

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

The saying that 'It takes a village' certainly proved true for this year's rummage sale at Club 55 Senior Center. We participate in the city-wide rummage sale in May to serve as a fund raiser for us. Thank you for the many donations that were brought in for us to price and add to our sale. Thank you to the many volunteers that helped get items ready and then helped to set up, staff the sale, take down and clean up. If you have had your own sale, you know how many hours it takes to get ready and how much work it is. Now imagine how difficult that would be if you had no extra space to receive donations or store them until the days of the sale, sort and price, but carry on with your planned activities for the week. We are extremely thankful to have our senior center but know that to carry off an event we need to get really creative and patient.

The senior centers that surround us have larger facilities with several rooms to accommodate many activities. Club 55 Senior Center is located in the Rock Lake Activity Center (RLAC). We rent our room from RLAC and sometimes are able to use the gym for exercise or programs that are scheduled. However, the RLAC Building which is the former St. Pauls' Elementary School, has several former classrooms and spaces that are used for classes for children and adults that are RLAC Members. We have one room within the building and are doing our best to provide a gathering space for older adults in our community.

Our hope is and always has been to have a facility that can provide for the socialization, stimulating activities, and changing needs of older adults. Active adults that continue to be engaged with friends and activities avoid the isolation of living alone. The feeling of isolation can result in poor physical and mental health.

The Mission of Club 55 is to serve the community as a gathering place for adults, and to provide engaging activities and programs that support healthy living and independence.

There is no fee to join-if you are here-you are a member, and we welcome you to enjoy visiting and participating. We are open M-Th 10 am – 3pm. RLAC is located at 229 Fremont Street. For more information call 920-728-2176.

The Bia meal for Wednesday, May 18 is Campfire Chicken (leg quarter, veggies, garlic butter in foil) side salad, dessert. Your order must be placed by Friday, May 13. Meals are delivered to Club 55 at 2:30 on Wednesday for pick up and are \$12 each. You may place an order by going to the website <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> You may also call 920-728-2176.

Join us in the RLAC Gym on Tuesday, May 17 at 1:00 and be entertained by the Lake Mills Area School District Show Choir directed by Linda Heimstreet. Bring your neighbors and friends and see what great talent the young members of our community have. This is a free program.

Calling all Pickleball players: Pickleball is offered on Mondays at 10am and every other Wednesday afternoon at 1:00 in the gym at RLAC. Alternate Wednesdays are time for Bingo. Plan now to attend 'Bingo in the Park' on May 25 at 1:00. We love having bingo in conjunction with the Farmers Market in Commons Park. Come and join us for this free bingo.