MONTHLY EVENTS:

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

Mondays:
Water in Motion 8am/Deep Water Aerobics 5pm-P
Fitness with Maggie-MWYP

Tuesdays:
Hiking 9am—location announced
Fitness with Maggie-MWYP

Wednesdays:
Water in Motion 8am-P
Meditation 8:30am
Kayaking 9am-located announced
Hiking 2:30pm-location announced
Fitness with Maggie-MWYP

Thursdays:
Hiking 9am-location announced
3rd & 5th Thursday Painting 1pm-VH
Deep Water Aerobics 5pm-P
Fitness with Maggie-MWYP
3rd Thursday LAFF 6:30pm-VH

Fridays:
Water in Motion 8am-P
Cycling 9am—location announced
Fitness with Maggie-MWYP

Saturdays:
Water Aerobics 10am-P
Fitness with Maggie-MWYP

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.

Those who purchased a membership in 2020 are exempt from purchasing a 2021 membership because of COVID-19 closing.

www.kohlervillage.org/klub-55/
To sign up for lunch, classes or events: 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.
We are slowly opening for Friday lunch. Numbers are limited. Sign up as soon as possible to guarantee a seat. We follow all CDC regulations.

Lasagna Dinner, April 16, 11:30 a.m. at Village Hall. Soup, salad, Italian bread, lasagna and dessert. Call 920-459-3873 or email cgamb@kohlervillage.org for a reservation, limited seating. Cost $5.

**Klub 55 Challenge**
April 30, 3-10 p.m. at Kohler, Experiential Center
Roast Hot Dogs, Soup, Chips, S'mores
Obstacle Course, Kayaking, Lawn Games, Candlelight Walk
Prizes and fun for all.
Cost Per Person: $10 members and $15 for non-members
Call Village Hall 459-3873 or Email cgamb@kohlervillage.org for reservations
*If COVID 19 would become an issue the event would be rescheduled.*

**CLASSES/WORKSHOPS**
To register for classes/workshops/activities (unless otherwise noted) – call 920-459-3873 or email cgamb@kohlervillage.org.

**Chair Yoga** • Tuesday, April 6 at 9:00 a.m. • Kohler Village Hall
Participants will be required to purchase a 6-week card. Cost $40 members and $45 non-members. You will not be reimbursed for days missed.

**Meditation, Talk, Stretch** • Wednesdays, 8:30 a.m. • Beginning April 7
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. Cost $5 per month for members and $10 per month for non-members. Register by calling Village Hall 920-459-3873 or email cgamb@kohlervillage.org.

*Happy Easter*
Programs offered by Camp Y Koda for Klub 55 members
Cost $10 members or $15 non-members. Call 920-459-3873 or email cgamb@kohlerville.org to make a reservation.

ECO-LUTION TRAVELING ADULT NATURE GROUP WEDNESDAY, APRIL 14, 2021, 9-11am.
This 2-hour long adult nature program series will be held at the Hermitage Conservation Club, 6649 Hermitage Road, Elkhart Lake. The first topic of the series will be ephemeral wetlands. Ephemeral wetlands are areas that temporarily hold water, typically in the spring and early summer, or after heavy rains. Animals such as mammals, birds, amphibians, reptiles and insects rely on ephemeral wetlands, as well as on the surrounding upland habitat. Ephemeral wetlands are of particular importance for amphibian populations, which are in decline globally. These sensitive habitats are threatened by human disturbance. Roads and buildings create barriers and hazards to migration for wildlife. Climate change also threatens wetlands by changing precipitation patterns. Learn everything there is to know about these biodiverse wetland wonders.

ECO-LUTION TRAVELING ADULT NATURE GROUP WEDNESDAY, APRIL 28, 2021, 9-11am.
This 2-hour long adult nature program series will be held at The Christopher Farm and Gardens, W580 Garton Road, Sheboygan. The second topic of the series will be birds and bugs. Many of us work hard to eradicate our yards of those pesky bugs! But as the adage goes: Be careful what you wish for. Our planet cannot function normally without insects and other invertebrates. Insects anchor natural systems and provide invaluable natural services as pollinators, scavengers, predators, and protein packed nutritious prey that sustains our bird populations in all terrestrial ecosystems. Yet insect diversity and abundance are plummeting in many places. This program will focus on the spring bird migration and the huge role insects play in bird conservation. Bring your binoculars and bird guides for this one.

Painting Club • Thursday, April 15 and 29 at 1:00 p.m. • Village Hall
No cost for members, $3 for non-members, does not include materials.

Spinners Group Meeting • April 15, 6:30–8:30 p.m.
If interested in becoming a member please call Jeanine Mullen, 920-458-0313.

Hiking Club • Tuesdays/Thursdays 9:00 a.m. and Wednesdays 2:30 p.m.
No pre-registration required. No cost for members, $1.00 for non-members. Destinations to be announced.

Kayaking • Wednesdays 9:00 a.m.
No pre-registration required. No cost for members, $1.00 for non-members. Destinations to be announced.
Cycling • Fridays 9:00 a.m.
No pre-registration required. No cost for members, $1.00 for non-members. Destinations to be announced.

ADULT AQUATIC EXERCISE CLASSES

Water in Motion
This is a lower level water aerobics class. We will use a variety of equipment to strengthen your whole body. Swimming is not necessary.
M/W/F 8-9am

Deep Water Aerobics
Our instructor leads a powerful and challenging water workout using a variety of equipment.
M/Th 5-6pm

*New* Saturday Morning Water Aerobics
A high-energy class encompassing the entire pool.
10am beginning April 3

Residents $2/Non-residents $4 per class
Punch cards available. No pre-registration required.

Midwest Power Yoga

These activities are on hold right now
Ping Pong         Pickle Ball
Card Making       Book Club
Coffee & Conversation

UPCOMING EVENTS

Gambling trip has been rescheduled for May 11 to Potawatomi Casino. We have a 16-passenger bus. Everyone will get some gambling money. Cost $40 members and $50 non-members. More details to come. Call 920-459-3873 or email cgamb@kohlervillage.org to make a reservation.

PAINTERS, KAYAKERS, HIKERS
Camp Anokijij will rent us a cabin for painters, kayakers, and hikers. May 17 and 18. Details to come.

Trip to Washington Island has been rescheduled for September 14, 15 and 16. This trip is for hikers, painters and kayakers. Details to come.
Any Holiday You Want To Celebrate Dinner March 18
Breaking Bread
<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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|        |        |         |           | 1 Hiking 9am-TBD  
Deep Water Aerobics 5pm-P |        | 2 Cycling 9am-TBD  
APRIL FOOL'S DAY  
GOOD FRIDAY | 3 Water Aerobics 10am-P |
| 4      | 5 Water in Motion 8am/Deep Water Aerobics 5pm-P | 6 Chair Yoga 9am-VH  
Hiking 9am-TBD | 7 Water in Motion 8am-P  
Meditation 8:30am  
Kayaking 9am-TBD  
Hiking 2:30pm-TBD | 8 Hiking 9am-TBD  
Deep Water Aerobics 5pm-P |        | 9 Cycling 9am-TBD  
10 Water Aerobics 10am-P |
| 11     | 12 Water in Motion 8am/Deep Water Aerobics 5pm-P | 13 Chair Yoga 9am-VH  
Hiking 9am-TBD | 14 Water in Motion 8am-P  
Meditation 8:30am  
Eco-Lution 9am-Hermitage Conservation Club  
Kayaking 9am-TBD  
Hiking 2:30pm-TBD | 15 Hiking 9am-TBD  
Painting Club 1pm  
Spinners 6:30pm-VH  
Deep Water Aerobics 5pm-P | 16 Cycling 9am-TBD  
Lasagna Dinner 11:30am-VH | 17 Water Aerobics 10am-P |
| 18     | 19 Water in Motion 8am/Deep Water Aerobics 5pm-P | 20 Chair Yoga 9am-VH  
Hiking 9am-TBD | 21 Water in Motion 8am-P  
Meditation 8:30am  
Kayaking 9am-TBD  
Hiking 2:30pm-TBD | 22 Hiking 9am-TBD  
Deep Water Aerobics 5pm-P | 23 Cycling 9am-TBD | 24 Water Aerobics 10am-P |
| 25     | 26 Water in Motion 8am/Deep Water Aerobics 5pm-P | 27 Chair Yoga 9am-VH  
Hiking 9am-TBD | 28 Water in Motion 8am-P  
Meditation 8:30am  
Eco-Lution 9am-Christopher Farm & Gardens  
Kayaking 9am-TBD  
Hiking 2:30pm-TBD | 29 Hiking 9am-TBD  
Painting Club 1pm-VH  
Deep Water Aerobics 5pm-P | 30 Cycling 9am-TBD  
Klub 55 Challenge-Experiential Center 3-10pm |