

# Summer 2019 Catalog

July, August, & September



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**2<sup>nd</sup> Half** with  
**Lyngblomsten**

**Engage.  
Discover.  
Thrive.**

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake  
[www.lyngblomsten.org/2ndHalf](http://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](http://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 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.*

## 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).

## 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](http://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](http://www.rlc-wbl.org)

## Directory

### Lynn Amon, Site Coordinator— White Bear Lake

(651) 301-9445  
[lamon@lyngblomsten.org](mailto:lamon@lyngblomsten.org)

### Mary Deaner, Site Coordinator— Como Park

(651) 414-5293  
[mdeaner@lyngblomsten.org](mailto:mdeaner@lyngblomsten.org)

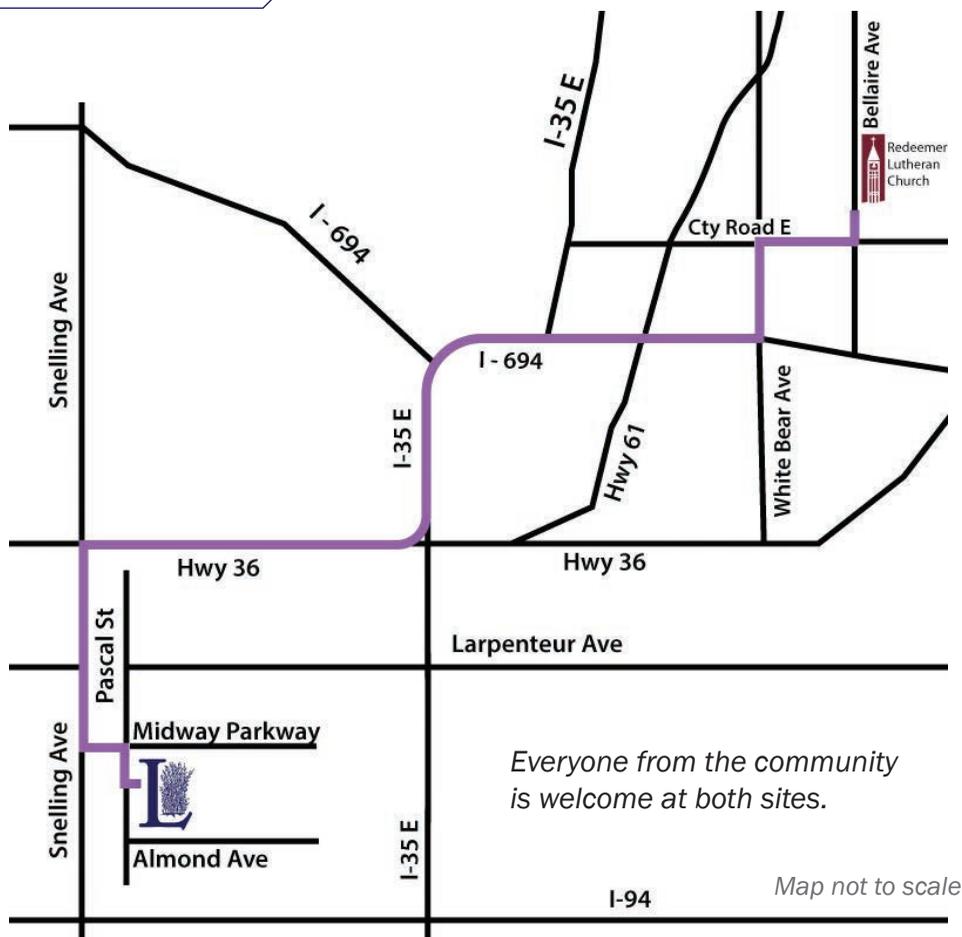
### Registration

Online: [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)  
Phone: (651) 632-5330  
See page 26 for more details.

## Connect with Us!

- [facebook.com/Lyngblomsten](https://facebook.com/Lyngblomsten)
- @Lyngblomsten\_US
- Lyngblomsten

## Map & Directions



## Living Your Life with Purpose

*“Tell me, what is it you plan to do with your one wild and precious life?”*

*From the poem, “The Summer Day” by Mary Oliver (1935–2019)*

Isn't that just a wonderful image/challenge for us? How might you answer that question for yourself?

Our lives are a precious gift, and we have the ability to **engage** in them. Life is not just a visit. Of course we also need to take into account the projects, chores, and duties that come with those precious lives. And yet even then, we have the power to choose how we go about living our lives right up until the end of them.

What can I make of my life? I love this question. It is a challenge and an affirmation that making something of my life is a valuable quest that is ongoing and evolving. No matter my circumstances, age, or abilities, I can make my life something. Each day can be an opportunity to **discover** and answer that question in some sort of active way.

The theologian William Barclay (1907–1978) said this: “There are two great days in a person's life: the day we are born, and the day we discover why.” I encourage you to take some time to ponder this why question, even writing down what comes to mind as you answer it. The answer(s) lead us to purpose, and as we live out that purpose, we **thrive** and are fulfilled.

These musings lead me to an invitation. I invite you to open this summer catalog as you ponder how you might **engage, discover, and thrive**. Exploring a new idea, skill, or habit, or being of service to others, are some ways that can make our lives full, rich, and, most importantly, **purposeful**. Opportunities abound in this catalog for you to choose from. Take a look!

I welcome you to join us as we continue the journey toward lives well lived.



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

## Have you heard? We're online!

Did you know you can register online for 2nd Half with Lyngblomsten opportunities? Simply visit **[www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)** and select “Online Registration.” The website contains every opportunity that you'll find in the print version of our catalog.

Registering online has many benefits:

- Register whenever you want: 24 hours a day, 7 days a week.
- Know immediately if a class is already full or if you are on the wait list.
- Pay for classes how you want: by credit card, check, or cash. If you pay by credit card, there is an additional fee of \$1.99.
- Sign up your friends and family members with ease.
- Plus, we'll send you an email alerting you when new opportunities are available online!

We also accept registrations by mail, phone, or drop off.  
See page 26 for details.



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café & gifts  
*located near the chapel*

*Before or after your class on the  
Lyngblomsten campus, grab a bite  
to eat at Anna's!*

**Hours**

Monday–Friday from 9 AM–4 PM  
Weekends from Noon–4 PM

[www.lyngblomsten.org/annas](http://www.lyngblomsten.org/annas)

The 2nd Half with Lyngblomsten catalog  
is published quarterly.

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

   [www.lyngblomsten.org/2ndHalf](http://www.lyngblomsten.org/2ndHalf)

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### Location Key:

CP = Como Park

WBL = White Bear Lake

**Armchair Traveler: Trip Across Europe**

Thursday, July 25

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

Paul Malcore will present his three-month trip across Europe in the summer of 2018. There will be photos, videos, and some of his favorite treats from his travels. Paul grew up in Green Bay, WI, and enjoys searching for challenging hikes and beautiful views. *Presenter: Paul Malcore, Digital Marketing Specialist for Lyngblomsten.*

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

**Registration preferred;** walk-ins welcome.

Program #725ea

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**Armchair Traveler: Celtic Castles, Cuisine, & Curiosities**

Tuesday, August 6

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

A search for ancestors led to this adventure as we circumnavigated Ireland from Dublin to Belfast, then ferried across to Scotland for more of the same including Inverness & Edinburgh. *Presenter: Brian Kelly, retired radio personality who, in addition to traveling, enjoys recreating classic programs with the Lakeshore Radio Players of White Bear Lake.*

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

**Registration preferred;** walk-ins welcome.

Program #86ea

**Armchair Traveler: South Korea**

Thursday, August 15

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

We will take a visual tour of South Korea. Learn about Seoul, the capital city, its major shopping district, and the history and significance of the Demilitarized Zone at the 38th parallel. *Presenter: Gil Dignen, photographer and retired Northwest Airline pilot.*

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

**Registration preferred;** walk-ins welcome.

Program #815ea

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**Armchair Traveler: Patagonia**

Thursday, September 19

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

Bruce and Sharon Reichenbach will take you from constructing floats for carnival in Rio de Janeiro to an up-close encounter with the incredible Iguazu Falls, the largest in the world. From there, travel through Patagonia (southern Argentina), visit a working sheep ranch and a mile-long Andean glacier, and finish by taking a cruise through the Chilean fjords sporting calving glaciers and icebergs.

*Presenters: Bruce and Sharon are retired educators who continue to teach as volunteers at universities in other countries in Africa, Asia, and Europe.*

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

**Registration preferred;** walk-ins welcome.

Program #919ea

**Want to present for Armchair Traveler,  
but need help creating a photo slideshow?**

If you have an exciting trip you'd like to share and need help making your travel photos into a slideshow, then be sure to take our **Create a PowerPoint or Keynote Presentation** class on September 26. See page 10 for details.

## Art History

Last Monday in July and August  
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.

- **July 29: Maxfield Parrish**

Maxfield Parrish was an American artist and illustrator known for his prints and paintings of whimsical mythological scenes.

Program #729ea

- **August 26: Alice Neel**

Alice Neel was one of the great American painters of the twentieth century, capturing people, landscapes, and still life. Neel was never fashionable or in step with avant-garde movements.

Program #826ea

**Fee:** \$12/class; scholarships available.

**Registration preferred;** walk-ins welcome.

## Books-Cheese-Wine with Author Mai Neng Moua

### *The Bride Price: A Hmong Wedding Story*

Thursday, July 11  
5:30–7 PM on the Lyngblomsten  
campus, Community Room (lower level)

Mai Neng Moua is a writer spinning tales of what it means to be Hmong in America. In *The Bride Price*, she shares her experience of getting married. Her mother, a widow, wants the groom to follow Hmong custom and pay a bride price. What happens next is devastating, and it raises questions about the very meaning of being Hmong in America.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.

Program #711ea

## Books-Cheese-Wine with Author Scott Carlson

### *Twin Cities Beer: A Heady History*

Thursday, August 8  
5:30–7 PM on the Lyngblomsten  
campus, Community Room (lower level)

Veteran journalist and writer Scott Carlson has penned a book that chronicles the recent rise of microbreweries in the Twin Cities and tells the story of the region's beer history that dates to the mid-1800s. It's a rich history filled with iconic names such as Yoerg, Hamm's, Grain Belt, and Schmidt, and today has a cast of brewery characters that includes Summit, Surly, and fledgling brewing co-ops like Fair State Brewing and Broken Clock. There will be two selected beers to taste along with the usual wine options.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.

Program #88ea

## Books-Cheese-Wine with Author Kristal Leebrick

### *Thank You for Shopping*

Thursday, September 12  
5:30–7 PM on the Lyngblomsten  
campus, Community Room (lower level)

Kristal Leebrick has worked for more than three decades as a writer and editor. In her book, she presents the history and stories behind Minnesota's great department stores: Dayton's, Powers, Donaldson's, Young-Quinlan, the Emporium, the Golden Rule, and more. Throughout the 20th century, these stores ruled the retail landscapes of downtown Minneapolis and St. Paul and were centers of social life.

**Fee:** \$6

**Registration preferred;** walk-ins welcome.

Program #912ea

**Clay for Caregivers**

See page 20 for details.

**Create a PowerPoint or Keynote Presentation**

Thursday, September 26

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

Would you like to learn how to get your travel photos from your phone or camera to your computer? Then put these photos all together and make a presentation? If you are a traveler and would like to share your travel experiences with others, then this session is for you! You will learn how to download your photos and create slides, titles, and narration. Bring your camera/phone with photos to practice and a laptop computer if possible.

*Presenter: John Sweeney, volunteer.*

**FREE**

**Registration required** by September 24.

Program #926ea

**Exploring Art**

Tuesdays, September 3–24

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

Exploring Art is a series that focuses on a historical or current artist, his or her impact on society, artistic style, time period, artistic influences, and carryover for today. Participants create visual art project(s) using the artist's style. This series focuses on **Alma Woodsey Thomas**, an important artist in the color field movement and a pioneer among African-American artists working in abstraction.

*Teaching artists: Art with Heart instructors Debbie Lyon and Renee Des Jarlais.*

**Fee:** \$40/series; includes supplies. Scholarships available.

**Registration required** by August 27.

Program #93ea

**Giving Voice Chorus—St. Paul**

Mondays, June 24–August 12

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, visit [www.givingvoicechorus.org](http://www.givingvoicechorus.org).

**Fee:** \$75/person

**Special Registration:** Register online at [www.macphail.org](http://www.macphail.org) or call MacPhail at (612) 321-0100.

**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! 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.

- **Summer Session held May 1–July 31.** No classes on May 29, July 3, or during the month of August.  
Program #51ea
- **Fall Session begins September 11.** Fall concert held November 10.  
Program #911ea1

**Fee:** \$20/session; FREE for Lyngblomsten residents and tenants. **Registration required** for new members; walk-ins welcome.

## Meet the Ramsey County Chief Judge John H. Guthman

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

Ramsey County has thousands of civil and criminal cases each year. The job of the judge is to make sure justice is done. Come learn about trials, sentencing, and appeals from the chief judge himself! Chief Judge John H. Guthmann was appointed in 2008, elected in 2010, and elected again in 2016. He received his J.D. from William Mitchell College of Law in 1980. We have toured his workroom (aka, the Ramsey County Courthouse); now it is time for him to visit us!

### FREE

Registrations preferred; walk-ins welcome.

Program #911ea2

## Northern Clay Center: Intergenerational Clay Class with Camp Allegro

Monday, July 22  
1–2:30 PM at Redeemer Lutheran Church, Fellowship Hall

Northern Clay Center instructor/artist Angie Renee will give you step-by-step instructions to create your own one-of-a-kind garden house during this 1.5-hour class. This is a special intergenerational workshop where participants will work alongside youth from Camp Allegro. *Teacher: NCC instructor/artist Angie Renee.*

**Fee:** \$5; includes supplies.  
**Registration required** by July 15.  
Program #722ea

## OboeBass! presents Pages of Music

1st Friday each month (Upcoming: July 5, August 2, & September 6)  
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. Called pioneers by Minnesota Public Radio for forging ahead with a new chamber music combinations, Vecchione and Erdahl chart new territory with their combination of instruments in music that is accessible, challenging, enlightening, and virtuosic.

**FREE** No registration required.

## Redeemer Primetime: Bitter or Better—Three Steps to Living the Better Choice

Thursday, September 19  
9:30 AM–Noon at Redeemer Lutheran Church, Atrium (9:30 AM coffee/treats, 10 AM devotions & program)

Come hear Caryn Sullivan, award-winning columnist for the St. Paul Pioneer Press and author of the award-winning memoir *Bitter or Better: Grappling with Life on the Op-Ed Page*, present her inspirational talk “Bitter or Better: Three Steps to Living the Better Choice.” In her writings and her talks, Caryn reminds us that we are all students and teachers in life; that we can choose how to respond when life takes us to our knees; and that a life well lived is achieved by living in the moment and preparing for the inevitable. Books will be available for purchase and to be signed by Sullivan.

**Fee:** Freewill offering.

**Special Registration:** Sign up at the Redeemer Lutheran Church Welcome Center or call the church office at (651) 429-5411 between August 16 and September 15. Walk-ins welcome.

## Second Sunday Concerts with MacPhail

2nd Sunday each month (no concert in June)

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)*

Upcoming concerts:

- **August 11:** David Kozisek, voice with piano accompaniment.
- **September 8:** Iris Shiraishi and Alex Lubet, guitar, dulcimer, ukulele, and Japanese and Hawaiian instruments.

**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.

## 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 #72so

## 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.

- **July 5:** We'll have brats on the grill, sauerkraut, potato salad, beans, corn on the cob, and watermelon. A great way to celebrate summer by being together and enjoying a meal.

**Registration required** by July 3.  
Program #75so

*(cont'd in next column)*

- **August 2:** We'll serve egg rolls, sweet and sour pork, chicken subgum chow mein, chicken fried rice, oriental salad, and dessert from House of Wong

**Registration required** by July 31.  
Program #82so

- **September 6:** We'll have burgers on the grill, potato salad, beans, corn on the cob, and watermelon. A great way to celebrate summer by being together and enjoying a meal.

**Registration required** by September 4.  
Program #96so

**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: September 20; not meeting in July & August)

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

**FREE**

Learn more: Contact Marlys Carlson at marlysmcarlson@gmail.com.  
Program #920so

## Chat Café: Lyngblomsten in NE Metro

Tuesday, August 20

10:30 AM–Noon at Matoska

International Elementary School (2530 Spruce Place, White Bear Lake)

Join us for engaging conversation and a catered meal while exploring 2nd Half with Lyngblomsten in the White Bear Lake Area.

**Fee:** \$5

**Special Registration:** Register by calling White Bear Area Senior Program (651) 653-3121.

## Coach Bus Trip: Row, Row, Row Your Boat with Al & Alma's on Lake Minnetonka

Monday, July 22

10 AM–3:30 PM

Let someone else do the work as we ride the waves of the third largest lake in Minnesota on a boat cruise with Al & Alma's. We'll take in the beauty and grandeur of the area with the shoreline of lovely homes and the peaceful water we seem to skim through. We'll enjoy a box lunch with an opportunity to purchase a beverage at the bar. A wonderful way to spend a summer day.

### Bus site pickups:

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

10:15 AM from the Lyngblomsten campus, Community room (lower level)

**Fee:** \$50 includes coach bus transportation, boat cruise, lunch, and tip for coach bus driver. Gratuity for the boat crew not included.

**Registration and payment required** by July 1.

Program #722so

## Coach Bus Trip: Step into Minnesota History at Mayowood in Rochester, MN

Wednesday, August 14

8:45 AM–4:45 PM

Forty-eight rooms of heirlooms and artifacts are contained in this elegant home that three generations of Mayo doctors lived in for almost 60 years. Fascinating stories and facts bring the mansion alive for our visit. Then we will get back on the road and travel to another historical time and place: the Hubbell House restaurant in Mantorville, MN. This is one of the oldest working restaurants in the state. A full day of interesting tidbits of Minnesota history.

**Moderate activity required at Mayowood**, with 16 steps to the second floor where an elevator is available to the third floor.

**Meal choice is required at registration:** Chicken Hubbell House style or Roast Beef Sirloin.

### Bus site pickups:

8:45 AM from Gustavus Adolphus Church (1669 Arcade Street, St. Paul)

9 AM from the Lyngblomsten campus, Community room (lower level)

**Fee:** \$69.50 includes coach bus transportation, tour, lunch, and tip for the driver.

**Registration, payment, and meal choice required** by July 24.

Program #814so

## Coach Bus Trip: Riding the Rails in Osceola, WI

Thursday, September 19

9 AM–3:15 PM

Along the sandstone bluffs of the St. Croix River, autumn is here and the colors are changing as the leaves carpet the ground. We'll ride the diesel-powered train, taking in the sights to Marine on St. Croix and return to the depot in Osceola. Lunch will be provided during our 90-minute tour. We'll enjoy the thrill of the old time travel sounds as the wheels sing over the rails.

### Bus site pickups:

9 AM from the Lyngblomsten campus, Community room (lower level)

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

**Fee:** \$68.25 includes coach bus transportation, train ride, lunch, and driver tip.

**Registration and payment required** by August 29.

Program #919so

## 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. What a great way to start the day!

**Fee:** Coffee and treats provided for a small fee.

**No registration required.**

## Out & About: Eureka Recycling Facility Tour

Friday, July 12

1–2:45 PM at Eureka Recycling (2828 Kennedy Street NE, Minneapolis)

One of only a handful of nonprofit recyclers in the country, Eureka Recycling's Material Recovery Facility tour program offers an insider's look at the buzzing world of recycling. As part of the tour, you will see how recyclable materials are collected, separated, and then sold during a zero waste demonstration and lab. **Closed toe shoes required.** There are stairs and catwalks on the tour.

### Bus site pick-ups:

12:15 PM from the Lyngblomsten campus, Community Room (lower level)

12:30 PM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Fee:** \$7 for transportation; please pay day of the event. Tour is FREE.

**Registration required** by July 10.

Program #712so

## Out & About: Minneapolis Federal Reserve Bank Tour

Friday, August 9

1–2:15 PM at the Minneapolis Federal Reserve Bank (90 Hennepin Avenue, Minneapolis)

The Federal Reserve System is the central bank of the United States, created by Congress in 1913. Its mission is to foster a sound banking system and a healthy economy. The Federal Reserve Bank of Minneapolis is one of 12 Federal Reserve Banks, each serving a specific region of the country. Tour begins at 1 PM and lasts 75 minutes.

*(cont'd on next page)*

**A note about the tour:** Tours are 75 minutes of walking and standing with extremely limited opportunities to sit. The Federal Reserve Bank is a secure facility which means all visitors must be prepared to present a valid photo ID and pass through a metal detector. Personal belongings will be x-rayed. No bulky items or cameras allowed in the building. No photography allowed.

**Bus site pickups:**

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 event). Tour is FREE.

**Registration required** by August 1.

Program #89so

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**Out & About with Lunch: FlyOver America**

Friday, September 27

10:45 AM–1:15 PM at FlyOver America (5120 Center Court, Mall of America, Bloomington)

Enjoy a weekday flight across the U.S. with FlyOver America! FlyOver America is an amusement ride that involves motion, darkness, artificial scents, mist, and wind to simulate a realistic flight. Located in Nickelodeon Universe at Mall of America.

Once your flight lands, you'll enjoy a delicious lunch at FireLake Grill House & Cocktail Bar at Radisson Blu Mall of America. Menu options are your choice of a soup and a petite sandwich followed by dessert.

**Bus site pick-up:**

9:45 AM from the Lyngblomsten campus, Community Room (lower level)

10 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

*(cont'd in next column)*

**Fee:** \$32.99 for the ride, lunch, tip and transportation.

**Registration and payment required** by September 23.

Program #927so

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**Out to Lunch: Indian Mounds Regional Park**

Thursday, July 25

11 AM–2 PM at Indian Mounds Regional Park (10 Mounds Blvd., St. Paul; near intersection of Mounds Blvd. and Earl Street)

Indian Mounds Regional Park is home to six Native American burial mounds high atop 450 million-year-old limestone and sandstone bluffs overlooking the Mississippi River and downtown St. Paul. Under a picnic shelter, we will enjoy lunches from Nelson's Cheese and Deli. Then we'll have a walk around and enjoy the views! On our way back, we will stop for ice cream, so bring some cash. **Please make your sandwich choice when you register:** 1) Turkey, Ham, Swiss, and Monterey Jack on Caraway Rye; 2) Veggies, Monterey Jack, Cheddar, and Swiss on Whole Wheat; 3) Chicken, Bacon, and Chive Havarti on Sourdough; 4) Roast Beef, Turkey, and Monterey Jack on Wild Rice Wheat.

**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:** \$12; includes lunch (sandwich, deli salad, fruit salad, cookie, and soda). \$7 for transportation; please pay day of the event. Ice cream expense is on your own.

**Registration and lunch payment required** by July 23.

Program #725so

## Out to Lunch: Gasthaus Bavarian Hunter

Friday, August 16

11 AM–2 PM at Gasthaus Bavarian Hunter (8390 Lofton Avenue, Stillwater)

Enjoy a delicious meal at this local landmark outside of Stillwater. The menu includes sauerbraten, schnitzels, and goulasch soup casserole, as well as a burger and a reuben. If the weather cooperates, we will sit on the patio!

### 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 August 14.  
Program #816so

## Out to Lunch: Waldmann Brewery & Wurstery

Friday, September 13

11 AM–2 PM at Waldmann Brewery & Wurstery (445 Smith Avenue, St. Paul)

Established in 1857 and reestablished in 2017, Waldmann is the oldest surviving saloon in the Twin Cities. Waldmann offers traditional house-made lagers, wursts, and other honest fare.

### 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 September 11.  
Program #913so

## 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 #75hws

## Experience the Labyrinth

Monday, August 5

10 AM–Noon at White Bear Center for the Arts (4971 Long Lake Avenue, White Bear Lake)

Experienced traveler or new to the way of the labyrinth, come and join others on the path of learning, reflection, and renewal through a unique meditative walk. Gather together inside the Art Center to be educated on the history of the ancient Greek structure and how our very own White Bear Lake rendition came to be. Then, walk the on-site outdoor labyrinth with the group to discover the gift of time and space to rest. Accommodations for those with mobility differences can be made if notified in advance.

**Fee:** \$10

**Registration and payment required** by July 31.

Program #85hws

### HealthRHYTHMS Drumming

2nd Monday each month (Upcoming: July 8, August 12, & September 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. The session will be filled with fun and laughter. All drum and percussion instruments will be provided. Join us for one hour of drumming, wellness exercise, and guided imagery as we discover the rhythm of our hearts. No experience is required. *Teacher: Cheri Bunker.*

**Fee:** \$5/class

**Registration preferred;** walk-ins welcome.

Program #78hws

### HealthRHYTHMS Drumming Outdoors

Monday, July 22  
10–11 AM at Matoska International Elementary School (2530 Spruce Place, White Bear Lake)

HealthRHYTHMS group drumming is an evidence-based wellness program that promotes relaxation and boosting of the immune system. Join us for one hour of drumming and wellness exercise in an outdoor classroom (weather permitting) as we discover the rhythm of our hearts. All instruments provided, and no experience is required.

*Teacher: Cheri Bunker.*

**Fee:** \$5

**Special Registration:** Call White Bear Area Senior Program at (651) 653-3121; walk-ins welcome.  
Program #722hws

### Morning Talks

**A monthly health education series for the community**

(formerly known as Market Place Morning Talks)

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

- **July 10: A Personal Story of the Holocaust/Dangers of Hate**  
*Presenter: Jewish Community Relations Council.*  
**Registration required by July 9.**  
Program #710hws
- **August 14: Safety and Security in Your Home**  
*Presenter: Little Canada Fire Chief.*  
**Registration required by August 13.**  
Program #814hws
- **September 11: Depression**  
*Presenter: A professional clinician in the field of mental health.*  
**Registration required by September 10.**  
Program #911hws

*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**

### Farmers Markets



June 27, July 25, and August 29  
11:30 AM–1 PM at Redeemer Lutheran Church (White Bear Lake), Parking Lot

Stop by a community Farmers Market this summer to access helpful resources!

- Farmers market with FREE produce for all
- Blood pressure checks from our Faith Community Nurse Becky Hulden
- Information on local resources

For more information, visit [www.whitebearfoodshelf.org](http://www.whitebearfoodshelf.org).



## A Matter of Balance

### A Falls Prevention Class

Mondays, September 9–October 28  
10 AM–Noon on the Lyngblomsten campus, Community Room (lower level)

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.*

*This class is made possible through grants and funds from Allina Health, the Metropolitan Area Agency on Aging, and the Lyngblomsten Foundation.*

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

**Special registration:** Register online at <https://yourjuniper.org/Classes/Register/1249> or call Becky Hulden at (651) 632-5335.

## Neighborhood Stroll

3rd Thursday each month (Upcoming: July 18, August 15, & September 19)  
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.

## The Healthy Brain

Wednesday, July 17  
10 AM–Noon at DPC Community Center (8400 East Point Douglas Road S, Cottage Grove)

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 South Washington County Community Education at (651) 425-6600; walk-ins welcome.

## Visit with a Faith Community Nurse

Visit one-on-one with Lyngblomsten Faith Community Nurse Becky Hulden. This 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 either at 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](mailto:bhulden@lyngblomsten.org).

## Yogadevotion

Tuesdays, September 3–October 22  
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.

*(cont'd in next column)*

This multi-level class offers modifications for all poses to meet individual needs. Please bring your own yoga mat. *Instructor: Jean Auger.*

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

**Registration required** by August 30.

**Special registration:** Contact Sue Johnson at [suejohns3@gmail.com](mailto:suejohns3@gmail.com) or (651) 387-3443.

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## 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](mailto:bhoffman@lyngblomsten.org).

### Caregiver Support Group

3rd Wednesday each month (Upcoming: July 17, August 21, & September 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](mailto:jschuller@lyngblomsten.org).

## Clay for Caregivers

Relax and refresh as you are guided through step-by-step instructions to create your own one-of-a-kind clay angel. No experience necessary.

*Instructor: Susan Obermeyer, Northern Clay Center.*

- **Tuesday, July 9**

Noon–1:30 PM at Centennial United Methodist Church (1524 West County Road C2, Roseville)

**Registration required** by July 5.

Program #79rs

- **Thursday, August 29**

1–2:30 PM at Redeemer Lutheran Church, Fellowship Hall

**Registration required** by August 23.

Program #829rs

*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:** \$10/session; includes supplies. Scholarships available.

## Coffee and Conversations for Caregivers

1st Thursday each month (Upcoming: July 11, August 1, & September 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

1–3 PM (unless noted otherwise) 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:

- **July 11: Understanding Senior Housing Options**

Catherine Engstrom, caregiver consultant at the Wilder Foundation, will provide information about senior housing options and how to evaluate them.

**No registration required.**

- **July 25: Tour a Facility**

12:15 PM: Meet in the Ramsey County Library lobby.

12:30: Board buses and leave for tour of one of three communities:

Lyngblomsten (housing with services and care center), Arthur's Senior Care (residential care home), or Cherrywood Pointe of Roseville on Lexington Avenue.

2 PM: Buses arrive back at library.

2–3 PM: Debrief with other participants (optional).

**Special registration:** Call (651) 280-2273 or email [caregiving@wilder.org](mailto:caregiving@wilder.org).

- **August 8: Know Your Rights!**

A representative of the state's ombudsman for long-term care will speak about advocating for the rights of residents and caregivers in long-term care facilities.

**No registration required.**

*(cont'd on next page)*

• **September 12: Latest in Alzheimer's Treatment and Prevention**

Internationally recognized Alzheimer's researcher and expert Dr. William Frey II will provide an update on the latest in the treatment and prevention of Alzheimer's, including reducing the risk of getting Alzheimer's with exercise and diet (including the Mediterranean and MIND diets).

**No registration required.**

**FREE**

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

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**Dementia Friendly Faith Communities Coffee Chat Network**

Friday, August 9  
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](mailto:cklaver@lyngblomsten.org).

**Former Dementia Caregiver Support Group**

3rd Tuesday each month (Upcoming: July 16, August 20, & September 17) 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.

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**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](mailto: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.

*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](mailto:bhoffman@lyngblomsten.org), or visit [www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers).

### Group Respite (The Gathering)

Visit [lyngblomsten.org/TheGathering](http://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](mailto:bhoffman@lyngblomsten.org).

## Resources for Churches

### Older Adult Ministry Forum: Respectful Boundaries in Caring Work

Thursday, September 19  
1–3 PM on the Lyngblomsten campus,  
Newman-Benson Chapel

Honoring the particular story and circumstances of those served are core values for caring work. But it can be easier said than done. Stories evoke stories. Some patients or their families will remind staff of people in their personal circles of care. Certain individuals and families will be challenging to staff, while others will be attractive. Friends and neighbors can also be patients, residents, or members. Respectful boundary setting is a constant task for caring work. In this practical workshop, participants will be given perspectives and tools for respectful boundary maintenance in various settings. Case studies and ample time for questions and discussion will be included.

*Presenter: Ted Bowman, a grief and family educator with more than 40 years’ experience working in child and adult hospice settings.*

**Fee:** \$10

**Registration required** by September 13.  
Program #919rs

## 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](mailto:bhulden@lyngblomsten.org).

## Support Groups

### Caregiver Support Groups

See pages 19–21.

### Grief Support Group

2nd Thursday each month (Upcoming: July 11, August 8, & September 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.

### Parkinson's Disease Support Group

1st Thursday each month (Upcoming: August 1 & September 5; not meeting July 4)  
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](mailto:jhaukom@lyngblomsten.org).

## Care Ministry Network

An online platform that provides standardized training for volunteers and volunteer leaders of congregational care ministries for older adults

Learn More at  
[www.CareMinistryNetwork.net](http://www.CareMinistryNetwork.net)



The Care Ministry Network is offered through 2nd Half with Lyngblomsten and is supported, in part, by the Lyngblomsten Foundation and a grant from the Lutheran Services for Elderly Endowment at the ELCA Foundation.

## Twin Cities Support Group for Persons with Lewy Body Dementia

1st Wednesday each month (Upcoming: July 3, August 7, & September 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: July 10, August 14, & September 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

### Aphasia Conversation Group

Mondays, September 9–November 25  
2–3:30 PM on the Lyngblomsten campus, Community Room (lower level)

This group helps participants relearn and practice conversational speech skills and strategies, develop supportive relationships, and challenge each other to set new goals to participate in their communities and activities. Participants must have a medical diagnosis of aphasia.

**Fee:** \$240 for all 12 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  
8:30 AM on the Lyngblomsten campus, Community Room (lower level)

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

## Service Activities

### Volunteer at Open Hands Midway

Monday, September 23, 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.

#### 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 September 10.  
Program #923sop1 (morning shift),  
and #923sop2 (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!

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.

*(cont'd on next column)*

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](mailto: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.

#### \*Learn more about volunteering with The Gathering and In-Home Respite at a Respite Q&A Visit.

Upcoming visits:

- June 11 at Salem Lutheran Church, West St. Paul
- July 23 at Centennial United Methodist Church, Roseville
- August 6 at Augustana Lutheran Church in West St. Paul

All sessions are from 10–11:30 AM. Learn about opportunities to volunteer for Lyngblomsten's group and in-home respite programs, observe a group, and ask questions.

To register, contact Lyngblomsten Volunteer Services at (651) 632-5406 or [volunteer@lyngblomsten.org](mailto:volunteer@lyngblomsten.org).

## 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](http://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](http://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.

## 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](http://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](http://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](http://www.lyngblomsten.org)

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PAID  
Twin Cities MN  
Permit #2376

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REQUESTED**

# LYNGBLOMSTEN MID-SUMMER FESTIVAL

*A Celebration of Arts & Lifelong Learning*

Friday  
**JULY 19**  
2019

**2-8 PM:**

- \* Arts Showcase featuring works by older adults
- \* Live music, dance, and theatrical stage performances
- \* Hands-on art activities for all ages
- \* Wellness demos & activities
- \* Food
- \* Games for kids

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



Proudly Part of ComoFest

## Sponsors

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



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Visit [www.CelebrateMSF.com](http://www.CelebrateMSF.com) for more details.