

# CLUB 55 NEWS

## Senior Center Restructure

### Activities

As the weather warms, many of our indoor activities will slow down. However, our hours remain Monday - Thursday 10:00 am - 3:00 pm

Feel free to stop in during those times to use the gym or fitness rooms or just to chat!

### High Tea @ RLAC

Join us on Tuesday, May 14th for a special day to celebrate the women of our community.

Registration is open to all - women, men, kids! Food and entertainment provided.

Doors open at 11:30 am \$3 registration fee.

*Watch for more details!*

### Garden Plots

The Advisory Board and volunteer Seniors have been working hard preparing the grounds for gardening. If you're interested in a plot, please see Rene Wedel in the front office. Plots are \$35 for the season. They will be rented by first-come, first-served.



## Club 55 Continues!

### LMASD/Club 55 Agreement with RLAC

As you may know, RLAC has rented space to Club 55 (the Senior Center) since 2019. Club 55 is a program run through the Lake Mills Rec Department under the Fund 80 umbrella. Recently, the LMASD Board and the RLAC Board each approved an agreement that allows for the growth of Club 55. Per this agreement, Club 55 organization and programming will be run through RLAC while the school district will continue to fund Club 55 through Fund 80. Rene Wedel, Director of the RLAC, will take on the responsibility of running and managing Club 55. The district will have an ex-officio seat on the RLAC Board. The Club 55 Advisory Board will continue to participate in all major decisions that affect the senior center. Be patient with its as we work through some of the kinks but know that we are excited for this opportunity!

**Club 55 Contact Information:**  
 Rene Wedel at 920-945-0156 or email @  
[rene@rocklakeac.org](mailto:rene@rocklakeac.org)

## Book Club

Want to join in the discussion?  
Have a book you'd like to share?

Book Club will meet once a month and share in a discussion of the book just completed.

First meeting is April 25 at 10:45am to discuss "The Shipping News"

Next is May 23 at 10:45 am Book TBD

Share your ideas for the types of books you'd like to read and discuss.

## Foot Care

May 8th is nail care day.

Footcare is performed by a registered nurse. The cost is \$35 and you must register your attendance. Fingernails can also be scheduled for an additional \$15.

For appointments call  
262-719-0336

Or go to the website at:  
[www.toenailtrimmersrn.com/](http://www.toenailtrimmersrn.com/)

## Calendar of Events:

- Monday:** 10am Pickleball  
11am Cardmaking
- Tuesday:** 10am Group Exercise  
12:30 Canasta
- Wednesday:** 10am Cardio drumming
- Thursday:** 10am Group Exercise  
12:30 Euchre  
1:00 Cornhole

May 1, 2024

Free Special Workshop for RLAC 55 Club! Presentation will be by Personal Trainer, Massage Therapist, and Essential Oil Specialist, Tatiana Drevlow.

JOIN US TO LEARN WHAT ESSENTIAL OILS ARE AND HOW THEY CAN BE USED TO:

- Support Blood Sugar Levels
- Fight Body Aches and Pains
- Ease Digestive Issues
- And More!

MAY 1ST  
11:30AM

RLAC  
229 Fremont St.  
Lake Mills, WI



## Bingo Dates

Bingo will remain every other Wednesday in May. Weather permitting, we may go outdoors, otherwise meet us in the RLAC gym.

May dates for Bingo are the 1st, 15th and 29th.

This month's Bingo is sponsored by:

*Neuberger, Griggs, Sweet & Froehl, LLP*

*Farmers & Merchants State Bank*

*Eggert Law LLP*

We supply the Bingo cards and the prizes! You bring the snacks!

Contact us at 920-945-0156  
Or email to [rene@rocklakeac.org](mailto:rene@rocklakeac.org)  
should you have questions or suggestions.