

# **Lake Mills Senior Center - Club 55**

*WISCONSIN ACCREDITED  
SENIOR CENTER (WASC)*

**229 Fremont Street  
Lake Mills, WI 53551  
Club 55 # 920-728-2176  
Rec Dept Office # 920-648-8035**

## **FEBRUARY 2024**



**Welcome to Lake Mills Senior Center - Club 55  
(Run by the Lake Mills Recreation Department,  
housed in the Rock Lake Activity Center)**

**229 Fremont Street  
Lake Mills, WI 53551  
920-728-2176**

**Club 55 hours:**

**Monday – Thursday from 10:00 am to 3:00 pm.**

**See you soon!**

**Please check the activity schedule for activities offered at this time. Everyone must sign in and out on the rolling cart when in attendance.**

### **CLUB 55 MISSION STATEMENT**

**Club 55 serves the community as a gathering place for adults to provide engaging activities and programs that support healthy living and independence.**

**Club 55 Senior Advisory Board:**

***Rich Fronek – Board President***

***Jan Gregg – Board Vice President***

***Raina Severson - Secretary***

***Mary Ann Zwaska - Board Member at large***

***Lester Smith - Board Member at large***

***Marie Hoffman - Board Member at large***

***Renee Staab - Board Member at large***

***Rick Santovec - Board Member at large***



**Staff:**

***Jane Riedl – Senior Center/Recreation Supervisor***

***Ben Dayton - Director of Recreation***

## **Foot Care is Essential!**

A bit of good news is that we have Foot Care scheduled at Club 55. Foot Care is considered an essential service offered to you. You **MUST** call for an appointment with Toenail Trimmers LLC, each session is 30-minutes long.

TOENAIL TRIMMER LLC have been in the business since 2006. They will provide a registered nurse. They will continue footcare on Wednesdays for 30 minute appointments and the cost is \$35.00. Soaking of the feet will not be done but dremeling will be added if needed. You can get your fingernails cut for an additional fee of \$15.00 at the same appointment or you can make an appointment for fingernail trimming only. Payment will be by cash or check only to the RN. You will set up appointments with toenail trimmers directly. No insurance is taken.

**Future Dates with Toenail Trimmers LLC:**

**Tuesday - February 13,**

**Wednesday March 13,**

**April 10, May 8**

**bring \$35, cash or check.**

**For appointments call (262) 719-0336**

**Or go to the website:**

**<http://www.toenailtrimmersrn.com/>**

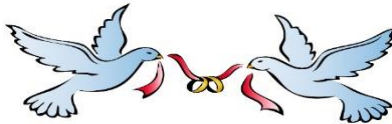
**If you are writing out a check to Club 55 please make the check out to the Lake Mills Area School District or LMASD, and put Club 55 in the memo line. Thank You!**

**Birthday/Anniversary Club**  
*Let's reach out and say Happy Birthday  
& Happy Anniversary to:*



**February Birthdays**

**Richard Baie, Wendy Berns, Ellen Braatz, Karen Brunk,  
Dorothy Christianson, Sue Dahle, Marilyn DeBoom,  
Dawn Delaney, Irvin Dennis, David Foster,  
Jacque Gernetzke, Dan Goldstein, Orla Guzlecki,  
Erna Kiessling, Pamela Murack, Barb Pickard,  
Melissa Polzin, Pam Reich, Sue Reiersen, Barb Smith,  
David Waldmann, Cynthia Weibel, Mary Werner,  
Tonie Olson**



**February Anniversaries**

**Jennifer & Jim Colegrove, Debbie & Fred Hosey,  
Edith & Jim Legge, Mary Ann & Nick Zwaska**

**Please let us know if we missed your special day so  
we can add your name to our list!**

## Calendar - February 2024

Monday	Tuesday	Wednesday	Thursday	Fri/Sat
			1 (Open 10-3) 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	2
5 (Open 10-3) 10:00 Pickleball 11:00 Card Making w/Pat	6 (Open 10-3) 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta	7 (Open 10-3) 10:00 Cardio Drumming 11:30 Deb Arneson/Leaky Gut 1:00 Bingo at Club 55 sponsored by Eggert Law LLP	8 (Open 10-3) 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	9
12 (Open 10-3) 10:00 Pickleball 11:00 Card Making w/Pat 1:00 Valentine's Party, Ice Cream Social	13 (Open 10-3) 9:00-3:00 Foot Care 10:00 Exercise Class 11:00 Learn how to use RLAC exercise equipment 12:30 Canasta	14 (Open 10-3) 9:00-11:00 Blood Pressure Screening 10:00 Cardio Drumming 11:30 Deb Arneson/Leaky Gut 1:00 Pickleball	15 (Open 10-3) 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	16
19 (Open 10-3) 10:00 Pickleball 11:00 Card Making w/Pat 1:00 Movie – (Free Popcorn)	20 (Open 10-3) 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta 4:00-7:00 Culvers Night Fundraiser for Club 55	21 (Open 10-3) 10:00 Cardio Drumming 1:00 Bingo at Club 55 sponsored by Drehm Insurance Agency LLC	22 (Open 10-3) 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	23
26 (Open 10-3) 10:00 Pickleball 11:00 Card Making w/Pat	27 (Open 10-3) 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta	28 (Open 10-3) 10:00 Cardio Drumming 1:00 Pickleball	29 (Open 10-3) 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 11:00 Book Club "Brewtown Tails" by John Gurda 12:30 Euchre 1:00 Corn Hole	

**Wish List:** If you have these items and you no longer need or want them you can donate them to us at Club 55:

- Cricut Cutting Machine
- Bottled Water, Coffee, K cups
- Small or Large Nesco
- Paper Plates/Napkins/Coffee Cups
- Bingo Prizes – Gift Cards
- Puzzles (300 piece)
- Kleenex
- Holiday decorations/Winter/ Holiday
- Card Stock/Stickers/stamps, embossing stamps
- Postage Stamps

**Pickleball:** Pickleball is now offered on Mondays at 10:00 am and every other Wednesday afternoon at 1:00 pm.

We have extra paddles if you are a first-time player and want to try it out. Check the online calendar for up to date activities!

Extra dates: At the Middle School on Wednesday Evenings from 6:00-7:30 pm (cost \$30 from Oct. – March). Saturday Mornings Open gym from 7:00-11:00 am. (Free)



## **Card Making with Pat:**

Come and join Pat Forest and others each Monday at 11:00 am to make some great greeting cards. Pat brings many ideas and samples for everyone to use. We have many supplies that were donated to our Senior Center by Seniors. Why buy cards from the store when you can make your very own and personalize them?



**Thanks Pat for your time and ideas!**

## **Corn Hole:**

Join in on the fun! If you are single or have a partner you can join in. Bags will fly on Thursdays at 1:00 pm in the RLAC gym.



## **Exercise with Diane:**

Come and exercise with Diane in the gym at 10:00 am on Tuesdays and Thursdays. Build your core strength and improve your balance with this free half hour class.





**Deborah Arneson:** Will present on Leaky Gut - Feb. 7 & 14 from 11:30-12:30 & Happy Hormones – March 6 & 13. Stop in to sign up & pick up more information in advance at Club 55.

**Bingo:** Join us for an afternoon of Bingo, Fun & Prizes! Held every other Wednesday!



## BINGO Club 55 Lake Mills Senior Center



Join us for an afternoon  
of Bingo, Fun & Prizes!



### Wednesdays: 1:00 - 2:30 pm

- December 13 - At RLAC Gym - sponsored by Neuberger, Griggs, Sweet & Froehl LLP
- December 27 - At RLAC Gym - sponsored by Farmers & Merchants State Bank
- January 10 - At RLAC Gym - sponsored by Farmers & Merchants State Bank
- January 24 - At RLAC Gym - sponsored by Eggert Law LLP
- February 7 - At RLAC Gym - sponsored by Eggert Law LLP
- February 21 - At RLAC Gym - sponsored by Drehm Insurance Agency LLC
- March 6 - At RLAC Gym - sponsored by Drehm Insurance Agency LLC

We will supply bingo cards and prizes!





**Book Club:** The book to read is: Brewtown Tales: More Stories from Milwaukee and Beyond by John Gurda. We will meet on 2/29 at 11:00 am, join us!

**Board & Card Games:** Come and play Bunco, Dominos or 5 crowns. We have the cards and games. Play every Tuesday and Thursday at 11:00 am after exercise.

**Canasta:** A fun game that some of you learned from your grandparents. We welcome new players and those of you who are already seasoned players. Come on in on Tuesdays at 12:30 pm and join us!

**Cardio Drumming:** Join us Wednesdays at 10:00 am. Research shows that drumming is a good cardio vascular exercise, it's never too late to learn to drum.

**Euchre:** No matter what, if you know how to play, are a little rusty or want to learn, we are here to help you. Come on in and play, socialize and enjoy some snacks. Thursdays at 12:30 pm



## Sudoku For You! 1555

	9			1				6
		1		3	7			4
		7	8					
	1	8	9		4		6	3
	6	3					7	
4					3	2	1	
			4	9	6			
		6		2	8			

### Membership form/weekly email

To receive our weekly email and membership for Club 55 please follow the link to fill out your information.

<https://www.lakemills.k12.wi.us/recreation/club55seniorcenter.cfm>

There is no cost to be a member of Club 55. By filling out the form you will get updates on daily happenings! Your donations are welcome and appreciated at any time!

## **French Toast Bake**

- 1 loaf french bread
  - 8 eggs
  - 2 cups half & half
  - 1 cup milk
  - 2 tbsp sugar
  - 1 tsp vanilla
  - ¼ tsp cinnamon
  - ¼ tsp nutmeg
  - Dash of salt
- ✓ Slice bread 1 inch thick and layer in buttered 9x13 pan, 2 rows, overlapping
  - ✓ Mix all ingredients above until blended
  - ✓ Pour mixture evenly over bread
  - ✓ Spoon mixture between slices
  - ✓ Cover with foil and refrigerate over night

**The next day preheat oven to 350\***

### **Praline Topping: Mix**

- ✓ ½ pound butter (2 sticks)
- ✓ 1 cup brown sugar
- ✓ 1 cup chopped pecans
- ✓ 2 tbsp light corn syrup
- ✓ ½ tsp cinnamon
- ✓ ½ tsp nutmeg

**Spread praline topping evenly over bread and bake for 40 min.**

**Serve with maple syrup**

*If you have a favorite recipe that you would like to share with us please submit it to the Lake Mills Senior Center – Club 55. We would love to publish it in this brochure!*

# Laughing can make you live longer.

## Jokes for the Day:

Ole and Lars go ice fishin. Ole pulls out his new thermos and Lars says to him, "Ole, whatcha got der?".

Ole says, "Well Lars, dis here's a thermos. It keeps hot tings hot, and it keeps cold tings cold."

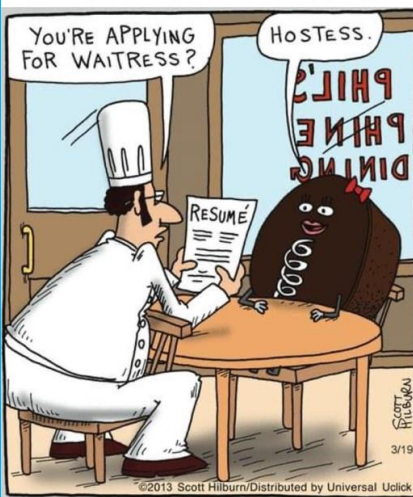
After awhile, Lars gets curious and says, "Vell Ole, whatcha got in dat der thermos?"

Ole says, "Vell Lars, I got a popsicle, and two cups a coffee."

**What do horses say when they fall?**

Help, I've fallen and I can't giddy up.

**If a parsley farmer gets sued, can they garnish his wages**



I'm so old, I remember when our Roller Skates looked like this



**Annual Rummage Sale:** If you are cleaning out closets or purging, save your unwanted items and donate them to Club 55. We will join the City Wide sale on May 3<sup>rd</sup> & 4<sup>th</sup>. We will start taking item in April. If you can hold onto them until then we appreciate it.

**Need to keep busy?**

**Visit these free websites... for some fun at home!**

**Jigsaw Puzzles Online**

<https://www.jigsawplanet.com>

**Puzzles for you to enjoy!**

**Online Games through AARP**

<https://games.aarp.org>

**Mahjongg, Sudoku, Crossword and more...**

**Virtual Tours & Other Fun Stuff**

<https://www.travelandleisure.com/travel-tips/fun-things-to-do-at-home-during-coronavirus-quarantine>

## **Fitness Room Available**

The fitness room at RLAC is open to Club 55 members. If you are interested in working out you may do so during our hours on Monday, Tuesday, Wednesday & Thursdays, 10:00 am – 3:00 pm. Members must follow all RLAC and LMRD guidelines and wipe down all equipment afterwards. You must also sign in the Club 55 book each day and have a waiver on file.

## Club 55 Extended Trips:

Join us for a TRAVEL SHOW! We've partnered with Collette to bring you exciting travel opportunities. Join us for this informational session to learn more. Open the links below to find out more about each trip or stop by the center to grab a trip flyer. Invite a friend!

Alaska Discovery: August 7<sup>th</sup> – 18<sup>th</sup>, 2024

<https://gateway.gocollette.com/link/1196745>

America's Music Cities: October 27<sup>th</sup> – November 3<sup>rd</sup>, 2024

<https://gateway.gocollette.com/link/1196103>

All tours include round-trip airfare from Milwaukee Airport. Transportation to/from airport will be provided from Club 55, courtesy of Collette. Collette Travel Protection Insurance can be purchased on each tour, allowing you the flexibility to cancel for ANY REASON up until the day prior to departure, receiving a full refund less the cost of the insurance.

Club 55 - LM Senior Center

### Alaska Discovery Land & Cruise

*featuring a 7-night Holland America Cruise*

August 07 — August 18, 2024 • 12 Days • 26 Meals



Club 55 - LM Senior Center

### America's Music Cities

*featuring New Orleans, Memphis & Nashville*

October 27 — November 03, 2024 • 8 Days • 11 Meals





**Valentine Party:** Join us on Feb. 12 for an Ice Cream Brownie Sundae Social! We will also have entertainment by Eli & Missy! RSVP by email or call Club 55 at 920-728-2176.



## Happy Valentines Day!

Join us for an Ice Cream Social and  
Entertainment by Eli & Missy!

Menu: We will have a sundae bar with brownies,  
hot fudge, caramel and strawberry toppings &  
Water! Ice Cream donated by Timber Creek!

When: Monday, February 12th

Time: 1:00-2:30 pm

Where: Club 55 (229 Fremont St.)

YOU CAN BUY  
RAFFLE TICKETS  
FOR A LARGE GIFT  
BASKET!  
CHECK OUT THE  
BASKET AT CLUB  
55!  
\$1 A TICKETS OR 6  
FOR \$5

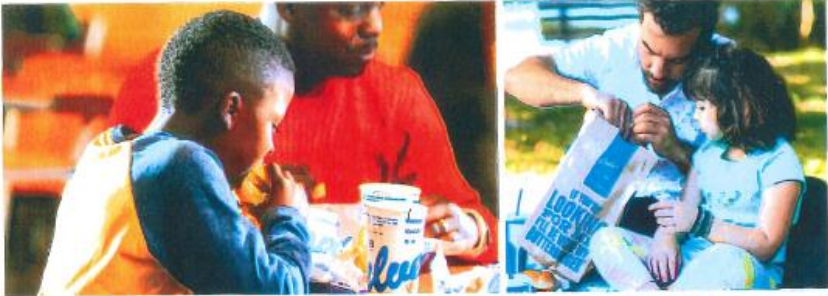
Please RSVP by Feb. 7th with a  
reply to this email and include  
name of attendee!  
or call 920-728-2176



**Culver's Night to support Club 55:** Invite your Friends, Family and Neighbors to eat at Culvers on Feb 20. Eat at Culver and Club 55 Volunteers will deliver your order to your table. Drive through and we will deliver your order to your car.

# NEIGHBORS

*Supporting Neighbors*



**TUESDAY • FEBRUARY 20 • 4-7PM**

Join us in supporting  
**Club 55 Senior Center,**  
as 10% of all sales will be donated to  
them.



There's no limit to how much heart you can put into the community, and we're always looking for opportunities for neighbors to help neighbors. Join us and consider giving what you can to our local cause today.

Thank you for your support!

Valid only at Culver's of Lake Mills

190 Tyrannena Park Rd  
Lake Mills, WI 53551  
(920) 845-0022



[culvers.com](http://culvers.com)

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