

## **Club 55 Senior Center**

By Carol Burrows Club 55 Senior Center Correspondent

Our Lake Mills Senior Center continues to offer special programs and information for you to participate in and learn from. April has been a busy month for us and our calendar for May looks the same. This Wednesday, April 20<sup>th</sup> at 1:00 we welcome Caitlin McAleavey who is the Solid Waste Specialist and Clean Sweep Coordinator for Jefferson County. She will discuss recycling, offer a Drug Take Back along with LMPD Officer Jessica Johnson as well as inform us of the Vial for Life Program. This is free and open to all and will be held in the Rock Lake Activity Center.

We continue to collect and price items for the city-wide rummage sale being held on May 6 and 7. This is a fundraiser for Club 55 and enables us to continue to provide a great place for older adults to gather. Bring your unused items to us that have been filling up your closets and drawers for the perfect way to recycle and re-use. Call 920-728-2176 with any questions. We also welcome any help sorting and pricing on Mondays starting at noon and join the crew.

Wednesday, April 27 is bingo in the RLAC gym from 1:00-2:00. May bingos are on Wednesday, the 11<sup>th</sup> and a favorite bingo held in Commons Park on May 25<sup>th</sup>.

The May calendar is also filled with extra projects starting on Thursday, May 5<sup>th</sup> when Dr. Tonya Olson, LMASD District Administrator, will present an information session at Club 55 at noon about the space needs for our school district. This is a great chance to find out more about the Long Range Facilities Planning. Mark your calendar and join us to become well informed about this project for our community.

Wednesday morning, May 11, from 9:30-11:30. Deb Scullin, R.N. will be at Club 55 for Foot Care. Appointments are required and can be made by calling 920-728-2176. Bring your own towel, \$15.

Thursday, May 12 at 1:00 we welcome Kelly Foster, the Speech-Language Pathologist from Fort HealthCare to present a Parkinsons Information Program. I

think you will find this not only interesting but informative about the difficulties for folks dealing with Parkinsons.

Please check the full calendar of events which are too numerous to show here at <https://www.lakemills.k12.wi.us/recreation/calendar=of-events-club.cfm>

Recently I had someone ask about becoming a Club 55 Member and how could she do that. It is probably the easiest 'club' to join as there are no fees and you just show up!

Looking for a project to get you outdoors and help our Legendary Community? The Parks Department is looking for Flowerbed Volunteers to help beautify Lake Mills. You can adopt a flowerbed and maintain it during the gardening season. You can also co-adopt this project to share it with another individual. You can join a team to maintain a flowerbed, or participate in short, one-time projects such as preparing a bed for planting, spreading mulch, or pulling weeds.

Volunteers are expected to maintain flowerbeds at a minimum from Memorial Day to Labor Day. Responsibilities may include planting, weeding, mulching, deadheading, and watering. It is a great way to get your gardening 'fix' if you no longer have a garden of your own to tend. You also get to meet new people that share your interest. Vicki Wickliffe is the Flowerbed Volunteer Coordinator and can be reached at [vawickli@charter.net](mailto:vawickli@charter.net) or 920-648-5370 with questions.

The Bia Meal for April 27<sup>th</sup> is Meatloaf, mashed potatoes, veggies, dessert. Your order must be in by this Friday, April 22. Meals are delivered to Club 55 at 2:30 on Wednesdays ready to be re-heated and eaten. Each are \$12 and can be paid when you pick up.

A reminder to sign at the Club 55 cart in the hallway when you arrive, and then to sign out to indicate that you are no longer in the building. This is important information that may be needed in the event of an emergency. You do not need to sign in at the RLAC desk as you enter the building. Our cart is just beyond that desk in the hallway outside of our room. If you have not filled out a membership form please also do that. Forms are available on the cart as you sign in or in the room. There is no fee to become a member but it gives us important information

for contacts should they be needed for your well being in the event of an emergency while you are participating at Club 55.

We are still gathering suggestions for day trips for Club 55 to take. Drop in at Club 55 to share them with us or call at 920-728-2176. It is getting to be great fieldtrip weather...hopefully!

The Day Dream Believer Books & Gifts has another Book signing and reading scheduled for Saturday, April 30<sup>th</sup> from 2:00-4:00. Join local author Ashleigh Nowakowski to hear her book, *A Shadow Child*. Day Dreamer is located in the building that formerly was occupied by Ephraim Pottery in the middle of the block.