



www.551club.com

# Community Education, Wellness & Fun for Life

## March & April 2012



### Thrive • Learn • Explore • Belong

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### WORD LIST

- Billiards
- Books
- Brunch
- Creative Life
- Desserts
- Fish Fry
- Harpist
- History
- Jedburgh
- Mediterranean
- Messy Chef
- Nightingales
- Theatre
- Waffles
- Wellness

### Inside .....

**Coco's Diary at History Theatre**      **books • cheese • wine**  
**Living the Creative Life Wellness Conference**      **and much more!**

5-5-1 Club & Café • A Community Center Proudly Supported by Lyngblomsten



## Club Hours

Monday – Friday  
9 AM – 4 PM  
(651) 632-5320

## Café Hours

Tuesday – Thursday  
Breakfast: 9 – 10:30 AM  
Lunch: 11 AM – 2 PM  
(651) 632-5332

## General Contact

(651) 632-5330  
551club@lyngblomsten.org

## Location

1415 Almond Avenue  
St. Paul, MN 55108  
(Lower level of the  
Lyngblomsten campus)

## Online

www.551club.com  
www.facebook.com/551clubcafe

## Sponsor

Lyngblomsten  
(651) 646-2941  
www.lyngblomsten.org

## About Us

Welcome! The 5-5-1 Club & Café is a community center, proudly sponsored by Lyngblomsten, promoting wellness and fun for life through social, recreational, and educational programs for people age 55+ working or living in or near the 551 zip code areas.

If you're looking for opportunities to **Thrive, Learn, Explore, and Belong**, you've come to the right place! Everyone from the community is welcome.

The 5-5-1 Club & Café is subsidized by gifts made to the Lyngblomsten Foundation. Learn more at [www.lyngblomsten.org/get-involved](http://www.lyngblomsten.org/get-involved).

## A Note from the Coordinator — Just around the corner...

We've made it to March, and I can almost see spring around the corner! It's fun starting to think about all the things we can do together that include sunshine, sandals and capris.

For now, we'll have to deal a little more with jackets, boots, and scarves, but we can still have a good time. Be sure to check out all the fun and interesting opportunities for you to choose from in this booklet. We've got a couple of great trips—one to see *The Church Basement Ladies* at Plymouth Playhouse, and one to Fanny Hill Dinner Theatre, one of our favorite trips each year. There are a lot of classes, Friday Special Meals, and the return of *The Messy Chef!* Don't forget the Thursday Walking Group, Waffle Wednesdays, books•cheese•wine, Tuesday cards, Stitch 'N Chat and more. I'll look forward to seeing you at the 5-5-1!

— Geri Rutz, 5-5-1 Club & Café Coordinator

P.S. Tax assistance is back! See page 15.

# March



**books.cheese.wine**

## Of Werewolves and Nightingales...

**Guest Presenter: Walt Blue**

Marie de France, a late 12th century poet writing in Norman England at the court of Henry II, composed short verse narratives on romantic and magical themes.

Two of these—*Bisclavret*, the tale of a man who periodically became a werewolf, and *L'Austic*, the story of a thwarted love symbolized by a nightingale—will be presented in rhymed English couplets. Come enjoy these compelling tales of courtly love written over 700 years ago.

Walt Blue holds his doctorate in Medieval French Literature from Yale University. He has lived and worked in Francophone Africa as a teacher of English in a Lutheran high school and in Senegal, where he taught American Literature at Gaston Berger University.

**Thursday, March 1**

**5:30 – 7 PM**

at the 5-5-1 Club & Café

**Fee:** \$5 if registered before 2/28  
\$8 at the door

**Register:** (651) 414-5292 or  
calbing@lyngblomsten.org, **OR**  
mail in registration form on page 18.

**Friday Special Meal**

## Pizza & Bingo

at the 5-5-1 Club & Café

Join us for a variety of pizza from Papa John's, plus salad and dessert. After lunch try your luck at the bingo tables. Games run for an hour. Prizes for every game!

**Friday, March 2**

**Noon – 1 PM Lunch**

**1 – 2 PM Bingo**

at the 5-5-1 Club & Café

**Fee:** \$7 for lunch; 50¢ for bingo

**Register:** (651) 632-5332 or  
dseverson@lyngblomsten.org, **OR**  
mail in registration form on page 18,  
**by Wednesday, February 29.**

## Everyone's Favorites: Trudy Harper, Harpist

Trudy Harper and her golden harp return to Lyngblomsten! Join us as Trudy blends music, history and culture to create a harp program of some of her favorite songs.  
www.trudyharpist.com

**Thursday, March 8**

**10 – 11 AM**

in the Newman-Benson Chapel at  
Lyngblomsten (1415 Almond Ave, St. Paul)

**Fee:** \$2 suggested donation

**RSVP:** (651) 414-5292 or  
calbing@lyngblomsten.org.

# March cont'd

## Friday Special Meal

### House of Wong at the 5-5-1 Club & Café

Today we'll order chow mein, chicken fried rice, sweet and sour pork, and egg rolls in from the House of Wong. We'll add our Oriental salad and top it off with dessert.

**Friday, March 9**

**Noon** at the 5-5-1 Club & Café

**Fee:** \$7

**Register:** (651) 632-5332 or [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org), **OR** mail in registration form on page 18, **by Wednesday, March 7.**

### St. Paul in the 1920s

Free!

Learn about the history and architecture of St. Paul. This class is a supplement to the March 15 field trip to the History Theatre (see page 4) to see *Coco's Diary*, but anyone may attend. Materials are provided courtesy of the History Theatre.

**Tuesday, March 13**

**10 – 11 AM**

in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave, St. Paul)

**Fee:** FREE

**Register:** (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org), **OR** mail in registration form on page 18.

### Wellness for Life Talk:

### A Fond Farewell— Independent, Innovative, Creative Funeral Pre-Planning

*Presenter: Jeanne R. McGill,  
Certified Senior Advisor,  
Certified Pre-Planning Consultant*

Without funeral pre-planning, which of the following issues do you think is going to be the most difficult for your loved ones: the expense of the funeral and overspending, unpredictable emotional responses, or lack of education about what to do and what options are available? What's the difference between a funeral home and a cremation society? Who is the funeral for—the person who died or those still living?

Whether you are thinking about planning for your own funeral or assisting a loved one, Jeanne can help you make sense of all the information and options that are available.

**Thursday, March 15**

**10 – 11 AM**

in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul)

**Fee:** \$2

Please join us in the café for breakfast before the presentation, or stay afterward for lunch. (Not included in fee)

**RSVP:** Deb Bowman (651) 632-5335 or [dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org).

# March cont'd

## History Theatre presents Coco's Diary

Let's take a field trip! You may have met author and retired *Star Tribune* writer Peg Meier last August at *books•cheese•wine*. We learned about her latest book *Through No Fault of My Own*, the diary of 13-year-old Clotilde Irvine, daughter of a lumber baron living in a fashionable Summit Avenue mansion in 1927.

Now Peg's book has been adapted into a world premiere play, infused with funny characters and the beguiling music of the Roaring Twenties. We'll have lunch afterwards at Fabulous Fern's on Selby Avenue.

### Thursday, March 15

Bus departs the Club at **9 AM**

**OR** meet us at the History Theatre  
30 East 10th Street, St. Paul, MN

Play begins at **10 AM**

**Fee:** \$22 per ticket or \$26 includes the bus. Lunch cost on your own.

**Register:** (651) 414-5292 or  
calbing@lyngblomsten.org, **OR**  
mail in registration form on page 18.

**Limited tickets available.**



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**Facebook**

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

**View this Opportunities Booklet  
online at [www.551club.com](http://www.551club.com)**

Click *News & Events*; view the  
*March & April 2012 Booklet*.

Download or print additional copies.

### Friday Special Meal

## Out To Dinner Annual Community Fish Fry

It's Lent, so let's do a fish fry! The menu includes crispy beer battered fish, golden french fries, coleslaw, dessert and a beverage. Prices range depending on whether you want one, two or three pieces of fish.

*Sponsored by St. Rose of Lima Catholic Church, Church of Corpus Christi, and the Knights of Columbus.*

### Friday, March 16

Bus departs the Club at **4:15 PM**

**OR** Meet us at Corpus Christi at  
2131 Fairview Avenue N.  
Roseville, MN

**Fee:** \$2 for the bus, plus cost of dinner

**Register:** (651) 632-5332 or  
dseverson@lyngblomsten.org, **OR**  
mail in registration form on page 18,  
**by Wednesday, March 14.**

Please let us know if you will be riding the bus with us or meeting us there.

# March cont'd

## The Church Basement Ladies in A Mighty Fortress is Our Basement

The Church Basement Ladies are at it again in their latest musical comedy, with more crazy antics and great new songs!

Before we settle for an afternoon of music and laughter, we'll stop at Axel's Bonfire in Plymouth. You'll have your choice of Oriental chicken salad, a pulled pork sandwich, or rotisserie turkey on a ciabatta roll. After lunch we'll do a hop, skip and a jump down the road to the Plymouth Playhouse.

**Thursday, March 22**

**10:30 AM – 4 PM**

at Plymouth Playhouse  
2705 Annapolis Lane N., Plymouth, MN

Bus departs the Club at 10:30 AM, and will return around 4 PM.

**Fee:** \$55 per person

**Register:** (651) 632-5330 or  
dseverson@lyngblomsten.org, **OR**  
mail in registration form on page 18.

Please specify your menu selection:  
*Oriental chicken salad, pulled pork sandwich, or rotisserie turkey on a ciabatta roll.*

**Registration deadline:**

**Thursday, March 1**

**Friday Special Lunch**

## The Messy Chef

*The Messy Chef* is a fun cooking demonstration ending with a tasty meal. The Chef (Geri Rutz) prepares easy, delicious recipes, and when the meal is ready, we enjoy it!

**Friday, March 23**

at the 5-5-1 Club & Café

Chef starts cooking at **11:30 AM**

Lunch around **12:30 or 12:45 PM**

**Fee:** \$7

**Register:** (651) 632-5332 or  
dseverson@lyngblomsten.org, **OR**  
mail in registration form on page 18,  
**by Wednesday, March 21.**

## Armchair Traveler: Cruising on the Mediterranean

**Free!**

Take a Mediterranean cruise with Barb (and Lyngblomsten CEO/President Paul) Mikelson! Travel aboard the Queen Victoria to Rome, Athens, a number of Greek islands, Ephesus, Istanbul, Dubrovnik, and Venice. Bring your sunscreen.

**Wednesday, March 28**

**2 – 3 PM**

at the 5-5-1 Club & Café

**Fee:** FREE

**RSVP:** (651) 414-5292 or  
calbing@lyngblomsten.org.

## Defensive Driving

This defensive driving refresher course (age 55+) will make you eligible for a 10% discount on your insurance for three years. There will be a one-hour break for lunch. If you would like to have lunch at the Café, call (651) 632-5330.

*Menu: 1/2 sandwich and soup or Mandarin Orange Chicken salad plus beverage.*

**Thursday, March 29**

**10 AM – 3 PM**

in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul)

**Fee:** \$17; plus optional \$5 Café lunch

**Register:** Call the Minnesota Safety Council at (651) 291-9150 and ask for the Lyngblomsten registration form.

### Friday Special Lunch

## Kentucky Fried Chicken at the 5-5-1 Club & Café

The Colonel will be busy this morning preparing our chicken, potatoes and gravy, coleslaw and biscuits. We'll help him out by supplying dessert.

**Friday, March 30**

**Noon** at the 5-5-1 Club & Café

**Fee:** \$7

**Register:** (651) 632-5332 or [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org), **OR** mail in registration form on page 18, **by Wednesday, March 28.**



**books.cheese.wine**

## The Clash of Civilizations

**Guest Presenter: Donald Epps**

Samuel P. Huntington asserted that “the clash of civilizations” would be the primary source of conflict in the post-Cold War world. Was he right? Join political science professor Donald Epps for a discussion of this book.

**Thursday, April 5**

**5:30 – 7 PM**

at the 5-5-1 Club & Café

**Fee:** \$5 if registered before 4/3  
\$8 at the door

**Register:** (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org), **OR** mail in registration form on page 18.

## Stories of the Constellations

Many constellations are near each other in the sky for a reason. Dig into the history and mythology behind the patterns of constellations, and find some sense in their placement.

Presentation includes slides.

*Presenter:* Bill Arden

**Thursday, April 12**

**10 – 11 AM**

(cont'd on page 7)

(cont'd from page 6)

in the Newman-Benson Chapel at Lyngblomsten (1415 Almond Ave., St. Paul)

**Fee:** \$5. Refreshments will be provided.

**Register:** (651) 632-5330 or dseverson@lyngblomsten.org, **OR** mail in registration form on page 18.

## WWII History Roundtable: **Jedburghs: Jumping Behind Enemy Lines**

Join author Lt. Col. Will Irwin (ret.) for a discussion of his book *Jedburghs* at Fort Snelling History Center's monthly WWII History Roundtable. Learn about the secret Jedburgh project which dropped three-man units into occupied France, hundreds of miles ahead of conventional ground forces, whose job it was to organize, arm, and train groups of French resistance guerillas.

### **Thursday, April 12**

Bus departs the Club at **6 PM**

**OR** meet us in the Auditorium at the Historic Fort Snelling Visitor Center 200 Tower Avenue, St. Paul, MN

Lecture begins at **7 PM** (*seats fill quickly*)

**Fee:** \$5 program admission at the door; \$5 bus ride

**RSVP:** (651) 414-5292 or calbing@lyngblomsten.org.

Please let us know if you will be riding the bus with us or meeting us there.

### **Friday Special Lunch**

## **Brunch & Bingo** at the 5-5-1 Club & Café

The aroma of brunch will be wafting through the 5-5-1 Club & Café today. Come and enjoy eggs, sausage, sweet rolls, and maybe if you're really good, you might even get some rice pudding!

### **Friday, April 13**

**Noon – 1 PM** Brunch

**1 – 2 PM** Bingo

at the 5-5-1 Club & Café

**Fee:** \$7 for Brunch; 50¢ for bingo

**Register:** (651) 632-5332 or dseverson@lyngblomsten.org, **OR** mail in registration form on page 18, **by Wednesday, April 11.**

## Lyngblomsten's Annual Wellness Conference **Living the Creative Life**

Discover the health benefits and power of arts in aging; explore new possibilities for creative expression; learn about resources in the arts community. Keynote presentation by Lucy Rose Fischer, PhD, award-winning gerontologist, author and artist. See page 8 for complete event details.

### **Saturday, April 14**

**8:30 AM – 1:30 PM**

at Roseville Lutheran Church

# Living the creative Life

Saturday, April 14, 2012

- Discover the health benefits and power of arts in aging.
- Explore new possibilities for creative expression.
- Learn about resources in the arts community.

## Keynote presentation: **Life is a Work of Art**

There is a “use it or lose it” principle for cognitive ability—if we stimulate our brains, we continue to grow dendrites, even in old age. This is a presentation about the power of creativity in later life, using a combination of research, personal stories, and vivid illustrations.

Presenter Lucy Rose Fischer, PhD, award-winning gerontologist, author, and artist, shares her own experience of launching her art career around age 60 when she asked herself: **How old do I have to be to follow my dream?**

**When:** 8:30 AM – 9:30 AM Early Bird Workshops  
9 AM – 10 AM Registration & Exhibitors  
10 AM – 1:30 PM Keynote, Workshops, Exhibitors, Lunch,  
& Panel Discussion

**Where:** Roseville Lutheran Church, 1215 W Roselawn Ave, Roseville, MN

**Cost:** \$25 per person

**Register:** (Starting 2/15) Online at [www.lyngblomsten.org/calendar](http://www.lyngblomsten.org/calendar) or contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org)

## Questions or for more details:

Contact Cindy Albing at (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org).



Hosted by Lyngblomsten Home- and Community-Based Services

## Wellness for Life Talk: Alzheimer's Disease and the Caregiver

Deb Bowman, RN, MSN, Community Wellness & Education Coordinator at Lyngblomsten will present information about memory loss and Alzheimer's Disease.

Learn how to meet the challenges of difficult dementia behaviors with flexibility, patience and compassion. Whether you have memory loss, have a loved one or a friend with memory loss, you can gain some insight on how this changes lives. There is support and many ideas on how to deal with the challenges you face on a daily basis. Learn how to be supportive for yourself and your loved one.

**Thursday, April 19**

**10 – 11 AM**

at the 5-5-1 Club & Café

**Fee:** \$2

Please join us in the café for breakfast before the presentation, or stay afterward for lunch. (Not included in fee)

**RSVP:** Deb Bowman (651) 632-5335 or [dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org).

## The Ten Commandments

presented by Luther Seminary  
Professor, Dr. Rolf Jacobson

Strangely, the Ten Commandments address adult behavior—no murder, no adultery, no stealing—but for some reason the church mainly teaches them to children. This spirited lecture will take a refreshing and adult look at God's essential law for our lives.

**Thursday, April 19**

**5:30 – 7:30 PM**

at Nativity Lutheran Church  
3312 Silver Lake Rd, St. Anthony, MN

5:30 PM Welcome and dinner

6:15 PM Keynote presentation

7:30 PM Closing prayer

**Fee:** \$7 includes presentation & dinner  
Please register and pre-pay.

**Register:** (651) 414-5292 or  
[calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org), **OR**  
mail in registration form on page 18.

*Sponsored by Faith Partners:  
Christ the King Lutheran Church, Nativity  
Lutheran Church, and Lyngblomsten  
Home- and Community-Based Services*

**books • cheese • wine** is a casual book club that meets once per month at the 5-5-1 Club & Café. Come meet and listen to local authors, and enjoy some cheese and wine. There is no required reading—just come for fun, to learn, and socialize with your neighbors.

*See pages 2 & 6 for details on the books•cheese•wine held in March & April.*

## Friday Special Lunch

### Out To Lunch at Manitou Station

Manitou Station, "The Home of the Scotch Egg," is a beautiful restaurant with a wide-ranging menu that features a something-for-everyone approach. Choices range from burgers, to salads, to sandwiches, and a variety of entrees.  
[www.manitoustation.com](http://www.manitoustation.com)

#### Friday, April 20

Bus departs the Club at **11 AM**  
**OR** Meet us there at **11:30 AM**  
2171 4th Street, White Bear Lake, MN

**Fee:** \$2 for the bus, plus your lunch expense.

**Register:** (651) 632-5332 or [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org), **OR** mail in registration form on page 18, **by Wednesday, April 18.**

Please let us know if you will be riding the bus with us or meeting us there.

### Children's Books Then & Now

Free!

Let's spend some time today reminiscing with Karen Nelson Hoyle about some of our favorite children's books! Learn about the latest authors and what they are writing about. This is a great opportunity to learn about

(cont'd)

books you might want to give to relatives and friends.

Karen Nelson Hoyle was Professor and Curator of the Children's Illustrated Literature Collection at the University of Minnesota for over 40 years.

#### Wednesday, April 25

**1 - 2 PM**  
at the 5-5-1 Club & Café

**Fee:** FREE

**RSVP:** (651) 414-5292 or [calbing@lyngblomsten.org](mailto:calbing@lyngblomsten.org).

### Fanny Hill Dinner Theatre: Fox on the Fairway

Join us for a scenic tour to Eau Claire, Wisconsin. We'll arrive at the always beautifully decorated Fanny Hill Dinner Theatre and be escorted to the dining room for lunch before the play.

From the author of *Lend Me A Tenor* comes another laugh riot. Sit back and enjoy as the fun centers around Quail Valley and Crouching Squirrel Country Clubs as they compete in an inter-club golf tournament ... and watch as it all adds up to mayhem on the fairway!

#### Thursday, April 26

Bus departs the Club at **10:15 AM**  
Fanny Hill Dinner Theatre  
3919 Crescent Avenue Eau Claire, WI

(cont'd on page 11)

# April cont'd

(cont'd from page 10)

**Fee:** \$59 includes motor coach, lunch, and the play

**Register:** (651) 632-5330 or [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org), **OR** mail in registration form on page 18, **by Wednesday, April 11.**

## 2012 Lyngblomsten Foundation Benefit **Forget Me Not**

See page 12 for event details.

**Friday, April 27**  
**7 – 11 PM**  
at the Minnesota History Center

### Friday Special Lunch

## House of Wong at the 5-5-1 Club & Café

Can't you just smell the chow mein, sweet and sour pork, egg rolls, and chicken fried rice? Yum! We'll add our Oriental salad and dessert to round out the menu.

**Friday, April 27**  
**Noon** at the 5-5-1 Club & Café

**Fee:** \$7

**Register:** (651) 632-5332 or [dseverson@lyngblomsten.org](mailto:dseverson@lyngblomsten.org), **OR** mail in registration form on page 18, **by Wednesday, April 25.**

# Transportation

## Round Trip to the 5-5-1 Club & Café

Rides are available to the 5-5-1 Club & Café on Tuesdays and Fridays, 11:30 AM – 2:30 PM. Call (651) 632-5332 one day in advance to reserve a ride. Cost is \$2/round trip.


## Medical Transportation

Medical transportation is available every Monday for \$7/round trip to appointments in the St. Paul area. Advance notice required by calling Mary Deaner at (651) 414-5293 by noon the Thursday before.

### Ways to celebrate:

- Memorize a poem
- Attend a poetry reading
- Put a poem in a letter
- Read a book of poetry

**April is National**  
*Poetry Month!*



\$50,000 Matching Gift!  
(from a loyal anonymous donor)

# 2012 Lyngblomsten Foundation Benefit **Forget Me Not**

Friday, April 27, 2012 • 7–11 PM  
at the Minnesota History Center

## **Silent Auction • Music • Hors d'oeuvres**

Bring your friends and enjoy a special evening as we raise funds for our Home- and Community-Based Services\* with a special focus on our new early memory loss programs.

Learn about the path of early memory loss and the flowers along the way.

For more information, contact Mary Grupa at (651) 632-5324  
or visit [www.lyngblomsten.org](http://www.lyngblomsten.org).

*\* 5-5-1 Club & Café, Care Team Ministry, Community Wellness & Education, The Gathering, and Parish Nurse Ministry*

## **Artful Living with Lyngblomsten™**

This is a program of fine arts events, workshops held by resident artists, and celebrations of creativity for older adults living at Lyngblomsten or in the community. *Artful Living* is designed to give access to the arts, thereby enhancing lives, igniting creativity, and driving passion toward living full and healthy lives.

### **Current Arts Offerings:**

- Watercolor Classes with artist Anne Krocak
- Places Please! Theatre Sampler
- MacPhail Sing for Life™ & MacPhail Music for Life™
- Mu Daiko 15th Anniversary Concert (Taiko Drumming)

Find complete class descriptions at [www.lyngblomsten.org/news-events](http://www.lyngblomsten.org/news-events).

### **For more information or to register for a class or trip, contact:**

Allison Linden at (651) 632-5357 or [alinden@lyngblomsten.org](mailto:alinden@lyngblomsten.org).

*All activities and materials are provided free of charge. Contributions welcome. These activities are made possible in part by a grant from the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature and a grant from the National Endowment for the Arts, with support from the Lyngblomsten Foundation.*

# Weekly Activities

All activities are held at the 5-5-1 Club & Café unless otherwise noted. The 5-5-1 Club & Café is located on the lower level of the Lyngblomsten campus at 1415 Almond Avenue, St. Paul, MN 55108.

## Waffle Wednesdays

**Wed • 9 – 10:30 AM**

Waffles hot off the iron, and gourmet coffee freshly ground and brewed. Cost: \$3

## Breakfast & Coffee

**Tues & Thurs • 9 – 10 AM**

Join us for freshly brewed coffee, breakfast sandwiches, and delicious morning goodies. Bring a friend to chat, or come and make new friends. Treats & coffee: \$1.50  
Breakfast sandwich & coffee: \$3

## 500 Card Group

**Tues • 1:00 PM**

Join us for a game of 500 at the 5-5-1 Club & Café. Please call (651) 632-5330 to reserve your spot for the games.

## Stitch 'N Chat

**Tues • 9 – 11 AM**

Do you like to do crafts and help others in the process? Everyone is welcome (including men!), whether you bring a project or not. Just come; no reservations needed.

## Billiards

**Tues, Wed, Thurs • 9 AM – 4 PM**

Bring your own group or call and let us know if you would like to join a group.

## Walking Group

**Thurs • 9:30 – 11:15 AM**

**Fee: \$1**

**Questions? (651) 632-5320**

The group leaves the Club at 9:30 AM and heads to Rosedale Mall where everyone walks at their own pace. After walking, we meet at Caribou in the center of the mall for a little chatter and coffee. No need to register; just come to the Club by 9:15 AM. If you choose to meet us there, call (651) 632-5320 to see where we're walking. In the spring, when weather permits, we will start walking around Lake Como.

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## Computer Instruction

**Wed • 10 AM – Noon**

**Fee: FREE**

**Schedule an appointment:  
(651) 632-5320**

We have a patient, knowledgeable computer whiz who is available to instruct you on the computer. Learn to e-mail, get pictures off your digital camera, play games and more. Bring in your own laptop or use our computers.

# Wellness for Life

Questions or for more information/services/resources, contact **Deb Bowman, RN:** (651) 632-5335 or [dbowman@lyngblomsten.org](mailto:dbowman@lyngblomsten.org), or visit [www.lyngblomsten.org/services/supportive-services](http://www.lyngblomsten.org/services/supportive-services)

## Wellness Checks

**Tuesdays, 1 – 3:30 PM. FREE. No appointment needed; just come.**

Located down the hall from the 5-5-1 Club & Café

Talk with a registered nurse, Deb Bowman, about health concerns; issues related to remaining independent as health needs change; and questions about medications, disease, or health care. Deb is also available to perform health screening services such as blood pressure, pulse assessments, and fasting blood sugar levels.

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## Caregivers Support Group

*Caring for yourself while caring for your loved ones.*

**1:30 – 3:30 PM each 2nd & 4th Wednesday of the month. FREE.**

**Located at The Heritage at Lyngblomsten**

1440 Midway Parkway, St. Paul, MN 55108

Sessions include a brief education component, time to gather resources, and time to talk. Support yourself and others in the journey of caregiving.

**Upcoming sessions: March 14 & 28 and April 11 & 25.**

No reservations needed. Come as often as you are able.

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## Vision Loss Support Group

**10 – 11 AM each 3rd Monday of the month. FREE.**

Located at the 5-5-1 Club & Café

Does vision loss impact your daily activities such as reading, cooking, watching TV, and recordkeeping? Come for information, resources, and support for dealing with vision loss.

**Upcoming sessions: March 19 and April 16.**

No reservations needed. Come as often as you are able.

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## Wellness for Life Health Talks

**10 – 11 AM each 3rd Thursday of the month. Fee: \$2.**

Located at the 5-5-1 Club & Café (March presentation will be held in the Newman-Benson Chapel at Lyngblomsten at 1415 Almond Avenue, St. Paul, MN 55108)

See pages 3 and 9 for details on the March and April talks.

# AARP Tax Assistance

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**Every Tuesday & Thursday, February 2 – April 12**

**9 AM – 3 PM at the 5-5-1 Club & Café** *Appointments are required*

AARP volunteers will help you file your returns. This is a free service for seniors and people with low income. Call (651) 999-2499 to schedule an appointment.

Bring your W-2s and 1099 forms in addition to information relating to sales of stocks, bonds, real estate, etc., and social security numbers of dependents. You will need your Property Tax Statement to complete your property tax refund papers.



## Dining at the Café

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The 5-5-1 Club & Café provides a friendly atmosphere in which to enjoy breakfast, coffee and treats, lunch, and special event meals.

**Dine in or take out. Call the café line at (651) 632-5332.**

**Breakfast: 9 – 10:30 AM, Tuesday – Thursday**

• **Waffles** (Wednesday only) • **Breakfast sandwiches** • **Coffee and tea**

**Lunch: 11 AM – 2 PM, Tuesday – Thursday**

• **Homemade soups** • **Fresh salads** • **Delectable desserts**  
• **Gourmet sandwiches** – cold or panini-style

Each café day features a special sandwich and salad, plus two soups. A variety of desserts are available as well. You always have the option to create your own custom sandwich and have it cold or hot (Panini).

**Café lunch features menu available at [www.551club.com/dining](http://www.551club.com/dining)**

See page 16 for March & April menu features.

**Special Friday Lunches**

Lunches can include: out to lunch at local restaurants, seasonal and holiday meals, KFC or pizza and bingo, House of Wong take-out and more.



# Café Lunch Features

## Sandwich, Soup & Salad Features

For prices & more information: [www.551club.com/dining](http://www.551club.com/dining)

### March

**Thurs, Mar 1** • Mozzarella-Tomato-Bacon Panini, Lasagna Soup, Mandarin Orange Chicken Salad

**Tues, Mar 6** • Chicken Salad on Croissant, Tomato Basil Soup, Taco Salad

**Wed, Mar 7** • Reuben, Taco Soup, Taco Salad

**Thurs, Mar 8** • Beef & Swiss Panini, Vegetable Beef Soup, Taco Salad

**Tues, Mar 13** • Reuben, Wild Rice Soup, Greek Salad

**Wed, Mar 14** • Tuscan Turkey Panini, Squash Soup, Greek Salad

**Thurs, Mar 15** • BLT, Ham Chowder, Greek Salad

**Tues, Mar 20** • Monte Cristo Panini, Corn Chowder, Chicken Caesar Salad

**Wed, Mar 21** • Club Panini, Bean & Ham Soup, Chicken Caesar Salad

**Thurs, Mar 22** • 3-Cheese Tomato Bacon Panini, Pea Soup, Chicken Caesar Salad

**Tues, Mar 27** • Chicken Salad on Croissant, Vegetable Beef Soup, Mandarin Orange Chicken Salad

**Tues, Mar 28** • Philly Cheese Steak Panini, Potato Soup, Mandarin Orange Chicken Salad

**Tues, Mar 29** • Reuben, Taco Soup, Mandarin Orange Chicken Salad

### April

**Tues, Apr 3** • Club Panini, Wild Rice Soup, Taco Salad

**Wed, Apr 4** • Fresh Mozzarella-Tomato-Bacon Panini, Lasagna Soup, Taco Salad

**Thurs, Apr 5** • BLT, Pea Soup, Taco Salad

**Tues, Apr 10** • Beef & Swiss Panini, Squash Soup, Chicken Caesar Salad

**Wed, Apr 11** • Chicken Salad on Croissant, Tomato Basil Soup, Chicken Caesar Salad

**Thurs, Apr 12** • Philly Cheese Steak Panini, Vegetable Beef Soup, Chicken Caesar Salad

**Tues, Apr 17** • 3-Cheese Tomato Bacon Panini, Taco Soup, Greek Salad

**Wed, Apr 18** • Monte Cristo Panini, Pea Soup, Greek Salad

**Thurs, Apr 19** • Reuben, Ham Chowder, Greek Salad

**Tues, Feb 21** • BLT, Bean Soup, Taco Salad

**Wed, Feb 22** • Club Panini, Wild Rice Soup, Taco Salad

**Thurs, Feb 23** • Tuscan Turkey Panini, Tomato Basil Soup, Taco Salad

\* Occasionally, the menu may change. If you are coming to enjoy a specific item, please call ahead.

# Information & Policies

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## Transportation

Rides are available to the 5-5-1 Club & Café on Tuesdays and Fridays, 11:30 AM – 2:30 PM. Call (651) 632-5332 one day in advance to reserve a ride. Cost is \$2/round trip.

Medical transportation is available every Monday for \$7/round trip to appointments in the St. Paul area. Advance notice required by calling Mary Deaner at (651) 414-5293 by noon the Thursday before.

## Confirmations

Assume you are in the class, trip or activity you registered for unless you hear from us.

## Refunds & Cancellation

If you need to cancel or are a “no show” for a trip, we will refund

payment whenever possible to do so. Unfortunately, some theaters or attractions will not refund after we make payment, and we have been left to pay for cancellations. Thanks for your understanding and cooperation.

## Trip Payment Policy

Payment for all **trips** is due at the time of registration. If you are registering by phone, please mail your payment immediately after calling. Your reservation will not be confirmed until payment is received. **Make checks payable to “5-5-1 Club & Café.”**

## Lunch Reservations

Reservations are only needed for Friday special lunches. Call (651) 632-5332.

# Directory

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### Geri Rutz

5-5-1 Club & Café Coordinator  
(651) 632-5320  
gmruz@lyngblomsten.org

### Deb Bowman

Community Wellness & Education Coordinator  
(651) 632-5335  
dbowman@lyngblomsten.org

### Cindy Albing

Education Coordinator  
(651) 414-5292  
calbing@lyngblomsten.org

### Mary Deaner

Transportation Coordinator  
(651) 414-5293  
mdeaner@lyngblomsten.org

### Debbie Severson

Home- & Community-Based Services Team Assistant  
(651) 632-5330  
dseverson@lyngblomsten.org

### Café Line

Reservations for rides and special lunches  
(651) 632-5332



# Registration.....

Additional registration forms are available to download/print at [www.551club.com](http://www.551club.com); click *News & Events*.

**Please complete the registration form below and mail to:**

5-5-1 Club & Café – Registration  
1415 Almond Avenue  
St. Paul, MN 55108

To register by phone, please call the number listed below the program you would like to attend.

**Name** \_\_\_\_\_

**Phone** ( \_\_\_\_\_ ) \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

**E-mail** \_\_\_\_\_

I would like to sign up for the following programs:

<b>Program Name</b>	<b># of Attendees</b>	<b>Total Cost</b>
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Payment enclosed for \$ \_\_\_\_\_ (Checks payable to 5-5-1 Club & Café)

*\* All trips must be paid for at time of registration.*

Will pay at time of event.

**Comments or suggestions for program topics/outings:**

\_\_\_\_\_

\_\_\_\_\_



**A Community Center**

Proudly Supported by Lyngblomsten

1415 Almond Avenue  
St. Paul MN 55108

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

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Permit #2376

# 5-5-1 Club & Café March 2012

Monday		Tuesday		Wednesday		Thursday		Friday		Sat	Sun
<b>Lunch</b> <b>Lunch Reservations</b> Reservations are only needed for Friday special meals. Call (651) 632-5332.		<b>Menu</b> <b>Weekly Menu</b> View the café menu online at <a href="http://www.551club.com/dining">www.551club.com/dining</a>		<b>5-5-1 Club Open</b> Monday – Friday <b>9 AM – 4 PM</b>		<b>1</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>5:30–7 PM • books•cheese•wine</b>		<b>2</b> <b>Special Meal</b> <b>Noon • Pizza &amp; Bingo</b> at the 5-5-1 Club & Café RSVP by 2/29		<b>3</b>	<b>4</b>
<p>* All activities are held at or meet at the 5-5-1 Club &amp; Café unless noted by an *. See booklet for activity locations and details or visit <a href="http://www.551club.com/calendar">www.551club.com/calendar</a>.</p>											
<b>5</b>	<b>6</b>	<b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *		<b>7</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction		<b>8</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10–11 AM • Trudy Harper, Harpist *</b>		<b>9</b> <b>Special Meal</b> <b>Noon • House of Wong</b> at the 5-5-1 Club & Café RSVP by 3/7		<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards <b>10–11 AM • St. Paul in the 1920s *</b> 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *		<b>14</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 1:30–3:30 PM • Caregivers Support Group *		<b>15</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10–11 AM • Wellness For Life *</b> <b>9 AM • Coco's Diary *</b>		<b>16</b> <b>Special Meal</b> <b>4:15 PM • Out to Dinner</b> Annual Community Fish Fry * RSVP by 3/14		<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *		<b>21</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction		<b>22</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10:30 AM–4 PM • Church Basement Ladies *</b>		<b>23</b> <b>Special Meal</b> <b>11:30 AM • The Messy Chef</b> at the 5-5-1 Club & Café RSVP by 3/21		<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *		<b>28</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 1:30–3:30 PM • Caregivers Support Group * <b>2–3 PM • Armchair Traveler</b>		<b>29</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10 AM–3 PM • Defensive Driving</b>		<b>30</b> <b>Special Meal</b> <b>Noon • KFC</b> at the 5-5-1 Club & Café RSVP by 3/28		<b>31</b>	



A community center proudly supported by Lyngblomsten  
[www.551club.com](http://www.551club.com)  
**(651) 632-5330**  
**Location**  
 1415 Almond Avenue  
 St. Paul, MN 55108  
*Lower level of the Lyngblomsten campus*

**Club Hours**  
 Monday – Friday  
 9 AM – 4 PM  
 (651) 632-5320

**Café Hours**  
 Tuesday – Thursday  
 Breakfast: 9 – 10:30 AM  
 Lunch: 11 AM – 2 PM  
 Dine in or take out.  
 (651) 632-5332

**Transportation**  
 Tuesdays & Fridays to the 5-5-1 Club & Café  
 11:30 AM – 2:30 PM  
 \$2 round trip  
 Call (651) 632-5332 one day in advance to reserve a ride.  
 Questions? (651) 414-5293

# 5-5-1 Club & Café April 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun	
<b>1 Sunday</b> <i>Palm Sunday</i>	<b>3</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	<b>4</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction	<b>5</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>5:30–7 PM • books•cheese•wine</b>	<b>6</b> <b>No Special Lunch Today</b>  <i>Good Friday</i>	<b>7</b>	<b>8</b>  <i>Easter</i>	
<b>9</b>	<b>10</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	<b>11</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction 1:30–3:30 PM • Caregivers Support Group *	<b>12</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10–11 AM • Stories of the Constellations *</b> <b>7 PM • WWII History Roundtable*</b>	<b>13</b> <b>Special Meal</b> <b>Noon • Brunch &amp; Bingo</b> at the 5-5-1 Club & Café RSVP by 4/11	<b>14</b>  <b>8:30 AM–1:30 PM</b> <b>Annual Wellness Conference *</b>	<b>15</b>	
<b>16</b> <b>10–11 AM • Vision Loss Support Group</b>	<b>17</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	<b>18</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 AM – Noon • Computer Instruction	<b>19</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10–11 AM • Wellness For Life</b> <b>5:30–7:30 PM • The Ten Commandments *</b>	<b>20</b> <b>Special Meal</b> <b>11 AM • Out to Lunch</b> at Manitou Station * RSVP by 4/18	<b>21</b>	<b>22</b>  <i>Earth Day</i>	
<b>23</b>	<b>24</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–11 AM • Stitch 'N Chat 9–4 PM • Billiards 1:00 PM • 500 Card Group 1–3:30 PM • Wellness Checks *	<b>25</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Waffles & Coffee 9–4 PM • Billiards 10 – Noon • Computer Instruction <b>1–2 PM • Children's Books</b> 1:30–3:30 PM • Caregivers Support Group *	<b>26</b> <b>5-5-1 Café Open</b> <b>11 AM – 2 PM</b> 9–10:30 AM • Breakfast & Coffee 9–4 PM • Billiards 9:30–11:15 AM • Walking Group <b>10:15 AM • Fanny Hill Dinner Theatre *</b>	<b>27</b> <b>Special Meal</b> <b>Noon • House of Wong</b> at the 5-5-1 Club & Café RSVP by 4/25  <b>7–11 PM • Lyngblomsten Foundation Benefit *</b>	<b>28</b>	<b>29</b>	
<b>30</b>	<b>Lunch Reservations</b> Reservations are only needed for Friday special meals. Call (651) 632-5332.		<b>Weekly Menu</b> View the café menu online at <a href="http://www.551club.com/dining">www.551club.com/dining</a>		<b>5-5-1 Club Open</b> Monday – Friday <b>9 AM – 4 PM</b>		<b>AARP Tax Assistance</b> <b>Every Tuesday &amp; Thursday</b> <b>February 2 – April 12</b> <b>9 AM – 3 PM</b> at the 5-5-1 Club & Café <i>Appointments required</i>

\* All activities are held at or meet at the 5-5-1 Club & Café unless noted by an \*. See booklet for activity locations and details or visit [www.551club.com/calendar](http://www.551club.com/calendar).



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 Call (651) 632-5332  
 one day in advance  
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