

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

January
2008

A Newsletter for the



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www.551club.com

BOOMERANG – BACK AT YOU!

It's Boomerang Time!



Here it comes again. Boomerang's coming at you. Are you ready?

You now have three months to get out your checkbook and show your support of the 5-5-1 Club. You now have three months to get in on the chance to win big bucks! Have I got your attention now?

Just in case you haven't heard, I'll tell you all about Boomerang. This is our annual fundraiser for the 5-5-1 Club. It's also your chance to win \$100 or \$200 or maybe even both!

It works like this: Between January 7 and April 4, you may purchase a Boomerang ticket for \$52. On April 7 we'll announce the first winner of the 2008-2009 Boomerang game. Every Monday, for the next 51 weeks, we'll announce another winner of the \$100 weekly giveaways. In addition, we'll hold quarterly drawings for \$200. Your ticket offers the opportunity for you to win both the weekly and the quarterly drawings.

Your support of our programs is really appreciated. The 5-5-1 Club offers activities and opportunities for people of all interests. We work hard to provide the best programming and keep it affordable for everyone. Not only do we invite you to play Boomerang, but we also invite you to join us for some fun. If you don't receive the *LimeLight* monthly newsletter, call (651) 632-5330 and we'll put you on our mailing list. If there is something you love to do and don't see it on our list of activities, let us know and we'll try to include it in our schedule.

So we hope you buy a Boomerang
and GOOD LUCK!

5-5-1 Club Coordinator

WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

Happy New Year!

The New Year will soon be here. After a busy holiday season, many of us start to think of those New Year's resolutions we "should" make. Let's try our best to keep healthy and take good care of ourselves.

I recently read an article on WebMD.com about the secrets for healthier New Year's resolutions. The title caught my attention. What I think the article is saying is that perhaps there are areas of life we would like to improve on. The most common resolutions are: lose weight, eat healthier, stop smoking, exercise more, get organized, etc, etc...Whew! Sound familiar? It does to me, too.

What I found helpful is if there is something you want to work on, you should start by phrasing your resolution in a way that is specific, measurable, and positive.

For example, if you want to be more organized (this is definitely me), you could try to set a specific time, say 30 minutes, that you will work on re-organizing that file cabinet or closet. It doesn't seem so overwhelming in small amounts of time. You will also be able to see the positive results!

If you want to eat healthier, try to eat five vegetables and fruits a day. If that seems like too much, try three per day. Keep track on a calendar what you are eating to motivate you.

Would you like to exercise on a regular basis to feel better? Set a specific goal of what you will do. Some opportunities for everyone in the community through the 5-5-1 Club include:

- The walking group goes to Rosedale Mall on Friday mornings leaving the 5-5-1 Club at 9:30 AM. This group is for everyone at every pace. After walking, folks then gather for coffee or cold drinks.
- The Arthritis Foundation gentle exercise group meets every Thursday afternoon from 1:30—2:30 PM in the dining room in the Lyngblomsten Apartments (1455 Almond Ave—upstairs from the 5-5-1 Club).
- Wondering if you can do yoga? The only requirement is that you can breathe! Join us at the next **"Donut" Make You Wonder? on Thursday, January 3 at 10 AM** in the 5-5-1 Club. An instructor from Yoga Devotion (a Christian form of yoga) will be here to tell us all about what yoga is and what it can offer you. You will learn what to expect in a beginner's class and a chair yoga class. No registration is necessary.

Continue to take good care of yourself. If you have any questions or would like more information, feel free to contact me at (651) 632-5335 or jkellen@lyngblomsten.org.

Source: WebMD.com

Joanne

EVENTS & OUTINGS

WALKING GROUP

On most Fridays during the winter months, the walking group leaves the 5-5-1 Club at 9:30 AM to head to Rosedale Mall. This group is for everyone at every pace. After our walk, we always gather for coffee or cold drinks. **JANUARY: 4, 11, 18, 25**

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$2 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **JANUARY: 2, 9, 16, 23, 30**

COFFEE & TREATS

Join us on Tuesdays & Thursdays from 9—10:30 AM for freshly brewed coffee and delicious morning goodies for just \$1. Bring a friend to chat, or come and relax in front of the large-screen TV or read the newspaper. **JANUARY: 3, 8, 10, 15, 17, 22, 24, 29, 31**

BRIDGE CLUB & 500 GROUP

Join us for a game of Bridge at 1 PM on Thursdays or a game of 500 on Tuesdays and Thursdays at 1 PM at the 5-5-1 Club. Please call (651) 632-5330 to reserve your spot for the games. FREE.

JANUARY: 3, 10, 17, 24, 31

THURSDAY, JANUARY 3

“Donut” Make You Wonder? presents: YOGA? What’s It All About?

Come to the 5-5-1 Club at 10 AM, have a cup of coffee and a morning treat, and learn all about yoga. Ever been curious what yoga is all about? An instructor from Yoga Devotion (a Christian form of yoga) will be here to tell us about what to expect in a beginner’s class and chair yoga class. Refreshments will be served. A \$1 donation is appreciated.

No registration necessary.

Call (651) 632-5335 for more info.

THURSDAY, JANUARY 3

Kentucky Fried Chicken and Bingo. It’s time for some finger-lickin’ good KFC again. For just \$6 you can enjoy chicken, mashed potatoes and gravy, coleslaw, and dessert...and wrap up the afternoon with bingo. Call the dining line at (651) 632-5332 for reservations

TUESDAY, JANUARY 8

Lyngblomsten Auxiliary hosts Hawaiian Luau with Johnny Pineapple. 2 PM in the Newman-Benson chapel (level above the 5-5-1 Club). After the Auxiliary’s meeting (1:30 PM), everyone is invited to come for the fun and free entertainment. (Interested in learning more about what the Auxiliary does?

Call (651) 632-5356.)

WEDNESDAY, JANUARY 16

5-5-1 Club Cooks. After taking December off, we’re ready for another cooking class. Class starts at 11:30 AM and we’ll eat as soon as the food is prepared. You never know what’s on the menu, but you won’t be disappointed and you won’t go away hungry! Call the dining line at (651) 632-5332 to reserve your spot. Cost is \$6.

THURSDAY, JANUARY 17

Eagle Watch. The day will be comprised of a road trip to the new National Eagle Center in Wabasha followed by a great lunch at the infamous “Slippery’s” restaurant. There is still room to sign up for this fabulous nose-to-beak experience! But, **you must register by January 4** (make sure to indicate your lunch preference). 8:45 AM—4 PM. Cost is \$49 and includes transportation, guided tour, lunch, and a snack. Call (651) 632-6330 to register.

THURSDAY, JANUARY 31

Pizza & a Movie. Papa Johns delivers a variety of pizzas at noon, so don’t be late! We’ll add a salad and dessert and wrap it up with a movie all for just \$6. Call the dining line at (651) 632-5332 for reservations.

MARK YOUR CALENDARS













Sunday, February 17: Sunday brunch at the Seasons Restaurant at Bunker Hills in Coon Rapids followed by “The Sound of Music” at the Lyric Arts Theater in Anoka. We’ll leave the 5-5-1 Club at 11:30 AM and head to the Seasons for their spectacular Champagne Sunday Brunch. With our hunger satisfied, we’ll head to Anoka for an afternoon of music including Doe-Re-Mi, Edelweiss, Climb Every Mountain and My Favorite Things. Our return will be around 5 PM. Cost is \$43. Call (651) 632-5330 for reservations.

Friday–Saturday, March 7 & 8: Overnight Trip to Fireside Dinner Theater. The Fireside’s All New Live Band Revue is a tribute to the great bands—they’ll feature music from such artists as Glenn Miller, Elvis Presley, The Beatles, Louis Armstrong, Stevie Wonder, Billy Joel, and much, much more. And, of course, the Fireside dinner will not be a disappointment. Cost is \$259/person for double occupancy and \$303 for single occupancy. (Cost includes lunch at Burnstad’s

European Village, dinner and show at the Fireside, lodging, breakfast, deluxe motor coach transportation, tour guides, gratuities, and a mystery side-trip!) Limited seats are available, and the tour will be filled on a first-come basis. Registration, along with a \$50 deposit, is due by January 25. (Make checks out to J & M Tours). You’ll find a registration form in Debbie’s office at the 5-5-1 Club. Final payment due February 15, 2008. Questions? Call (651) 632-5330.

Wednesday, March 26: Chanhassen presents “42nd Street”. Join us for an afternoon at this renowned theater’s dinner and presentation of “42nd Street.” We have the best seats in the house (front and center) for this musical extravaganza which features songs such as “Lullaby of Broadway,” “We’re in the Money,” and “42nd Street.” You’ll have several choices off of Chanhassen’s wonderful menu. We’ll leave the 5-5-1 Club at 10:30 AM and return around 5 PM. Call (651) 632-5330 for reservations. Cost is \$62.

5-5-1 Club January































Sun.	Mon.	Tues.	Wed.
		1 Happy New Year! The 5-5-1 Club will be closed today.	2 -LUNCH- 9-10:30 Coffee  Wild Rice Soup Chicken Salad on Croissant Fruit Cup Veggies & Dip Country Apple Cake \$4
6	7	8 -LUNCH- 9-10:30 Coffee  Relishes w/Dip Chili con Carne w/Sour Cream & Cheese Cornbread Banana Split Dessert \$4	9 -LUNCH- 9-10:30 Coffee  Soup of the Day Hot Turkey Sandwich Mashed Potatoes & Gravy Mixed Vegetables Pumpkin Cheesecake \$4
13	14	15 -LUNCH- 9-10:30 Coffee  Cauliflower Salad Sweet & Sour Pork Rice Oriental Veggies Bread Basket Lemon Cake \$4	16 -LUNCH- 9-10:30 Coffee  5-5-1 Club Cooks Cooking Class  RSVP by 1/14 \$6
20	21	22 -LUNCH- 9-10:30 Coffee  Garden Salad Tuna Noodle Casserole Peas Bread Basket Carrot Cake \$4	23 -LUNCH- 9-10:30 Coffee  Copper Penny Salad Meatballs & Gravy Mashed Potatoes Green Beans Bread Basket Pudding \$4
27	28	29 -LUNCH- 9-10:30 Coffee  Perfection Salad w/ Mayo Garnish Meatballs Mashed Potatoes Buttered Corn Bread Pudding \$4	30 -LUNCH- 9-10:30 Coffee  Waldorf Salad Pork Chop in Gravy Buttered Noodles Green Beans Bread Basket Lemon Bar \$4



Attention Theater Lovers!

The 5-5-1 Club is offering several theater outings in the next few months: *The Sound of Music* at Lyric Arts Theater in Anoka, 42nd Street at Chanhassen Dinner Theatre, and *Battle of the Bands* at Fireside Dinner Theater in Fort Atkinson, WI. See p. 3 for details on dates and registering for these fun events!

January 2008 Calendar

Wed.	Thurs.	Fri.	Sat.
<p>9:30-10:30 Waffles </p>	<p>3 -LUNCH-</p> <p>KFC & BINGO</p> <p> \$6</p> <p>9-10:30 Coffee  10-11 "Donut" Make You Wonder? (YOGA)  1 PM Bridge Club  1:30-2:30 Vision Loss Support Group (The Heritage Apts first floor lounge) 1:30-2:30 Exercise Class  (Lyngblomsten Apts Dining room)</p>	<p>4 -LUNCH-</p> <p>Garden Salad Chicken Parmesan Red Potatoes Asparagus Bread Basket Jello Cubes with Whip \$4</p> <p>9:30-Walking Group </p>	<p>5</p>
<p>9:30-10:30 Waffles </p> <p>10:30-3:30 PM Care-givers Support Group </p>	<p>10 -LUNCH-</p> <p>Oriental Coleslaw Broccoli-Sesame Pork Rice Wax Beans Bread Basket Blushing Pears \$4</p> <p>9-10:30 Coffee  1 PM Bridge Club  1:30-2:30 Exercise Class  (Lyngblomsten Apts Dining room)</p>	<p>11 -LUNCH-</p> <p>7 Layer Salad Baked Fish w/Tartar Sauce Potatoes Au Gratin Stewed Tomatoes Bread Basket Lemon Gelatin \$4</p> <p>9:30-Walking Group </p>	<p>12</p>
<p>9:30-10:30 Waffles </p>	<p>17 -LUNCH-</p> <p>Jello Salad Beef & Garden Veggie Stew Peas Buttermilk Biscuit Apple Brown Betty \$4</p> <p>9-10:30 Coffee  1 PM Bridge Club  1:30-2:30 Exercise Class  (Lyngblomsten Apts Dining room) <i>Eagle Center Tour</i></p>	<p>18 -LUNCH-</p> <p>Soup of the Day Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce \$4</p> <p>9:30-Walking Group </p>	<p>19</p>
<p>9:30-10:30 Waffles </p> <p>10:30-3:30 PM Care-givers Support Group </p>	<p>24 -LUNCH-</p> <p>Garden Salad Chicken a la King on Puff Pastry Mixed Vegetables Bread Basket Cheesecake \$4</p> <p>9-10:30 Coffee  1 PM Bridge Club  1:30-2:30 Exercise Class  (Lyngblomsten Apts Dining room)</p>	<p>25 -LUNCH-</p> <p>Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream \$4</p> <p>9:30 Walking Group </p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Last chance to register for the Fireside Theater Trip. See p. 3 for details.</p> </div>	<p>26</p>
<p>9:30-10:30 Waffles </p>	<p>31 -LUNCH-</p> <p>Pizza & Movie</p> <p>  \$6</p> <p>9-10:30 Coffee  1 PM Bridge Club  1:30-2:30 Exercise Class  (Lyngblomsten Apts Dining room)</p>		

- LUNCH -

Reservations

Make reservations by noon one day in advance by calling **(651) 632-5332.**

- TRANSPORTATION -

We can provide rides to lunch at the 5-5-1 CLUB on Tuesdays and Thursdays. Ask for a ride when making lunch reservations. There is a suggested \$2 donation for round-trip transportation.



BRAIN CANDY



Word Find

How to Play:

Find the words below in the puzzle at the right.

*Note: Some words may be backwards.
Answers are on page 8.*

- | | |
|------------|----------|
| BLIZZARD | EXERCISE |
| BOOMERANG | FLAKES |
| BRUNCH | JANUARY |
| CHANHASSEN | MITTENS |
| COCOA | SCARF |
| CURLING | SNIFFLES |
| DEFENSIVE | SNOWMAN |
| DONUT | WAFFLE |
| DRIVING | WINTER |
| EAGLE | YOGA |

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X L H C J V M S N I F F L E S
P D N U A N E S S A H N A H C
T R V R N M Y M F D Z N Q G D
R A J L U A R C E L N D N N R
K Z C I A K M F O M A A J E K
G Z Z N R K E W I C R K T K D
N I T G Y N L T O E O N E K K
I L R U S G T N M N I A K S R
V B T I N E B O N W S T T E E
I T V C N O O B R U N C H L N
R E Q S L B D M D T L T G F T
D X W N L F R A C S Y A N F P
N H D K M V W V J L E O G A G
Y F N R N F V B J R M G G W M
C B E X E R C I S E V C J A R

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SPORTS FACTS: WHAT IS “CURLING” ANYWAY???

As found on www.olympic.org and www.wikipedia.org.

Curling is a team sport with similarities to bocce ball, played on a rectangular sheet of ice by two teams of four players each. Teams alternate turns at sliding heavy, polished granite stones down the ice towards the target area called the “house.” Two “sweepers” with brooms accompany each rock and use timing equipment and their best judgment, along with direction from their other teammates, to help direct the stones to their resting place. The complex nature of stone placement and shot selection has led some to refer to curling as “chess on ice.”

The winning score is determined when all 16 stones have been delivered. The team that scores in an “end” (like an inning) shoots first in the next end. The team with the most points at the conclusion of ten “ends” is the winner.

Curling for men was included in the winter Olympics in 1924.

Curling originated in the 16th century in Scotland, where games were played during winter on frozen ponds, lochs, and marshes. The earliest-known curling stones came from the Scottish regions of Stirling and Perth and date back to 1511. The game is often referred to as “The Roaring Game” because of the noise the stones make on the ground. In fact, “curling” is derived from the Scottish verb “curr” (which means to make a rumbling noise).





Caregivers Support Group

"Caring for ourselves while caring for our loved ones."

Our Next Meeting: January 9 & 23
1:30–3:30 PM at The Heritage at Lyngblomsten

Join us as often as you can.

No reservations required. No fee.

Questions? Contact Joanne Kellen, RN, at
(651) 632-5335 or jkellen@lyngblomsten.org.

Boomerang Winners

The Game That Keeps Giving Back™

December 3	Evelyn John	\$100
December 10	Bob Conophy	\$100
December 17	Elizabeth Wiger	\$100
December 24	Don Walch	\$100

Stitching Hearts

Do you like to: *A Way to Give Back*

- knit,
- crochet,
- sew, or
- tie knots?

Join us at the 5-5-1 Club

Tuesdays

10 AM–NOON

Call (651) 632-5330
if you have questions.

Play Boomerang™

The Game That Keeps Giving Back

In its fourth year, Boomerang is a fun game sponsored by Lyngblomsten to raise money for the 5-5-1 Club community center. Each donation of \$52 enters one person in both the \$100 weekly drawings and the \$200 quarterly drawings. Proceeds will help maintain quality social and wellness programming while keeping costs down so that all seniors in the community can afford to participate in 5-5-1 Club community center activities.

Boomerang tickets can be purchased starting January 14 at the 5-5-1 Club or at the Front Desk of Lyngblomsten Care Center until April 4.

Drawings begin April 7, 2008, and continue each week for a year. Need not be present to win. Winners will be notified by phone or mail.

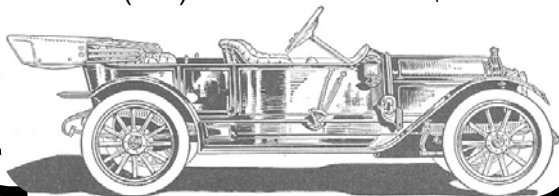
Call (651) 632-5330 for details.

DEFENSIVE DRIVING

**Monday & Tuesday,
February 18 & 19**

Defensive Driving 8 Hour Course at the 5-5-1 Club. This two-night course will begin at 5:30 PM and end at 9:30 PM both nights. You need this course if you've not yet taken the "55 Alive" class. It entitles you to 10% off your insurance for three years. Call the Minnesota Safety Council at (651) 291-9150 to register.

Be sure to ask for the Lyngblomsten registration form. If you have any questions call (651) 632-5330. Cost is \$17.



FREE

Exercise Classes

Keep Strong & Keep Moving

with these fun and gentle exercise classes. Class leaders have been trained by the Arthritis Foundation. The beginners' class will help improve mobility with gentle exercises and relaxation. FREE. Call (651) 632-5330 for info.

Thursdays 1:30—2:30 PM

Lyngblomsten Apartments Dining Room
1455 Almond Ave. (upstairs from the 5-5-1 Club)

