

LIMELIGHT

THRIVE • LEARN • EXPLORE • BELONG

July
2008

A Newsletter for the



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5-5-1 Club Coordinator

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Noon Dining

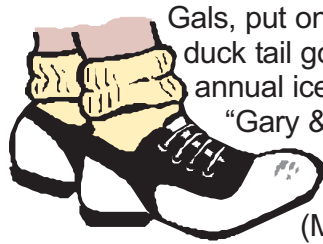
Reservations

(651) 632-5332

www.551club.com

GERI'S JOTTINGS: A WITTY LOOK AT LIFE

BACK TO THE 50'S AT THE ICE CREAM SOCIAL



Gals, put on your pedal pushers and bobby sox; guys, get your duck tail going. We're going to rock around the clock at the annual ice cream social. "Elvis" will be here as will "Gary & Friends", a four-piece 50's band plus more entertainment to fill the day with music. All the fun takes place on **Thursday, July 10**, in the courtyard (Midway Parkway & Pascal Street).

As always, we'll be serving up ice cream, cake, hot dogs, corn on the cob, popcorn and soft drinks. There will be games for kids of all ages along with a tattoo booth and fishing pond. In other words, there will be tons of fun for everyone. Bring your family and friends and make a day of it. Grab a spot under the tent and settle in for the afternoon. The fun begins at 2 p.m. and runs until 7:00. We'll end the day on a high note with a 7:00 hymn sing under the tent.

We've ordered a beautiful day for the 10th of July and our campus will be buzzing with excitement. We'll look forward to seeing you here!

Geri

5-5-1 Club Coordinator



*A Little Stroll, A Little Lunch, A Little
Wine, A Little Music, A Little Ice Cream...*

(Now that I have your attention, I can give you the details.

On **Saturday, August 16**, we'll leave the 5-5-1 Club at 9 a.m. and head to the Clemens and Munsinger Gardens in St. Cloud. After a stroll through the gardens, we'll be on our way to Alexandria where we'll enjoy lunch at Bug A Boo Bay. Next we'll head to Carlos Creek Winery which boasts the largest grape vineyard in Minnesota. We'll tour and taste wines while enjoying live music. We'll stop for ice cream as we're homeward bound.

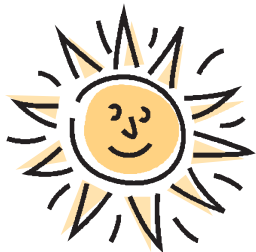
Cost is \$49. Call 632-5330 for reservations.



WELLNESS FOR LIFE

Joanne Kellen, RN – Community Wellness & Education Coordinator

Slip! Slop! Slap! ...and Wrap!



Summer is finally here. We have had quite a few rainy days so we welcome the sunny ones. I want to remind you of a few things to keep in mind during the summer months. The warmth of the sun can be very appealing. It definitely cheers people up and makes them more alert. Remember to protect your skin from the sun's rays. Ultraviolet light damages your skin. Limiting unprotected exposure to the sun can help prevent nearly all skin cancers. The American Cancer Society recommends some ways to protect your skin especially when the sunlight is strong between the hours of 10:00 AM and 4:00 PM:

- * **Slip**- on a long-sleeved shirt or pants for the most protection.
- * **Slop**- on sunscreen and lip balms with a Sun Protection Factor (SPF) of 15 or higher. Apply the sunscreen 20 minutes before going outdoors. Many sunscreens should be reapplied at least every 2 hours.
- * **Slap**- on a hat. A hat with at least 2 to 3 inch brim all around works the best because it protects areas often exposed to the sun, such as your ears, neck, eyes, forehead, nose and scalp.
- * **Wrap**- on sunglasses. Look for sunglasses labeled as blocking UVA and UVB light. They do not have to be expensive to be effective. Labels that say "Meets ANSI UV Requirements" or "UV absorption up to 400 nm" mean the glasses block at least 99% of UV rays.

What about Vitamin D? The American Cancer Society tells us that this is an area of very active research as to how much sun without sunscreen should people have. Vitamin D is made naturally by your skin when you are in the sun. Studies show that Vitamin D not only helps the body absorb calcium, building stronger bones, but may also protect against other problems, including rheumatoid arthritis, heart disease and some cancers. Having 20 minutes of sunscreen-free exposure several times a week is thought to make plenty of Vitamin D. If you have a history of skin cancer, it is best to check with your doctor about being out in the sun without sunscreen.

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. My phone number is (651) 632-5335; email is jkellen@lyngblomsten.org.

Joanne

Source: American Cancer Society and AARP newsletters

FYI:

Vision Loss Support Group is on break for July and August; group resumes Sept. 2.



Caregivers Support Group

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

Our Next Meetings: July 9 & 23
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.

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.

JULY: 11, 16 (Wed), 25

WAFFLE WEDNESDAYS

Waffle Wednesday from 9—10:30 AM. Just \$3 for waffles hot off the iron and gourmet coffee freshly ground and brewed. **JULY: 2, 9, 16, 23, 30**

RIDES AVAILABLE: JULY 9 & 23

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.

JULY 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

500 CARD GROUP

Join us for 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, July 3: Bingo & Pizza. What do you like on your pizza: sausage, pepperoni, mushrooms, green pepper, olives, ham, pineapple, tomatoes? You'll have your pick when you join us today. We order a variety of pizzas so everyone is satisfied! We add a salad to keep you healthy and a dessert to keep you happy. All this for \$6. After lunch the bingo games will begin with lots of fun prizes. Call the dining line at 632-5332 for reservations.

Friday, July 4: HAPPY 4TH of JULY! 5-5-1 Club is closed.

Wednesday, July 9: Rides are available today for Waffle Wednesday. Call 632-5330 to schedule a pick up.

Thursday, July 10: COME FOR A DAY OF FUN AT THE ICE CREAM SOCIAL. See ad on page 6 for more details. Cakes needed; see below.

Monday, July 14: Lake Minnetonka Lunch & Cruise! We'll board our comfy coach at 10:30 and head for an afternoon on the waters of Lake Minnetonka. We'll have lunch and enjoy the sights as we cruise. Return to the 5-5-1 Club will be around 2:45. Call 632-5330 for reservations. The cost is just \$31.

Wednesday, July 16: Walking group will go out today instead of Friday.

Thursday, July 17: Pie & Coffee Day. Join us this afternoon from 2-3 p.m. for delicious homemade pie and freshly ground gourmet coffee for just \$3. No need to call for reservations, just follow your nose to the smell of the pies coming out of the oven!

Friday, July 18: Garage Sale-ing today! We'll leave the 5-5-1 Club at 9 AM and 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 returning to the club around 2:30 PM.

Wednesday, July 23: Rides are available today for Waffle Wednesday. Please call 632-5330 to schedule a ride.

Thursday, July 24: Out to Lunch. Call for specifics.

Saturday, August 16: Special outing-- see page 1.

NO COOKING CLASS IN JULY



Sorry, all you cooking class lovers, but due to a very busy July, we'll take the month off. Let's gather on **Wednesday, August 20th**, for our next class. See you then!

CAKES, CAKES, CALLING ALL CAKES!








It's Ice Cream Social time again, and you know what that means ... we need cakes! Chocolate cakes, lemon cakes, marble cakes, strawberry cakes, angel food cakes ... homemade or store-bought--we appreciate them all. We get some cakes donated by Roseville Bakery, but that's just the start. Folks look forward to all the different flavors we offer.

It's nice to know ahead of time what cakes we have coming, so please call 632-5320 and let us know if you can help out. Please bring your goodies to the front desk at the main entrance of Lyngblomsten on Wednesday, July 9th or Thursday morning. If you live in The Heritage, you can just bring them to your dining room, as that is where we will be cutting the cakes.

I thank you in advance for your generosity!

Geri

5-5-1 Club July

Sun.	Mon.	Tues.	Wed.
1		1 -LUNCH- 9-10:30 Coffee  Relishes w/Dip Chili con Carne w/Sour Cream & Cheese Cornbread Banana Split Dessert \$4	2 -LUNCH- 9-10:30 Soup of the Day Hot Turkey Sandwich Mashed Potatoes & Gravy Mixed Vegetables Pumpkin Cheesecake \$4
6	7	8 -LUNCH- 9-10:30 Coffee  Marinated Veggies Sweet & Sour Meatballs Rice Oriental Veggies Bread Basket Lemon Cake \$4	9 -LUNCH- 9-10:30 Garden Salad Sliced Ham Scalloped Potatoes Peas Cornbread Sour Cream Raisin Bar \$4
13	14	15 -LUNCH- 9-10:30 Coffee  Garden Salad Tuna Noodle Casserole Peas Bread Basket Carrot Cake \$4	16 -LUNCH- 9-10:30 Copper Penny Salad Meatballs & Gravy Mashed Potatoes Green Beans Bread Basket Pudding \$4
20	21	22 -LUNCH- 9-10:30 Coffee  Perfection Salad w/ Mayo Garnish Meatballs Mashed Potatoes Buttered Corn Bread Pudding \$4	23 -LUNCH- 9-10:30 Waldorf Salad Pork Chop in Gravy Buttered Noodles Green Beans Bread Basket Lemon Bar \$4
27	28	29 -LUNCH- 9-10:30 Coffee  Sliced Ham Macaroni & Cheese Green Beans Fruited Autumn Gelatin Bread Basket Marble Bar \$4	30 -LUNCH- 9-10:30 Wild Rice Soup Chicken Salad on Croissant Fruit Cup Veggies & Dip Country Apple Cake \$4

13 14 Lake Minnetonka Lunch Cruise Today

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.



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>9-10:30 Waffles </p> <p>3</p> <p>-LUNCH- 9-10:30 Coffee </p> <p>Pizza & BINGO</p> <p>  \$6</p> <p>1:00 Play 500 </p>	<p>4</p> <p></p> <p>Happy Independence Day!</p>	<p>5</p>	
<p>9-10:30 Waffles (rides Available) </p> <p>10:30-3:30 PM Caregivers Support Group 2nd floor lounge of The Heritage at Lyngblomsten apts.)</p> <p>10</p> <p>-LUNCH- 9-10:30 Coffee </p> <p>Jello Salad Beef & Garden Veggie Stew Peas Buttermilk Biscuit Apple Brown Betty \$4</p> <p>1:00 Play 500 </p> <p>Ice Cream Social Today!</p>	<p>11</p> <p>-LUNCH- 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>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>12</p>	
<p>9-10:30 Waffles </p> <p>10:30 Walking Group </p> <p>17</p> <p>-LUNCH- 9-10:30 Coffee </p> <p>Garden Salad Chicken a la King on Puff Pastry Mixed Vegetables Bread Basket Cheesecake \$4</p> <p>1:00 Play 500 </p> <p>Pie & Coffee 2-3:00 PM \$3 </p>	<p>18</p> <p>-LUNCH- 9 AM-2 PM Garage Sale-ing </p> <p>Soup of the Day Baked 1/4 Chicken Parsley Potatoes Carrots Dinner Roll Ice Cream \$4</p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>19</p>	
<p>9-10:30 Waffles (rides Available) </p> <p>10:30-3:30 PM Caregivers Support Group 2nd floor lounge of The Heritage at Lyngblomsten apts.) </p> <p>24</p> <p>-LUNCH- 9-10:30 Coffee </p> <p>Lunch on the Town! <i>Call for details.</i></p> <p>\$ On Your Own</p> <p>1:00 Play 500 </p>	<p>25</p> <p>-LUNCH- 9:30 Walking Group </p> <p>Confetti Coleslaw Baked Fish w/Tartar Sauce Baked Potato Carrots Bread Basket Rasp. Parfait Squares \$4</p> <p>1:30-2:30 Exercise Class (Lyngblomsten Apts Dining room) </p>	<p>26</p>	
<p>9-10:30 Waffles </p> <p>31</p> <p>-LUNCH- 9-10:30 Coffee </p> <p>Caesar Salad Spaghetti with Meat Sauce Italian Blend Vegetables Garlic Bread Mousse \$4</p> <p>1:00 Play 500 </p>			

- 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.

- | | |
|----------------|-----------------|
| BOBBY SOX | HOMEMADE PIE |
| BRANSON | ICE CREAM |
| CAKE | LAKE MINNETONKA |
| DUCK TAIL | LEARN FOR LIFE |
| ELVIS | MUSIC |
| FIREWORKS | SUNSCREEN |
| GARAGE SALEING | WAFFLES |
| GOLFING | WATERMELON |

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

www.WordSearchMaker.com



5-5-1 CLUB
A COMMUNITY CENTER
 PROUDLY SUPPORTED BY LYNGBLOMSTEN
www.551club.com

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.)

Join ELVIS for an ice cream cone!

"Back to the 50's"

A 100-year neighborhood tradition!

LEARN FOR LIFE

An education series for adult learners



Thursdays this fall, 10 - 11 AM
\$5 per session or \$20 for the whole series

- September 25, 2008 – “Poetry: Classics in English”
- October 9, 2008 – “My Father's Black Bag: Medical Care During the Great Depression”
- October 16, 2008 – “Biblical Perspectives on Aging”
- October 23, 2008 – “Medieval Art: The Not-So-Dark Dark Ages”
- October 30, 2008 – “Great Music of Faith”

For descriptions of each session, log on to www.551club.com, pick up a flyer at the 5-5-1 Club, call (651) 632-5330, or email calbing@lyngblomsten.org. All sessions will be held on the Lyngblomsten campus. This series is presented in partnership with Augsburg College's College of the Third Age and is coordinated by Cindy Albing, Education & Resource Coordinator with Lyngblomsten's Home- and Community-Based Services.



Don't sit home alone when you can come over and have homemade pie with us!

PIE AND COFFEE
Thursday, July 17
2:00 - 3:00 PM \$3

No reservations needed...just come!

Boomerang Winners

The Game That Keeps Giving Back™

Congratulations to our June winners!

June 2	Patricia Anderson	\$100
June 9	Mary Blanchard	\$100
June 16	Ed & Alita Hill	\$100
June 23	Sandi Krohn	\$100
June 30	Marv Merrick	\$100

Quarterly Winner!

June 30	Violet Erickson	\$200
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The Best Way to Spend a Day!



JOIN US

Monday
August 4
2008

– MIDLAND HILLS COUNTRY CLUB –

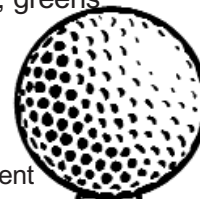
RAISING MONEY FOR THE 5-5-1 CLUB

THROUGH A DAY OF GOLF (SCRAMBLE FORMAT),
 GOURMET DINNER, & SILENT AUCTION

\$225 per person gets you lunch, golfing, cart, greens fee, drink tickets, dinner, and prizes.

Not a golfer?

Just come for the silent auction and steak dinner -- \$60/person.



For more info, contact Emily at (651) 632-5323 or

eseiber@lyngblomsten.org



Want Waffles, but need a ride?

GOOD NEWS! We are offering transportation on July 9 & 23. 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 (served 9–10:30 AM), and stay for lunch.



5.5.1 CLUB

A Community Center

Proudly Supported by Lyngblomsten

1415 Almond Avenue
St. Paul, MN 55108

www.551club.com

Nonprofit
Organization
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Fun for Life!



Did you know?

•New Castle, Pennsylvania, proclaims itself to be the "Fireworks capital of America." It is home to the nationally recognized display companies, Zambelli Internationale and Pyrotechnico; it's also where "Rozzi's Famous Fireworks of Ohio began its operations.

•Fireworks became very popular in Great Britain during the reign of Queen Elizabeth I. Fireworks were so much enjoyed by the Queen herself that she created a "Fire Master of England." King James II was so pleased with the fireworks display that celebrated his coronation that he knighted his Fire Master.

•Fireworks use in the U.S. increased 2½ times since 1992 going from 87,100,000 pounds in 1992 to 220,800,000 in 2003. During the same period, injuries actually decreased 70%.

HOLIDAY CELEBRATION IN BRANSON

I know it's July, 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.

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

Answers to Brain Candy
Word Find Puzzle