

## **Club 55 Senior Center**

By Carol Burrows Club 55 Senior Center Correspondent

For those of you who are out taking a ride or need a destination some afternoon my suggestion is to find a spot to park near Rock Lake so you can hear the Loons before they continue their trek onward. You can park at Bartels' Beach, Korth Park, or the County Park at the North end. Take your binoculars and watch and wait. It is a guaranteed smile-for-the-day-maker. The wavering calls that Loons make are unlike our backyard birds. They seem mysterious and beautiful at the same time. Lake Mills resident and bird expert, Karen Etter Hale, could probably tell us the various names of the calls that they make, why, and when.

We have two bingos this month at Club 55 which are held in the RLAC gym, 229 Fremont Street. Bingo will be held on Wednesday, April 14 (this week) and Wednesday, the 21<sup>st</sup> from 1-2:30. Join us for fun and prizes. We have bingo cards and chips, or you may bring your own dabbers, buttons, or coins as markers. Bring a friend and spend a couple of hours while being socially distanced.

Trinity Pines will be sponsoring our bingo on Wednesday, May 19. It is so wonderful to have these sponsors come forward to help with events for our older adults. Thank you.

Club 55 is joining in the city-wide rummage sale on May 7<sup>th</sup> and 8<sup>th</sup> as a fundraiser and welcome your help. Bring your donations to Club 55 and we will sort and price them. You may drop them off anytime that we are open. Our hours are M, T, and Th from 10-12 and Wednesday from 10-3. We have a matching fund grant from Catholic Financial Life so help us make this a successful fundraiser. We still need some volunteers to help get ready and during the days of the sale. Call Club 55 at 920-728-2176 for more information.

The Before and After School Program held at the Lake Mills Elementary School is collecting plastic yogurt cups and old CD/DVD discs for a project. You may drop these off at Club 55 at RLAC.

More folks are taking advantage of the free exercise class with Diane on Tuesday and Thursday mornings at 10 am. This is a class for all abilities with no pressure. Dianne has been teaching older adults for over 30 years and she stresses to listen to your body and do what is good for you.

There is also a Fit over Fifty class offered by Jess on Tuesday nights at 5:30 pm at RLAC which meets the time frame for working folks...\$3 @ class. This is a total body conditioning class. Time to get ready for all of the spring yard and garden work so get those muscles conditioned.

The BIA meal for Wednesday, April 21 is Meat Lasagna, Italian Salad, crunchy bread, and dessert. Go online at <http://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> to order. Guaranteed delicious!

Our contest this week is: When I was a kid we \_\_\_\_? Send your entry to Jane at [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) by Monday, April 19. Think about all of the fun you had that today's kids are missing out on or the games you played that seem to be forgotten today. There are so many things you could mention. When our family was still on the farm my sisters and brother used to go up in the haymow and swing on the rope that hung across an open area down to the barn. It was a good thing that our mother was not aware of this activity happening as I am sure we would be forbidden to do it. It was actually pretty risky.

One of the simple chores that my brother and I were to do was get the cows from the pasture for milking time. I spent much of the time on the way and back looking for 4-leaf clovers instead. Still love finding them...I used to take my first graders outside in the spring to look for them on the playground...great memories!