

Activities

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

November, 2019

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

Friday	Nov. 1	<p><u>Day Out! Group Respite</u></p> <p>What: 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>When: Every Friday 10am – 2pm</p> <p>Where: FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p>Cost: \$40 each visit</p> <p>Registration: required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p><u>NE Day Spot</u></p> <p>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.</p>
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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 11/1, 11/8, 11/15, 11/22.

We're closed 11/29 for Thanksgiving

Where: East Side Neighborhood Services
1700 2nd St NE
Minneapolis MN 55413

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

RSVP: Pre-screening is required. Linnea Tweed [612-787-4045](tel:612-787-4045)
LTweed@esns.org

Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org

Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org

OboeBass! Pages of Music

What: Join us for music education performance by OboeBass! duo Carrie Vecchione and Rolf Erdahl. OboeBass! has effectively created a new repertoire for duo oboe/English horn and double bass through the music that has been written for them. Called pioneers by Minnesota Public Radio for forging ahead with a new chamber music combination, the engaging and entertaining duo of Carrie Vecchione and Rolf Erdahl charts new territory for their combination of instruments in music that is accessible, challenging, enlightening, and virtuosic. They will share how all their music was created.

When: 1st Friday of each month 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: A great way to celebrate being together and enjoying a meal. KFC lunch. Chicken, mashed potatoes and gravy, and more. Dessert included.

When: 1st 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.

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)


Cost: free


Saturday

Nov. 2

Sunday

Nov. 3

<p>Monday</p>	<p>Nov. 4</p>	 <p>Giving Voice Chorus®-St. Paul -Fall 2019</p> <p>What: Giving Voice Chorus®-St. Paul is a chorus for People Living with Alzheimer’s and their Caregivers. 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. 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. Each registration requires a partner. Learn more at www.givingvoicechorus.org.</p> <p>Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p>Cosponsors: Jewish Family Service Lyngblomsten HealthPartners Center for Memory & Aging Amherst H. Wilder Foundation MacPhail Center for Music</p> <p>When: September 9 – December 13, 2019 10AM- 12:00PM</p> <p>Where: Lyngblomsten - Newman-Benson Chapel 1415 Almond Avenue St. Paul</p> <p>Registration required. (612) 321-0100 MacPhail Center for Music Fee: \$75 per person. Each registration requires a partner.</p>
<p>Tuesday</p>	<p>Nov. 5</p>	<p><u>James J. Hill House: Tours for People with Memory Loss</u></p>

		<p>What: 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. Care partners (caregiver and care recipient) are welcome.</p> <p>When: Offered the first Tuesday of every month from 10-11 am</p> <p>Where: James J. Hill House 240 Summit Ave. St. Paul, MN 55102</p> <p>Cost: Free, registration required</p> <p>Reservations: Call 651-259-3015 or register online</p> <p>Information: hillhouse@mnhs.org</p>
<p>Wednesday</p>	<p>Nov. 6</p>	 <p>Giving Voice Chorus®-Minneapolis -Fall 2019</p> <p>What: Giving Voice Chorus in Minneapolis is a unique and joy-filled choral experience for people living with Alzheimer's and their care partners.</p> <p>Two Minneapolis choruses rehearse on Wednesdays throughout the year under the director of MacPhail Center for Music teaching artist Jeanie Brindley-Barnett. Rehearsals are 90 minutes long with social time at the beginning and end of each rehearsal.</p> <p>Giving Voice Chorus in Minneapolis is supported by generous donors of MacPhail Center for Music including the Rusty and Mary Jane Poepl Foundation.</p> <p>Each registration requires a partner. Learn more at www.givingvoicechorus.org.</p>

Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)

When: September 4 – December 11, 2019
Wednesdays, 10am-12pm
Wednesdays, 1pm-3pm

Where: MacPhail Center for Music
501 South 2nd Street
Minneapolis, MN 55401

Registration required. (612) 321-0100 MacPhail Center for Music

Fee: \$75 per person. Each registration requires a partner.

Memory Café

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 or 651-280-2273



Giving Voice Chorus®-Minneapolis -Fall 2019

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Two Minneapolis choruses rehearse on Wednesdays throughout the year under the director of MacPhail Center for Music teaching artist Jeanie Brindley-Barnett. Rehearsals are 90 minutes long with social time at the beginning and end of each rehearsal.

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Each registration requires a partner.

Learn more at www.givingvoicechorus.org.

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Minneapolis, MN 55401

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Fee: \$75 per person. Each registration requires a partner.

Nutrition for Brain Health and Smoothies!

		<p>What: Nutritionist Lisa Kane will give a presentation about how to incorporate foods thought to be good for brain health into your every-day eating. Her tips are practical and realistic and her smoothies are delicious! Dinner and a small smoothie sample provided. Additionally, participants will leave with a health frozen meal or two to take home. Respite is available with pre-approval.</p> <p>When: Nov. 6, Dinner at 5:30, Presentation 6:00 – 7:00</p> <p>Where: Wilder’s Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p>Cost: Free</p> <p>Registration: Call ahead.</p> <p>Questions: 651-280-CARE (2273)</p>
Thursday	Nov. 7	
Friday	Nov. 8	<p>Day Out! Group Respite</p> <p>What: 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>When: Every Friday 10am – 2pm</p> <p>Where: FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p>Cost: \$40 each visit</p>

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.

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We're closed 11/29 for Thanksgiving

Where: East Side Neighborhood Services
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Minneapolis MN 55413

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

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Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org

Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org

Coffee & Games Day

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

When: 2nd and 3rd 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

Memory Screens

What: Come do a short (15 minutes or less) memory screening. This is not a diagnosis but may indicate if it's time to talk to your doctor about your memory. Appointments will be every 20 minutes. Call ahead for an appointment or drop-in and wait for the next available time.

When: Fridays, Nov. 8, 15, and 22, 10:00am – 1:00pm

Where: Wilder's Community Center for Aging
650 Marshall Ave.
St. Paul, MN 55104

Cost: Free

Registration: Call ahead for an appointment or drop-in and wait for the next available time.

Questions: 651-280-CARE (2273)

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

		<p>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> <p>When: Fridays, 2:30 – 3:30pm</p> <p>Where: St. Anthony Park Library - lower level 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p>Cost: free</p>
<p>Saturday</p>	<p>Nov. 9</p>	<p><u>Reimagining Aging Book Club in partnership with Hennepin County Libraries</u></p> <p>What: Reimagining Aging Book Club in partnership with Hennepin County Libraries. Join our discussion of engaging and enlightening books about aging and what it means to live a vital life today. We will reframe the idea of aging as opportunity – the responsibility to reach out to other generations, share wisdom, and learn new ways of living in the world – is how we can grow up and grow old together.</p> <p>Sept. 14: How to Live Forever – The Enduring Power of Connecting the Generations by Marc Freedman</p> <p>Oct. 12: Dementia Reimagined – Building a Life of Joy and Dignity From Beginning to End by Tia Powell, MD</p> <p>Nov. 9: Women Rowing North – Navigating Life's Currents and Flourishing as We Age by Mary Pipher</p> <p>When: 9:00 – 10:30 AM Sept. 14; Oct. 12; Nov. 9</p> <p>Where: Pierre Bottineau Library 55 Broadway St NE Minneapolis, MN 55413</p>

		<p>Cost: Free</p> <p>Register: required https://hclib.bibliocommons.com/events/5d4d909cfd6e62400176f67 or call East Side's Vital Living team at 612-787-4086</p>
Sunday	Nov. 10	<p><u>Spark! Baking Workshop for People with Memory Loss</u></p> <p>What: Whip up a delicious treat in this baking experience tailored to all ability levels for people living with dementia and their caregivers. Mill City Museum is a member of Spark!, an alliance of cultural institutions that offer programming specifically tailored to people with memory loss. Care partners (caregiver and care recipient) are welcome.</p> <p>When: Sun., Nov. 10, 2019, 1:00 pm - 2:00 pm</p> <p>Where: Mill City Museum 704 S. 2nd St. Minneapolis, MN 55407</p> <p>Cost: Free, registration required</p> <p>Contact: 612-341-7582 mcm@mnhs.org</p> <p><u>Second Sunday Concerts with MacPhail</u></p> <p>What: Join us the second Sunday of each month for a FREE concert featuring different musical performances from MacPhail Center for Music. Lyngblomsten Community Sage Singers Veterans Day Concert Light refreshments served afterwards.</p>

		<p>Please consider donating a new or gently used iPod or an iTunes gift card to support Lyngblomsten’s Music & Memory program.</p> <p>When: Sunday, November 10 2 – 3 pm.</p> <p>Where: Lyngblomsten – Benson-Newman Chapel 1415 Almond Ave. St. Paul, MN 55108</p> <p>Cost: FREE</p> <p>No registration required</p>
Monday	Nov. 11	 <p>Giving Voice Chorus®-St. Paul -Fall 2019</p> <p>What: 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 www.givingvoicechorus.org.</p> <p>Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p>Cosponsors: Jewish Family Service Lyngblomsten HealthPartners Center for Memory & Aging</p>

		<p style="text-align: center;">Amherst H. Wilder Foundation MacPhail Center for Music</p> <p>When: September 9 – December 13, 2019 10AM- 12:00PM</p> <p>Where: Lyngblomsten - Newman-Benson Chapel 1415 Almond Avenue St. Paul</p> <p>Registration required. (612) 321-0100 MacPhail Center for Music Fee: \$75 per person. Each registration requires a partner.</p>
Tuesday	Nov. 12	<p><u>Let's Do Lunch! Café - St. Paul site!!!!!!!!!!!!!!</u></p> <p>What: A monthly social event for LGBTQ seniors that welcomes people with memory loss and their caregivers/partners. 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>When: 2nd Tuesday of every month 11:30 AM - 1:30 PM</p> <p>Where: Wilder Community Center for Aging 650 Marshall Ave. St. Paul, MN 55104</p> <p>Cost: FREE, but RSVP is required</p> <p>RSVP: 651-280-CARE (2273)</p> <p>Questions: 651-280-CARE (2273)</p> <p>North East Seniors for Better Living Memory Café and Social Club</p>

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

When: 2nd & 4th 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: 2nd and 4th Tuesday of each month 1:30 - 4:00 pm

Where: Fairview Community Center - solarium

1910 County Road B West

Roseville, MN

Cost: \$5 each

		<p>Registration: none</p>
<p>Wednesday</p>	<p>Nov. 13</p>	<p><u>Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership</u></p> <p>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. Experience joy as you sing familiar holiday tunes. Care partners (caregiver and care recipient) are welcome.</p> <p>When: Wednesdays 9:15–10:15 AM Holiday session: November 13 – December 18.</p> <p>Where: Lyngblomsten - The Heritage - dining room 1440 Midway Parkway St. Paul, MN 55108</p> <p>Cost: \$20/quarter FREE for Lyngblomsten residents and tenants. <u>RSVP: required for new members</u></p> <p>Information: 651-632-5330</p> <div data-bbox="583 1079 1602 1234" style="text-align: center;">  <p><u>Giving Voice Chorus®-Minneapolis -Fall 2019</u></p> </div> <p>What: Giving Voice Chorus in Minneapolis is a unique and joy-filled choral experience for people living with Alzheimer’s and their care partners.</p>

Two Minneapolis choruses rehearse on Wednesdays throughout the year under the director of MacPhail Center for Music teaching artist Jeanie Brindley-Barnett. Rehearsals are 90 minutes long with social time at the beginning and end of each rehearsal.

Giving Voice Chorus in Minneapolis is supported by generous donors of MacPhail Center for Music including the Rusty and Mary Jane Poepl Foundation.

Each registration requires a partner.

Learn more at www.givingvoicechorus.org.

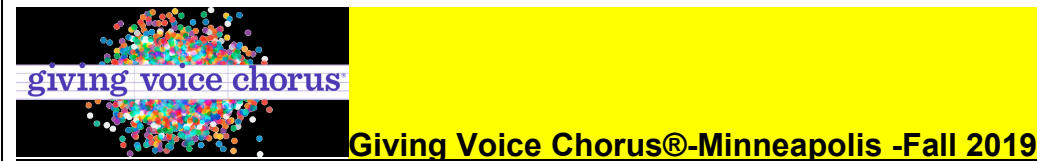
Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)

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Wednesdays, 10am-12pm
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Registration required. (612) 321-0100 MacPhail Center for Music

Fee: \$75 per person. Each registration requires a partner.

Arthur's Memory Café

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

When: 2nd & 4th Wednesday of each month from 1 P.M. to 3 P.M.

Where: J. Arthur's Coffee Shop
2441 Rice Street
Roseville, MN 55109

		Cost: FREE
Thursday	Nov. 14	<p><u>Senior Cinema Series - St. Anthony Park library</u></p> <p>What: 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><u>Yesterday</u></p> <p>“Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent.”</p> <p>Release date: June 28, 2019 (USA)</p> <p>Director: Danny Boyle</p> <p>Source: https://www.google.com/search?lr=&as_qdr=all&sxsrf=ACYBGNTNfEsDEHKusJl7-kvJ9brYwnKztg%3A1572179983750&ei=D5C1XfS7LciGsQWc_rr4CA&q=yesterday+movie+review&oq=Yesterday&gs_l=psy-ab.1.3.0i67l4j0l2j0i131j0l3.2716.4495..8401...0.1..0.178.919.7j2....2..0....1..gws-wiz.....0i71.mnYpTucXuvQ#spf=1572192020811</p> <p>Trailer: https://www.youtube.com/watch?v=qD6FDkUXSZQ</p> <p>When: 2nd Thursday of each month, 2 – 4pm</p> <p>Where: St. Anthony Park Library - lower level (Chilly, bring a sweater or afghan.) 2245 Como Ave.</p>

		<p>St. Paul (St. Anthony Park neighborhood)</p> <p>Cost: free</p>
Friday	Nov. 15	<p>Day Out! Group Respite</p> <p>What: 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>When: Every Friday 10am – 2pm</p> <p>Where: FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p> <p>Cost: \$40 each visit</p> <p>Registration: required before attending Day Out! Please connect with our FamilyMeans staff at 651-439-4840.</p> <p>NE Day Spot</p> <p>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.</p> <p>A staff & volunteer led day of activities, exercise, engagement and discussion for older adults with early to moderate stage dementia and other health conditions.</p>

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When: Every Friday, 10 AM - 2 PM 11/1, 11/8, 11/15, 11/22.
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Where: East Side Neighborhood Services
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Minneapolis MN 55413

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

RSVP: Pre-screening is required. Linnea Tweed [612-787-4045](tel:612-787-4045)
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Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org

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Coffee & Games Day

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

When: 2nd and 3rd 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

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What: Come do a short (15 minutes or less) memory screening. This is not a diagnosis but may indicate if it's time to talk to your doctor about your memory. Appointments will be every 20 minutes. Call ahead for an appointment or drop-in and wait for the next available time.

When: Fridays, Nov. 8, 15, and 22, 10:00am – 1:00pm

Where: Wilder's Community Center for Aging
650 Marshall Ave.
St. Paul, MN 55104

Cost: Free

Registration: Call ahead for an appointment or drop-in and wait for the next available time.

Questions: 651-280-CARE (2273)

Out to Lunch – Iron Ranger

What: Iron Ranger is a neighborhood pub that is a continuation of a family business that began more than 100 years ago in Hibbing. Come try poutine, a pasty, cabbage rolls, or a porketta (other options are available).

When: Friday, Nov. 15 11 AM-2 PM at Iron Ranger (1085 Grand Avenue, St. Paul)

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: Iron Ranger
1085 Grand Avenue
St. Paul

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

Registration: required by Nov. 13

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
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Cost: \$1 *per* participant

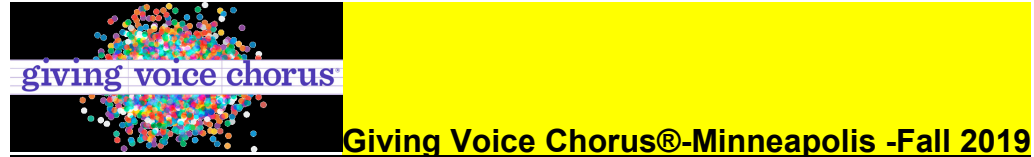
		<p>No registration required.</p> <p><u>Chair Yoga - St. Anthony Park library</u></p> <p>What: Free, weekly, chair yoga class at the St. Anthony Park library sponsored by St. Anthony Park Area Seniors and the St. Anthony Park Library. All are welcome.</p> <p>When: Fridays, 2:30 – 3:30pm</p> <p>Where: St. Anthony Park Library - lower level 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p>Cost: free</p>
Saturday	Nov. 16	
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Monday	Nov. 18	 <p><u>Giving Voice Chorus®-St. Paul -Fall 2019</u></p> <p>What: Giving Voice Chorus®-St. Paul is a chorus for People Living with Alzheimer's and their Caregivers. 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. 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. Each registration requires a partner. Learn more at www.givingvoicechorus.org.</p>

		<p>Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p>Cosponsors: Jewish Family Service Lyngblomsten HealthPartners Center for Memory & Aging Amherst H. Wilder Foundation MacPhail Center for Music</p> <p>When: September 9 – December 13, 2019 10AM- 12:00PM</p> <p>Where: Lyngblomsten - Newman-Benson Chapel 1415 Almond Avenue St. Paul</p> <p>Registration required. (612) 321-0100 MacPhail Center for Music Fee: \$75 per person. Each registration requires a partner.</p>
Tuesday	Nov. 19	
Wednesday	Nov. 20	<p><u>Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership</u></p> <p>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. Experience joy as you sing familiar holiday tunes. Care partners (caregiver and care recipient) are welcome.</p> <p>When: Wednesdays 9:15–10:15 AM Holiday session: November 13 – December 18.</p> <p>Where: Lyngblomsten - The Heritage - dining room 1440 Midway Parkway St. Paul, MN 55108</p>

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

RSVP: [required for new members](#)

Information: 651-632-5330



What: Giving Voice Chorus in Minneapolis is a unique and joy-filled choral experience for people living with Alzheimer's and their care partners.

Two Minneapolis choruses rehearse on Wednesdays throughout the year under the director of MacPhail Center for Music teaching artist Jeanie Brindley-Barnett. Rehearsals are 90 minutes long with social time at the beginning and end of each rehearsal.

Giving Voice Chorus in Minneapolis is supported by generous donors of MacPhail Center for Music including the Rusty and Mary Jane Poepl Foundation.

Each registration requires a partner.

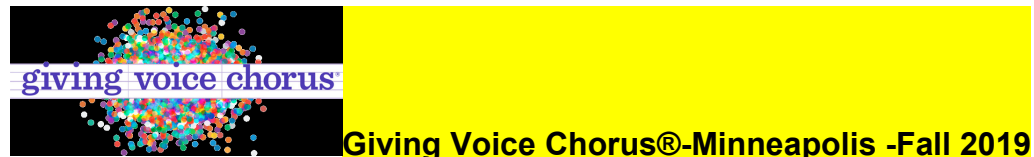
Learn more at www.givingvoicechorus.org.

Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)

When: September 4 – December 11, 2019
Wednesdays, 10am-12pm
Wednesdays, 1pm-3pm

Where: MacPhail Center for Music
501 South 2nd Street
Minneapolis, MN 55401

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When: September 4 – December 11, 2019
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Where: MacPhail Center for Music
501 South 2nd Street
Minneapolis, MN 55401

		<p>Registration required. (612) 321-0100 MacPhail Center for Music Fee: \$75 per person. Each registration requires a partner.</p> <p><u>Memory screening & free lunch</u></p> <p>What: November is National Memory Screening Month. Have a confidential, quick memory screen by a Registered Nurse and a free lunchl.</p> <p>When: Wed. November 20th 11am-1pm</p> <p>Where: Meadowood Shores 2100 Silver Lake Rd New Brighton MN 55112</p> <p>RSVP appreciated 651-746-5613</p>
Thursday	Nov. 21	<p><u>Walking and Talking</u></p> <p>What: 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>When: Third Thursday of the month, walk from 9:30 – 10:00 and health talk from 10:00 – 10:30.</p> <p>Where: 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>Cost: Free</p> <p>Register: No registration necessary</p>

		<p>Questions: Wilder Caregiving Services: caregiving@wilder.org or 651-280-2273</p> <p><u>Armchair Traveler: Caribbean Cruising, a Cross-Generational Experience</u></p> <p>What: Hear about three ports of call during Janet Byrnes' trip to the Caribbean: St. Thomas, U.S. Virgin Islands; Tortola, British Virgin Islands; and Norway's private island Great Stirrup Cay.</p> <p>When: Thursday, November 21 1:00 PM–2:30 PM</p> <p>Where: Lyngblomsten - Community Room 1415 Almond Avenue St. Paul</p> <p>Free program; \$3 for pie and coffee (Optional; pay at the door).</p> <p>Registration preferred; walk-ins welcome.</p>
Friday	Nov. 22	<p><u>Day Out! Group Respite</u></p> <p>What: 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>When: Every Friday 10am – 2pm</p> <p>Where: FamilyMeans 1875 Northwestern Avenue S Stillwater, MN 55082</p>

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 11/1, 11/8, 11/15, 11/22.
We're closed 11/29 for Thanksgiving

Where: East Side Neighborhood Services
1700 2nd St NE
Minneapolis MN 55413

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

RSVP: Pre-screening is required. Linnea Tweed [612-787-4045](tel:612-787-4045)
LTweed@esns.org

Contact for more information: Interested in participating? Contact Linnea Tweed 612-787-4045 LTweed@esns.org

Interested in volunteering? Contact Jennifer Grilliot, 612-787-4104 jgrilliot@esns.org

Memory Screens

What: Come do a short (15 minutes or less) memory screening. This is not a diagnosis but may indicate if it's time to talk to your doctor about your memory. Appointments will be every 20 minutes. Call ahead for an appointment or drop-in and wait for the next available time.

When: Fridays, Nov. 8, 15, and 22, 10:00am – 1:00pm

Where: Wilder's Community Center for Aging
650 Marshall Ave.
St. Paul, MN 55104

Cost: Free

Registration: Call ahead for an appointment or drop-in and wait for the next available time.

Questions: 651-280-CARE (2273)

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: 4th 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

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

		<p>Where: Lyngblomsten Apartments – Main Dining Room 1455 Almond Ave. St. Paul, MN 55108</p> <p>Cost: \$1 <i>per</i> participant</p> <p>No registration required.</p> <p><u>Chair Yoga - St. Anthony Park library</u></p> <p>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> <p>When: Fridays, 2:30 – 3:30pm</p> <p>Where: St. Anthony Park Library - lower level 2245 Como Ave. St. Paul (St. Anthony Park neighborhood)</p> <p>Cost: free</p>
Saturday	Nov. 23	
Sunday	Nov. 24	
Monday	Nov. 25	 <p><u>Giving Voice Chorus®-St. Paul -Fall 2019</u></p> <p>What: 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. 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 www.givingvoicechorus.org.</p> <p>Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p>Cosponsors: Jewish Family Service Lyngblomsten HealthPartners Center for Memory & Aging Amherst H. Wilder Foundation MacPhail Center for Music</p> <p>When: September 9 – December 13, 2019 10AM- 12:00PM</p> <p>Where: Lyngblomsten - Newman-Benson Chapel 1415 Almond Avenue St. Paul</p> <p>Registration required. (612) 321-0100 MacPhail Center for Music</p> <p>Fee: \$75 per person. Each registration requires a partner.</p>
Tuesday	Nov. 26	<p><u>North East Seniors for Better Living Memory Café and Social Club</u></p> <p>What: A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p>When: 2nd & 4th Tuesday of each month</p> <p>11am-12pm Memory Café and Social Hour</p> <p>12pm-1pm Free lunch! Provided by Loaves and Fishes</p> <p>1pm-3pm Fun & educational presentations by guest speakers</p> <p>Free blood pressure checks from nursing students</p>

		<p style="text-align: center;">Activities including cards, board games, bingo, and crafts</p> <p>Where: North East Seniors for Better Living 1961 Sherwood Avenue St. Paul, MN 55119</p> <p>Cost: FREE</p> <p>RSVP not required.</p> <p><u>Ballroom Dance</u></p> <p>What: Join Roseville Area Senior Program for social dances with refreshments. Live music! A different band each time. All are welcome!</p> <p>When: 2nd and 4th Tuesday of each month 1:30 - 4:00 pm</p> <p>Where: Fairview Community Center - solarium 1910 County Road B West Roseville, MN</p> <p>Cost: \$5 each</p> <p>Registration: none</p>
Wednesday	Nov. 27	<p><u>Lyngblomsten Community Sage Singers— A MacPhail Sing for Life Partnership</u></p> <p>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. Experience joy as you sing familiar holiday tunes.</p>

Care partners (caregiver and care recipient) are welcome.

When: Wednesdays 9:15–10:15 AM

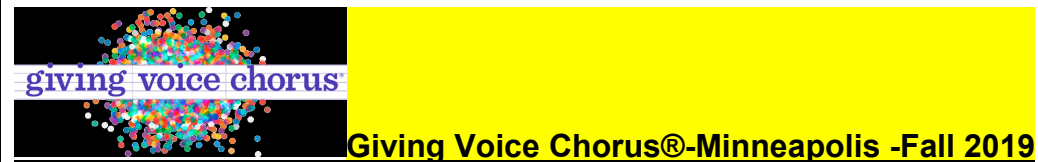
Holiday session: November 13 – December 18.

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

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

RSVP: required for new members

Information: 651-632-5330



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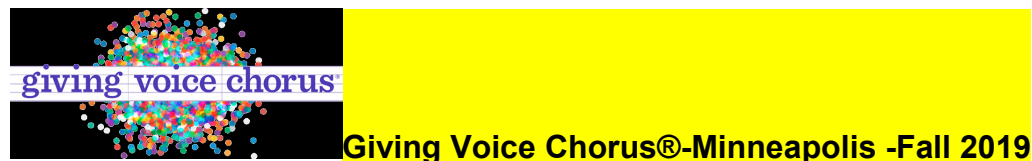
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		<p>Teacher: Jeanie Brindley-Barnett (MacPhail Center for Music)</p> <p>When: September 4 – December 11, 2019 Wednesdays, 10am-12pm Wednesdays, 1pm-3pm</p> <p>Where: MacPhail Center for Music 501 South 2nd Street Minneapolis, MN 55401</p> <p>Registration required. (612) 321-0100 MacPhail Center for Music Fee: \$75 per person. Each registration requires a partner.</p> <p><u>Arthur's Memory Café</u></p> <p>What: A place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment.</p> <p>When: 2nd & 4th Wednesday of each month from 1 P.M. to 3 P.M.</p> <p>Where: J. Arthur's Coffee Shop 2441 Rice Street Roseville, MN 55109</p> <p>Cost: FREE</p>
Thursday	Nov. 28	<p>Thanksgiving NE Day Spot will not meet on Thanksgiving.</p>
Friday	Nov. 29	<p>Day Out! Group Respite - not meeting on 11/29</p> <p>NE Day Spot - not meeting on 11/29</p> <p>Ageless Grace® Exercise Class - call Lyngblomsten to determine if this meets</p>

		<p>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.</p> <p>Teacher: Pola Rest</p> <p>Care partners (caregiver and care recipient) are welcome.</p> <p>When: Fridays 1:30 – 2:00 PM</p> <p>Where: Lyngblomsten Apartments – Main Dining Room 1455 Almond Ave. St. Paul, MN 55108</p> <p>Cost: \$1 <i>per</i> participant</p> <p>No registration required.</p> <p>Chair Yoga - St. Anthony Park library cancelled for Thanksgiving weekend</p>
Saturday	Nov. 30	

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.

When

For information and the changing schedule of events visit

<http://www.lyngblomsten.org/community-services/2ndhalf/#sthash.gDV9QTFS.dpuf>

variable meeting times

Roseville Area Senior Program

variable activities

Information in *The Seasons* newsletter – published bimonthly

<https://www.isd623.org/community/community-ed/seniors/senior-enrichment-programs>

senior resources & services

for links to senior enrichment activities, resources, and services
or phone: 651-604-3520

variable meeting times

Saint Anthony Park Area Seniors Living-At-Home Block Nurse Program

<p>variable activities</p> <p>senior resources & services</p>	<p>Schedule of daily Arthritis Foundaiton exercise classes, blood pressure clinics, outings, etc. http://www.sapaseniors.org/?q=programs_events</p>
<p>Electronic list of Minnesota community sings: http://mnsings.com/whereelse.html</p>	
<p><i>Parkinson’s Community Exercise Grant</i> 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 & provide you education & training. <i>Call to learn more: 651.495.6704</i></p> <p><i>Parkinson’s Disease Community Exercise Class</i> This is a fun group exercise class for people with Parkinson’s disease. The class will incorporate principals from the LSVT BIG/LOUD, PWR, & SPEAK OUT. The schedule is: Tues. & Thurs. weekly from 11:15am—12:00pm at the Neuroscience Center, 295 Phalen Blvd, St Paul, MN 55130. The cost for 2 classes per week for a month is \$70. The cost for 1 class per week for a month is \$35. <i>If you are interested in this class please call Amanda Elliot 651.495.6764. 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> <p><i>NeuroWell Exercise Program / NeuroWell CLEVER-PD Program</i> 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.</p>	

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.*