

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center
Open to both Wisconsin and Illinois residents.

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.



August 2019

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

608-364-2875

Debbie Kraus,
Senior Center Manager
krausd@beloitwi.gov

Hours

Monday – Friday
7:30 a.m. - 4:00 p.m.

facebook



Why a Grinnell Hall Membership? Members receive a discount on trips and the monthly newsletter is mailed to you. Membership fees also assist program and activity costs so we are able to provide them for free. Memberships are for a calendar year: January-December. Cost is \$25 for an individual and \$40 for a couple.

Weekly Exercises and Dance Classes Offered at Grinnell

Chair Exercises.....Yoshi.....Mondays 8:30 am

Beginning Line Dancing.....Peggy.....Tuesdays 9:00 am

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

Get healthy and make new friends.

Tai Chi

Relax into Yoga

Luau with Elvis Monday, August 19 1:00-3:00pm

Who else would you want to have a luau with other than Elvis? Didn't he invent the luau? Actually, in ancient Hawaii, men and women ate their meals apart. Commoners and women of all ranks were also forbidden by the ancient Hawaiian religion to eat certain delicacies. This all changed in 1819, when King Kamehameha II abolished the traditional religious practices. A feast where the King ate with women was the symbolic act which ended the Hawaiian religious tabus, and the luau was born.

Come dressed in your favorite luau attire or not, either way you will have fun. You will enjoy the music and moves of Elvis! Alan Graveen travels the state of Wisconsin and beyond with his performance of "The King". You do not need to register for the Luau but please register for lunch if you will be attending. Light refreshments will be available during the performance.

Join the Rock County Nutrition Program for a barbecue pork lunch served at 11:45. There is limited seating so make your reservation beginning August 1st. Suggested donation of \$4.00 per meal for those 60 and over.



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

What are you waiting for...get involved. Grinnell Hall has many opportunities for volunteers and we cannot do what we do without Grinnell Volunteers.



The Advisory Board is one way to volunteer. Past Advisory Board members have commented that they have learned so much and made new friendships by being involved. What is the role of a Advisory Board Member? They are the eyes and ears of Grinnell and share members' comments . They assist when we have a booth at the Farmers Market for Public Works week and at the Beloit Senior Fair. It is a 3 year commitment and we meet once a month for about an hour to discuss suggestions, facility items, programs, budgets and review reports. Did you know that we average 1,500 visits per month? Stop in and visit for additional information to see if it is right for you.

Debbie Kraus, Senior Center Manager

Thank you to our generous friends who donated items to Grinnell Hall from June 17th – July 15th.

Gift Shop

Pat Jolly, Rhonda & Bill Tierney, Jo Schuett, Beverly & Joseph Westwood, Diane Chasser, Bob Eddy, Jim Buske & Peggy Wall.

Cookies/Coffee/Table Treats

Jo Schuett, Berit Ryberg, Diane Chasser, Marilyn Fruzen, Joyce Good, Bev Bliss, Harry Hamilton, Sonya Barnes & Jean Bach.



Additional Donations

Duane Matchett, Joyce Neilson, Joyce Good, Sonya Barnes, Susie O'Brien, Beverly & Joseph Westwood, Harriet Olson & Bob Eddy.

Also thank you to Pamela Price for creating the Western Ho Down photo board.

Laughter the Best Medicine

Remember the childhood chant
"Head, shoulders, knees and toes...knees and toes"

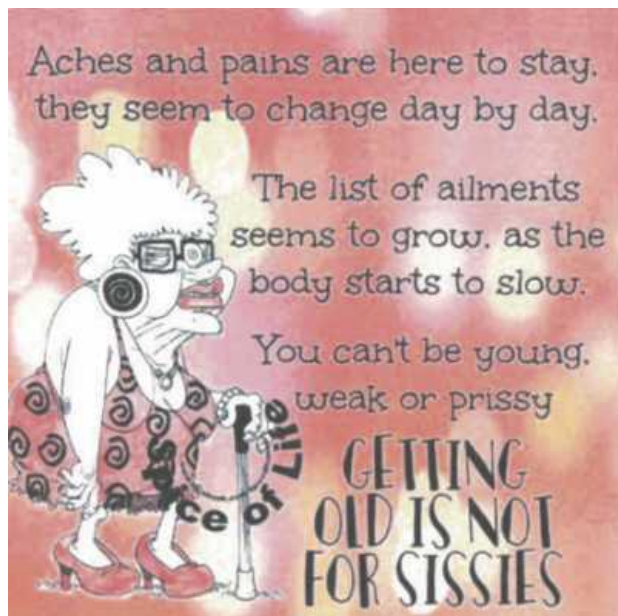
Here is the older adult version:

Wallet, glasses, keys and phone...keys and phone
Wallet, glasses, keys and phone...keys and phone
And meds and teeth and pants and watch
Wallet, glasses, keys and phone, keys and phone

**Grinnell Hall Advisory Annual Meeting
Wednesday, August 28
12:30-1:00pm**

At the Annual Meeting we will share program and administration information. We will also ask nominees to share a little information about themselves. Membership voting forms will be available on August 19 and must be turned in by Wednesday, August 28 at 1:00pm. We will also have an annual survey for all members to provide feedback.

Thank you to outgoing board members
Linda Kinder, Bob Norder and Curt Pizza.



Congratulations and thank you to Bert Sadler, Grinnell Hall member, for 25 years of volunteer services for Retired Senior Volunteer Services!



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 **THURSDAY, AUGUST 15 AT 1:00 pm.**

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.



Dining Dudes Breakfast

Dining Dudes will be enjoying a **Pancakes and sausage breakfast here at Grinnell Hall on Thursday, August 22 at 8:00am.** We will also serve fruit and coffee. Cost is only \$3.00 and you must pre-register and pay by Monday, August 19. Come and enjoy a great breakfast and conversations. **NEW....NEW....NEW....NEW**

**Check this out!
Free billiards
lessons
Tuesdays and
Thursdays
1:00-2:00pm**

Dining Divas

The Dining Divas are heading to the **"New" Mary's Market 4866 Bluestem Road Roscoe, IL on Thursday, August 15.** Meet at Grinnell Hall at 12:30pm to car-pool or at the restaurant at 12:45pm. Please pre-register and indicate if you will be carpooling or meeting the group at the restaurant.

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Rod and Reel Fishing Group

PLEASE NOTE WE WILL NO LONGER BE FISHING AT RIVERSIDE PARK. We will be at **Armstrong Eddy Park on Tuesdays and Thursdays and at Preservation Park on Wednesdays.** All fishing will begin at 8:00am but feel free to come out anytime in the morning. We will be fishing from the piers. Our last meeting of the year is Friday, September 6 at 9:00am at Grinnell Hall. You do not need to be a Grinnell Hall member to participate.



Coin Club

We will be discussing half dollars at the Friday, September 27 meeting at 9:00am. You do not need to be a Grinnell Hall member to participate.



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 and learn it's all for fun. BUFF performs for special events here at Grinnell.



Goldenaires Choir

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am.** 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 welcoming new members. **Goldenaires will not meet on August 19 and 26.**

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.

Watch Battery Repair

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, August 13 from 8:00-9:00 am.** The only charge for the service is the cost of the battery.



Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays August 5 and 19 from 1:30-2:00 pm** to pick up items. This is a walk in service and services are individually priced.

Jewelry Repair

Check your jewelry box for that necklace or bracelet clasp that needs to be repaired....Linda Keenan can take care of your problems. She will be here on **Monday, August 19 from 11:30 am-1:00 pm.** This is a walk in service and services are individually priced.

Experience Reflexology

Certified Reflexologist, Maureen Birchfield will be at Grinnell on **Thursday, August 8 and Friday, August 23** 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

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenski who will begin at Grinnell on **Tuesdays August 13 and 27** and taking appointments from 2:30-3:30pm. Alicia also does chair massages at The Gathering Place, Milton Senior Center. She completed her education at Rock Valley College. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 608-364-2875 to pre-register.

Sewing Group Each Thursday

Sewing lab meets each Thursday beginning at 9:00am in the Sewing/Vet's room upstairs. Projects include quilts for babies, fidget mats, etc. or work on your own projects. Anyone who loves to sew is welcome to attend the lab.



All in the Family

What is All In the Family? It is a group of "strangers" coming together to become "good" friends and a support group for all. Come and join us, "you are only a stranger the first time". A comment from one of the participants- "This group of wonderful people came into my life just in time. I had lost my husband and felt all alone and was in a "dark place." This group of "friends" literally saved my life." Remember you can never have too many friends. 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, August 9 and 23 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.

Brewers versus Cubs at Miller Park

Sunday, September 8, 2019 1:10pm game

Grinnell Members \$65.00 Non-Members \$75.00

A few tickets still 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

Member \$63.00 Non-member \$73.00



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Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answers questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, August 12 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.

Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist will be here on Thursdays, August 15 and 22 from 8:00am-12:00pm and August 29 from 12:00-4:00pm. 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 Rock 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, August 8 at 9:30.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to members and non-members.

Blood Sugar & Pressure Screening

Grinnell Hall offers free blood pressure/blood sugar screenings on **Thursday, August 8 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

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FISH FRY FRIDAY
CHICKEN & DUMPLINGS SATURDAY

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Mon./Tues./Wed./Thurs 5-8, • Fri. & Sat. 5-9
Sunday Breakfast 10:30-2

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Daily Fun!

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

Bridge Players

If you are interested in being a sub for the bridge dates and times listed in the monthly calendar, please give us a call and we will give them your information.

Bingo!

**Wednesday, August 28
 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 Nellie's Nook gift shop. The gift shop has an array of great items from jewelry to home décor.

Movie of the Month

**Rebecca
 Friday, August 16 1:00pm**



The only Alfred Hitchcock film to win an Oscar for Best Picture. This mystery stars Laurence Olivier as Maxim de Winter, a widower whose hapless second wife (Joan Fontaine) moves into his mansion only to find the memory of his first wife still governs the household. Intimidated by the home's hostile staff, the living Mrs. de Winter begins to go mad and strange happenings occur.

Chicks with Sticks

Ever wonder what the heck chicks with sticks is? Well it's a group of ladies who enjoy knitting, crocheting and socializing. They meet on Wednesdays from 10:00am-12:00pm. No need to sign up, just bring your sticks and supplies and have fun.



Euchre Scores Second Quarter

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

- April 4...1st Carol E 61, 2nd Gerald Wubbena 60, 3rd Sharon 59
- April 11...1st Randy 70, 2nd Bernie Novy 66, 3rd Sarge 63
- April 18...1st Marvin 61, 2nd Randy 55, 3rd Carol Logan 53
- April 25...1st Beulah 56, 2nd Lois 55, 3rd MaryLou(1) 53
- May 2...1st Daisy 56, 2nd MaryLou(1) 55, 3rd Jean 54
- May 9...1st Marvin 63, 2nd Carol C 57, 3rd Gerald W & Ron Patton 53
- May 16...1st Randy 61, 2nd MaryLou(1) & Ruth L 56, 3rd Beulah & Chuck 55
- May 23...1st Randy 69, 2nd Carole 60, 3rd Marge, Marilyn & Leroy 57
- May 30...1st Beulah 64, 2nd Bonnie Knoll 62, 3rd MaryLou(.5) 61
- June 6...1st Ron P 63, 2nd Jan G & Randy 61, 3rd Lois & Gloria 57
- June 13...1st Ron 70, 2nd Lucie & Carl 59, 3rd Sharon H 58
- June 20...1st Margie 66, 2nd Bob 59, 3rd Ron & Terry 58
- June 27...1st Gloria Novy & Jan Goldworthy 60, 2nd MaryLou(2) 55, 3rd Marilyn & Randy 54

Cribbage Scores Second 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**

- April 1...1st Claire 951, 2nd Lois E 943, 3rd Judy W 940
- April 9...1st Bernie N 968 PERFECT!, 2nd Ron P 960, 3rd Gloria N 923
- April 16...1st MaryLou M 943, 2nd Mary F 933, 3rd Gloria N 929
- April 23...1st Wendell A 929, 2nd Ron P 927, 3rd Carol B 918
- April 30...1st Wendell A 952, 2nd Carol B 936, 3rd Marti K 933
- May 7...1st Jim T 936, 2nd Marti K 960, 3rd Mary F 956
- May 14...1st MaryLou M 952, 2nd Marilyn K 936, 3rd Lois E 929
- May 21...1st Mary F 948, 2nd Carol B 934, 3rd Judy W 927
- May 28...1st Gloria N 962, 2nd Mary F 939, 3rd Bob N 929
- June 4...1st Mary F 934, 2nd Judy W 925, 3rd Keven A 921
- June 11...1st Mary F 959, 2nd Gloria N 957, 3rd Lois E 946
- June 18...1st Sue T 952, 2nd Judy W 930, 3rd MaryLou M 916
- June 25...1st Sue T 940, 2nd Gloria N 927, 3rd Ron P 923

August Calendar of Activities

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:00 Advisory Board Meeting 12:30 Euchre 5:30 Rock Steady Boxing	2 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train
5 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 1:00 Boost Your Brain 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	6 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Billiard Lessons 5:30 Rock Steady Boxing <i>Man of 100 Voices Trip</i>	7 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	8 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:30 Hearing Aid Check 10:00 Blood Sugar/Press 12:00 Reflexology 12:30 Euchre 1:00 Billiard Lessons 5:30 Rock Steady Boxing	9 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 1:00 All in the Family
12 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Dementia Specialist 12:30 WASP Presentation 2:30 Uke Jam 4:30 Warrior Workout	13 7:30 Billiards 8:00 Watch Battery Repair 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Billiard Lessons 2:30 Chair Massage 5:30 Rock Steady Boxing	14 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Memory Screening 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	15 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Dining Divas 12:30 Euchre 1:00 Billiard Lessons 1:00 What the Tech 5:30 Rock Steady Boxing	16 7:30 Billiards 8:30 Tai Chi 9:00 RSVP Board 12:30 Mexican Train 1:00 Movie
19 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 11:30 Jewelry Repair 1:00 Luau Party 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	20 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 12:30 Mahjong 1:00 Billiard Lessons 1:00 RSVP Drivers Mtg 5:30 Rock Steady Boxing	21 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	22 7:30 Billiards 8:00-12:00 Benefit Spec. 8:00 Dining Dudes 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 12:30 Plant Hobbyist Group 1:00 Billiard Lessons 5:30 Rock Steady Boxing	23 7:30 Billiards 8:30 Tai Chi 12:00 Reflexology 12:30 Mexican Train 1:00 All in the Family 1:00 Grinnell Theatre Performance
26 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 2:30 Uke Jam 4:30 Warrior Workout	27 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Billiard Lessons 2:30 Chair Massage 3:00 Senior Fair Meeting 5:30 Rock Steady Boxing	28 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 12:30 Annual Meeting 1:00 Bingo	29 7:30 Billiards 12:00-4:00pm Benefit Spec 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 1:00 Billiard Lessons 5:30 Rock Steady Boxing	30 7:30 Billiards 8:30 Tai Chi 9:00 Coin Club 12:30 Mexican Train

Rock County Nutrition Grinnell Hall Senior Center

August
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals require reservations which must be made by noon of the prior business day.	Meals served Monday through Friday at 11:45am		1 Italian Casserole Carrots French Cut Green Beans Wheat Roll Pears	2 Grilled Chicken Breast Red Potatoes Baked Beans Wheat Bread Tropical Fruit Blend
5 BBQ Pulled Pork Whole Wheat Hamburger Bun Broccoli Cauliflower Apple Crisp	6 Tuna Salad Wheat Roll Potato Salad Carrot Raisin Salad Watermelon	7 Grilled Chicken Breast Asparagus Corn Wheat Bread Carrot Bar	8 Salisbury Steak w/ mushroom gravy Garlic Mash. Potatoes Green Beans Wheat Bread Peaches Chocolate Chip Cookie	9 Taco Salad Black Beans Shredded Lettuce Corn Tortilla Chips Cinnamon Applesauce
12 Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Lemon Bar	13 Hawaiian Shredded Pork Baked Beans Creamy Coleslaw Whole Wheat Hamburger Bun Banana	14 Roast Beef w/gravy Mashed Potatoes w/ gravy Mixed Vegetables Wheat Bread Brownie	15 Swedish Meatballs Egg Noodles Sweet Potatoes Brussels Sprouts Apricots	16 Egg Salad Sandwich on Wheat Bread Romaine Salad w/ dressing Peaches Pumpkin Bar
19 <i>BBQ Pulled Pork Sandwich Cheesy Potatoes Pineapple & Mandarin Oranges Macadamia Nut Cookie</i>	20 Broccoli Quiche Breakfast Sausage Links Asparagus Tomato Juice Wheat Bread Strawberries	21 Teriyaki Chicken Brown Rice Asian Blend Vegetables Oatmeal Raisin Cookie	22 Chicken Cobb Salad Cottage Cheese Peaches Wheat Bread Carrot Cake	23 Sausage Hot Dog Bun Calico Beans Red Potatoes Fruit Cocktail
26 Burgundy Tips Egg Noodles Carrots Cauliflower Breadstick Applesauce	27 Western Meatloaf Mashed Pot. w/ gravy Broccoli Wheat Roll Angel Food Cake w/ Strawberries & Whipped Topping	28 Chicken Salad Baby Spinach Ranch Dressing Wheat Roll Mandarin Oranges Cranapple Crisp	29 Sloppy Joe Baked Beans Sweet Potatoes Wheat Bun Tropical Fruit	30 Ranch Pork Chops w/ gravy Red Potatoes Green Beans w/Craisins Wheat Bread Banana

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.

Rock Steady Boxing
Tuesdays and Thursdays 5:30-7:00 pm Big Hill Center in Big Hill Park



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 \$105.50 or one class for \$11.50 and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Beloit Recreation Department 608-364-2890. The Recreation Department office is located at 2351 Springbrook Court, Beloit.



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For more information call Beloit Parks and Recreation at 608-364-2890.



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**Boost Your Brain Health
Monday, August 5 1:00-2:30pm**

Learn about some tips to help reduce your risk of Alzheimer's and dementia. Teena Monk-Gerber, Dementia Outreach Specialist with Alzheimer's & Dementia Alliance of Wisconsin is the presenter. Come and learn and ask questions. Pre-registration is not necessary but appreciated.

**Women's Ambulance Safety Patrol (W.A.S.P.) Presentation
Monday, August 12 12:30-1:30pm**

Winnebago County Veteran's Memorial Hall and Museum opened a scrapbook in their archives to unearth a Rockford First! On April 3, 1940, the women of Rockford founded W.A.S.P. Women's Ambulance Safety Patrol. Within months this effort swept nationwide and was THE first Women's Ambulance program in the country. There is literally nothing about these women online, but after several months of intense research, their story and pictures are ready to be showcased! Come see if you are distantly related to any of the over 200 women who were involved in this effort. This story is a living legacy and is expected to grow as more information comes to light. Step back into a 1940's time capsule of the Stateline history. Presented and researched by Mary Rose, a volunteer at VMH. Pre-registration is not required but appreciated.



**Memory Screening - A Closer Look at Memory Changes
Wednesday, August 14**

Memory Screens are like screens for blood pressure, cancer, diabetes or stroke as they contribute to prevention and better treatments. Some types of dementia are reversible, like those from nutritional and vitamin deficiencies, depression, thyroid issues and more. Dementias that are not reversible can often be treated with medications that could slow down the process and preserve quality of life for a longer period of time. Get immediate results for future comparison and share with your physician. Confidential appointments every 20 minutes beginning at 12:30pm. You must pre-register and if you cannot make it please let us know immediately so someone else can take advantage of the screening. Screening provided by Aging and Disability Resource Center (ADRC) of Rock County.



**Plant Hobbyist Group
Thursday, August 22 12:30-1:30pm**

Wisconsin Master Gardeners will be giving a presentation on late summer gardening. We will share information about plants that provide fall interest and how to care for them. We will also get a heads up on how to bring plants indoors for the winter. There will be a hands on demonstration of how to divide perennials. Finally we will walk through a helpful "to-do-list" for September. Whether you have a garden, a pot on the patio or indoors, or you just enjoy plants, please join fellow plant enthusiasts for an hour of learning and fun. Registration is required and maximum is 20.



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



Healthy Eating for Successful Living in Older Adults Fridays 10:00am-12:00pm September 6-October 11

Join Rock County Council on Aging for a six-week program designed for older persons that will help build a sense of empowerment as you incorporate healthy changes into your life. Learn more about nutrition and how lifestyle changes can promote better health. Learn about heart and bone healthy foods and physical activity. Program is free and open to all Rock County residents. Classes will be held at Grinnell Hall. Pre-registration is required by contacting Rock County Council on Aging at 608-757-5472.



GRINNELL HALL THEATRE PRODUCTIONS PRESENTS
“MISCONCEPTIONS”
FRIDAY, AUGUST 23 AT 1:00PM
JOHN KALKIRTZ AUDITORIUM, GRINNELL HALL
JOIN US FOR A FUN AND FREE PERFORMANCE!

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