

# 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

March  
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 Fronck – 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:  
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!**

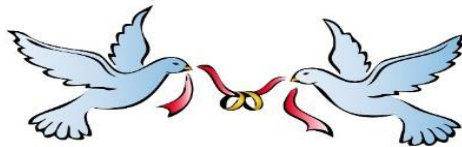
## **Birthday/Anniversary Club**

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



### **March Birthdays**

**David Anderson, Amy Arntson, Norma Baitman,  
Betsy Spore, Nancy Braasch, Chris Burghaus,  
Bruce Burgum, Jim Colegrove, Bob Delaney,  
Mary Dennis, Holly Fortier, Carol Foster,  
Ann Garthwait, Jim Heinz, Dennis Horrigan,  
Elizabeth Kriege, Debb Lins, Diane McFarlane,  
Tom Murphy, Tammy Nahmens, Cory Nelson,  
Hope Ostdick, Victoria Petersen, James Rath,  
Christine Reding, Larry Sauer, Terence Trevarthen,  
Gwen Swinson, Tom Vinz, Patsy Wager,  
Betty Waldmann, Jane Weber, Steve Wilke,  
Ken Wiskus, Kathy Wollin, Nick Zwaska,  
Linda Zwicker,**



### **March Anniversaries**

**Betsy & Scott Spore, Kathy & Terry Breitzmann,  
Carol & Mike Foster, Janice & Jim Heinz,  
Aleta & Scott Luebke, Mary & Jerry Schultz,  
Kathy & John Stuntebeck**

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

## Calendar - March 2024

Monday	Tuesday	Wednesday	Thursday	Fri/Sat
<b>4 (Open 10-3)</b> 10:00 Pickleball 11:00 Card Making w/Pat	<b>5 (Open 10-3)</b> 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta	<b>6 (Open 10-3)</b> 10:00 Cardio Drumming <b>11:30 Deb Arneson/Happy Hormones</b> 1:00 Bingo at Club 55 sponsored by Drehm Insurance Agency LLC	<b>7 (Open 10-3)</b> 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	<b>8</b>
<b>11 (Open 10-3)</b> 10:00 Pickleball 11:00 Card Making w/Pat	<b>12 (Open 10-3)</b> 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta	<b>13 (Open 10-3)</b> <b>9:00-1:00 Foot Care</b> <b>9:00-11:00 Blood Pressure Screening</b> 10:00 Cardio Drumming <b>11:30 Deb Arneson/Happy Hormones</b> 1:00 Pickleball	<b>14 (Open 10-3)</b> 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	<b>15</b>
<b>18 (Open 10-3)</b> 10:00 Pickleball 11:00 Card Making w/Pat <b>12:00 St. Patrick's Day, Lunch &amp; 1:00 John Duggleby</b>	<b>19 (Open 10-3)</b> 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta	<b>20 (Open 10-3)</b> 10:00 Cardio Drumming 1:00 Bingo at Club 55 sponsored by RLAC	<b>21 (Open 10-3)</b> 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns 12:30 Euchre 1:00 Corn Hole	<b>22</b> <b>11:00 Tour Farmers &amp; Merchants Bank &amp; 12:00 Lunch at Timber Creek</b>
<b>25 (Open 10-3)</b> 10:00 Pickleball 11:00 Card Making w/Pat	<b>26 (Open 10-3)</b> 10:00 Exercise Class 11:00 Dominoes, Board games, puzzles 12:30 Canasta	<b>27 (Open 10-3)</b> 10:00 Cardio Drumming 1:00 Pickleball	<b>28 (Open 10-3)</b> 10:00 Exercise w/Diane 11:00 Bunco, 5 Crowns <b>10:45 Book Club, The Beekeeper of Aleppo</b> 12:30 Euchre 1:00 Corn Hole	<b>29</b>



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

- Card Stock – Black, Brown, Tan
- Glue Sticks or Double Sided Tape
- Black Wide Markers
- Canasta Shufflers/6 Deck Size
- Canasta Card Holders
- Stickers/Stamps, Embossing Stamps
- 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
- 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. (Fre



## 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.





# 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 & Froehle 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!



## BINGO Club 55 Lake Mills Senior Center



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



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

- March 20 - At RLAC Gym - sponsored by RLAC
  - April 3 - At RLAC Gym - sponsored by RLAC
  - April 17 - At RLAC Gym - sponsored by Neuberger, Griggs, Sweet & Froehle LLP
  - May 1 - At RLAC Gym - sponsored by Neuberger, Griggs, Sweet & Froehle LLP
  - May 15 - IN COMMONS PARK - sponsored by Farmers & Merchants State Bank
  - May 29 - At RLAC Gym - sponsored by Farmers & Merchants State Bank
  - June 12 - IN COMMONS PARK - sponsored by Eggert Law LLP
  - June 26 - At RLAC Gym - sponsored by Eggert Law LLP
- We will supply bingo cards and prizes!



**Book Club:** The book to read is: The Beekeeper of Aleppo by Christy Lefteri. We will meet on 3/28 at 11:45 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.

We had a little visitor, now that's multigenerational!



**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

# Laughing can make you live longer.

## Jokes for the Day:

If you had to choose between being skinny or drinking wine?

Would you choose red or white?

Honestly?  
I'm speeding so  
that I can get  
there before I

**forget**

where  
I am  
going.



*Aging Gracefully*

It's funny how 8 glasses of water a  
day seems impossible, but 8 glasses  
of wine can be done  
with one meal.



Facebook Ups, Downs & Roundabouts

My ducks are  
absolutely not in  
a row. I don't  
even know where  
Some of them are...  
And I'm pretty  
Sure one of them  
is a pigeon.

## Sudoku For You! 1573

	3							
	6	1			2			
			9	3			5	
	1	3						
			7	9				
		8	4				2	7
			2			4	8	
	9	4	3	1	8	5		
						1		

### 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!

## **LMHS Peanut Butter Bars**

### **Ingredients:**

- 4 cups flour
- 1 tsp salt
- 1 ½ tsp baking soda
- 2 cups quick cooking oats
- ¾ cup creamy peanut butter
- 2 cups shortening
- 3 eggs
- 1 tsp vanilla

### **Directions:**

- ✓ Preheat oven to 350\*
- ✓ Combine dry ingredients in a small bowl.
- ✓ Using a mixer, cream together shortening & peanut butter.
- ✓ Add vanilla.
- ✓ Gradually mix in dry ingredients.
- ✓ Spread in a large jelly roll pan to make thin bars. Bake at 350\* until lightly browned; about 25 minutes. Cool completely before icing.

### **Chocolate Icing:**

- ✓ 2 cups confectioners' sugar
- ✓ 2 Tbsp unsweetened cocoa powder
- ✓ 1 Tbsp softened butter
- ✓ ½ tsp vanilla
- ✓ 4 Tbsp milk

**In a small bowl, combine butter with sugar and cocoa. Add vanilla. Add milk gradually until smooth. Drizzle over bars**

*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!*



**Leaky Gut and Happy Hormones by Deb Arneson. Thanks for sharing such great information to us at Club 55!**

**And the winner of the raffle basket is:  
Pat Forest!  
We raised \$160.**







**Congratulations on your  
Bingo Wins!**



**Thank you for  
sponsoring  
Club 55 Bingo!**

**Egert Law LLP, RLAC  
Neuberger, Griggs, Sweet & Froehl LLP,  
Farmers & Merchants State Bank,  
Drehm Insurance Agency LLC,  
Rainbow Hospice Care**

**St. Patrick's Day Party:** Sign up if you can join in on the fun at Club 55! Sign up by an email response to the newsblast or call Club 55 phone 920-728-2176.



# Happy St. Patrick's Day

**"Smilin' St. Paddy's Party"**



**Menu:** We will be serving Corned Beef, Baked Potato Bar with toppings, Coffee, Water, and Cake!

**When:** Monday, March 18 th

**Time:** Doors open at 12:00, Lunch 12:15-1:00 pm

**Entertainment:** 1:00 to 2:00 - music by John Duggleby

**Where:** Club 55 (229 Fremont St.)

**Cost:** \$7.00 for Lunch & Entertainment  
(reservation required)

**Reservations online or stop  
at Club 55 (920-728-2176)**





**Valentine Party 2024:** Another one in the books and what a great turn out! The Ice Cream donated by Timber Creek was delicious. Missy & Eli (Two for the Show) you nailed it! We appreciate you performing for us at Club 55.



**Culvers Night to support Club 55 – Lake Mills Senior Center:** Thanks to all our wonderful Club 55 Volunteers that made this all possible! Culver's makes this such a great and joyful experience for many organizations to raise funds. Thanks for giving to our community!



# HAPPY ST. PATRICK'S DAY!

**Getting fit at Club 55!**  
Check out the weight & cardio rooms.





## 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



**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>  
Mahjonn, 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.