

## **Club 55 Senior Center**

By Carol Burrows Club 55 Senior Center Correspondent

I have written before that Club 55 is working on Accreditation Standards for Multi-Purpose Senior Centers to the Wisconsin Association of Senior Centers (WASC). It has been a lengthy process to complete the 19 areas required which has resulted in a 58-page document. As we have been working toward completion, I have said that when the Lake Mills document lands on the desk at WASC they are going to be so impressed they will want to plan a visit here. As we started working toward having an accredited facility, we had two members of our Administration Team really share their expertise. This very professional 58-page document is the result of their labor and guidance. Thank you, Jan and Diane...I am so glad that you chose to be part of Club 55.

One of the tasks we were asked to think about was “What is your vision of an ideal Senior Center?” Mine has always been ‘to be part of a Multi-Generational Community Center so there can be interaction with all ages.’ A gathering space that is open daily welcoming all residents to prevent isolation and the negative health results both physical and mental. I truly believe that our community needs a building designated for this purpose like our neighboring communities have.

The new activities that Jane started are going well. The RLAC gym has pickleball players taking advantage of this popular game on Mondays at 10am. The Rec Department has some equipment to borrow while you are here if you want to try it out. There has also been a good turnout for those wanting to try Cardio-drumming on Wednesdays at 10am. All equipment is furnished so come in and give it a try. Archery is offered on alternate Wednesdays with Bingo at 1:00. This is a great opportunity to try some new (free) programs when the winter weather may limit other activities.

We have exercise in the gym each Tuesday and Thursday at 10am. If Diane is unable to be here in person, we have a DVD of her leading us or another one of ‘Moving with Mike’. Both get us up out of our chairs and moving! Check the website for the complete calendar of events at:  
<https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club55.cfm>

The first February Bingo is this week, Wednesday, February 2 from 1-2:30 in the gym.

We have it covered whether you like to make cards with Pat on Thursdays at 10am or play cards on Tuesday or Thursday. Come and join us.

The Bia meal for Wednesday, February 9 is Taco Salad with pico-de-Gallo and Sour Cream, Dessert. Meals are \$12 which includes tax and can be picked up at Club 55 located in the Rock Lake Activity Center, 229 Fremont Street on Wednesday at 2:30. Place your order by Friday, February 4 by calling 920-728-2176, online at <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> or filling out a form at Club 55.

We had a wonderful response for our Boost Your Brain and Memory Class that is starting on Tuesday, March 1 from 1-2 pm and every Tuesday until April 5, 2022. It will be held in the Tyranena Room next to Club 55 at RLAC. We have a waiting list for a possible second session. Thanks to Fort HealthCare for offering this program to our area Senior Centers.

It may be winter in Wisconsin but there are lots of activities going on in Lake Mills. This weekend, February 4, 5, and 6 is Knickerbocker Weekend with something happening every day. Check the schedule in the Lake Mills Leader or on the Chamber Main Street website.

Next weekend, Saturday, February 12, from 2-5 there is a *Tea Party in Wonderland* at the new Daydream Believer Books & Gift Shop, 130 E. Lake Street. Tickets are available for \$5 @ Family and sounds like a lot of fun for the junior members of your family.

F.Y.I. I finally took my Christmas tree down, but the house looked so empty that I filled it with hearts...Valentine's Day is coming quickly!

