



VH=Village Hall
P=Kohler Pool
KPL=Kohler Public Library
MWPY=Midwest Power Yoga

Mondays:

Water in Motion & Lap Swim
8am/Deep Water Aerobics
5:30pm-P
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:

Painting 1pm-VH
Deep Water Aerobics 5:30pm-P
Fitness with Maggie-MWPY
2nd Thursday Book Club 1pm-KPL
3rd Thursday LAFF 1pm-VH

Fridays:

Water in Motion & Lap Swim 8am-P
Lunch 11:30am (cards after)-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.

facebook

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.

- November 5 Ham, Scalloped Potatoes, Soup, Salad, Dessert
- November 12 Sesame Chicken, Fried Rice, Soup, Dessert
- November 19 Cheese Burgers, Fries, Soup, Slaw, Dessert
- November 26 No Lunch - Happy Thanksgiving

Punch cards are available for purchase \$30 for 5-\$6 lunches.



Card Playing Fridays after lunch

We will have coffee, and soda is available for purchase. For those who do not play cards please feel free to stay for a little coffee and conversation, or even a game of dominos.



Klub 55 Collecting for Holiday Baskets



Last year's gift giving was so rewarding that Santa and his Elves want to do it again. We are asking for donations from all who can help us with filling baskets for those who are alone during the Holiday Season. Please bring items to Village Hall by December 8th. Ideas for donating: gloves, socks, hats, scarves, slippers, food items such as candy, bags of snacks, snack sausage sticks, cheese, candles, games, cards, stationary, Christmas Card with good wishes, adult coloring books, bath products. Use your imagination. Please, no used items.



FUN NIGHT AT THE VILLAGE POOL FOR KLUB 55 NOVEMBER 18

We will have access to the giant inflatable from 7:00–8:30 p.m. It's fun for all before the pool closes for the season. Join us after in the Youth Center for a little socializing.



FUN AT CAMP

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.



Gambling Trip November 11

Ride the bus to Oneida, Mason Street Casino. The bus will leave Village Hall at 9a.m. and return at 3p.m. Cost \$50 per person, 16-passenger bus with bathroom, Discovery Travel.



Best Bar Food Competition • November 23, 11:30 a.m.

Duke of Devon, 739 Riverfront Drive, Sheboygan

FITNESS

Ping Pong • Mondays 1p.m. • Village Hall

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

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

6-week card \$40 for members and \$45 for nonmembers. To continue offering Chair Yoga we have to have a minimum of 4 participants every week.

Hiking Club Tuesdays 9:00 a.m.

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

Kayaking Wednesdays 10:00 a.m.

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

Pickle Ball • Wednesdays, 6:30 p.m. • Kohler Tennis Courts

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



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 (watch for changes in time due to school PE classes using the pool)

Lap Swim

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

Deep Water Aerobics

Our instructor leads a powerful and challenging water workout using a variety of equipment. M/Th 5:30-6:30pm and Sat 10-11am

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

**INSTRUCTOR
OF THE MONTH**
#sweat2inspire



SHALLOW AND DEEP WATER CLASSES
KOHLER VILLAGE COMMUNITY POOL
KOHLER, WI

Congratulations Susie!

Like so many water exercise instructors, Susie got her start by being asked to become a substitute for a well established class. Back then, actual aerobics and isolated muscle work were fairly unknown to the classes she began to instruct and introducing even a noodle gave a “wow” factor. From there, her classes began to grow, and members became enthusiastic to show up and take a class from Susie.

“She inspires and engages every participant that attends her class. She always comes with a smile on her face with excitement to lead. She has a caring heart for everyone which encourages us to keep coming!” -Sonja Heinz

Susie enjoys having people from several different walks of life attend her classes and discover the power that water exercise has to offer everybody. “What I love most about water aerobics is being able to meet so many people with different reasons for being in the pool. It may have started with a medical condition or just wanting to get some low impact exercise. For some it is a social thing.”

You can catch Susie teaching at the Kohler Village Community Pool in Kohler, WI three days a week where she teaches both Shallow and Deep water classes. Thank you, Susie, for making waves in the water exercise industry! SwimandSweat is proud to have you as our October instructor of the month!

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.

CLASSES/WORKSHOPS

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

PAINTING CLUB • Thursdays, 1:00 p.m. • Village Hall

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

Book Club • Thursday, November 11, 1:00 p.m. • Kohler Public Library

For more information, contact Erin at the Library 920-459-2923.

Spinners Group Meeting • November 18, 1:00–3:00 p.m.

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

UPCOMING EVENTS:



Klub 55 Christmas Party is at Riverdale, December 4 at 4 p.m. Kohler Madrigal Singers will entertain us. Cost per person is \$25, cash bar.

Holiday Menu

Appetizers, Salad with Ranch and Thousand Island dressing, Garlic Mashed Potatoes, Vegetables, Broasted Chicken and Crusted Pork Loin, and an array of Holiday Pies.

CLASSES OFFERED BY KIEL COMMUNITY CENTER

Healthy Living With Chronic Pain

Tuesdays, November 2-December 14 (no class November 23)

12:00-2:30pm at New Holstein Fire Department

For more information or to register contact Nancy Krueger 920-740-9572 or email nkrueger@vpind.com.

Stepping On Falls Prevention Workshop

Mondays, November 1-December 13

9:30-11:30am at Kiel Community Center

To register call ADRC of the Lakeshore 1-877-416-7083 or 920-683-4180

Suggested donation of \$10.

MORE FUN AT CAMP

