

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

Club 55 is again happy to partner with Coffee Van Go and the Lake Mills Market to honor our Veterans on Friday, November 12. We invite all Veterans to stop in at the Coffee Van Go Coffee Shoppe located in the Market for a coffee and cookie on us. Veterans Day is Thursday, November 11 but we are sponsoring this on Friday to allow Veterans to attend the other events being held in their honor. Please show thanks to those who gave of their time and parts of their life to protect our country. We cannot put ourselves in their shoes but many of them have had life altering consequences because of their experiences. A simple “Thanks you for your service” shows that you care.

Our next bingo for Club 55 is Wednesday, November 17 from 1-2:30 in the gym at RLAC. Mark your calendars for December 1 and 15 so you don't miss out when we get busy with the holidays.

Club 55 Senior Center celebrates its' 5th anniversary on November 10. We opened our doors when we started in the lower level of the UCC Congregational Church in 2016. Club 55 was established as a not-for-profit senior center to provide in a charitable manner a gathering space to enhance the well-being and independence of older adults, by providing programs for staying engaged and active and is supportive of physical, emotional, and mental health.

Lake Mills did not have a senior center as did the surrounding communities of Jefferson, Fort Atkinson, and Watertown. Some residents were driving to those area centers to enjoy the activities they were sponsoring. Thanks to our 2016 Lake Mills City Council and our City Manager, Steve Wilke, for their support as we pursued this challenge. Today we are under the umbrella of the Lake Mills Area School District and have moved to a room in the Rock Lake Activity Center. I remain hopeful that one day we can provide a multipurpose multi-age (intergenerational) gathering spot.

Join us at the Rock Lake Activity Center, 229 Fremont Street, on Tuesday, November 16 at 1:00 for a free program about protecting your identity. Jeff Kersten, the Agency Liaison for the Wisconsin Bureau of Consumer Protection will speak about identity theft and how to prevent it. This program is in collaboration

with LD Fargo Library. You may sign up at Club 55 or call the library at 920-648-2166.

Dave Winters is set to begin guitar lessons for those folks that are interested. You may call Dave at 920-648-2670 to get more information. Thanks, Dave, for stepping forward with this great idea! If you have an idea of something you could share at Club 55 please let us know. You may have an amazing hobby or collection that others would be interested in. Our Club 55 phone is 920-728-2176.

The Bia meal for Wednesday, November 17 is Baked Chicken with stuffing and gravy, veggies, and dessert. Place your order by Friday, November 12 by signing in to <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> or stop in at Club 55 to fill out a form. Just an F.Y.I for those of you wondering if Bia is again doing their turkey dinner and the answer is no...Their November 24 meal is their wonderful lasagna, a great meal for anytime. Turkeys are a bit harder to get this year as well as having a smaller kitchen at the Pyramid Venue, with more demands on their time and kitchen. Lasagna, anyone?

Get a head start on your 2022 New Year's resolutions and come in and use the RLAC Fitness room if more exercise is a possibility for that list. Remember that building your core strength helps you maintain your balance and independence as you age. You may use the fitness room for free if you sign into Club 55 during the hours we are open. We are open from 10-3 Monday-Thursday. Come see what we are all about! We also do exercise with Diane each Tuesday and Thursday at 10 which is a free class in the gym. Join us!