

Winter 2020 Catalog

January, February, & March

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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



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

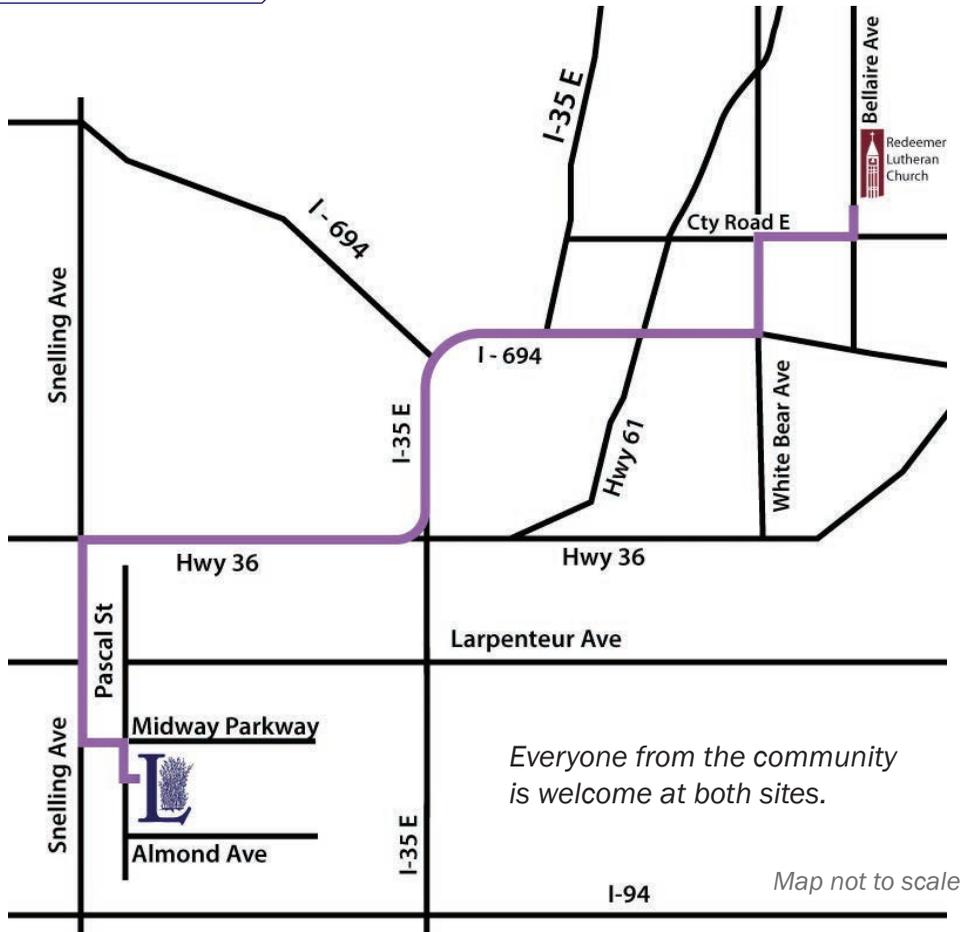
**Mary Deaner, Site Coordinator—
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Registration
Online: www.lyngblomsten.org/2ndHalf
Phone: (651) 632-5330

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.

2nd Half with Lyngblomsten Participants are Engaged and Connected!

Thanks to the Lyngblomsten Foundation

At 2nd Half with Lyngblomsten, there is a buzz going on. This past year, we learned from focus groups and surveys that you and other participants are engaged and connected! This doesn't surprise me, as I witness this engagement and connection regularly. Some examples of what I've observed include:

- Kindness and genuine connection among our participants, staff, and volunteers.
- Interesting conversations between community leaders and participants on current events.
- A caregiver sharing how valuable it is to connect with other caregivers at a support group.
- Participants making plans to socialize together after attending A Matter of Balance class.
- Community members sharing their travel experiences through Armchair Traveler.
- A participant eager to attend The Gathering, which he identifies as "his club."

As you review this catalog, we hope you continue attending your favorite offerings, try something that interests you, make a new friend or meet up with a longtime one, reach out for support, or consider serving as a volunteer. We work very hard to keep all our programs affordable and to offer a variety of choices that contribute to you living your best life possible.

In 2020, we are celebrating 35 years of the Lyngblomsten Foundation. **The Lyngblomsten Foundation is the primary funder of 2nd Half with Lyngblomsten.** Every program we offer is subsidized through the Foundation.

The Foundation commits to raising approximately \$575,000 annually for 2nd Half with Lyngblomsten. What an incredible gift! This allows us to keep programs diverse and affordable, such that the participant fees for more than 90% of these programs are \$20 or less.

Please consider donating to the Lyngblomsten Foundation in honor of its 35th year, and join me in **thanking and congratulating** it for its many years of service and giving!

With Gratitude,



Julie Pfab
Director of Community Services

LYNGBLOMSTEN FOUNDATION SPRING GALA

Friday, April 24, 2020 | Vadnais Heights Commons

Don't miss an evening of celebration, great auction items, inspiring speakers, and community that supports Lyngblomsten's mission of providing compassionate care and innovative services to older adults—especially through 2nd Half with Lyngblomsten.

If you have questions, contact Margaret I. Winchell, Events Manager, at mwinchell@lyngblomsten.org or (651) 632-5358.

*Save
the
Date!*

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of Public Safety



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According to Elvis**



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Grab a bite!

*Before or after your class at
Lyngblomsten, grab a bite to eat at
Anna's café and gifts.*

Located near the chapel on the main floor.

Anna's is open

Monday–Friday from 9 AM–4 PM

Saturday–Sunday from Noon–4 PM

**Hot entrée combos and salad bar
available Monday–Thursday.**

**Grab-n-go deli items and quick cook options
available every day during open hours.**

The menu is posted online at
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

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Location Key:

CP = Como Park

WBL = White Bear Lake

Armchair Traveler: Scuba Divers' Adventure in Bali, Borneo, and the Philippines

Thursday, January 23

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

KJ and Martha are avid scuba divers and will share photos and underwater video from their adventurous travels to exotic Bali, Borneo, Fiji, and the Philippines. You dare not miss seeing some of the most amazing marine creatures: large, small, and everything in between! *Presenters: KJ Bach and Martha Mutch.*

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

Registration preferred; walk-ins welcome.

Program #123ea

Armchair Traveler: Sri Lanka

Tuesday, February 11

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

This presentation will highlight the country of Sri Lanka, including its people, civil war history, religions, industries, mining for gemstones, and the devastation from the December 26, 2004, tsunami. *Presenter: Lyall Schwarzkopf, world traveler.*

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

Registration preferred; walk-ins welcome.

Program #211ea

Armchair Traveler: Marbella, Spain

Thursday, February 27

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

Peggy Cerrito will present highlights from her trip to Marbella, Spain. This city is one of the Costa del Sol's major tourist centers and is a very popular vacation and retirement location for people from the British Isles. As part of her trip, Peggy took a quick jaunt on a ferry boat to visit Gibraltar and Morocco. *Presenter: Peggy Cerrito, Volunteer Coordinator for Lyngblomsten.*

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

Registration preferred; walk-ins welcome.

Program #227ea

Armchair Traveler: New England Tour

Thursday, March 26

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

We will take a visual tour of New England. This will include traveling through Mystic, Connecticut; Providence, Rhode Island; Boston, Massachusetts; and Bangor, Maine. *Presenter: Gil Dignen, photographer and retired Northwest Airlines pilot.*

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

Registration preferred; walk-ins welcome.

Program #326ea

Have you traveled somewhere interesting?

Would you be willing to share photos and information from your trip? We are always looking for volunteer presenters for Armchair Traveler. Contact Janell Wampler for more details and to schedule a date: (651) 999-2597 or jwampler@lyngblomsten.org.

Books-Cheese-Wine with Author Sarah Stonich

Laurentian Divide

Thursday, January 9

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

Bitter winters are nothing new in Hatchet Inlet, hard up against the ridge of the Laurentian Divide, but the advent of spring can't thaw the community's collective grief, lingering since a senseless tragedy the previous fall. The residents of this remote town in all their sweetness and sorrow remind us once more of the inescapable lurches of the heart and unexpected turns of our human comedy.

Fee: \$8

Registration preferred; walk-ins welcome.

Program #19ea

Books-Cheese-Wine with Author Melanie Heuser Hill

Around The Table That Grandad Built

Thursday, February 13

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

This picture book features family, friends, and neighbors gathering to share a meal around a very special table. With a diverse array of dishes and faces, this warm and welcoming story is sure to become a favorite around dinner tables everywhere. Melanie says, "I have a fondness for long tables crowded with good food and loved ones—and homemade pie for dessert."

Fee: \$8

Registration preferred; walk-ins welcome.

Program #213ea

Books-Cheese-Wine with Author Greg Brick

Minnesota Caves: History & Lore

Thursday, March 12

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

Greg Brick was employed as a hydrogeologist at environmental consulting firms and has taught geology at local colleges. His book highlights Minnesota caves with significant narrative histories and is illustrated with historic, never-before-published images from the National Cave Museum in Kentucky. While most of the caves still exist, many are not publicly accessible, and some never existed except in the minds of explorers.

Fee: \$8

Registration preferred; walk-ins welcome.

Program #312ea

Coffee and Conversation: *Wait Until Dark*

Monday, March 2

10–11 AM at Lakeshore Players Theatre (4941 Long Avenue, White Bear Lake), Classroom

Join Larisa Netterlund, the director of *Wait Until Dark* at Lakeshore Players Theatre, for a morning of conversation surrounding her production and process for this thrilling show. She'll discuss her vision for the play and how directing a show with a character who is blind brought unique challenges. Take a look "behind the scenes" of the brand-new home of Lakeshore Players Theatre at the Hanifl Performing Arts Center. See page 14 for details on attending a matinee performance on March 8.

Fee: \$8

Registration preferred; walk-ins welcome.

Program #32ea

Did You Get a New Smartphone or Tablet Computer for Christmas?

Thursday, February 20

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

If you received a smartphone or tablet computer for Christmas, this program is for you! New smartphones and tablets are like a Swiss Army Knife with all the things you can do with them.

John Sweeney will demonstrate a number of the practical, easy-to-learn “tools” available at your fingertips that make these devices so useful. You will receive a handout with descriptions of the tools that are demonstrated. With these tips, if you find some that will make your life easier, you can ask someone in your family to install them for you. *Presenter: John Sweeney.*

FREE

Registration required by February 18.
Program #220ea

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.*

- **January 21 & 28: Andy Warhol** was an American artist, director, producer, and leading figure in the visual art movement known as pop art.
Fee: \$20; includes supplies.
Registration required by January 17.
Program #121ea

(cont’d in next column)

- **February 4–25: Pablo Picasso** is an important figure of the 20th century. Prior to Picasso, there had been few other artists who made such an impact on the world of art or who had a mass following of fans and critics alike.

Fee: \$40; includes supplies.

Registration required by January 31.
Program #24ea

- **March 10 & 17: Georgia O’Keeffe** was an American artist. She is best known for her paintings of enlarged flowers, sun-bleached bones from the desert, New York skyscrapers, and New Mexico landscapes. O’Keeffe has been recognized as the “Mother of American modernism.”
Fee: \$20; includes supplies.
Registration required by March 6.
Program #310ea

Giving Voice Chorus—St. Paul

Mondays, February 10–June 8

(No sessions March 30 and May 25)

This unique and joy-filled choral experience is for people living with Alzheimer’s and their care partners. Sing old and new songs, learn vocal technique and ensemble skills, and share musical memories together. No vocal experience is required, just a love of singing. Each registration requires a partner. For more information about Giving Voice Chorus, visit www.givingvoicechorus.org.

Fee: \$75/person

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

Lyngblomsten Community Sage Singers

A MacPhail Sing for Life Partnership

Wednesdays

9:15–10:15 AM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul), Dining Room

Come make a joyful noise with the Lyngblomsten Community Sage Singers, led by MacPhail teaching artist Paula Lammers. Classes build on the tradition of choral singing with a focus on the development of vocal technique, breathing, diction, and choral blend. New members welcome!

***Winter session held January 8–March 25.** (No rehearsal February 26.) Choir rehearsals lead up to the Summer Concert in June.

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

Registration required; walk-ins welcome.

Program #18ea

Meet the Commissioner of the Minnesota Department of Public Safety

Thursday, January 16

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

Meet John Harrington, Commissioner of the Minnesota Department of Public Safety. Appointed by Governor Tim Walz, he has served since January 2019. He is a former Chief of the St. Paul Police Department and Chief of the Metro Transit Police in Minneapolis–St. Paul. He also served as a member of the Minnesota Senate representing District 67. Come meet him and learn about his current duties serving the State of Minnesota.

FREE

Registration preferred; walk-ins welcome.

Program #116ea

Minnesota Opera presents the Story and Music of *Don Giovanni*

Tuesdays, March 17–April 28

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

Minnesota Opera presents the story and music of *Don Giovanni*. Don Giovanni is an egotistical and infamous womanizer, brazen in his shameless seductions. But his betrayals soon catch up to him when divine retribution exacts the ultimate price. From the world's most well-known composer, Mozart's opera seamlessly blends dark comedy with biting social commentary in this smart and otherworldly story of a man who dares to defy hell itself. Participants will have the opportunity to attend a performance of *Don Giovanni* at The Ordway Center on Thursday, April 30 (details will be given in class). *Teaching Artists: Pablo Siqueiros and Marcia Aubineau.*

This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislature appropriation from the Arts and Cultural Heritage Fund.

Fee: \$12/series; FREE to Lyngblomsten residents and tenants.

Registration preferred; walk-ins welcome.

Program #317ea

Minnesota Wild: Creating a Greater State of Hockey

Friday, January 24

10–11 AM on the Lyngblomsten campus, Newman-Benson Chapel

Learn how the Minnesota Wild organization is helping the community create a greater state of hockey through opportunities off the ice. *Presented by Wayne Petersen, Minnesota Wild Director of Community Relations and Hockey Partnerships.*

FREE No registration required.

OboeBass! presents Pages of Music

1st Friday each month (Upcoming: January 3 & March 6; no session on February 7)

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. Enjoy the energetic and engaging music of the world's only professional oboe/bass duo. Rolf and Carrie play music, tell stories, and educate on various musical genres and musicians.

FREE No registration required.

The Prohibition Era: 100-Year Reminiscence

Tuesday, February 25

10–11:30 AM at Redeemer Lutheran Church, Library

The pubs, taverns, speakeasies, and sample rooms around White Bear Lake were popular places before, during, and after the Prohibition era. Join us as we explore the history of our local establishments, the legislation of Prohibition, and the temperance movement that led to it. *Presented by White Bear Lake Area Historical Society.*

Fee: \$12

Registration required by February 21.
Program #225ea

*Join us in May for a guided stroll of downtown White Bear Lake to visit these local historic establishments. Date to be determined.

Redeemer Primetime

Thursdays

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

Coffee and treats served at 9:30 AM, with devotions and program starting at 10 AM.

- **February 20: Safeguarding Seniors**
Better Business Bureau presents this popular program, which raises awareness and empowers seniors and caregivers to take action against elder fraud and financial abuse. Come learn about resources available to help you avoid financial scams against you or a loved one.

Special Registration: Sign up at the Redeemer Lutheran Church Welcome Center or call the church office at (651) 429-5411 between January 21 and February 18. Walk-ins welcome.

- **March 19: Teddy Roosevelt LIVE!**
Teddy Roosevelt is arguably our most colorful president. There are not many who can put on their resume author, cowboy, naturalist, statesman, soldier, governor, vice-president, policeman, Nobel Peace Prize winner, president, father, and Bull Moose! Join us to learn about the conservationist president and the 230 million-acre legacy of national wild areas he left for all of us to enjoy. Journey back in time and enjoy stories of our national park system through the eyes of President Teddy Roosevelt. *Presenter: Adam Lindquist, national award-winning Roosevelt look-alike.*

Special Registration: Sign up at the Redeemer Lutheran Church Welcome Desk or call the church office at (651) 429-5411 between February 24 and March 15. Walk-ins welcome.

Fee: Freewill offering.

Second Sunday Concerts with MacPhail

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

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

Upcoming concerts:

- **January 12:** Jeff Lambert, classical guitar
- **February 9:** Jacqueline Ultan, cello, and Julie Johnson, flute
- **March 8:** Mikyoung Park, voice

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 #17so

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.

- **January 3: Pizza lunch.** We'll serve pizza, salad, and dessert at noon.
Registration required by January 1.
Program #13so

(cont'd in next column)

Writing through the Decades

Thursdays, April 2–May 14
1:30–3 PM at Redeemer Lutheran
Church, Library

Join instructor and longtime community journalist Margie O'Loughlin to explore the art of writing your own memoir. Working each week from a prompt, we will write one chapter from each of the decades of our lives. At the close of the series, each student will have, at a minimum, an introductory chapter, a closing chapter, and chapters that look back at their childhood, teens, twenties, thirties, forties, fifties, and sixties—one memory at a time. Writers will be encouraged (but not required) to share what they have written. Bring a notepad and pen.

Fee: \$45

Registration required by March 30.
Program #42ea

- **February 7: KFC lunch.** 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 February 5.
Program #27so

- **March 6: House of Wong lunch.** We'll serve egg rolls, sweet and sour pork, chicken sub gum chow-mein, chicken fried rice, and a meatless entree too, along with oriental salad and dessert.

Registration required by March 4.
Program #36so

Fee: \$9.50 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: January 17, February 21, & March 20)
1–4:30 PM on the Lyngblomsten campus, Community Room (lower level)

FREE

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

Coach Bus Trip: *From the King, For the King: The Gospel According to Elvis*

Wednesday, March 11
10 AM–3:30 PM at the Masonic Heritage Center, Ives Auditorium, Bloomington, MN

A unique program of the legendary gospel music of Elvis. The show features Mick Sterling along with other singers performing the vocal parts of the Elvis Jordanaires, with a band providing gospel energy that you won't soon forget. A time to bring back the memories of the man and his music. A delicious chicken dinner with all the fixins' and dessert/coffee will begin our entertaining day out.

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: \$82 includes coach bus transportation, show, lunch, and tip for the driver.

Registration and payment required by February 19.

Program #311so

Lakeshore Players Theatre Matinee Performance: *Wait Until Dark*

Sunday, March 8
2–5 PM at Lakeshore Players Theatre (4941 Long Avenue, White Bear Lake)

In 1944 Greenwich Village, Susan Hendrix, a blind yet capable woman, is imperiled by a trio of men in her own apartment. As the suspense builds, Susan discovers that her blindness just might be the key to her escape, but she and her tormentors must wait until dark to play out this classic thriller's chilling conclusion. Join us in the easily-accessible, brand new home of Lakeshore Players Theatre for an afternoon of thrilling theatre! Choose to stay after the show for a 30-minute talk-back with the cast and crew of the show and learn insightful knowledge on the creation of this classic and suspenseful tale. Tickets are limited to 25 spots. Sign up early to secure your seat today! Transportation is not provided. You also can learn about the production from director Larisa Netterlund at "Coffee and Conversation" on March 2; see page 9 for details.

Fee: \$26/person

Registration required by February 26.
Program #38so

Laugh 'N Chat

Tuesdays

9–11 AM on the Lyngblomsten campus, Community Room (lower level). (No meeting on March 3.)

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: Catherine G. Murphy Gallery Tour

Thursday, February 13

1–2 PM at the Catherine G. Murphy Gallery (Visual Arts Building, 2004 Randolph Avenue, St. Paul)

The Catherine G. Murphy Gallery strives to engage the St. Catherine University community and the greater community in women-centered visual arts. We will be given a guided tour by the museum director, Nicole Watson. The exhibit, *Cartography of Desire*, gathers works of 12 artists from 10 geo-political locations. If maps structure and, at times, constrain our knowledge, the work of these artists proposes an alternate landscape: the textured contours of a vibrant and, at times, troubled world.

Bus site pick-ups:

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

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

Return time: Approximately 2:45 PM

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

Registration required by February 11. Program #213so

Out & About: House of Hope Presbyterian Church Tour

Thursday, March 19

1–2 PM at House of Hope Presbyterian Church (797 Summit Avenue, St. Paul)

Join us for this tour of a Summit Avenue landmark. Founded in 1907, the building was designed by noted architect Ralph Adams Cram. It is a Gothic Revival style church with flying buttresses needed to support walls thin enough for stained glass windows.

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

Registration required by March 17.

Program #319so



Out to Lunch: Grumpy’s Bar and Grill

Friday, January 24
 11 AM–2 PM at Grumpy’s Bar and Grill (2801 Snelling Avenue N, Roseville)

Twin Cities best in food for years! Join us as we enjoy lunch together at Grumpy’s. The menu is full of salads, soups, hot and cold sandwiches, burgers, pizza, and more!

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 transportation fee the day of the event. Lunch expense is on your own.

Registration required by January 22.
 Program #124so

Out to Lunch: D’Amico & Sons

Friday, February 21
 11 AM–2 PM at D’Amico & Sons (1490 County Road B, Roseville)

Fresh, great-tasting Italian food! Enjoy a variety of pastas, grilled entrées, gourmet salads and antipasti, Italian sandwiches, soups, and desserts. D’Amico & Sons offers flavorful and fresh Italian pasta and pizza in a casual neighborhood café.

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 transportation fee the day of the event. Lunch expense is on your own.

Registration required by February 19.
 Program #221so

Out to Lunch: Lucky’s 13 Pub

Friday, March 27
 11 AM–2 PM at Lucky’s 13 Pub (2480 Fairview Avenue N, Roseville)

Great food and good fun near you. What a menu! Breakfast all day, not to mention burgers, soups, salads, and a huge sandwich menu (hot and cold). Today is our lucky day--join us, won’t you?

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 transportation fee the day of the event. Lunch expense is on your own.

Registration required by March 25.
 Program #327so



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 #13hws

Cultivating Spiritual Qualities For Well-Being: Gratitude & Generosity

Wednesday, February 5

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

The great wisdom traditions teach us that in order to grow in wisdom, be at peace with ourselves and the world, and reach our fullest spiritual maturity, it is beneficial to develop certain spiritual qualities. These qualities are remarkably consistent across different traditions. In this first of two workshops, we will address the qualities of gratitude and generosity. In the workshop, we will explore the meaning of gratitude and generosity from the perspective of different spiritual teachers, how we can develop these qualities, and what spiritual practices we can do to cultivate them. The workshop will include presentation, videos, and discussion among participants. *Presenter: Ed Colón is a volunteer hospice worker and the provider of workshops on life review, reminiscing, and the spirituality of aging.*

Fee: \$12.50

Registration preferred; walk-ins welcome.

Program #25hws

HealthRHYTHMS Drumming

2nd Monday each month (Upcoming: January 13, February 10, & March 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: \$8/class

Registration preferred; walk-ins welcome.

Program #113hws

The Healthy Brain

Monday, February 3

10 AM–Noon at Centennial United Methodist Church (1524 West County Road C2, Roseville), Fellowship Hall

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. There will be time for questions. This will be an engaging, educational, and possibly life-altering event. Even for those experiencing some memory loss, continuing to work on having a healthy brain is essential. *Presenter: Carolyn Klaver, RN, Community Dementia Care Specialist.*

FREE

Registration preferred; walk-ins welcome.

Program #23hws

Morning Talks

A monthly health education series for the community

(formerly Market Place Morning Talks)

2nd Wednesday each month

9–10 AM (please note time change) at Cardigan Ridge Senior Living (3300 Rice Street, Little Canada)

- January 8: Act Up for the Health of It!**
 Start the New Year with an upbeat presentation that provides healthful benefits! *Presenter: Retired physician Dale Anderson.*
Registration required by January 7.
 Program #18hws
- February 12: Warm Weather Travel Adventures: Hawaii Anyone?**
 Enjoy an armchair travel adventure to the warm climes of Hawaii. The perfect antidote to a cold winter day. Aloha! *Presenter: John Sweeney, world traveler.*
Registration required by February 11.
 Program #212hws
- March 11: Planning for Your Future**
 Come learn about the benefits of having your future plans in writing with an elder law attorney. *Presenter: David Finch, elder law attorney.*
Registration required by March 10.
 Program #311hws

Complimentary coffee and treats provided.

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

FREE

Redeemer Primetime: Thriving in the Second Half

Thursday, January 16

9:30–11 AM at Redeemer Lutheran Church, Atrium (9:30 AM coffee and treats, 10 AM devotions and program)

Do you want to thrive in the second half of your life? Join Patty Nelson, a nationally board certified health and wellness coach, to discover how you can increase your longevity and live a happier and healthier life through lifestyle choices. Patty went from being an intensive care nurse to becoming an integrative health and wellness coach. Patty founded True North Health Coaching to provide individuals with an opportunity to explore how their mind, body, and spirit influence their overall health and well-being.

Fee: Freewill offering.

Special Registration: Sign up at the Redeemer Lutheran Welcome Center or call the church office at (651) 429-5411 between January 6 and January 14. Walk-ins welcome.

NAVIGATING AGING
www.lyngblomsten.org/blog

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

SAIL: Stay Active and Independent for Life

Mondays & Wednesdays,
January 13–April 1

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

Stay Active and Independent for Life (SAIL) is a strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. Join other adults twice weekly to improve your overall health and wellness.

Instructors: Dwenda Gjerdingen and Diane Clayton, volunteers through RSVP Volunteers of America.

Fee: \$15

Registration required.

Learn more: Contact Becky Hulden at (651) 632-5335 or bhulden@lyngblomsten.org.
Program #113hws2

Visit with a Faith Community Nurse

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

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

FREE

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

Yogadevotion

Tuesdays

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

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

- **Series 1: January 7–February 25**
Registration required by January 3.
- **Series 2: March 3–April 21**
Registration required by February 28.

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

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



Caregiver Services

Caregiver Resource & Referral Service

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 Jeanne Schuller, MSW, at (651) 632-5320 or jschuller@lyngblomsten.org.

Caregiver Support Group

3rd Wednesday each month (Upcoming: January 15, February 19, & March 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.

FREE No registration required.

Learn more: Contact Jeanne Schuller, MSW, at (651) 632-5320 or jschuller@lyngblomsten.org.

Dementia Caring & Coping Series

2nd Thursday each month
1–3 PM at Ramsey County Library-Roseville (2180 North Hamline Avenue, Roseville), Community Room (note location change for February and March presentations)

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

- **January 9: Something's Different, Should I Be Concerned?**
Amy House, Certified Positive Approach to Care Trainer, and Mary Bauer, Deaf and Hard of Hearing Specialist with the Minnesota Department of Human Services, will present on Teepa Snow's "normal" versus "not normal" aging. Learn what other symptoms mimic dementia and how hearing loss affects those with possible dementia.
- **February 13: Who's On Your Team?**
Catherine Engstrom, social worker with Wilder Aging Services, will lead a conversation about why it is important for caregivers to have a team of support, who should be on that team, and what kind of support team members can provide. *NOTE: Presentation will be held at the Roseville Oval (2661 Civic Center Drive, Roseville), Rose Room.*
- **March 12: Your Medical Diagnostic Team**
Terry Barclay, a neuropsychologist who is the clinical director of the HealthPartners Neuropsychology Neurosciences Division, Center for Memory and Aging, will discuss the importance of diagnosing dementia and how one can do this. *NOTE: Presentation will be held at the Roseville Oval (2661 Civic Center Drive, Roseville), Rose Room.*

(cont'd on next page)

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

FREE No registration required.

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

Former Dementia Caregiver Support Group

3rd Tuesday each month (Upcoming: January 21, February 18, & March 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.

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.

(cont'd in next column)

Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.

FREE No registration required.

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

REACH—Resources for Enhancing Alzheimer's Caregiver Health

One-on-one caregiver support, education, and counseling. REACH is a proven approach used by caregiver consultants to support those who are caring for someone with Alzheimer's or a related dementia. The goals are to teach caregivers how to reduce stress, solve problems, manage difficult behaviors exhibited by the person with dementia, feel confident in the care provided, and improve their ability to cope. Four one-hour sessions to be scheduled by caregiver and counselor.

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 Jeanne Schuller, MSW, at (651) 632-5320 or jschuller@lyngblomsten.org, or visit www.lyngblomsten.org/caregivers.

Group Respite (The Gathering)

Visit lyngblomsten.org/TheGathering for a list of church partners and Gathering program sites.

The Gathering provides a day of stimulating activities for those experiencing early- to mid-stage memory loss and gives five hours of respite to caregivers who desire a break. Each program site meets 2–4 times per month and accommodates a group of 8–10 participants. One volunteer is paired with every participant.

Funded in part by the Older Americans Act Title III-E National Family Caregiver Support Program in partnership with the Metropolitan Area Agency on Aging.

Contribution: Sliding scale

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

Resources for Churches**Older Adult Ministry Forum: Compassionate Caregiving**

Thursday, March 5

10 AM–Noon at Augustana Lutheran Church (1400 South Robert Street, West St. Paul)

What are the personal benefits as well as the challenges of caring for another person? Beginning with an overview of caregiving from a biblical perspective, this program focuses on caring for one's own physical, emotional, and spiritual life while caring for others. Participants will be given tools for real-life application. *Presenter: Marian Eisenmann is a retired Lutheran pastor, hospital chaplain, and nurse.*

Fee: \$12

Registration preferred by March 3. Walk-ins welcome.

(cont'd in next column)

Learn more: Contact Becky Hulden, RN, at (651) 632-5335 or bhulden@lyngblomsten.org. Program #35rs

Parish Nurse Ministry Resource Group

2nd Monday each month
Noon–1:30 PM

A resource and networking group for parish nurses to connect for education and professional support. Join with other parish nurses for a monthly brown-bag lunch for ministry support and resource sharing. Upcoming gatherings include:

- **January 13:** Held on the Lyngblomsten campus, Care Center Conference Room
- **February 10:** Held at Centennial United Methodist Church (1524 West County Road C2, Roseville)
- **March 9:** Held on the Lyngblomsten campus, Care Center Conference Room

FREE

Learn more: Contact Becky Hulden, RN, at (651) 632-5335 or bhulden@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

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.

Support Groups

Caregiver Support Groups

See pages 20–21.

Grief Support Group

2nd Thursday each month (Upcoming: January 9, February 13, & March 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: January 2, February 6, & March 5)
1–3 PM on the Lyngblomsten campus, The Heritage 2nd Floor Lounge

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

FREE No registration required.

Learn more: Contact Jay Haukom at (651) 632-5391 or jhaukom@lyngblomsten.org.

Twin Cities Support Group for Persons with Lewy Body Dementia

1st Wednesday each month (Upcoming: January 8, February 5, & March 4)
(January session on 2nd Wednesday due to holiday)

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. 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: January 8, February 12, & March 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 welcome. *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

AARP Tax Assistance

Tuesdays & Thursdays, February 11–April 14

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

This is a FREE service provided by AARP Taxaide volunteers who will help you file your tax returns. It is available for community members, tenants, residents, and employees. You will need to bring your:

- 2018 Tax Return
- W-2s and 1099 forms
- If you have a Health Savings Account (HSA), you must bring your 2019 Form 1099-SA and, if available, your form 5498-SA from the HSA trustee
- Any information relating to sales of stocks, bonds, real estate, etc.
- Valid government-issued photo ID
- Social Security card for yourself and any dependents
- Property Tax Statement (to complete your property tax refund papers)

FREE

Appointments required: Call (651) 999-2499. Messages will be picked up by an AARP volunteer who will return your call to schedule your appointment. Messages will not be picked up until the last week in January, so please do not expect any calls before that time. The message box gets very full at times, so please be patient while waiting for a return call throughout the tax season. The AARP volunteers are working very hard to accommodate you.

Aphasia Conversation Group

Mondays, January 20–April 13
2–3:30 PM on the Lyngblomsten campus, Community Room (lower level)

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, March 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. *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 March 9.
Program #323sop1 (morning shift),
and #323sop2 (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.

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

Volunteer Opportunities: 2nd Half with Lyngblomsten

- **Hospitality:** Help guests of programs and classes feel welcome and comfortable. Volunteers will help with set up, attendance, welcoming, and clean up.
- **The Gathering:** In a group setting, work one on one with a person with memory loss. The day is planned by a Lead Volunteer. Volunteer as a lead or as a one-on-one volunteer.
- **In-Home Respite:** Respite is short-term relief that allows caregivers to attend to matters other than caring for their loved one. As an In-Home Respite Companion, you will spend two to three hours visiting with an older adult with memory loss in his or her home.

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

Registration Information

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

3 ways to register:

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

Mail:

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

Dropbox:

2nd Half with Lyngblomsten—Como Park

Lower level of the Lyngblomsten campus,
Community Services Offices
1415 Almond Avenue
St. Paul, MN 55108

2nd Half with Lyngblomsten —White Bear Lake

Redeemer Lutheran Church
3770 Bellaire Avenue
White Bear Lake, MN 55110

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

3. Register on the phone by calling (651) 632-5330. If you leave a message, we will follow up to confirm your registration as soon as possible. Messages are picked up Monday–Friday.

Payment

We accept cash, check, and credit card.

- Make checks payable to “Lyngblomsten Services,” unless noted otherwise.
- Payment by credit card is only available for online registration.

Policies

Cancellations & Refunds

2nd Half with Lyngblomsten reserves the right to cancel programs due to lack of enrollment or other unforeseeable circumstances. If a program is canceled due to low enrollment, a full refund will be granted. Participants who cancel out of a program by the registration deadline will receive a full refund minus a \$7 per program processing fee. No refunds will be given after a program has started. Supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date (unless noted otherwise).

Closings Due to Weather

In case of bad weather, check 2nd Half with Lyngblomsten’s website at www.lyngblomsten.org/2ndHalf for the most current updates. You will be notified if a program or class is canceled.

Offerings Subject to Change

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

Photos

Participant pictures may be taken during activities and be included in Lyngblomsten publications and online. However, any participant may request that photos not be published. If you do not want your photograph used, please contact us.

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

Help us be good stewards by going paperless

If you receive a copy of the catalog in the mail, consider going paperless!

Instead of mailing the catalog to you, we'll send you an email alerting you when new opportunities are available online.

It's that simple!

Plus, by using our online registration system, you'll be able to sign up for opportunities immediately and have the option to pay by credit card.

We strive to be good stewards of our resources, and making the catalog available electronically is one way we can do this.

To unsubscribe from our print mailing list, **call (651) 632-5330**. After you sign up for an opportunity online, you'll automatically be added to an email list that will receive notifications when new opportunities are available online.

