

## **Club 55 Senior Center**

By Carol Burrows Club 55 Senior Center Correspondent

Club 55 will be in Commons Park serving up sloppy joes on Wednesday, September 7, from 3-6. Look for our banner in the area across from the Bank of Lake Mills. Most of the vendors this year have been set up on the north side of the park across from the library due to the renovation in the park. We will not be using the shelter but be under a canopy on the north side. Stop by and have a sandwich and chips with a beverage. We are also having a bake sale so you can finish with dessert. Find out all about what Club 55 offers each week to get you out of the house and visiting with old friends and meeting new ones. We are looking for donations of baked goods which can be dropped off at the senior center or in the park.

This week on Thursday, August 25 at 1:00, 15 lucky folks will get to see what Joan Johnson has brought for her Mystery Antiques visit. Joan scours many antique stores and finds unusual items from the past that had a significant use for the times. Her visits are limited to 15 so she can explain the item and the backstory and have discussion. There are just a couple of openings left but you must preregister. Call 920-728-2176 to get your name on the list.

The kayak group is enjoying their Fridays on our beautiful Rock Lake. Thanks to Jane and Karl Glassford for supplying extra kayaks for folks that want to try out this fun sport. This week the kayak group will meet at the North End Boat Launch at 9:00. If you have adult life jackets or kayak paddles that you no longer use, consider donating them to us. We would put them to good use. We are also looking for pickleball paddles for people that are new to this very popular sport. All these wonderful activities as well as a space to play your favorite card game, socialize, play board games, do crafts, use the fitness area at RLAC are free of charge. Just sign into Club 55 and enjoy...bring your lunch and stay for the day!

Our exercise guru, Diane and her husband Rich, are walking the Ice Age Trail in segments. On the days that they are not able to be here to lead our group we use

an exercise dvd so we maintain our level of activity. Join us on Tuesdays and Thursdays at 10:00 in the gym.

Hopefully you are all getting the news blast that Jane sends out with the weekly schedule. Our column in the Lake Mills Leader is limited to 400 words which leaves little room for a weekly schedule with the events that are happening. We don't want you to miss any so check in with Jane at [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us) to get your name on her email list that comes out from the school district.

We have had questions about who is invited to attend the September 28 Club 55 Senior Center Apple Fest. As our name indicates we are a group with activities for older adults. If you are an older adult, you are invited to participate in our activities. There are not membership fees...we refer to anyone that comes to enjoy our happenings as members. We ask that you sign in when you arrive and then sign out again as a safety measure in case there is an emergency of any kind, so we know who is in the building. It is nice to see many people enjoying their time here.

It is also interesting to see that the folks that have just moved to Lake Mills and have come from a community that has an active Community Center seek out a place to enjoy and meet new friends. Arriving in August and finding our activity center were folks that recently moved from Hawaii and Arizona. We are in the Rock Lake Activity Center (RLAC) at 229 Fremont Street (formerly St. Pauls' Elementary School).

We were saddened to learn that Jason and Beth of Bia Foods will be delivering their last meal to Club 55. The cost of food and delivery has become prohibitive for them. We understand that you cannot operate a business at a loss and appreciate their care and passion to provide nutritious meals to older adults in our community. We are hopeful that something in the future will again allow us to enjoy their help. We are so thankful for them. In the meantime, we are going to brainstorm to see how our community can help keep those that have grown up in a generation where especially men relied on their spouse to create meals for

the family. Some have little knowledge of where to start when planning for daily meals. The cost of groceries overall effects the budget of those on a fixed income.