

## Club 55 Senior Center

By Club 55 Senior Center Correspondent Carol Burrows

Hoping you are all finding ways to pass the time now that we are indoors more. One of the ways that has become very popular is the rediscovery of doing puzzles. One of our Club 55 attendees has been bringing in her already completed puzzles and taking home new ones from our stash. We have decided to put ours out for you to come and check out and take a couple for you or your family to work on. We also welcome receiving some of your completed ones for others to enjoy. Thanks to Marilyn at Trinity Pines, the LD Fargo Library, and others for donating their already enjoyed ones. They have been getting good 'mileage'. Our Puzzle Exchange starts next week, Monday, November 23 during the hours 1-3pm. Tuesday, Wednesday, and Thursday hours are from 10am-3pm. Stop in and browse.

Our contest this week is "What is your favorite Thanksgiving food?" Think about what you really look forward to eating that reminds you of this holiday. This is sometimes the only holiday that I make mince pie during the year. My son-in-law and I are the only ones that like it...it must be too adventuresome for the rest of the family. Send your reply to [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) by Monday, November 23, to be entered into the drawing for a \$5 Chamber Bucks.

We were not able to honor our veterans with our usual breakfast this year because of COVID-19. With the help of Coffee Van Go and the LM Market we were able to provide a time to stop in for free coffee and cookies to show our thanks for their service. I apologize that we made this decision to do an alternative last minute, so many were not aware that we were having this. Lisa at Coffee Van Go told us that she thinks that she enjoyed the stories and visits as much as the veterans. Hopefully 2021 will be a better year for planning our usual events.

Good news for those of you that enjoy coming to exercise with Diane. She will be with us both Tuesday and Thursday from 10-10:30am. She has been leading exercise for older adults for over 30 years and endorses doing what our body is able to do. This is movement for all abilities...if you try it once you will be hooked!

Line dancing is also a fun way to get your exercise and is offered on Mondays at 10am for beginners and 11am for advanced. You are always welcome to come and see what it is all about, and even get a short lesson. Dancing is a great way to start your day.

Walking indoors at RLAC and using the exercise equipment is free during 10am-3pm for seniors if you sign into Club 55. Walking indoors will become a much safer choice when the sidewalks get slippery and the freezing weather makes walking precarious. There is also parking behind RLAC and you can enter through the back doors. Use the driveway access between the building and the garden.

The national news this week projects that it may be another 5 months before we have a turn-around for the pandemic. Despite all that we have endured, we have found ways to deal with everything needed to be done. This weekend I attended a family's loving tribute for a classmate which was a perfect example of dealing with reality during COVID. Unable to have the usual funeral home visitation, they did a 'Drive By Visitation' of the farm land wheat fields that were such a major part of his life. It was a touching way for his family to share his life's work and passion for the land. It connected all of us waiting in that long procession in a way that was so real despite the absence of familiar services. The many family and friends seemed symbolic of the saying 'You reap what you sow.' Great job family...what a great send off!

Written on the back of the memorial card was 'Wheat is a symbol of the harvest of this life.'