



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

Mondays:

Water in Motion 8am/Deep Water
Aerobics 5pm-P
Fitness with Maggie-MWPY

Tuesdays:

Hiking 9am-location announced
Fitness with Maggie-MWPY

Wednesdays:

Water in Motion 8am-P
Hiking 2:30pm-location announced
Fitness with Maggie-MWPY

Thursdays:

Shoeshoeing 9am-location
announced
Deep Water Aerobics 5pm-P
Fitness with Maggie-MWPY
3rd Thursday LAFF 6:30pm-VH

Fridays:

Water in Motion 8am-P
Fitness with Maggie-MWPY

Saturdays:

Water Aerobics 10am-P
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.

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.



Club 55

FRIDAY LUNCH MENU

We are slowly opening for Friday lunch. Numbers are limited. We will have two special fish lunches this month. Sign up as soon as possible to guarantee a seat. We follow all CDC regulations.

March 12 Bluegill Fish Fry 11:30am

Blue Gills, German potato salad, slaw, soup and dessert. Cost \$15 per person. Kurt from Scenic Bar will be preparing the Blue Gills. Call 920-459-3873 or email cgamb@kohlvillage.org for a reservation, limited seating.

March 26 Lobster Roll Lunch 11:30am

Lobster is flown in from Maine. Juniors East from Sheboygan Falls will be making us authentic Maine Lobster Rolls, served with soup, chips and dessert. Cost \$20. Lunch will be served at 11:30am. Call 920-459-3873 or email cgamb@kohlvillage.org for a reservation, limited seating.

ANY HOLIDAY YOU WANT TO CELEBRATE DINNER MARCH 18 BREAKING BREAD

Hello everyone, I have been looking at our calendar and upcoming events. Planning is getting harder these days but I did talk to Breaking Bread at great Length. We are having our "Any Holiday you want to Celebrate" dinner, March 18, 5p.m. cash bar, dinner served at 6p.m. We will keep the same menu, which is a sit-down dinner. Come dressed for your favorite Holiday. We will have our Medium Roelle to entertain us. *Village Hall*, call 920-459-3873 or email cgamb@kohlvillage.org to reserve a spot.

MENU

Appetizer plate for each table
salad

1/2 rack of ribs and chicken breast

Garlic mashed potatoes with gravy

Cash bar. Cost per person: \$25 members, non-members \$30

Steamed vegetables

Rolls

Variety of cheesecakes for dessert

Including favors etc.

CLASSES/WORKSHOPS

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

Balance and Flexibility class with the Sports Core

Held virtually on Wednesday, March 24, 6:15-7pm. Standing and seated exercises that will emphasize strength, stability and stretching to improve balance and flexibility. Recommend having a sturdy chair available. Instructor Judi Goeden- Certified Personal Trainer.

Register with judith.goeden@kohler.com. Please register no less than 24 hours prior to the scheduled session. You will be emailed a link to open in teams. We can do this Virtually at Village Hall. If interested in attending at Village Hall please call 920-459-3873 or email cgamb@kohlvillage.org.



Spinners Group Meeting • March 18, 6:30–8:30 p.m.

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

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 beginning March 29

Deep Water Aerobics

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

M/Th 5-6pm beginning March 29

***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.



PAINTING CLUB • Wednesday, March 31 at 1:30 p.m. • Village Hall

No cost for members, \$3 for non-members, does not include materials.



Hiking Club • Tuesdays 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.*

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

No pre-registration required. *No cost for members, \$1.00 for non-members. Destinations to be announced.*

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.



Meditation, Talk, Stretch • Wednesdays, 8:30 a.m. • Beginning April 3

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.

Programs offered by Camp Y Koda for Klub 55 members

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.

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.

These activities are on hold right now

- | | |
|-------------|-----------------------|
| Ping Pong | Bowling |
| Pickle Ball | Card Making |
| Book Club | Coffee & Conversation |



UPCOMING EVENTS

Our Gambling trip has been rescheduled for May 11 to Potawatomi Casino. Details to come.

PAINTERS, KAYAKERS, HIKERS

Camp Anokiji 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.

