Monthly Newsletter

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| *C:\Users\Owner\AppData\Local\Microsoft\Windows\INetCache\IE\1FAJY303\cyberscooty-memorial-day[1].png* **May** |  |
| MONTHLY EVENTS: | Volume 4, Number 5 |
| VH=Village Hall; P=Kohler Pool  KYC=Kohler Youth Center  MWPY=Midwest Power Yoga  **Mondays:**  Water in Motion 8am/Deep Water Aerobics 5pm-P  Cycling 10am-location announced  Card Playing 10am-KYC  Fitness with Maggie-MWPY  **Tuesdays:**  Chair Yoga 8:15am-VH  Hiking 9am–location announced  Fitness with Maggie-MWPY  **Wednesdays:**  Water in Motion 8am-P  Meditation 8:30am  Kayaking 10am-located announced  Hiking 2:30pm-location announced  Pickleball 6:30pm-Tennis Courts  Fitness with Maggie-MWPY  **Thursdays:**  Hiking 9am-location announced  5/13 & 5/27Painting 1pm-VH  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](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.** |   **If COVID-19 would become an issue, events will be rescheduled.** |

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**11:30 a.m. at Village Hall, $5 per person (unless otherwise indicated)**

We are slowly opening for Friday lunch. Numbers are limited. Sign up as soon as possible to guarantee a seat. *Register for lunch by Wednesday - stop at Kohler Village Hall, call 920-459-3873 or email* [*cgamb@kohlervillage.org*](mailto:cgamb@kohlervillage.org).

5/21 Philly Cheese Steaks served with American potato salad, cole slaw, soup and dessert.

5/28 Garlic Chicken & Noodles served with spring salad, soup, homemade bread and dessert.



5/7 Special Event: Mother’s Day Brunch, cost is $10. This is a Mothers event only. You will be pampered and waited on, along with receiving special gifts. Menu: quiche served over a bed of arugula salad, fresh breakfast sausage, Challah French toast served with fresh blueberry sauce and fruit salad.

**Day and Overnight Trips**

Questions ?

Email Fredrick.Brown@Kohler.com

Arthritis Aquatic

Exercise Program

Sept. 29-Nov. 05

Tuesdays & Thursdays

9-9:45am or 10-10:45am

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

 **Gambling Trip to Potawatomi Casino May 11** **(Trip is full)**

The bus will be leaving from Kohler Village Hall at 9am and arriving at Potowatomi before 10am. There is no face-to-face gaming, it is all electronic. Masks are not required on the bus, but are required at the casino. We will be leaving the casino about 12:30pm for lunch at Miss Katies Diner.

 **Painters, Kayakers, Hikers** **May 16, 17, and 18 Camp Anokijig: Seniors Camping Trip**

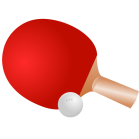
We have a large cabin for up to 10 people. It has bedrooms, kitchen and living area. The cost is $50 per person. Waivers must be filled out before arriving at camp. We will have a meeting about meals, etc. before the event. You will have full access to all amenities;, kayaking, sailing, pontoon boats, fishing, horseback riding, and hiking. Painters are allowed anywhere on the property on the lake for Plein Air Painting or just sitting by the lake and reading a book. Cost does not include meals. Waivers and signup sheets are available at Village Hall.

**Trip to Washington Island** has been rescheduled for September 14, 15 and 16. This trip is for hikers, painters and kayakers. Details to come.

**FITNESS**

**** **Cycling • Mondays 10:00 a.m. starting May 3**

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

** Ping Pong • Mondays, starting June 15, 1p.m. • Village Hall**

 **Chair Yoga • Tuesdays at 8:15 a.m. • Kohler Village Hall**

Participants will be required to purchase a 5-week card. Cost $40 members and $45 non-members. You will not be reimbursed for days missed.

**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.

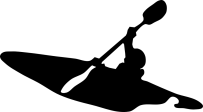
** Pickle Ball • Wednesdays, starting May 5, 6:30 p.m. • Kohler Tennis Courts**

Pickleball Dates

May: 5, 12, 19, 26 August: 4, 11, 18, 25

June: 2, 9, 16, 23, 30 September: 1, 8, 15, 22, 29

July: 7, 14, 21, 28 October: 6, 13, 20, 27

 **Kayaking • Wednesdays 10:00 a.m. starting May 5**

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

  **Come join us hiking!**



**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 and Sat 10-11am

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

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

**CLASSES/WORKSHOPS**

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

 **Calm Program**

We will have a 10-week program called Find Your calm. Every week you will be emailed a hand out. Then every Monday morning we will meet and discuss the information that you received. This is a great program and discussion session. The materials cost $5 for the 10-weeks.

This program teaches you to:

1. Live Mindfully (Ease Pain & Anxiety)

2. Retrain Your Brain (Stop Stress Before it Starts)

3. Be Kind to Yourself (Quiet Your Inner Critic)

Weekly Discussions will be at the Kohler Youth Center every Monday at 9 a.m. starting May 3. To register, stop at Kohler Village Hall, call 920-459-3873 or email [cgamb@kohlervillage.org](mailto:cgamb@kohlervillage.org).

**Card Playing • Mondays, starting May 3 • 10 a.m.**

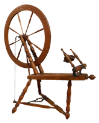
Morning card playing at the Kohler Youth Center 10am – 12:30pm. We will have coffee and soda available. For those who do not play cards please feel free to attend for a little coffee and conversation, or even a game of dominos. Come every week.

** Book Club • Thursday, May 13, 2:00 p.m. • Kohler Public Library**

We will meet on the grassy area outside of the library. There will be some chairs available, but feel free to bring a comfy lawn chair. If it rains, we will try to meet May 20. The book will be Sing Unburied Sing by Jesmyn Ward. Erin has copies at the library for you to check out, just call the library and they will put a copy on the cart inside the door, 920-459-2923.

**Painting club •Thursday, May 13 and 27, 1:00 p.m. • Village Hall**

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

**Spinners Group Meeting • May 20, 6:30–8:30 p.m.**

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

News from Kiel Community Center

For more information about any of the Kiel Community Center activities or trips, please call Missy at 920-894-7861. Buses for day trips depart from Belitz Park parking lot. Trips are open to any age and need not be from Kiel.

Wood Carver’s Open House • Wednesday May 5

There will be a Wood Carver’s Open House on Wednesday May 5th in the lower level of the Kiel Community Center. This is a free event and is open to the public from 9am-12pm. Watch as they carve, ask questions and view wood creations.

2021 Day Trips

5/18 Washed Ashore (Green Bay Botanical Gardens)

6/16 Lighthouses & Laughs

7/15 A Big Top Adventure

8/17 Garden Mystery Tour

9/16 Architectural Milwaukee

10/21 Central WI Falls Colors Tour

11/16 Indoor Milwaukee (FISERV Forum, Milwaukee Art Museum, Mitchell Park Domes)

12/8 A Capitol Christmas

