

## **Club 55 Senior Center**

By Carol Burrows Club 55 Senior Center Correspondent

For those of you who made a New Year's resolution to increase your exercise to include walking, I suggest you think about coming in to RLAC to use the treadmill or simply walk in the safety of the gym or halls. The sidewalks are ice covered and slick from the snow. You may come and sign into Club 55 between 10am and 3pm and use the Fitness room and equipment or walk indoors safely. More people are taking advantage of this opportunity and we are happy to see you. We are open Monday through Thursday 10am to 3pm.

Club 55 is offering the Boost Your Brain and Memory Class starting on March 1 - April 5. It will be held each Tuesday at Club 55, 229 Fremont Street, Lake Mills from 1:00-2:00 pm and is free but space is limited. This is a unique program that takes a holistic approach to improving brain health in older adults. Participants will learn new habits to maintain brain health while practicing new skills for better memory performance. Thanks to Fort HealthCare for sharing this program with us. You may register by calling 920-728-2176.

Have you heard of the new classes that are offered at Club 55? Pickleball has started and is held on Monday mornings at 10. Cardio Drumming is held on Wednesdays at 10:00am, and Archery is also held on Wednesdays at 1:00pm. Jane has done a great job of getting some new activities for you to participate in. Come on in and give them a try...it might become your favorite time of the week. There is no charge for any of the things offered at the senior center and we'd love to have you come. Diane leads our exercise class at 10:00 am on Tuesdays and Thursdays in the gym.

We also have a good group of people who enjoy playing cards. The Canasta group meets on Tuesdays at 12:30, Mah-jongg is still offered on Monday afternoons at 1:00, and 500 is offered on Wednesday at 11:00 am or Thursdays at 1:00. We are still looking for Euchre players for our 12:30 Thursday time. Of course, Dominoes and other board games are available all of the time.

We are still washing our hands often and cleaning the tables and areas with antibacterial wipes. We wipe the hand weights after each exercise class and do all we can to enable us to remain open and active.

The Bia meal for next week, Wednesday, January 19, is Stuffed Pork Chops, Veggies, Cheesy Potatoes, Dessert. Your order must be in by Friday, January 14, for delivery on Wednesday, January 19. Meals are now \$12.00 which includes tax and are picked up at Club 55, 229 Fremont Street at 2:30 on Wednesday. You may place your order online at <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> or by calling 920-728-2176.

Our next Club 55 Bingo is also on Wednesday, January 19 from 1-2:30. Bingo is held in the RLAC gym at 229 Fremont Street. It is a fun way to spend a couple of hours while staying socially spaced from others, and it is a free game with fun prizes. During December we asked you to wrap items in Christmas paper as if it was a delightful Christmas gift, when in reality it could be something that someone wanted to get out of their house, regift, or use as a joke. We are asking again...if you want to join in the fun...to wrap a mystery gift and bring it in to the prize table...who knows what will show up?

You may want to check the current Calendar of Events for all that is happening at Club 55. Go to <https://www.lakemillsk12.wi.us/recreation/calendar-of-events-club-55.cfm>

During our unpredictable weather when there may be hazardous roads, remember that if school closes we are also closed. Stay safe!