

Club 55 Senior Center

By Carol Burrows Club 55 Senior Center Correspondent

Bingo tomorrow, Wednesday, September 22, 1-2:30. Join us for a fun afternoon and great prizes. (Reminder: The Head Start buses drop off and pick up students in the back parking lot. Please park in front of the building if you are able to.)

Happy Autumnal Equinox! The days have certainly gotten shorter, and many folks are ready to welcome in cooler days, even knowing that winter is on its way. No one needs to tell us that it has been a hot and dry summer. Farmers are struggling with crops, businesses are having difficulties with the supply chain, and we all worry about our health. Yes, we have had better summers, but we are not dealing with fires or flooding from hurricanes.

One of the neighbor families on my street has been showing movies on a screen attached to their porch. We bring our own lawn chair and snacks, and enjoy an evening being together. When I was teaching, I kept up on the latest movies aimed at kids by listening to my students talk about them. I am definitely out of the loop now as Friday's showing was How to Tame Your Dragon, and I was completely unaware of it. It was the first in a series of several to follow and based on a series of books. It is an animated film with very creative characters and a great lesson for all. The main character is a young man named Hiccup who lives with his father in a village of big and strong Vikings. Hiccup is far from being big or strong but befriends a dragon that he injured while trying to prove that he is. Events that follow should make everyone see bullying and living up to expectations in a new light. Knowing that kids learn a lot of life's important priorities by osmosis also applies to adults, and I can't think of a better way to remind ourselves of life's lessons.

A reminder that next week Wednesday, September 29, is the Apple Fest at Club 55 starting at 1:00. We are hoping to be outdoors in the back parking lot but have the gym as backup in case of inclement weather. This is a free 'pie social' type of event for older adults hoping to make our community more aware of what a senior center can offer and introduce you to the Club 55 Advisory Board. There will be apple desserts, cider and door prizes. There will also be time to visit with

old friends or make new ones. Club 55 is in the Rock Lake Activity Center at 229 Fremont Street (the former St Pauls' Elementary building).

You can check out the calendar for daily activities at

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

We also are always happy to hear of new ideas or new activities for us to share. Mah-jongg has some players who have always wanted to learn and are happy to get a bit better each week.

The canasta card players are our faithful group filling 3 tables many weeks. They fill the room with chatter that drifts out into the hallway. They also solve many worldly problems and share new ideas.

Diane leads our exercise each Tuesday and Thursday at 10. This is a free class and focuses on core strength and balance. Diane taught at the Fitchburg Senior Center for over 30 years, and we are so lucky to have her here. We appreciate her reminders to keep strong so we remain independent.

Still looking for Euchre players for our Thursday group. If 12:30 is not a good time please let us know a time that you could play.

Club 55 is also a place to just come and visit with friends to socialize. The COVID pandemic was a reminder that socialization is so very important to our mental and physical well-being.

The Bia meal for next week, Wednesday, September 29 is Roast Pork, rice pilaf, fresh fruit, and dessert. Place your order by this Friday, September 24 by going online at <https://www.lakemills.k12.wi.us/recreation/bia-meal-program.cfm> or by calling Club 55 at 920-728-2176. Meals are \$10.55 and are picked up at Club 55 on Wednesday at 2:30.

Dave Winters offered to teach a guitar class for folks that have always wanted to learn to play. Stop in or call us to let Dave know you would like to sign up. 920-728-2176.