

## Club 55 Senior Center

By Carol Burrows Club 55 Correspondent

As the colder weather finds its way into Fall it is time to make soup! Our contest for this week is 'What is your Favorite Soup?' For those of us lucky enough to grow up on homemade soup you probably have some family favorites. I love making soup as it fills the house with an aroma that just provides comfort as well as enticing the tastebuds. Many of us are spending more time at home so it is a good time to get the recipe book out and create a new soup. I am always happy to make a huge batch of soup so I can share some and put some in the freezer for later. Most soups freeze really well and are my go-to on cold days. I freeze some in one serving containers and have an instant meal in minutes. I would have to choose between my two favorites, Upstate Minestrone and White Chicken Chili, a recipe shared from my daughter.

Send your favorite soup to [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) to be entered into this weeks' contest. Your entry must be received by Monday, November 30 to be entered into the drawing for a \$5 Chamber Bucks. Think about what soup you are most hungry for...submit your entry...and start cooking! I bet there will be a lot of turkey soup simmering after Thanksgiving.

It is nice to see the folks that are signing into Club 55 during the hours we are open (10-3/ Mon-Thurs) and using the fitness room at RLAC. It is a great way to work out while socially distancing. Please remember to follow the sanitary protocols and wipe down all equipment afterward. Sanitary wipes and spray are provided in the room...questions...just ask.

You may also come indoors to walk during the hours that we are open, please sign in at Club 55. You may walk in the halls and the gym if it is available. The Lake Mills High School is not available for indoor walking.

Beginner Line Dancing is offered on Mondays at 10am and advanced Line Dancing at 11am. Come and see what it is all about and leave humming a tune that is stuck in your head...a fun way to start your week.

Exercise continues in the gym on Tuesdays and Thursdays from 10-10:30. Diane provides a great variety of movements to strengthen and stretch those muscles we neglect to use often enough. Our thanks to her for volunteering to lead us

each week. She makes movement fun and provides us with the information about what muscle group we are using and why we need to keep active.

Like to do crafts... Bring your project and join others on Wednesdays at 11am. It might be knitting, crocheting, embroidering or any other craft that you like. It is just fun to share conversation with others.

Bingo is being held in the gym at RLAC so we are able to physically distance but still enjoy playing every two weeks. Our December Bingos will be held on Wednesdays, December 2<sup>nd</sup> and 15<sup>th</sup>.

Our next foot care is scheduled for Tuesday, December 8, from 12:30-2. Foot Care is considered an essential service and is provided by Deb, an RN that comes to RLAC each month. An appointment is required by calling 920-918-3176.

FACE MASKS ARE REQUIRED AT RLAC

Happy Thanksgiving!

One last thing: **REFER A FRIEND!**

We need your help to spread the word about what's happening at Club 55, The Lake Mills Area Senior Center. If you refer a friend to our weekly email newsletter you and your friend will get entered into a contest for a \$20 gift card to the Lake Mills Market or Coffee Van Go (located inside of the Lake Mills Market).

Send this link to your friend so they can fill out the form:

[lakemillsseniorcenter.org](http://lakemillsseniorcenter.org)

There is no limit on how many friends you can refer, you will get one entry for each friend referred.

We will draw two winners on Friday, December 11<sup>th</sup> at 10:00 am.

Good Luck!