

## Club 55 Senior Center

By Carol Burrows Correspondent Club 55 Senior Center

I admitted in an earlier column that I liked sitting with my coffee in the morning while it is still dark and just enjoying the quiet and the lights of my Christmas tree. Yes, we are getting more daylight as January unfolds, but most of the added minutes come at the end of the day, so my early mornings continue in front of my tree. And yes, my tree is still up although the kids on the school buses that roll by every day are probably taking bets on when I plan to take it down. I am thinking of transitioning it to a Valentine tree! It has not seemed like I have celebrated the season enough to take it down yet...darn pandemic!

I know that many of our favorite winter events have been postponed so we can do our part to stay safe. I was surprised to watch the national news and see that the Lafarge, Wisconsin School District was featured showing how their outdoor education classroom worked with their kindergarteners. What a great idea! As a retired primary teacher that taught an outdoor nature class each summer, I understand the value of 'hands on' outdoor fun...learning through osmosis!

Club 55's new classes are also well attended and absorbed. Last Monday the 10am Pickleball group had a great time and Ann could have claimed the prize for coming the farthest to enjoy a morning with classmates. Cardio Drumming is offered on Wednesdays at 10am and had a group that went home feeling energized and ready for the day. We changed our schedule a bit Wednesday at 1:00 when Jane could not be here for Archery. We decided a movie day was a great way to spend the afternoon, especially on our 'new and improved' larger screen. We will put the TV to good use for the next few weeks as Diane and Rich enjoy a few weeks as snowbirds. We will have exercise DVDs to keep us in shape during their absence. Come and join us at 10am on Tuesday and Thursdays.

There are still a few spots open for the February 9<sup>th</sup> Foot Care. Call 920-728-2176 to make your appointment...bring your own towel, \$15.

**Our next January bingo is this Wednesday, January 19 from 1-2:30 in the gym at RLAC. Come early or stay late to get your walking in or use the Fitness room.**

The Bia menu for Wednesday, January 26 is Fresh Kielbasa, Buttered Noodles, Salad, Dessert. Meals are \$12 which includes tax and are delivered to Club 55 on

Wednesdays for pick up at 2:30. They are already prepared and ready to be reheated. The word about how delicious and convenient they are, has spread and more folks are taking advantage of this choice for their Wednesday evening meal.

Have you reached out to your friends that play Bridge to see if they would like to join you at Club 55? We have the tables ...you bring the players! If you have recently moved to Lake Mills and are unsure of just who would like to play or do not have a foursome, call and leave your name and number at 920-728-2176. We may have people who would like to play but are unsure if they can recruit enough for a game.

Playing cards is a great way to retain some of the skills needed for a healthy brain. It involves being organized, remembering, social engagement, paying closer attention, and physical activity. I recently learned a new card game and play with a foursome that include a 90 year-old who uses lifetime strategies for winning, and often does!

The Boost Your Brain and Memory Class is almost full for this session, but if there is enough interest, we may schedule another. This evidence-based program is designed to help you learn and practice the most promising practices for keeping your brain health as you age. Call Club 55 Senior Center at 920-728-2176 for more information or to sign up.

Our condolences to Jane Riedl and her family on the death of her mother, Betty Smith. Betty was a regular at our Club 55 Bingo games in the RLAC gym, as were Jane's extended family members.