



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

Mondays:

Fitness with Maggie-MWPY

Tuesdays:

Hiking 9am—location announced
Fitness with Maggie-MWPY

Wednesdays:

Kayaking 10am-location announced
Fitness with Maggie-MWPY

Thursdays:

Shoeshoeing/Walk 9am-location
announced
Fitness with Maggie-MWPY
2nd Thursday 1pm Book Club-
Library
3rd Thursday LAFF 6:30pm-VH

Fridays:

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 is from 1/1/2021-12/31/2021.

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.

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!



**Valentines Party
February 11 at Breaking Bread**

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

Reservations required, email cgamb@kohlervillage.org or call 920-459-3873.



Now for Christmas, we are doing Christmas boxes of candy, treats and other items for Klub 55 members. The deadline for names to receive a gift basket is December 7. 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.

Donations for the gift baskets must be in by December 16. You can drop donations off at Kohler Village Hall. The office is closed to the public, so call 920-459-3873 to let them know you are coming. When you arrive, go to the door by the entrance to the Post Office and knock on the door.

Suggestions: Kleenex, hand sanitizer, hard peppermints or other hard candy
Lotion, Chapstick, gum, soap, washcloths
Little boxes of homemade cookies, candy, sweet breads
Non-skid socks or slippers
Jigsaw puzzles that aren't too large or word puzzle books
shampoo or body wash with body scrub
knit gloves, hats, scarves



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 will be \$12 for members, \$15 for non-members, and Scenic Bar would be willing to make us turkey and ham sub sandwiches, potato salad, dessert, chili or soup, and Chips. Reservations are required. Email cgamb@kohlervillage.org or call 920-459-3873.



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.



Hiking Club • Tuesdays • 9:00 a.m.

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

- 12/1 River Wildlife
- 12/8 Sports Core
- 12/15 Indian Mound Park
- 12/22 Woodland Cemetery, Kohler
- 1/5 Lost Woods Park, Kohler
- 1/12 River Park, Sheboygan Falls
- 1/19 Quarry View Park
- 1/26 Henry Schuette Park, Manitowoc

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

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

- 12/3 Experiential Center
- 12/10 Fischer Creek
- 12/17 Neigh-bors for Trails
- 12/24 Merry Christmas and Happy New Year
- 1/7 Willow Creek
- 1/14 Ledge View Park
- 1/21 Maywood
- 1/28 Zillmer Trail



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.*



LAFF (Spinners Group) • December 10, 6:30 p.m. • Village Hall

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

Kayaking • Wednesdays • 10:00 a.m.

Kayakers are on their own.



Adult Aquatic Exercise Classes • Kohler Pool

The Kohler Pool is closed until April. See you in Spring!

We were all hoping that the same program, as in the past, would be worked out with the Sports Core this winter. With COVID-19 still in our midst and on the rise, the Sports Core is not allowing that this year. As the winter progresses and things change that offer may change. I tried several options but they are not allowing them at this time.

The Sports Core does have two possible options for you swimmers right now.

Option 1: Join the Sports Core. The initiation fee will be reduced to \$25. Monthly fees: \$77.50 seniors over 62; \$97.25 for 61 and under. (Warning: the Water Aerobics currently offered are pre-registration and get full. They are hard to get into, even for current members.)

Option 2: Hydro Fit Class for 6 weeks, 2 classes per week. The Sports Core will offer them back-to-back and we will have the first option for sign up before they open the classes to the public.

December 7-January 13, Monday & Wednesday 8-8:45am

Cost: Sports Core members \$60, non-members \$125

Register on member App or by calling the Sports Core Reception desk 920-457-4444.

I have informed the Sports Core that this is not a great option. It is costly and does not allow for missed classes. I will be talking to the Sports Core again to continue to find alternate solutions. Stay healthy and watch your emails for options and new information throughout the winter.

Sonja

These activities are on hold right now

Bowling

Pickle

Painting

Card Making

Midwest Power Yoga

Maggie Olson is offering Klub 55 members a discount. Check Maggie's Web site for all classes offered. Phone: 920-550-1182 - text us! Web: www.midwestpoweryoga.com.

UP COMING EVENTS

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.



May the Christmas Season

bring only happiness and joy

to you and your beautiful families.

I miss you and hope to see you in 2021