

## Club 55 Senior Center

By Carol Burrows Club 55 Correspondent

During this COVID-19 Pandemic the weeks seem to just flow from one to another as many of our routine activities are cancelled. Despite that, it is hard to realize that November starts, and Daylight Savings Time ends on Sunday. The snow on the weekend was a wake-up call. Time to get the house and yard ready for the cold weather. My house is one of the 'Sears Homes', offered in the Sears catalog, that were shipped by rail and assembled onsite...kind of an early IKEA idea. According to correspondence from the State Historical Society some years ago, this particular style "The Newbury" was the only known one of its' kind in the state. Built in 1937 and lovingly cared for, the time has come for new windows and siding.

How am I connecting this to rolling into November and colder weather? The animals and insects that seek a place to spend the cold weather are pretty clever at finding spaces to sneak into our warm houses. I had hornets that were suddenly appearing inside my bedroom window and looked like they were trying to get back outside...sometimes 7 or 8 at a time. The only space I could think that they may be getting in after they got between the screen and glass were the small spaces where the rope pulls in the sash. (Those of you with newer windows will wonder what the heck I am talking about!) I stuffed a Q-Tip into that area on both sides and they gave up so one task solved. However, I still have a yard full of leaves to rake.

This is also time for Medicare's annual Fall Open Enrollment Period from October 15 to December 7. You can make changes in your coverage of Part D prescription drug plans. You can also stay with the plan that you have had if you are happy with the coverage by not doing anything to change it. However, it is always a good idea to go online to [www.medicare.gov](http://www.medicare.gov) or to check in with the Aging and Disability Resource Center (ADRC) at 920-674-8734 if you have questions.

Our contest this week is "What was your Favorite Trick or Treat Candy?" Submit your answer to [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) by Monday, November 2 to be entered in a drawing for a \$5 Chamber Bucks. The winner of the Favorite Sport contest was William Britt.

Mark your calendars:

- Sunday, November 1: Daylight Savings Time ends, turn your clocks back one hour.
- **Bingo, this week, Wednesday, October 28, 1:00-2:30 in the gym at RLAC. Join us** as we enjoy an afternoon of physically distanced...masked up bingo.
- Stay active during these cooler days...join the Line Dancers on Monday at 10am for beginners or at 11am for advanced.
- Exercise with the DVD *Moving with Mike* on Wednesdays at 10 or join us on Thursdays at 10 for strengthening and stretching with Diane
- The fitness room at RLAC is open to Club 55 members during the hours of 10-3 Monday through Thursday. Sign into Club 55 and you can use the fitness equipment. Members must follow all RLAC and LMRD COVID-19 protocol and wipe down all equipment when you leave so it is sanitized for the next user. You may also walk in the halls or gym if you prefer to walk.
- Have you signed up for the Club 55 Bia meals yet? They are delivered each Wednesday at 2:00 ready to be taken home with complete reheating directions. Each meal is \$10.55 (tax included) and is enough for two meals for most. Take a look at the menu that Jane will be sending out along with the sign-up form for November.
- November Foot Care will be Tuesday, the 10<sup>th</sup> from 12:30-2:00. Bring your own towel, \$15. Appointments only by calling Carol at 920-918-3176.  
MASKS REQUIRED
- Wednesday, November 11, 1:00-2:30 Bingo at RLAC
- November 11 is also Veterans' Day. Do something to honor the Veteran in your life or one you may know.

