

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

June
2007

A Newsletter for the

**5.5.1
CLUB**
A Community Center
Proudly Supported by Lyngblomsten

Program Coordinator

Geri Rutz

(651) 632-5330

gmruz@lyngblomsten.org

Community Wellness
& Education Nurse

Joanne Kellen

(651) 632-5335

jkellen@lyngblomsten.org

Noon Dining

Reservations

(651) 632-5332

www.551club.com

SO LONG, *ELDERPOSTAL*...HELLO, *LIMELIGHT*

If you're wondering where your *ElderPostal* is, *LimeLight* is what you're looking for. This is the place where you'll get all your information on what's going on with the community center, now called the 5-5-1 Club.

SO, WHAT'S WITH THE NEW NAME?

The 5-5-1 Club is the new name for the Lyngblomsten Community Center and is being rolled out this summer. In the past, we have been challenged by many people thinking that the "Lyngblomsten Community Center" was only for people who lived on campus, so they didn't know that the offerings of the community center were actually for them too—for people living in the St. Paul area.

What will this new name mean for you? As you've already seen, our newsletter is renamed and redesigned. We will have a separate web site (www.551club.com) available this summer. Our programming will see many exciting new offerings to better meet a wider variety of interests. Watch for more learning opportunities and physical activities including the Summer Adventure Series (see separate article). Our energies will focus on opportunities to help you thrive, learn, explore, and belong. Oh, and, the 5-5-1 Club . . . it's FUN, for life!

Where did the name come from? The numbers, 5-5-1, refer to the zip codes in which the vast majority of community center participants live. "Club" better reflects our desire for people to feel like they are part of something—that the community center is your place, your club of friends and neighbors.

We're excited about all the new opportunities and hope you are too. Plan on joining us for a day of fun at the Ice Cream Social on Tuesday, July 10, when we'll celebrate our new look!

Welcome to the club!


5-5-1 Club Coordinator

EVENTS & OUTINGS

WALKING GROUP

On most Fridays, the walking group leaves the center at 9:30 AM to head to Como Park. This group is for everyone—some walkers go the full 1.5 miles around the lake, while others walk a bit before hopping on our bus to the pavilion where we gather for coffee or cold drinks.

When the weather is extremely hot or rainy, we'll head to Rosedale Mall. If you wish to drive on your own, you could meet us in the large parking lot south of the pavilion.

JUNE: 1, 8, 22, 29

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$2 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **JUNE: 6, 13, 20, 27**

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.

JUNE: 5, 7, 12, 14, 19, 21, 26, 28

THURSDAY, JUNE 7

Today we head to Stillwater and the Minnesota Zephyr. The bus leaves the center at 10:45 AM and returns around 3 PM. *THIS TRIP IS FILLED.* To be on the waiting list, call 632-5330. Cost is \$54.

WEDNESDAY, JUNE 13

Cooking class today—11:30 AM. Join the fun as Geri whips up some yummy recipes that are so easy you can make them to wow your friends with your culinary skills. Call the dining line, 632-5332, by Monday noon for your reservations. Cost: \$5.

THURSDAY, JUNE 14

Kentucky Fried Chicken and a movie. We'll let the Colonel do the cooking for us today. The cost is \$5.50 for chicken, mashed potatoes and gravy, biscuit, and coleslaw. We'll add a great summertime dessert and a movie. Call 632-5332 for reservations.

FRIDAY, JUNE 15

It's Garage Sale-ing Time! We'll leave at 9 AM and return around 2 PM, hitting as many sales as we can and stop along the way for lunch. Call 632-5330 to join us!

MONDAY, JUNE 25

Lunch at Rudy's Redeye Grill in White Bear Lake. We'll leave here at 11 AM. You'll order off the menu and pay on your own. Cost is \$3 plus your lunch expenses. Call 632-5330 soon—our bus will fill quickly. If you'd like to drive on your own, let me know and I'll figure you in our lunch count.

THURSDAY, JUNE 28

Pizza and Sudoku. Sudoku is all the rage with puzzles in the newspapers, magazines, and just about everywhere you look. It's a good brain aerobic. Come and see what it's all about. Call 632-5332 for reservations.

June Lunch Menu

NOTE: For the summer, lunch will be served three days a week.

Tuesday	Wednesday	Thursday
5 Sliced Ham w/Macaroni & Cheese \$4	6 Chicken Salad on Croissant w/Soup \$4	7 Spaghetti w/Meat Sauce & Caesar Salad \$4
12 Chili con Carne & Cornbread \$4	13 Cooking Class \$5	14 Kentucky Fried Chicken (& a movie) \$5.50
19 Sweet & Sour Pork with Rice \$4	20 Ham, Peas, & Scalloped Potatoes \$4	21 Beef & Veggie Stew w/Buttermilk Biscuit \$4
26 Tuna Noodle Casserole \$4	27 Meatballs in Gravy & Mashed Potatoes \$4	28 Pizza (& Sudoku) \$5.50

12:00 Noon

Reservations

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






































(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.

Events & Outings Calendar

June 2007

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 9:30-Walking Group 	2
3	4	5 9-10:30 Coffee 	6 9-10:30 Waffles  6 PM Yoga 	7 9-10:30 Coffee  10:45 MN Zephyr-FILLED  1 PM Bridge Club 	8 9:30-Walking Group 	9
10	11	12 9-10:30 Coffee 	13 9-10:30 Waffles  11:30 Cooking Class  1:30-3:30 Caregivers Support Grp.  6 PM Yoga 	14 9-10:30 Coffee  Noon KFC  1 PM Movie (or Bridge Club)  	15 9 AM Garage Sale-ing 	16
17	18	19 9-10:30 Coffee  5-6 PM Exercise 	20 9-10:30 Waffles  6 PM Yoga 	21 9-10:30 Coffee  1 PM Bridge Club  5-6 PM Exercise 	22 9:30-Walking Group 	23
24	25 11:00 Special Lunch at Rudy's Redeye Grill 	26 9-10:30 Coffee  5-6 PM Exercise 	27 9-10:30 Waffles  1:30-3:30 Caregivers Support Group  6 PM Yoga 	28 9-10:30 Coffee  Noon Pizza  1 PM Sudoku (or Bridge Club)  5-6 PM Exercise 	29 9:30-Walking Group 	30

WELLNESS FOR LIFE

Joanne Kellen, RN
Community Wellness & Education Coordinator

Are You Ready for Summer?

We have had days with temperatures in the 90's. It feels like summer is here. I want to remind you of a few things to keep in mind during the summer. The warmth of the sun can be very appealing. Remember to protect your skin from the sun's damaging ultraviolet rays. There are three ways to protect your skin:

1. Reduce the time you spend outdoors during high-intensity hours. Between 10 AM to 4 PM are when the sun's rays are the most damaging.
2. Wear protective clothing—long pants, long-sleeved shirts, a wide-brimmed hat, etc.
3. Wear sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Apply the sunscreen 20 minutes before going outdoors (and reapply after swimming or sweating).

Be sure to wear sunglasses when you are outdoors. Ultraviolet rays from the sun can damage your eyes as well as your skin. The strong sunlight can burn the conjunctivae and the corneas of your eyes. Long-term exposure to ultraviolet radiation can contribute to eye disease, especially cataracts, and age-related macular degeneration.

- Look for sunglasses that block 99—100 percent of both UV-A and UV-B radiation. They do not have to be expensive to be effective. Wraparound sunglasses are ideal.
- Wear a wide-brimmed hat or cap. This keeps out sunlight from directly overhead, which can slip past sunglasses.

I wanted to let you know that I have moved to a different office. Some of you have been there already; it is the office across from the restrooms down the hall from the Community Center. I have office hours there on Tuesday afternoons. The reason for the move is to provide privacy for you and help maintain confidentiality. You are welcome to have your blood pressure and pulse taken on Tuesday afternoons from 1:00—3:00 PM. If this time does not work for you, feel free to call me to set up an appointment for another time. I am here to be a resource for you.

FYI: I will be on vacation starting Wednesday, May 23 and will return on Wednesday, June 6. My husband and I are traveling to the mountains of Montana and Idaho. ("Beware of bears," I was told!)

I hope that you have a great summer. 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: MayoClinic.com

Joanne



Instructors trained by the **Arthritis Foundation** will be leading our **Keep Strong, Keep Moving** classes, designed to help you remain active while dealing with arthritis. This beginners class will help improve mobility with gentle exercises and relaxation. Classes will be held on Tuesdays and Thursdays from 5—6 PM for eight weeks beginning Tuesday, June 19th. FREE. Call 632-5330 to register.

Have you ever thought of trying Yoga? Yoga is great for your body. The emphasis is on gentle stretching, strengthening, and balance. The great thing about Yoga Devotion is that it is a Christian form of Yoga. These beginner classes are a perfect way to get started.

Our classes will be at 6 PM on Wednesdays (beginning May 30) at the 5-5-1 Club. Cost for the eight-week session is \$50. Please call 632-5330 to register.



Caregivers Support Group

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

2nd & 4th Wednesdays of the month
from 1:30 - 3:30 PM in the 2nd floor
lounge of The Heritage at
Lyngblomsten (1440 Midway Pkwy, St. Paul).

Our Next Meetings: June 13 & June 27

Join us as often as you can.
No reservations required. No fee.
Please contact Joanne Kellen, RN, at
(651) 632-5335 or jkellen@lyngblomsten.org.

Boomerang Winners

The Game That Keeps Giving Back™

May 7	Jeff Heinecke	\$100
May 14	Roseann Lentsch	\$100
May 21	Audrey Nyberg	\$100
May 28	Carol Kelsey	\$100
May 28	Dick Christiansen	\$250
	Quarterly Winner	

Bridge, Anyone?

Join us for a game of bridge at
1:00 PM on Thursdays at the 5-5-1 CLUB!

June Dates: 7, 14, 21, 28

Please call (651) 632-5330 to reserve your spot
for the games. FREE. Also, let us know if you
wish to come for lunch that day.

MARK YOUR CALENDARS

July

TUESDAY, JULY 10: ICE CREAM SOCIAL!!! Here's the day you wait all year for. If you're looking for ice cream, hot dogs, cake, beverages, games, and entertainment, mark this day on your calendar. See the ad on the next page for details.

FRIDAY, JULY 13: Ship Ahoy! Join us for an evening of sailing on White Bear Lake! We have four boats reserved with room for four on each boat. An experienced captain will take us out for about a two-hour sail followed by a picnic on shore. The boats are referred to as "non-tip" boats because of their large keels. Cost is \$54. Call 632-5330 for reservations.

MONDAY, JULY 30: Let's Go Fishing!!! We're heading out to White Bear Lake to meet up with MinnAqua, a branch of the DNR, who will supply all the poles and tackle and a "fishing license" for the day (we'll provide the bait). If you'd like, you may bring a lawn chair (we'll be fishing off the pier). After we catch our limit (or get tired), we'll stop for lunch. We'll leave at 9 AM and return around 1:30 PM. Cost is \$4 plus your lunch expense. Call 632-5330 for reservations.

August

FRIDAY, AUGUST 17: Here's a second chance for you to enjoy an evening of sailing on White Bear Lake! An experienced captain will take us out for about a two-hour sail followed by a picnic on shore. Cost is \$54. Call 632-5330 for reservations.

SEEKING ADVENTURE?

Are you ready for some adventure in your life? Do you want to try something new or do something you haven't done in a long time? If that's the case, take a look at our Summer Adventure Series. We've put together a variety of activities that will offer fun, challenge, and new experiences.

FISHING July 30

MinnAqua, which is part of the DNR, will meet us at White Bear Lake for a morning of fishing. They supply all the fishing poles and tackle, and we get to have all the fun. Because this is part of the DNR, we will not need fishing licenses for the day.

SAILING July 13 & August 17

Even if you've never sailed before, you can join us for one of these evenings on White Bear Lake. Each boat holds four passengers plus an experienced captain. The boats are "non-tip" boats with a very large keel. While we're sailing, our captain will give us a guided tour and talk about the nature on the lake. Afterwards, we'll share a picnic supper on shore.

CANOEING September 10

What could be more delightful than a paddle through Lake Calhoun and Lake of the Isles?! You don't have to know how to canoe to enjoy this experience; these are large, 12-person canoes with very comfortable seating and will be guided by an experienced canoeist. You may paddle if

you like, or just sit back and enjoy the ride. Wilderness Inquiry (our canoeing guides) specializes in working with people of all abilities, so if you need help getting into the canoe, they will be there for you.

NATURE HIKE

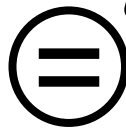
Our nature walk in William O'Brien State Park will be one to remember. A naturalist will take us on a guided walk through the woods and talk to us about the beautiful environment. After our hike, we'll head to Stillwater for lunch before returning home.

NORDIC WALKING

Have you ever heard of The Marsh in Minnetonka? It's a beautiful health and fitness center which focuses on mental, spiritual, and physical fitness. It also has a coffee shop, restaurant, and gardens overlooking the scenic wetlands of Minnetonka. The experts there will introduce us to Nordic Walking and then we will enjoy lunch in their beautiful restaurant.

I hope this has given you a little idea of what we've got in store for the summer and perhaps piqued your interest. Watch for more information and feel free to call 632-5330 if for a fully detailed brochure. *(Not all dates were set when this newsletter went to press.)*

**Fun for the
Whole
Family!**



COMMUNITY
**Ice Cream
Social**

Jump House, "Fishing"
Pond, Temporary Tattoo
Parlor, FREE Music &
Entertainment, Delicious
& Inexpensive Food,
and More!

HOSTED BY
**5.5.1
CLUB**
A Community Center
Proudly Supported by Lyngblomsten

Bring your family and friends to this
long-standing St. Paul tradition!

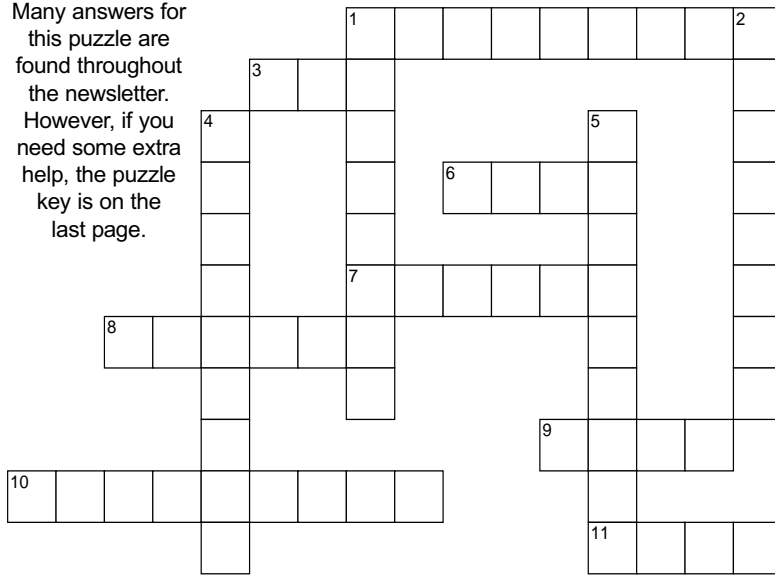
**Tuesday, July 10
2:00 – 7:00 PM**

Lyngblomsten Campus Courtyard: 1415 Almond Avenue, St. Paul
(651) 646-2941

www.551club.com

BRAIN CANDY

Many answers for this puzzle are found throughout the newsletter. However, if you need some extra help, the puzzle key is on the last page.



ACROSS

1. 11th century ball game—may be baseball's derivative.
3. Initials for the Colonel's "finger-licking" recipe.
6. "A ____ by any other name..."
7. Card game. (Also a structure that allows you to walk over water.)
8. 5-5-1 Club's July event:
"Ice Cream ____"
9. A walk through the woods.
10. Summer Adventure Series fishing on _____ Lake. (Two words, no space)
11. "Fun for ____"

DOWN

1. Format for Lyngblomsten Foundation's Golf Classic on August 6.
2. Tart, summery drink made from citrus fruit.
4. Protective lotion against UV rays.
5. What you plant only once.

SPORTS NEWS: BASEBALL'S BEGINNINGS

Learn more about it at: http://en.wikipedia.org/wiki/History_of_baseball_in_the_United_States

There is something about summer that makes Americans think of baseball. Little is known about the origin of baseball. The question has been the subject of debate and controversy for over a century. Baseball (and softball), as well as the other modern bat/ball/running games (such as cricket and rounders), is theorized to have developed from earlier folk games such as "stoolball" (originating in the 11th century, consisting of throwing a ball at a stump and having another person "bat" it away).

The earliest known mention of baseball in the United States was in a 1792 Pittsfield, Massachusetts, bylaw banning the playing of the game within 80 yards of the town meeting house.

The first team to play baseball under modern rules was the New York Knickerbockers. The club was founded on September 23, 1845, as a social club for the upper middle classes of New York City. The club

members, led by Alexander Cartwright, formulated the "Knickerbocker Rules" for playing the game. One of the significant rules was the prohibition of "soaking" or "plugging" the runner (putting a runner out by hitting him with the thrown ball). The Knickerbocker Rules required fielders to tag or force the runner, as is done today, to avoid a lot of the arguments and fistfights that resulted from the earlier practice.

In 1857, sixteen New York area clubs, including the Knickerbockers, formed the National Association of Base Ball Players (NABBP)—the first organization to govern the sport and establish a championship. During the Civil War, soldiers from different parts of the United States met, and played baseball, leading to a more unified national version of the sport.

Beginning in 1869, the NABBP permitted professional play. The first and most prominent professional club of the NABBP era was the Cincinnati Red Stockings.



www.lyngblomsten.org

Looking for a change?

Superior Street Cottages (cozy one-level, cottage-style apartments for ages 62+ in the Historic West 7th Street district) has an immediate opening of a 2-bedroom cottage with charming front porch, private attached garage, and central air. \$876/month. Contact Jill Lovstuen at (651) 276-6923 or jlovstuen@lyngblomsten.org.

