

# 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.*



December  
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



## Grinnell Hall Holiday Show Friday, December 6 at 1:00pm Featuring Hackett School Choir

Join us as we welcome Hackett School Choir, Goldenaires, Judy Witzack, Grinnell Theater Group and more at Grinnell's Holiday Show. If you would like to become involved please let us know as soon as possible. Join us in giving a warm welcome to Hackett School Choir. The show is open to the public and no need to sign up. There will be a short intermission with refreshments.



## New Year's Bash Wednesday, January 8 1:00-3:00pm

Grinnell Hall is bringing in 2020 with friends, fun and music. Get ready to dance to the music of Kevin Schultz who entertained us at last year's Spring Fling. His playlist includes a variety of genres and he will take requests as well. Party hats and noise makers, photo opportunity and refreshments will be available.



*We will give a "toast" to a great 2019 and an exciting 2020  
Come join in on the fun!*

This is one day you can forget about your New Year's Resolution.  
Please pre-register so we have enough supplies.



### Advisory Board of Grinnell Senior Center

Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer  
Margaret Alexander, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

Hello,

Thank you to everyone who was able to come and honor our Veterans. We are fortunate to live in the United States. As we come into the Holiday Season remember that others are not as fortunate. Throughout the month of December we will have a food donation box available for non-perishable foods. We will make the donation to area food banks. I am very fortunate to have the Grinnell Family in my life and I thank you for your laughter and your smiles. Thank you for making Grinnell your home away from home.

Happy Holidays

Debbie Kraus, Senior Center Manager



Thank you to our generous friends who donated to Grinnell Hall from October 16-November 7.

#### Gift Shop

Pearl Friedley

#### Cookies and Snacks

Nancy Appleby, Mary Lou Shaw, Harriet Olson, Jo Schuett, Sandy Davis, Sherry Westbrook, Marilyn Fruzen, Ann Gates and Sonya Barnes,

#### Other

Debbie Marvin, Donna Rasmussen, Patty Nampel, Teri Kaye, George Olson, Sherril Gilbertson,



### *Laughter the Best Medicine*

An elderly lady phoned her telephone company to report that her telephone failed to ring when her friends called - and that on the few occasions when it did ring, her pet dog always moaned right before the phone rang. The telephone repairman proceeded to the scene, curious to see this psychic dog or senile elderly lady.

He climbed a nearby telephone pole, hooked in his test set, and dialed the subscriber's house. The phone didn't ring right away, but then the dog moaned loudly and the telephone began to ring. Climbing down from the pole, the telephone repairman found: 1. The dog was tied to the telephone system's ground wire via a steel chain and collar. 2. The wire connection to the ground rod was loose. 3. The dog was receiving 90 volts of signaling current when the phone number was called. 4. After a couple of such jolts, the dog would start moaning and then urinate on himself and the ground. 5. The wet ground would complete the circuit, thus causing the phone to ring.

Which demonstrates that some problems CAN be fixed by pissing and moaning.

### Searching for organ players and instructors!

Grinnell Hall received a donation of a GEM (General Electro Music) organ from a local family. We are happy to have it here at Grinnell and are searching for individuals who can play the organ and possibly provide some lessons. Give us a call here at Grinnell as we would love to listen and learn.



### Branson Trip Show Extravaganza June 8-13, 2020

Enjoy 6 days and 5 nights on this motorcoach trip. This includes travel time and 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.

**Informational meeting for those not signed up is Monday, December 9 at 10:00am.**



**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, December 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 Westside Family Restaurant at 530 W. Grand Ave. in Beloit on Thursday, December 19 at **8:00am**

Come and enjoy a great breakfast and conversations. Please pre-register and indicate if you will be carpooling or meeting the group at the restaurant.

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

**Dining Divas**

The Dining Divas are heading to Sophia's Restaurant at 3201 S. Riverside Drive in Beloit. on Thursday, December 19 at 12:45pm. Meet at Grinnell Hall at 12:30pm to carpool 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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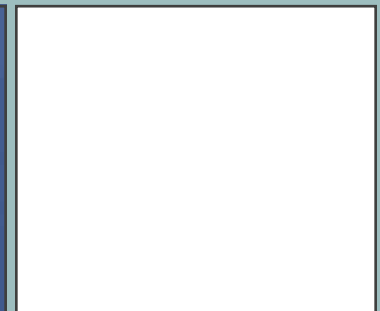
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**Weekly Exercises and Dance Classes Offered at Grinnell**



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  
Introduction to Line Dancing....Peggy....Thursdays 10:00am  
Tai Chi.....Yoshi.....Fridays 8:30 am



Get healthy and make new friends.

*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.

**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. Theater Group will not meet in January.

**Watch Battery Repair**

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, December 10 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 December 2 and 16 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, December 16 from 11:30 am-1:00 pm**. This is a walk in service and services are individually priced.

**Dress Warm**

Winter weather is here early and along with the construction, our indoor temperature is a little cooler. Please remember to dress in layers or bring a sweater with you so that you are comfortable. Also keep extra items such as boots, hats, gloves in your car. Remember to have your cell phone with you while driving.

**INTRODUCTION TO LINE DANCING CLASS**



Not quite picking up the steps in the beginner's class and would like a little more help? Join Peggy on **Thursdays at 10:00am**. For men and women. Please give a call to let us know you will be attending.

**Chair Massage**

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenks will take appointments on **Wednesday, December 4 from 12:00-2:00pm**. 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



Enjoy sewing? Then join us each Thursday from 9:00am 2:00pm.

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.

The quilts that are made in the sewing lab are donated to area organizations. In September and October 20 quilts were donated to nursing homes and Hospice. It takes 15-20 plus hours for each unique quilt to be made.

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 lonely 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, December 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.

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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, December 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 is available by appointment only through December.** 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. Please call 608-757-5414 to make an appointment .



## Courtesy Hearing Aid Check

Alicia Peterson from Miracle Ear will be at Grinnell on **Thursday, December 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, December 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.

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

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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

**Bingo Wednesday, December 18  
1:00-3:00pm**



Join us as we have a fun time playing bingo and winning some prizes. November bingo is sponsored by Alden Health Care and they will have some great prizes and snacks for our break.



**December Movie**

**Man Who Invented Christmas  
Friday, December 13 1:00pm**

The Man Who Invented Christmas tells of the magical journey that led to the creation of Ebenezer Scrooge, Tiny Tim and other classic characters from A Christmas Carol. The film shows how Charles Dickens mixed real life inspirations with his vivid imagination to conjure up unforgettable characters and a timeless tale, forever changing the holiday season into the celebration we know today. Cast includes Christopher Plummer, Dan Stevens and Donald Sumpter and others.



**Grinnell Hall 2020 Membership Drive**

It's membership renewal time and we will begin taking memberships at any time. Membership is for January-December 2020 and prices will remain the same!

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**

**Special pricing for trips.**

**Participation incentive rewards**

Door prizes will be available to win and the number of tickets you receive depends upon when you sign up for a new membership, renew your membership and if you recruit a new member.

Here's how it works

Renew now through 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!

Front desk staff will track how many tickets you earn and we will begin distribution on February 1.

Photos of prizes will be displayed on February 1 for you to choose what prize you would like a chance to win.

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>3</b> 7:30 Billiards 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing <b>9:30-11:30 Gift Wrapping</b> 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage <b>5:30 Rock Steady Boxing</b>	<b>4</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>10:00 Wine Bottle Craft</b> <b>12:00 Chair Massage</b> <b>12:00 Medicare 101 Appts.</b> <b>1:00 Wine Bottle Craft</b> 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	<b>5</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:00 Advisory Board Meeting</b> 12:30 Euchre 1:00 Billiard Lessons 1:00 Theater Group <b>5:30 Rock Steady Boxing</b>	<b>6</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train <b>1:00 All in the Family</b> <b>1:00 Holiday Show</b>
<b>9</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>10:00 Branson Trip Info</b> <b>12:30 Dementia Specialist</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>10</b> 7:30 Billiards <b>8:00 Watch Battery Repair</b> 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage <b>5:30 Rock Steady Boxing</b>	<b>11</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	<b>12</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:30 Hearing Aid Check</b> <b>10:00 Blood Sugar/Press</b> 12:30 Euchre 1:00 Billiard Lessons <b>5:30 Rock Steady Boxing</b> <b>6:00 Holiday Lights Tour</b>	<b>13</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (Closed) <b>1:00 Movie</b>
<b>16</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>11:30 Jewelry Repair</b> <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>17</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Mahjong <b>12:30 St. Judes Bridge</b> <b>1:00 RSVP Drivers Meeting</b> <b>5:30 Rock Steady Boxing</b> <b>6:00 Holiday Lights Tour</b>	<b>18</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group <b>1:00 Bingo</b>	<b>19</b> 7:30 Billiards <b>8:00 Dining Dudes</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing <b>12:30 Dining Divas</b> 12:30 Euchre <b>1:00 RSVP Meeting</b> 1:00 Billiard Lessons <b>1:00 What the Tech</b> <b>5:30 Rock Steady Boxing</b>	<b>20</b> 7:30 Billiards 8:30 Tai Chi <b>9:00 RSVP Board</b> 12:30 Mexican Train <b>1:00 All in the Family</b>
<b>23</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>24</b> <b>Happy Holidays</b> <b>Grinnell Hall</b> <b>Closed</b> 	<b>25</b> <b>Happy Holidays</b> <b>Grinnell Hall</b> <b>Closed</b> 	<b>26</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing 12:30 Euchre 1:00 Billiard Lessons <b>5:30 Rock Steady Boxing</b>	<b>27</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train
<b>30</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>31</b> <b>Happy New Year</b> <b>Grinnell Hall</b> <b>Closed</b> 	<b>January 1</b> <b>Grinnell Hall</b> <b>Closed</b> 	<b>Grinnell Fun All Year Long!</b> 	



# Rock County Nutrition Grinnell Hall Senior Center

**December**  
**2019** Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Burgundy Tips Eggs Noodles Stewed Tomatoes Brussels Sprouts Whole Wheat Bread Pears	<b>3</b> Creamy Chicken & Vegetables Mashed Potatoes Beets Apricots Whole Wheat Roll Choc. Chip Cookie	<b>4</b> Macaroni & Cheese w/ Ham Cauliflower Peas Wheat Breadstick Vanilla Yogurt Peaches	<b>5</b> Hamburger Patty Whole Wheat Bun Baked Beans Carrots Broccoli Slaw Apple Pie Bar	<b>6</b> Spaghetti & Meatballs Green Beans Broccoli Garlic Bread Carrot Spice Bar
<b>9</b> Sausage Breakfast Bake Breakfast Potatoes Mini Blueberry Muffin Warm Spiced Pears Tomato Juice	<b>10</b> Herbed Pork Loin Winter Squash Au Gratin Potatoes Whole Wheat Roll Fruit Cocktail Pumpkin Pie Pudding	<b>11</b> Chicken & Wild Rice Beets Romaine Salad w/ dressing Whole Grain Bread Peaches w/Granola	<b>12</b> Meatloaf Mashed Potatoes w/ gravy Broccoli Whole Wheat Bread Mandarin Oranges M & M Cookie	<b>13</b> Sloppy Joe Hamburger Bun Baked Beans Coleslaw Warm Chunky Applesauce
<b>16</b> Chicken Parmesan Cauliflower Sweet Potatoes Whole Wheat Breadstick Fruit Cocktail	<b>17</b> <i><u>Christmas Menu</u></i> Ham Carrots Green Bean Casserole Tossed Salad w/ Ranch Wheat Dinner Roll Apple Pie Bar	<b>18</b> Beef Chili Refried Beans Broccoli Slaw Cornbread Pears in Jello	<b>19</b> Baked Chicken Breast w/gravy Steamed Spinach Mashed Potatoes Whole Wheat Roll Apricots Snickerdoodle Cookie	<b>20</b> Roast Beef Red Potatoes Green Beans w/craisins Applesauce Garlic Bread Chocolate Cake
<b>23</b> Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Whole Wheat Breadstick Chunky Applesauce	<b>24</b> <i>Closed</i>  <i>Christmas                      Eve</i>	<b>25</b> <i>Closed</i>  <i>Merry                      Christmas!</i>	<b>26</b> Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Whole Wheat Roll Cherry Bar	<b>27</b> Swedish Meatballs Noodles Green Beans w/Craisins San Francisco Blend Dinner Roll Fruit Cocktail
<b>30</b> Broccoli Quiche Cottage Cheese Breakfast Potatoes Asparagus Whole Wheat Bread Orange Juice	<b>31</b> <i>Closed</i> <i>Happy New                      Year</i> 		<b>Meals require                      reservations which                      must be made by                      noon of the prior                      business day.</b>	<b>Meals served                      Monday through                      Friday at 11:45am</b>

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**  
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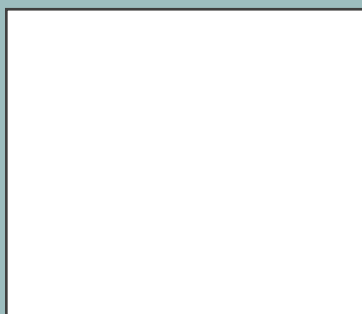


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 cmancheski@lpiseniors.com or (800) 950-9952 x2687

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**Free Gift Wrapping at Grinnell  
Provided by Autumn Lake Health Care and The Suites of Beloit  
Tuesday, December 3 9:30am-11:30am**

Please join Autumn Lake Health Care and The Suites of Beloit staff for giftwrapping, cookies and chats. You can bring two items a piece to be wrapped at no charge. Please have them in the packages you would like them wrapped in. They will wrap and attach bows for you, while you enjoy some yummy holiday cookies. Bring your gifts so you don't have to worry about the wrapping!

**Lighted Wine Bottle Craft Class  
Wednesday, December 4 10:00-11:00am or 1:00-2:00pm**

Make a beautiful lighted wine bottle using stencils. All materials are provided. Please note bottle colors will vary. There is a material cost of \$3.00 per person and there is limited enrollment. Please sign up and be specific with your class time.



**Medicare 101 Personal Appointments  
Wednesday, December 4 12:00-4:00pm**

Do you know the difference between Medicare Parts A, B, C and D? Are MediGap/Medicare supplements and Medicare Advantage plans the same thing? Should you enroll in a Part D plan or Senior Care? Are there programs to help me with the cost of my medications? If you have ever wondered about these questions, or have others this is the meeting for you. Whether you are newly eligible for Medicare or have had it for years you will learn the answers to these questions and lots more from local Whitewater broker Jean Linos. She is a local business owner and has worked in the Medicare space for 6+ years. Please call 262-458-2880 or 706-232-3431 to make an appointment here at Grinnell.

**Holiday Light Tour  
Thursday, December 12 and Tuesday, December 17**

The Finnegan's team is so generous to donate the RVs and drivers for this popular event. We will meet at **Rotary River Center at 5:30pm** and enjoy some hot cider, hot chocolate, coffee and cookies. We will leave promptly at 6:00pm and return at approximately at 8:00pm. You must pre-register and can sign up for only one night. Each night is limited to the first 24 people. We will take a waiting list in case someone must cancel.



**Game Day  
Monday, January 13 12:30pm**

**New!**



Join in the fun as we play a variety of board and other games on a monthly basis. We want to know what you are interested in playing so there is more fun. More than one type of game may be going on at the same time to provide players a variety of choices. Please sign up for game day and let us know what you are interested in playing. Snacks provided.

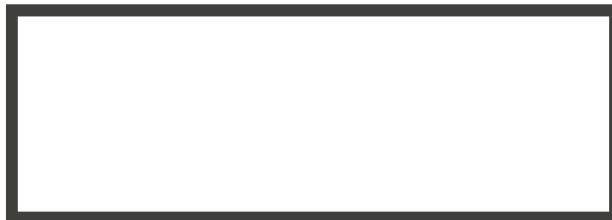




# The Power of 50 Plus

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](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## **Medicare Annual Open Enrollment Period** **Medicare's Annual Open Enrollment Period is October 15 - December 7.**

If you are on Medicare, this is an important time to review your current coverage and see if you need to make any changes for next year. Medicare Part D and Medicare Advantage plan details seem to change every year. Sorting through all the options to find the right plan for your prescriptions can be confusing, but help is available. Contact the Elder Benefit Specialist at the Rock County Council on Aging for un-biased information and assistance. The Elder Benefit Specialist does not sell or endorse any insurance plans. There is no charge for this service. We are trained to carefully review your current coverage and compare your plan with other options based on your medications and other details. They will also check to see if you qualify for programs or benefits that can save you money.  
**For further information or assistance call Lachel Fowler, Elder Benefit Specialist, at (608)757-5414.**

## **City of Beloit Eastlawn and Oakwood Cemeteries**

Compassion and understanding in your time of need.  
Preplanning offers both emotional and financial security for you and your family. It also gives peace of mind to your loved ones when making important decisions during this stressful time.

Options for you and your family to consider

**Cremorial Ledger** - individual inches for family and friends to visit and reflect on the lives of loved ones.

**Eastlawn Memorial Tower** - urns are placed beneath the tower creating a secure resting place.

**Columbariums** - above ground granite embellished with a granite vase for a loved one's remains.

**In-Ground Burial** - traditional site with an interment if desired.

**Veteran Services** - we honor fallen Veterans who served to defend our freedom.

**Perpetual Care** - caring staff mows, trims, repairs and levels headstones to ensure honor, dignity and respect.

**608-364-2867 Monday-Friday 10:00am-2:00pm**