MONTHLY EVENTS:

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

**Mondays:**
Water in Motion & Lap Swim
8am/Deep Water Aerobics 5pm-P
Calm 9am/Card Playing 10am-KYC
Ping Pong 1pm-VH
Fitness with Maggie-MWPY

**Tuesdays:**
Chair Yoga 8:15am-VH
Hiking 9am–location announced
Fitness with Maggie-MWPY

**Wednesdays:**
Water in Motion & Lap Swim 8am-P
Kayaking 10am–located announced
Pickleball 6:30pm-Tennis Courts
Fitness with Maggie-MWPY

**Thursdays:**
Fun in the Sun 9am–location announced
Painting 1pm-VH
Deep Water Aerobics 5pm-P
Fitness with Maggie-MWPY
3rd Thursday LAFF 6:30pm-VH

**Fridays:**
Water in Motion & Lap Swim 8am-P
Lunch 11:30am-VH
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.

If COVID-19 would become an issue, events will be rescheduled.
11:30 a.m. at Village Hall, $6 per person (unless otherwise indicated)

Register for lunch by Wednesday - stop at Kohler Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.

- 7/2 BLT made with fresh bread, flat fries with special dipping sauce, fruit salad, dessert
- 7/9 NO LUNCH
- 7/16 Home-smoked pulled pork served on a bun, slaw, BBQ sauce, cheese, homemade chips, grape salad, dessert
- 7/23 BBQ chicken, German potato salad, 3-bean salad, homemade bread, dessert
- 7/30 Fish fry, baked potato, slaw, apple sauce, homemade bread, dessert

Klub 55 Picnic, August 27, Lost Woods Park
Cost $20 per person. This year’s theme is “Old Fashion Carnival”. Food trucks, games and lots of prizes. Sign up and reserve your spot.

Day and Overnight Trips

To register for classes/workshops/activities (unless otherwise noted) – stop at Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.

Hikers Special Trip: Tuesday, July 20, Maribel Caves
Meet at Village Hall at 8:30am – we will car pool. Cherney Maribel Caves County Park offers many caves and crevices that are open and accessible by a series of trails to the public, when the park is officially open; like Coopers Cave, Staircase Cave, Pancake Cave, Tunnel Passage and Spring Cave (by viewing deck only). The park also has some caves that are gated open only for set tours during certain times of the year; like Maribel New Hope Cave and the Tartarus Cave System.

Painters Club: Hermitage Preserve July 22
Special Plein Air Painting Morning in Elkhart Lake at 10 A.M.
There is a building on the property that has restrooms and a place for eating lunch. We ask that you make a donation to the preserve. Please sign up for this event.
Trip to Washington Island
Our trip has been rescheduled for September 14, 15 and 16. This trip is for hikers, painters and kayakers. Details to come.

Mystery Trip – to be announced • Hosted by Laurie and Gary Lindow

Ping Pong • Mondays 1p.m. • Village Hall
If there is a lot of interest we will add Tuesdays.

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.

Hiking Club • Tuesdays 9:00 a.m.
No pre-registration required. No cost for members, $1.00 for non-members. Destinations to be announced. Wednesday afternoons have been canceled due to lack of attendance, will resume in fall.

Pickle Ball • Wednesdays, 6:30 p.m. • Kohler Tennis Courts
No pre-registration required. No cost for members, $1.00 for non-members.

Kayaking • Wednesdays 10:00 a.m.
No pre-registration required. No cost for members, $1.00 for non-members. Destinations to be announced.

FUN IN THE SUN, Thursdays, 9 a.m.
No pre-registration required. No cost for members, $1.00 for non-members. Destinations to be announced.
**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

**Lap Swim**
M/W/F 8-9am during Water in Motion

**Adult Swim (18+)**
Tuesdays 5-7pm

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).

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**CLASSES/WORKSHOPS**

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

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**Card Making Workshop • 1st Tuesday of the month (July 6) 1:00 p.m.**
Cost is $5 per person. **You must register early** so that our instructor has enough supplies. No late registrations accepted.

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**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. **To register, stop at Kohler Village Hall, call 920-459-3873 or email cgamb@kohlervillage.org.**
Card Playing • Mondays • 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, July 15, 1:00 p.m. • Kohler Public Library
For more information, contact Erin at the Library 920-459-2923.

PAINTING CLUB • Thursdays, 1:00 p.m. • Village Hall
No cost for members, $3 for non-members, does not include materials.

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