

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

It is hard to know where to start with this week's newsletter as so much has been happening at Club 55. Despite the unusually hot weather we had last week we had a lot going on. It seems that people just need to get out for a bit of socialization and exercise. On Wednesday we had Foot Care in the morning and Bingo in the afternoon. There is always a good crowd for bingo and those that look forward to being there each time it is held. Do you suppose they could be known as Bingo Groupies? The next May Bingo will be held in Commons Park on Wednesday, May 25 from 1-2:30 (weather permitting). This was started as a way for us to offer a time to gather and socialize a bit outdoors but still be safe during COVID. It has proven to be a big hit and we have folks that come for the Farmers Market wander over to join in the fun. This is a chance to try a free game on a warm afternoon in a beautiful setting...join us!

Kelly Foster, the Speech and Language Pathologist from Fort HealthCare, was here on Thursday with information and a nice visual presentation about Parkinson's Disease. We were able to ask questions and get updated on the 'Speak Out' program that has proven to be so helpful for those with Parkinson's. Stop in and pick up one of her brochures.

Some Middle School 8th grade students are coming over two mornings next week, May 24 and 25 to help spiff up the yard at RLAC. They have invited Club 55 to help and get outdoors to see just what fun it is to have generations work together. Come and join us... it will give you a chance to also see the garden here.

I don't know whether to use the term impressed or pleased at the continued attendance of older adults that come to exercise each week. I am impressed at their persistence and determination to use exercise as a way to stay independent as they age. And I am so pleased as it reaffirms the very reason that a senior center is essential to a community as a resource. It is why we included it in our mission statement, 'A gathering place for adults to provide engaging activities and programs that support healthy living and independence.'

Cardio Drumming is held each Wednesday morning at 10:00. It is backed by medical research ensuring physical and emotional wellness and is shown to be effective in losing weight. Those that are regulars love coming and the fact that it fits all abilities. We are in need of more of the large exercise balls that are used. If you have one that you are trying to find a place to store it we promise to give it a good home. We will even come and pick it up if you call 920-728-2176.

Club 55 Senior Center will have an entry in the Town and Country Parade again this year on Saturday, June 25. We are teaming with The Recreation Department and will combine our walking together. We are looking for Club 55 members that might like to also walk or somehow be involved. We will also be asking for any donations of wrapped candy (not chocolate) that can be handed out along the parade route. We will keep you updated.

This weeks' happenings around town...

The Bank of Lake Mills is offering a free shred event in their parking lot this Saturday, May 21, 12:30-2:30 or until the truck is full...limit of two boxes approximately 12 x 17 x 10.

Tuesday, May 17 at 1:00 ...TODAY...The Lake Mills High School Show Choir will give a performance in the gym at the Rock Lake Activity Center (RLAC). This is open to all and a great chance to see the incredible talents of our young people. The Show Choir is directed by Ms. Linda Heimstreet.

The Bia Meal for Wednesday, May 25, is Deluxe Burger (bacon, cheddar, pickle, onion) roasted potatoes, dessert. Your order must be in by Friday, May 20 and will be delivered to Club 55 at 2:30 on Wednesday, May 25. Meals are \$12 and you may pay with cash or checks payable to Crawfish Junction. You may also order online at <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> or by calling 920-728-2176.

The Aging and Disability Center of Jefferson County (ADRC) is offering a chance to discover our wonderful parks system with walks. Join others each month for a

walk in a different county park. Mike Hansen is the ADRC Mobility Manager and can be reached at 920-675-4049 for more information. We also have the informative brochures at Club 55.

The Lake Mills Farmers Market has started up with lots of fresh produce each Wednesday in Commons Park. Stop down to see the updates that are offered this year. It is open from 2-6 each Wednesday.