

## Activities

arts, music, dance, exercise, outings, memory cafés, social opportunities, etc. for care partners and individuals

### August, 2019

**Always check details on any event, before attending. Details change quickly.**

Thursday	Aug. 1	<p><b>Walking and Talking</b> <b>new</b></p> <p><b>What:</b> Join others for a 30-minute walk at the Minnesota History Center followed by a dementia-friendly guided tour of the exhibits.</p> <p><b>When:</b> First Thursday of the month, walk from 9:30 – 10:00am and health talk from 10:00 – 10:30am.</p> <p><b>Where:</b> Minnesota History Center 345 W Kellogg Blvd. St. Paul, MN 55102</p> <p><b>Cost:</b> No cost for the walk but there is a fee for parking.</p> <p><b>Register:</b> No registration necessary</p> <p><b>Questions:</b> Wilder Caregiving Services: <a href="mailto:caregiving@wilder.org">caregiving@wilder.org</a> or 651-280-2273</p>
Friday	Aug. 2	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p>

**Where:** FamilyMeans  
1875 Northwestern Avenue S  
Stillwater, MN 55082

**Cost:** \$40 each visit

**Registration:** required before attending Day Out!  
Please connect with our FamilyMeans staff at 651-439-4840.

### **NE Day Spot**

**What:** People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.

A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.

No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.

**When:** Every Friday, 10 AM - 2 PM July 5, 12, 19, 26

**Where:** East Side Neighborhood Services  
1700 2<sup>nd</sup> St NE  
Minneapolis MN 55413

**Cost:** Sliding fee scale, \$0-\$45

**RSVP:** Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

**Contact for more information: Interested in participating?** Contact Parichay Rudina, LISW, 612-787-4085 [prudina@esns.org](mailto:prudina@esns.org).

**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

### **OboeBass!**

**What:** 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.

**When:** Friday, August 2 10:30 – 11:30 AM

**Where:** Lyngblomsten – Benson-Newman Chapel  
1415 Almond Ave.  
St. Paul, MN 55108

**Cost: FREE**

**No registration required**

### **Bingo & Lunch**

**What:** House of Wong Lunch: egg rolls, sweet and sour pork, chicken fried rice. Register by July 31.

**When:** 1<sup>st</sup> Friday every month 12 noon – 2 pm

**Where:** Lyngblomsten - Community Room  
1415 Almond Avenue  
St. Paul

**Fee:** \$8.50 plus .50 for 2 Bingo cards (pay separately)

**Register** by Wednesday before bingo & lunch - call 651.632.5330

**Ageless Grace® Exercise Class**

**What:** Ageless Grace® is practiced seated and to music. It consists of movements that are natural and organic (and never the same twice). Ageless Grace® classes provide excellent chair exercise, as well as cognitive and social benefits. There is always a lot of laughter at an Ageless Grace® class.

**Teacher:** Pola Rest


**Care partners (caregiver and care recipient) are welcome.**

**When:** Fridays 1:30 – 2:00 PM

**Where:** Lyngblomsten Apartments – Main Dining Room  
1455 Almond Ave.  
St. Paul, MN 55108

**Cost:** \$1 per participant

**No registration required.**

		<p><b><u>Chair Yoga - St. Anthony Park library</u></b></p> <p><b>What:</b> Free, weekly, chair yoga class at the St. Anthony Park library sponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.</p> <p><b>When:</b> Fridays, 2:30 – 3:30pm</p> <p><b>Where:</b> St. Anthony Park Library - lower level 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p><b>Cost:</b> free</p>
<b>Saturday</b>	<b>Aug. 3</b>	
<b>Sunday</b>	<b>Aug. 4</b>	
<b>Monday</b>	<b>Aug. 5</b>	 <p><b>Giving Voice Chorus®-St. Paul -Summer 2019</b></p> <p><b>What:</b> Giving Voice Chorus®-St. Paul is a chorus for People Living with Alzheimer's and their Caregivers.</p> <p>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.</p> <p>Weekly rehearsals are 90 minutes long with social time before and following rehearsal. The chorus performs publicly at least twice a year in the St. Paul area.</p> <p>Each registration requires a partner.</p> <p>Learn more at <a href="http://www.givingvoicechorus.org">www.givingvoicechorus.org</a>.</p> <p><b>Teacher:</b> Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p><b>Cosponsors:</b> Jewish Family Service</p>

		<p>Lyngblomsten HealthPartners Center for Memory &amp; Aging Amherst H. Wilder Foundation MacPhail Center for Music</p> <p><b>When:</b> Summer 2019 Semester: June 24 – August 12, 2019 10AM- 12:00PM</p> <p><b>Where:</b> Lyngblomsten - Newman-Benson Chapel 1415 Almond Avenue St. Paul</p> <p><b>Registration required.</b> (612) 321-0100 MacPhail Center for Music <b>Fee:</b> \$50 per person. Each registration requires a partner.</p>
<b>Tuesday</b>	<b>Aug. 6</b>	<p><b><u>James J. Hill House: Tours for People with Memory Loss</u></b></p> <p><b>What:</b> Take a sensory-based tour designed for people with memory loss and their caregiver. Each themed tour highlights three rooms in the James J. Hill House. <b>Care partners (caregiver and care recipient) are welcome.</b></p> <p><b>When:</b> Offered the first Tuesday of every month from 10-11 am</p> <p><b>Where:</b> James J. Hill House 240 Summit Ave. St. Paul, MN 55102</p> <p><b>Cost:</b> Free, registration required</p> <p><b>Reservations:</b> Call 651-259-3015 or register online</p> <p><b>Information:</b> <a href="mailto:hillhouse@mnhs.org">hillhouse@mnhs.org</a></p>
<b>Wednesday</b>	<b>Aug. 7</b>	<b><u>Memory Café</u></b>

**What:** For people with dementia and their care partners. Come and enjoy a snack and good company with other families living with dementia. In partnership with HealthPartners Neuroscience Center.

**When:** First Wednesday of the month 10:00-11:30 am

**Where:** HealthPartners Neuroscience Center  
295 Phalen Boulevard  
St. Paul, MN 55130

**Cost:** No Cost

**Information:** Wilder Caregiving Services: [caregiving@wilder.org](mailto:caregiving@wilder.org) or 651-280-2273

**Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership**

**What:** 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. All are welcome. No experience required.

**Care partners (caregiver and care recipient) are welcome.**

**When:** Wednesdays 9:00–10:00 AM **starts again in September**

**Where:** Lyngblomsten - The Heritage - dining room  
1440 Midway Parkway  
St. Paul, MN 55108

**Cost:** \$20/quarter **starts again in September**

		<p><b><u>RSVP: required for new members</u></b></p> <p><b>Information:</b> 651-632-5330</p>
Thursday	Aug. 8	<p><b><u>Senior Cinema Series - St. Anthony Park library</u></b></p> <p><b>What:</b> Free, monthly movie at the St. Anthony Park library cosponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.</p> <p><b><u>Finding Your Feet</u></b></p> <p>“On the eve of retirement a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.</p> <p>Director: Richard Loncraine</p> <p>Writers: Meg Leonard, Nick Moorcroft</p> <p>Stars: Imelda Staunton, Celia Imrie, Timothy Spall”</p> <p>Source: <a href="https://www.imdb.com/title/tt4538916/">https://www.imdb.com/title/tt4538916/</a></p> <p><b>Trailer:</b> <a href="https://www.youtube.com/watch?v=nNB3PjYStUo">https://www.youtube.com/watch?v=nNB3PjYStUo</a></p> <p><b>When:</b> 2<sup>nd</sup> Thursday of each month, 2 – 4pm</p> <p><b>Where:</b> St. Anthony Park Library - lower level (Chilly, bring a sweater or afghan.) 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p><b>Cost:</b> free</p>



Friday	Aug. 9	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p><b>Cost:</b> \$40 each visit</p> <p><b>Registration:</b> required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><b><u>NE Day Spot</u></b></p> <p><b>What:</b> People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.</p> <p>A staff &amp; volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions. <b>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</b></p> <p><b>When:</b> Every Friday, 10 AM - 2 PM July 5. 12. 19. 26</p> <p><b>Where:</b> East Side Neighborhood Services 1700 2<sup>nd</sup> St NE</p>
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Minneapolis MN 55413

**Cost:** Sliding fee scale, \$0-\$45

**RSVP:** Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

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**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

**Coffee & Games Day**

**What:** Play games like Scrabble, Dominoes, and Sequence with your neighbors.  
**All are welcome.**

**When:** 2<sup>nd</sup> and 3<sup>rd</sup> Fridays of each month 10 am - noon

**Where:** Centennial United Methodist Church - Fellowship Hall  
2200 Hillside Ave.  
St. Paul, MN

**Cost:** Free

**Registration:** none

**Sponsor:** St. Anthony Park Area Seniors

**Information:** Katharine Tondra SAPA Seniors Program Coord.- 651-642-9052

**Ageless Grace® Exercise Class**

**What:** Ageless Grace® is practiced seated and to music. It consists of movements that are natural and organic (and never the same twice). Ageless Grace® classes provide excellent chair exercise, as well as cognitive and social benefits. There is always a lot of laughter at an Ageless Grace® class.

**Teacher:** Pola Rest

**Care partners (caregiver and care recipient) are welcome.**

**When:** Fridays 1:30 – 2:00 PM

**Where:** Lyngblomsten Apartments – Main Dining Room  
1455 Almond Ave.  
St. Paul, MN 55108

**Cost:** \$1 *per* participant

**No registration required.**


**Chair Yoga - St. Anthony Park library**

**What:** Free, weekly, chair yoga class at the St. Anthony Park library sponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.

**When:** Fridays, 2:30 – 3:30pm

**Where:** St. Anthony Park Library - lower level  
2245 Como Ave.  
St. Paul (St. Anthony Park neighborhood)

		<p><b>Cost:</b> free</p> <p><b>Registration:</b> none</p>
<b>Saturday</b>	<b>Aug.10</b>	<p><b><u>Lunch with Friends</u></b></p> <p><b>What:</b> Join some soon-to-be friends for lunch at Elsie's in NE Minneapolis! An opportunity for older adults with any health condition and their caregiver to have lunch and meet new people.</p> <p><b>When:</b> Every 2nd Saturday of the month, 11 AM - 1 PM, starting May 11<sup>th</sup></p> <p><b>Where:</b> Elsie's 729 Marshall St NE Minneapolis, MN 55413</p> <p><b>Cost:</b> Buy your own lunch</p> <p><b>RSVP:</b> Yes please! Parichay Rudina, LISW, 612-787-4085 or <a href="mailto:prudina@esns.org">prudina@esns.org</a> by the Friday before.</p> <p><b>Contact for more information:</b> Parichay Rudina, LISW, 612-787-4085 or <a href="mailto:prudina@esns.org">prudina@esns.org</a></p>
<b>Sunday</b>	<b>Aug.11</b>	<p><b><u>Second Sunday Concerts with MacPhail</u></b></p> <p><b>What:</b> Join us the second Sunday of each month for a FREE concert featuring different musical performances from MacPhail Center for Music. This month's performance is by David Koziak, voice with piano accompaniment. He will focus on the Love Letters of Clara and Robert Schumann, their relationship, and songs written by each of them. Light refreshments served afterwards.</p>

		<p><b>Please consider donating a new or gently used iPod or an iTunes gift card to support Lyngblomsten's Music &amp; Memory program.</b></p> <p><b>When:</b> Sunday, August 11 2 – 3 pm.</p> <p><b>Where:</b> Lyngblomsten – Benson-Newman Chapel 1415 Almond Ave. St. Paul, MN 55108</p> <p><b>Cost: FREE</b></p> <p><b>No registration required</b></p>
Monday	Aug.12	 <p><b>Giving Voice Chorus®-St. Paul -Summer 2019</b></p> <p><b>What:</b> Giving Voice Chorus®-St. Paul is a chorus for People Living with Alzheimer's and their Caregivers.</p> <p>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.</p> <p>Weekly rehearsals are 90 minutes long with social time before and following rehearsal. The chorus performs publicly at least twice a year in the St. Paul area.</p> <p><b>Each registration requires a partner.</b></p> <p>Learn more at <a href="http://www.givingvoicechorus.org">www.givingvoicechorus.org</a>.</p> <p><b>Teacher:</b> Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p><b>Cosponsors:</b> Jewish Family Service Lyngblomsten</p>

		<p style="text-align: center;">HealthPartners Center for Memory &amp; Aging Amherst H. Wilder Foundation MacPhail Center for Music</p> <p><b>When:</b> Summer 2019 Semester: June 24 – August 12, 2019 10AM- 12:00PM</p> <p><b>Where:</b> Lyngblomsten - Newman-Benson Chapel 1415 Almond Avenue St. Paul</p> <p><b>Registration required.</b> (612) 321-0100 MacPhail Center for Music <b>Fee:</b> \$50 per person. Each registration requires a partner.</p>
Tuesday	Aug.13	<p><b><u>Let's Do Lunch! Café - St. Paul site!!!!!!!!!!!!!!</u></b></p> <p><b>What:</b> A monthly social event for LGBTQ seniors that <b>welcomes people with memory loss and their caregivers/partners.</b> This café is a unique venue where you can relax, enjoy lunch and gather information on senior and LGBTQ services. Come for the food, stay for the company! Be yourself, make new friends, and get up-to-date on ways to increase your well-being and independence.</p> <p><b>When:</b> 2<sup>nd</sup> Tuesday of every month 11:30 AM - 1:30 PM</p> <p><b>Where:</b> Wilder Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p><b>Cost:</b> FREE, but RSVP is required</p> <p><b>RSVP:</b> 651-280-CARE (2273)</p> <p><b>Questions:</b> 651-280-CARE (2273)</p>

**North East Seniors for Better Living Memory Café and Social Club**

**What:** A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of each month

11am-12pm Memory Café and Social Hour

12pm-1pm Free lunch! Provided by Loaves and Fishes

1pm-3pm Fun & educational presentations by guest speakers

Free blood pressure checks from nursing students

Activities including cards, board games, bingo, and crafts

**Where:** North East Seniors for Better Living  
1961 Sherwood Avenue  
St. Paul, MN 55119

**Cost:** FREE

**RSVP not required.**

**Ballroom Dance**

**What:** Join Roseville Area Senior Program for social dances with refreshments. Live music! A different band each time. **All are welcome!**

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month 1:30 - 4:00 pm

**Where:** Fairview Community Center - solarium  
1910 County Road B West  
Roseville, MN

		<p><b>Cost:</b> \$5 each</p> <p><b>Registration:</b> none</p>
Wednesday	Aug.14	<p><b><u>Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership</u></b></p> <p><b>What:</b> 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. All are welcome. No experience required.</p> <p><b>Care partners (caregiver and care recipient) are welcome.</b></p> <p><b>When:</b> Wednesdays 9:00–10:00 AM <b>starts again in September</b></p> <p><b>Where:</b> Lyngblomsten - The Heritage - dining room 1440 Midway Parkway St. Paul, MN 55108</p> <p><b>Cost:</b> \$20/quarter <b>starts again in September</b></p> <p><b><u>RSVP: required for new members</u></b></p> <p><b>Information:</b> 651-632-5330</p> <p><b><u>Arthur's Memory Café</u></b></p> <p><b>What:</b> A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p><b>When:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month from 1 P.M. to 3 P.M.</p>



		<p><b>Where:</b> J. Arthur's Coffee Shop 2441 Rice Street Roseville, MN 55109</p> <p><b>Cost:</b> FREE</p>
Thursday	Aug.15	<p><b><u>Walking and Talking</u></b></p> <p><b>What:</b> Join others for a 30-minute walk at various indoor locations. . Walkers are invited to join us afterwards for coffee, treats and information about maintaining health.</p> <p><b>When:</b> Third Thursday of the month, walk from 9:30 – 10:00 and health talk from 10:00 – 10:30.</p> <p><b>Where:</b> AARP Information Center at the Mall of America, (located on the third floor between Macy's and Nordstrom's) 228 W. Market Bloomington</p> <p><b>Cost:</b> Free</p> <p><b>Register:</b> No registration necessary</p> <p><b>Questions:</b> Wilder Caregiving Services: <a href="mailto:caregiving@wilder.org">caregiving@wilder.org</a> or 651-280-2273</p> <p><b><u>Armchair Traveler: South Korea</u></b></p> <p><b>What:</b> We will take a visual tour of South Korea. This will include Seoul, the capital city, their major shopping district, and learn the history and significance of the Demilitarized Zone, the 38th Parallel.</p> <p><b>Presenter:</b> Gil Dignen, photographer and retired Northwest Airline pilot.</p> <p><b>When:</b> Thursday, August 15 1:00 PM–2:30 PM</p>

		<p><b>Where:</b> Lyngblomsten - Community Room 1415 Almond Avenue St. Paul</p> <p><b>Free program;</b> \$3 for pie and coffee (Optional; pay at the door).</p> <p><b>Registration preferred; walk-ins welcome.</b></p>
Friday	Aug.16	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p><b>Cost:</b> \$40 each visit</p> <p><b>Registration:</b> required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><b><u>NE Day Spot</u></b></p> <p><b>What:</b> People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.</p>

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1700 2<sup>nd</sup> St NE  
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**Cost:** Sliding fee scale, \$0-\$45

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**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

### **Coffee & Games Day**

**What:** Play games like Scrabble, Dominoes, and Sequence with your neighbors.  
All are welcome.

**When:** 2<sup>nd</sup> and 3<sup>rd</sup> Fridays of each month 10 am - noon

**Where:** Centennial United Methodist Church - Fellowship Hall  
2200 Hillside Ave.  
St. Paul, MN

**Cost:** Free

**Registration:** none

**Sponsor:** St. Anthony Park Area Seniors

**Information:** Katharine Tondra SAPA Seniors Program Coord.- 651-642-9052

**Out to Lunch – Gasthaus Bavarian Hunter**

**What:** Sauerbraten, Schnitzels, and Goulasch Soup Casserole as well as a burger and a reuben on this menu. A local landmark outside of Stillwater and if the weather cooperates we will sit on the patio!

**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.

**When:** Friday, August 16 11 AM-2 PM at Gasthaus Bavarian Hunter

**Bus site pick-up:**

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

10:30 AM from Applewood Pointe of Roseville (1480 Applewood Court W, Roseville)

**Where:** Gasthaus Bavarian Hunter  
8390 Lofton Avenue  
Stillwater, MN

**Costs:** \$7 for transportation; please pay day of event. Lunch expense is on your own.

**Registration:** required by August 14

For online registrations see [www.lyngblomsten.org/2ndhalf](http://www.lyngblomsten.org/2ndhalf) or call: 651.632.5330

**Ageless Grace® Exercise Class**

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**Teacher:** Pola Rest

**Care partners (caregiver and care recipient) are welcome.**

**When:** Fridays 1:30 – 2:00 PM

**Where:** Lyngblomsten Apartments – Main Dining Room  
1455 Almond Ave.  
St. Paul, MN 55108

**Cost:** \$1 per participant

**No registration required.**

**Chair Yoga - St. Anthony Park library**

**What:** Free, weekly, chair yoga class at the St. Anthony Park library sponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.

**When:** Fridays, 2:30 – 3:30pm

**Where:** St. Anthony Park Library - lower level

		<p>2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p><b>Cost:</b> free</p> <p><b>Registration:</b> none</p>
<p><b>Saturday</b></p>	<p><b>Aug.17</b></p>	<p><b><u>5th Annual Dachshund Dash for Alzheimer's</u></b></p> <div data-bbox="573 667 972 878" data-label="Image"> </div> <div data-bbox="995 558 1583 878" data-label="Image"> </div> <p><b>What:</b> Fun for the whole family!!! Come to race or just to laugh and cheer! Weiner Dog races! Fabulous prizes! Hot dog plate and drink for \$5 donation. We will hold the races indoors in the garage if there is rain. Other dog breeds under 25lbs welcome to race in the Weiner Wannabe Race too!.</p> <p><b>When:</b> August 17th 10am-12pm 10am registration, 10:30am start time for races.</p> <p><b>Where:</b> Brightondale Senior Campus 2700 Rice Creek Road New Brighton MN 55112</p> <p>Back Patio/Meadowood Park- enter through Cub Parking Lot</p>

		<p><b>Cost:</b> Free to watch \$20 entry fee goes to the Alzheimer's Association Hot dog plate and drink for \$5 donation.</p> <p><b>RSVP:</b> none to watch to RSVP your dog: <a href="mailto:ahouse@brightondale.com">ahouse@brightondale.com</a></p>
<b>Sunday</b>	<b>Aug.18</b>	
<b>Monday</b>	<b>Aug.19</b>	
<b>Tuesday</b>	<b>Aug.20</b>	
<b>Wednesday</b>	<b>Aug.21</b>	<p><b><u>Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership</u></b></p> <p><b>What:</b> 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. All are welcome. No experience required.</p> <p><b>Care partners (caregiver and care recipient) are welcome.</b></p> <p><b>When:</b> Wednesdays 9:00–10:00 AM <b>starts again in September</b></p> <p><b>Where:</b> Lyngblomsten - The Heritage - dining room 1440 Midway Parkway St. Paul, MN 55108</p> <p><b>Cost:</b> \$20/quarter <b>starts again in September</b></p> <p><b><u>RSVP: required for new members</u></b></p> <p><b>Information:</b> 651-632-5330</p>

<b>Thursday</b>	<b>Aug.22</b>	
<b>Friday</b>	<b>Aug.23</b>	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p><b>Cost:</b> \$40 each visit</p> <p><b>Registration:</b> required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><b><u>NE Day Spot</u></b></p> <p><b>What:</b> People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.</p> <p>A staff &amp; volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p> <p>No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.</p> <p><b>When:</b> Every Friday, 10 AM - 2 PM July 5, 12, 19, 26</p>



**Where:** East Side Neighborhood Services  
1700 2<sup>nd</sup> St NE  
Minneapolis MN 55413

**Cost:** Sliding fee scale, \$0-\$45

**RSVP:** Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

**Contact for more information: Interested in participating?** Contact Parichay Rudina, LISW, 612-787-4085 [prudina@esns.org](mailto:prudina@esns.org).

**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

### **Let's Do Lunch!**

**What:** A monthly social event for LGBTQ seniors that welcomes people with memory loss and their caregivers/partners.

Join us each month for

- a healthy lunch
- scrumptious dessert
- great conversation
- information on senior LGBTQ services and senior care options

Come for the food, stay for the company! Be yourself, make new friends, and get up-to-date on ways to increase your well-being and independence.

**When:** **4<sup>th</sup> Friday of every month** 11:30 AM - 1:30 PM

**Where:** Little Brothers – Friends of the Elderly

1845 E. Lake St.  
Minneapolis

Convenient location in the heart of Midtown Minneapolis, just blocks from the Blue Line/Lake Street station.

**Cost:** FREE, but RSVP is required

**RSVP:** 612-721-1400 or [mhaas@littlebrothersmn.org](mailto:mhaas@littlebrothersmn.org)

**Sponsors:** Little Brothers – Friends of the Elderly, Prime Timers MSP, PFund

**Ageless Grace® Exercise Class**

**What:** Ageless Grace® is practiced seated and to music. It consists of movements that are natural and organic (and never the same twice). Ageless Grace® classes provide excellent chair exercise, as well as cognitive and social benefits. There is always a lot of laughter at an Ageless Grace® class.

**Teacher:** Pola Rest

**Care partners (caregiver and care recipient) are welcome.**

**When:** Fridays 1:30 – 2:00 PM

**Where:** Lyngblomsten Apartments – Main Dining Room  
1455 Almond Ave.  
St. Paul, MN 55108

**Cost:** \$1 per participant

**No registration required.**

		<p><b><u>Chair Yoga - St. Anthony Park library</u></b></p> <p><b>What:</b> Free, weekly, chair yoga class at the St. Anthony Park library sponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.</p> <p><b>When:</b> Fridays, 2:30 – 3:30pm</p> <p><b>Where:</b> St. Anthony Park Library - lower level 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p><b>Cost:</b> free</p>
<b>Saturday</b>	<b>Aug.24</b>	
<b>Sunday</b>	<b>Aug.25</b>	
<b>Monday</b>	<b>Aug.26</b>	
<b>Tuesday</b>	<b>Aug.27</b>	<p><b><u>North East Seniors for Better Living Memory Café and Social Club</u></b></p> <p><b>What:</b> A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p><b>When:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesday of each month 11am-12pm Memory Café and Social Hour 12pm-1pm Free lunch! Provided by Loaves and Fishes 1pm-3pm Fun &amp; educational presentations by guest speakers Free blood pressure checks from nursing students Activities including cards, board games, bingo, and crafts</p> <p><b>Where:</b> North East Seniors for Better Living 1961 Sherwood Avenue</p>

		<p style="text-align: center;">St. Paul, MN 55119</p> <p><b>Cost:</b> FREE</p> <p><b>RSVP not required.</b></p> <p><b><u>Ballroom Dance</u></b></p> <p><b>What:</b> Join Roseville Area Senior Program for social dances with refreshments. Live music! A different band each time. <b>All are welcome!</b></p> <p><b>When:</b> 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month 1:30 - 4:00 pm</p> <p><b>Where:</b> Fairview Community Center - solarium 1910 County Road B West Roseville, MN</p> <p><b>Cost:</b> \$5 each</p> <p><b>Registration:</b> none</p>
Wednesday	Aug.28	<p><b><u>Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership</u></b></p> <p><b>What:</b> 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. All are welcome. No experience required. <b>Care partners (caregiver and care recipient) are welcome.</b></p> <p><b>When:</b> Wednesdays 9:00–10:00 AM <b>starts again in September</b></p>

		<p><b>Where:</b> Lyngblomsten - The Heritage - dining room 1440 Midway Parkway St. Paul, MN 55108</p> <p><b>Cost:</b> \$20/quarter <b>starts again in September</b></p> <p><b><u>RSVP: required for new members</u></b></p> <p><b>Information:</b> 651-632-5330</p> <p><b><u>Arthur's Memory Café</u></b></p> <p><b>What:</b> A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p><b>When:</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month from 1 P.M. to 3 P.M.</p> <p><b>Where:</b> J. Arthur's Coffee Shop 2441 Rice Street Roseville, MN 55109</p> <p><b>Cost:</b> FREE</p>
<b>Thursday</b>	<b>Aug.29</b>	
<b>Friday</b>	<b>Aug.30</b>	<p><b><u>Day Out! Group Respite</u></b></p> <p><b>What:</b> Participants enjoy group discussions, creative projects, music, exercise, games and fun. Caregivers can also have a break while the person they care for spends time with FamilyMeans staff and volunteers in a group setting.</p> <p><b>When:</b> Every Friday 10am – 2pm</p> <p><b>Where:</b> FamilyMeans</p>

1875 Northwestern Avenue S  
Stillwater, MN 55082

**Cost:** \$40 each visit

**Registration:** required before attending Day Out!  
Please connect with our FamilyMeans staff at 651-439-4840.

**NE Day Spot**

**What:** People with early to moderate stage dementia and other health conditions can spend four hours together with our wonderful volunteers and staff. We'll engage our bodies and minds to stay as healthy as we can. Family and friend caregivers get a 4 hour break to rest, run errands, enjoy the company of friends and rejuvenate.

A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.

No hands-on care is provided, so you must be able to eat, walk and use the restroom independently.

**When:** Every Friday, 10 AM - 2 PM July 5, 12, 19, 26

**Where:** East Side Neighborhood Services  
1700 2<sup>nd</sup> St NE  
Minneapolis MN 55413

**Cost:** Sliding fee scale, \$0-\$45

**RSVP:** Pre-screening is required. Parichay Rudina, LISW, 612-787-4085 or [prudina@esns.org](mailto:prudina@esns.org)

**Contact for more information: Interested in participating?** Contact Parichay Rudina, LISW, 612-787-4085 [prudina@esns.org](mailto:prudina@esns.org).

**Interested in volunteering?** Contact Jennifer Grilliot, 612-787-4104 [jgrilliot@esns.org](mailto:jgrilliot@esns.org).

**Ageless Grace® Exercise Class**

**What:** Ageless Grace® is practiced seated and to music. It consists of movements that are natural and organic (and never the same twice). Ageless Grace® classes provide excellent chair exercise, as well as cognitive and social benefits. There is always a lot of laughter at an Ageless Grace® class.

**Teacher:** Pola Rest

**Care partners (caregiver and care recipient) are welcome.**

**When:** Fridays 1:30 – 2:00 PM

**Where:** Lyngblomsten Apartments – Main Dining Room  
1455 Almond Ave.  
St. Paul, MN 55108

**Cost:** \$1 *per* participant

**No registration required.**

**Chair Yoga - St. Anthony Park library**

**What:** Free, weekly, chair yoga class at the St. Anthony Park library sponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.

		<p><b>When:</b> Fridays, 2:30 – 3:30pm</p> <p><b>Where:</b> St. Anthony Park Library - lower level 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p><b>Cost:</b> free</p>
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<b>Saturday</b>	<b>Aug.31</b>	
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**variable meeting times**

**variable locations**



## 2nd Half with Lyngblomsten

**What**

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 5-5-1 zip code areas, the centers are designed to connect older adults to community services, resources, and opportunities to enhance their quality of life.

**Care partners (caregiver and care recipient) are welcome.**



	<p><b>When</b>  For information and the changing schedule of events visit  <a href="http://www.lyngblomsten.org/community-services/2ndhalf/#sthash.gDV9QTFS.dpuf">http://www.lyngblomsten.org/community-services/2ndhalf/#sthash.gDV9QTFS.dpuf</a></p>
<p><b>variable meeting times</b></p> <p><b>variable activities</b></p> <p><b>senior resources &amp; services</b></p>	<p><b>Roseville Area Senior Program</b>  Information in <i>The Seasons</i> newsletter – published bimonthly  <a href="https://www.isd623.org/community/community-ed/seniors/senior-enrichment-programs">https://www.isd623.org/community/community-ed/seniors/senior-enrichment-programs</a>  for links to senior enrichment activities, resources, and services  or phone: 651-604-3520</p>
<p><b>variable meeting times</b></p> <p><b>variable activities</b></p> <p><b>senior resources &amp; services</b></p>	<p><b>Saint Anthony Park Area Seniors Living-At-Home Block Nurse Program</b>  Schedule of daily Arthritis Foundaiton exercise classes, blood pressure clinics, outings, etc.  <a href="http://www.sapaseniors.org/?q=programs_events">http://www.sapaseniors.org/?q=programs_events</a></p>
<p><b>Electronic list of Minnesota community sings:</b> <a href="http://mnsings.com/whereelse.html">http://mnsings.com/whereelse.html</a></p>	
<p><b><i>Parkinson’s Community Exercise Grant</i></b></p> <p>This program offers individual training for people with Parkinson’s disease, in their own community exercise facility. One of our trained therapists will meet you at your exercise facility &amp; provide you education &amp; training. <b>Call to learn more: 651.495.6704</b></p> <p><b><i>Parkinson’s Disease Community Exercise Class</i></b></p> <p>This is a fun group exercise class for people with Parkinson’s disease. The class will incorporate principals from the LSVT BIG/LOUD, PWR, &amp; SPEAK OUT. The schedule is: Tues. &amp; Thurs. weekly from 11:15am—12:00pm at the Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130.</p> <p>The cost for 2 classes per week for a month is \$70. The cost for 1 class per week for a month is \$35.</p> <p><i>If you are interested in this class please call <b>Amanda Elliot 651.495.6764</b>. She will do a screening with you and complete the registration. A physician’s order is not required to participate in the class.</i></p>	

### ***NeuroWell Exercise Program / NeuroWell CLEVER-PD Program***

This program is available to individuals interested in experiencing how supervised exercise beyond rehabilitation can further enhance well-being and improve quality of life. The monthly membership consists of 2-3 days of 60 minute exercise, in which 4-6 members carry out their individually tailored exercise routine. The program routine combines cardio, strength and the CLEVER-PD program designed for cardio. This is located at the Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130, in the Regions Rehabilitation Gym on 1st floor.

The cost is based on how many days you attend.

\$175 a month for 3 times a week Mon/Wed/Fri.

\$150 a month for 2 times a week Tues/Thurs.

Available times to choose from are: 9:00am, 11:00am, 1:00pm, 3:00pm.

*If you are interested in joining this fun group, please **call 651.495.6704** to learn more.*