

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

We hope to see you in Commons Park next Wednesday, September 7th when Club 55 will be set up across from the Bank of Lake Mills providing sloppy joes as one of our fundraisers. Stop by from 3-6 and see what we have at our bake sale and pick up a brochure about our Apple Fest Annual Meeting Dessert Picnic on September 28 at 1:00. We will be celebrating our Accreditation to the Wisconsin Association of Senior Centers (WASC).

We are hearing a lot about 'food insecurity' these days, and it probably has a different meaning for all of us. We discuss the price of groceries at the store, we see coverage of war-torn countries with images of parents standing in line for food to feed their families, and we get requests to donate to our area food pantries. I have never experienced the feeling of not knowing where my next meal would come from. I spent my early childhood living on a farm where my parents worked hard and always provided not only enough food but probably what today we would describe as natural, home grown and prepared.

An event this week prompts me to use my newsletter to communicate my concerns. As I shopped for my groceries, I observed two different age groups making decisions about what was put into their cart. One was an older gentleman who would pick up an item, consider what seemed to be the price and then return it to the shelf. Another was a daddy with 3 young girls who reminded them that whatever was chosen as a treat would need to be shared. He was willing to get a treat, but they would have to agree. While I consider this good parenting, it was also apparent it might not have been the norm for that family.

A day later we had a discussion at our senior center as some picked up the meal from Bia for the week. This delivery often provided 2 or 3 meals for many who ordered, and one of the men shared that since his wife died, he really struggles with meals and admitted that he does not cook...nor learned to. There are many who grew up in an era where this was common. Providing meals is often the draw

for seniors who downsize and move into senior housing. I am hoping that our community can be proactively supportive of Food Insecurity.

Our last August Bingo will be held this Wednesday, August 31, in the gym at RLAC. Many thanks to Drehm Insurance Agency, LLC for sponsoring this fun afternoon. Join us from 1-2:30 for this free game and an opportunity to visit with friends and maybe go home with a prize if you are one of the lucky winners!

Optimal Physical Therapy, 805 Elm Street, Lake Mills is doing a Free Falls Risk Screen on Thursday, September 22, from 8am -11am. A high percentage of aging deficits can be controlled as well as fall-related injuries can be reduced by 98% with proper risk screening and appropriate exercise interventions. Call 920-648-2400 to book your spot with Dr. Joy Cochran.

If Scrabble is one of your favorite games to play, you are in luck. We have the Scrabble boards and folks that need partners. Join us at Club 55 on Thursday mornings at 10:45 for a great way to stimulate your brain as well as enjoy pleasant company.

Kayaking for Friday, September 2, has been cancelled as so many participants have Labor Day weekend plans. See you on September 9.

Plan now to join the Wednesday walking group at Dorothy Carnes Park East, W6509 Jones Lane, Fort Atkinson. This park surrounds Rose Lake Marsh and is one of the most diverse bird areas in the county. 480 acres of the 514 acres is also designated as the Rose Lake State Natural Area, due to its outstanding examples of native natural communities, significant geological formations and archaeological sites.

Many thanks to Joan Johnson who presented her latest collection of Mystery Antiques to Club 55 last week. Joan has shared her collections with us since we were located in the lower level of the First Congregational Church and each time has some new fascinating objects that she has researched and knows how they were used years ago and the backstory of why they have some unusual names. She has been busy scouring the antique shops and has another collection to share on November 10 that you won't want to miss.

