

## Club 55 Senior Center

BY Carol Burrows, Club 55 Senior Center correspondent

**Reminder: Apple Fest is this Wednesday, September 29, at 1:00 at RLAC. All older adults are invited to come out to this free 'pie social' and hear more about what our Club 55 Senior Center offers here in Lake Mills.** The weather is forecast to be great, the food will certainly be good, and the company delightful! We will be outside behind the building to enjoy the last of summer weather. Come and put a face to the names you hear about but have not met...our Club 55 Advisory Board will be introduced at 1:30. We have some door prizes that you don't want to miss out on!

I have always taken lost items that I find to the Police Department as that seems the likely place to look for them. Such was the case last week when no one had claimed a very snazzy looking bike with a flat tire that had been abandoned at RLAC for some time. The RLAC Manager Rene and I agreed that no one seemed to be looking to pick it up, so we sent a call in to the Police to see if a bike fitting that description had been reported. There had not been anyone looking for it, but the dispatcher said that someone would come around and pick it up. Many people ride their bikes to RLAC to work out so we did not want to put the bike out front as it might be confusing which bike to pick up.

Little did we know that a middle school student had parked his bike safely behind the building for the day. When he returned after school the bike was missing and he came in to ask if we had seen it. Apparently too little information on my part in describing which bike to pick up...never mind the fact that I had not put the snazzy bike outside for fear of having the wrong bike taken! Sent another call in to have the student describe his bike and an officer arrived with it safely in the squad. This very patient young man was so polite and thankful to the officer...a happy ending to his day! Our Police Officers certainly have a wide job description.

As the month of October starts, I think of Open Enrollment for Medicare, which starts on October 15 and ends on December 7. I will be posting more information in coming weeks, but you can go on [www.medicare.gov](http://www.medicare.gov) to review your Part D information.

Foot Care is scheduled for Wednesday, October 13. Call Club 55 at 920-728-2176 to make an appointment.

You can find the monthly calendar of events at Club 55 by going to <https://www.lakemills.k12.wi.us/recreation/calendar-of-events-club55.cfm>

Dave Winters has offered free guitar lessons for older adults who want to learn. He can be reached at 920-648-2670. He is looking for an appropriate book for start-up and will be reaching out soon.

The Bia meal for Wednesday, October 6, is Chicken/Broccoli/Almond/Rice Casserole, salad and dessert. Your order must be received by Friday, October 1. Meals are \$10.55 which include tax and are picked up at RLAC on Wednesday at 2:30.

There is also bingo in the gym at RLAC next Wednesday, October 6, from 1-2:30. This is a free afternoon game with lots of fun prizes and socialization. Mark your calendars for this month's bingos...October 6<sup>th</sup> and 20<sup>th</sup>. You don't want to miss them!

You are welcome to join the free exercise with Diane on Tuesdays and Thursdays at 10am in the gym. As we age, we need to pay attention to our core strength and especially our balance. Diane provides movement for strength and balance and explains muscles used as we do certain moves. She also reminds us to NOT do things that are not good for our body if they hurt. She reminds us that we are all different and are the only ones that know what our body can do. How did we ever get so lucky to have her volunteer?

Kayaking continues on Fridays at 9am on Rock Lake. Join Jane and the folks that show up for a nice paddle. If you need to borrow a kayak call Club 55 at 920-728-2176 to reserve one. Check the October calendar for where to dock that Friday.