

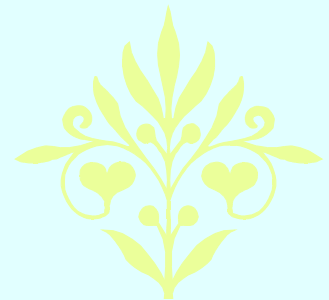
FRASER LYNDALE COURT NEWS

MAY 2010

VOLUME 8, ISSUE 5



HAPPY MAY DAY!



Bike Shed Policy

The Fraser ILP Bike Shed Policy has been updated. All tenants living at Fraser

Lyndale Court must review and sign the updated Bike Shed Policy. This is

required even if you do not have a bike in the bike shed. Please come to the office or call the Service

Coordinator to set up an appointment. All tenants need to sign the updated policy by

June 1, 2010. You are also welcome to review the policy with the Resident

Manager. The Service Coordinator will be leading a safety meeting on May 20th and will be able to review the bike policy with you at that time if you have not already done so. Thank you for your cooperation!

Fire/Severe Weather Safety Meeting

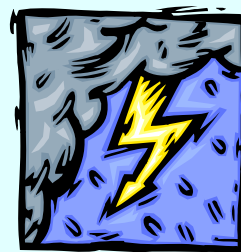
The Service Coordinator will be discussing the Fire and Severe Weather Safety policies and information for

Fraser Lyndale Court on **Thursday, May 20th at 5:30pm**. The meeting will be held in the community room and should last no longer than one

half hour. The Service Coordinator will also review the updated bike shed policy at this meeting and

tenants who have not already signed the new policy, will have a chance to do so at this meeting. All tenants are expected to attend this

meeting. If you have a conflict and cannot attend please notify the Service Coordinator at 952.888.6065.



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Being a Good Neighbor

The 5th installment in the “How to be a Good Neighbor” series talks about the definition of a friend and how to have positive friendships. Stay tuned for the final installment coming in June!

Friends

What are “Real” friends? *Real* friends like the *real* you. You don’t have to impress them or be phony around them. That’s the great thing about friends!

Real friends accept you as you are. They’re there for you when you’re upset or have a problem. They keep your secrets and know what makes you laugh. Best of all, they care about you, and you care about them.

The Top 10 Ways to Keep Your Friends

10. Show them kindness and respect.
9. Stick up for them.
8. Be supportive when your friends need help or advice.
7. Tell the truth (but be kind about it).
6. If you hurt a friend, say you’re sorry.
5. If a friend hurts you and apologizes, accept the apology.
4. If you make a promise, keep it.
3. Put some effort into your friendships; otherwise your friends might feel neglected.

2. Don’t try to change your friends-accept them the way they are.
1. Treat your friends the way you want them to treat you.



Game Night

Join Fraser volunteers Matt and Justin, for a fun-filled Game Night in the community room! Game Night will be held on

Thursday, May 13th
at 7:00pm. Hope to

see you there!

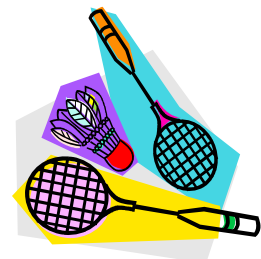


Backyard Game Night with SVTC

Please join the Single Volunteers of the Twin Cities and your friends and neighbors for an outdoor game night! We will have Frisbees, bocce ball, and other outdoor games to play. If you have an outdoor game

you would like to share, please feel free to bring it outside. Game Night will take place in the backyard of Lyndale Court on **Thursday, May 20th** **from 6:30-8:00pm.** In case of rain, we will move Game Night into the community room. Snacks

will be provided!



Community Resource Corner

The community resource for May is **Project SOAR**. Project SOAR is a community education program that supports adults with disabilities by providing specialized classes and inclusion services.

Project SOAR is a consortium, supported by the Community Education Departments of the Hopkins, Minnetonka, St. Louis Park and Wayzata School Districts. However, you don't have to live in those areas, to participate in the Project SOAR program.

For over 20 years, Project SOAR has been providing programming, classes, activities and services that help break down barriers and allow adults with disabilities the opportunity to participate in Community Education programs.

Project SOAR activities and classes are specially designed and adaptable for all abilities. They include life skills such as cooking classes and self advocacy programs. They help keep people active with recreational and leisure activities such as BINGO, dances and bowling. They help explore people's

creative side with a variety of arts and crafts classes. And they help people venture out and meet new people with Outings to the theater and other seasonal events.

Project SOAR services provide assistance, such as sign language interpreters and classroom assistants, to help adults with disabilities participate in all kinds of Community Education programs. Project SOAR is also a source for referrals to agencies and other resources in our community.

For more information contact Myra Wicklacz at 952.401.6898 or visit their website at www.projectsoarmn.org.

Health Tip

Winter can be a tough time to get out for activity and now that spring is here your body is craving something to do. Try

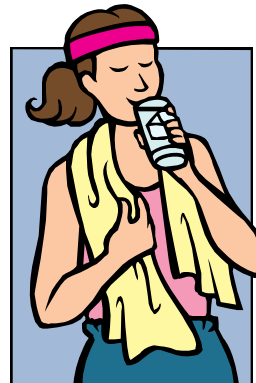
biking or even a relaxing walk. Take advantage of the wonderful time you find in the sunny days and go to the park

with your family or with a friend or two. This will definitely wake you up from your winter sleep!

Exercise Classes

Please join Fraser volunteer, May, for Exercise Classes in the community room. If you want to learn basic exercise and simple ways to get in shape, this is the class for you! Exercise classes will be held on Tuesday May 11th and Tuesday May 25th at

6:30pm. Please RSVP on the sign-up sheet posted on the office window if you plan to attend. If weather permits, exercise classes may be held outside.



MAY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <i>Faith & Light</i> CORE meeting	4	5	6	7	8
9	10	11 Exercise Class 6:30pm	12 CUB CLUB Room Reserved 2:30pm	13 Game Night 7pm	14	15
16	17 <i>Faith & Light</i> Room Reserved 9-11am	18	19	20 Fire/Weather Safety Meeting 5:30pm SVTC Event 6:30pm	21	22
23	24	25 Exercise Class 6:30pm Room Reserved 11am	26 CUB CLUB	27	28	29
30	31					