

## **Club 55 Senior Center**

Watching the news of all that is happening in the Ukraine and seeing how devastating it is for so many made me think of the only person that I know that is from there. I have stayed in touch with Viky as she no longer lives in Lake Mills and have gained a deeper understanding of her love for her home country. Seeing the Ukrainians that are fighting for their homeland, those that are fleeing to safer areas, and the devastation they are leaving behind is so hard for her to watch as her mother still lives in the Ukraine.

Each holiday or celebration Viky shared a tradition of her country by making a special recipe or preparing a food that was symbolic for that day. She would explain when it was served and the meaning behind it. The table would be filled with special salads containing a mix of ingredients not always found together in recipes that I was familiar with, breads that were colorful, and amazing over-the-top fancy desserts. By sharing with others, it was her way of keeping the love and culture of her homeland nearer to her. As I see the determination of the families that are forced to leave not only their country but their family behind, I understand a bit more of not only her steadfastness but also her sadness and worry for her loved ones.

Last Tuesday the canasta group celebrated their annual Mardi Gras Day with a King cake provided by Vicki and Morris. It is a colorful bread decorated with multi colors and a plastic baby hidden inside. The person that gets the piece with the baby is supposed to provide the cake the following year. We did not wear as many beads as those attending the actual Mardi Gras Parade in New Orleans but had a fun afternoon.

There are new additions to the schedule that is on the Calendar of Events for Club 55. You can see all of them for March by going to <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club55.cfm>

Thanks to Fort HealthCare for providing the Boost Brain and Memory Class that Club 55 is now offering. We are hoping to offer a second class as there has been a lot of interest and we have started a waiting list.

Join us for a special St. Patrick's Day Bingo on Wednesday, March 16 at 1:00. In Memory of Betty Smith we will have many surprise prizes! The Grand prize for

Black Out bingo will be \$50 cash. Betty loved to play Bingo and win prizes. We will also provide Culvers mint ice cream treats for you to enjoy. B I N G O

I saw my first robin this morning so Spring must be on its' way! Another sure sign is that the city-wide rummage sales are scheduled for Friday, May 6<sup>th</sup> and Saturday, May 7<sup>th</sup>. Club 55 will again be participating as one of their fundraisers for the year. If you are spring cleaning and going through closets and drawers, we are happy to add your donations. We are not ready to accept donations yet but will be soon. Please look for future information for drop off points and any other specific information. We cannot accept furniture, major appliances, or televisions.

The Bia meal for next week, March 16 is Irish Stew, Soda Bread, Dessert. Your orders must be placed by Friday, March 11. You may stop at Club 55 to order, call 920-728-2176, or go online to Bia Meals at

<https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> Meals are \$12 and ready to reheat. They are delivered to Club 55, 229 Fremont Street on Wednesdays at 2:30 for you to pick up. Invite your friends over for an Irish dinner to celebrate St. Patrick's Day and let Bia do the work of preparing the meal.

Les reminded us this week about the focus on energy free savings that are available through the Lake Mills Light & Water news insert. There are many free items to choose from including a showerhead pack, lightbulbs, and power strips. These are shipped to you directly and help reduce energy waste. To order your free items call 800-762-7077 or go online at [focusonenergymarketplace.com/free](http://focusonenergymarketplace.com/free).

L.D.Fargo Library is hosting a Memory Café from 1pm-2:30 pm on March 15. A Memory Café is a social gathering for those who are experiencing early-stage dementia, mild memory loss, or mild cognitive impairment and a family member or care partner. A Memory Café is a place to have fun, share experiences, and stay socially connected. For questions or to register by phone call 262-896-8245.

The Friends of L.D. Fargo will be holding a pie sale at the library on Pi Day (Monday, March 14) to raise funds to help support programs at the library. Whole pies will be sold between 10 -5 (or until the supply sells out) for \$10 each. If you would like to support this event you may donate a pie or purchase a pie (or both). Monetary donations are also gladly accepted. Drop off your pies between

9 and 10 am. If you need help getting your pies to the library, please call Anne at 920-605-7636 for help.

We have lots of activities for you to participate in at Club 55. You can check the current calendar at <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club55.cfm>