



www.551club.com

Community Education, Wellness & Fun for Life

January & February 2012

Opportunities Booklet



New!
Pull-Out
Calendar
Inside

What's Cookin' Good Lookin'?

Join your neighbors for the

5-5-1 Club & Café Soup-Off!

See page 8 for event details.

Inside

Tropical Tour *Sea Life Aquarium* **books • cheese • wine**
Dinner, Dessert & Music *Four Choirs Festival* **and much more!**

5-5-1 Club & Café • A Community Center Proudly Supported by Lyngblomsten



Club Hours

Monday – Friday
9 AM – 4 PM
(651) 632-5320

Café Hours

Tuesday – Thursday
Breakfast: 9 – 10:30 AM
Lunch: 11 AM – 2 PM
(651) 632-5332

General Contact

(651) 632-5330
551club@lyngblomsten.org

Location

1415 Almond Avenue
St. Paul, MN 55108
(Lower level of the
Lyngblomsten campus)

Online

www.551club.com
www.facebook.com/551clubcafe

Sponsor

Lyngblomsten
(651) 646-2941
www.lyngblomsten.org

About Us

Welcome! The 5-5-1 Club & Café is a community center, proudly sponsored by Lyngblomsten, promoting wellness and fun for life through social, recreational, and educational programs for people age 55+ working or living in or near the 551 zip code areas.

If you're looking for opportunities to **Thrive, Learn, Explore, and Belong**, you've come to the right place! Everyone from the community is welcome. See page 15 for activities and dining information.

The 5-5-1 Club & Café is subsidized by gifts made to the Lyngblomsten Foundation. Learn more at www.lyngblomsten.org/get-involved.

A Note from the Coordinator — Happy New Year!

Along with the new year comes a new newsletter. You are reading the first edition of the new 5-5-1 Club & Café newsletter. For several years you've been receiving *LimeLight* each month, and now for the last several months you've also been getting our quarterly Opportunities Booklets. Our goal is to provide information on all the activities, events, classes, parties and trips so that you can participate in all we have to offer.

In the interest of conserving paper, printing expenses and postage, but still getting information out in a timely manner, we have decided to go to a two-month newsletter/booklet. You will get your information in plenty of time to plan your calendar, so we hope you like it! As for me, it just means that I really have to be on the ball and get everything planned well in advance. This will have to be my New Year's resolution ... don't procrastinate!

— Geri Rutz, 5-5-1 Club & Café Coordinator

January



books.cheese.wine

William Kent Krueger: *Live*

According to William Kent Krueger: "I'm supposed to be an introvert, but when I'm on stage talking about my books, about my writing process, about the creative impulse, I feel like I'm riding some incredible thrill machine ... Really, I'm pretty entertaining. And enlightening. But mostly I'm just having a good time."

Start out the new year with the best-selling author of *Iron Lake* (a *USA Today* best seller in October 2011), *Northwest Angle* (on the *New York Times* best seller list, Sept. 2011), and *Thunder Bay*. He's not a Minnesota native, but he sure writes like one.
www.williamkentkrueger.com

Thursday, January 5

5:30 – 7 PM

at the 5-5-1 Club & Café

Fee: \$5 if registered before 1/3
\$8 at the door

Register: (651) 414-5292 or
dcalbing@lyngblomsten.org, **OR**
mail in registration form on page 18.

Friday Special Lunch

Pizza & Bingo

at the 5-5-1 Club & Café

Join us for pizza from Papa John's, plus salad and dessert. After lunch the bingo games will begin and run for an hour. Prizes for every game!

Friday, January 6

Noon – 1 PM Lunch

1 – 2 PM Bingo

at the 5-5-1 Club & Café

Fee: \$7 for lunch; 50¢ for bingo

Register: (651) 632-5332 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Wednesday, January 4.

books • cheese • wine

is a casual book club that meets once per month at the 5-5-1 Club & Café. Come meet and listen to local authors, and enjoy some cheese and wine. There is no required reading—just come for fun, to learn, and socialize with your neighbors.

See page 6 for details on the books•cheese•wine held in February.

View this Opportunities Booklet online at www.551club.com

Click *News & Events*; view the *January & February 2012 Opportunities Booklet*. Download or print additional copies.



Music in
the Cafe

Free!

Everyone's Favorites: Trudy Harper, Harpist

Trudy Harper and her golden harp return to the 5-5-1 Club & Café! Join us as Trudy blends music, history and culture to create a harp program of some of her favorite songs.

Trudy Harper has written and presented programs for 25 years. She performs at receptions, weddings, civic celebrations and business events throughout the Twin Cities.

Learn more about her programs and listen to music samples at:

www.trudyharpist.com

Thursday, January 12
10 – 11 AM

at the 5-5-1 Club & Café

Fee: FREE

Please join us in the café for breakfast before the presentation, or stay afterward for lunch!

RSVP: (651) 414-5292 or
calbing@lyngblomsten.org.

Tropical Tour Sea Life™ Minnesota Aquarium

On a cold January day, come along with us as we head to Sea Life™ Minnesota Aquarium at the Mall of America. *Discovery Channel* named this "The World's Best Shark Encounter." *Animal Planet* called it the "best shark exhibit on the planet." Sharks can be viewed from a 300-foot glass underground tunnel.

We'll also see the coral exhibit, Amazon exhibit, and the freshwater tank. After our stroll through this water wonderland, we'll head to Kokomo's Island Café. It has a fun island atmosphere and serves up everything from dinner entrees to salads, sandwiches, burgers, pastas and more.

Friday, January 13
9:30 AM – 1:30 PM

at Mall of America

Bus departs the Club at 9:30 AM, and will return around 1:30 PM.

Fee: \$18, plus your lunch expense.

Register: (651) 632-5330 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Friday, January 6.

Thrive • Learn • Explore • Belong

January cont'd

Friday Special Lunch

Kentucky Fried Chicken at the 5-5-1 Club & Café

How about some finger lickin' good chicken, mashed potatoes, gravy, coleslaw and a biscuit from the Colonel? We'll add a tempting dessert!

Friday, January 13

Noon at the 5-5-1 Club & Café

Fee: \$7

Register: (651) 632-5332 or dseverson@lyngblomsten.org, **OR** mail in registration form on page 18, **by Wednesday, January 11.**

Wellness for Life Talk:

Oral Health— Is it affecting your blood sugar levels or heart health?

Pat Lenton, a licensed dental hygienist and research professional at the School of Dentistry at the University of Minnesota, will discuss the connection between oral health and blood sugar levels in persons with diabetes.

She will also discuss the relationship between your oral health and your

(cont'd)

heart health. Pat will share information regarding a clinical study currently being conducted at the School of Dentistry.

Thursday, January 19

10 – 11 AM

at the 5-5-1 Club & Café

Fee: \$2

Please join us in the café for breakfast before the presentation, or stay afterward for lunch!

RSVP: Deb Bowman (651) 632-5335 or dbowman@lyngblomsten.org.

Friday Special Lunch

Out To Lunch at Downtowner Woodfire Grill

At the Downtowner, the meats and vegetables are prepared over an oak-wood burning grill, following ancient Persian cooking traditions. The oak wood infuses the food with a mouth-watering subtle smoke that enhances the flavor of everything from savory boneless leg of lamb to center cut swordfish and sirloin steaks. An oak-wood burning oven cooks homemade pizzas and flat-bread to perfection and makes their artichoke dip an award-winning dish.

Thanks to the visible kitchen, guests are able to see the cooking process as

(cont'd on page 5)

January cont'd

(cont'd from page 4)

their meals are fire roasted or oven-baked to their satisfaction.

Friday, January 20

Bus departs the Club at **11 AM**

OR Meet us there at **11:30 AM**

253 West 7th Street

St. Paul, MN

Fee: \$2 for the bus, plus your lunch expense.

Register: (651) 632-5332 or dseverson@lyngblomsten.org, **OR** mail in registration form on page 18, **by Wednesday, January 18.**

Please let us know if you will be riding the bus with us or meeting us there.

The Art of Forgiveness: Images of the Prodigal Son

Luther Seminary is the home of a remarkable collection of artwork based on the Prodigal Son parable. Jerry Evenrud, a lifelong arts enthusiast who donated this collection to the seminary, will be our tour guide.

We'll meet at Luther Seminary for the 11 AM Chapel service (including communion). The service will last about 35 minutes. After the Chapel, we'll have lunch at the cafeteria, then walk to Northwestern Hall where Jerry's art collection is housed.

(cont'd)

Wednesday, January 25

11 AM – 2 PM

at Luther Seminary, St. Paul, MN

Meet at Olson Campus Center at 1490 Fulham Street **OR**

Bus departs the Club at 10:30 AM

Fee: \$2 for the bus, plus your lunch expense.

Register: (651) 414-5292 or calbing@lyngblomsten.org, **OR** mail in registration form on page 18.

Please let us know if you will be riding the bus with us or meeting us there.

Armchair Traveler: Pasadena, California

Free!

Is winter getting you down? Sick of cold weather yet? How about a trip to sunny Pasadena, California?! Join Janice Walker as she shows her slides and talks about her trip to see the world-famous Rose Bowl Parade (but no football game), Crystal Cathedral, The Queen Mary, the Lawrence Welk Resort, and Grauman's Chinese Theater. You'll get your share of bright sunshine and flowers today!

Thursday, January 26

2 – 3 PM

at the 5-5-1 Club & Café

Fee: FREE

RSVP: (651) 414-5292 or calbing@lyngblomsten.org.

January cont'd

Friday Special Lunch

House of Wong at the 5-5-1 Club & Café

Today we'll order chow mein, chicken fried rice, sweet and sour pork, and egg rolls in from the House of Wong, plus we'll add our Oriental salad and dessert.

Friday, January 27

Noon at the 5-5-1 Club & Café

Fee: \$7

Register: (651) 632-5332 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Wednesday, January 25.

create the monthly science fiction anthology *Stupefying Stories*.

Join this local author as he presents 11 all-new stories by 11 hot new writers ... as well as his own semi-legendary demiclassic, *It Came From The Slushpile*.

www.brucebethke.com

Thursday, February 2

5:30 – 7 PM

at the 5-5-1 Club & Café

Fee: \$5 if registered before 1/31
\$8 at the door

Register: (651) 414-5292 or
calbing@lyngblomsten.org, **OR**
mail in registration form on page 18.

February



books.cheese.wine

Stupefying Stories!

Author: Bruce Bethke

Bruce Bethke, best known perhaps for his 1980 short story, *Cyberpunk* (yes, he coined the phrase—but alas — didn't trademark it), has run an online writing workshop called "The Friday Challenge" for the past five years. The result of this workshop? A collaboration with up-and-coming writers to

(cont'd)

Friday Special Lunch

Italian Lunch & Bingo at the 5-5-1 Club & Café

We'll be dining Italian-style today with spaghetti and ravioli on the menu.

We'll also serve up salad, garlic bread and dessert. Bingo starts after lunch.

Friday, February 3

Noon – 1 PM Lunch

1 – 2 PM Bingo

at the 5-5-1 Club & Café

Fee: \$7 for lunch; 50¢ for bingo

Register: (651) 632-5332 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Wednesday, February 1.



Music in
the Café

Free!

Broadway Basics ... and Jazz!

Sarah Melander

It's almost Valentine's Day! Take a musical journey of love found, lost, and found again, as Sarah sings her way through the romantic classics of Broadway and jazz.

Thursday, February 9
10 – 11 AM

at the 5-5-1 Club & Café

Fee: FREE

Please join us in the café for breakfast before the presentation, or stay afterward for lunch!

RSVP: (651) 414-5292 or
calbing@lyngblomsten.org.

Soup-Off!

at the 5-5-1 Club & Café

Enter the contest, or come to enjoy lunch and festivities! See page 8 for complete event details, and page 9 for the contest entry form.

Saturday, February 11
11:30 AM – 1:30 PM

at the 5-5-1 Club & Café

Dinner, Dessert & Music

What could be better than that for Valentine's weekend? We'll start out at Buca di Beppo in Burnsville for a feast on salads, spaghetti marinara, fettuccine alfredo and chicken parmigiana, plus a choice from three delicious desserts.

After dinner, we'll head to the Burnsville Performing Arts Center for the *Four Choirs Festival*. Three local high school choirs will join the Dakota Valley Symphony Chorus for Mozart's *Requiem*, and soloist Ariana Kim will perform Dvorak's *Violin Concerto*.

Sunday, February 12
12:30 – 5:30 PM

Bus departs the Club at 12:30 PM and will return around 5:30 PM.

Fee: \$52

Register: (651) 632-5330 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Thursday, January 12.

Happy Valentine's Day

Receive a FREE Valentine's dessert with your meal purchase at the 5-5-1 Club & Café. Remember to wear something pink or red!

Tuesday, February 14
11 AM – 2 PM

at the 5-5-1 Club & Café



What's Gookin' Good Lookin'?

Join your neighbors for the 5-5-1 Club & Café Soup-Off! Saturday, February 11, 2012

Soup Sampling & Lunch • 11:30 AM – 1:30 PM



Come as a contestant or just to enjoy lunch & festivities! Enter the soup-off for a chance to win prizes and have your recipe featured at the 5-5-1 Club & Café!



To enter the contest, fill out the entry form (next page) OR submit a contest entry form online at: www.551club.com/calendar. **Registration deadline is Monday, February 6, 2012.** Limited number of entries accepted.



Tickets: \$8 pre-paid by 2/8, or \$10 at the door. Fee includes soup sampling, lunch (salad, bread, dessert & beverage), and door prizes. **To purchase tickets call (651) 632-5320, stop by the 5-5-1 Club or go online at www.551club.com/calendar.**

Questions? Contact Geri at (651) 632-5320 or gmrutz@lyngblomsten.org



A Community Center Proudly Supported by Lyngblomsten

**Located: On the Lyngblomsten campus at
1415 Almond Avenue, St. Paul, MN 55108**

www.551club.com • www.facebook.com/551clubcafe

The 5-5-1 Club & Café is subsidized by gifts made to the Lyngblomsten Foundation.



Soap-Off 2012 Contest Entry Form

OR submit an entry online: www.551club.com/calendar

Name _____

Address _____

Phone (_____) _____

Soup Name _____

I agree to the following guidelines:

- Submit this entry form and my soup recipe on or by 2/6/12 to be eligible. Recipes will be shared.
- Bring soup already warm, in a crockpot, to the 5-5-1 Club by 10 AM on Saturday, February 11.

5-5-1 Club & Café Soap-Off 2012

Saturday, February 11 • 11:30 AM – 1:30 PM



Contest Participation Details

- To enter the contest, submit the entry form and a copy of your recipe by **Monday, February 6**. Recipes must be submitted for health safety reasons.
- You or your designee must bring your soup already warm in a crockpot to the 5-5-1 Club & Café on/by 10 AM on Saturday, February 11.
- Winners will be chosen by popular vote by persons attending the soup-off event. Winners will be announced at the conclusion of the event, and prizes will be awarded.
- Unless ingredients for your soup are too expensive for our café's menu, the prize will also include your soup being featured periodically at the café.
- Each entrant receives a two free tickets to attend the Soup-Off.
- All types of soup are welcome — creamy, vegetable, meat, chili, stew ...

To enter the contest, please give or mail form to Geri Rutz at the 5-5-1 Club by Monday, February 6, 2012 for eligibility OR submit a contest entry form online at www.lyngblomsten.org/calendar.

Mail to: 5-5-1 Club & Café Soup-Off, 1415 Almond Avenue, St. Paul, MN 55108

You will be contacted to confirm your participation.

February cont'd

Wellness for Life Talk: Improve Function & Decrease Pain Through Movement

Regular exercise and movement helps to build muscle, decrease joint stiffness and boost overall fitness. Add movement into your week and you can feel stronger with less fatigue.

A therapist from *The Rehabilitation Institute* and *Aqua Therapy* at Regions Hospital will talk about different ways to bring movement into your week to improve your functional abilities and decrease your pain.

Thursday, February 16
10 – 11 AM at the 5-5-1 Club & Café

Fee: \$2

Please join us in the café for breakfast before the presentation, or stay afterward for lunch!

RSVP: Deb Bowman (651) 632-5335
or dbowman@lyngblomsten.org.

Friday Special Lunch

Out To Lunch at Stout's Pub

We have a new restaurant in our midst, so let's give it a try! Stout's Pub is brought to you by the owners of Chianti Grill and Porterhouse Steak & Seafood. They offer a warm and

(cont'd)

comfortable atmosphere to watch the game, meet a friend, or just stop on in and enjoy the ultimate in fresh and fun burgers, sandwiches, appetizers and more. www.stoutspub.com

Friday, February 17

Bus departs the Club at **11:15 AM**

OR Meet us there at **11:30 AM**

1611 West Larpenteur Avenue
Falcon Heights, MN

Fee: \$2 for the bus, plus your lunch expense.

Register: (651) 632-5332 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Wednesday, February 15.

Please let us know if you will be riding the bus with us or meeting us there.

Friday Special Lunch

Kentucky Fried Chicken at the 5-5-1 Club & Café

It's time for the Colonel again, and some finger lickin' good chicken, mashed potatoes, gravy, coleslaw and a biscuit from KFC. We'll add our Oriental salad and dessert!

Friday, February 24

Noon at the 5-5-1 Club & Café

Fee: \$7

Register: (651) 632-5332 or
dseverson@lyngblomsten.org, **OR**
mail in registration form on page 18,
by Wednesday, February 22.

Upcoming Trips

VIVA VEGAS! Big Band Show

A trip to Fort Atkinson's (Wisconsin) *Fireside Dinner Theatre* for an evening of awesome food and "fantabulous" entertainment to see and hear their great live band, singers, and dancers perform music from VIVA VEGAS!

The Fireside continues its cherished tradition of live band revues with a sparkling tribute to the ultimate center of music, laughter, glitz, and glamour featuring a stunning cast of performers and The Fireside's own LIVE BAND! Prior to the performance, enjoy a delicious dinner at Fireside. On Sunday we will travel to Osseo for lunch at Norske Nook and stop at Humbird Cheese shop.

Saturday & Sunday, March 3 – 4

Fee: \$289 per person double occupancy, \$339 single occupancy, \$263 per person triple occupancy. Fee includes lodging with breakfast, dinner and show, lunch on Sunday, driver gratuity, luggage handling, deluxe motor coach, and escorts.

Request registration form:

(651) 632-5330

Return registration form with \$50 deposit per person to hold your spot.

Final payment due:

Friday, February 10*

(see page 17)

The Church Basement Ladies in A Mighty Fortress is Our Basement

The Church Basement Ladies are at it again in their latest musical comedy, with more crazy antics and great new songs!

Before we settle for an afternoon of music and laughter, we'll stop at Axel's Bonfire in Plymouth. You'll have your choice of Oriental chicken salad, a pulled pork sandwich, or rotisserie turkey on a ciabatta roll. After lunch we'll do a hop, skip and a jump down the road to the Plymouth Playhouse.

Thursday, March 22

10:30 AM – 4 PM

at Plymouth Playhouse

2705 Annapolis Lane N., Plymouth, MN

Bus departs the Club at 10:30 AM, and will return around 4 PM.

Fee: \$55 per person

Register: (651) 632-5330 or dseverson@lyngblomsten.org, **OR** mail in registration form on page 18.

Please specify your menu selection: *Oriental chicken salad, pulled pork sandwich, or rotisserie turkey on a ciabatta roll.*

Registration deadline:

Thursday, March 1

Save the Date for ...

Lyngblomsten's Annual Wellness Conference

Living the CREATIVE Life

**Saturday,
April 14, 2012**

Artful Living with Lyngblomsten™ Art for Every Season of Life

Art for Every Season of Life is a year of fine arts events, workshops held by resident artists, and celebrations of creativity for older adults at Lyngblomsten and intergenerational community members. The program is designed to enhance lives, ignite creativity and drive passion toward living full, whole, and healthy lives.

Past opportunities have included photography classes, vocal music classes, watercolor painting classes, as well as trips to the Minneapolis Institute of Arts and Orchestra Hall.

Upcoming opportunities will be posted at:
www.lyngblomsten.org/calendar

For more information or to register for a class or trip, contact:
Allyson Linden at (651) 632-5357 or alinden@lyngblomsten.org.

All activities and materials are provided free of cost. These activities are made possible in part by a grant from the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature and a grant from the National Endowment for the Arts, with support from Lyngblomsten.

Transportation

Round Trip to the 5-5-1 Club & Café

Rides are available to the 5-5-1 Club & Café on Tuesdays and Fridays. Call (651) 632-5332 one day in advance to reserve a ride. Cost is \$2/round trip.

Medical Transportation

Medical transportation is available every Monday for \$7/round trip to appointments in the St. Paul area. Advance notice required by calling Mary Deaner at (651) 414-5293 by noon the Thursday before.

Weekly Activities

All activities are held at the 5-5-1 Club & Café unless otherwise noted. The 5-5-1 Club & Café is located on the lower level of the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

Waffle Wednesdays

Wed • 9 – 10:30 AM

Waffles hot off the iron, and gourmet coffee freshly ground and brewed. Cost: \$3

Breakfast & Coffee

Tues & Thurs • 9 – 10 AM

Join us for freshly brewed coffee, breakfast sandwiches, and delicious morning goodies. Bring a friend to chat, or come and make new friends. Treats & coffee: \$1.50
Breakfast sandwich & coffee: \$3

500 Card Group

Tues • 1:00 PM

Join us for a game of 500 at the 5-5-1 Club & Café. Please call (651) 632-5330 to reserve your spot for the games.

Stitch 'N Chat

Tues • 9 – 11 AM

Do you like to do crafts and help others in the process? Everyone is welcome (including men!), whether you bring a project or not. Just come; no reservations needed.

Billiards

Tues, Wed, Thurs • 9 AM – 4 PM

Bring your own group or call and let us know if you would like to join a group.

Walking Group

Thurs • 9:30 – 11:15 AM

Fee: \$1

Questions? (651) 632-5320

The group leaves the Club at 9:30 AM and heads to Rosedale Mall where everyone walks at their own pace. After walking, we meet at Caribou in the center of the mall for a little chatter and coffee. No need to register; just come to the Club by 9:15 AM. If you choose to meet us there, call (651) 632-5320 to see where we're walking. In the spring, when weather permits, we will start walking around Lake Como.

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Computer Instruction

Wed • 10 AM – Noon

Fee: FREE

**Schedule an appointment:
(651) 632-5320**

We have a patient, knowledgeable computer whiz who is available to instruct you on the computer. Learn to e-mail, get pictures off your digital camera, play games and more. Bring in your own laptop or use our computers.

Wellness for Life

Questions or for more information/services/resources, contact **Deb Bowman, RN:** (651) 632-5335 or dbowman@lyngblomsten.org, or visit www.lyngblomsten.org/services

Vision Loss Support Group

10 – 11 AM each 3rd Monday of the month. FREE.

Located at the 5-5-1 Club & Café



Does vision loss impact your daily activities such as reading, cooking, watching TV, and record keeping? Come for information, resources, and support in dealing with vision loss.

Upcoming sessions: January 16 and February 20.

No reservations needed. Come as often as you are able.

Wellness for Life Health Talks

10 – 11 AM each 3rd Thursday of the month (new time). Fee: \$2.

Located at the 5-5-1 Club & Café

See pages 4 and 10 for details on the January and February talks. Come early to enjoy breakfast, or stay after the presentation for lunch in the Café.

Caregivers Support Group

Caring for yourself while caring for your loved ones.

1:30 – 3:30 PM each 2nd & 4th Wednesday of the month. FREE.

Located at The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul, MN 55108

Sessions include a brief education component, time to gather resources, and time to talk. Support yourself and others in the journey of caregiving.

Upcoming sessions: January 11 & 25 and February 8 & 22.

No reservations needed. Come as often as you are able.

Wellness Checks

Tuesdays, 1 – 3:30 PM. FREE.

Located down the hall from the 5-5-1 Club & Café

Talk to our registered nurse, Deb Bowman, about health concerns, issues related to remaining independent as health needs change, and questions about medications, disease, or health care. Deb is also available to perform health screening services such as blood pressure, pulse assessments, and fasting blood sugar levels.

Activities at the Club

Take advantage of a wide variety of activities, and leave the planning to us! Participants are encouraged to let staff know what types of activities they would like to see added to the club. For specifics on the activities available through the 5-5-1 Club & Café, refer to this opportunities booklet every other month, or visit us online at www.551club.com.

To download or print additional copies of this booklet, visit www.551club.com, click *News & Events*; view the *January & February 2012 Opportunities Booklet*.

Share your ideas for program and education topics! Let us know what your interests are, and share what you would like to see offered in future programming from the 5-5-1 Club & Café and Lyngblomsten Community Wellness & Education. **Contact Cindy Albing at (651) 414-5292 or calbing@lyngblomsten.org**, or mail your ideas to Lyngblomsten Community Wellness & Education, ATTN: Cindy Albing, 1415 Almond Ave, St. Paul, MN 55108.

Dining at the Café

The 5-5-1 Club & Café provides a friendly atmosphere in which to enjoy breakfast, coffee and treats, lunch, and special event meals.

Dine in or take out. Call the café line at (651) 632-5332.

Breakfast: 9 – 10:30 AM, Tuesday – Thursday

• **Waffles** (Wednesday only) • **Breakfast sandwiches** • **Coffee and tea**

Lunch: 11 AM – 2 PM, Tuesday – Thursday

• **Homemade soups** • **Fresh salads** • **Delectable desserts**
• **Gourmet sandwiches** – cold or panini-style

Each café day features a special sandwich and salad, plus two soups. A variety of desserts are available as well. You always have the option to create your own custom sandwich and have it cold or hot (Panini).

Café lunch features menu available at www.551club.com/dining

See page 16 for January & February menu features.

Special Friday Lunches

Lunches can include: out to lunch at local restaurants, seasonal and holiday meals, KFC or pizza and bingo, House of Wong take-out and more.



Café Lunch Features

Sandwich, Soup & Salad Features

January

Tues, Jan 3 • Club Panini, Wild Rice Soup, Taco Salad

Wed, Jan 4 • Fresh Mozzarella, Bacon, Tomato Panini, Lasagna Soup, Taco Salad

Thurs, Jan 5 • BLT, Pea Soup, Taco Salad

Tues, Jan 10 • Beef & Swiss Panini, Squash Soup, Chicken Caesar Salad

Wed, Jan 11 • Chicken Salad on Croissant, Tomato Basil Soup, Chicken Caesar Salad

Thurs, Jan 12 • Philly Cheese Steak Panini, Vegetable Beef Soup, Chicken Caesar Salad

Tues, Jan 17 • 3-Cheese Tomato Bacon Panini, Taco Soup, Greek Salad

Wed, Jan 18 • Monte Cristo Panini, Pea Soup, Greek Salad

Thurs, Jan 19 • Reuben, Ham Chowder, Greek Salad

Tues, Jan 24 • BLT, Bean Soup, Mandarin Orange Chicken Salad

Wed, Jan 25 • Club Panini, Wild Rice Soup, Mandarin Orange Chicken Salad

Thurs, Jan 26 • Tuscan Turkey Panini, Tomato Basil Soup, Mandarin Orange Chicken Salad

Tues, Jan 31 • Chicken Salad on Croissant, Vegetable Beef Soup, Taco Salad

February

Wed, Feb 1 • Ham & Swiss on Black Russian, Pea Soup, Taco Salad

Thurs, Feb 2 • Philly Cheese Steak Panini, Lasagna Soup, Taco Salad

Tues, Feb 7 • Reuben, Broccoli Cheese Soup, Chicken Caesar Salad

Wed, Feb 8 • 3-Cheese Tomato Bacon Panini, Squash Soup, Chicken Caesar Salad

Thurs, Feb 9 • Monte Cristo Panini, Taco Soup, Chicken Caesar Salad

Tues, Feb 14 • BLT, Tomato Basil Soup, Greek Salad

Wed, Feb 15 • Club Panini, Wild Rice Soup, Greek Salad

Thurs, Feb 16 • Chicken Salad on Croissant, Vegetable Beef Soup, Greek Salad

Tues, Feb 21 • Tuscan Turkey Panini, Pea Soup, Taco Salad

Wed, Feb 22 • Reuben, Broccoli Cheese Soup, Taco Salad

Thurs, Feb 23 • Beef & Swiss Panini, Tomato Basil Soup, Taco Salad

Tues, Feb 28 • Club Panini, Potato Soup, Mandarin Orange Chicken Salad

Wed, Feb 29 • Monte Cristo Panini, Ham & Bean Soup, Mandarin Orange Chicken Salad

www.551club.com/dining

Information & Policies

Transportation

Rides are available to the 5-5-1 Club & Café on Tuesdays and Fridays. Call (651) 632-5332 one day in advance to reserve a ride. Cost is \$2/round trip.

Confirmations

Assume you are in the class, trip or activity you registered for unless you hear from us.

Refunds & Cancellation

If you need to cancel or are a "no show" for a trip, we will refund payment whenever possible to do so. Unfortunately, some theaters or attractions will not refund after we make payment, and we have been left to pay for cancellations. Thanks for your understanding and cooperation.

Trip Payment Policy

Payment for all **trips** is due at the time of registration. If you are registering by phone, please mail your payment immediately after calling. Your reservation will not be confirmed until payment is received. **Make checks payable to "5-5-1 Club & Café."**

Lunch Reservations

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

*VIVA VEGAS! Trip

PLEASE NOTE: Shows always sell out well in advance, and tours are filled on a first-come basis. Full refund if you cancel prior to 2/10/12. No refunds after 2/10/12 unless your reservation is filled.

Directory

Geri Rutz

5-5-1 Club & Café Coordinator
(651) 632-5320
gmruz@lyngblomsten.org

Deb Bowman

Community Wellness & Education
Coordinator
(651) 632-5335
dbowman@lyngblomsten.org

Cindy Albing

Education Coordinator
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calbing@lyngblomsten.org

Mary Deaner

Transportation Coordinator
(651) 414-5293
mdeaner@lyngblomsten.org

Debbie Severson

Home- & Community-Based
Services Team Assistant
(651) 632-5330
dseverson@lyngblomsten.org

Café Line

Reservations for rides and
special lunches
(651) 632-5332



Registration

Additional registration forms are available to download/print at www.551club.com; click *News & Events*.

Please complete the registration form below and mail to:

5-5-1 Club & Café – Registration
1415 Almond Avenue
St. Paul, MN 55108

To register by phone, please call the number listed below the program you would like to attend.

Name _____

Phone (_____) _____

Address _____

E-mail _____

I would like to sign up for the following programs:

Program Name	# of Attendees	Total Cost
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Payment enclosed for \$ _____ (Checks payable to 5-5-1 Club & Café)

** All trips must be paid for at time of registration.*

Will pay at time of event.

Comments or suggestions for program topics/outings:



A Community Center

Proudly Supported by Lyngblomsten

1415 Almond Avenue
St. Paul MN 55108

www.551club.com

Nonprofit
Organization
US Postage
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Twin Cities MN
Permit #2376

5-5-1 Club & Café January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 Sunday <i>New Year's Day</i>	3 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	4 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction	5 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 5:30–7 PM • books•cheese•wine	6 Special Lunch Noon • Pizza & Bingo at the 5-5-1 Club & Café RSVP by 1/4	7	8
9	10 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	11 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 1:30–3:30 PM • Caregivers Support Group *	12 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 10–11 AM • Trudy Harper, Harpist	13 Special Lunch 9 AM–1:30 PM • Tropical Tour Sea Life™ Minnesota Aquarium * Noon • KFC at the 5-5-1 Club & Café RSVP by 1/11	14	15
16 10–11 AM • Vision Loss Support Group <i>Martin Luther King, Jr. Day</i>	17 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	18 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction	19 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 10–11 AM • Wellness For Life	20 Special Lunch 11:15 AM • Out to Lunch Downtowner Woodfire Grill * RSVP by 1/18	21	22
23	24 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	25 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 10:30 AM–2 PM • Art of Forgiveness* 1:30–3:30 PM • Caregivers Support Group *	26 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 2–3 PM • Armchair Traveler	27 Special Lunch Noon • House of Wong at the 5-5-1 Club & Café RSVP by 1/25	28	29
30	31 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	<div style="display: flex; justify-content: space-between;"> <div style="border: 1px solid black; padding: 5px; width: 30%;"> Lunch Lunch Reservations Reservations are only needed for Friday special lunches. Call (651) 632-5332. </div> <div style="border: 1px solid black; padding: 5px; width: 30%;"> Menu Weekly Menu View the café menu online at www.551club.com/dining </div> <div style="border: 1px solid black; padding: 5px; width: 30%; background-color: #4a7ebb; color: white; text-align: center;"> 5-5-1 Club Open Monday – Friday 9 AM – 4 PM </div> </div> <p style="text-align: center; margin-top: 10px;">* All activities are held at or meet at the 5-5-1 Club & Café unless noted by an *. See booklet for activity locations and details or visit www.551club.com/calendar.</p>				



A community center proudly supported by Lyngblomsten
www.551club.com
(651) 632-5330
Location
 1415 Almond Avenue
 St. Paul, MN 55108
Lower level of the Lyngblomsten campus

Club Hours
 Monday – Friday
 9 AM – 4 PM
 (651) 632-5320

Café Hours
 Tuesday – Thursday
 Breakfast: 9 – 10:30 AM
 Lunch: 11 AM – 2 PM
 Dine in or take out.
 (651) 632-5332

Transportation
 Tuesdays & Fridays to the 5-5-1 Club & Café
 11 AM – 2 PM
 \$2 round trip
 Call (651) 632-5332 one day in advance to reserve a ride.
 Questions? (651) 414-5293

5-5-1 Club & Café February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
5-5-1 Club Open Monday – Friday • 9 AM – 4 PM * All activities are held at or meet at the 5-5-1 Club & Café unless noted by an *. See booklet for activity locations and details or visit www.551club.com/calendar .		1 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction	2 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 5:30–7 PM • books•cheese•wine	3 Special Lunch Noon • Italian Lunch & Bingo at the 5-5-1 Club & Café RSVP by 2/1	4	5
6 Soup-Off Contest Entry Deadline	7 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	8 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 1:30–3:30 PM • Caregivers Support Group *	9 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 10–11 AM • Broadway Basics ... and Jazz!	10 No Special Lunch Today (Preparing for the Soup-Off)	 11:30 AM–1:30 PM Soup-Off at the 5-5-1 Club & Café	12 12:30–5:30 PM Dinner, Dessert & Music *
13	14 5-5-1 Café Open 11 AM – 2 PM Happy Valentine's Day! 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	15 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction	16 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group 10–11 AM • Wellness For Life	17 Special Lunch 11:15 AM • Out to Lunch at Stout Pub & Grill * RSVP by 2/15	18	19
20 10–11 AM • Vision Loss Support Group <i>Presidents' Day</i>	21 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	22 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 1:30–3:30 PM • Caregivers Support Group *	23 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group	24 Special Lunch Noon • KFC at the 5-5-1 Club & Café RSVP by 2/22	25	26
27	28 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	29 5-5-1 Café Open 11 AM – 2 PM 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction <i>Leap Day</i>	Lunch Lunch Reservations Reservations are only needed for Friday special lunches. Call (651) 632-5332.		Deadlines Upcoming Trip Deadlines VIVA VEGAS! Big Band Show – March 3-4 Final payment due by Friday, February 10 A Mighty Fortress is Our Basement – March 22 Register by Thursday, March 1	
Menu Weekly Menu View the café menu online at www.551club.com/dining						



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(651) 632-5330

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 St. Paul, MN 55108

Lower level of the Lyngblomsten campus

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Café Hours

Tuesday – Thursday
 Breakfast: 9 – 10:30 AM
 Lunch: 11 AM – 2 PM
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