

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

August
2007

A Newsletter for the



Program Coordinator

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Noon Dining

Reservations

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WHAT'S UP, DOC?

Summer is such a busy time, and it's gone before we know it. We still have plenty of beautiful weather ahead of us, but let's face it—fall is on its way. Come on now, don't be frowning! Fall is a gorgeous season, and it seems to be a good time to start new activities.

Come September, the kids are heading back to school, football season is in full swing, and Bible studies and all kinds of classes are starting up. What are your plans for fall? You might want to consider joining us for a variety of activities.

Yoga Devotion will be starting on Wednesday, September 19, and will run for six weeks, ending on October 24. Yoga is a great exercise which will help you with balance, strength, and flexibility. This is a beginners' class, so don't be afraid to join in. This Christian-focused yoga will get your body moving and your mind tuned in to peace. Call (651) 632-5335 to register.

Keep Strong & Keep Moving with these exercise classes led and sponsored by the Arthritis Foundation. The beginners' class will help improve mobility with gentle exercises and relaxation. Classes will be held on Tuesdays and Thursdays from 1:30–2:30 PM at the 5-5-1 Club for eight weeks beginning September 11. Call (651) 632-5335 to register.

What are you doing on Friday mornings? Our walking group heads out most Friday mornings at 9:30 AM. During the summer months, we walk at Como Park where you can walk as far as you like and ride the bus for the rest of the trip around the lake. Once the cool weather sets in, we head for Rosedale. We always finish up the morning with coffee, goodies, and lots of laughs.

What about Wednesday mornings? The 5-5-1 Club is a mouthwatering place to be on Wednesday mornings. The aroma of Belgian waffles and freshly brewed gourmet coffee fills the air. You can enjoy your coffee and decide which of the many toppings you want on your waffle as you wait for your golden hot treat fresh from the iron...all for only \$2. We also serve coffee and treats on Tuesdays and Thursdays from 9–10:30 AM for \$1.

Be sure to check your *LimeLight* each month to see what day trips or parties we're offering. After you've looked it over, call (651) 632-5330 and get your name on the list for a few activities. As Uncle Sam says, "We Want You!"

A handwritten signature in cursive script that reads 'Geri'.

5-5-1 Club Coordinator

TIME OFF

As I write this on July 12, I am preparing to be out of the office for a few weeks. I have been having considerable back problems, and after trying everything else to solve the problem, I have decided on surgery. By the time you get this newsletter, I will be well on the road to recovery but will still be out of the office until at least mid-August.

Most activities will continue as usual but you may notice the plans for this month are a little on the light side. Hopefully by September we'll be back in full swing. In the mean-time, Waffle Wednesdays and coffee hours will continue, as will the walking group and lunches. I'll look forward to seeing all of you again soon!

EVENTS & OUTINGS

STATE FAIR
BEGINS
AUGUST 23

WALKING GROUP

On most Fridays, the walking group leaves the 5-5-1 Club 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.

AUGUST: 3, 10, 17, 24, 31

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$2 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **AUGUST: 1, 8, 15, 22, 29**

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.

AUGUST: 2, 7, 9, 14, 16, 21, 23, 28, 30

THURSDAY, AUGUST 2

Bingo today at 1 PM.

THURSDAY, AUGUST 16

The Minnesota Centennial Showboat presents "Sherlock's Last Case." Cost is \$51 (including the show, transportation, and lunch). We will leave at Noon and return around 5:15 PM. There are still some openings for this experience!

FRIDAY, AUGUST 17

Here's a 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.

TUESDAY, AUGUST 21

Pizza & a Movie. Papa John's will deliver the pizza at noon so don't be late. We'll add a salad and dessert. All this plus a movie for just \$5.50. Call the dining line at 632-5332 for reservations.

MONDAY, AUGUST 27

Tired of battling the crowds during the Minnesota State Fair? Well, you have the chance to see two entertainers from the State Fair, "Tina and Lena," right near the 5-5-1 Club (in the chapel on the Lyngblomsten campus—1415 Almond Avenue, St. Paul). Join us at

2:30 PM for some fun and laughter with this hilarious duo act. FREE.

MONDAY, SEPTEMBER 10

What could be more delightful than a paddle through Lake Calhoun and Lake of the Isles?! These are large, 12-person canoes with very comfortable seating and will be guided by an experienced canoeist who specializes in working with people of all abilities. Cost is \$36. We'll leave at 9:30 AM and return around 2:30 PM. Call (651) 632-5330 to register.

THURSDAY, SEPTEMBER 6




"Donut" Make You Wonder? presents: **Stroke—What We Need To Know** at 10—11 AM at the 5-5-1 Club. Come to this **FREE** presentation to learn about stroke symptoms, causes, prevention, diagnosis, and rehabilitation. No registration necessary. A \$1 donation for refreshments is appreciated.

POSTPONED

Because of Geri's (5-5-1 Club coordinator) back surgery, some July outings were postponed: **A Day in Duluth** (originally for July 26)—now on September 27, and **Fishing on White Bear Lake** (originally for July 30)—to be determined. Watch upcoming issues of *LimeLight* for more information or visit www.551club.com.

August Lunch Menu

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

	Tuesday	Wednesday	Thursday
	1 Meatballs & Gravy Mashed Potatoes Pudding \$4	2  Chicken a la King over Puff Pastry Cheesecake \$4	
7	Meatballs Mashed Potatoes Pudding \$4	8 Pork Chop & Gravy Buttered Noodles Lemon Bar \$4	9 California Cheeseburger Potato Salad Fruit Crisp \$4
14	Sliced Ham Macaroni & Cheese Marble Bar \$4	15 Wild Rice Soup Chicken Salad Country Apple Cake \$4	16 Spaghetti & Sauce Caesar Salad Mousse \$4
21	  Pizza & a Movie \$5.50	22 Hot Turkey Sandwich Mashed Potatoes Pumpkin Cheesecake \$4	23 Broccoli Sesame Pork Rice & Coleslaw Blushing Pears \$4
27	Sweet & Sour Pork Rice & Veggies Lemon Cake \$4	28 Sliced Ham Scalloped Potatoes Sour Cream Raisin Bar \$4	29 Beef & Veggie Stew Buttermilk Biscuit Apple Brown Betty \$4

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.



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: August 8 & August 22

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™

July 2	Kristen LeFevre	\$100
July 9	Frank Caufield	\$100
July 16	Mary Blanchard	\$100
July 23	Carol Peterson	\$100
July 30	Dale Haug	\$100

Bridge, Anyone?

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

August Dates: 2, 9, 16, 23, 30

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.



WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

Hot Weather = More Water

No doubt about it; summer is here. We have had some warm days, haven't we? Do you remember last winter we were complaining about the cold temperatures? It seems like a long time ago right now. I wanted to share a few things to keep in mind in the summer:

- Especially in hot weather, your body needs water. All of the systems in your body depend on water. It carries nutrients to your cells, flushes toxins out of vital organs, and provides a moist environment for nose, ear, and throat tissues.
- Avoid dehydration. Dehydration is a condition that occurs when you do not have enough water in your body to carry out normal functions. Some signs and symptoms of dehydration can be: mild to excessive thirst, fatigue, headache, little or no urination, dizziness.
- Don't wait until you feel thirsty to start drinking fluids. Some adults, as they age, lose their sense of thirst. Most adults, unless you have a fluid restriction from your doctor, should drink a glass of water with each meal and between each meal. Drink water before, during and after you exercise. Avoid very cold drinks because they can cause stomach cramps.

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

Source: CDC and MayoClinic.com

Joanne

5.5.1 CLUB

A Community Center

Proudly Supported by Lyngblomsten

1415 Almond Avenue
St. Paul, MN 55108

www.551club.com

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Fun for Life!

Thank You

to everyone who attended and who helped make this year's Ice Cream Social a huge success. We especially thank those who volunteered and those who donated cakes.

