

## **Club 55 Senior Center**

By Carol Burrows Club 55 Senior Center Correspondent

I attended a family gathering on Saturday at my daughter and son-in-laws' house being held so we could visit with a granddaughter and her husband who flew in from Maryland for the weekend. There were relatives from both sides of the family and my reason for mentioning this is that I was the oldest person there. It was a snapshot of the circle of life and of four generations of our family and reminded me of how quickly time passes.

As I thought of how to start this week's newsletter and focus on the month of August and its' hot summer days, I thought of being a child on the farm when it was my brothers' and my job to take water or lemonade out to the field for Dad while he was baling. We walked out with a quart jar (yep, glass) no YETI insulated mugs in that era. We were too young to drive tractor and not strong enough to help unload the wagon...life brings us full circle if we are lucky.

August at Club 55 continues with a comfortable air-conditioned room for all of our activities. Come join the fun this Wednesday, August 3, from 1-2:30, for bingo in the gym at the Rock Lake Activity Center (RLAC) 229 Fremont Street. It is a great way to visit with friends and maybe win some of the great prizes. This is a free game.

We are still asking for those of you that would like to play euchre, 500, or any other game to give us your contact information so we can make sure that we have enough players on any specific day. Nothing worse than looking forward to playing, arriving only to find out that there are not enough players that day.

Our Foot Care for August is scheduled for Wednesday, August 10, from 9-12. Our nurse Deb has extended her appointments a bit, so she doesn't get behind and have people waiting. Call 920-728-2176 for an appointment, bring your own towel, \$15. Fort HealthCare is also providing blood pressure checks during the hours of 9-11 on Foot Care days (the second Wednesday of each month). Appointments are not required for blood pressure checks so stop in and have

yours taken. This is open to anyone who would like to monitor their overall health and a good way to be reassured.

Stop at Club 55 and pick up a brochure that has all the news for the month and a full calendar of events. You may also find it online at <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club55.cfm>

Club 55 Senior Center is open from 10-3 Monday-Thursday and many folks have found that it is a good stop in their day for some 'me' time.

The Bia meal for Wednesday, August 10 is Sloppy Joe Stuffed Baked Potato, veggie salad, dessert. This sounds like a delicious new menu item. Your order must be in by Friday, August 5. You may fill out the order online that Jane sends out if you are on our email list or go to <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> to order online. You may also call club 55 at 920-728-2176 or stop at club 55 to fill out a slip. Meals are \$12 and payment by cash or check made out to Crawfish Junction. Pick up is at Club 55 at 2:30.

Club 55 is included in the Rec. Dept. brochure for sponsorships that are available to specifically benefit our senior center. We have received \$100 dollar sponsorships from Sigmund's Installations, the Bank of Lake Mills, and Optimal Physical Fitness providing supplemental assistance for senior trips. We have also received two \$50 Bingo sponsorships from Drehm Insurance. Thank you so much for stepping up to help us support education and social outcomes. Your support will enable our ability to offer these programs at a reduced rate.

We welcome the support not only of these activities but any that you may have ideas for. You may get more information by calling the Lake Mills Recreation Department at 920-648-8035 or stop at the Rec. office 322 North Main Street.

We also have volunteers that donate their time to provide activities each week that are enjoyed by many. Diane Fronek comes each Tuesday and Thursday morning at 10 to lead our free exercise class helping us to remain strong and independent. Her husband Rich is part of the team to help with exercise as well as provide music as much as we can get him at the piano. Pat Forest comes each

Thursday always hauling a tote of supplies and ideas for greeting card making class. Our Canasta players often bring treats to share with the group...volunteers and support come in many ways and help so many.

Another volunteer, Joan Johnson, has another Mystery Antique Collection to share and will be at Club 55 on Thursday, August 25. There will be a sign-up sheet that will limit attendance to 15 so that Joan will be able to discuss the story behind each new find. We have enjoyed the collections she has shared over the years as she also provides many details of use or where she was able to find her items.

Club 55 will be in the Commons Park Shelter on Wednesday, September 7, from 3-6 at the food stand during the Farmers Market. This date was changed from our original date of August 10 because of the construction update in the park. Stay tuned for how you can help with food preparation, volunteering to be there, set up and clean up, and support. More information next week. All profits benefit Club 55!

Don't miss the City Band Concert this Wednesday, August 3 which is the combined Concert with the Palmrya-Eagle Community Band. If there is inclement weather the concert will be held in the Lake Mills High School Auditorium. The auditorium is the section of the building straight ahead as you enter the parking lot off of South Main Street. This is always a special concert and very entertaining.

Jane is wondering if there is any interest in Cornhole lawn games...can also be played indoors, a golf day for Club 55, or having chess offered? Call Club 55 at 920-728-2176 if you are interested.

Kayaking this Friday will meet at Bartels Beach at 9:00 am. Need more information? Call 920-728-2176

One last thing...stay up to date with city happenings by attending City Council meetings, Plan Commission Meetings, and show an interest in our community. Show our new City Manager, Drake Daily, what a great community we are!

