

Club 55 Senior Center

Club 55 Senior Center continues to offer programming at RLAC during these cooler Fall days. We loved being in Commons Park and enjoying the great weather but know that Wisconsin weather offers the 'variety pack' and we roll with it. Last week's bingo was held in the gym so we could physically distance and still enjoy getting out. It is an unusual picture at first to see everyone sitting so far apart...wearing masks...and focusing on their bingo card. It is what the pandemic demands, and we get used to it. Our next bingo will be held on Wednesday, October 28 from 1:00 – 2:30 at Rock Lake Activity Center (RLAC), 229 Fremont Street.

Club 55 welcomes Jamie and Margaret, instructors, and their Line Dance Classes to our Monday programming. Stop in and try their beginner class at 10am or if you are a long time, line dancer, 11am is the class for you. These free classes are great exercise and work on balance and coordination. No need to pre-register... just stop in and see what it is all about. Watch for a while or get a quick mini lesson and join the group. Masks are required and physical distancing is observed.

Many of us feel a bit suppressed during this pandemic as it changes the way we do most of our routine activities. It takes a new decision and process each time we leave the house. With cooler weather and shorter daylight requiring more time indoors, make sure to reach out to connect with a friend, neighbor, or relative each day. Your phone call or message sent in a card or email will brighten some one's day. It will also bring you the satisfaction and reward that you may have been the one bright spot in an otherwise routine day.

Our contest for this week is 'What is your Favorite Fall Treat?' It may be an activity, food, or whatever you look forward to as the seasons change. Send your entry to jane.riedl@lakemills.k12.wi.us by Monday, October 26 to be entered into a drawing for \$5 Chamber Bucks.

Club 55 Senior Center is open Monday through Thursday 10am-3pm. Check our website for the scheduled activities at <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club.cfm>

Remember that you may use the fitness room or walk indoors during the hours of 10-3 by signing into Club 55. Physical activity is a good way to boost endorphins...add some movement to each day.

The City of Lake Mills is creating a “Rock Lake Activity Center (RLAC) Building Purchase Ad Hoc Committee” of approximately 9-10 city residents. The goal of the committee is to make a recommendation to the City Council on whether or not the City of Lake Mills should purchase the RLAC building located at 229 Fremont Street for use as a community center.

To serve on the committee, members must be residents of the City, be available to attend designated meetings, and be committed to the completion of the committee’s work.

Applications can be found on the City website www.ci.lake-mills.wi.us or by contacting the City Clerk. All applications must be returned to the City Clerk no later than 5pm on Friday, October 30, 2020.

This building is the ideal city location for a community center as it is close to schools and the proximity to downtown. Please submit your name if you are interested. A community center provides a place for all ages to gather and can enhance quality of life.