

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

September
2019

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
Monday-Friday
7:30am- 4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

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.



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

90 Plus Birthday Party Wednesday, September 18 2:00-3:30pm

Join in the fun as we celebrate those who turn 90 Plus in 2019. We would like all the birthday guests to provide us with a photo of you in your younger years by September 12. We will return the photo. We will also take your photo and have a "matching game" to see who can match the past with the present photo. Cake and ice cream at 2:15pm. and Joe Sakowski will be our entertainer from 2:30-3:30 singing songs from the past and of course Happy Birthday. You are invited even if you are not 90Plus. Those attending must pre-register and indicate if you are a 90 Plus birthday person.



Nellie's Nook Fall Sale

Thursday, September 26 8:00am-3:00pm

Friday, September 27 8:00am-3:00pm

Saturday, September 28 8:00am-12:00pm

Nellie's Nook is bringing out our hidden treasures and opening the door for those looking for unique and useful items. We are also asking individuals to assist and donate any new or gently used items. Please drop off items by Tuesday, September 24.

From jewelry, kitchen items, lamps to knick knacks and more, we have unique and one of kind items. Yes you can use your Nellie's Nook Bucks from bingo for this sale.

A special thank you to Judy Stottmeister for all of her years of overseeing Nellie's Nook. A special welcome to LeaAnn Mattox for stepping up and overseeing Nellie's Nook.

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

Please note that voting results were not available at the time of printing to update the Advisory Board names.

Hello all,

It has been a great year at Grinnell and I have enjoyed myself and have grown personally and professionally. I now have a small garden with tomatos, radishes (all gone) sunflowers and watermelon, which I will share.



We completed our Wisconsin Association of Senior Centers (WASC) re-accreditation which reviews programs, procedures, efficiency and our strengths and weaknesses. The reviewers are from other senior centers and they were very impressed with the committees' work. A special thank you to Bob Norder, Curt Pizza, Linda Kinder, Opal Vance and Linda Smith for their guidance and input. We will receive our plaque at the WASC Conference in October in Fond du Lac, my home town.

September is also National Senior Center Month. We have packed a whole lot of fun and educational activities into 30 days.

*Enjoy Grinnell and all it offers, it's yours!
 Debbie Kraus, Senior Center Manager*

Thank you to our generous friends who donated to Grinnell Hall from July 16th – August 12th.

Cash Donation

Harriett Olson and Peggy Wall



Gift Shop

Wendall Anderson, Harriett Olson, Caroline & Joseph Westwood, Sonya Barnes, Lois Ferrera, Rose Ackley, Michael Olmstead, Al Pinnow, Patti Manning, Sheila Ryan, Ann Williams, Shirley Putnam, Rhonda Tierney, Beth Bausman, Bob Norder, Carol Logan and Nancy Appleby.

Cookies/Coffee/Table Treats

Ellen Listing, Nancy Appleby, Sonya Barnes, Harriett Olson, Pinky, Marilyn Fruzen, Mary Ellen Maher, Terri Kaye, Rhonda Tierney, Diane Chasser, Yoshi Glos, Jo Schuett, Anne Roth, Sheila Ryan, Bev Bliss, Colleen Gill and Linda Marshall.

Additional Donations

Diana Montena, Jane Jones, Ron Patten, Ruby Hay, Carla Kretsinger, Ione VanDenElezen, Charlotte Armstrong, Sue, Marilyn Fruzen, Mary Lou Shaw, Babe Hendrickson, Sandy Buske, Karen Phelps, Karen Lowery and Beth Corcoran.



Silver Sneakers Chair Yoga Fridays 10:45-11:30am September 6-November 22

Do you think yoga is something you can't do? Well, happily you can think again. Silver Sneakers Yoga is designed for every body type and fitness level. This senior friendly program gently stretches all the major muscle groups while building balance and promoting relaxation. There is no getting down on the floor.

Basic yoga poses are modified to be done from a chair with the option of standing. Shoes are worn at all times. No equipment is required. This no-cost class is offered to Silver Sneakers members and non-members alike. The Silver Sneakers motto is "Be fit, make friends, have fun". Come join us as we do just that with certified instructor Mary Johnson for a yoga class that is appropriate for all ability levels. Class size is limited so register early.

AARP Smart Drivers Course Friday, September 27 9:00am-1:00pm

Cars have changed. So have traffic rules, driving conditions and the road you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills. By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Plus, you may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details! AARP membership is not required to take the course. Cost is \$15.00 AARP Members, \$20.00 non-members. Register by September 20 as space is limited.

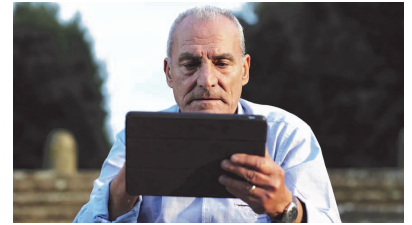
What The Tech

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, SEPTEMBER 19 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 are heading to **Neli's 1055 Gardner St. in South Beloit on Thursday, September 19 at 8:00am**



Come and enjoy a great breakfast and conversations.

Please pre-register

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

Dining Divas

The Dining Divas are heading to the **Texas Roadhouse 3201 Deerfield Drive in Janesville on Friday, September 20.**

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.

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.

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, September 10 from 8:00-9:00 am.** The only charge for the service is the cost of



Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays September 9 and 23 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, September 16 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, September 12** 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.

Please note that classes, programs and services may need to be canceled or rescheduled.

Thank you to everyone who volunteers their time and talents to provide a great variety of offerings at Grinnell Hall.

Taking Seniors To a Whole NEW Level.
***Empower *Enlighten**
***Engage *Enrich**

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 September 10 and 24** and taking appointments from 2:30-3:30pm. Alicia also does chair massages at The Gathering Place, Milton Senior Center. 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, September 6 and 20 at 1:00 pm**. Don't be shy - you will be glad you joined us. Please register by calling Grinnell at 608-364-2875.

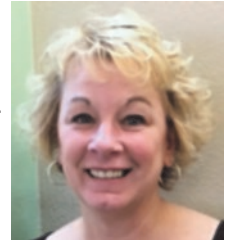
Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to 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, September 9 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, September 5 and 19 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 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, September 12 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, September 12 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

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, September 25
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
Friday, September 13 1:00pm
Can You Ever Forgive Me?

In this fact-based drama, author Lee Israel strikes gold in the 1970s and '80s with a series of successful celebrity biographies. But when tastes shift and her demons begin to disrupt her writing, she turns to forgery to support herself. Cast includes Melissa McCarthy, Richard E. Grant, Jane Curtin.... and more.



Sewing Lab Tidbits

In July 2017 sewing lab participants began making Fidget Mats with over 380 made July-December. These mats help sooth the agitated fidgeting of people with dementia or autism and help focus their attention, stimulate senses and exercise hand muscles. Mats were donated to nursing homes, hospice, friends and family.
Thank you for making a difference!

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.



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

Rosie & the Rivets 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

Swearingen and Kelli recreate the music, memories and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY GRINNELL CLOSED 	3 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	4 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	5 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing	6 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train 1:00 All in the Family
9 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Dementia Specialist 1:00 Safety First 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	10 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	11 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 1:00 Ornament Class	12 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:00 Advisory Board Meeting 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	13 7:30 Billiards 8:30 Tai Chi 9:30 Ornament Class 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train 1:00 Movie
16 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 12:30 Fall Prevention 2:30 Uke Jam 4:30 Warrior Workout	17 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 11:30 Collet Tours 12:30 Cribbage 12:30 Bridge (closed) 12:30 Mahjong 1:00 Billiard Lessons 1:00 RSVP Drivers Mtg 3:00 Senior Fair Meeting 5:30 Rock Steady Boxing	18 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 2:00 90Plus Birthday Party	19 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	20 7:30 Billiards 8:30 Tai Chi 9:00 RSVP Board 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train 1:00 All in the Family Rock County Senior Fair 9a-2p Holiday Inn
23 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 12:30 Korean War Presentation 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	24 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 5:30 Rock Steady Boxing	25 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Branson Trip Meeting 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Bingo	26 7:30 Billiards 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	27 7:30 Billiards 8:30 Tai Chi 9:00 AARP Drivers Course 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train
30 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 2:30 Uke Jam 4:30 Warrior Workout	2nd Annual Holiday Bazaar & Bake Sale will be held Monday, November 18 to Friday, November 22 Last year's Bazaar and Bake Sale was a HUGE success and we couldn't have done it without the help of all of our volunteers. To make sure that we have enough inventory to sustain the week long sale, we are asking <u>all who can</u> , to donate at least ONE HAND-MADE ITEM, ONE HOME-MADE BAKED GOOD or VOLUNTEER TO HELP WITH THE SET-UP & PRICING. If you can help out, please call or stop by the front desk so we can take your information. Thank you!			

Rock County Nutrition Grinnell Hall Senior Center

September
2019 Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY  NO MEALS	3 Lemon Pepper Fish Red Potatoes Broccoli Wheat Bread Pumpkin Bar	4 Hamburger Whole Wheat Hamburger Bun Black Beans Corn Fruit Jello	5 Spaghetti w/ meatballs Tossed Salad w/ dressing Green Beans Garlic Bread Tropical Fruit	6 Macaroni & Cheese w/Ham Peas Carrots Mandarin Oranges
9 Teriyaki Pork Brown Rice Broccoli Asian Blend Veg. Cherry Crisp	10 Chicken Marsala Peas Cauliflower Wheat Bread Lemon Bar	11 Sausage & Gravy Biscuit Hash brown Casserole Chunky Applesauce Tomato Juice	12 Italian Casserole Carrots French Cut Green Beans Wheat Roll Pears	13 Grilled Chicken Breast Red Potatoes Baked Beans Wheat Bread Tropical Fruit Blend
16 BBQ Pulled Pork Whole Wheat Hamburger Bun Broccoli Cauliflower Apple Crisp	17 Tuna Salad Wheat Roll Potato Salad Carrot Raisin Salad Watermelon	18 Grilled Chicken Breast Asparagus Corn Wheat Bread Carrot Bar	19 Salisbury Steak w/ mushroom gravy Garlic Mash. Potatoes Green Beans Wheat Bread Peaches Choc. Chip Cookie	20 Taco Salad Black Beans Shredded Lettuce Corn Tortilla Chips Cinnamon Applesauce
23 Roast Beef w/gravy Mashed Potatoes w/ gravy Mixed Vegetables Wheat Bread Brownie	24 Hawaiian Shredded Pork Baked Beans Creamy Coleslaw Whole Wheat Hamburger Bun Banana	25 Egg Salad Sandwich on Wheat Bread Romaine Salad w/ dressing Peaches Pumpkin Bar	26 Swedish Meatballs Egg Noodles Sweet Potatoes Brussels Sprouts Apricots	27 Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Lemon Bar
30 Sausage Hot Dog Bun Calico Beans Red Potatoes Fruit Cocktail			Meals require reservations which must be made by noon of the prior business day.	Meals served Monday through Friday at 11:45am

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.

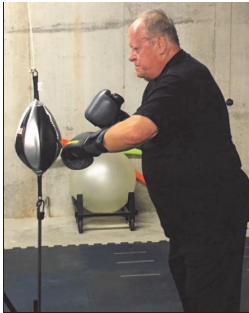
Rock Steady Boxing
Tuesdays and Thursdays 5:30-7:00 pm Big Hill Center in Big Hill Park

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.



WORKOUT WARRIORS NON-CONTACT BOXING
FREE 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
Big Hill Center in Big Hill Park 1101 Big Hill Road
For more information call Beloit Parks and Recreation at 608-364-2890.

CPR/AED/ Basic First Aid Presentation
Monday, September 9 1:00-3:00pm



We all have experienced having to make decisions on how to respond to an injury, accident or other situation. Join us as the Beloit Fire Department will present information on proper first aid for injuries, CPR (Cardio Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) use. Did you know that Grinnell has an AED? Do you know where it is located? Please note this is not a certification course. Please register for this class.

No Longer Fearing the Fall
Monday, September 16 1:00-2:00pm

As we grow older, the risk of falling increases, but the risks can diminish with muscle tone, improved balance and good posture. If a fall does happen knowing how to avoid serious injury is important. Understanding how to use momentum and body positioning can help minimize damage. You will “experience a fall” from an exercise ball onto a foam mat. The rolls are controlled and done slowly. Please wear comfortable loose fitting clothes. We also are reaching out for “safety coaches” who will meet with the instructor 20 minutes prior to the class. Please note this class has limited enrollment so register early. Class is led by Doug Anderson.

Korean War – Traveling Presentation
Monday, September 23 12:30pm



In Europe, East and West eyed each other anxiously across the Iron Curtain. In Asia, the Cold War grew hot. In 1950, North Korean forces, armed mainly with Soviet weapons, invaded South Korea in an effort to reunite the peninsula under communist rule. While MacArthur was able to prevent the North Koreans from overrunning the South, an unexpected intervention by China soon turned the "police action" (as Truman called it) into a bloody stalemate. As the war ground on it grew more and more unpopular in the United States, it would contribute to Dwight Eisenhower's election as president in 1952.

PFC Charles Swenson, a Rockford Korean War Veteran, served in Chorwon, on the Korean Peninsula from 1953 – 1954. Assigned to B Battery 213th Field Artillery Battalion along the DMZ as an Assistant Gunner/Cannoneer, he related his impression of Korea and his duties to his family back home.

Presentation is organized by Rockford’s Memorial Hall and Museum and presented by Mary Rose, a research volunteer at Veterans Memorial Hall and Museum. Please call to register.



Plant Hobbyist Group
Thursday, September 26 12:30-1:30pm

Rock Prairie Master Gardeners will be presenting a hands-on workshop, “Creating a Polished Terra Cotta Pot.” Jazz up a terra cotta pot with the help of a simple leaf pattern and a touch of shoe polish. A finished project will be on display at the front desk. Each participant must bring a **new terra cotta pot**, 5.5 to 7 inches tall. All other supplies are provided. Enrollment is limited to 12 so register early.

Holiday Bazaar Ornament Making Classes
Wednesday, September 11 1:00-3:00pm and Friday, September 13 9:30-11:30am

Do you want to make something for the Holiday Bazaar but think you don’t have the talent? Hogwash! Come join instructors Bobbie Pann (Sept. 11) and Shelia Ryan (Sept 13) as they assist you in creating a couple of ornaments that will be sold at our Holiday Bazaar! There is no charge for this class, but please reserve your spot in advance.



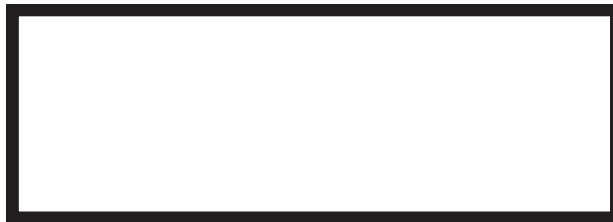
The Power of 50 Plus

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



National Council on Aging



Rock County Senior Fair
Friday, September 20 9:00am-2:00pm
Holiday Inn Express Janesville

Beloit Senior Fair
Tuesday, October 1 9:00am-1:00pm
Eclipse Center Beloit

Excursions and Extended Trips

Grinnell Hall is working with travel groups to offer some fun and exciting trips that may be on your "bucket list". Check out the information below and pick up a booklet for specific information.

Branson Show Extravaganza **June 8-13, 2020**

Enjoy 6 days and 5 nights as you travel by a spacious motorcoach including 3 consecutive nights in the Branson area. You will enjoy 7 shows, 5 breakfasts and 3 dinners and have some free time as well. Cost is \$565 per person based on double occupancy. Trip is presented by Diamond Tours and departure is from Beloit. **Join us on Wednesday, September 25 at 10:00am for additional information and discussion.**

Irish Discovery **October 20-27, 2020**

Enjoy Dublin and Limerick and several excursions. Tour includes round trip airfare from O'Hare, 6 nights hotel accommodations, 8 meals, deluxe motorcoach for tours, admissions and sightseeing per itinerary and baggage handling. Cost is \$3,099 double occupancy for a limited time. Trip is presented by Premier World Discovery. Sorry there is no meeting for additional information. **Stop in for a flyer.**

Collette Tours Travel Presentation **Tuesday, September 17 11:30 am Grinnell Hall**

Heritage of America May 10-18, 2020 \$2,999 double occupancy for a limited time

Enjoy the sights and sounds of American History as you tour Philadelphia, Gettysburg, Arlington National Cemetery, Washington DC and more. Stay in great hotels and enjoy several tours.

The Reflections of Italy October 14-23, 2020 \$3,999 double occupancy for a limited time.

Highlights of this trip include Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery & Cooking Class, Venice, Murano Island, Choice on Tour, Milan. Enjoy great food, wine and scenery.