



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  
Fitness with Maggie-MWPY

**Thursdays:**

Bicycle/Walk 9am-location  
announced  
Deep Water Aerobics-P  
Fitness with Maggie-MWPY  
2<sup>nd</sup> Thursday 1pm Book Club-  
Library  
3<sup>rd</sup> 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 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 1/1/2021-12/31/2021.

[www.kohlervillage.org/klub-55/](http://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; or email [cgamb@kohlervillage.org](mailto: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!

Hello everyone! I have been looking at our calendar and upcoming events. Planning is getting harder these days. I spoke with Breaking Bread at great length regarding our Christmas Party. We are going to move the party from December 3 to February 11 and changing it to a Valentine's Party. The reasoning, we are both afraid restaurants may only be able to do take out only and Breaking Bread would have to close their doors and cancel rentals at the last minute. We will keep the same menu, which is a sit-down dinner.



MENU:

Appetizer plate for each table

Salad

1/2 rack of ribs and chicken breast

garlic mashed potatoes with gravy

steamed vegetables

rolls

variety of cheesecakes for dessert

including favors etc.

Cash bar

Cost per person. \$25



Now for Christmas, I was thinking of doing Christmas boxes of candy and treats for Klub 55 members. A lot of people are alone and a little gift would be nice. I sold a few paintings and am willing to donate that money for this project. I could make pasta, donate sauce, breads, jams, and anyone who would be willing to help would be great. I have been making 2020 COVID ornaments I could donate. It is going to be a hard Holiday season for all of us.

I painted a picture of the hiker's weekend at Camp Anokijig. We had a wonderful time and will do it again. I donated the painting below in the name of Klub 55 to their fundraising Virtual Auction. The painting sold for almost \$200!



Since we had to cancel the Halloween Party and I had so much neat stuff and Roelle and Marilyn had worked so hard on this. Sue Kampman is dying to cast a spell. I was thinking we could do an Edgar Allen Poe Birthday Party on January 15 at Village Hall. The cost would still be \$12 and Scenic Bar would be willing to make us turkey and ham sub sandwiches, potato salad, dessert, chili or soup, and Chips.



Club 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](mailto: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 and Lap Swim

Monday, Wednesday, Friday 8-9am.

We will email time changes due to school PE classes and post them on Facebook and the Website.

#### Deep Water Aerobics

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

Access the pool through Door 20 – The small door in the back-alley



#### Hiking Club • Tuesdays • 9:00 a.m.

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

11/17 Maywood

11/24 Kohler River Wildlife



#### Card Making Workshop – no class until further notice.

Bowling at Odyssey Lanes – to be announced.



Pickle Ball • To be Announced

## **Snowshoeing or Walking • Thursdays • 9:00 a.m.**

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

11/12 Kohler Andre

11/19 Evergreen Park

11/26 HAPPY THANKSGIVING



## **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) • November 12, 6:30 p.m. • Village Hall**

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

## **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](http://www.midwestpoweryoga.com).

## **UP COMING EVENTS**

Day trips – to be announced in the future

1/15 Edgar Allen Poe Birthday Bash

2/11 Valentine Dinner



## **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.

