

Volunteer at the Holidays

The gift of service is a great team-building experience. Corporate groups are invited to spread holiday cheer while engaging with and enhancing the quality of life for our residents and tenants. Make a difference in the life of an older adult this holiday season.

Deck the Halls * Volunteer Opportunities

- * **Blanket Tying:** Tie fleece blankets to be given as gifts to residents as part of the Spirit of Giving program. This is a take-home project—we provide instructions and supplies, and you return completed blankets by December 8.
- * **Tree Trimming:** Trim trees, decorate the halls, eat cookies, and spread some holiday cheer around the Lyngblomsten campus. November 28, 29, or 30 at the following times:
 - Lyngblomsten Apartments: 1–4 PM (8–10 volunteers)
 - Care Center: 9 AM–Noon (15–20 volunteers)
 - The Heritage: 1–3 PM (8–10 volunteers)
- * **Gingerbread & Cider Social:** Set up, serve holiday refreshments, and visit with the tenants of the Lyngblomsten Apartments. December 7, 1–4 PM.
- * **Christmas Bingo:** Call numbers, hand out prizes, and join the residents and tenants in one of their favorite pastimes. In-kind donations of \$1 prizes are welcome. December 7 & 21, 10 AM–Noon.
- * **Holiday Arts & Crafts:** Assist Care Center residents with a fun, interactive holiday project. December 12, 1–4 PM.
- * **Cookie Decorating:** Visit with the tenants of the Lyngblomsten Apartments and The Heritage, and assist in frosting and sprinkling festive treats.
 - Heritage Apartments: December 8, 1:30–4 PM
 - Lyngblomsten Apartments: December 14, 1:30–4 PM
- * **Gift Wrapping:** Wrap presents for residents and tenants of the Lyngblomsten campus. These gifts will be purchased with donations made to the Spirit of Giving program. December 15, starts at 1 PM.
- * **New Year Un-decorating Social:** Help us pack up the holiday décor campus-wide, and ring in 2018. January 5, 2018, 1–4 PM.

Looking ahead . . .

- * **Pre-Super Bowl Bash:** Join us for an all-campus party to celebrate Super Bowl 52 being played in the Twin Cities. Help set up, assist with activities and games, and clean up. February 1, Noon–4 PM.

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.



Above: A Target volunteer with tenants of The Heritage after trimming the Christmas tree.

Right: A volunteer from Ignite visits with residents while helping with a game of holiday Bingo.

Give the Gift of Music Special Opportunity

The MUSIC & MEMORYSM program at Lyngblomsten brings iPods loaded with personalized playlists to the older adults we serve, using the therapeutic benefits of music to help them feel connected to their memories, their lives, and each other.

You can help bring the healing power of music to older adults by donating gently used or new iPods, iTunes gift cards, or a monetary gift at www.lyngblomsten.org/donate.

Learn more about the program at www.lyngblomsten.org/MusicandMemory.

Volunteer.

Donate.

Sponsor.

Learn.



For more information, please contact Tim Overweg at (651) 632-5319 or toverweg@lyngblomsten.org.