

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

More good news and a reason to visit our Senior Center...Fort HealthCare will again be offering free blood pressure checks. Our first date is Wednesday, August 10, which is also the date that foot care is offered. I will get times and whether appointments are required information for you. It will be in the morning during foot care for a two-hour period. This is another great service offered to help us take care of our bodies and stay healthy.

We are very excited to plan for our annual Club 55 Senior Center membership meeting scheduled for Wednesday, September 28. This annual Apple Fest is a chance to come together and visit with old friends and meet new residents who have chosen Lake Mills as their home. We are often asked how to become a member of Club 55 and the answer is to just show up! There is no fee, and we are always glad that you decided to find out what is happening here.

We are also hoping that we will be able to announce our Official Accreditation to the Wisconsin Association of Senior Centers (WASC) on September 28. Our WASC Review Team submits our application after their June visit here and thought it would be official by September.

Many neighboring community senior centers are entities of the city government and are supported by them. Club 55 was started as an independent gathering space in the lower level of the First Congregation UCC Church in 2016 and remained there for 3 years. We were supported by donations and paid rent and insurance as well as the day-to-day needs we wanted to offer older adults. In 2019 Club 55 was offered the chance to come under the umbrella of the Lake Mills Area School District Recreation Department. We saw this as a chance to provide sustainability for moving into the future. We are now located in the Rock Lake Activity Center (RLAC) 229 Fremont Street, where we also pay rent.

As we move forward, we hope to have a facility that offers more space so it can be used as a venue for our growing community and provide multi-generational use. We need to provide staffing for a full-time director as other communities do

who can dedicate efforts to communicate to the residents of Lake Mills that we have a space for them that enriches their lives.

Our Club 55's mission is to serve the community as a gathering space for adults to provide engaging activities and programs that support healthy living and independence.

There is a new service offered that Kathleen found at the L.D. Fargo Public Library...The Wisconsin Talking Book and Braille Library (WTBBL). It is part of the Talking Book Program of the Library of Congress and has been serving patrons in Wisconsin since 1961. Those eligible for services are residents who have one or more print disabilities as certified by a competent authority. These reasons are often associated with older adults such as macular degeneration, legal blindness, cataracts, glaucoma, and many other limitations such as stroke, cerebral palsy, multiple sclerosis, arthritis, Parkinson's and others. Pick up a pamphlet with all of the information at the library or get more information by calling 414-286-3045 or 1-800-242-8822. You may also find more information at wtbbl@milwaukee.gov or [dpi.wi.gov/talking books](http://dpi.wi.gov/talking-books). Libraries are amazing places for all kinds of information!

The Bia meal for Wednesday, August 3 is Baked Ham, Baked Sweet Potato, Slaw, Dessert. Place your order by Friday, July 29, for pick up on Wednesday, August 3, at RLAC as bingo is held there that day. You may order by calling 920-728-2176 or by going to the website: <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> Meals are \$12 and you may pay with cash or a check made out to Crawfish Junction.

The August 3 bingo will be held in the gym at the Rock Lake Activity Center (RLAC). Join this free afternoon game for a fun way to spend a couple of hours with friends.

Mark your calendars now for the next Jefferson County ADRC organized Wednesday Walk. It will be at the Dr. J.S.Garman Nature Preserve, 701 Fox Lane in Waterloo. This free program offers a wonderful way to get fresh air, feel the

sun, exercise, meet new people, and enjoy the many unique attractions in Jefferson County.

There are many newly donated books at Club 55 as well as puzzles. Stop in and pick up a couple for a way to spend a relaxing afternoon in the shade...summer is slowly easing its' way out...enjoy every minute! While you are at the senior center pick up one of the colorful brochures that Jane makes each month to give us updates and news for the month. You can also find out the happenings here by checking for our calendar online at

<https://www.lakemills.k12.wi.us/recreation/calendar-Of-events-club55.cfm>

Still trying to get groups of players for euchre, mah-jongg, cribbage, 500, bridge, sheepshead, dominoes, etc. Please call us at 920-728-2176 to let us know what game you are wanting to play and give us your contact information so we can make sure there are enough players for the day. We are hoping that as the days cool towards Fall more folks will be wanting to come in.

Kayaking this Friday will meet at Sandy Beach at 9:00am. Bring your kayak and gear or call 920-728-2176 or 920-648-8035 for more information.

Diane and Rich are back from their hiking the Ice Age Trail last week so we will have live instruction for our Tuesday and Thursday 10:00 exercise class.