

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

Most of us are not quite sure about what we should put in the recycle bin and what goes in the garbage. We certainly see in many public wastebaskets a mixture of what we consider things that really should be recycled mixed in with garbage. Mark your calendars for Wednesday, April 20th at 12:30 to find out what we should recycle here in Jefferson County. Caitlin McAleavey is the Solid Waste Specialist and Clean Sweep Coordinator for Jefferson County, and will present a "Recycling 101" presentation at Club 55. She will discuss how recycling is handled and the basics of what is and isn't recyclable as well as answer questions.

Ms. McAleavey also coordinates the Drug Take Back Program and drug collection boxes for the county so we will also be collecting unused drugs, expired pharmaceuticals, as well as any medications that your pets may have leftover from treatment. It is a safe way to dispose of these items. Officer Jessica Johnson of the LMPD will also be available to answer your questions.

What better way of recycling than to donate any of your gently worn and unused items to our Club 55 Rummage Sale? We are joining the city-wide rummage sale on May 6 and 7 and welcome your items. This is a fundraiser for us, and we have a great crew of volunteers that help to sort and price items to get them ready for sale. If you are cleaning closets, checking your children's outgrown clothing, downsizing or just spring cleaning, we welcome your donations. We are not able to accept furniture or large appliances. Call 920-728-2176 for more information or to volunteer to help.

The "Wednesday Walks" program organized by the ADRC of Jefferson County is again offering their walks through our beautiful county parks. Each month a different park is featured and offers a great way to get fresh air, meet new people, and enjoy the outdoors. Stop in Club 55 to pick up a brochure with all of the information or call 920-675-4049 with any questions.

Remember to check our Club 55 calendar online at <https://www.lakemills.k12.us/recreation/calendar-of-events-club55-cfm> or pick

up our brochure for the month with lots of information and updates while you are at RLAC. You might be amazed at the free activities that you are missing out on. It is so nice to see more folks returning for cards, exercise, crafts, and socializing now that they are more comfortable with the status of the COVID pandemic.

The Bia Meal for Wednesday, April 6 is Buddha Bowl with chicken (greens, veggies, nuts, cheese) dessert. Please make your reservation by Friday, April 1 by calling 920-728-2176 or online at <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> You may also stop in at Club 55 and fill out a form. Meals are delivered ready to be reheated on Wednesday at 2:30 to Club 55. Each meal is \$12 with tax included and is a very generous portion.

We were saddened to learn of the passing of Joyce Mortenson who added so much laughter to our days when she arrived for playing cards. She was happy to learn new games and had joined the Canasta group on Tuesdays as well as the Euchre group. Our sympathies to her family.

The Fort HealthCare sponsored Brain Boost and Memory Class has been a success and we have a waiting list for another class. The brain health information provided by the Mather Institute on Aging shows that Dementia may be preventable. Ongoing research in this field continues to unlock more information. Call or stop in at Club 55 Senior Center for more information.

Movies are an added enjoyment with our larger screen TV. Movies are scheduled at 1:30 for Mondays April 11 and 25. Popcorn and treats are provided for this free activity. Come and join us!

Bingo continues to be held in the RLAC gym and our new speaker system assures that everyone will hear the numbers called. April bingo will be held on Wednesdays the 13th and 27th. Cards and chips are provided or bring your own dabbers. Masks are optional...feel free to do what is preferred by you when out in public.

Amy Spangler, representing Modern Woodmen of America, Fraternal Financial Products, delivered a box full of games, cards, and word search books to Club 55 as part of their outreach of giving back to communities. If you enjoy board games

Club 55 is the place for you to join others for game time. Who knows...maybe more brain research will show that playing cards or games will help keep our brains alert and healthy? Just want a place to play...we have the space... and are open M -Th. 10-3.

Now that April has rolled over on the calendar the city-wide rummage sale is just a month away. You may drop your items off at the Rec Dept at 322 North Main Street or at Club 55, located in the Rock Lake Activity Center, 229 Fremont Street anytime between the hours of 10 and 3 Monday through Thursday. Love rummage sales and want to help...join our crew to get items priced and sorted for the sale. We welcome all help!