

## Club 55 Senior Center

By Carol Burrows Club 55 Correspondent

I am so glad to live in a community that cares about the welfare of neighbors. I felt lucky to be invited to a neighbor's movie night during the nice summer evenings. They have a large outdoor screen that they attach to the porch and project the movie onto it for outdoor viewing. We bring our own chairs, snacks, and mask up to keep us all safe. The bonus was seeing a full moon while watching the original 'Rear Window' with Jimmy Steward and Grace Kelly. Such a great way to spend a summer evening and have some socialization!

Researchers at the University of Wisconsin-Whitewater are conducting a project to develop an effective technology training program for older adults. They have reached out to the senior centers, including Club 55, for input from adults 60 and older. They hope to be able to help older adults navigate technology by having UW-W students assistance. Great news for those of us that did not grow up with all the new terminology.

Foot Care with Deb is scheduled for Tuesday, October 13, from 12:30 pm – 2:00 pm at RLAC, 229 Fremont Street. This essential service is provided by an RN for senior centers in our area. Appointments required by calling 920-918-3176. Bring your own towel, \$15. MASKS REQUIRED

Our contest for this week is 'What is your Favorite Canned Good'? What is the one item that you always try to keep on hand because you use it so much? Is it a soup, spaghetti sauce, fruit for jello? Send your entry to [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) by Monday, October 12 to be entered into the drawing for a \$5 Chamber Bucks prize.

Club 55 Senior Center reopened on Monday, September 21. With cooler weather approaching and the need to be indoors more we have taken precautions to make this room as safe as possible. Masks are required, hand sanitizer is available, hand washing and physical distancing encouraged. We have also added an air purifier to the room for extra precautions. Our senior center is a gathering place to drop in when the isolation of the pandemic becomes overwhelming and you just need to visit with someone. We know that our comfort levels of being out and about are all different, but please know that you are not alone.

Bingo will be held at Club 55 on 10-14-2020 from 1-2:30. Masks required. Join us for a fun afternoon of bingo. We loved offering bingo in Commons Park but have moved it inside Rock Lake Activity Center (RLAC) 229 Fremont Street, as the cool temperatures move in. We will provide physical distancing, great prizes, and smiles. We have the bingo cards and chips but feel free to bring your own daubers or markers if you prefer.

Did you know that older adults who sign into Club 55 have the use of the exercise equipment free of charge during the hours that Club 55 is open? Staying active has so many benefits...maintaining core strength and improving balance are just two basic needs that help as we age. Club 55 Senior Center is open from 10-3 Monday through Thursday. We also have a walking program...Walk in My Shoes...for those of you that like a safe space indoors to walk. This is also available during the hours that we are open.

Lake Mills is so fortunate to have Commons Park and it certainly was busy this summer. Club 55 met there each Thursday at 10am for exercise with Diane. We were able to mask up and spread out using the benches in front of the band stand for stability. We are moving back into the gym at RLAC for this free half hour of exercise. Diane encourages all participants to do what our body is able to. It is so great to move at our own pace, and we are so lucky to have this great instructor who has taught seniors for many years and makes it so much fun.

We are hoping to resume some of our favorite activities as soon as people are comfortable with it. Cards, board games, dominoes, knitting, crafts, and puzzles are some of the most popular. Other senior centers (and municipal libraries) have used simply isolating items that were handled for a number of days as a way to prevent the spread of a virus.

**MASKS ARE REQUIRED AT Club 55.** Please bring your own snacks and beverages.