

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

Cardio Drumming scheduled for Wednesday, January 5, at 10:00 has been cancelled.

I am seeing Christmas trees out at the curb for pick up and decorations either not lit up or taken down. Mine will stay up and on until after the Epiphany. It seems that so much time is spent getting everything ready for Christmas that I like to enjoy the lights as long as I can. Besides, we did not have any snow when the lights were first put up and now they reflect off of the snow for added beauty. That's my opinion and I'm sticking to it!

If I move my computer so that I can see out the window while I work, I can also see the tall evergreen across the street. It reminds me that I need to email Karen Etter Hale to ask about the Osprey at Korth Park. I have seen an Osprey perched at the top of that evergreen as well as at the top of a very tall one in my backyard. It is a dead give away when the crows are circling and pestering the intruder with their raucous noise.

People are asking about things that are offered at Club 55 Senior Center so I thought I should again offer some of that information and where to find our whole calendar of events. Our calendar for the month can be found at <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club.cfm>

Jane is offering some new classes on Mondays and Wednesdays that you may be interested in. Pickleball is now offered on Mondays at 10:00. Cardio Drumming is offered at 10am on Wednesdays and Archery at 1:00 on Wednesday when there is no bingo. Bingo is held in the gym on the first and third Wednesdays each month. Feel free to drop in to see what these new classes are like. There is no fee, and you can observe if you want to see what they are all about.

In the past we have tried to offer a Bridge group with little or no success...but have had someone asking again. If you are interested in playing bridge or euchre at the senior center, we are happy to provide the space for you to play. Call Club 55 at 920-728-2176 and give us your name and number. F.Y.I. We have so many games that can be offered as a pick up at any time. Dominoes and Scrabble can be played with just two people. Come in and see what we have.

The Bia meal for Wednesday, January 12, is Chicken Pot Pie, Veggie salad, Dessert. Your order must be in by Friday, January 7, and can be made by filling out a form in the Club 55 room, calling 920-728-2176, or online at <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> more and more folks are simply telling Beth and Jason to include them each week for the same order so they do not have to order each week. It is such a great way to get a nutritious meal without the hassle of getting out in the winter weather and then preparing it yourself. Meals are completely cooked, ready to be reheated, and picked up at 2:30 each Wednesday at Club 55. The price per meal is \$12.

For those of you that have made a new year's resolution to stay physically active and need motivation to keep the promise to yourself, we have help! More and more folks are taking advantage of using the RLAC fitness rooms during the hours that Club 55 is open Monday through Thursday, 10:00am-3:00 pm. You may use the fitness equipment or do indoor walking either in the hall or in the gym if it is not in use. Please just sign in outside of our room so we know you are here. Stop in and we will be happy to show you around, so you know where things are. We also ask you to bring a change of shoes if it is snowy or slushy, so salt does not get tracked into the fitness area.

Bingo will be held in the RLAC gym tomorrow, Wednesday, January 5, from 1-2:30. Join us for this free afternoon of fun!