

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

December
2007

A Newsletter for the

**5-5-1
CLUB**
A Community Center
Proudly Supported by Lyngblomsten

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Noon Dining

Reservations

(651) 632-5332

www.551club.com

VICTORIAN CHRISTMAS LUNCH

"Bah, humbug, another Christmas celebration!"

Don't listen to Scrooge! Join us on Thursday, December 13, for a very Christmassy lunch. We will be dining on homemade pot roast amidst holiday splendor. Come early and enjoy our beautiful tree and decorations along with the sounds of Christmas provided by carolers dressed in Victorian garb. The entertainment will continue after lunch.



You can make a day of it by coming in the morning for "A Cup of Christmas Tea" at 10 AM in Lyngblomsten's chapel (upstairs of the 5-5-1 Club). Warren Hanson will be here once again to share his stories and music. Warren has become a favorite here at Lyngblomsten, and everyone anticipates his return each year.

You'll have an opportunity to purchase books and have them signed. After the program there will be a short time before lunch starts, so perhaps you could get some Christmas shopping done in the gift shop (next to the chapel) before you head down to the 5-5-1 Club.



Please call the dining line at (651) 632-5332 by Tuesday for your lunch reservations. Cost for this special lunch is \$7.

Geri

5-5-1 Club Coordinator

WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

Are You Ready For The Holidays?

The holiday season is fast approaching. It certainly can become a busy time for all of us. We look forward to the holidays and hope that they will be a time of friendliness, happiness, and harmony. Stress and depression can be some unwelcome guests during the holidays. These can be triggered by relationships, finances, and physical demands. Some helpful suggestions are:

TAKE CARE OF YOURSELF. The holidays can be a wonderful time to be with family and friends. It can also be physically and mentally stressful if there are conflicts and disappointments with loved ones. Stress can change the chemical balance in your system and make you ill. Eat healthy foods and drink plenty of water even if you do not feel thirsty. Avoid over-indulging in sweets. Get 7 to 8 hours of sleep each night.

DECIDE WHAT YOUR PRIORITIES ARE, AND STICK TO THEM. Be reasonable with what you decide for your schedule. Believe it or not, people will understand if you're unavailable for certain activities or projects. If you say yes only to what you really want to do, you will avoid feeling resentful and overwhelmed. Think of all the years you have baked and cooked for your family and friends—give your loved ones the chance to do something nice for you.

ACKNOWLEDGE YOUR FEELINGS. If you have experienced a loss in the family or a loved one has a serious illness, realize that it is normal to feel sadness and grief. It is okay now and then to take time to cry or express your feelings. Confide in a friend whom you trust. A support group can also be a source of help.

THINK OF OTHERS. Each of us knows people who may find this holiday season to be a difficult time. Perhaps they have lost a loved one this past year or they themselves received news of a serious illness. Try to take time to visit or call them. Never underestimate the difference your thoughtfulness can make in someone's life.

TAKE TIME FOR YOURSELF. Spend some quiet time alone. Put your feet up, listen to some soothing music, and take a nap. Reflect on what is really important during this holiday season. I believe it is something we cannot find in a store.



Are you looking for a brief retreat during the holiday season? **Warren Hanson**, the illustrator of “**A Cup of Christmas Tea**” is coming to Lyngblomsten to delight us with a mixture of the new and familiar in his music and writings. His entertaining songs and stories will warm your heart for the season while you enjoy Christmas tea and treats. He will have his books and CDs available to purchase. Please join us on **Thursday, December 13, 2007 from 10:00 – 11:00 AM in the Newman-Benson Chapel at Lyngblomsten.** *This program is funded by donations, and your generosity is appreciated.*

Continue to take good care of yourself. May this beautiful season open your heart to the blessings of each moment.

Joanne

Source: MayoClinic.com

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 any pace. After our walk, we always gather for coffee or cold drinks. During warm weather, we walk at Como Park.

DECEMBER: 7, 14, 21, 28

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$2 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **DECEMBER: 5, 12, 19**

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.

DECEMBER: 4, 6, 11, 13, 18, 20, 27

BRIDGE CLUB

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

DECEMBER: 6, 13, 20, 27

NOTE:

I will be in sunny California singing "White Christmas" from December 20-27. Please call Debbie at 632-5330 if you have any questions. (Be sure to call her to get signed up for the New Year's Eve party by December 27.)

THURSDAY, DECEMBER 6

Bingo and House of Wong. Today we'll be serving favorites from the House of Wong, plus Oriental salad and dessert. After we eat our fortune cookies, we get the bingo games going. Cost for lunch is \$5.50. It's just 25 cents for bingo (with prizes for every game). Call the dining line at 632-5332 for lunch reservations.

FRIDAY & SATURDAY, DECEMBER 7—8

Lyngblomsten Auxiliary's Annual Scandinavian Cookie & Craft Fair: 9:30 AM—2 PM in the Newman-Benson Chapel at Lyngblomsten. Make your holidays stress-free: stock up on cookies and gifts at this must-attend event!

FRIDAY, DECEMBER 7

Tonight is our trip to Crown College for their Christmas program and dinner. Call to see if there are any openings. The bus leaves the 5-5-1 Club at 5:15 PM. Cost is \$47.

THURSDAY, DECEMBER 13

"A Cup of Christmas Tea" from 10—11 AM in the Newman-Benson Chapel at Lyngblomsten. More details on p. 2.

THURSDAY, DECEMBER 13

After your "Cup of Christmas Tea," join us for

a special 5-5-1 Club Christmas lunch at noon. You'll be serenaded by Christmas carolers decked out in Victorian garb. We'll serve at noon and the music will continue, so plan to stick around for a while to soak in the merriment! Call the dining line at 632-5332 for reservations. Cost is \$7.

MONDAY, DECEMBER 17

St. Paul Grill is our destination for a special Christmas luncheon on the town. The St. Paul Grill is an experience in elegance with delicious food and wonderful atmosphere. You will have many delectable menu options to choose from. We'll leave the 5-5-1 Club at 11 AM and return around 2 PM. Cost is \$22. Call 632-5330 for reservations by Wednesday, December 12.

WEDNESDAY, DECEMBER 26

NO WAFFLES TODAY.

I will be sunning on the beach in California!

MONDAY, DECEMBER 31

Happy New Year! We'll be celebrating tonight with dinner and festivities starting at 4 PM. (We'll set the clocks ahead four hours so when you arrive, the clocks will say "8 PM." That way we can ring in the New Year at 8 o'clock and be home in bed at a decent hour!) When you arrive at 4 PM, we'll have hors d'oeuvres and special Christmas music performed by a 10-year-old piano whiz. After dinner, you'll have your choice of a movie or cards, then we'll celebrate with bubbly and noise makers to ring in the new year. Call 632-5330 for reservations. Cost is \$12.

MARK YOUR CALENDARS



2008

Thursday, January 3: Join us at 10 AM at the 5-5-1 Club for the "Donut" Make You Wonder? educational program. Ever been curious what yoga is all about? 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. Refreshments will be served. A \$1 donation is appreciated. No registration necessary.

Thursday, January 17: Day trip to the National Eagle Center in Wabasha. Registration deadline is January 4. Cost is \$49. See page 6 for more info.

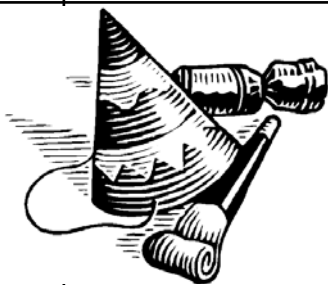
Sunday, February 17: Sunday brunch at the Seasons Restaurant at Bunker Hills in Coon Rapids followed by "The Sound of Music" at the Lyric Arts Theater in Anoka. We'll leave the 5-5-1 Club at 11:30 AM and head to The

Seasons for their Champagne Sunday Brunch. This is a full brunch offering three chef's choice entrees, waffles, omelets, bacon, sausage, eggs, soups, salads, breads, desserts and more plus complimentary champagne and orange juice. With our hunger satisfied, we will head to the Lyric Arts Theater in Anoka for "The Sound of Music." You'll hear all the old favorites: Doe-Re-Mi, Edelweiss, Climb Every Mountain, My Favorite Things, etc. We will return around 5 PM. Cost is \$43. Call 632-5330 for reservations.

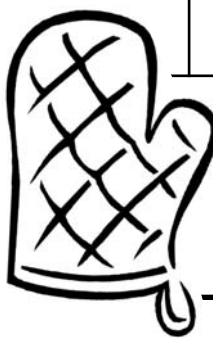
Monday & Tuesday, February 18 & 19: Defensive Driving 8 Hour Course. This two-night course will begin at 6 PM and end at 10 PM both nights. You need this course if you've not taken the "55 Alive" class before. It entitles you to 10% off your insurance for three years. Call the Minnesota Safety Council at (651) 291-9150 to register. Be sure to ask for the Lyngblomsten registration form. If you have any questions call 632-5330. Cost is \$17.

5-5-1 Club Decemb

Sun.	Mon.	Tues.	Wed.
2	3	4 -LUNCH- 9-10:30 Coffee  Relishes w/Dip Chili con Carne w/Sour Cream & Cheese Cornbread Banana Split Dessert \$4	5 -LUNCH- 9-10:30 Soup of the Day Hot Turkey Sandwich Mashed Potatoes & Gravy Mixed Vegetables Pumpkin Cheesecake \$4
9	10	11 -LUNCH- 9-10:30 Coffee  Cauliflower Salad Sweet & Sour Pork Rice Oriental Veggies Bread Basket Lemon Cake \$4	12 -LUNCH- 9-10:30 Garden Salad Sliced Ham Scalloped Potatoes Peas Cornbread Sour Cream Raisin Bar \$4
16	17	18 -LUNCH- 9-10:30 Coffee  Garden Salad Tuna Noodle Casserole Peas Bread Basket Carrot Cake \$4	19 -LUNCH- 9-10:30 Copper Penny Salad Meatballs & Gravy Mashed Potatoes Green Beans Bread Basket Pudding \$4
23	24	25 Merry Christmas! The 5-5-1 Club will be closed today for Christmas.	26 -LUNCH- Waldorf Salad Pork Chop in Gravy Buttered Noodles Green Beans Bread Basket Lemon Bar \$4
30	31 New Year's Eve Bash! 4 PM – 8 PM (a.k.a. "Midnight") Call 632-5330 to register.		


























— By Robert Burns, 1759-1796
 “Should auld acquaintance be
 and never brought to mind?
 Should auld acquaintance be
 and auld lang syne?”



**Calling
 All
 Bakers!**

Do you like to bake for a good cause? We need your help to make this year's Cookie & Craft Fair the best yet! Proceeds from the cookie sales go towards the Lyngblomsten Youth Volunteer Scholarship Fund. Cookie donations are accepted Thursday, December 6, from 8 AM—8 PM at Lyngblomsten Care Center's front desk at 1415 Almond Ave., St. Paul. Bakers: for more info, call Marilyn Kruse, at (651) 329-5934. Crafters: call Lois Neubauer at (651) 365-7673 to see about selling your wares.

December 2007 Calendar

Wed.	Thurs.	Fri.	Sat.
<p>9-10:30 Waffles </p> <p>6 -LUNCH- House of Wong & BINGO  \$5.50</p> <p>9-10:30 Coffee  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)  Turn Cookies donation in at the front desk (see below left) 8 AM-8 PM</p>	<p>7 -LUNCH-</p> <p>9:30-Walking Group  5 PM-Crown College Dinner</p> <p>Lyngblomsten Auxiliary's Scandinavian Cookie & Craft Fair Friday & Saturday 9:30 AM - 2:00 PM Lyngblomsten chapel </p> <p>7 Layer Salad Baked Fish w/Tartar Sauce Potatoes Au Gratin Stewed Tomatoes Bread Basket Lemon Gelatin \$4</p>		
<p>9-10:30 Waffles </p> <p>10:30-3:30 PM Care-givers Support Group </p> <p>13 -LUNCH- Special Christmas Luncheon</p> <p>Homemade Pot Roast Rice Pudding Dessert \$7</p> <p>9-10:30 Coffee  10-11 AM "Donut" Make You Wonder? (A Cup of Christmas Tea)  1 PM Bridge Club  1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>14 -LUNCH-</p> <p>9:30-Walking Group </p> <p>Soup of the Day Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce \$4</p>		
<p>9-10:30 Waffles </p> <p>20 -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>21 -LUNCH-</p> <p>9:30-Walking Group </p> <p>Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream \$4</p>		
<p>27 -LUNCH-</p> <p>Soup of the Day California Burger w/Cheese on a Bun Potato Salad Pickle Spear Fruit Crisp \$4</p> <p>9-10:30 Coffee  1 PM Bridge Club  1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>28 -LUNCH-</p> <p>9:30 Walking Group </p> <p>Confetti Coleslaw Baked Fish w/Tartar Sauce Baked Potato Carrots Bread Basket Rasp. Parfait Squares \$4</p>		

6 — CHORUS:
 I forgot, For auld lang syne, my dear,
 I forgot, for auld lang syne,
 I forgot, we'll take a cup o' kindness yet,
 for auld lang syne."

"Auld Lang Syne" (a Scottish song from the 18th century typically sung at the stroke of midnight on New Year's Eve) literally means "old long since" - but a more idiomatic English translation would be something like "long ago," "days of long ago," "in olden days," or even "once upon a time."

- 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



Sudoku

How to Play:

The object is to fill in the missing numbers into the blank squares. Insert the numbers in the boxes to satisfy only one condition: **each row, column and 3x3 box must contain the digits 1 through 9 exactly once.**

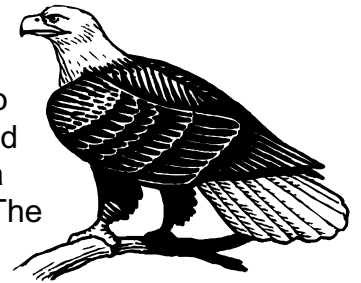
Sudoku takes some getting used to, but it is great fun and great “brain candy,” so keep on trying! If you need an extra boost of help, look to the last page of *LimeLight* for the answer key.

3	7							
		9			7		8	
	1	8			6		2	
	5	6			3			
	8	2				3	1	
			9			6	4	
	9		5			1	3	
	6		7			9		
							7	2

Printed with permission from www.dailysudoku.com.

Special Day Trip: *Soaring with the Eagles* Thursday, January 17

Many visitors from all over the world have been to Wabasha to have a “Nose to Beak” experience with America’s national symbol of freedom, the American Bald Eagle. The upper Mississippi is traditionally a favorite over-wintering area for a number of bald eagles. The habitat also attracts year-round resident eagles. The eagles spend the summer in northern Minnesota, Wisconsin, and southern Canada. When their nesting sites freeze over, the eagles are forced to move south. They prefer to fly only as far south as they have to and usually stop in Wabasha. The new National Eagle Center, just completed this year (located on the shores of the Mississippi River), is the perfect place to watch our national bird in its natural habitat. You will have a guided tour of this new facility, watch the eagles from the observation deck, and even have your picture taken with an eagle. You may want to bring your camera and binoculars. After the tour we will enjoy lunch at the famous restaurant Slippery’s (referred to in the movie “Grumpy Old Men”) located on the shores of the Mississippi. Your entrée choices are pulled BBQ pork sandwich, grilled chicken sandwich, or Slippery’s hamburger. When registering, please indicate which entrée you prefer. Registration deadline is January 4, 2008. The bus will leave the 5-5-1 Club at 8:45 AM and return around 4 PM. Cost is \$49 and includes the guided tour of the National Eagle Center, lunch, morning snack en-route, and a comfortable ride on a deluxe motor coach. Call 632-5330 to register.





Caregivers Support Group

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

Our Next Meeting: December 12
1:30-3:30 PM at The Heritage at Lyngblomsten

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™

Oct. 1	Marilyn Hobbs	\$100
Oct. 8	H.A. Jacobson	\$100
Oct. 15	Elvera Baran	\$100
Oct. 22	LeRae Mortensen	\$100
Oct. 29	Frank Szymonik	\$100



The entire community is invited to join us for the 12th Annual

LIGHTS FOR LYNGBLOMSTEN TREE LIGHTING CEREMONIES

Tuesday, December 4, 2007

2 PM & 7 PM

in the Newman-Benson Chapel at Lyngblomsten

1415 Almond Ave., St. Paul, 55108

www.lyngblomsten.org



Sing-a-long



Readings



Tree Lighting



Fill your sleigh

at the

Lyngblomsten Auxiliary's

Scandinavian Cookie & Craft Fair

Rosettes • Krumkake • Sandbakkels • Lefse • Spritz and Other Holiday Treats and Crafts

Friday & Saturday, December 7 & 8
9:30 AM - 2:00 PM

Numbers for admittance available beginning at 9 AM.

Matching gifts applied for with Thrivent Financial for Lutherans.



LYNGBLOMSTEN Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul (651) 646-2941

Be sure to make a stop at the **Lyngblomsten Gift Shop** this season. The shop is brimming with wonderful gifts for everyone on your list. The shop is located on the Lyngblomsten Campus at 1415 Almond Avenue, St. Paul

Open Monday-Friday: 10 AM-4 PM and Saturday-Sunday: NOON-4 PM



"A Cup of Christmas Tea"
Warren Hanson, a singer, author, and the illustrator of "A Cup of Christmas Tea" returns to Lyngblomsten to delight you with new and familiar music and readings. Enjoy Christmas tea and treats at this charming morning retreat.

Thursday, December 13

Newman-Benson Chapel at Lyngblomsten
1415 Almond Avenue, St. Paul

www.lyngblomsten.org

FEE: monetary donation

10:00 - 11:00 AM

(651) 632-5335

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.

1415 Almond Avenue
St. Paul, MN 55108

www.551club.com

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Fun for Life!

Have a blessed Christmas!



3	7	4	2	9	8	5	6	1
6	2	9	1	5	7	4	8	3
5	1	8	4	3	6	7	2	9
4	5	6	8	1	3	2	9	7
9	8	2	6	7	4	3	1	5
7	3	1	9	2	5	6	4	8
8	9	7	5	4	2	1	3	6
2	6	3	7	8	1	9	5	4
1	4	5	3	6	9	8	7	2

Answers to Brain Candy
Sudoku Puzzle

SPECIAL INVITATION TO A CHRISTMAS PARTY

You are cordially invited to a birthday celebration.

Guest of Honor: Jesus Christ

Date: Traditionally, December 25th. (He's always around, so date is flexible.)

Time: Whenever you're ready. (Please don't be late, or you'll miss all the fun.)

Place: In your heart ... He'll meet you there. (You'll hear Him knock.)

Attire: Come as you are. (He'll be washing our clothes anyway. He said something about new white robes and crowns for everyone.)

Tickets: Admission is free. He's already paid for everyone. (He says you wouldn't be able to afford it anyway ... it cost Him everything He had. However, you do need to accept the ticket!)

Refreshments: New wine, bread, and a far-out drink He calls "Living Water" followed by a supper that promises to be out of this world.

Gift Suggestions: Your life. He's one of those people who already has everything. (He's very generous in return. Wait until you see what He has for you.)

Entertainment: Joy, Peace, Truth, Light, Life, Love, Real Happiness.

R.S.V.P: *Very Important*—He must know ahead so he can reserve a spot for you at the table. Also, He's keeping a list of His friends for future reference. He calls it the "Lamb's Book of Life."

Party being given by His kids (that's us!). Hope to see you there!

— Author Unknown