

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

January
2010

A Newsletter for the

5-5-1
CLUB
& Café

A Community Center

Proudly Supported by Lyngblomsten

(651) 632-5330

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www.551club.com

GERI'S JOTTINGS: A WITTY LOOK AT LIFE

A Few of My Favorite Things ... About January



I'm trying to put together a list of great things about January... it might be a short list.

Let me think... I like snow. If it's going to be cold out there, we may as well have snow. It makes everything brighter, even when it's cloudy.

I love hockey. This may not make your list of favorite things, but it's definitely on mine.

The days are starting to get longer.

We're one month closer to spring.

It's perfect for a hot drink: coffee, lattes, tea, hot chocolate, or apple cider.

I can wear sweaters without wilting.

I don't have to run my air conditioner (but I guess I do need the heat on high).

The grass doesn't need cutting and the weeds don't grow.

My birthday is this month! Hmm, as I get older, is this a good thing? Yes!

See, there are lots of good things about January!
You just have to look in the right direction.

Happy New Year!

Geri Rutz
5-5-1 Club & Café Coordinator



P.S. Warm up this winter with a Chili Cook-Off coming in February to the 5-5-1 Club & Cafe! Stay tuned for details...





Stop by the 5-5-1 Club & Cafe
from 11:30 AM - 12:30 PM for...

Music in the Cafe

Thursday, January 7:

Paul Hedlund, Pianist

Thursday, January 14:

Jessica Johnson, Pianist

Thursday, January 21:

**John Maidl, Vocalist &
Naomi Johnson, Pianist**

Lyngblomsten Community Wellness & Education Presents

Declutter, Downsize & Simplify Your Life!

Have you accumulated a lot of possessions over the years and would like to declutter your life? Join us at the next "Donut" Make You Wonder?



Tuesday, January 5th

10:00-11:00 AM

Location: 5-5-1 Club

(1415 Almond Avenue, St Paul)

- Diane Bjorkman, owner of Gentle Transitions Senior Move Management, will present a method of sorting and provide resources to disperse the excess.
- She'll help you determine if you may have value in your possessions and internet resources available at your fingertips.
- She'll also touch on tips if you are thinking about making a move, from planning, to packing, unpacking and resettling.

Questions? Contact Joanne Kellen at (651) 632-5335 or jkellen@lyngblomsten.org. No reservations needed. A \$1 donation is appreciated to cover the cost of refreshments.



www.lyngblomsten.org



BRAIN BOOSTERS Common New Year's Resolutions

Search for the words below horizontally, vertically and diagonally in all eight directions.

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

Word Bank:

cook	learn	read	travel
finish	love	save	weight
grow	money	spend	
laugh	plan	train	

(See answer key on page 7)
www.WordSearchMaker.com

Valentine's Trip to McHatties Victorian Times



♥ ♥ ♥
**If you're looking for a really
special trip, this is it!**

A four-course luncheon:

Starting off with a signature scone and Devonshire cream, followed by a choice of entrée, dessert and specialty tea of the day. The food is delicious and elegantly served.

The bus will leave for Woodbury from the 5-5-1 Club (1415 Almond Ave.) at 11:30 AM and return around 2:30 PM.

Cost is only \$44 (all-inclusive).

Call (651) 632-5330 for reservations.

EVENTS & OUTINGS

WALKING GROUP

Get off the couch and join our walking group! We head to Rosedale on most **Thursday** mornings at 9:30. This group is for everyone at every pace. We gather for refreshments before returning around 11:15 AM; cost is \$1. Refer to calendar.

WAFFLE WEDNESDAYS

Waffle Wednesday from 9 - 10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed.

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 make new friends!

500 CARD GROUP

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

STITCHING HEARTS CLUB

Do you like to do crafts and help others in the process? Join the Stitching Hearts Club on Tuesdays from 9 - 11 AM in the 5-5-1 Club.

BILLIARDS

The pool table is available from 9 AM - 4 PM Tuesdays, Wednesdays, and Thursdays. Bring your own group or call and let us know you'd like to join a group.

Trip Payment Policy

Payment for all trips is due at the time of registration. If you are registering by phone, please mail payment immediately after calling. If you need to cancel or are a "no show" for a trip, we will refund payment whenever it is possible for us to do so. Unfortunately, some theaters or attractions will not refund after we make payment, and we have been left to pay for cancellations. Your reservation will not be confirmed until payment is received. Thanks for your understanding and cooperation.

Tuesday, January 5: "Donut" Make You Wonder. See page 2 for details.

Tuesday, January 5: Vision Loss Support Group, 1:30 PM in the 2nd floor lounge of The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul).

Friday, January 8: Bingo and Lasagna Lunch. Stop in for lunch today and enjoy some lasagna, garlic bread, salad and dessert. We'll serve at noon and when we're done we'll get the bingo games going. Cost is \$6. Call the café line at (651) 632-5332 for reservations.

Tuesday, January 12: Wii Day! Come in today at 1:00 PM and learn all about it. You'll get a chance to give it a try and see how much fun it can be. See page 7 for more info.

Tuesday, January 12: Auxiliary Meeting: Health & Humor: Humor as Good Medicine. All are welcome to come; 1:30 PM at the Newman-Benson Chapel (1415 Almond Ave).

Wednesday, January 13: Caregivers Support Group. Meets at 1:30 PM; see ad on page 6 for more info.

Friday, January 15: Out to Lunch today at Cheeky Monkey Deli (525 Selby). The menu includes hot and cold sandwiches, salads, soups, pot roast, meatloaf, desserts and more. The atmosphere is cozy with a fireplace and comfy seating. Call the café line at (651) 632-5332 for reservations and let us know if you'll be riding the bus with us or meeting us there. We'll leave the 5-5-1 Club at 11:00. Cost for the bus is \$2.

Tuesday, January 19: Pie Day in the Café. Join us for lunch today and top it off with a piece of homemade pie. As always we're open from 11 AM to 2 PM, Tuesday through Thursday.

January 21: "The Greatest Generation" at the Minnesota History Center. See pg. 7 for details.

Friday, January 22: Kentucky Fried Chicken Lunch. We're ordering in from KFC so come join us at noon for chicken, potatoes & gravy, coleslaw biscuits and some homemade dessert. Cost is \$6. RSVP to (651) 632-5332.

Wednesday, January 27: Caregivers Support Group. Meets at 1:30 PM; more info on page 6.

Friday, January 29: Pizza and a Movie. Papa John's will deliver a variety of pizzas at noon. We'll add a salad and dessert all for just \$6. Following lunch, we'll show a movie on our large screen TV. RSVP to (651) 632-5332.

Upcoming Trips

Friday, February 12: Valentine's Trip to McHatties Victorian Times. See page 2 for details.

Tuesday, March 16: Nat King Cole trip to St. Cloud. See page 7 for details.

Welcome to the 5-5-1 Club & Cafe,

Betty Moline!

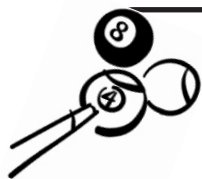
Betty has become an employee of Lyngblomsten, blessing us with her homemade soups, scrumptious paninis and dangerous desserts.

Make sure you stop by the cafe to express your thanks to Betty for her hard work and congratulate her!



5-5-1 Club & Café Jan




















Sun.	Mon.	Tues.	Wed.
3	4	5	6
		<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-10:30 Coffee </p> <p>9-11 Stitching Hearts</p> <p>10:00 "Donut" Make You Wonder</p> <p>1:00 Play 500</p> <p>1:30 Vision Loss Group</p> <p>2:15 Exercise Class (Heritage Dining Room)</p>	<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-11 Stitching Hearts</p>
10	11	12	13
		<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-10:30 Coffee </p> <p>9-11 Stitching Hearts</p> <p>1:00 Play 500</p> <p>1:00 Wii Day (pg. 7)</p> <p>1:30 Auxiliary Mtg.</p> <p>2:15 Exercise Class (Heritage Dining Room)</p>	<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-11 Stitching Hearts</p>
17	18	19	20
		<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>Pie Day in the Café! </p> <p>9-10:30 Coffee </p> <p>9-11 Stitching Hearts</p> <p>1:00 Play 500</p> <p>2:15 Exercise Class (Heritage Dining Room)</p>	<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-11 Stitching Hearts</p>
24	25	26	27
31		<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-10:30 Coffee </p> <p>9-11 Stitching Hearts</p> <p>1:00 Play 500</p> <p>2:15 Exercise Class (Heritage Dining Room)</p>	<p>5-5-1 Café Open (11 AM-2 PM)</p> <p>9-11 Stitching Hearts</p>



Billiards, anyone?

We have a full size pool table just waiting for you on Tuesdays, Wednesdays, and Thursdays. You are free to drop in anytime and try your hand. Bring some friends and get your games going! Call (651) 632-5320 if you have questions or if you are interested in setting up a time for a group of your friends to play on a regular basis.

January 2010 Calendar

Wed.	Thurs. 	Fri.	Sat.
	<p>1</p> <p>The 5-5-1 Club & Cafe is closed for New Year's Day.</p> <p>Happy 2010!</p> 	<p>2</p>	
<p>10:30 Waffles </p>	<p>7</p> <p>9-10:30 Coffee </p> <p>9:30 Walking Group</p> <p>5-5-1 Café Open (11 AM-2 PM)</p> 	<p>8</p> <p>-LUNCH-</p> <p>Bingo & Lasagna</p>  <p>RSVP \$6</p> <p>Noon Lasagna</p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room)</p> <p>1:00 Play 500</p>	<p>9</p>
<p>10:30 Waffles </p> <p>11 AM Massage</p> <p>Open House (see pg. 7)</p> <p>10-3:30 Caregivers Support Group</p> <p>1st floor lounge of The Stage at Lyngblomsten (p.5.)</p>	<p>14</p> <p>9-10:30 Coffee </p> <p>9:30 Walking Group</p> <p>5-5-1 Café Open (11 AM-2 PM)</p> 	<p>15</p> <p>-LUNCH-</p> <p>Out to Lunch: Cheeky Monkey Deli</p> <p>RSVP \$ On Your Own</p> <p>11:00 Out to Lunch (leaving from 5-5-1 Club)</p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room)</p> <p>1:00 Play 500</p>	<p>16</p>
<p>10:30 Waffles </p>	<p>21</p> <p>9-10:30 Coffee </p> <p>9-1 PM "Greatest Generation" trip (p.7)</p> <p>5-5-1 Café Open (11 AM-2 PM)</p> 	<p>22</p> <p>-LUNCH-</p> <p>KFC</p>  <p>RSVP \$6</p> <p>Noon KFC</p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room)</p> <p>1:00 Play 500</p>	<p>23</p>
<p>10:30 Waffles </p> <p>10-3:30 Caregivers Support Group</p> <p>1st floor lounge of The Stage at Lyngblomsten (p.5.)</p>	<p>28</p> <p>9-10:30 Coffee </p> <p>9:30 Walking Group</p> <p>5-5-1 Café Open (11 AM-2 PM)</p> 	<p>29</p> <p>-LUNCH-</p> <p>Pizza & Movie</p>   <p>RSVP \$6</p> <p>Noon Pizza</p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room)</p> <p>1:00 Play 500</p>	<p>30</p>

- LUNCH -

Reservations!

Reservations are only needed for Friday special meals. Call **(651) 632-5332**.

- TRANSPORTATION -

We can provide rides to lunch at the 5-5-1 CLUB on **Tuesdays** and **Fridays**. Call (651) 632-5332. There is a suggested \$2 donation for round-trip transportation.



WELLNESS FOR LIFE

Happy New Year!

Joanne Kellen, RN

Community Wellness & Education Coordinator

As 2010 begins, I wish each of you a happy and healthy New Year. Do you find that as we grow older, happiness stems more from health, meaningful relationships and activities that keep us fulfilled rather than material possessions?

According to a poll by AARP and USA Today/ABC News, the greatest worry of older adults is losing their health.

So what can we do in this New Year for ourselves? Staying active physically, mentally and socially help us to feel better, keep the brain working and improve our attitude and health. Some possible suggestions are:

- Find some type of exercise that works for you. The benefits of exercise include it helps manage your weight, promotes better sleep, improves your mood and helps prevent or manage high blood pressure.
- Plan healthy snacks and meals. Try to eat fewer packaged convenience foods that contain a high amount of sodium and fat. Choose lean meats, colorful vegetables and fruits. Purchase whole grain products rather than refined products. Look for foods that contain at least 3 grams of dietary fiber per serving.
- Stay connected. Your emotional well-being benefits from your social connections which may include your family, friends and neighbors. Surround yourself with positive people. Play games which keep your brain working such as anagrams, Sudoku, trivia and crossword puzzles. Challenge yourself to learn a new game.

- Keep on laughing. Laughing increases circulation and the immune system defenses while decreasing stress hormones.
- Take a moment each day to be grateful. Some people start the New Year by resolving to be more organized. This is something I try to do but it is an ongoing challenge.

Have you accumulated a lot of possessions over the years and would like to declutter your life? Please join us at the next "Donut" Make You Wonder? on Tuesday, January 5, at 10:00 AM at the 5-5-1 Club as Diane Bjorkman, owner of Gentle Transitions Senior Move Management, will be presenting "De-clutter, Downsize and Simplify Your Life!" This will include educational tips to help you learn a method of sorting and all sorts of resources to disperse of the excess. She'll help you determine if you may have value in your possessions and internet resources available at your fingertips. She'll also touch on tips if you are thinking about making a move, from planning, to packing, unpacking and resettling. Her seminar will help you not only get started but learn how to journey through the process "gently".

Continue to take good care of yourself!

Joanne

Joanne Kellen, RN

(651) 632-5335 or jkellen@lyngblomsten.org

Sources:
www.mayoclinic.com
www.aarp.org/healthy

Caregivers Support Group



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

2nd & 4th Wednesdays of the month

1:30 - 3:30 PM

The Heritage at Lyngblomsten
No reservations needed. FREE.

January
13th & 27th

Coordinator:
Joanne Kellen, RN, (651) 632-5335

A note from Bonnie:

After December 31, 2009, I will be pursuing other employment opportunities. Joanne will continue to serve you as the RN in the Community Wellness and Education Program.

My prayer for you is that God will richly bless each of you, and help you make simple, healthy lifestyle choices.

-Bonnie Connolly

Boomerang Winners

The Game That Keeps Giving Back™

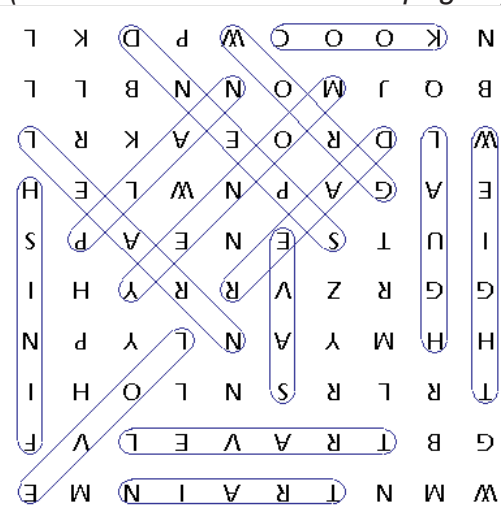
Congratulations to our December winners:

December 7	Les Grant	\$100
December 14	Les Grant	\$100
December 21	Barb Mikelson	\$100
December 28	Julie Antolak	\$100

Quarterly Winner:

December 28	Gary & Kathy Kempf	\$200
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(Solution from word find on page 2)



Experience Minnesota's Greatest Generation

Join us in a trip to explore "The Greatest Generation" exhibit at the Minnesota History Center on **January 21**. Enjoy lunch in Café Minnesota where you'll have your choice of soups, salads, entrees and desserts.

We'll leave the 5-5-1 Club at 9 AM and return around 1 PM. Cost is only \$19, including lunch. RSVP to (651) 632-5330.

Wii Day: Tuesday, Jan. 12th

What on earth is Wii? Wii is a fun video game anyone can play—on the TV. At one time in your life did you enjoy bowling, golf or tennis? Now is your chance to play again! While holding the remote in your hand, you swing your arm and just like magic, you're golfing, bowling or playing tennis!



Come at 1:00 PM, learn all about it and give it a try. We plan on forming Wii leagues in the future and we'd love you to be part of it.

Straighten Up & Fly Right: King Cole Tribute

Tuesday, March 16

Enjoy music at the beautiful Paramount Theatre in St. Cloud. Explore his hit-filled career including *Unforgettable*, *Ramblin' Rose*, *Mona Lisa*, and *Let's Fall in Love*. Prior to the performance we'll lunch at MiFamiglia, feasting on chicken scallopini, meatballs, Italian roasted potatoes, salad, fresh baked ciabatta rolls. Cost is \$55. RSVP to (651) 632-5330 by 2/15.

Massage Open House

January 13 from 1:00-4:00 PM
Care Center Lobby, Near the Information Desk



Body Renew

Compassionate massage,
inviting peace

Learn about Massage Therapy located on site at Lyngblomsten. Meet the massage therapists Ruthann Ryberg & Patty MacDonald, discover the many benefits of massage, and see the massage room (on the first floor, across from the beauty shop). Enter to win a gift certificate for you or a loved one!

All are Welcome!

Vision Loss Support Group

Tuesday, January 5th

1:30 - 2:30 PM

2nd Floor Lounge of The Heritage

5.5.1 CLUB & Café

A Community Center
Proudly Supported by Lyngblomsten

1415 Almond Avenue
St. Paul, MN 55108
www.551club.com

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Permit #2376

Fun for Life!

THINK YOU KNOW MINNESOTA WINTERS?

10 Snowiest Winters in the Twin Cities (inches)		10 Least Snowy Winters in the Twin Cities (inches)	
1983-84	98.6	1930-31	14.2
1981-82	95.0	1894-95	16.2
1950-51	88.9	1986-87	17.4
1916-17	84.9	1967-68	17.5
1991-92	84.1	1958-59	19.1
1961-62	81.3	1920-21	20.6
1951-52	79.0	1980-81	21.1
1966-67	78.4	1957-58	21.2
2000-01	75.8	1901-02	22.4
1982-83	74.4	1913-14	22.5

Source: <http://www.crh.noaa.gov/mpx/mspSnowfall.php>

AARP Tax Assistance



It's that time of year again ... tax time!! Don't worry, we've got help! AARP volunteers will be here every Tuesday and Thursday starting February 2 from 9 AM to 3 P to help you file your returns. This is a free service for seniors and people with lower income. Call (651) 632-5330 to schedule an appointment.

Bring your W-2s and 1099 forms in addition to information relating to sales of stocks, bonds, real estate, etc. and social security numbers of dependents. You will need the 2008 Property Tax Statement to complete your property tax refund papers.

Equipment (computers, printer, copier) for this service is made possible through a grant from the State of Minnesota Commissioner of Revenue Office.