



OCTOBER



MONTHLY EVENTS:

Volume 3, Number 10

VH=Village Hall; P=Kohler Pool
MWPY=Midwest Power Yoga

Mondays:

Water in Motion/Lap Swim/Deep
Water Aerobics-P
Fitness with Maggie-MWPY

Tuesdays:

Hiking 9am-location announced
Fitness with Maggie-MWPY

Wednesdays:

Water in Motion/Lap Swim-P
Pickle Ball 6:30pm
Fitness with Maggie-MWPY

Thursdays:

Bicycle/Walk 9am-location
announced
Deep Water Aerobics-P
Fitness with Maggie-MWPY
2nd Thursday 1pm Book Club-Library
3rd Thursday LAFF 6pm-VH

Fridays:

Water in Motion/Lap Swim-P
Fitness with Maggie-MWPY

Saturdays:

Fitness with Maggie-MWPY

MISSION

Klub 55 serves as a focal point for those aged 55 and over in the extended Kohler community, providing opportunities for fun, recreation, learning, and socialization in order to encourage physical, mental, spiritual, and social well-being.

What is the extended Kohler community? In short, it is Kohler and the surrounding areas! Anyone who can make it to Kohler, where most activities take place, is welcome! At this time we do not provide transportation.



Follow Kohler Klub 55 on Facebook

Have you renewed your membership for 2020-2021???

Klub 55 yearly membership is \$25. This membership entitles you to Discounts on trips, classes, activities and special events. Friday Lunch programs are not included in discounts for members. All members who sign up for events are taken before non-members who will then be called on a first come first serve basis. Annual membership renewal dates have changed. Annual membership is from 1/1/2020-12/31/2020.

www.kohlervillage.org/klub-55/

Click onto Facebook to view our page

To sign up for lunch, classes or events: stop at Village Hall; call 459-3873; email cgamb@kohlervillage.org.

If there are any classes or workshops you are interested in please contact Jeanine Mullen 920-458-0313.

A reminder to everyone: it is important to register in advance for all classes, events or trips. Nothing cancels a good class, event or trip quicker than everyone waiting until the last minute to register. If there are not enough registrants by a certain date, the class/event/trip may be cancelled.

These dates are only tentative. We will let you know when we are able to open again. Check out the Klub 55 Facebook Page for updates. Please follow distance rules and stay safe. Miss you all!



Halloween Movie Night October 30th

Come Dressed to Impress

*Kohler Village Hall
319 Highland Dr. Kohler
4 p.m.*

*Dinner, fun, prizes and movie
Best costume & best decorated mask*

*Menu
Sub Sandwiches, Potato Salad, Chili or
Chicken Dumpling Soup, Pumpkin Bars
& don't forget the popcorn*



Klub 55
**FRIDAY
LUNCH
MENU**

11:30 a.m. at Village Hall, \$5 per person

Because of COVID-19 we will not be serving lunch until further notice. We will try to have one outdoor event every month as long as weather cooperates.

CLASSES/WORKSHOPS

To register for classes/workshops/activities (unless otherwise noted) – call 920-459-3873 or email cgamb@kohlervillage.org. If you are planning on signing up for an event, it is a requirement that you must pay the day you sign your name on the list.



Adult Aquatic Exercise Classes • Kohler Pool

The Kohler Pool is located at 230 School Street (enter at door 19). Residents \$2/Non-residents \$4 per class. **Pre-register on Sign-up Genius. There is a limit of 12 per class.**

Water in Motion

October will see some adjustments to our schedule. The school physical education teachers will be getting their classes in the pool during this month. The goal is to get everyone a time in the pool and no overlap of groups in that space. So, this is what October will look like:

For this week and next week: **Friday Only**, 10/2 and 10/9, we **move to 7-8AM**.

The week of 10/12: all classes are at normal time: 8-9 AM

The weeks of 10/19 & 10/26: all classes will be a 7-8 AM

November we are back to normal at 8-9AM

These changes will be noted on our Facebook Page and on the website. The changes will also be made on Sign-Up Genius. We appreciate your cooperation during this time. Thank you for sharing the pool with these students and allowing them the opportunity to know the joys of swimming.

Thank you,

Sonja, Claire, Susie, Melissa and John

Deep Water Aerobics

Monday and Thursday 4:50-5:50 p.m.

Our instructor leads a powerful and challenging water workout using a variety of equipment.



Hiking Club • Tuesdays • 9:00 a.m.

No pre-registration required. *No cost for members, \$1.00 for non-members.*

10/6 Evergreen Park

10/13 Black River Loop Trail

10/20 Interurban Trail

10/27 Manitowoc Silver Creek Park



Card Making Workshop – no class until further notice.

Bowling at Odyssey Lanes – to be announced.



Pickle Ball • 6:30 p.m. Wednesdays • Kohler Tennis Courts

Join us at the Kohler Tennis Courts for Pickle Ball on Wednesdays at 6:30 p.m. All equipment is provided, but you are welcome to bring your own racquet. Cost: Free for members or \$10 for 10-weeks for non-members.

Bicycling or Walking • Thursdays • 9:00 a.m.

No pre-registration required. *No cost for members, \$1.00 for non-members.*

10/1 Lake to Lake Trail

10/8 Eslinger Park Trail (starting from Kohler Roundabout)

10/15 Ice Age Trail

10/22 Old Plank Road (starting from Meadow Lark Road, Plymouth)



Book Club • 2nd Thursday of the month 1:00 p.m. • Kohler Public Library

Led by Erin Coppersmith, Village Librarian. Please contact the library with questions. The Kohler Public Library is located in the school. You must enter through the School Office entrance at 333 Upper Road. There are some library and visitor parking spots near the building. *To register, stop in the Kohler Public Library or call 920-459-2923.*



Painting Club • To be announced



LAFF (Spinners Group) • October 15, 6:30 p.m. • Village Hall

If interested in becoming a member, please contact Jeanine Mullen, 920-458-0313.

Aquatic Exercise for People with MS at Sports Core

October 17 - December 5, Saturdays, 10-11 a.m.

This program is designed to offer people with MS with varying levels of disability or activity limitations an opportunity to participate. Sports Core members \$40, Sports Core non-members \$100. Register by calling 920-457-4444, sc.clubautomation.com or the Member App. Questions? Email

Fredrick.Brown@kohler.com.

Midwest Power Yoga

Maggie Olson is offering Klub 55 members a discount. Klub 55 members pay \$30 for a 5-class pass (\$6 classes), a savings of \$10 for 5-class pass. This is only offered to Klub 55 members. Check Maggie's Web site for all classes offered. Phone: 920-550-1182 - text us!

Web: www.midwestpoweryoga.com.

UP COMING EVENTS

December 3 Christmas Party – details coming

Day trips – to be announced in the future



Meditation, Talk, Stretch

Meditation is very accessible (anyone can learn it) and very simple (but not easy). It doesn't hurt to try a guided meditation session and see if it's a good fit for you. This low impact may have benefits to your well-being.

To learn to meditate, you just need your mind. However, there's a caveat. If you're going to learn to meditate, give yourself a break and be patient. At the same time, don't try to convince yourself it's doing anything if it's not, especially only after one session. When we meditate, we're not trying to make anything happen. It's non-judgmental awareness of the present moment.

Class will be on Wednesdays – more information coming. Cost \$5 per month for members and \$10 per month for non-members.



Kentucky Derby Party



Solu Winery