

Spring 2019 Catalog

April, May, & June



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**2nd Half with
Lyngblomsten**

**Engage.
Discover.
Thrive.**

A Center for Enriching Lives after 50

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

About 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 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:



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.

All Are Welcome!

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.

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. 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.

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



REDEEMER
LUTHERAN
CHURCH

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

Directory

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

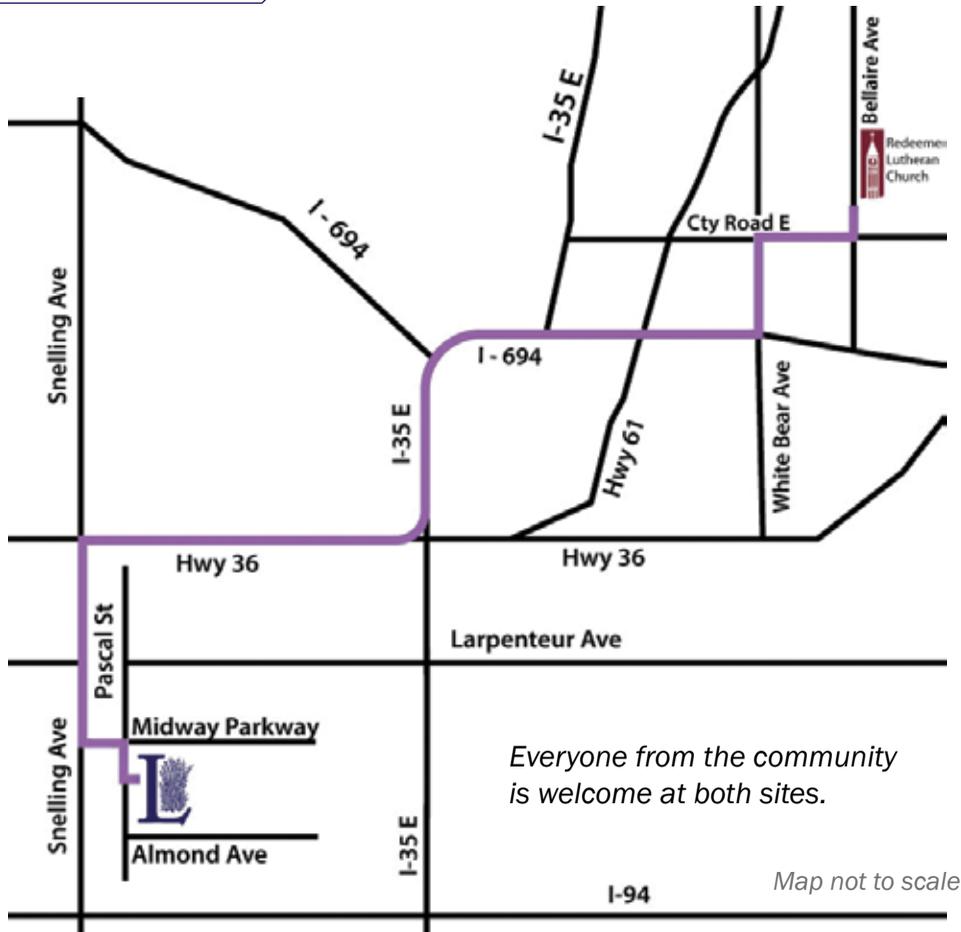
**Mary Deaner, Site Coordinator—
Como Park**
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Registration
Online: www.lyngblomsten.org/2ndHalf
Phone: (651) 632-5330

Connect with Us!

- facebook.com/Lyngblomsten
- [@Lyngblomsten_US](https://twitter.com/Lyngblomsten_US)
- [Lyngblomsten](https://www.linkedin.com/company/lyngblomsten)

Map & Directions



Everyone from the community is welcome at both sites.

Live life in full bloom by Authoring Your Life!

Through 2nd Half with Lyngblomsten, we hope you'll be inspired to embrace the moment and seize the day! Whether it's spicing up your life by registering for a new art class, committing to healthy habits by participating in a wellness class, seeking guidance and balance by joining a support group, setting out on a new journey through a bus trip, or volunteering your time to be of service to others, 2nd Half with Lyngblomsten provides meaningful opportunities to connect with others and live each day to the fullest.

Now is the time to seize the moment! As you browse through the various programs and services offered in this catalog, you'll notice opportunities:

- To chase your dreams.
- To nurture your creativity.
- To seek support and guidance.
- To think of others and give back.
- To focus your energy on your health and wellness.
- To follow your heart.

As spring reawakens us from our weary winter rest, let us open our minds and hearts to opportunities that will allow more light into our lives. Spring is an explosion of color and scent in the world! Allow yourself to enjoy the experience and enjoy the journey.

We hope you find spring is a great time to recapture and embrace the wonders of the season. Plant your dreams and grow a life you love. 2nd Half with Lyngblomsten is here to help you "Author Your Life." As we say at Lyngblomsten, "Wherever you are on life's journey, live the best life possible." Visit www.lyngblomsten.org/AuthorYourLife to learn more!

Blessings to you on your journey.



Andrea Lewandoski, MS, CTRS
Director of Lifelong Learning and the Arts

Start *Authoring Your Life* today!

Author Your Life is Lyngblomsten's philosophy on living well. It's about aging vibrantly, living fully, and being as well as possible in mind, body, and spirit. It's meant for anyone connected with Lyngblomsten, including **YOU!**

Wondering what **Author Your Life** is and how Lyngblomsten can help you live your best life possible?

- Visit www.lyngblomsten.org/AuthorYourLife. Watch a short informational video and access resources.
- Pick up an Author Your Life brochure at either 2nd Half with Lyngblomsten site.
- Talk to a staff member about Author Your Life and brainstorm how you can put it into practice.

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Navigating Aging

Check out Lyngblomsten's blog for resources, tips, and tools for older adults and those who care about them on topics such as:

- *Caregiving*
- *Faith & Inspiration*
- *Health & Wellness*
- *Resources*
- *Retirement*
- *Technology*

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: Rome & Sicily— At the Crossroads

Thursday, April 25

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

Rome and Sicily conjure up such marvelous images of food, art, and innovation that it's challenging to comprehend the complex multicultural history that formed these two areas. Absorb the 2,800-year history of the area—literally the crossroads of the Mediterranean—which includes Phoenician, Greek, Roman, Arab, Norman, and Spanish influences. See the fascinating food, archeological sites, scenic vistas, architecture, and people. *Presenters: Gus & Pat Fenton.*

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.

Program #425ea

Armchair Traveler: A Visit to the Holy Land

Tuesday, May 7

1–2:30 PM at Redeemer Lutheran
Church, Library

Susan, Elizabeth, and their husbands traveled to Israel and Palestine in October 2011. Their travels took them to many Old and New Testament Bible story sites, as well as into the Old City of Jerusalem. We'll touch on favorite experiences and food memories.

Presenters: Susan Schultze and Elizabeth Horsager.

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.

Program #57ea

Armchair Traveler: Mediterranean Cruise—Greece to Spain

Thursday, May 23

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

We flew into Rome and traveled by train across Italy to Venice. We got on our ship and enjoyed stops at the fabulous medieval town of Dubrovnik, Croatia, and the seaside beach town of Saranda, Albania. Then it was on to Olympia, Greece; Naples, Pompeii, Rome, and Pisa, Italy; Vatican City; Monaco; Toulon, France; and then Barcelona, Spain, where we saw Gaudi's spectacular church. *Presenter: Jay Frazier.*

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.

Program #523ea

Armchair Traveler: Vietnam— Top to Bottom

Thursday, June 27

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

Vietnam is a beautiful country filled with gracious and charming people. Traveling from Hanoi in the north to the Mekong Delta in the far south provides insights into this country that brings up conflicting emotions for Americans. Throughout history, Vietnam has been occupied by the Chinese, French, and the Japanese. Cities like Hanoi, Hue, and Hoi An reflect the varied cultures that came together in 1975 to form Vietnam as we know it today.

Presenter: Pastor Lynda Thompson.

Free program; \$3 for pie and coffee (optional; pay at the door).

Registration preferred; walk-ins welcome.

Program #627ea

Art History

Last Monday each month
10–11:30 AM at Redeemer Lutheran
Church, Library

Join local artist Angie Renee, who will lead a group discussion about famous artists and their impact on the world.

- **April 29: Beatriz Milhazes**
Come learn about the Brazilian-born painter and collage artist.
Program #429ea
- **May 20: Frank Lloyd Wright**
Come learn about the world of Frank Lloyd Wright, who was an American architect, interior designer, and writer.
Program #520ea
- **June 24: Eileen Agar**
Come learn about the surrealist movement through the paintings and photography of Eileen Agar.
Program #624ea

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

Basic Wheel Throwing Clay Class at Northern Clay Center

Friday, May 10
10 AM–Noon at Northern Clay Center

Let's head to Northern Clay Center (NCC) for a Basic Wheel Throwing class. Get step-by-step instructions to create your own one-of-a-kind clay pot. *Teacher: NCC instructor/artist Claire O'Conner.*

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.

Bus site pick-up:

9:15 AM from the Lyngblomsten campus, Community Room (lower level).

Fee: \$15; includes supplies.
Scholarships available.

Registration required by May 7.
Program #510ea

Books-Cheese-Wine with Authors John and Joe Gindele

Yorkville Twins: Growing up in New York City, 1944–1962

Thursday, April 11
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 #410ea

Books-Cheese-Wine with Author Lindsey McDivitt

Nature's Friend: The Gwen Frostic Story

Thursday, May 9
5:30–7 PM on the Lyngblomsten campus, Community Room (lower level)

Lindsey McDivitt writes picture books for children following a long career in health education. *Nature's Friend: The Gwen Frostic Story* came out in 2018. Negative stereotypes about aging surround us, even in children's literature. By using picture books with positive older role models, we can highlight creativity, skills, and strengths created by years of experience and valuable friendships between generations.

Fee: \$6
Registration preferred; walk-ins welcome.
Program #59ea

Books-Cheese-Wine with Author Calvin J. Roetzel

I Knew We Wuz Poor: Coming of Age on an Arkansas Farm in the Great Depression

Thursday, June 13

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

Calvin Roetzel will share what the Great Depression taught him. After general remarks from the book, he will focus on the role stories played in entertainment (pre-radio and TV), recalling lessons of the past for the present, keeping the future open, resurrecting the legacies of the deceased, and providing release from the drudgery and boredom of the very hard farm life of the Great Depression.

Fee: \$6

Registration preferred; walk-ins welcome.

Program #613ea

Explore Your Smartphone, Tablet, & Computer with John Sweeney

Thursday, April 18

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

This is a hands-on class, so bring your device and spend the hour exploring the many useful tools available to you. John will demonstrate free or inexpensive apps that will enhance your life, such as how to locate your parked car, create grocery lists, learn FaceTime interactions, and more. Come ready to learn!

FREE

Registration preferred; walk-ins welcome.

Program #418ea

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.*

- **April 2–23:** Eric Carle's artwork is created in collage technique, using hand-painted papers which he cuts and layers to form bright and cheerful images.
Fee: \$30/series; includes supplies. Scholarships available.
Registration required by April 1.
Program #42ea
- **May 7–21:** Henri Matisse was a French artist known for his use of color as a foundation for expressive art and his original draftsmanship in his technical drawings.
Fee: \$22.50/series; includes supplies. Scholarships available.
Registration required by May 6.
Program #57ea2
- **June 4 & 11:** Join us for a virtual tour of various unique and beautiful sculptures in the city of Saint Paul. Participants will be invited to create their own sculpture using a variety of materials provided.
Fee: \$15/series; includes supplies. Scholarships available.
Registration required by June 3.
Program #64ea

Fourth Friday Live Music & Dance

Friday, April 26

6:30–8 PM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for free live music and dance featuring musical performances from the MacPhail Jazz Quartet and dance enthusiast Christopher Yaeger. Light refreshments served.

Please consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten's Music & Memory program.

FREE No registration required.

Program #426ea

Giving Voice Chorus—St. Paul

Mondays through May 20

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. Each registration requires a partner. For more information, visit www.givingvoicechorus.org.

Fee: \$75/person

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

Introduction to Clay Class at Northern Clay Center

Friday, April 26

10–11:30 AM at Northern Clay Center

Let's head to Northern Clay Center (NCC) for an Introduction to Clay class.

(cont'd in next column)

You will get step-by-step instructions to create your own one-of-a-kind, spring-inspired pottery. *Teacher: NCC instructor/artist Claire O'Conner.*

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.

Bus site pick-up:

9:15 AM from the Lyngblomsten campus, Community Room (lower level).

Fee: \$15; includes supplies.

Scholarships available.

Registration required by April 23.

Program #426ea2

Lyngblomsten Community Sage Singers

A MacPhail Sing for Life Partnership

Wednesdays beginning April 10

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! Join MacPhail teaching artist Paula Lammers for weekly Sing for Life choir rehearsals. Classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. Repertoire combines familiar and new material. The Lyngblomsten Community Sage Singers will perform their "Welcome Spring" concert on April 14 (see page 13 for details).

Fee: \$20/quarter; FREE for Lyngblomsten residents and tenants.

Registration required for new members; walk-ins welcome.

Program #410ea

Meet the Ramsey County Library Director

Tuesday, June 18
1–2 PM on the Lyngblomsten campus,
Community Room (lower level)

The Ramsey County Library has seven suburban locations and circulated nearly 4.1 million items in 2015. Jill Boldenow, as the director, is part of the county's leadership team. Come meet Jill, listen and learn about this wonderful library system!

FREE

Registration preferred; walk-ins welcome.

Program #618ea

Minnesota Opera presents the Story and Music of *La Traviata*

Tuesdays, March 19–April 23
1:30–2:30 PM at the Lyngblomsten
Apartments (1455 Almond Avenue, St.
Paul), Dining Room

Minnesota Opera continues to present the Story and Music of *La Traviata*. Verdi's treasured opera is a captivating tribute to what it means to live and die for love. No singing required. Participants will have the opportunity to attend a performance of *La Traviata* at the Ordway Center on May 2 (details will be given in class).

Presented by Minnesota Opera Teaching Artists: Pablo Siqueiros & 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 #319ea

OboeBass! presents Pages of Music

1st Friday each month (June performance on May 31)
10:30–11:30 AM on the Lyngblomsten campus, Newman-Benson Chapel

Join us for music education performances by OboeBass! duo Carrie Vecchione and Rolf Erdahl.

- **April 5: Mozart, the Masons, and *The Magic Flute*.** Learn about Mozart's childhood and his life as a prodigy while OboeBass! performs a number of pieces that relate his life to the Masons. Features Mozart's popular opera *The Magic Flute*.
- **May 3: Edvard Grieg and The Music of the Mountains.** Learn about Norway's most famous composer as we focus on his music from *Peer Gynt*—one of the most recognizable pieces of classical music ever written.
- **May 31: Camille Saint-Saëns and the *Carnival of the Animals*.** Learn about another musical genius, featuring the whimsical and humorous *Carnival of the Animals*.

FREE No registration required.

Paint Night: Fireworks!

Thursday, May 23
6–8 PM at Redeemer Lutheran Church,
Fellowship Hall

Just in time for Memorial Day, join us to create your own one-of-a kind canvas masterpiece titled "Fireworks!" The instructor will give you step-by-step painting instructions. Paint, brushes, fun, and fellowship are all included!
Instructor/Artist: Jan Gunderson.

Fee: \$25; includes supplies. Scholarships available.

Registration required by May 20.
Program #523ea2

Second Sunday Concerts with MacPhail

2nd Sunday each month (no concert in May)

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.

(cont'd in next column)

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 #42so

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.

- **April 5:** We'll serve pizza, salad, and dessert at noon.
Registration required by April 3.
Program #45so
- **May 3:** We'll order chicken, mashed potatoes and gravy, coleslaw, and biscuits from Kentucky Fried Chicken and top it off with dessert. Finger lickin' good!
Registration required by May 1.
Program #53so

(cont'd in next column)

Upcoming concerts:

- **April 14:** Lyngblomsten Community Sage Singers "Welcome Spring" Concert (see page 11)
- **May:** No concert
- **June 9:** Performer from MacPhail

FREE No registration required.

Please consider donating a new or gently used iPod, or an iTunes gift card, to support Lyngblomsten's Music & Memory program.

- **June 7:** We'll have burgers on the grill, potato salad, beans, corn on the cob, and watermelon. A great way to start out the summer, enjoying a meal together.

Registration required by June 5.
Program #67so

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: April 19, May 17, no meeting in June)

1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

FREE

Learn more: Contact Marlys Carlson at marlysmcarlson@gmail.com.
Program #419so

Coach Bus Trip: Biblical History Tour at St. John's Abbey

Wednesday, April 17

8 AM–4:45 PM

We will visit St. John's University in Collegeville, MN, and learn interesting facts about the St. John's Bible and how it was made by hand. We'll see rare books, tools, and materials used for this magnificent work. Buffet lunch in the Great Hall included and an opportunity to visit the bakery where the famous bread is baked and purchase a loaf.

Bus site pickups:

8 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

8:15 AM from the Lyngblomsten campus, Community room (lower level)

Fee: \$58 includes coach bus transportation, tour, lunch, and tip.

Registration and payment required by March 27.

Program #417so

Coach Bus Trip: Skyrock Farm in Hamel, MN

Wednesday, May 22

8:30 AM–4:30 PM

Join us as we visit Skyrock Farm in Hamel, MN. Our day begins with a tour of the carousel building, where you'll experience the music of antique organs and learn about the art of carving carousel animals. Then, get an exciting look at 40 majestic horses and watch how they are trained to jump. All this and a lovely lunch too!

Bus site pickups:

8:30 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

8:45 AM from the Lyngblomsten campus, Community Room (lower level)

(cont'd in next column)

Fee: \$78.50 includes coach bus transportation, tour, lunch, and tip.

Registration and payment required by May 1.

Program #522so

Coach Bus Trip: Hastings—Close to Home

Wednesday, June 19

9 AM–4:30 PM

Just down the road is the lovely river town of Hastings, MN, where we will visit the LeDuc Mansion and learn its part in history. Restored in 2005, the house has added outbuildings and gardens. We will also get a city tour of various locations with a step-on-the-bus guide. Lunch will be at the Lock & Dam Eatery with a preplanned menu. We'll also stop at the Schoolhouse Scoop for ice cream (cost on your own).

Bus site pickups:

9 AM from the Lynblomsten campus, Community Room (lower level)

9:15 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

Fee: \$57 includes coach bus transportation, tours, lunch, and tips. Ice cream cost is on your own.

Registration and payment required by May 29.

Program #619so

Laugh 'N Chat

Tuesdays

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.

Fee: Coffee and treats provided for a small fee.

No registration required.

Out & About: Minneapolis Central Library

Thursday, April 11

1-2:30 PM at the Minneapolis Central Library (300 Nicollet Mall, Minneapolis)

The 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 the adventure!

Bus site pick-up:

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: \$7 for transportation (please pay day of event). Tour is free.

Registration required by April 9.

Program #411so

Out & About: Masjid At-Taqwa Mosque

Tuesday, May 21

7:45-10 PM at Masjid At-Taqwa Mosque (1608 Como Avenue, St. Paul)

Let's join our Muslim neighbors for a Taking Heart Iftar Dinner during the month of Ramadan. This educational event will consist of hearing a presentation about Islam/Ramadan, participating in the breaking of the fast with water and dates, having the opportunity to observe prayer, and joining at table for Middle Eastern food and conversation. Program is coordinated by the Minnesota Council of Churches and the Muslim American Society.

(cont'd in next column)

A note on dress: Please dress modestly and wear clothing that covers your shoulders, upper arms, and knees. Women are asked to cover their heads during prayer, and all are asked to remove your shoes before entering the prayer space.

Bus site pick-ups:

7:15 PM from the Lyngblomsten campus, Community room (lower level)

7:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation (please pay day of event). Event is free.

Registration required by May 14.

Program #521so

Out & About: Minnesota State Capitol

Monday, June 10

1-2 PM at the Minnesota State Capitol (75 Rev. Dr. Martin Luther King, Jr. Blvd., St. Paul)

The State Capitol recently completed a \$310 million dollar restoration. Our tour guide will lead us through this 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 the Lyngblomsten campus, Community Room (lower level)

12:15 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

Fee: \$7 for transportation (please pay day of the event). Tour is free; \$5 freewill donation is suggested.

Registration required by June 3.

Program #610so

Out to Lunch: Sarna's Classic Grill

Friday, April 12

11 AM at Sarna's Classic Grill (3939 University Avenue NE, Columbia Heights)

Good food, good friends, good fun. Sarna's is casual, with a laid-back atmosphere and an upscale twist. 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 event). Lunch expense is on your own.

Registration required by April 10.

Program #412so

Out to Lunch: Merlins Rest Pub

Friday, May 17

11 AM at Merlins Rest Pub (3601 East Lake Street, Minneapolis)

Whether your taste is for a hearty meal of Bangers and Mash or authentic Fish and Chips, Merlins Rest Pub welcomes you. This is our British Isles home in Minneapolis. Plenty of American fare too—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 event). Lunch expense is on your own.

Registration required by May 15.

Program #517so

Out to Lunch: Spring Cafe at Como Lake Pavilion

Friday, June 28

11 AM at Spring Cafe at Como Lake Pavilion (1360 Lexington Parkway N, St. Paul)

There's a new menu at the Spring Cafe—let's go check it out. There's something for everyone with salads, sandwiches, burgers, tacos, bowls, and more. Not to mention the great location at the Como Lake Pavilion.

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, Roseville)

Fee: \$7 for transportation (please pay day of event). Lunch expense is on your own.

Registration required by June 26.

Program #628so

Redeemer Primetime: University of Minnesota Landscape Arboretum

Thursday, May 16

8:30 AM–3:30 PM at University of Minnesota Landscape Arboretum

May is the perfect time to visit the Minnesota Landscape Arboretum, to see the 32 display and specialty gardens, model landscapes, restored wetlands and woodlands. Flowers and trees should be in full bloom, and we have reserved the tram for 42 people to take the narrated circle tour at noon. There will be time to peruse the gardens, walk some trails, visit the gift shop, and pick up some lunch at the café when you are feeling hungry. Come join us for a relaxing day.

(cont'd in next column)

Bus leaves at 8:30 AM from Redeemer Lutheran Church (3770 Bellaire Avenue, White Bear Lake).

Fee: \$40 includes transportation, arboretum admission, and tram tour. Registration required between April 18 and May 12.

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

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 #45hws

Essential Oils: Spring Wellness

Wednesday, April 24

1–2:30 PM at Redeemer Lutheran Church, Library

Spring is just around the corner and soon we will see trees and plants budding. For some people who suffer from seasonal allergies, this is not ideal. Come join us to make your own roller ball of essential oils that won't leave you hiding in your house as spring rolls in!

Fee: \$5

Registration preferred by April 19; walk-ins welcome.

Program #424hws

Essential Oils: Natural Wellness

Wednesday, May 15

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

Join us to find natural solutions for all your wellness needs through essential oils. Sleep and calming, digestion, mood, seasonal threats, and immune support—if you can use some help in any of these areas, this make-and-take class is for you!

Fee: \$5

Registration preferred by May 10; walk-ins welcome.

Program #515hws

HealthRHYTHMS Drumming

2nd Monday each month (Upcoming: April 8, May 13, & June 10)

10–11 AM at Redeemer Lutheran Church, Atrium

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. All drum and percussion instruments provided. Join us for one hour of drumming, wellness exercise, and guided imagery. *Teacher: Cheri Bunker.*

Fee: \$5/class

Registration preferred; walk-ins welcome.

Program #48hws

Market Place Morning Talk

A monthly health education series for the community

2nd Wednesday of the month
9:30–10:30 AM at Cardigan Ridge Senior Living (3300 Rice Street, Little Canada) (please note location change)

- **April 10: Foot Care**

Presenter: Rebecca Wise, RN

Learn about the basics of foot care, including how to clean and inspect your feet and recognize the signs of illness or infection. Your feet can be a barometer of your overall health.

Registration required by April 9.

Program #410hws

- **May 8: Container Gardening**

Presenter: University of Minnesota Master Gardener

Registration required by May 7.

Program #58hws

- **June 12: Caring for the Caregiver**

Presenter: Lisa Brown MSW, LISW, 2nd Half with Lyngblomsten

Are you or is someone you know caring for a loved one, friend, or neighbor? Come and learn about the many resources, services, and support available to family caregivers, and get your questions answered.

Registration required by June 11.

Program #612hws

Complimentary coffee and donuts 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

A Matter of Balance

A Falls Prevention Class

Thursdays, April 4–May 23
1–3 PM at Redeemer Lutheran Church, Atrium

Aging is inevitable, but falling is not!

A Matter of Balance emphasizes practical strategies to reduce your fear of falling and increase your activity levels. Participants will learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. *Instructors: Becky Hulden and Jane Schroeder.*

Fee: \$15/series (total of eight, 2-hour classes)

Registration required by March 29.

Special Registration: Register online at <https://yourjuniper.org/Classes/Register/970> or contact Becky Hulden at (651) 632-5335 or bhulden@lyngblomsten.org.

Neighborhood Stroll

Thursday, June 20
9:30–11:30 AM on the Lyngblomsten campus, Community Room (lower level)

Join your neighbors for a stroll through our beautiful Como Park neighborhood. We'll walk 1 mile round-trip at a peaceful pace with places to rest along the way. Explore sights such as the Como Woodland Outdoor Classroom, the labyrinth in Como Park, and the gardens in the State Fairgrounds. Bring your own water bottle and a friend. Open to all walking levels. *Leaders: Mary Ginther and Linda Springer, neighborhood walkers.*

FREE No registration required.

Redeemer Primetime: The Three Days with the Rev. Beth Gaede

Thursday, April 18

9:30–11 AM at Redeemer Lutheran Church, Atrium

The Three Days—Maundy Thursday, Good Friday, and the Vigil of Easter—are the center of the Christian story yet the shortest season in the church year. This ancient trio of observances has been called an intensive meditation on our Christian identity as cross and resurrection people. How might we enter into this arc, not as a series of discrete days but as a continuous dramatic liturgy that shapes us as individuals and as a community? We will reflect on the tangible objects used in worship on our journey from the upper room to the empty tomb. Beth Gaede, an ELCA pastor, entered the world of church publishing after serving eight years as a parish pastor and joined Fortress Press in January 2018. She finds great joy in the beauty and power of Christian liturgy.

FREE

Special Registration: Registration required between March 21 and April 14. Sign up at the Redeemer Lutheran Welcome Desk or call the church office at (651) 429-5411.

Spiritual Reflection and Artistic Expression

Exploring Psalms 1 & 42

Thursdays, May 2, 16, & 30

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

Water flows through the Psalms, past the tree of Psalm 1 and the longing deer of Psalm 42. These will be our focus, but the waters of the Psalms flow on. Sometimes they come in destructive torrents, sometimes they are still, sometimes they appear in springs or showers, and other times they are absent from a dry, weary land. Bring your favorite Scripture translation and join us in reflecting upon some of these water images, expressing our responses through discussion and creating watercolor paintings tied to our favorite images and verses. *Instructors: Volunteer theologian Kate Brady and artist Angie Renee.*

FREE

Register by April 26.

Program #52hws

The Healthy Brain

Wednesday, May 8

10 AM–Noon at Mahtomedi Community Education Center (1520 Mahtomedi Avenue, Mahtomedi)

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

Special Registration: Register by calling (651) 407-2018; walk-ins welcome.

Program #58hws2

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 the Lyngblomsten campus in St. Paul.

FREE

Schedule an appointment:

Call (651) 632-5335 or email bhulden@lyngblomsten.org.

Yogadevotion

Tuesdays, April 30–June 18

4:30–5:30 PM at Redeemer Lutheran Church, Fellowship Hall

This 8-week series begins with a scripturally 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 all poses. Please bring your own yoga mat.

Fee: \$64; please pay on first day of class. Make checks payable to Redeemer Lutheran Church (indicate "Yogadevotion" on memo line).

Registration required by April 29.

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.

(cont'd in next column)

FREE

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

Caregiver Support Group

3rd Wednesday each month (Upcoming: April 17, May 15, & June 19)
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.

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: April 4, May 2, & June 6)
10–11:30 AM at Redeemer Lutheran Church, Library

Through prayer, sharing experiences, and learning from one another, this group will benefit from ongoing support.

FREE No registration required.

Learn more: Contact Pastor Candee Moser at (651) 429-5411, ext. 12.

Dementia Caring & Coping Series

2nd Thursday each month
1–3 PM at Ramsey County Library–Roseville (2180 North Hamline Avenue, Roseville)

Dementia Caring & Coping is a monthly speaker series that focuses on topics related to memory loss.

Upcoming sessions include the following:

- **April 11: 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.
- **May 9: Energizing Care Partners.** What are respite services and how do they enhance everyone's well-being?
- **June 13: Resources to Remain Independent—A Resource Fair.** Discover products and services to help you live your best life.

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

FREE No registration required.

Learn more: Contact Carolyn Klaver, RN, Community Dementia Care Specialist, at (952) 261-5235.

Dementia Friendly Faith Communities Coffee Chat Network

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

Learn and share insights and tips from 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: April 16, May 21, & June 18)
1–2:30 PM at New Life Presbyterian Church (965 Larpenteur Avenue W, Roseville), Heritage Room

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.

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.

Powerful Tools for Caregivers

Mondays, April 8–May 13
1–3 PM at the Church of St. Pius X
(3878 Highland Avenue, White Bear Lake)

Powerful Tools for Caregivers is a six-week educational program to help caregivers take care of themselves while caring for another. You will benefit from this class whether you are helping a parent, a spouse, or a friend, and whether you are helping someone who lives at home, in a nursing home, or across the country.

(cont’d in next column)

We will discuss how to take care of yourself as a caregiver, reduce personal stress, communicate feelings and concerns, and learn from your emotions. *Presenter: FamilyMeans Caregiver Services staff.*

Funded in part with the Metropolitan Area Agency on Aging Inc. as part of the Older Americans Act Program funding. Co-sponsored by FamilyMeans and 2nd Half with Lyngblomsten.

Fee: \$40/series (sliding-scale fee upon request)

Registration required by April 5.

Special registration: Contact Jenny West at (651) 789-4015 or jwest@familymeans.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.

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. 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 (people 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.

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, May 10

10–Noon at Roseville Lutheran Church
(1215 Roselawn Avenue W, Roseville)

Learn about the basics of dementia, tips for raising awareness, ideas for providing spiritual support to people with dementia, and resources for getting started in becoming a dementia friendly faith community. Open to people of all faiths. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.*

Fee: \$10

Registration required by May 8.

Program #510rs

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: April 11, May 9, & June 13)
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.

Parkinson's Disease Support Group

1st Thursday each month (Upcoming: April 4, May 2, & June 6)
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: April 3, May 1, & June 5)
10–11:30 AM at Centennial United Methodist Church (1524 West County Road C2, Roseville), Asbury Room

For persons in the early stages of Lewy body dementia. Persons attending need to be aware of their disease and be able to benefit from sharing the challenges and issues of living with dementia. *Facilitator: Paula Biever.*

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

(cont'd in next column)

FREE No registration required.

Learn more: Contact Paula Biever at (651) 641-0130 or paula.biever@gmail.com.

Vision Loss Support Group

2nd Wednesday each month (Upcoming: April 10, May 8, & June 12)
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. *Presenter: Sue Bauer.*

FREE No registration required.

Learn more: Contact Becky Hulden at (651) 632-5335 or bhulden@lyngblomsten.org.

Other**Aphasia Conversation Group**

Mondays, June 3–July 22
2–3:30 PM on the Lyngblomsten campus, Community Room (lower level)

Fee: \$160 for all 8 sessions; partial scholarship opportunities available.

Special registration: To complete an intake form, email julia@mncan.org or call (612) 524-8802. Inclusion is subject to space availability and intake qualifications.

Wings of Nutrition Bread Program—Free Bread

Tuesdays
8–11 AM on the Lyngblomsten campus, outside the Community Room (lower level)

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

Service Activities

Volunteer at Open Hands Midway

Monday, May 20 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 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. 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. *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 May 7.

Program #520sop1 (morning shift),
and #520sop2 (afternoon shift)

Save the Date



A Celebration of Arts & Lifelong Learning

Friday, July 19, 2019
2–8 PM

www.CelebrateMSF.com

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!

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.

To learn more about any of these volunteer opportunities, please contact Peggy Cerrito at (651) 632-5406 or pcerrito@lyngblomsten.org.

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.

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.

Online at www.lyngblomsten.org/2ndHalf and select "online registration."

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

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 canceled 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 canceled.

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



A Center for Enriching Lives after 50

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:

Program#	Program Name	Fee	Bus Site Pick-Up *
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____
_____	_____	\$ _____	<input type="checkbox"/> _____

* 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.

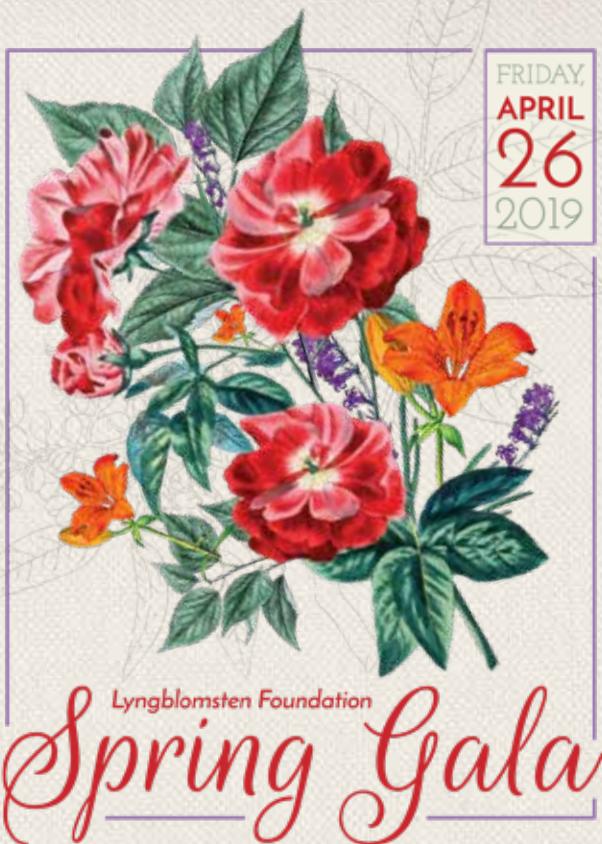


LYNGBLOMSTEN
Community Services

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

Nonprofit
Organization
US Postage
PAID
Twin Cities MN
Permit #2376

**CHANGE SERVICE
REQUESTED**



JOIN US
TO SUPPORT
2nd Half with Lyngblomsten

Let's celebrate 40 years of Lyngblomsten Community Services and raise funds to support 2nd Half with Lyngblomsten life enrichment centers. Your generosity will ensure that supportive programs and services will be available and remain affordable for those living in the community who need it most. These vital areas include:

- The Gathering (group respite) (p. 23)
- Support groups and caregiver coaching (pp. 20-24)
- Resources for churches (p. 23)
- Socialization (pp. 13-17)
- Lifelong learning and the arts (pp. 8-13)
- Health, wellness, and spirituality (pp. 17-20)

Food, friends, festivities, and fundraising—it's sure to be a wonderful evening devoted to supporting a critical cause. Special guest Karla Hult from KARE 11 News will be our emcee!

Friday, April 26, 2019 | Vadnais Heights Commons

For complete details and to RSVP,
visit www.lyngblomsten.org/SpringGala.