Anna’s throughout the year!
• Drop by for lunch or a snack when you’re on campus: Monday–Friday, 9 AM–4 PM, and Saturday and Sunday, Noon–4 PM.
• Volunteer as a cashier and get 20% off all purchases! Contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org for details.
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November is National Family Caregivers Month!

Check out Lyngblomsten’s blog, Navigating Aging, for helpful articles on caregiving. Topics include managing stress, hosting a family meeting, using respite care, and more.

Visit www.lyngblomsten.org/blog and select the “Caregiving” category.

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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### Location Key:
- **CP** = Como Park
- **WBL** = White Bear Lake
Armchair Traveler: Alaskan Trip by Airplane Bus, Ship, and Rail
Thursday, October 24
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Join Jay Frazier as he recounts his trip to Alaska. The expedition included stops in Anchorage, Fairbanks, and Seward, as well as a ride on the McKinley Explorer luxury dome railcar to Denali National Park and journeying aboard a cruise ship to Glacier Bay National Park, Juneau, and Vancouver, Canada, via the Inside Passage.

Presenter: Jay Frazier.

Free program; $3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #1024ea

Armchair Traveler: Korea—One Country or Two?
Tuesday, November 5
1–2:30 PM at Redeemer Lutheran Church, Library

Mike and Sylvia Lovett will present highlights from their trip to Korea. They visited the United Nations Korean War Memorial in Busan, traveled north to the demilitarized zone, and met people working with young North Korean refugees in Seoul. They will also include highlights of another trip they took along the Chinese–North Korean border.

Presenters: Mike and Sylvia Lovett.

Free program; $3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #1121ea

Art History
Last Monday of the month
10–11:30 AM at Redeemer Lutheran Church, Library

Join local artist Angie Renee who will lead a group discussion about famous artists in history.

• October 28: Olive Rush
  Olive Rush was an illustrator, muralist, and an important pioneer in Native American art education.
  Program #1028ea

• November 25: George Morrison
  Let’s look at the paintings of Native American artist George Morrison.
  Program #1125ea

Fee: $12/class; scholarships available.
Registration preferred; walk-ins welcome.

Armchair Traveler: Caribbean Cruising, A Cross-Generational Experience
Thursday, November 21
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Hear about Janet Byrnes’ travels in the Caribbean aboard the Norwegian Epic cruise ship. The three ports of call during her trip were St. Thomas, U.S. Virgin Islands; Tortola, British Virgin Islands; and Norway’s private island Great Stirrup Cay. Janet will also share what it was like traveling with three generations of family members.

Presenter: Janet Byrnes, Lyngblomsten Care Center Assistant Administrator.

Free program; $3 for pie and coffee (optional; pay at the door).
Registration preferred; walk-ins welcome.
Program #115ea

Portfolio
Monday, November 25
5–8 PM

Open studio session for students to complete their work in their own medium.

Instructional programs for the visual arts and music are available for Fall 2019. Please visit the website, call 722-2356, or stop by the library for more information.

For more information, please visit the website or call 722-2356.
Beginning Ukulele with MacPhail Center for Music
Tuesdays, October 1–November 19
11 AM–Noon at The Heritage at Lyngblomsten, 2nd Floor Lounge

This course is for beginners who want to have fun playing a stringed instrument that is accessible, portable, and easy to learn. Simple chord charts and well-known songs are used to develop skills within a group. This class is taught using a 4-string (G-C-E-A tuned) ukulele. Students provide their own instrument. Baritone ukulele players are also welcome!

Fee: $225
Special Registration: Register online at www.macphail.org or call (612) 321-0100.

Books-Cheese-Wine with Author Carolyn Holbrook
Earth Angels
Thursday, October 10
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Earth Angels is an essay that will be published as part of a collection in spring 2020. The title essay is about a time when the author hit a pedestrian. Later, she took the pedestrian to lunch and, to her surprise, she called Holbrook an angel because the accident helped her work through some personal struggles. Holbrook weaves in this tale with other personal stories.

Fee: $6
Registration preferred; walk-ins welcome.
Program #1010ea

Books-Cheese-Wine with Authors John & Joe Gindele
Yorkville Twins: Growing up in New York City, 1944–1962
Thursday, November 14
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Yorkville Twins is an endearing collection of stories involving immigrants, survival, growing up, achieving success, and learning what it is to be an American. It is a love story of family, friends, neighbors, and the Yorkville lore. The Gindele twins share memories of growing up in a rough ethnic neighborhood with a family of seven.

Fee: $6
Registration preferred; walk-ins welcome.
Program #1114ea

Cocoa & Canvas: Seasons Greetings
Thursday, November 7
6–8 PM at Redeemer Lutheran Church, Fellowship Hall

Just in time for the holidays, join us to create your own one-of-a-kind seasonal masterpiece on canvas. The instructor will give you step-by-step painting instructions. Paint, brushes, fellowship, and hot cocoa are all included! Instructor/Artist: Jan Gunderson.

Fee: $25, includes supplies; scholarships available.
Registration required by November 4.
Program #117ea
Creative Writing: From Prompts to Paper
Thursdays, October 3–November 21
1:30–3 PM at the Lyngblomsten Apartments, Dining Room
In this 8-week series, Margie O’Loughlin, longtime community news reporter, will give participants a chance to write from a prompt and share their writing with classmates. The atmosphere is supportive and fun, and no previous writing skills are necessary. Sharpen your writing skills, encourage memory recall of your personal history, and make new friends!
Fee: $24/series; scholarships available. Series is FREE to Lyngblomsten campus tenants and residents. Registration required by October 1. Program #103ea

Exploring Art
Tuesdays
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)
Exploring Art is a series that focuses on an historical or current artist, his or her impact on society, artistic style, time period, artistic influences, and carryover for today’s art. Participants will create visual art project(s) using the artist’s style. Teaching artists: Art with Heart instructors Debbie Lyon and Renee Des Jarlais.
• October 1–22: Peter Max is one of the most famous of all living artists who uses bold colors and uplifting images.
Fee: $40; includes supplies. Scholarships available. Registration required by September 27. Program #101ea

• November 12 & 19: First session will cover Andrew Wyeth, a 20th-century painter known for his realism in portraiture and pastorals. Second session will cover Norman Rockwell, a 20th-century American author, painter, and illustrator.
Fee: $20; includes supplies. Scholarships available. Registration required by November 9. Program #1112ea

• December 3, 10, & 17: American painter Wayne Thiebaud is best known for his still lifes of edible treats and everyday objects in his singular illustrative style.
Fee: $20; includes supplies. Scholarships available. Registration required by November 29. Program #123ea

Giving Voice Chorus—St. Paul
Mondays, September 9–December 16
(No session November 25)
10 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel
This unique and joy-filled choral experience is for people living with Alzheimer’s and their care partners. Sing old and new songs, learn vocal technique and ensemble skills, and share musical memories together. No vocal experience is required, just a love of singing. Each registration requires a partner. For more information about the Giving Voice Chorus, visit www.givingvoicechorus.org.
Fee: $75/person
Special Registration: Register online at www.macphail.org or call MacPhail at (612) 321-0100.

(cont’d in next column)
Ice Palaces of the St. Paul Winter Carnival
Thursday, December 12
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)
Learn about the ice palaces of the St. Paul Winter Carnival from enthusiast Bob Olsen, who has been dubbed the “official unofficial historian of the Saint Paul Winter Carnival Ice Palaces.” In 1975, he built an ice palace for the Winter Carnival and helped extensively with the 1976, 1986, 1992, 2004, and 2018 ice structures. Refreshments will be served.

Fee: $6
Registration required by December 10; limited to 40 people.
Program #1212ea

Lyngblomsten Community Sage Singers
A MacPhail Sing for Life Partnership
Wednesdays
9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room
Come make a joyful noise with the Lyngblomsten Community Sage Singers, led by MacPhail teaching artist Paula Lammers. Classes build on the tradition of choral singing, and repertoire combines familiar and new material. New members always welcome!
• Fall Session held September 18–November 6. Choir rehearsals lead up to the fall concert in November.
  Program #918ea
• Holiday Session held November 13–December 18. Experience joy as you sing familiar holiday tunes.
  Program #1113ea
Fee: $20/session; FREE for Lyngblomsten residents and tenants.
Registration required; walk-ins welcome.

Lyngblomsten Community Sage Singers Veterans Day Concert
Sunday, November 10
2–3 PM on the Lyngblomsten campus, Newman–Benson Chapel
Join the Lyngblomsten Community Sage Singers for a Veterans Day Concert featuring patriotic music. Light refreshments will be served. Consider donating a new or gently used iPod or an iTunes gift card to support Lyngblomsten’s Music & Memory program.

FREE No registration required.

Meet the Minnesota State Climatologist
Thursday, December 5
1–2 PM on the Lyngblomsten campus, Community Room (lower level)
The Minnesota State Climatology Office exists to gather, archive, manage, and disseminate historical climate data in order to address questions involving the impact of climate on Minnesota and its citizens. It strives to understand and predict the weather in order to better our lives. Meet Luigi Romolo, Minnesota State Climatologist, and learn about climate change, forest migration, water quality, and more!

FREE Registration preferred; walk-ins welcome.
Program #125ea
Minnesota Opera presents the Story and Music of *The Barber of Seville*

Tuesdays, September 17–November 12 (no session on November 5 due to performance)
1:30–2:30 PM at the Lyngblomsten Apartments (1455 Almond Avenue, St. Paul), Dining Room

Minnesota Opera presents the story and music of *The Barber of Seville*. Learn about this comedic masterpiece with teaching artists from the Minnesota Opera. Figaro, Seville’s quick-witted barber, helps a young woman flee an unsuitable suitor and find true love. Naturally, nothing goes according to plan. No singing required. Participants will have the opportunity to attend a performance of *The Barber of Seville* at the Ordway Center on November 5 (details will be given in class). *Teaching Artists:* Pablo Siqueiros and Marcia Aubineau.

This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislature appropriation from the arts and cultural heritage fund.

**Fee:** $12/series; FREE to Lyngblomsten residents and tenants. *Registration preferred; walk-ins welcome.*

Program #917ea

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**OboeBass! presents Pages of Music**

1st Friday each month (Upcoming: October 4, November 1, & December 6)
10–11:30 AM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for music education performances by OboeBass! duo Carrie Vecchione and Rolf Erdahl as they present “OboeBass! in Concert.” Rolf and Carrie will share how all their music was created.

**FREE** No registration required.

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**Paint & Wine: Welcome Friends**

Thursday, October 3
6–8 PM on the Lyngblomsten campus, Community Room (lower level)

Join us to welcome in friends for autumn and the fall holidays. Each participant will create his or her own masterpiece titled “Welcome Friends.” The instructor will give you step-by-step painting instructions. Paint, brushes, fellowship, and two glasses of wine are all included! *Instructor/Artist: Jan Gunderson.*

**Fee:** $25, includes supplies. Scholarships available. *Registration required by October 1.*

Program #103ea2

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**Second Sunday Concerts with MacPhail**

2nd Sunday each month
2–3 PM on the Lyngblomsten campus, Newman-Benson Chapel

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

- **October 13:** Andrea Leap, voice. The Great American Songbook.
- **November 10:** Lyngblomsten Community Sage Singers Veterans Day Concert (see page 11 for more details).
- **December 8:** Andrea Stern, harp. Celestial Christmas.

**FREE** No registration required.

Consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten’s Music & Memory Program.
500 Card Group
Tuesdays
1–4 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 #101so

Bingo & Lunch
1st Friday each month
Noon–2 PM on the Lyngblomsten campus, Community Room (lower level)

Lunch is served at noon and Bingo starts around 1 PM. Prizes for every game.

- October 4: Pizza lunch. We’ll serve pizza, salad, and dessert.
  Registration required by October 2.
  Program #104so

- November 1: KFC lunch. We’ll order chicken, mashed potatoes and gravy, and more from Kentucky Fried Chicken and top it off with dessert.
  Registration required by October 30.
  Program #111so

- December 6: House of Wong lunch. We’ll serve egg rolls, sweet and sour pork, chow mein, chicken fried rice, oriental salad, and dessert.
  Registration required by December 4.
  Program #126so

Fee: $8.50 plus 50 cents for 2 Bingo cards. Please pay for Bingo separately when the games begin.

Cards & Socializing for Senior Deaf Community
3rd Friday each month (Upcoming: October 18, November 15, & December 20)
1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

FREE
Learn more: Contact Marlys Carlson at marlysmcarlson@gmail.com.

Coach Bus Trip: A Tisket, A Tasket in Otsego, MN (101 Market)
Tuesday, November 19
10:30 AM–2:30 PM

Join us for an often-requested visit to the 101 Market in Otsego, Minnesota, for a special luncheon emanating from the seasonal floral availability. The day will include a look at the coming holiday season and a demonstration on decorating with flora and fauna. A delicious array of luncheon dishes will be served with special ambiance in the greenhouse. Decor, floral, and gift shopping is available.

Bus site pickups:
10:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)
10:45 AM from the Lyngblomsten campus, Community room (lower level)

Fee: $62 includes coach bus transportation, floral demonstration, lunch, and tip for the driver.
Registration and payment required by October 29.
Program #1119so
Laugh ‘N Chat
Tuesdays (not meeting November 5)
9–11 AM on the Lyngblomsten campus,
Community Room (lower level)

Anyone can join this group for sweet
treats, coffee, chatting, and laughing.
The conversation is enriching,
enlightening, and sometimes hilarious.
What a great way to start the day!

Fee: Coffee and treats provided for a
small fee.
No registration required.

Out & About: Minneapolis Central
Library
Thursday, October 10
1–2 PM at Minneapolis Central Library
(300 Nicollet Mall, Minneapolis)

Minneapolis Public Library was
founded in 1885. Minneapolis Central
Library as we know it today opened in
2006 and houses the largest collection
of items in the Hennepin County
Library system. Our
docent-led tour will focus on the
library’s art, architecture, and
collections. We will meet at the Statue
of Minerva in the atrium to begin.

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)

Return time: Approximately 3:30 PM

Fee: Tour is FREE. $7 for
transportation; please pay day of the
event.
Registration required by October 8.
Program #1010so

Out & About with Lunch:
St. Paul Curling Club
Wednesday, October 23
10:45 AM–2 PM at the St. Paul Curling
Club (470 Selby Avenue, St. Paul)

Learn about the sport of curling and
watch matches at the St. Paul Curling
Club. A soup and salad lunch buffet
has been arranged during our time at
the club by the club’s chef. This tour
will include some stairs.

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,
Roseville)

Fee: $26 includes curling club tour,
demonstrations and matches, and
buffet lunch. $7 for transportation;
please pay transportation fee the day
of the event.
Registration and payment for lunch and
tour required by October 14.
Program #1023so

Out & About: Minnesota Vikings
Museum Tour
Thursday, November 7
1–2 PM at the Minnesota Vikings
Museum (2645 Vikings Circle, Eagan)

The Minnesota Vikings Museum is
a place for fans and legends alike
to experience the comprehensive
history of the Minnesota Vikings
and football in Minnesota. With a
360-degree video theater, multiple
interactive exhibits, and hundreds of
historical artifacts, fans can learn the
fascinating stories and insider details
of the franchise throughout its 50-plus
year history in fun and unique ways.
This will be a guided tour.

(cont’d on next page)
Bus site pick-ups:
11:45 AM from the Lyngblomsten campus, Community Room (lower level)
Noon from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: $15 for tour. $7 for transportation; please pay transportation fee the day of the event.
Registration and tour payment required by October 17.
Program #117so

Out & About: Christ Church Lutheran Tour
Wednesday, December 11
1–2 PM at Christ Church (3244 34th Avenue South, Minneapolis)

In 1948, Finnish-American architect Eliel Saarinen designed Christ Church Lutheran in Minneapolis’ Longfellow neighborhood. Christ Church embraces modern principles while eschewing historical styles. In 1962, Eliel’s son, Eero, completed the Education Wing. Christ Church Lutheran was and is widely considered to be the building that heralded a new form of ecclesiastic architecture. It was designated a National Historic Landmark in 2009. Join us for this docent-led tour.

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

Fee: $8 for tour. $7 for transportation; please pay transportation fee the day of the event.
Registration and tour payment required by November 20.
Program #1211so

Out to Lunch: Sarna’s Classic Grill
Friday, October 25
11 AM–2 PM at Sarna’s Grill (3939 University Avenue NE, Columbia Heights)

Good food. Good friends. Good fun. Sarna’s has a casual, laid-back atmosphere with an upscale twist. You’ll find pasta, tacos, and American fare all in one place. Join us!

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, Roseville)

Fee: $7 for transportation; please pay day of the event. Lunch expense is on your own.
Registration required by October 23.
Program #1025so

Out to Lunch: Iron Ranger
Friday, November 15
11 AM–2 PM at Iron Ranger (1085 Grand Avenue, St. Paul)

Home actually is on the range. Iron Ranger is a St. Paul neighborhood pub that is a continuation of a family business that began more than 100 years ago in the northern Minnesota mining town of Hibbing. Come try poutine, a pasty, cabbage rolls, or porketta (other options are available).

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, Roseville)

Fee: $7 for transportation; please pay day of the event. Lunch expense is on your own.
Registration required by November 13.
Program #1115so
Out to Lunch: Jax Cafe  
Friday, December 20  
11 AM–2 PM at Jax Cafe (1928 University Avenue NE, Minneapolis)

Jax Cafe has served the families of northeast Minneapolis for 75 years. It serves only the finest menu of premium cuts and fresh seafood flown in from all over the world. Sandwiches, burgers, walleye, and steaks with a few NE specialities as well!

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, Roseville)

Fee: $7 for transportation; please pay day of the event. Lunch expense is on your own.  
Registration required by December 18.  
Program #1220so

Redeemer Primetime: At Christmas Time  
Thursday, December 19  
9:30–11 AM at Redeemer Lutheran Church, Atrium

Join us for our annual Christmas brunch with the special program “At Christmas Time” by Mary Hall. From the nightclub scene to stardom opportunities, Mary Hall found the only way to peace and happiness was by following the path that God had chosen for her life. With a smooth vocal range of nearly three octaves and unique guitar style, Mary Hall will create a very special Christmas concert experience. Christmas brunch will be served at 9:30 AM with devotions and program following at 10 AM.

(cont’d in next column)

Fee: $7  
Special Registration: Sign up at the Redeemer Lutheran Church Welcome Desk or call the church office at (651) 429-5411 between November 21 and December 15.

Redeemer Primetime: Beyond the Rainbow: Garland at Carnegie Hall  
Thursday, November 21  
9 AM–1 PM at the History Theatre

When Judy Garland took to the stage at Carnegie Hall for her legendary comeback concert, “the house was packed with adoring fans of one of America’s most beloved singers and entertainers.” This stirring musical tribute tells Judy’s story from her childhood in Grand Rapids, Minnesota, to Hollywood and “beyond the rainbow.” Hear the hits that made her famous, including “The Trolley Song,” “Get Happy,” and “Over the Rainbow.”

Meet the bus at Mad Jacks Sports Cafe (935 County Road E East, Vadnais Heights) at 9:15 AM. Bus will leave for the theatre promptly at 9:30 AM for a 10 AM performance. After the play, we will return to Mad Jacks for lunch (cost on your own).

Fee: $35 covers Beyond the Rainbow and bus transportation. Lunch is on your own at Mad Jacks.  
Special Registration: Sign up at the Welcome Desk at Redeemer Lutheran Church or call the church office (651) 429-5411 between September 19 and October 17. Your check to Redeemer Primetime will be your reservation.
Ageless Grace Exercise Class
Fridays
1:30–2 PM on the Lyngblomsten campus, Apartments Dining Room
Practiced seated and to music, Ageless Grace consists of movements that are natural and organic. Classes provide chair exercise and cognitive and social benefits. **Teacher: Pola Rest.**

Fee: $1/class
Registration preferred; walk-ins welcome.
Program #104hws

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HealthRHYTHMS Drumming
2nd Monday each month (Upcoming: October 14, November 11, & December 9)
10–11 AM at Redeemer Lutheran Church, Fellowship Hall
HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. All drum and percussion instruments will be provided. Join us for one hour of drumming, wellness exercise, and guided imagery. No experience is required. **Teacher: Cheri Bunker.**

Fee: $5/class.
Registration preferred; Walk-ins welcome.
Program #1014hws

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The Healthy Brain
Wednesday, October 16
10 AM–Noon at Gladstone Community Center (1945 Manton Street, Maplewood)
Can your brain span match your lifespan? Discover strategies to help ensure a healthier brain based on four things you can do for mental fitness. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential.

**Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.**

**FREE**
Registration preferred; walk-ins welcome.
**Special Registration:** Call (651) 748–7250 or register online at https://tinyurl.com/y2z6qjpp.

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Living Well with Chronic Conditions
Tuesdays, October 15–November 19
9:30 AM–Noon at Community of Grace Lutheran Church (4000 Linden Street, White Bear Lake)
Living Well with Chronic Conditions is a group-based workshop that helps people with chronic conditions such as diabetes, cancer, and heart disease learn healthy ways to live and be active. The workshop is led by two peer leaders and meets once a week for six weeks.

Participants will learn how to:
- Eat healthy and be active in new ways.
- Communicate with family, friends, and their healthcare team.
- Reduce stress and increase relaxation.
- Address issues like depression and isolation.
- Receive support from other participants.

The workshop is open to adults of all ages with chronic conditions, as well as their family members and caregivers. **Instructors: Rachel Wolk and Gail Carroll, Fairview Community Health & Wellbeing.**

Fee: $15; includes a copy of the book **Living a Healthy Life with Chronic Conditions.**
Registration required by October 7.
**Special registration:** Register online at https://yourjuniper.org/Classes/Register/1282 or call Becky Hulden at (651) 632-5335.
Morning Talks
A monthly education series for the community
(formerly Market Place Morning Talks)
2nd Wednesday each month
9:30–10:30 AM at Cardigan Ridge Senior Living (3300 Rice Street, Little Canada)

• October 9: Superfoods
  Superfoods are nutrient-rich foods considered to be beneficial for one’s health and well-being. Presenter: Gina Dierfeldt from Humana.
  Registration required by October 8.
  Program #109hws

• November 13: Holiday Party
  Entertainment provided by Cardigan Ridge.
  Registration required by November 12.
  Program #1113hws

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

FREE

The Psychology and Spirituality of Wise Aging
Wednesday, October 2
1–2:30 PM on the Lyngblomsten campus, Community Room (lower level)

Becoming an elder represents a new stage of life, rich with the possibility of growth. However, the blessings of being an elder don’t occur automatically but take intention and practice. Join us for an introduction to what it means to age wisely. You will hear about the common challenges of aging as well as those qualities that enable us to harvest our life experiences, apply the wisdom we’ve acquired, be a model and guide to others, and importantly, come to peace with ourselves, with aging, and with our death.
(cont’d in next column)

Presenter: Ed Colon, a volunteer hospice worker and the provider of workshops on life review, reminiscing, and the spirituality of aging.

Fee: $10
Registration preferred; walk-ins welcome.
Program #102hws

Redeemer Primetime: Helping the Hands that Heal
Thursday, October 17
9:30–11 AM at Redeemer Lutheran Church, Atrium (9:30 AM coffee and treats, 10 AM devotions and program)

Global Health Ministries (GHM) was founded in 1987 by returning Lutheran medical missionaries. Since 2014, GHM has begun a “new era in mission” involving a shift towards “providing support to our partner Lutheran Church healthcare programs through extended relationships to develop sustainability and effectiveness in management, and achieve measurable improvements in community health.” Come hear Rob Thames share stories about this exciting and necessary ministry.

Freewill offering will be collected.
Registration preferred; walk-ins welcome.
Special Registration: Sign up between September 19 and October 13 at the Redeemer Lutheran Welcome Center or by calling the church office at (651) 429–5411.
Rhythms of Life: Musical Documentary about Community Drumming
Thursday, October 3
6–8 PM at Redeemer Lutheran Church, Fellowship Hall

Join HealthRHYTHMS instructor Cheri Bunker to view the documentary *Rhythms of Life*, a musical documentary about community drumming. The film features inspiration from internationally recognized drum circle leaders, music therapists, professional musicians, and lots of people who love to drum. Drum circle to follow after the film for those who would like to experience drumming. No drumming experience necessary; drums provided. **Teacher:** Cheri Bunker

Fee: $5
No registration required. Walk-ins welcome.

Visit with a Faith Community Nurse
Visit one-on-one with Lyngblomsten Faith Community Nurse Becky Hulden, which may include discussion of a health concern, education and advice, blood pressure and pulse assessments, help navigating the healthcare system, referrals to community resources, and spiritual support.

Visits are available by referral or by appointment at either Redeemer Lutheran Church in White Bear Lake or on the Lyngblomsten campus in St. Paul.

**FREE**
Schedule an appointment: Call (651) 632-5335 or email bhulden@lyngblomsten.org.

Yogadevotion
Tuesdays, October 29–December 17
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins with a Scripture-based devotion that speaks to a practice of faith during breath work. The class includes core strengthening, standing, balance, and floor poses. Class ends with a restorative yoga pose that allows time for reflection and thanksgiving for God’s presence. This multi-level class offers modifications for poses to meet individual needs. Please bring your own yoga mat.

Fee: $72; please pay on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate Yogadevotion on memo line).

**Registration required** by October 25.

**Special Registration:** Contact Sue Johnson at suejohns3@gmail.com or (651) 387-3443.

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Visit with a Faith Community Nurse
Visit one-on-one with Lyngblomsten Faith Community Nurse Becky Hulden, which may include discussion of a health concern, education and advice, blood pressure and pulse assessments, help navigating the healthcare system, referrals to community resources, and spiritual support.

Visits are available by referral or by appointment at either Redeemer Lutheran Church in White Bear Lake or on the Lyngblomsten campus in St. Paul.

**FREE**
Schedule an appointment: Call (651) 632-5335 or email bhulden@lyngblomsten.org.

Yogadevotion
Tuesdays, October 29–December 17
4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins with a Scripture-based devotion that speaks to a practice of faith during breath work. The class includes core strengthening, standing, balance, and floor poses. Class ends with a restorative yoga pose that allows time for reflection and thanksgiving for God’s presence. This multi-level class offers modifications for poses to meet individual needs. Please bring your own yoga mat.

Fee: $72; please pay on the first day of class. Make checks payable to Redeemer Lutheran Church (indicate Yogadevotion on memo line).

**Registration required** by October 25.

**Special Registration:** Contact Sue Johnson at suejohns3@gmail.com or (651) 387-3443.
Caregiver Services

Caregiver Resource & Referral Program
For caregivers or care partners looking for ideas, suggestions, education, and support. Lyngblomsten’s trained and experienced social workers and nurses will listen to your needs and formulate a plan by facilitating:

- A brief needs assessment—can often be completed over the phone or by email.
- A personalized response—lists of resources, referrals to programs, and educational materials 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.

Caregiver Support Group
3rd Wednesday each month
(Upcoming: October 16, November 20, & December 18)
1–2:30 PM on the Lyngblomsten campus, The Heritage 2nd Floor Lounge

Support yourself and others in the journey of caregiving. Sessions include education, resources, and time to talk. For those caregiving for an adult with any healthcare issue or disease.

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  No registration required.
Learn more: Contact Jeanne Schuller, MSW, at (651) 632-5320 or jschuller@lyngblomsten.org.

Coffee and Conversations for Caregivers
1st Thursday each month (Upcoming: October 3, November 7, & December 5)
10–11:30 AM at Redeemer Lutheran Church, Library

Through prayer, sharing experiences, and learning from one another, this support group will benefit from ongoing support. Group is offered only for caregivers to attend.

FREE  No registration required.
Learn more: Contact Pastor Candee Moser at (651) 429-5411, ext. 12.

Dementia Caring & Coping Series:
2nd Thursday each month
1:30–3 PM at Ramsey County Library–Roseville (2180 North Hamline Avenue, Roseville), Community Room

Dementia Caring & Coping is a monthly speaker series that focuses on topics related to memory loss. Upcoming sessions include the following:

- October 10: Living with Lewy Body Dementia
  Learn about the challenges faced by care partners and persons living with this type of dementia. We’ll discuss medical research, best practices for caregiving, and how to be an advocate to get the best treatment possible. 
  Presenter: Paula Biever from the Lewy Body Dementia Association.

- November 14: Strategies for Living with Ambiguity
  Ted Bowman, grief and family educator, leads a practical session on living well with ambiguity and ambiguous losses. Dementia care will be emphasized, but the implications for living well with ambiguity will be broadly applicable.

(cont’d on the next page)
• December 12: After A Diagnosis—I’m More Than A Symptom
Resources for you and your support circle to live a purposeful life after a diagnosis of dementia. Rescheduled from April 11.

Sponsored by 2nd Half with Lyngblomsten and the Roseville Alzheimer’s and Dementia Community Action Team.

FREE No registration required. 
Learn more: Call Carolyn Klaver, RN, Community Dementia Care Specialist, at (952) 261-5235.

Dementia Friendly Faith Communities Coffee Chat Network
Friday, November 8
10–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Learn from and share insights and tips with other congregations working to become Dementia Friendly Faith Communities. This is a networking meeting held three times a year that follows the Dementia Friendly Faith Community training, but is not a requirement. Training materials will not be covered in this networking session. Facilitator: Carolyn Klaver, RN, Community Dementia Care Specialist.

FREE No registration required. 
Learn more: Contact Carolyn Klaver at (952) 261-5235 or cklaver@lyngblomsten.org.

Former Dementia Caregiver Support Group
3rd Tuesday each month (Upcoming: October 15, November 19, & December 17)
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Avenue W, Roseville), Heritage Room

(cont’d in next column)

Move past grief and loss to reclaim the “new you” after caregiving and create a meaningful life beyond your former role. Share with others who have had a similar journey.

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

FREE No registration required. 
Learn more: Call (651) 791-5316.

In-Home Respite Companion Training for Family & Friends
Two options:
Tuesday, November 12, from 10 AM–2 PM at Redeemer Lutheran Church, Library
Wednesday, November 20, from 10 AM–2 PM on the Lyngblomsten campus, Community Room (lower level)

Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved ones. This training will help friends, family members, neighbors, volunteers, and faith community members feel empowered and prepared to offer their assistance by visiting an older adult with memory loss in his or her home. Lunch provided. Facilitators: Lisa Brown, MSW, Caregiver Resource Social Worker, and Jeanne Schuller, MSW, In-Home Respite Program Development Coordinator.

Supported in part by a Live Well at Home Grant (MN Department of Human Services) and Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.

FREE Registration required by November 8 for training on November 12. 
Registration required by November 15 for training on November 20. 
Special Registration: Contact Jeanne Schuller at (651) 632-5320 or jschuller@lyngblomsten.org to register and for more information.
Memory Loss Caregivers Support Groups
Tuesdays or Thursdays from 10–11:30 AM at:

• 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
• White Bear Lake United Methodist Church, White Bear Lake; 4th Thursday each month
• Woodbury Baptist Church, Woodbury; 4th Tuesday each month

Those who are caring for someone with Alzheimer’s disease or a related dementia are welcome to attend. Facilitators trained through the Alzheimer’s Association.

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 No registration required.
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 those who are caring for someone with Alzheimer’s or a related dementia. The goals are to teach caregivers how to reduce stress, solve problems, manage difficult behaviors exhibited by the person with dementia, feel confident in the care provided, and improve their ability to cope. Four one-hour sessions to be scheduled by caregiver and counselor.

(cont’d in next column)

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, or visit www.lyngblomsten.org/caregivers.

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. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants (people experiencing memory loss). There is one volunteer paired with every participant.

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.

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

Resources for Churches

Older Adult Ministry Forum: Becoming a Dementia Friendly Faith Community
Friday, October 18
10 AM–Noon at St. Odilia Catholic Church (3495 North Victoria Street, Shoreview)

Learn about the basics of Alzheimer’s and other dementias, tips for raising awareness to become more dementia friendly, ideas for providing spiritual

(cont’d on next page)
support to people with dementia, and resources for getting started in becoming a dementia friendly faith community. Open to people of all faiths! Light refreshments will be served. Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.

Fee: $10
Registration required by October 16. Program #1018rs

Older Adult Ministry Forum: Managing Today’s Volunteers in Your Faith Community
Tuesday, November 5
10 AM–Noon on the Lyngblomsten campus, Newman-Benson Chapel

What does it take for successful volunteer recruitment and retention in your faith community? It is important to keep abreast of the changing profile of today’s volunteers so that we can recruit, train, support, and retain volunteers. Come learn about key concepts of ongoing monitoring, what volunteers need in order to be attracted to your faith community’s needs, and what keeps them volunteering. Presenters: Shelli Beck has worked in Volunteer Services at Lyngblomsten for the past 10 years and has trained volunteer leaders for the past eight. Travis Salisbury has engaged volunteers as the Coordinator of Liturgical Celebrations for The Basilica of Saint Mary, Minneapolis, for the past 16 years.

Fee: $10
Registration required by November 4. Program #115rs

Parish Nurse Ministry Resource Group
A resource and networking group for nurses serving in faith communities to connect for education and professional support. Membership for churches and nurses includes: connection to Lyngblomsten Parish Nurse Coordinator, resources for new Parish Nurse Ministry programs, regular nurse network meetings, opportunities to apply for Lyngblomsten Foundation grants, and more.

Fee: $125 for annual membership. Join at any time. Learn more: Contact Becky Hulden, RN, at (651) 632-5335 or bhulden@lyngblomsten.org.

Support Groups

Caregiver Support Groups
See pages 20–22.

Grief Support Group
2nd Thursday each month (Upcoming: October 10, November 14, & December 12)
1–2:30 PM on the Lyngblomsten campus, Newman-Benson Chapel

For those experiencing the loss of a loved one to join with others learning to cope with grief, offer mutual support, and share information with time for reflection and prayer. Leader: Kelley Bergeson, Lyngblomsten Director of Spiritual Care.

FREE No registration required.

Need help training volunteers for your faith community?
Check out Care Ministry Network, an online platform developed by 2nd Half with Lyngblomsten that provides standardized training for volunteers and volunteer leaders of congregational care ministries for older adults.

Learn more at www.CareMinistryNetwork.net.
Parkinson’s Disease Support Group
1st Thursday each month (Upcoming: October 3, November 7, & December 5)
1–3 PM on the Lyngblomsten campus, The Heritage 2nd Floor Lounge

For those living with Parkinson’s disease or other movement disorders and their caregivers.

**FREE** No registration required.
Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.

Twin Cities Support Group for Persons with Lewy Body Dementia
1st Wednesday each month (Upcoming: October 2, November 6, & December 4)
10–11:30 AM at Centennial United Methodist Church (1524 West County Road C2, Roseville), Asbury Room

Support group for persons in the early stages of Lewy body dementia who would benefit from communicating with others about living with this disease. Our goal is to provide mutual support and companionship as we share experiences and resources. Caregivers are also invited, and those who may need assistance during the meeting should be accompanied by a caregiver. **Facilitator:** Paula Biever, Co-Facilitator of the MN E Metro LBD Caregiver Support Group.

Co-sponsored by 2nd Half with Lyngblomsten, the Lewy Body Dementia Association, and Centennial United Methodist Church.

**FREE** No registration required.
Learn more: Contact Paula Biever at (651) 308-9003 or paula.biever@gmail.com.

Vision Loss Support Group
2nd Wednesday each month (Upcoming: October 9, November 13, & December 11)
1–2 PM on the Lyngblomsten campus, Community Room (lower level)

Come for information, resources, and support. A Vision Loss Resources representative will be available at each meeting. New members always welcome; come as often as you are able. **Facilitator:** Sue Bauer, Vision Loss Resources Community Service Specialist.

**FREE** No registration required.
Learn more: Contact Becky Hulden at (651) 632-5335 or bhulden@lyngblomsten.org.

Other

**White Bear Area Senior Housing Awareness Day: Aging in Community**
Friday, October 11
1–4 PM at White Bear Area Senior Program (2484 East County Road F, White Bear Lake)

Come learn about ways to remain safely in the home of your choice. Community-based agencies will be available from 1–4 PM with information on their in-home programs and services. Representatives from local senior housing options also will be available. Between 1:30 and 4 PM, there will be 30-minute information sessions on a variety of housing-related topics.

**FREE** No registration required.
Learn more: Call (651) 653-3121.
Service Activities

Volunteer at Open Hands Midway
Monday, November 25, at Open Hands Midway (436 Roy Street N, St. Paul)

Choose from 2 shifts:
9:30–11 AM (meal preparation), or 11:30 AM–2:15 PM (serving and clean-up)

Open Hands Midway is a nonprofit housed in Bethlehem Lutheran Church in the Midway. On Mondays, 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. Lunch is provided to those who help serve it. NOTE: First shift has greatest need for volunteers.

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 2:30 PM

FREE; includes transportation. Please consider a donation to the organization itself instead.

Registration required by November 12.
Program #1125sop1 (morning shift), and #1125sop2 (afternoon shift)

Volunteering

As a Lyngblomsten volunteer, you will be part of a community that strives to provide growth, socialization, and dignity to everyone involved. We list a few of the opportunities for volunteering below. If you have a gift or talent that you want to bring to 2nd Half with Lyngblomsten, please do not hesitate tell us about it!

Wings of Nutrition Bread Program—Free Bread
Tuesdays
8:30 AM on the Lyngblomsten campus, Community Room (lower level)
(cont’d in next column)

Free bread is available for anyone who would like to participate. Bread is available until it runs out.

A general orientation is held each month and is the start to your volunteer journey with Lyngblomsten. After orientation, we will work to place you in a position that fits your desires.

Specific training for your role varies in length depending on what you choose. We ensure that all volunteers are fully trained and work diligently to make sure that you are comfortable in your role.

Volunteer Opportunities: 2nd Half with Lyngblomsten

• Hospitality: Help guests of programs and classes feel welcome and comfortable. Volunteers will help with set up, attendance, welcoming, and clean up.

• The Gathering: In a group setting, work one on one with a person with memory loss. The day is planned by a Lead Volunteer. Volunteer as a lead or as a one-on-one volunteer.

• In-Home Respite: Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved one. As an In-Home Respite Companion, you will spend two to three hours visiting with an older adult with memory loss in his or her home.

To learn more about any of these volunteer opportunities, please contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.
(cont’d in next column)
Registration Information

The following registration, payment information, and policies apply ONLY to program registrations taken through Lyngblomsten. Some programs indicate special registration instructions through a partner organization.

3 ways to register:

1. Complete a Registration Form, found on page 27 or download/print at www.lyngblomsten.org/2ndHalf. Submit your Registration Form and payment through the mail or by dropping them off at either 2nd Half with Lyngblomsten program site.

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

   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

2. Register online at www.lyngblomsten.org/2ndHalf (select “Online Registration”).

3. Register on the phone by calling (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.

Payment
We accept cash, check, and credit card.
• Make checks payable to “Lyngblomsten Services,” unless noted otherwise.
• Payment by credit card is only available for online registration. If you pay by credit card, there is an additional fee of $1.99 per registered class.

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 canceled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline will receive a full refund minus a $7 per program processing fee. No refunds will be given after a program has started. Supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date (unless noted otherwise).

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 canceled.

Offerings Subject to Change
We recommend those who have not made a reservation to check the website in the event of a change.

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
Partial scholarships are available for certain classes and programs indicated in this catalog, with a maximum discount of 25 percent. Requests are limited to one scholarship per person, per quarter. To request a scholarship, call (651) 632-5330 before the first day of class.

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 or register online at www.lyngblomsten.org/2ndHalf.

Please complete form and mail to:
2nd Half with Lyngblomsten—Registration
1415 Almond Avenue, St. Paul, MN 55108

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:

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<th>Program#</th>
<th>Program Name</th>
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<th>Bus Site Pick-Up *</th>
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* 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.
Did You Know?

Last year, more than 1,100 people participated in one or more opportunities offered through 2nd Half with Lyngblomsten.

Yet participant fees only cover a small portion of what it costs to offer these programs and services. Nearly 75% of the total costs need to be raised by the Lyngblomsten Foundation each year.

Help us continue to provide opportunities for adults 50+ that bolster socialization, relieve caregiver stress, and encourage living your best life possible by making a contribution to the Lyngblomsten Foundation!

Here’s how you can help

1. Donate online at www.lyngblomsten.org/donate (under Designation, select “2nd Half with Lyngblomsten”).
2. Send your donation to the Lyngblomsten Foundation at 1415 Almond Avenue, St. Paul, MN 55108 (make checks payable to the “Lyngblomsten Foundation” and designate “2nd Half” on the memo line).
3. Suggest a donation from your donor-advised fund or direct your IRA distribution to the Lyngblomsten Foundation.

For more information, contact Patricia Montgomery, VP of Communications & Stewardship, at (651) 632-5322 or pmontgomery@lyngblomsten.org.