

The logo for 5-5-1 Club & Café features the numbers '5-5-1' in a large, stylized font. Below the numbers, the word 'CLUB' is written in a smaller, bold, sans-serif font, and '& Café' is written in a cursive script font. The entire logo is in a light green color.

5-5-1
CLUB
& Café

Community Education, Wellness & Fun For Life

Thrive • Learn • Explore • Belong
Spring 2011

A black and white photograph of an outdoor patio area. In the foreground, there is a wooden planter box filled with various flowers, including large white daisies. To the left, a white patio umbrella is partially visible. In the background, there is a brick building with a dark awning that has the '5-5-1 CLUB' logo on it. A white lattice fence is also visible behind the planter box.

Inside:

**Astronomy at the
Speed of Light**

**Poems & Poets:
Language at Play**

**Blue Skies:
Music & Nature**

5-5-1 Club & Café

A Community Center Proudly
Supported by Lyngblomsten

www.551club.com



Club Hours

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

Café Hours

Tuesday – Thursday
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.

Activities

Take advantage of a wide variety of activities, and leave the planning to us! Participants are encouraged to let staff know what types of activities they would like to see added to the club. For specifics on the activities available at the 5-5-1 Club & Café, refer to this opportunities catalog each season, or visit us online at www.551club.com.

Dining

The café provides a friendly atmosphere in which to enjoy coffee and treats, lunch, and special event meals. Café-style lunches are served 11 AM – 2 PM on Tuesdays, Wednesdays, and Thursdays. Drop in, dine in, or take out! Each café day features a special sandwich and salad, plus two soups. Desserts are available as well. You always have the option to create your own custom sandwich and have it cold or hot (Panini).

*For additional information and policies,
see page 10.*

April

Poems & Poets: Language at Play

3-Part
Series

All activities are held at the
5-5-1 Club & Café unless
otherwise noted.

What is a poem and how does it do what it does? What makes a poem a poem? What is the difference between a Hallmark card and a few terse lines by Emily Dickinson? This class offers a brief introduction to the works of outstanding British and American poets and proposes a definition of poetry.

Wednesdays, April 6, 13, & 20
2 – 3 PM

Fee: \$5 per class

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

Sir Arthur Conan Doyle, Sherlock Holmes, & The University of Minnesota — A Study in Maroon & Gold

This presentation looks at the life and work of Sir Arthur Conan Doyle and his most famous literary creation, the consulting detective Sherlock Holmes. The popularity and trajectory of Holmes as an icon in popular culture is traced along with the development of associated literary societies such as *The Baker Street Irregulars*. Local manifestations of Holmes are also discussed, along with the history and development of the world's largest collection of Sherlockiana at the University of Minnesota.

Presenter, Tim Johnson, is Curator of Special Collections & Rare Books, and E.W. McDiarmid Curator of the Sherlock Holmes Collections for the University of Minnesota Libraries. In this capacity he oversees the main rare book collection and over 150 special collections.



Mission Memories

Join local resident, 92-year-old Ted Homdrom, author of *Mission Memories*, for an account of Ted's military experiences as flight navigator aboard the "Flying Fortress" (B-17) during World War II. Ted and his wife Betty served as missionaries in apartheid South Africa for over 30 years.

Thursday, April 7
5:30 – 7 PM

Fee: \$5 if registered before 04/05
\$8 at the door

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

Monday, April 11
10 – 11 AM

Fee: \$5

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

Defensive Driving Class

This class makes you eligible for a 10% discount on your auto insurance for three years.

Friday, April 15

10 AM – 3 PM

(includes a 1-hour lunch break)

Fee: \$17

Register: Call the Minnesota Safety Council at (651) 291-9150

Ask for the Lyngblomsten registration form.

Lunch (optional): \$6 includes soup, sandwich, beverage and dessert

Call the Café line at (651) 632-5332 and let us know if you'll be joining us for lunch.

Remember where
you have been
and know where
you are going.
Life is not a race,
but a journey to
be savored each
step of the way.

— **Nikita Koloff**

Finishing Strong: The Challenges and Power of Elderhood

Participants will join the presenter in exploring their own and other elders' strengths and opportunities to enjoy life and the leadership that is uniquely theirs.

Keynote speaker, Roland Martinson, member of Christ the King Lutheran Church, is Academic Dean and Professor of Children, Youth and Family Ministry at Luther Seminary.

Thursday, April 28

5:00 – 9 PM

Location: Nativity Lutheran Church
(3312 Silver Lake Road, St. Anthony, MN)

Fee: \$5; presentation & dinner

Register: (651) 632-5330

Questions? (651) 414-5292 or
calbing@lyngblomsten.org

Sponsored by: Christ the King Lutheran Church, Nativity Lutheran Church, & Lyngblomsten Home- and Community-Based Services.

Target Field Tour

See the field, press box, Champions Club, visitor club house, and dugout during this 90-minute tour. After the tour, we'll be off to lunch at *Chris & Rob's Chicago Taste Authority* for the best ballpark hot dogs in town.

Friday, April 29

Details & registration:
(651) 632-5330

Depart from Club at 9:30 AM
Tour 10 AM (90 minutes)

May

Astronomy at the Speed of Light

3-Part Series

This three-lecture series discusses our current understanding of the Universe. We will begin with our own neighborhood — the Solar System — and explore the Sun, its planets, and their moons. The second lecture describes the Universe outside our immediate surroundings; stars, the constellations, galaxies, and some other objects that occupy the immense reaches of more distant space. Finally, we will examine some of the topics that currently fascinate astronomers — black holes, dark matter and energy, the expansion of the Universe, the search for life, Ophiuchus (the 13th sign of the Zodiac) and why Pluto isn't a planet anymore!

William M. Arden holds masters degrees in physics and astronomy, and is currently pursuing a Ph.D. in astronomy. He has taught astronomy and currently lectures for Augsburg College's College of the Third Age, as well as for the Minnesota Astronomical Society.

Wednesdays, May 4, 11, & 18
2 – 3 PM

Fee: \$5 per class

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

All activities are held at the 5-5-1 Club & Café unless otherwise noted.



Book Discussion: *Battle Hymn of the Tiger Mother* by Amy Chua

Join in a spirited discussion of Amy Chua's controversial new book about parenting — Chinese-style. Are Chinese mothers superior?

Thursday, May 5

5:30 – 7 PM

Fee: \$5 if registered before 05/03
\$8 at the door

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

Cinco de Mayo Celebration

It's Cinco de Mayo day at the 5-5-1 Club & Café! Stop in for taco soup, tacos, desserts and non-alcoholic margaritas.

Thursday, May 5

11 AM – 2 PM (regular Café hours)

Questions? (651) 632-5320

Thrive • Learn • Explore • Belong

May cont'd

Plant Beauty in Convenient Packages: Container Gardening

What are my container options? What soil should I use? What is the best way to fertilize containers? How much water do they need? What plants work best? How do I create a beautiful container of flowers? Join Dr. Ann Stout, master gardener and Art History Ph.D., for a colorful presentation!

Monday, May 9

10 – 11 AM

Fee: \$5

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

The Buddy Holly Story at the History Theatre

We will leave the 5-5-1 Club & Café around 5 PM, and go out for dinner before we head to the theatre for this musical retelling of the life and times of Buddy Holly.

Friday, May 13

Depart from Club at 5 PM

**Details & registration:
(651) 632-5330**

For more information and updates on classes or trips, visit www.551club.com and view the calendar of upcoming events.



Music in
the *Cafe*

Blue Skies: Music & Nature Trudy Harper, Harpist

Discover how nature inspired famous composers to create familiar songs that express love of country, and appreciation for earth and sky: *Edelweiss, America the Beautiful, Moon River, Clair de Lune, It's a Wonderful World*, and others.

Thursday, May 19

1 – 2 PM

FREE!

**Questions? (651) 414-5292 or
calbing@lyngblomsten.org**



books.chese.wine

books.chese.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, 4, & 6 for details on books.chese.wine held in April, May, and June.

June

People of the Pages

3-Part Series

Come and meet some of the people that fill the pages of the Bible. Join Pastor Katie Nelson from Lyngblomsten for a walk with some of the most colorful biblical people. Discover the differences and, more importantly, the similarities that we share with God's people of biblical times.

Wednesdays, June 1, 8 & 15

2 – 3 PM

Fee: \$5 per class

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

Special Friday Lunches at the 5-5-1 Club & Café

Special lunches are offered most Fridays at the café. Lunches can include:

- **Cooking class with *The Messy Chef***
- **Out to Lunch at local restaurants**
- **Seasonal & holiday meals**
- **KFC & Bingo**
- **Pizza & Bingo**
- **House of Wong take-out**

For more details about the options each month, visit www.551club.com or call (651) 632-5320. *Friday lunches require reservations.*

All activities are held at the 5-5-1 Club & Café unless otherwise noted.



Everybody's Favorite Jane: The Appeal of Jane Austen 200 Years Later

Meet Jane Austen, well-known and much-loved English author! Cynthia Gero-Moore, teacher, lecturer, member and presenter at the world-wide Jane Austen Society, will lead us in a discussion about one of the world's greatest and most enduring authors. Ms. Gero-Moore, a native of Southern California, holds a Master's Degree in Literature from California State University, Bakersfield.

Thursday, June 2

5:30 – 7 PM

**Fee: \$5 if registered before 05/31
\$8 at the door**

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

Save-the-Date

for the

**Mid-Summer Festival
Ice Cream Social**

Thursday, July 14, 2011

Breakfast on the Farm

We will be heading to Elmwood, Wisconsin, for a taste of the farm life. There will be breakfast, a petting zoo, bake sale, antique cars and tractors, games, and free ice cream cones and door prizes.

Sunday, June 5

Details & registration:
(651) 632-5330

Science & Religion

How are science and religion related? Learn how the Hebrews and early Christians viewed nature, review the most famous "conflict" between science and religion at the time of Galileo, and discuss the varying ways Christians have addressed these issues.

Dr. Mark J. Engebretson holds a B.A. from Luther College, an M.Div. from Luther Theological Seminary, and an M.S. and Ph.D. in Physics from the University of Minnesota. He is professor of Physics at Augsburg College, and an active researcher in Space Science. Engebretson Peak, a mountain in Antarctica, is named in honor of his research work.

Monday, June 13

10 – 11 AM

Fee: \$5

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

Garage Sale Trip

Our first garage sale trip of the season! We will leave the 5-5-1 Club & Café at 9 AM and head out for a day of sales. We will stop along the way for lunch and hit a few more sales before returning around 2 PM.

Thursday, June 16

9 AM – 2 PM

**Fee: \$2 plus lunch and
shopping expenses**

Questions or to RSVP:

(651) 632-5320

Always walk
through life as
if you have
something new
to learn and
you will.

—*Vernon Howard*

**View this opportunities catalog
online at www.551club.com.
Click *News & Events*. Download
or print additional copies.**

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

Coffee & Treats

Tues & Thurs • 9 – 10:30 AM

Join us for freshly brewed coffee 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. 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

Thursdays • 9:30 – 11:15 AM

Cost: \$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. When the weather permits, we will start walking at Como Park where the bus will drop off the walkers, then circle the lake to make pickups along the way. We then gather at the pavillion for treats before our return. On June 16, we will be out on our garage sale trip, so we will walk on Wednesday the 15 that week.

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Computer Instruction

Wednesdays • 10 AM – Noon

Cost: 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

For questions or more information about the Health & Wellness Talks or the Caregivers Support Group, please contact Lori Reinert, Community Wellness & Education Coordinator, at: (651) 632-5335 or lreinert@lyngblomsten.org.

Health & Wellness Talks

These presentations cover a large range of topics. Past topics have included health care directives, osteoporosis and vitamin D, brain health, and learning how to declutter. Visit www.551club.com to learn the topics and details for each month's upcoming presentation.

10 – 11 AM each 3rd Monday of the month

Located at the 5-5-1 Club & Café

On the Lyngblomsten Campus at 1415 Almond Avenue, St. Paul, MN 55108

Upcoming presentations:

Mondays — April 18, May 16, & June 20

Fee: \$2; Coffee and refreshments can also be purchased at the café.



Caregivers Support Group

Caring for yourself while caring for your loved ones.

Sessions will include a brief education component, time to gather resources, and time to talk. By participating, you can support yourself and others in the journey of caregiving.

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

Located at The Heritage at Lyngblomsten

1440 Midway Parkway, St. Paul, MN 55108

Upcoming sessions:

April 13 & 27, May 11 & 25, June 8 & 22

Free; no reservations needed. Come as often as you are able.

Additional Information & Policies

Dues/Membership

There are NO required dues to participate at the club. A suggested voluntary annual membership of \$25 is greatly appreciated to help cover operational expenses.

Confirmations

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

Lunch Reservations

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

Trip Payment Policy

Payment for all trips is due at the time of registration. If you are registering by phone, please mail payment immediately after calling. Your reservation will not be confirmed until payment is received.

Refunds & Cancellation

If you need to cancel or are a “no show” for a trip, we will refund payment whenever it is possible for us 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.

Home- and Community-Based Services

Did you know ...

Lyngblomsten helps seniors retain their independence through our Home- and Community-Based Services:

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

Learn more by visiting www.lyngblomsten.org, click on *Services*, then *Supportive Services*, or call (651) 632-5333. These programs are generously subsidized by gifts made to the Lyngblomsten Foundation.





A Community Center
Proudly Supported by Lyngblomsten

1415 Almond Avenue

St. Paul, MN 55108

www.551club.com

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