

Club 55 Senior Center

By Club 55 Senior Center Correspondent Carol Burrows

Bingo has become the popular activity at Club 55 with our 3rd week in a row being another success story. Hosted by Bia Food Company we had some of their coupons for great meals, as well as some freshly picked pussy willows that Carol Eck brought to use for prizes. Some folks have been lucky enough to also take home one of Chuck Conrad's craft creations. It is a great way to spend a couple of hours. Our next bingo will be held from 1-2:30 on April 14.

Our next foot care will also be on Wednesday, April 14 from 9:30-11:30. You must make an appointment by calling the Club 55 Senior Center at 920-728-2176. Bring your own towel, \$15. Parking is available behind the RLAC building as well as in the street and the lot across Fremont Street.

The city-wide rummage sales in Lake Mills are scheduled for May 7th and 8th. Club 55 will be participating and set up in the gym at RLAC welcoming in the community. This is a fundraiser for Club 55, and we are accepting donations and volunteers to help sort, price, and work the 2 days of the sale. You may start bringing your clean donations anytime that we are open. We have storage space while we prepare for the sale. If you or your neighbors are spring cleaning and do not want to have your own rummage sale bring your items to us. Questions...call 920-728-2176.

Our contest for this week is 'What is the best joke that you have played on someone for April Fools' Day?' Send your answer to jane.riedl@lakemills.k12.wi.us or post it on our Club 55 facebook page by Monday, April 5. Be on the lookout for any pranks that you may be in for! It can be a very fun day.

The next Fit Over Fifty class will start on Tuesday, April 20 and run through June 1. It will again be held from 5:30-6:00 pm in the RLAC gym. This is a Total Body Conditioning class to improve lean muscle and flexibility, and again be led by Jess.

Club 55 is a senior center located at the Rock Lake Activity Center (RLAC) located at 229 Fremont Street. We are open from 10-12 am on M, T, and Th, and from 10-3 on W. Come and find out what we are about.

Have you considered joining RLAC now that you have seen all of the opportunities and activities that happen there? You have the perfect opportunity to support them with their spring friend drive, 'Spring for a Friend.' If you join with a friend, you will each get a discount. Joining with a friend makes you more accountable and it makes any workout more fun to do. If you are already a member and refer a friend who joins, you get a prize from the gift bag. This offer is good through April 30, 2021. This includes a 15% discount for 12 months or 10% for 6 months. The Rock Lake Activity Center provides a gathering space not only for older adults but all ages. There are so many opportunities offered for fitness, venue space to hold your special parties, a place to meet like-minded people, and know that you are supporting a community spot to gather, isn't that one of the takeaways we learned from the pandemic? Humans have a need to socialize...the isolation of the last months have put us on alert for that.

The Bia meal for April 7th is Baked Ham, baked sweet potato, side salad, and dessert. Your order must be placed in time for Jason and Beth to get their order together and shop for ingredients. You may drop your order form (available at Club 55) in the basket at Club 55 by Thursday of the week before the meal you choose or go on the website and place your order. If you are placing your order on the website, you must have it in by Friday of the week before. Go to <https://www.lakemills.k12.wi.us/recreation/bia.meal-program.cfm> to place your order. Meals are available for pick up at Club 55 from 2:30-3:00 on Wednesdays and are delivered cold ready for you to heat up when ready. Each meal is \$10.55 which includes tax.

We are hoping that we will be able to extend our hours and offerings soon but will not get back until we are sure we can provide a safe space for everyone. As soon as the weather is warmer, we will be able to meet outdoors for exercise with Diane at 10 am on Tuesdays and Thursdays. The RLAC garden will need to be planted soon so we too are hoping for a kinder, gentler Spring!

