

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

As I stared into the mirror while brushing my teeth one morning, I had to think a minute to remember what day it was. For a fleeting moment I thought I was getting forgetful but then thought that the days during this pandemic seem to be all the same. There are very few events happening to define the days, nothing to plan or people to invite to change the routine. It reminded me of the 1993 movie *Groundhog Day* starring Bill Murray. He relived the same day and events over and over. I have heard this same comment from folks of all ages...all days seem the same. The pandemic has slowed us down and helped us cherish the important people in our lives...family and friends. It has also helped us realize that each day is a gift and not to be taken for granted.

Groundhogs Day is always February 2 and is the midpoint between the winter solstice and the spring equinox. The premise being that if a groundhog comes out of its' burrow and sees its' shadow there will be 6 more weeks of winter. If there is no shadow spring will be early. This is pretty far from even thinking there might be a scientific connection, but it gives us a day to consider the prognostication and hope that spring comes early. Climate change has certainly changed my memories of childhood when winter snows came and stayed. We used our enclosed porches as temporary 'walk in refrigerators' during the holidays with no fear of anything spoiling. I saw a spectacular PBS special on the Alps and how weather is affecting the animals that live there. The photography is amazing and I knew I had seen a view that only a drone could capture.

Bingo will be held this week on Wednesday, January 27 from 1-2:30. There is no charge to play and we set up in the gym at RLAC so we can physically distance. We had 19 folks that came last time and enjoyed a couple of hours out of the house with others. MASKS REQUIRED We set the tables up all throughout the gym and put two chairs on opposite ends per table per table unless you bring your own comfort level family members or friends. February bingos are scheduled for Wednesdays, February 10 and 24.

Our contest for this week is 'How much snow would you like to see?'. We have had snowfalls that have accumulated but the forecasters tell us we are behind in snowfall amounts. Do you like to shovel? Send your reply to

jane.riedl@lakemills.k12.wi.us to be entered into a drawing for a \$5 Chamber Bucks gift certificate. Entries must be received by Monday, February 1 to qualify. The predicted snow for this week may influence the answers for those of you that do your own shoveling...and...own a house on a corner! I told my neighbor to think of it as saving money at a fitness gym because shoveling is a workout in itself. She lives across the street ...also on a corner.

Club 55 hours for February will continue to be 10-12 on M, T, and Th, and 10-3 on Weds. Come and walk indoors at RLAC or use the fitness room for free during the hours that Club 55 is open. Our free exercise class is at 10 on Tuesdays and Thursdays.

Just a reminder that the February Foot Care will be held on Wednesday, February 10, from 9-11:30. This is the beginning of our new schedule of Wednesdays instead of Tuesdays. Appointments can be made by calling the Club 55 phone at 920-728-2176.

“I’ve learned that a kindness given to one person is contagious and will be passed along.”