

Club 55 Senior Center

I don't know if she is Irish, but she certainly had the 'luck of the Irish' when she guessed the number of green Hershey Kisses in the jar at the senior center. Marilyn DeBoom guessed 152 and the correct number was 153. Congratulations Marilyn! You will have to share your guessing strategy for future contests.

Our contest this week is: 'My Dad was the best at'...Maybe your dad was the best at fixing your bike, making the best French toast, teaching you how to fish...the possibilities are endless. Send your memory or story to the Club 55 facebook page or to jane.riedl@lakemills.k12.wi.us.

We had a great time with our St Patrick's Day bingo last week. There was a Blood Drive in the RLAC gym where we usually meet so we had people in the hallway, and two rooms still able to physically distance. There was a lot of 'wearing of the green', McDonalds provided us with shamrock shakes and we had a great afternoon. Our bingo this week is sponsored by Bia Food Company. Join us Wednesday, March 24 from 1-2:30 at RLAC for a chance to win coupons for their great dinners.

There are still a lot of new puzzles being donated to Club 55 for you. Come in and grab a couple to help pass the time during this rainy week. Club 55 is a gathering place for older adults and there is no membership fee. Stop in and see what we have for you. It still surprises me when people stop in and say, "This is the first time that I have been inside of this building." RLAC is a former elementary school and has been open to the community for many different events for some time now which is why it is amazing that it is a new opportunity for some. For former students...come and see how it has changed. Looking at it with an adult perspective will prompt many memories.

Our foot Care for April is scheduled for Wednesday, the 14th from 9:30-11:30. This is an essential service that Deb, an R.N., provides to many of the senior centers in our area. The cost is \$15, bring your own towel, and make an appointment by calling Club 55 at 920-728-2176. Masks are required for all activities at Club 55.

You may come and use the Fitness room at RLAC anytime during the Club 55 hours which are 10-12 on M, T, and Th and 10-3 on W. You do not need to be a

member of RLAC to use the room during the hours that we are open. However, if you look at membership for supporting RLAC you will see how reasonable it is compared to other 'gym' opportunities.

Fit Over Fifty is offered on Tuesdays at 5:30 pm for those of you that cannot get to a class during the day. Jess will lead you through a Silvers Sneakers type of movement focusing on core strength and balance. Come and see what it is all about \$3 a session. This is offered in the gym at RLAC, 229 Fremont St.

Diane leads our classes on Tuesday and Thursday at 10 am. This is a free class that lasts about half an hour. It is appropriate for all abilities and also works on core strength and balance to keep us independent as we age. Bring a friend and try it out together.

Club 55 Senior Center/Lake Mills Recreation Department is starting the process of working toward accreditation for the Wisconsin Association of Senior Centers (WASC). Neighboring senior centers in Fort Atkinson and Jefferson are members and enjoy the communication and collaborative efforts of state-wide groups. It is our goal to serve our Lake Mills community with the same level of opportunities in a gathering place.

We continue to see more people ordering the Wednesday meals offered by Bia Food Company. Beth and Jason Dunn prepare them and deliver to Club 55 at 2:30 each Wednesday. The price which includes tax is \$10.55 and is usually enough for two meals per order. Your order must be in by Thursday of the week before, so they have time to order sufficient ingredients. You may order online at <https://www.lakemills.k12.wi.us/recreation/bia/meal-program.cfm> , stop in at Club 55 to fill out a form, or call the senior center at 920-728-2176. The meal for 3/31 is Roast chicken, mashed potatoes and gravy, side salad, and dessert. Just as an aside, each meal includes two different desserts which if ordered in a restaurant would be worth the cost of the entire meal...delicious!

With all of the talk of scams about COVID, Medicare, and other ways that impact our lives, Dean sent on an interesting video that he found that he thought we might find interesting. It is about 20 minutes long but I found it fascinating because of the technology used to be able to apprehend those that are trying to take advantage of us. You can find it at:

<https://www.youtube.com/watch?v=VrKW58MS12g>

