

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

It is time to review your Medicare Part D Prescription Drug Plan. Every year insurance companies can change their formularies, premiums, and deductibles. Medicare Open Enrollment is from October 15-December 7. For assistance with Plan Comparisons contact the ADRC (Aging and Disability Resource Center) of Jefferson County Benefit Specialists at 920-674-8734. This is a free service of the ADRC. You may also use the Medicare Plan Finder at www.medicare.gov which is an online tool to help you research various plans. I suggest going online and looking for what suits you best. Try it a few times before you commit to a Plan, so you fully understand your best option.

The ADRC and Fort HealthCare are also sponsoring a Boost Your Brain and Memory Class starting in Spring of 2022. They are looking for volunteers to facilitate the Boost Your Brain Series which will be held at Senior Centers in Jefferson County, including Club 55. Boost Your Brain Memory Class 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. Each session lasts about an hour and is video guided, with a scripted instructor manual for volunteers. We are looking for two volunteers at each location who are good at group facilitation or willing to learn! Contact Diane Lunde at Fort HealthCare, Inc at Diane.Lunde@forthc.com

An update about Guitar lessons: Dave Winters fell, and his arm is in a sling but as soon as he is able, he is planning to go forward with lessons. If you called...you are on his list.

Mark your calendars for Tuesday, October 19, when Lake Mills Police Officer Jessica Johnson will be at Club 55 for a Drug Take Back. This is a great time for you to dispose of any outdated medication, sharps or other medically related items that you are unsure of how to clear out of your medicine cabinet. Bring them to Club 55 from 12:30 – 3 for proper disposal.

Fall is a great time to come into Club 55 and try out some of the activities as the weather changes and limits outdoor fun. Look for our entire list on the Club 55

website at <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club55.cfm>

Take time to take a walk or a drive to enjoy the Fall colors. Lack of rain seems to have limited the color of area trees!

The Bia meal for Wednesday, October 20th is Meatloaf, smashed potatoes, salad, dessert. Your order must be in by Friday, October 15 to allow Jason and Beth time for shopping. You may place your order online at

<https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> We also have sheets available in Club 55 to fill out.

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L.D. Fargo Public Library and Club 55 will host a free program that is open to the public on Tuesday, November 16, at 1:00 pm. The program will be held at Club 55 Senior Center, 229 Fremont Street. You may pre-register by calling the Library at 920-648-2166 or signing up at Club 55.

Jeff Kersten, The Agency Liaison for the Wisconsin Bureau of Consumer Protection, will speak about identity theft and how to prevent it—including information about Fraud Alerts and Security Freezes. He will give tips for safeguarding personal information and how to spot red flags of a scam.

The next Club 55 Bingo will be held in the gym at RLAC on Wednesday, October 20<sup>th</sup> from 1-2:30. This is a free bingo with lots of great prizes and social interaction. We are grateful for the support and donations we have received from our local businesses for prizes. Please shop local and support those that support us!