

# LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

June  
2008

A Newsletter for the



**(651) 632-5330**

5-5-1 Club Coordinator

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Noon Dining

**Reservations**

(651) 632-5332

[www.551club.com](http://www.551club.com)

*GERI'S JOTTINGS: A WITTY LOOK AT LIFE*

## TOM, DICK & GERI

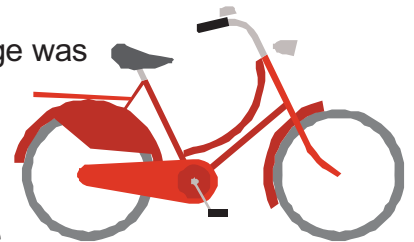


We were the three musketeers: my brother Dick, my cousin Tom, and I. My brother is five years older than me and I always looked up to him. I adored him (still do). My cousin Tom, who lived in Chicago, would come and spend summers with his Minnesota cousins. Tom was about 2-1/2 years older than me and he was "cool." I was the little kid who always wanted to do everything with them. Sometimes I got in their way, but mostly they were pretty good and let me tag along.

We did all the things kids did in those lazy summer days of the 50's. We rode bikes, played hide and seek, went to the beach, and played kick the can in the street. On hot, humid days we would read comics in my air-conditioned bedroom. I had terrible hay fever so the A/C would crank away and offered one of the few cool spots in the neighborhood. I had lots of friends on those days.

We also spent some of those hot days in the basement making model cars. We had a place back by the fruit cellar that was set up with card tables, paints, brushes, and a radio. We spent hours assembling our favorite cars including classic 50's Thunderbirds and Corvettes. As we worked, KDWB would blast the pop tunes of the day: Rock Around the Clock, Blueberry Hill, Be Bop A Lula, and many more.

We also had our own secret club. The garage was our clubhouse, and you had to know the password to gain entrance. We would screech up to the door on our bikes and in a very loud whisper blurt out, "Buzz Bomb." Immediately the door would fly open, and we would scoot into the "club".



Ah, such memories. Now my summer is busy doing other things. I'm heading to California to see my son and his family in June. I also plan on spending time here with my girls whether it be going for walks, shopping, gardening, or maybe stopping at Starbucks for a latte. No more kick the can or hide and seek, but we're making more memories. Hope you're doing the same!

*Geri*

HAPPY SUMMER!

5-5-1 Club Coordinator

# WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

## Vision Loss – Has it affected your life?

Does your vision loss impact your daily activities such as reading, cooking and record-keeping? Vision loss can have a dramatic effect on a person's life. Mary Barlow from Vision Loss Resources will be offering a series of classes called "Life Skills Vision Classes" at the 5-5-1 Club to help you learn some basic life skills to make life a little easier.

The classes will be held for five weeks (once a week for two hours each). Each class covers a different topic. The series is only open to 4–6 people to enable hands-on participation, so sign up early. If more than six people are interested, another series will be scheduled. These classes are FREE, but you need to register.

"Life Skills Vision Classes": July 17, July 24, July 31, August 7, and August 14 from 10:00 AM—NOON in the south half of the 5-5-1 Club. To register for the class, please contact Debbie at (651) 632- 5330 or [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org).

**There will be an informational session about these classes on Thursday, June 26, at 10:00 AM at the 5-5-1 Club.**

*If you have questions about the classes, you may call Mary Barlow at Vision Loss Resources at (651) 224-7662.*

**FYI:** I will be out of the office starting May 23 and will return on June 12. There will NOT be Tuesday blood pressure checks on May 27, June 3, or June 10. My husband and I will be vacationing in Alaska. With the long Minnesota winter, I have asked myself why Alaska and not Hawaii? I know it will be beautiful and hopefully the snow will have melted.

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](mailto:jkellen@lyngblomsten.org).

*Joanne*

**Vision Loss  
Support Group:**  
– 2<sup>nd</sup> floor lounge  
of The Heritage at  
Lyngblomsten –  
**Tues., June 3  
1:30-2:30 PM**

# EVENTS & OUTINGS

## WALKING GROUP

On most Fridays (and some Wednesdays) during the summer months, we walk at Lake Como (if it is rainy or too hot we'll walk at Rosedale Mall). This group is for everyone at every pace. After our walk, we gather for refreshments before returning around 11:15 AM. Cost is \$1.

**JUNE: 6, 13, 18 (Wed.), 27**

## WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **JUNE: 4, 11, 18, 25**

**RIDES AVAILABLE: JUNE 11 & 25**

## 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: 3, 5, 10, 12, 17, 19, 24, 26**

## BRIDGE CLUB & 500 GROUP

Join us for a game of Bridge at 1 PM on Thursdays or a game of 500 on Tuesdays and Thursdays 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 10 AM–NOON in the 5-5-1 Club.

**THURSDAY, JUNE 5:** Bingo & Pizza. Papa John's delivers our pizzas just before noon, so don't be late! We'll also have salad and dessert, then start the Bingo games. Cost for lunch is \$6. Call the dining line at 632-5332 for reservations.

**WEDNESDAY, JUNE 18:** The walking group will head out today as our bus will be busy Friday for the garage sale-ers. We'll leave at 9:30 AM and return around 11:15 AM. It's waffle day too, so come a little early for a waffle, then you can walk it off!

## THURSDAY, JUNE 19: KFC & a Movie.

Colonel Sanders will make the chicken, potatoes, gravy, coleslaw, and biscuits. We'll make the dessert. Come for the finger-lickin' good meal, and stay for a movie! Cost is \$6. Call the dining line at 632-5332 for reservations.

**FRIDAY, JULY 20:** Garage Sale-ing. I know your closets are full, and you don't have room for one more decoration, but come along for the fun. The bus ride alone is worth the price of admission! We'll hit as many sales as we can before our stomachs start growling. Then we'll stop for lunch and a little relaxation. We'll take in a few more sales before we return to the 5-5-1 Club around 2:30 PM. Last month, we had the back of the bus full of bargains! Call 632-5330 for reservations. Cost is \$2 for the bus plus money for your lunch and any treasures you may find along the way.

**SUNDAY, JUNE 22:** Running Aces Harness Park & the Old Log Cabin. Our motor coach will leave the 5-5-1 club at 12:30 PM and head to the Old Log Cabin in Forest Lake for lunch. You'll have several menu choices, so

be sure to give your selection when you call to register. After lunch, it will be time to head to Running Aces for some good old-fashioned harness horse racing. You may place bets or just watch the races. If you didn't get your fill at the Old Log Cabin, there are food and beverages available. Return to the 5-5-1 Club will be around 6 PM. Cost is \$29—\$34 depending on your lunch choice. Call 632-5330 for reservations.

## WEDNESDAY, JUNE 25: Waffle

Wednesday and Cooking Class. Start out the morning with a delicious Belgian Waffle with your choice of toppings. Then go out and run around the block a couple of times so you'll have room for all the goodies from cooking class. Waffles are served from 9—10:30 AM (cost is \$3 for a waffle and coffee) and cooking class starts at 11:30 AM (cost is \$6). Come for either one or both! Call the dining line at 632-5332 for cooking class reservations. No need to call for waffles unless you want a ride (632-5330).

## THURSDAY, JUNE 26: "Out to Lunch."

Today we'll be heading to one of the favorite haunts in Highland Park: The Nook. This place is a charming neighborhood favorite—they really know how to grill a hamburger. The staff is friendly and efficient, and the menu is large, so you'll have lots to choose from. It's so popular that we're going to get there at 11 AM so we don't have to wait in a long line! You can meet us there, join us at the 5-5-1 Club at 10:30 AM for a ride, or we'll pick you up at your home. Cost for the ride is \$2, cost for lunch is on your own. Call the dining line at 632-5332 for reservations.

# MARK YOUR CALENDARS



## **Friday–Saturday, July 25–26: Song of Hiawatha Pageant**

We'll be journeying for an overnight trip to Pipestone, Minnesota, for a re-enactment of Henry Longfellow's storyline of a Native American Indian boy named Hiawatha. Lodging will be at the historic Calumet Hotel. We'll also stop in New Ulm for entertainment and lunch in addition to a "mystery stop" along the way. Cost: \$279/person for double occupancy; \$341/person for single. Call 632-5330 if you would like a brochure with more information. The tour will be filled on a first-come basis.

**A \$100 deposit is required with full payment due on June 20.**

**Thursday, July 10: Ice Cream Social!!!** It's that fun time of the year again. See ad on p. 6 for more information.


**Monday, July 14: Lake Minnetonka Lunch and Cruise.** All aboard! We're leaving the 5-5-1 Club at 10:30 AM to head to

Lake Minnetonka for lunch and a cruise. We'll get back around 2:30 PM. Cost is \$31. Call 632-5330 for reservations.

## **Saturday, August 16: A Little Lunch, A Little Wine, A Little Music, A Little Ice Cream.**

Do I have your attention? Our journey will take us northwest of the Twin Cities to St. Cloud and Alexandria. We'll board our comfy coach at 9 AM and head to our first stop—the Clemens and Munsinger Gardens in St. Cloud. We'll have time to stroll through the gardens before we hop back on the bus and head to Alexandria. After lunch, we head to Carlos Creek Winery—the largest grape vineyard in Minnesota plus an orchard of 8,000 apple trees. We'll tour and taste wines while enjoying live music. We'll stop for ice cream on our journey home. There are a few details yet to be worked out so we don't have a final cost, but it will be in the neighborhood of \$50. Look for more details in the July Limelight. Call 632-5330 for reservations.

# 5-5-1 Club June

Sun.	Mon.	Tues.	Wed.
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	 <p><b>SUNNY CALIFORNIA</b> I will be vacationing with June 11—17. If you have questions, call me at 632-5332 for dining reservations. I'll be lounging at the ocean.</p>	

**SHOPPING TRANSPORTATION**

Need to get some shopping done but can't get to the store? We may be able to help you out.

On the 3rd Tuesday of the month, Lyngblomsten will be offering transportation to **Walgreens**. On the 4th Tuesday we will be going to **Target, Har Mar Mall or Rosedale**. The 5-5-1 Club bus will pick you up on the dining run for \$2. You can have lunch, then hop the Lyngblomsten bus to do your shopping. Upon your return you can once again board the 5-5-1 Club bus for your ride home. Charge for the shopping trip is \$5. Call 632-5320 for more information.

Happy Father's Day!

Running Aces Harness Park & Lunch at the Old Log Cabin.

**3 -LUNCH-** 9-10:30 Coffee ☕  
 1:30-2:30 Vision Support Group (2nd floor lounge of The Heritage at Lyngblomsten apts.) ☕  
 Marinated Veggies  
 Sweet & Sour Meatballs  
 Rice  
 Oriental Veggies  
 Bread Basket  
 Lemon Cake **\$4**

**4 -LUNCH-** 9-10:30 ☕  
 Garden Salad  
 Sliced Ham  
 Scalloped Potatoes  
 Peas  
 Cornbread  
 Sour Cream Raisin Bar **\$4**

**10 -LUNCH-** 9-10:30 Coffee ☕  
 Garden Salad  
 Tuna Noodle Casserole  
 Peas  
 Bread Basket  
 Carrot Cake **\$4**

**11 -LUNCH-** 9-10:30 ☕  
 Copper Penny Salad  
 Meatballs & Gravy  
 Mashed Potatoes  
 Green Beans  
 Bread Basket  
 Pudding **\$4**

**17 -LUNCH-** 9-10:30 Coffee ☕  
 Perfection Salad w/ Mayo  
 Garnish  
 Meatballs  
 Mashed Potatoes  
 Buttered Corn  
 Bread  
 Pudding **\$4**

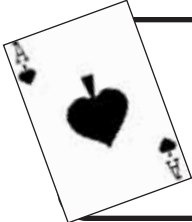
*Shopping Transportation at Target and HarMar Mall*

**18 -LUNCH-** 9-10:30 ☕  
 Waldorf Salad  
 Pork Chop in Gravy  
 Buttered Noodles  
 Green Beans  
 Bread Basket  
 Lemon Bar **\$4**

**24 -LUNCH-** 9-10:30 Coffee ☕  
 Sliced Ham  
 Macaroni & Cheese  
 Green Beans  
 Fruited Autumn Gelatin  
 Bread Basket  
 Marble Bar **\$4**

*Shopping Transportation at Rosedale Mall*



























**25 -LUNCH-** 9-10:30 ☕  
**5-5-1 Club Cooks Cooking Class**  
 ☪️ **RSVP by 6/23**  
**\$6**



## 500 PLAYERS - WHERE ARE YOU?

Our card group is in search of more players. The numbers have dwindled, but the desire is strong! Every Tuesday and Thursday the group gathers right after lunch. Come for lunch and stay for cards, or just come for the games. Call 632-5320 if you have questions, otherwise just show up in the 5-5-1 Club. Remember, our bus runs on Tuesdays and Thursdays—so, if you need a lift, we'll be happy to help you out!

# 2008 Calendar

Wed.	Thurs.	Fri.	Sat.
<p>9:30-10:30 Waffles </p> <p>10:30-3:30 PM Care-givers Support Group (1st floor lounge of The Heritage at Lyngblomsten apts.)</p>	<p><b>5</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p><b>Pizza &amp; BINGO</b></p> <p> </p> <p><b>\$6</b></p>	<p><b>6</b> <b>-LUNCH-</b> 9:30 Walking Group </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p><b>Soup of the Day</b> Chicken Breast w/Apple Almond Dressing Whipped Squash Bread Basket Peach Sauce <b>\$4</b></p>	<p><b>7</b></p>
<p>9:30-10:30 Waffles (Sides Available) </p> <p>10:30-3:30 PM Care-givers Support Group (1st floor lounge of The Heritage at Lyngblomsten apts.)</p>	<p><b>12</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p>Garden Salad Chicken a la King on Puff Pastry Mixed Vegetables Bread Basket Cheesecake <b>\$4</b></p>	<p><b>13</b> <b>-LUNCH-</b> 9:30 Walking Group </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p><b>Soup of the Day</b> Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream <b>\$4</b></p>	<p><b>14</b> <b>Flag Day!</b></p>
<p>9:30-10:30 Waffles </p> <p>10:30-3:30 PM Walking Group </p>	<p><b>19</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p><b>KFC &amp; Movie</b></p> <p> </p> <p><b>\$6</b></p>	<p><b>20</b> <b>-LUNCH-</b> 9 AM-2 PM Garage Sale-ing </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p><b>Confetti Coleslaw</b> Baked Fish w/Tartar Sauce Baked Potato Carrots Bread Basket Rasp. Parfait Squares <b>\$4</b></p>	<p><b>21</b> <b>Summer Begins</b></p>
<p>9:30-10:30 Waffles (Sides Available) </p> <p>10:30-3:30 PM Care-givers Support Group (1st floor lounge of The Heritage at Lyngblomsten apts.) </p>	<p><b>26</b> <b>-LUNCH-</b> 9-10:30 Coffee </p> <p>1 PM Bridge Club </p> <p><b>Lunch on the Town!</b></p> <p><i>The Nook (Highland Park)</i></p> <p><b>\$On Your Own</b></p>	<p><b>27</b> <b>-LUNCH-</b> 9:30 Walking Group </p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p> <p><b>Garden Salad</b> Chicken Parmesan Red Potatoes Asparagus Bread Basket Jello Cubes with Whip <b>\$4</b></p>	<p><b>28</b></p>

... my son, daughter-in-law, and two beautiful granddaughters from  
 ... ve any questions during that time, call Debbie at 632-5330 (or the dining line  
 ... reservations or transportation). Don't call my cell phone at 483- \_\_\_\_\_. Ha!  
 ... cean!

## - 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



## Word Find


### How to Play:

Find the words below in the puzzle at the right.

*Note: Some words may be backwards. Answers are on page 8.*

- |            |            |
|------------|------------|
| BEACH      | EXERCISE   |
| BRANSON    | HIAWATHA   |
| BUZZ BOMB  | ICE CREAM  |
| CALIFORNIA | MUSKETEERS |
| CARDS      | SAND       |
| CLUB       | SOCIAL     |
| COUSIN     | SUMMER     |
| CRAFTS     | SUNSHINE   |
| CRUISE     | VISION     |
| ELVIS      | WINE       |

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



**5·5·1 CLUB**  
A COMMUNITY CENTER  
 PROUDLY SUPPORTED BY LYNGBLOMSTEN  
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**Fun for the Whole Family!**

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

5-5-1 CLUB'S ANNUAL COMMUNITY

## Ice Cream Social

**Thursday, July 10, 2008**  
**2-7 PM (Hymn Sing at 7 PM)**

Lyngblomsten Campus Courtyard  
 1415 Almond Ave., St. Paul  
 (intersection of Midway Pkwy & Pascal St.)

Back to the 50's

Join ELVIS for an ice cream cone!

A 100-year neighborhood tradition!



## Caregivers Support Group

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

**Our Next Meetings: June 11 & 25**  
1:30–3:30 PM at The Heritage at Lyngblomsten

Join us as often as you can.

No reservations required. No fee.

Questions? Contact Joanne Kellen, RN, at  
(651) 632-5335 or [jkellen@lyngblomsten.org](mailto:jkellen@lyngblomsten.org).

## Boomerang Winners

*The Game That Keeps Giving Back™*

**DRAWINGS FOR 2008-2009 BOOMERANG WINNERS BEGAN IN APRIL**

**Congratulations to our May winners!**

May 5	Roseann & Frank Lentsch	\$100
May 12	Carol Kelsey	\$100
May 19	Marie Walker	\$100
May 26	Evelyn Kippels	\$100

## 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.



## Need a Ride?

Do you want waffles but need a ride? GOOD NEWS!

We are offering transportation on June 11 & 25 for Waffle Wednesdays. Call 632-5330 to line up your ride (just \$2 round trip). You can make a day of it if you wish. You can start out with waffles (available 9–10:30 AM), and stay for lunch.



FREE

## Exercise Classes

**Keep Strong & Keep Moving**

with these fun and gentle exercise classes. Class leaders have been trained by the Arthritis Foundation. The beginners' class will help improve mobility with gentle exercises and relaxation. FREE. Call (651) 632-5330 for info.

**Fridays 1:30—2:30 PM**

Lyngblomsten Apartments Dining Room  
1455 Almond Ave. (upstairs from the 5-5-1 Club)

## The Best Way to Spend a Day!

LYNGBLOMSTEN FOUNDATION



Golf Classic

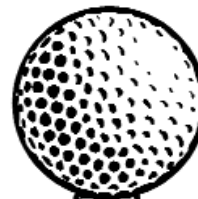
SAVE THE DATE

Monday  
August 4  
2008

— LOCATED AT MIDLAND HILLS COUNTRY CLUB —

RAISING MONEY FOR THE 5-5-1 CLUB THROUGH A DAY OF GOLF (SCRAMBLE FORMAT), GOURMET DINNER, & SILENT AUCTION

**New Reduced Price!**



For more info, contact Emily at  
(651) 632-5323  
or  
[eseiber@lyngblomsten.org](mailto:eseiber@lyngblomsten.org)

# Fun for Life!

**Thank you to the Lyngblomsten Auxiliary for their continuous funding which helps us with mailing expenses for the *LimeLight*. Each month we print over 1200 copies of this newsletter and mail out almost 700.**

## HOLIDAY CELEBRATION IN BRANSON

I know it's June, and November is a long way off, but now is the time to plan for some early winter fun.

We are heading to Branson November 18—22. We'll be stopping in Kansas City on the way to Branson and also on the way back. Our tour includes four exciting shows: the hilarious Pierce Arrow Show, Shoji Tabuchi, the Oak Ridge Boys, and the Spirit of Christmas with the Osmonds. We'll also be taking a holiday lights tour in Branson. In Kansas City, we'll visit the New Theatre Restaurant and Dinner Theatre which is featuring a new comedy currently showing on Broadway: "Boeing-Boeing" starring Marla Gibbs. Mike and Julie from J & M Tours will be our escorts, so we know we'll have a great time.

Cost is \$749 per person (double occupancy). Registration deadline is September 4 (with a \$200 deposit), and final payment is due October 3. Call 632-5330 for a registration form.

### Answers to Brain Candy Word Find Puzzle

