

## **Club 55 Senior Center**

By Club 55 Senior Center Correspondent Carol Burrows

Now that I have seen my first robin, I believe that spring is on the way. I get more excited about hearing the sandhill cranes when they arrive than I do the robins as the cranes announce their arrival in such a manner as to not be denied. The flattened grass on the lawn this year shows that there was a good load of snow matting it down. Each year we go through the weeks of weather teasing us of the seasonal change, and then suddenly we are enjoying the warmth of the sun and the emerging flowers giving us hope...I am ready.

Now that a lot of the ice and snow have melted, we are also seeing more people coming to the senior center and participating in the programs offered here. Our exercise programs provide a good resource for keeping fit and keeping us independent. Diane leads us in a free half hour of movement each Tuesday and Thursday at 10. Jess is offering a 5:30 pm class each Tuesday (\$3) at RLAC called Fit Over Fifty. Both classes are held in the gym and provide movement to strengthen core and balance and do not need you to sign up to attend. Just come in and try it, you'll be hooked. You may also use the RLAC Fitness room during the hours that Club 55 is open. For now that is 10-12 on M, T, Th, and 10-3 on W.

Our contest for this week is: 'My Mom made the best...' What is a memory from your childhood that makes you think of something your Mom made? It could be a special recipe that you really loved or a craft, or hobby of hers. Let us know by sending in a reply by Monday, March 22. You can also post it on the Club 55 facebook page.

Bingo is set for 1-2:30 on Wednesday, March 24 in the gym at RLAC. Our sponsor is Bia Food Co. with prizes you can sink your teeth into, with the grand prize of 4 Bia Senior Meals!

Club 55 will join in the city-wide rummage sales on May 7<sup>th</sup> and 8<sup>th</sup> as a fundraiser. Think of us as you do your spring cleaning and bring your items to RLAC. We are looking for volunteers to sort and price items and help out the two days of the sale as well as ongoing before the May dates. Call Club 55 at 920-728-2176 for more information. If you are cleaning closets now, we have space to store items

that you bring in. Items should be in good condition, clean, and something that you feel will sell.

**Please note a new Bia pick up time for Club 55. Bia will deliver our meals to RLAC at 2:30 instead of 2:00.**

They also deliver meals to Trinity Pines each Wednesday and so an extra half hour gives them a little breathing space between orders to pack up and get ours to RLAC. Please note that Club 55 closes at 3:00 so if you are unable to have your order picked up between 2:30 and 3:00 we are happy to put it in our refrigerator overnight for pick up on Thursday morning between 10 and 12 while we are open. Your order must be prepaid if you cannot be here on Wednesday when Bia delivers. More folks are finding that these meals are enough for at least two servings and are such a great addition to their weekly meals. Beth was asked if you need to be 55+ to order and she said that their first priority is to prepare food for Lake Mills older adults...if you fit that description... they are happy to help.

Thank you for asking if I have had a chance to see my first great-grandchild yet and the answer is YES! I had both vaccines and waited two weeks and then was able to see and hold her and yes, it was as incredible as I thought it would be. I thought that I might be so teary and emotional when I could first get her in my arms, but it was such a happy time that I smiled my way through the day being able to be surrounded by family. It was the next day recalling just how special it was that I teared up realizing how lucky I am. It is the accumulation of memories being made as well as those that that led up to now. It was comparing this brand new miracle to memories of her mother and grandmother. It was thinking of the hours I spent making the Baptismal gown for her mother that this baby wore 30 years later. It was realizing that both my mother and mother-in-law were seated next to me as I sewed all of those tiny buttons on and are no longer with us to witness this new generation of family. And knowing that my Dad would have loved rocking her in his arms as he sang to her as he did her grandmother. Yes...all the memories.

Join us this Wednesday from 1-2:30 wearing your green for our St. Patrick's Day Bingo. We will be set up in Club 55 and the room next door as the Blood Drive is being held at the same time. McDonald's is sponsoring and providing shamrock shakes.

