

## Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

This week marks the one-year date that we closed Club 55 in 2020. It has been a long stress filled 365 days, but we are optimistic that we will be able to slowly resume some of the activities we enjoyed at Club 55. As more of us have received the second vaccine there are more people stopping in for short visits and to pick up a puzzle or book. The longer daylight also seems to lift our spirits as we look forward to Daylight Savings' start on Sunday, March 14. Our hours remain at 10-12 on M, T, and Th and 10-3 on Weds. Club 55 is located in the RLAC building at 229 Fremont Street.

Attention all of you who enjoy or want to try Pickle Ball...The RLAC gym is available for you on Monday and Wednesday mornings from 10-11:30. Bring your own equipment and group of four players. It is a great opportunity to get moving again after the long winter.

Wear your green and celebrate St. Paddy's Day with Club 55 on Wednesday, March 17 at our special bingo game. McDonalds' is sponsoring this day with Shamrock Shakes for everyone! We will be set up, and physically distanced in both the Club 55 room and the Tyrannena Room next door as there is a blood drive in the gym that day. Jane will be in the hallway calling numbers so you will be sure to hear her.

The "Fit Over Fifty" exercise class being taught by Jess got off to a good start and welcomes ages 50+. It is a class to strengthen balance, flexibility, and core strength and meets on Tuesdays from 5:30-6:00 pm in the gym at RLAC. The cost is \$3 per class or \$20 for the entire 7 weeks, March 2 – April 13. You may register when you show up on Tuesday.

Our contest for this week is 'How many green kisses are in the jar?' Send your guess in to [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) or post it to the Club 55 facebook page by Monday, March 15.

Look on the Jefferson County website for information at [vaccine@jeffersoncountyi.wi.gov](mailto:vaccine@jeffersoncountyi.wi.gov) if you are looking for an appointment for your vaccine. Other places to get information are your doctor's office and Fort HealthCare Covid Hotline 920-648-7696.

**“May the hinges of our friendship never grow rusty.”** An Old Irish Toast

There will be an electronics recycling event held at the Jefferson County Fairgrounds from 10-Noon on Saturday, March 27. More info. at 920-674-7430.

The Bia meal for Wednesday, March 17<sup>th</sup> is Irish Beef Pot Pie, side salad, and dessert. Meals are \$10.55 (tax included) and are delivered for pick up at Club 55 at RLAC on Wednesdays from 2-2:30 pm. Meals are delivered fully cooked...cold ...to be reheated at home. Your order must be placed by Thursday, March 11 for next week's meal. The website for meals is <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> You may also contact Club 55 at 920-728-2176 to get your name and email on the list to order these delicious meals provided each week by Chef Jason and Beth Dunn.

Join the March Marathon of Health Fundraiser at RLAC. Contact [www.rocklakeac.org](http://www.rocklakeac.org) if you have a healthy habit you want to commit to for chances to win prizes, including \$100 in Chamber Bucks.

Volunteer help is needed at the Jefferson Fairgrounds Activity Center during the COVID Vaccination Clinic. Here is the website to check out the days and kind of help needed. <https://www.signupgenius.com/go/20F0545A9AE29A0FD0-covid19>

Club 55 will participate in the City-Wide Garage Sale that is sponsored by the Tyranena Ladies Club. The dates are Friday, May 7<sup>th</sup>, and Saturday, May 8<sup>th</sup> and will be held at RLAC as a fundraiser for Club 55. Keep us in mind as you start your Spring cleaning. You may start bringing your items to Club 55 soon, and we will have a group to start sorting and pricing. We will also need volunteers to help the two days of the sale. What a good way to clean your closets and garage and know you are helping beside! We will be accepting clean usable items...more info soon.

Bingo will be held this Wednesday, March 10, in the gym at RLAC from 1-2:30. Our sponsor this week is Timbercreek Pizza Company in downtown Lake Mills. We are so fortunate to have our local business support us and we hope that you support them with your business as well.

**There are still openings for Foot Care this Wednesday, March 10.** Foot Care is provided by Deb, a registered nurse, who is at Club 55 from 9:30-11:30 once a month. Bring your own towel, \$15. Appointments are required by calling Club 55 at 920-728-2176.