

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

February
2019

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511

Phone
608-364-2875

Email
krausd@beloitwi.gov

Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

Check us out on
FACEBOOK



The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.



Alteration Service

Need that hem lengthened or a zipper replaced?

Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on

Mondays February 4 and 18 from 1:30-2:00 p.m. to pick up items. This is a walk in service and services are individually priced.

Watch Battery Repair

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, February 12 from 8:00-9:00 am.** The only charge for the service is the cost of the battery.

Jewelry Repair

Necklace or bracelet clasp need to be repaired....Linda Keenan can take care of your problems. She will be here on

Mondays, February 4 and 18 from 11:30 am-2:00 pm. This is a walk in service and services are individually priced.

Grinnell Hall Membership Drive Continues

It's membership time for January-December 2019

Single Membership \$25 Couple Membership \$40

Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.

**What are the benefits of a Grinnell Hall Membership?
Friendship, Fellowship, Fun and special pricing for trips**

We will be having our door prize drawing for our membership drive!

Here's how it works

Renew in December and receive 3 tickets

Renew in January and receive 2 tickets

Renew between February 1-14 and receive 1 ticket

Recruit a new member on or by February 14

and receive 10 additional tickets for both yourself and the new member!

Front desk staff will track how many tickets you earn and we will begin distribution of tickets on February 1. Photos of prizes available to win

will be displayed on February 1.

**Drawing will be held at the Chili Lunch on
Thursday, February 14 at 12:30pm**

Annual Chili Fund Raiser Thursday, February 14 11:45am

We will be cooking up Bob Garner's famous chili recipe in his memory. Bob was very involved at Grinnell with Goldenaires, a past board member and made a mean pot of chili. We will take reservations beginning Monday, February 11 until space is filled. Meal includes a bowl of chili (Bob's or Culvers), cornbread, crackers, cookie and beverage. Cost is \$4.00, reservation and payment can be made at the front desk.

Enjoy the music of accordion Tony Zabata from 11:30am-12:30pm.

Advisory Board of Grinnell Senior Center

Robert Norder, Chair Curt Pizza, Vice Chair Judy Witzack, Secretary
 Pam Curatolo, Linda Kinder, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Opal Vance

Hello All-

Can you believe that I have been here 6 months already....It has been a great learning experience and I thank everyone for their support. New Year's Bash was a great success with Grinnell friends ringing in 2019 like no-one's business.

I am looking forward to the Chili Lunch Fundraiser, the member prize drawing and the music of accordion Tony Zabata on February 14. Good food, good people, good fun! Speaking of membership, don't forget to renew or become a new member. Membership funds assist with the operations of Grinnell Hall which allow us to offer many activities and events and saves you money on trips.

Bobbie Pann has planned some wonderful and exciting trips for 2019. Please keep pages 7-10 of this newsletter for trip reference. Sign up early for trips as you don't want to miss out on the fun.



Debbie Kraus, Senior Center Manager

Thank You For Your Support

Thank you to our generous friends who donated items to Grinnell Hall from December 15th – January 15th.

Gift Shop

Karen Whisenand, Carol Fryar, Phyllis Olmstead, Beth Bausman, Jeanie Rippl, Theresa Neblock, Marcia Stenberg and Shirley Von Allmen.

Cookies/Coffee

Linda Marshall, Jo Schuett, Anthony Weirich, Rhonda Tierney, Marilyn Fruzen, Elaine Stageman, Charlotte Larrison, Sonya Barnes, Harriett Olson and Nancy Appleby.

Additional Donations

Dorothy Wensel, Lina Bennet, Ione VanDenElzen, Carol Logan, S&S Transport, Mary Lou Shaw, Marcia Stenberg, Roger Bills, Beverly Bliss, Sonya Barnes, Marilyn Fruzen and Bonnie Knoll.

**Card Creation Classes with Phyllis Olmstead**

Iris style folding cards Thursday, February 7 1:00pm.

Die cut cards Thursday, February 14 1:00pm.

You will make two cards in each class. No cost but please reserve your spot 3 days in advance of class.

Samples are at the front desk.

Norwegian Cruise Line Trips

Want to get away? Grinnell Hall is working with Norwegian Cruise Line to offer two cruises

Alaska 8 days/7 nights and

Australia/New Zealand 13 days/12 nights.

Informational fliers are available at Grinnell Hall.

There will not be an informational meeting.

Homestead Tax Credit Appointments

Lachel Fowler will be available on Fridays by appointment only.

February 1 8:00am-1:30pm

February 8 12:00pm-3:45pm

February 15 12:00pm-3:45pm

February 22 12:00pm-3:45pm

You must meet the following requirements

*Legal resident of WI for all of 2018, Jan 1-Dec 31.

*60 years of age or older, if under 60 call ADRC at 608-741-3600.

*You own your home or paid rent in housing that is subject to WI property taxes.

*Gross income in 2018 was \$24,680 or less.

*Not filing federal or state income tax return.

Call Grinnell Hall at 608-364-2875 for additional information and to make an appointment.

AARP Tax Preparers

The AARP tax consultants will provide tax preparation here at Grinnell Hall in the Library. Appointments are made in advance by calling Grinnell Hall 608-364-2875.

Appointments are available on **Mondays, Tuesdays and Wednesdays** at 8:30am, 9:30am, 10:30am and 11:30am.

Please be on time for your appointment and bring the following: 2017 tax returns, photo ID, social security card, 1099 statement (pink form from social security), W-2 form, other evidence of income, health insurance premiums, rent certificate or property tax bill and other deductible items and checkbook if payment is required.

Returns will be electronically filed.

There is no fee for the AARP tax services, but donations to Grinnell Senior Center are accepted.

What The Tech

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door?

Don't give up, we can help! This month our popular class, **What The Tech**, led by Mark Prueschel, will be here on **Monday, February 25 at 1:00 p.m.**

This is one of our most popular programs and Mark will be glad to help answer your questions.

What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have. To pre-register for this class, please call Grinnell Hall at 608-364-2875.



Men's Breakfast

The Grinnell men will be enjoying breakfast at **Shortstacks, 1871 Cranston Road Beloit on Thursday, February 21.** They will meet at the restaurant at 8:00 a.m. If you would like to ride with someone, please be at Grinnell at 7:30 a.m. We ask that you pre-register for this event each month so our coordinator can make proper reservations.



Dining Divas

The Dining Divas are heading to **Road Dawg, 2956 Milwaukee Road on Thursday, February 21.**

The group will meet at Grinnell Hall at 12:30pm and at the restaurant at 12:45pm.

Please pre-register and indicate if you will be riding with the group or meeting the group at the restaurant.

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Sunday Breakfast 10:30-2

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Sewing Group Each Thursday

Our sewing lab meets each Thursday. They meet in the Vet's room upstairs. The lab is open throughout the day, beginning at 9:00 am. Attendees work on items they give away (quilts for babies, fidget mats, etc) or on their own projects. Anyone who loves to sew is welcome to attend the lab.

All in the Family

If you are in the percentage of people who have no family in the area, come and join this great group. We are working on getting to know each other and building friendships with each other and creating our own "family" right here at Grinnell. There are many reasons people might not have family around - widows or widowers, never had kids, siblings not in the area, etc. Join us on **Fridays, February 8 & 22 at 1:00 pm**. Don't be shy - you will be glad you joined us. Please pre-register by calling Grinnell at 608-364-2875.



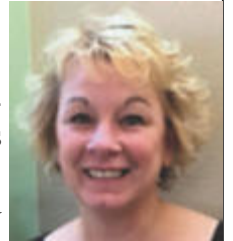
Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answer questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, February 11 from 12:30-2:00 pm.** This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service and there is no charge.

Benefit Specialist Service

Lachel Fowler, Rock County Benefit Specialist will be here on Thursdays, February 7 & 21 from 8:00am-12:00pm. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and over regardless of financial status. If you cannot make those dates, please call 608-757-5414 to make an appointment or if you have questions.



Courtesy Hearing Aid Check

Alicia Peterson from Miracle Ear will be at Grinnell on **Thursday, February 14 at 9:30.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to both members and non-members.

Blood Sugar & Pressure Screening

Mary H. & Lynn M. take turns at Grinnell offering free blood pressure/blood sugar screenings on **Thursday, February 14 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members & non-members.

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2019 Trip Information - Please keep pages 7-10 for trip information. You do not need to be a Grinnell Member to enjoy the trips. Registration is now open.

Payments due at time of registration. Registration will be taken until deadline specific to each trip, unless space is available. Refunds are specific to each trip. After the refund deadline, no refunds will be given unless there is a waiting list and the open spot can be filled.

You may fill your own cancellation, however, the office MUST be notified of the changes and the new person MUST fill out a registration form.

When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken.

Trips leave on time and we are not able to wait for anyone who is not there at time of departure. A cell phone is required on trips and all numbers will be given to guides in case of emergency.

Walking Guide For Trips

Level 1 Minimal walking Includes boarding and unloading buses.

Level 2 Moderate walking Includes boarding on and off of buses, walking from shop to shop and sight-seeing. Moderate walking include shopping trips, restaurants, ballgames and museums.

Level 3 Maximum walking Includes boarding and unloading on and off of buses, walking to restaurants and shops, as well as walking tours. This may also include multiple staircases and/or walking on uneven surfaces such as gravel, grass and cobblestone. Participants need to be able to keep up with the group.

NEW FOR 2019 ALL TRIP PARTICIPANTS MUST COMPLETE A 2019 TRIP WAIVER. THE WAIVER WILL COVER ALL TRIPS IN 2019.

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**Menopause the Musical
Thursday, May 2, 2019**

Fireside Dinner Theater Fort Atkinson, WI

This hilarious musical parody set to classic tunes from the 60's, 70's, and 80's will have you cheering and dancing in the aisles! And men love it, too! Winner of multiple awards around the world, MENOPAUSE the MUSICAL is a theatrical experience not to be missed! Price includes luncheon, taxes, tip, and theater

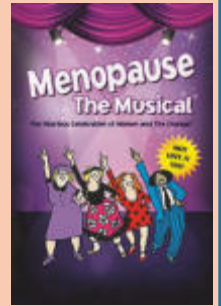
performance. **This is a Level 1 trip with minimum walking.**
Grinnell Members \$69.00 Non-Members \$79.00

Carpooling (each participant pays driver \$3.00 for gas cost)

Meet at Telfer Park at 9:30am and depart at 9:45am

Depart Fireside at 4:15pm and arrive Telfer Park at 5:00pm

No refunds after March 18, 2019. Registration deadline is April 1, 2019 unless space is available.



**The Original Lettermen
Monday, May 13, 2019**

Circa '21 Historic Dinner Playhouse Rock Island, IL



For more than 40 years the LETTERMEN have been entertaining audiences throughout the country, and will be returning to Circa '21. Their harmony is non-stop. From their first hit in 1961 through current hits of today, the sound is undeniably Lettermen. The LETTERMEN have over 50 albums including "When I fall in Love," "Put Your Head on my Shoulder," "Goin' Out of My Head," "Can't Take my Eyes Off Of You," "Hurt So Bad," and "Shangri-La." Circa '21 is housed in the historic Fort Armstrong Theater, built in 1921 and was originally a vaudeville and silent movie house. After extreme remodeling in 1977, the interior was remodeled into Las Vegas styled seating and seats 334 on the main floor. The Theater is listed on the National Register of Historic Places.

Price includes concert, luncheon, taxes, tip and round trip transportation on Van Galder Bus.

This is a Level 1 trip with minimum walking.

Grinnell Members \$79.00 Non-Members \$89.00

Board bus at Telfer Park at 8:30am and depart at 8:45am. Return to Telfer Park 5:30-6:00pm

No refunds after March 28, 2019. Registration deadline is April 12, 2019 unless space is available.

**Elegant Dining Car Luncheon/Electric Train Trip
Wednesday, June 5, 2019
East Troy, Wisconsin**



Experience a 14 mile trip through the beautiful Wisconsin countryside aboard a historic electric train. We will begin our trip at the depot in East Troy. We will learn a bit of history of this 111 year old rail line in the East Troy Depot museum and browse the gift shop's array of railroad items. We will board the train and dine in style. After our dining train trip experience, we will board our bus and head to The Elegant Farmer to browse and shop. They are well known for their bakery, deli and fresh farm produce. Price includes train ride, 4-course luncheon, taxes, tip, round trip transportation on Van Galder Bus.

While every effort will be made to accommodate individuals with disabilities, the historical railcars were designed and built long Before the Americans with Disabilities Act (ADA) was enacted. Therefore, the railcars may not be readily accessible to or usable by individuals with special needs. Passengers using motorized scooters, for example, cannot be accommodated.

This is Level 2 trip as there is some additional walking required.

Grinnell Members \$74.00 Non-Members \$84.00

Board bus at Telfer Park at 9:30am and depart at 9:45am Return to Telfer Park 4:00-4:30pm

No refunds after March 4, 2019. Registration deadline is April 5, 2019 unless space is available.

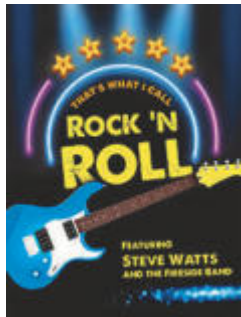
Architectural Boat Trip and Shopping at Historic Navy Pier Thursday, June 27, 2019

Experience cruising down the Chicago River as we learn about the architecture of the buildings that line the beautiful Chicago river. Chicago is known around the world for its architectural feats, both inside and outside of the buildings. From the 100 year old Art Deco, Neo-Classical, and Gothic Towers, to some of the tallest modern-day skyscrapers. Detailed explanations of the construction and history of over 50 significant buildings will be shared. Following the boat trip we will visit Navy Pier located on the Chicago shoreline of Lake Michigan. Navy Pier was designed by Architect Charles Summer Frost, and opened to the public in 1916 as "Municipal Pier." It was the only pier to combine a shipping dock with public entertainment. In 1927, it was renamed "Navy Pier" as a tribute to the Navy personnel who served in the war. We will begin with a 75 minute boat tour at 11:45am followed by 2 hours of shopping and lunch (on your own) at Navy Pier. Price includes boat tour and round trip transportation on Van Galder Bus. **This is a level 2 trip, most of the walking is during the shopping after the boat tour.**



Grinnell Members \$62.00 Non-Members \$72.00

Board bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:30pm
No refunds after May 13, 2019. Registration deadline is May 27, 2019 unless space is available.



That's What I call Rock 'N Roll Wednesday July 10, 2019 Fireside Dinner Theater Fort Atkinson, WI

The Fireside is thrilled to present a brand new, live musical celebration featuring the wildly popular Fireside Band led by Fireside favorite Steve Watts, with a cast of super talented singers. The Fireside will be rockin' with music of the 50's, 60's, 70's, and 80's and paying tribute to some of the biggest rock superstars of all time! Price includes luncheon, taxes, tip, and theater performance. **This is a Level 1 trip with minimum walking.**

Grinnell Members \$72.00 Non-Members \$82.00

Carpooling (each participant pays driver \$3.00 for gas cost)

Meet at Telfer Park at 9:30am and depart at 9:45am. Depart Fireside at 4:15pm and arrive Telfer Park at 5:00pm
No refunds after May 27, 2019. Registration deadline is June 10, 2019 unless space is available.

Man of 100 Voices Tuesday, August 6, 2019 Starved Rock State Park Utica, Illinois

The guys who gave us rock! The funny, guitar-rocking man of 100 voices takes you on a ride with Frankie Valli, Roy Orbison, Elvis Presley, Buddy Holly, Chuck Berry, the Beatles, and more. Laugh, learn and rock with this multi-talented powerhouse, thru the fun, dynamic evolution of the 40's, 50's and 60's! Be amazed by Skip's 3 ½ octaves and expert guitar work. Price includes show, buffet luncheon, taxes, tip, round trip transportation on Van Galder Bus.



This is a Level 1 trip with minimum walking.

Grinnell Members \$63.00 Non-Members \$73.00

Board bus at Telfer Park at 8:45am and depart at 9:00am

Return to Telfer Park at 5:00pm

No refunds after June 21, 2019. Registration deadline is July 20, 2019 unless space is available.

**Taliesen Tour in Spring Green, WI
Wednesday, August 28, 2019**



Among the most famous residences in the United States, Taliesin embodies Wright's energy, technique, and creative vision. The two-hour house tour guides you through rooms that Wright imagined and built, exploring the rich canvas he worked on every day of his life. You'll experience the landscaped grounds, furnishings, collected objects and, of course his home. From the Taliesin courtyards and gardens, you are afforded a commanding view of the beautiful valley settled by Frank Lloyd Wright's ancestors, while the interior portion of the tour explores Taliesin's famed living room, garden room, loggia, and bedroom. The tour begins on a picturesque rural estate that has some unique characteristics. There is a significant amount of standing, stair climbing and walking on uneven terrain. There are several series of steps and some with no handrails. Some exterior walkways consist of loose gravel or grassy pathways. There is no opportunity to leave the group should you wish to stay behind. Our public tour is not wheelchair accessible. We share this information so that all guests may be fully prepared for what to expect. Following the tour, we will stop in Monroe where you may browse the shops and enjoy lunch on your own. Price includes Taliesin tour, round trip on Van Galder Bus.

Lunch is **not** included. **This is a level 3 trip.**

Grinnell Members \$77.00 Non-Members \$87.00

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park 5:00-5:30pm
No refunds after July 12, 2019. Registration deadline is July 29, 2019 unless space is available.



**Brewers versus Cubs at Miller Park
Sunday, September 8, 2019 1:10pm game**

Take me out to the ball game... Join us and cheer on your favorite team in this battle of the National League Central Division. This trip involves a large amount of walking and is not recommended for someone who has difficulty with mobility. Food and beverages are allowed into the stadium, but all drinks (non-alcoholic) **must** be in plastic bottles. No glass allowed and softside coolers only. Price includes ticket and round trip on Van Galder. **This is a level 2 trip. Please indicate if you will need special assistance, such as a wheelchair at Miller Park.**

Grinnell Members \$65.00 Non-Members \$75.00

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm
No refunds after July 8, 2019. Registration deadline is July 20, 2019 unless space is available.

**Historic Galena, Illinois Overnight Trip
Wednesday, September 11 through Friday, September 13, 2019**



Join us as we venture to northwest Illinois. We will be staying at the DeSoto House in downtown Galena which is the main shopping district. The DeSoto is the oldest operating hotel in Illinois, first opening its doors in 1855. Its most notable visitor was President Abraham Lincoln who spoke from its Main Street balcony on July 23, 1856. Rooms are spacious and graciously decorated Victorian style named for historic personages who visited Galena. During your stay you will have wireless internet, in-room coffee/tea service and bottled water. Activities include shopping in Shullsburg on our way to Galena, a narrated step on bus-tour of Historic Galena, tours of Grant's Home, Dowling House, Belvedere House, historic presentation with dinner and shopping time in Galena. Please note that due to early scheduling some activities may be adjusted. Price includes hotel accommodations, two breakfasts, one lunch, two dinners, all tours and round trip on Van Galder bus. **This is a Level 2 trip.**

Grinnell Members \$364.00 double occupancy \$489.00 single occupancy

Non-Member \$379.00 double occupancy \$504.00 single occupancy

A payment plan is available. Fifty percent due upon registration and remaining balance due June 7.

Board bus at Telfer Park at 8:30am and depart at 9:00am.

No refunds after June 7, 2019. Registration deadline is July 3, 2019 unless space is available.

**Salute to the Songs of the Statler Brothers
by Nashville's River City Boys
Wednesday, October 2, 2019
White Pines State Park Mount Morris, Illinois**



The River City Boys, an Americana/Country vocal group from Nashville, feature the songs of the Statler Brothers 2002 "Farewell Concert". The Statler Brothers, during their 47 year career amassed five Grammys, two Academy of Country Music awards, and three Country Music Association awards. Since 1955 they have released 38 albums and 69 singles and when they retired in 2002 they left millions of fans wanting more. Price includes buffet luncheon, taxes, tip, performance and round trip on Van Galder bus. **This is a Level 1 trip with minimum walking.**
Grinnell Members \$63.00 Non-Members \$73.00

Board bus at Telfer Park at 9:30am and depart at 9:45am. Return to Telfer Park 4:30-5:00pm
No refunds after August 15, 2019. Registration deadline is September 3, 2019 unless space is available.



**Rosie and the Rivets
Monday, October 28, 2019
Starved Rock State Park Utica, Illinois**

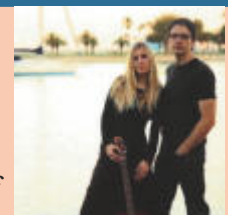
Join us for a high energy show that's fun for all ages. Rosie & the Rivets feature powerhouse lead vocals, skillful musicianship, beautiful harmonies and great stage presence. They have period-correct clothes and hair along with vintage guitars, drums, and even microphones. The Rivets perform danceable music from the 1950's and early 60's along with some current hits with a retro twist. Price includes buffet luncheon, taxes, tip, performance and round trip on Van Galder bus.

This is a Level 1 trip with minimum walking.

Grinnell Members \$66.00 Non-Members \$76.00

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park 5:00-5:30pm
No refunds after Sept. 11, 2019. Registration deadline is Sept 28, 2019 unless space is available.

**The Sounds of Simon and Garfunkel
Thursday, November 21, 2019
White Pines State Park Mount Morris, Illinois**

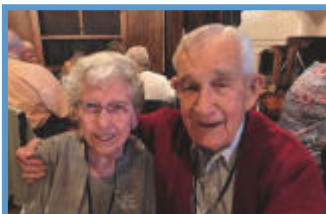


One of the most talented duos of today playing the music of one of THE most famous duos of yesterday. Swearingen and Kelli recreate the music, memories and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. AJ Swearingen has been performing this music for twenty years with mastery of Paul Simon's intricate guitar playing. His deep baritone blends perfectly against Kelli's angelic vocals delivering a true tribute to the sound of the 1960's Greenwich Village, NY coffeehouse performances. You will hear songs that spoke to the generations of the 1960's and 70's including "Bridge Over Troubled Water," "The Sound of Silence" and The Graduate soundtrack hits "Scarborough Fair" and "Mrs. Robinson." Price includes buffet luncheon, taxes, tip, performance and round trip on Van Galder bus.

This is a Level 1 trip with minimum walking.

Grinnell Members \$57.00 Non-Members \$67.00

Board bus at Telfer Park at 9:30am and depart at 9:45am. Return to Telfer Park 4:30-5:00pm.
No refunds after October 4, 2019. Registration deadline is October 21, 2019 unless space is available.



Rock Steady Boxing

Tuesdays and Thursdays 5:30-7:00 pm Big Hill Center-Afton Road



Parkinson's Disease has been given a challenge in Rock County, thanks to the **Rock Steady Boxing** program. Doug Anderson and Connie Udell are trained Rock Steady Coaches who know the ropes and can help you fight your way out of the corner.

Non-contact boxing classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Studies are proving that there are ways in which people with Parkinson's disease can enhance their quality of life, build strength, flexibility and speed! Anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

Punch cards for 11 classes for \$99.99 (plus tax) or one class for \$10.99 (plus tax) and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Paula Schutt at Beloit Recreation Department 362-6370 ext. 7023. The Recreation Department office is located at 2351 Springbrook Court, Beloit.

WORKOUT WARRIORS NON-CONTACT BOXING FOR VETERANS

***Fight Stress *Have Fun *Sweat *Laugh *Talk With Other Vets**

Mondays 4:30-6:00 p.m.

Drop in at any time or come for the whole time

Free for Veterans

Big Hill Center in Big Hill Park 1101 Big Hill Road

For more information call Beloit Parks and Recreation 362-6370 ext. 7023.

DON'T SHOP. AD. PAW. PT.

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Duane Budelier to place an ad today!
dbudelier@4LPi.com or (800) 950-9952 x2525

FREE AD DESIGN WITH PURCHASE OF THIS SPACE.
- 800-950-9952 -

THE HOME COMPANION REGISTRY

COMPANION CAREGIVERS WILL WORK WITH YOU TO MAKE LIFE EASIER, LESS STRESSFUL & MORE ENJOYABLE.

MANY SERVICES ARE AVAILABLE

CALL **608-856-0153** FOR MORE INFORMATION.

Your partner along the journey

- Personalized Guidance
- Confidential Care Consultations
- Caregiver Education Programs
- Memory Cafés
- Support Groups

Alzheimer's & Dementia Alliance OF WISCONSIN

Contact Dementia Outreach Specialist Teena Monk-Gerber, 608.313.3335
Learn more at alzwissc.org

Are You Paying Too Much For Your Medicare Supplement Coverage?

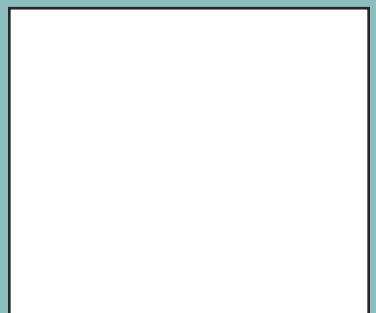
Physicians Mutual Insurance Company can **SAVE you MONEY** on your Medicare Supplement premiums!

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Physicians Mutual
Insurance for all of us.™



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 7:30 Billiards 8:00-1:30 Homestead 8:30 Tai Chi 12:30 Mexican Train
4 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (closed) 9:00 Paper Crafting 11:30 Jewelry Repair 12:30 Open Bridge 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout Big Hill Center	5 7:30 Billiards 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 9:00 Sunny & Share Sewing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 5:30 Rock Steady Boxing Big Hill Center	6 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Craft Group 12:30 Pinochle 1:00 Mahjong	7 7:30 Billiards 8:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:00 Advisory Board Mtg 12:30 Euchre 1:00 Card Creation Class 1:00 RSVP Drivers Board 5:30 Rock Steady Boxing Big Hill Center	8 7:30 Billiards 8:30 Tai Chi 12:00-3:45 Homestead 12:30 Mexican Train 12:30 Bridge 1:00 All in the Family
11 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (Closed) 9:00 Paper Crafting 12:30 Open Bridge 12:30 Dementia Specialist 2:30 Uke Jam 4:30 Warrior Workout Big Hill Center	12 7:30 Billiards 8:00 Watch Battery Repair 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 5:30 Rock Steady Boxing Big Hill Center	13 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Craft Group 12:30 Pinochle 1:00 Mahjong 1:00 Movie	14 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:30 Hearing Aid Check 10:00 Blood Sugar/Press 11:45 Chili Lunch 12:00 Reflexology 12:30 Euchre 1:00 Card Creation Class 5:30 Rock Steady Boxing Big Hill Center	15 7:30 Billiards 8:30 Tai Chi 9:00 RSVP Board Mtg 12:00-3:45 Homestead 12:30 Mexican Train
18 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (Closed) 9:00 Paper Crafting 11:30 Jewelry Repair 12:30 Open Bridge 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout Big Hill Center	19 7:30 Billiards 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 12:30 Mahjong 1:00 Mighty Seniors 1:00 St Judes Bridge 1:00 RSVP Drivers Mtg 5:30 Rock Steady Boxing Big Hill Center	20 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Craft Group 12:30 Pinochle 1:00 Mahjong	21 7:30 Billiards 8:00-12:00 Benefit Specialist 8:00 Men's Breakfast 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 11:30 Dining Divas 12:30 Euchre 5:30 Rock Steady Boxing Big Hill Center	22 7:30 Billiards 8:30 Tai Chi 9:00 Coin Club 12:00 Reflexology 12:00-3:45 Homestead 12:30 Mexican Train 1:00 All in the Family
25 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (Closed) 9:00 Paper Crafting 12:30 Open Bridge 1:00 What the Tech 2:30 Uke Jam 4:30 Warrior Workout Big Hill Center	26 7:30 Billiards 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 5:30 Rock Steady Boxing Big Hill Center	27 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Craft Group 12:30 Pinochle 1:00 Mahjong 1:00 Bingo	28 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing Big Hill Center	

Rock County Nutrition Grinnell Hall Senior Center

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals served Monday through Friday at 11:45 am				1 Baked Chicken Breast Mashed potatoes w/ gravy Broccoli Mandarin Oranges Biscuit Snickerdoodle Cookie
4 Swedish Meatballs Noodles San Fran. Blend Veg. Green Beans w/ craisins Dinner Roll Fruit Jello	5 Creamy Chicken & Broccoli Brown Rice Stewed Tomatoes Corn Wheat Bread Chunky Applesauce	6 Pork Pot Roast Stew Sweet Potatoes Beets Tossed Salad/Dressing Biscuit Snickerdoodle Cookie	7 Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Wheat Bread Cherry Orchard Bar	8 ½ Ham & Cheese sandwich on wheat Minestrone Soup Broccoli Warm Spiced Pears
11 Baked Cod Mashed potatoes w/ gravy Stewed Tomatoes Wheat Bread Tropical Fruit Orange Fluff	12 Beef Noodle Soup Carrots Tossed Salad Cornbread Pumpkin Bar	13 Hot Pork Hamburger Bun Baked Beans Coleslaw Pineapple Tidbits	14 Grinnell Hall Chili Fundraiser No Nutrition Program Meal Today 	15 Broccoli & Cheddar Quiche Asparagus Wheat Bread Warm Cinnamon Applesauce Fruit Juice
18 Chili Mac Corn Refried Beans Chocolate Chip Cookie	19 Roast Turkey Potatoes w/gravy Green Bean Cass. Wheat Bread Fruit Cocktail Pumpkin Bar	20 Beef Stew Sweet Potatoes Winter Blend Veg. Dinner Roll Apple Cake	21 Meatloaf Au Gratin Potatoes Orange Glazed Carrots Wheat Bread Mandarin Oranges	22 Chicken Noodle & Vegetable Soup Red Cabbage Romaine Salad Wheat Bread Pear Crisp
25 Burgundy Tips Egg Noodles Brussels Sprouts Stewed Tomatoes Wheat Bread Tropical Fruit	26 Creamy Chicken & Vegetables Mashed potatoes/gravy Broccoli Slaw Breadstick Cinnamon Applesauce	27 Whole Wheat Spaghetti & Meatballs Peas Tossed Salad/Dressing Garlic Bread Cherry Crisp Bar	28 Hamburger on wheat bun Baked Beans Carrots Fruit Cocktail Apple Pie Bar	Meals require reservations which must be made by noon of the prior business day.

Meals available to anyone 60 years of age or older. Milk, coffee and tea are served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

Weekly Exercises and Dance Classes Offered at Grinnell

Chair Exercises.....Yoshi.....Mondays 8:30 am
 Beginning Line Dancing.....Peggy.....Tuesdays 9:00 am
 Mighty Seniors.....Beth & Donna.....Tuesdays 1:00 pm
 Line Dancing.....Peggy.....Tuesdays 10:00 am
 Morning Stretch.....Yoshi.....Wednesdays 8:30 am
 Easy Stretch Yoga.....Roselyne.....Wednesdays 9:45 am
 Tai Chi.....Yoshi.....Fridays 8:30 am

Please check monthly calendar for any updates on classes.



Stepping On—Fall reduction and balance workshop

Stepping On is a seven week workshop that is proven to reduce falls through improving balance and strength. Topics include home and environmental safety, how vision influences fall risk, a medication review and more! Guest expert presentations will be given by a pharmacist, physical therapist, optometrist and pedestrian safety expert. Research shows that Stepping On participants have a 31% reduced risk of falls. Classes will be held at Grinnell Hall on Mondays, March 4-April 15 from 9:30-11:30am. Cost is \$10 for supplies.

For additional information and to register contact Judy Simonds, Rock County Health Promotion Coordinator at 608-757-5309.

Beloit Ukes For Fun (BUFF)

Join the BUFF group and play the Ukelele. BUFF meets every Monday at 2:30pm at Grinnell Hall. Haven't played a ukulele? Come visit, listen to some great music and ask questions. BUFF performs for special events here at Grinnell.

Do You Like To Sing? Goldenaires are searching for new members

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am at Grinnell beginning February 4.** They rehearse each week and sing for events here at Grinnell, as well as going out into the community to entertain groups at nursing homes and other organizations. You are welcome to come and listen as they always like an audience. The Goldenaires are always looking for new members and Grinnell membership is not required.

Let your talents shine

Grinnell Hall Theater Group

Grinnell Hall Theater Group meets on Wednesdays at 1:00pm. Come out and join us as you may find your hidden talents. For additional information contact Roselyne Ackley at 608-365-3442. Or better yet, come for a visit to meet her and the cast in person. We are always looking for new members and Grinnell membership is not required.

Experience Reflexology

Certified Reflexologist, Maureen Birchfield will be at Grinnell on **Thursday, February 14 and Friday, February 22** beginning at noon. She will have half hour appointments available.

Cost is **\$20.00 for a half hour** and **\$35.00 for an hour.** These sessions are by appointment only.

To book your appointment, call Grinnell Hall at 608-364-2875.

Chair Massage

Certified Massage Therapist Kathy Pann will not be at Grinnell in February, next date is March 13. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register. Appointments are scheduled beginning at 11:30 a.m.

Movie of the Month “The Book Shop” Wednesday, February 13 1:00pm

England, 1959, free-spirited widow Florence Green follows her lifelong dream by opening a book shop in a conservative coastal town. While bringing about a cultural awakening through works by Ray Bradbury and Vladimir Nabokov, she earns the polite but ruthless opposition of a local grand dame and the support of a reclusive, book-loving widower. As Florence's obstacles amass, she reminds herself that a town without a book shop is no town at all. We will serve light refreshments and donations are appreciated.



Bingo!

Wednesday, February 27 1:00-3:00 pm



Join us as we have a fun time playing bingo and win some Bingo Bucks which can be spent at Nelli's Nook gift shop. The gift shop has an array of great items from jewelry to home décor.

Daily Fun!

Open Bridge.... Mondays 12:30 pm
 Cribbage.....Tuesdays 12:30 pm
 Mahjong..... Wednesdays 1:00 pm
 Pinochle.....Wednesdays 12:30 pm
 Euchre.....Thursdays 12:30 pm
 Hand & Foot.... Thursdays 9:00am
 Mexican Train...Fridays 12:30 pm
 Sorry bridge lessons are no longer available.

Coin Club

Each month we will discuss a different coin. On Friday, February 22 at 9:00am. we will be discussing the nickel. Please bring nickels you want to discuss. You do not have to be a member of Grinnell to participate.



Fishing Club to begin meeting on Friday, March 1 at 9:00am here at Grinnell.

Join us as we pick out the best fishing locations. You don't need to be a pro, this is for all anglers who enjoy telling fish stories. You do not have to be a member of Grinnell to participate.

Euchre Scores Fourth Quarter

Euchre is played at Grinnell Thursdays at 12:30 p.m. New Players are always welcome and you do not need to be a member of Grinnell to play.

High Score Paige S 73

- Oct 4.....1st, Jan G 61; 2nd Bud E 61; 3rd Carol E 54
- Oct 11....1st Beulah 62; 2nd Jan G 61; 3rd Bernie 57
- Oct 18....1st Pattie M 57; 2nd Gerald W 56; 3rd Beulah 55
- Oct 25... 1st Bud 64; 2nd Jan G; 3rd Gloria N 58
- Nov 1.....1st Marge C 67; 2nd MaryLou S 58; 3rd Rex 56
- Nov 8.....1st Bob N 59; 2nd Carol L & Carol E 56;
3rd Elaine S 55
- Nov 15...1st Paige S 66; 2nd Chuck 55; 3rd Marvin 53
- Nov 29...1st Paige S 73; 2nd Elaine S 67; 3rd Marvin 67
- Dec 6.....1st Harriet 57; 2nd Bob N & Mary Lou M 56;
3rd Daisy O 54
- Dec 13...1st Mary Lou M & Bob N 61; 2nd Rex 57;
3rd Wendell 52
- Dec 20....1st Kevin 58; 2nd Beulah 57; 3rd Gerald W 56
- Dec 27....1st MaryLou M & Patty M & Marvin 69;
2nd Rex 64; 3rd Elaine S. 60

Cribbage Scores for Fourth Quarter

Cribbage is played at Grinnell each **Tuesday** at **12:30** p.m. New players are always welcome and you do not need to be a member of Grinnell to play.

Perfect Score 8 Games 968 Perfect Score 1 Game 121
Perfect Score Single Hand 29

- Oct 2....1st Ron P 957; 2nd Lois E 950; 3rd Carol B 915
- Oct 19...1st Marti K 957; 2nd Carol B 945; 3rd Ron P 943
- Oct 16...1st Carol B 949; 2nd Marti K 940 3rd Judy S 937
- Oct 23...1st Ron P 948; 2nd Sue T 941; 3rd Wendell A 932
- Oct 30...1st Judy W 968; 2nd Shirley P 950;
3rd Wendell A 911; Perfect Score Judy W
- Nov 6....1st Mary F 964; 2nd Mary Lou M 952;
3rd Ron P 936
- Nov 13...1st Carol O & Ron P 938; 2nd Lois E 929;
3rd Linda K 927
- Nov 20...1st Ron P 935; 2nd Karen W 933;
3rd Lois E 930
- Nov 27...1st Chuck 942; 2nd Carl C 926; 3rd Ron P 921
- Dec 4.....1st Ron P 957; 2nd Jud S 952;
3rd Mary Lou M 945
Double Skunked Shirley P & Karen W 55
- Dec 11...1st Carl C 957; 2nd Bernie N 931; 3rd Sam C 921
- Dec 18...1st Wendell A; 2nd Carol B 952; 3rd Sam C 918

The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit
Grinnell Hall Senior Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



Tell Us Your Story

We all have a story, however, most of us never get the chance to tell it. The City of Beloit Parks and Rec Department is working with Beloit Memorial High School and providing an opportunity for individuals to tell their story! This inter-generational program is the first of what we hope will be an annual event, "Oral History in Beloit". We are searching for fifty individuals age 55 and over to share their story with BMHS students, who are selected and led by teachers to conduct interviews. This is an excellent opportunity for individuals to share their stories and record some history that will be enjoyed for future generations. Each participant will receive an electronic copy of their interview to share with their family.

All interviews will be completed at the Rotary River Center
Monday, March 18 11:00am-12:30pm; Thursday, March 21 11:45am-12:30pm;
Thursday, March 21 12:30pm-1:15pm

If you are interested in being interviewed, you can sign up at the front desk at Grinnell Senior Center 608-364-2875. For additional information contact Paula Schutt at 362-6370 ext. 7023 or 608-751-3327.



City of Beloit Home Improvement Program - Owner Occupied

The City of Beloit has multiple loan programs available to eligible homeowners. The loan programs are designed to promote decent, safe and sanitary conditions as well as bring houses to code compliance. After an application is approved, the project is managed by our construction specialist to establish work specifications and obtain bids from qualified contractors. Upon approval and acceptance of contractor bids, the exact loan amount is determined and necessary loan/contract documents signed. The contractor is now able to begin the home improvements on your property. The City of Beloit will pay the contractor directly upon work completion after necessary inspections and owner's signed approval of release of funds.

To qualify for assistance the applicant must meet the following: Own home in City of Beloit; Meet income guidelines; Have property insurance; Be current with property taxes; Be current with the City of Beloit water utilities bills; and be credit-worthy.

Please contact Kristy Harrison, Community & Housing Services at 608-364-6713 for income guidelines and additional information.