

Club 55 Senior Center

By Carol Burrows correspondent Club 55 Senior Center

Each week as I start my newsletter I want to include so many little details that have happened in the past week or are planned to come. (So no, I will not bore you with the fact that I am polka-dotted with my first case of poison ivy!) I think so many of us are starved for socialization and interaction with friends. September is Senior Center Month and I was thinking of activities that would be nice to have.

One of the topics that comes up when we discuss older adults is malnutrition. It seems that should not be a problem for us here in our cozy community. Research nationwide shows that lack of proper food has serious health consequences. For those of us who are older it sometimes seems easier to just grab something quick to stop the hunger. Good nutrition should be a life-long habit, and sometimes we need to ask ourselves if we are guilty. Bia Foods has been delivering lunch to the residents of Trinity Pines on Wednesdays during this pandemic when the folks there cannot gather in the dining room. It is a treat to receive a nutritious meal that they did not have to prepare and probably would not have bothered to make just for themselves. Those of us who prepared family meals take the easy way out when it comes to our self...don't let this be you.

I saw a fun picture of the "Gift of the Lake" sculpture that the Arts Alliance created for Ford Alley next to the Sentry parking lot. The sculpture represents how the lake has been such a gift to our community and the woman has outstretched hands in offering. Someone has placed a painted rock in her hands, and I wondered if it was someone who participated in our rock contest?

Our contest for this week follows the birthday theme from last week. 'What is your favorite birthday cake and the recipe if you have it?' Submit your entry by midnight, August 24, to jane.riedl@lakemills.k12.wi.us to be entered in the drawing for \$5 Chamber Bucks.

The winner of the Family Photo Contest is Judy Cubberly, and Mike Foster is the winner of the Joke Contest. They each received \$5 Chamber Bucks.

Activities still happening are Biking/Mondays at 9, Exercise with Diane in the park, Thursdays at 10, then Conversation 10:30 in the park, Kayaking on Fridays at 9.

Our Club 55 newsletter that is in the LM Leader is limited to 400 words each week so please pass on some of the information in these weekly emails to those that may not be on our Club 55 LMRD mailing list. Support the LM Leader newspaper when possible as we are not charged for our column each week. Newspapers rely on paid advertisements and subscriptions. In today's world of emails and social media it is a struggle for them.

Our advisory team is still following the Jefferson County and CDC recommendations for reopening our room at RLAC. We are all anxious to get back to meeting in person but conscious of what is safe for all of us. Many are concerned about the start of school and how that may impact the spread of the virus.

We still have these activities each week:

- Mondays: Biking group meets at RLAC at 9:00 for a ride that is suitable for all abilities. The route is designed to allow a shorter ride or continue longer.

Alternate Wednesdays: Bingo in the park 1-2:30

- **Next Bingo...This week, August 19** We supply the cards...and the prizes, bring your own dauber, buttons, coins, or poker chips. We use the benches in front of the band stand to sit and socially distance. Masks required. This week we also have special prizes donated by Club 55 members.
- Thursdays: Exercise in Commons Park with Diane at 10:00. Stretching and strengthening for balance and core strength. Diane is on vacation this week but we will still meet. Masks required.
- Thursdays: Conversation in the park. Bring your own chair, or sit at picnic table or benches to catch up with your friends. We may also use the shelter if it is available.
- Fridays: Kayaking Group 9:00 meets at the ramp behind the Fire Station to launch at the Mill Pond. Kayaks are also available for a small rental fee and will be brought to the Mill Pond for you. And...yes...this is a perfect way to try it if you have never kayaked before! Contact: Jane at 920-728-2176 or the Rec department for more info at 920-648-8035.

