

Calendar Listing Information

2nd Half with Lyngblomsten Coffee Talks — January 16 & 23 and February 9 & 27, 2017

	Coffee Talks
Event	2nd Half with Lyngblomsten Coffee Talks
Date	Monday, January 16 (Como Park) — “Volunteerism” Monday, January 23 (White Bear Lake) — “Caregiver Support” Thursday, February 9 (Como Park) — “Caring for Your Whole Self—Mind, Body, Spirit” Monday, February 27 (White Bear Lake) — “Social Connections & Well-Being”
Time	10–11 AM
Location	Lyngblomsten Campus, Community Room (lower level) (SP) 1415 Almond Avenue St. Paul, MN 55108 <i>or</i> Redeemer Lutheran Church (WBL) 3770 Bellaire Avenue White Bear Lake, MN 55110
Description	<p>These FREE events sponsored by 2nd Half with Lyngblomsten will include coffee and treats, a brief presentation on our new life enrichment centers for older adults, and prizes. Each Coffee Talk will include guided conversations on topics, including Volunteerism, Caregiver Support, Caring for Your Whole Self, and Social Connections & Well-Being. So be sure to attend the one (or several) Coffee Talks that resonate with you!</p> <p>Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. And everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!</p> <p>RSVPs appreciated to (651) 632-5330.</p> <p>2nd Half with Lyngblomsten is a new life enrichment center for adults 50+ that is designed to connect them with community services, resources, and opportunities to enhance their quality of life. Offerings focus on: Education & the Arts; Health, Wellness, & Spirituality; Social & Outings; Resources & Support; and Service Opportunities. There are two life enrichment centers in the east Metro—one in St. Paul (located on the Lyngblomsten campus) and another in White Bear Lake (located at Redeemer Lutheran Church).</p>

	For more information, visit www.lyngblomsten.org/2ndHalf or call (651) 414-5293.
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	Coffee Talk — “Volunteerism”
Event	2nd Half with Lyngblomsten Coffee Talk — “Volunteerism”
Date	Monday, January 16
Time	10–11 AM
Location	Lyngblomsten Campus, Community Room (lower level) 1415 Almond Avenue St. Paul, MN 55108
Description	<p>This FREE event sponsored by 2nd Half with Lyngblomsten will include coffee and treats, a brief presentation on our new life enrichment centers for older adults, and prizes. Participate in a guided conversation on the importance of volunteerism and opportunities available through 2nd Half.</p> <p>Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. And everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!</p> <p>RSVPs appreciated to (651) 632-5330.</p> <p>2nd Half with Lyngblomsten is a new life enrichment center for adults 50+ that is designed to connect them with community services, resources, and opportunities to enhance their quality of life. Offerings focus on: Education & the Arts; Health, Wellness, & Spirituality; Social & Outings; Resources & Support; and Service Opportunities. There are two life enrichment centers in the east Metro—one in St. Paul (located on the Lyngblomsten campus) and another in White Bear Lake (located at Redeemer Lutheran Church).</p> <p>For more information, visit www.lyngblomsten.org/2ndHalf or call (651) 414-5293.</p>

	Coffee Talk — “Caregiver Support”
Event	2nd Half with Lyngblomsten Coffee Talk — “Caregiver Support”
Date	Monday, January 23
Time	10–11 AM
Location	Redeemer Lutheran Church 3770 Bellaire Avenue White Bear Lake, MN 55110

Description	<p>This FREE event sponsored by 2nd Half with Lyngblomsten will include coffee and treats, a brief presentation on our new life enrichment centers for older adults, and prizes. Participate in a guided conversation on the importance of caregiver support and caregiver resources available through 2nd Half.</p> <p>Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. And everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!</p> <p>RSVPs appreciated to (651) 632-5330.</p> <p>2nd Half with Lyngblomsten is a new life enrichment center for adults 50+ that is designed to connect them with community services, resources, and opportunities to enhance their quality of life. Offerings focus on: Education & the Arts; Health, Wellness, & Spirituality; Social & Outings; Resources & Support; and Service Opportunities. There are two life enrichment centers in the east Metro—one in St. Paul (located on the Lyngblomsten campus) and another in White Bear Lake (located at Redeemer Lutheran Church).</p> <p>For more information, visit www.lyngblomsten.org/2ndHalf or call (612) 559-3646.</p>
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	Coffee Talk — “Caring for Your Whole Self—Mind, Body, Spirit”
Event	2nd Half with Lyngblomsten Coffee Talk — “Caring for Your Whole Self—Mind, Body, Spirit”
Date	Thursday, February 9
Time	10–11 AM
Location	Lyngblomsten Campus, Community Room (lower level) 1415 Almond Avenue St. Paul, MN 55108
Description	<p>This FREE event sponsored by 2nd Half with Lyngblomsten will include coffee and treats, a brief presentation on our new life enrichment centers for older adults, and prizes. Participate in a guided conversation on the importance of caring for your whole self (mind, body, and spirit) and ways you can do this through 2nd Half programs and resources.</p> <p>Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. And everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!</p> <p>RSVPs appreciated to (651) 632-5330.</p>

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	<p>Coffee Talk — “Social Connections & Well-Being”</p>
Event	2nd Half with Lyngblomsten Coffee Talk — “Social Connections & Well-Being”
Date	Monday, February 27
Time	10–11 AM
Location	Redeemer Lutheran Church 3770 Bellaire Avenue White Bear Lake, MN 55110
Description	<p>This FREE event sponsored by 2nd Half with Lyngblomsten will include coffee and treats, a brief presentation on our new life enrichment centers for older adults, and prizes. Participate in a guided conversation on the importance of staying socially connected as we grow older and how you can do this through 2nd Half programs and resources.</p> <p>Meet 2nd Half with Lyngblomsten staff and get to know other participants. Plus get a sneak peek of upcoming opportunities. And everyone who attends receives a free 2nd Half with Lyngblomsten coffee mug!</p> <p>RSVPs appreciated to (651) 632-5330.</p> <p>2nd Half with Lyngblomsten is a new life enrichment center for adults 50+ that is designed to connect them with community services, resources, and opportunities to enhance their quality of life. Offerings focus on: Education & the Arts; Health, Wellness, & Spirituality; Social & Outings; Resources & Support; and Service Opportunities. There are two life enrichment centers in the east Metro—one in St. Paul (located on the Lyngblomsten campus) and another in White Bear Lake (located at Redeemer Lutheran Church).</p> <p>For more information, visit www.lyngblomsten.org/2ndHalf or call (612) 559-3646.</p>