

# Lyndale Court



## Exercise Classes

Exercise classes are here! Please welcome Fraser volunteer, Rhonda to Lyndale Court at the first ever exercise class! Rhonda is excited to teach the Lyndale Court tenants ways to stay healthy with different types of physical activity. Classes this month will be held on **Monday, July 9th**

at 6:30PM, **Wednesday, July 18th** at 6:30PM, and **Monday, July 23rd** at 6:30PM. Come for one or come for all! If you choose to participate please bring a bottle for water and a towel (beach or bath sized) for stretching. Remember, this class is a great way to connect with

other tenants in the building while improving your health! Hope to see you there! If you have any questions please see Holly Reinsmoen.



## Service Coordinator Office Hours

The Service Coordinator will be out of the office on July 4-6. All messages will be returned on Monday,

July 9. If you need immediate assistance please call Fraser School at 612-861-1688. Have a great holiday!



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**Happy 4th of July!**

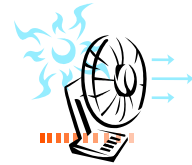


## Health Tip

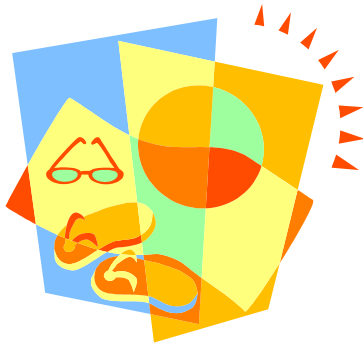
**From: Bloomington Public Health**

How to keep your COOL when it's hot!

- Drink lots of water, even if you don't feel thirsty.
- Use air conditioning. If you don't have it, go somewhere that does. Spend at least 2 hours/day somewhere cool.
- Cut back on physical activity.
- Take lukewarm baths and showers-not very cold ones.
- Wear loose fitting clothes in light-colored light-weight fabrics.
- Eat light. Choose foods high in water content-fruits, salads, and soups.
- Check on your neighbors. Make sure elderly people are staying cool and healthy.



## Summer Social Hour



Come join your neighbors and the Service Coordinator on

Tuesday, July 17th from

5:00-6:00PM

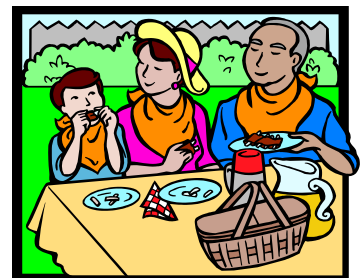
for a social hour in the community room! Holly will provide cold

drinks and a snack. Feel welcome to share any fun summer stories or plans you may have!

## Inside Story Headline

Mark your calendars! The annual ILP tenant and family picnic is coming soon! This year's picnic will be held on Saturday, September 15th, from 1:30-5:00PM at

Veterans Memorial Park in Richfield. All tenants and their families and friends are invited to attend. More details to come!



## St. Kate's Student Nurses

Before we know it, Summer will be over and Fall will be approaching! This means the student nurses from the College of St. Catherine are coming back to

Lyndale Court! Nursing students will be returning in September to pair up with tenants from Lyndale Court. Please watch for an interest survey that will explain more

about this opportunity.



## Job Well Done!

A thank you from property management and your service coordinator on completion of June's

Fire Drill. The majority of tenants that were home during the drill, participated in a safe and efficient manner. Keep up the

good work! For guidelines on fire safety please refer to your tip sheet or see Holly Reinsmoen.

Thanks!

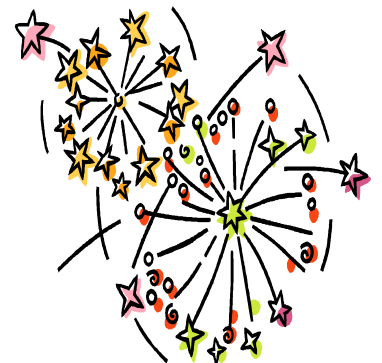
## Happy Independence Day!

Wednesday, July 4th marks Independence Day! For those interested in seeing fireworks, Normandale Lake Park in Bloomington will have

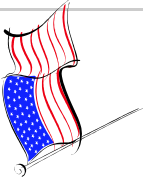
a show on July 3rd beginning at 10pm. The park is located at 84th and Chalet. Veteran's Memorial Park in Richfield will also have a fireworks show

beginning at 10pm, on the 4th of July.

Veteran's Memorial Park is located at 6335 Portland Avenue. Plan to arrive early to get a good spot! Happy 4th of July!



# July 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Happy 4th of July! 	5	6	7
8	9 Exercise Class 6:30PM	10 Social Hour 5-6PM	11 Cub Club	12	13	14
15	16	17	18 Exercise Class 6:30PM	19	20	21
22	23 Exercise Class 6:30PM	24	25 Cub Club	26	27	28
29	30	31				