

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 2020

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



Hello all,

Baby Steps, One Step At A Time, that is what it will be like when we do re-open. And it will be different. Exactly how, I am not sure and there will be changes along the way as we do our due diligence to keep everyone safe and healthy. In the meantime if you would like to venture out the Public Library is offering in person and virtual activities and they are open for full service business or drive-up pickup if you prefer. The Council on Aging is offering Wednesday Walks at various locations. Join us for remote Bingo, it is fun and easy to play. Please note to save funds and trees bingo cards are only being sent to those who have played bingo in the past so if you want one give a call. On another note, I am spending my Thursday mornings, 6:30am start time, at Krueger-Haskell golf course checking in golfers. It is a new learning experience and I am enjoying it. I have had several ZOOM (on-line meetings) with Wisconsin Association of Senior Centers Directors and it is very informative as to how each city, county, etc. is managing re-opening or continue being closed. There is a mixture of centers phasing in opening, staying closed and the protocols that are being followed to keep everyone safe and healthy. Each meeting provides different information as we move forward to some sense of normalcy. I hope you are enjoying the newsletters, I try to keep it educational and entertaining. Please feel free to send any photos, articles, memories to be included. Also if you have a subject that you would like more information on please let us know. If we can assist you in any way please give us a call, we are here M-F 8am-4pm. Thank you for making Grinnell Hall your home away from home.

Debbie Kraus, Senior Center Manager



**PUZZLE EXCHANGE CONTINUES FRIDAYS 8:30-10:30am and 12:00-3:30pm
OR GIVE A CALL IF FRIDAYS DON'T WORK FOR YOU!**

Unfortunately Grinnell Hall is **NOT YET open**

Rock County is in their Phase Two, which means we are moving forward, but they recommend that Senior Centers remain closed at this time.

If you are a member you will receive a phone call from our "Voice Connect" program which is part of our "My Senior Center" software. The call will not be from Grinnell but rather from 508 area code / Massachusetts number and/or SPAM. You do not have to

answer if you do not want to as a voicemail will be left.

Grinnell Hall will have staff available Monday-Friday 8:00am-4:00pm to answer any questions and assist in any way possible.

PLEASE NOTE WE ARE NOT TAKING DONATIONS UNTIL FURTHER NOTICE.

Grinnell Hall Word Scramble

I know it has been a while since anyone has been to Grinnell, but I am sure you remember the activities and services. Try to unscramble the words below and drop off this page with answers or mail it in by **August 12** and remember to put your name on it. We will have a door prize drawings of all the correct ones submitted. Good Luck and no sharing answers. Answers and winners will be in September newsletter!

- 1. FFBUL ERTTES _____
- 2. ICHSCK HITW CKISST _____
- 3. RCAIH EAAGSMS _____
- 4. OIVEM FO HET HOMN _____
- 5. BEEBDI NAD YKECB _____
- 6. KCRO EATSYD GXNIOB _____
- 7. NNIIDG AVISD _____
- 8. LAL NI HET MYLAIF _____
- 9. EILN CNNAIGD _____
- 10. WJYEELR RRPAIE _____
- 11. TTAASEONLRSI _____
- 12. ATI ICH _____
- 13. XINCMEA INATR _____
- 14. REELD FEETBIN SSIPECLAT _____
- 15. SAYE TTRSHCE AGYO _____
- 16. PENO WIGSEN ABL _____
- 17. LIESELN OKON _____
- 18. JOGNAHM _____
- 19. PPERA TRAINFCG _____
- 20. RAIDLIBSL _____
- 21. **YAST EFSA EW SSIM OYU** _____ **not an activity**

Each question you answer correctly will give you additional chances for door prizes.

What is the name of the bird that is said to be buried in Grinnell Hall's structure?

In April 1936 Mrs. Grinnell willed \$100,000 for a Memorial to be built in honor of her husband William H. Grinnell. What was Mrs. Grinnell's first name?

EXTRA, EXTRA DOOR PRIZE CHANCE Fill in the Blank Trivia !

- 1. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?" Invariably, someone would answer, "I don't know but he left behind a _____."
- 2. What takes a licking and keeps on ticking? _____.
- 3. When the Beatles first came to the US in early 1964, we all watched them on the _____ Show.
- 4. Get your kicks on _____.
- 5. The story you are about to see is true. The names have been changed to _____.
- 6. Alka Seltzer used a boy with a tablet on his head as it's logo/representative. What was the boy's name? _____
- 7. After the Twist, The Mashed Potato and the Watusi, we danced under a stick that was lowered as low as we could go in a dance called the _____.
- 8. One of the biggest fads of the late 50s and 60s was a large plastic ring that we twirled around our waist. It was called a _____.

Laughter the Best Medicine

During dinner 10 year old Jimmy asks his grandfather, "Granddad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the Granddad replies. After dinner the Granddad asks, "Now, Jimmy, what did you want to ask me?" "Oh, nothing," then he says.
 "There was a bug in your soup, but now it's gone."

An elderly couple are in church. The wife leans over and whispers to her husband, "I just let out a long, silent fart. What should I do?" The husband replies, "First off, replace the batteries in your hearing aid!"

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it." That afternoon, her father came home complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said.
 "You'd feel better if you had something in it."

There is a senior gentleman driving on the highway. His wife calls him on his cell phone and in a worried voice says, "Herman, be careful! I just heard on the radio that there is a madman driving the wrong way on Route 280!" Herman says, "I know, but there isn't just one, there are hundreds!"

An Amish husband, wife and son travel to the city on vacation. They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator (having no idea what it is). As they watch, an elderly lady walks into the strange silver doors and the doors close. The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out. The father leans over and whispers to the son, "Son, go get your mother!"

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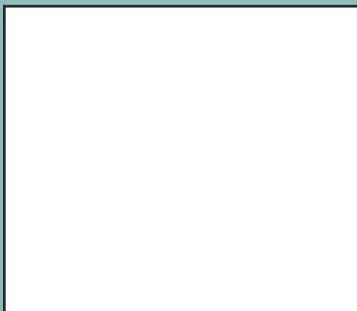
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 M R R P N N A O S T P P D Q L
 H L R R R D C A P K A L D E R
 O A E U E E Y A L C K L E S H
 H R H C N U S N O U N P U K A
 A C C E O P G S Y B I R C H W
 T H A Z E L P A M N H W R D L
 D C I N C E S W E Y C U D N T

TREE WORD SEARCH

- | | |
|------------|----------|
| Alder | Hawthorn |
| Apple | Hazel |
| Ash | Larch |
| Aspen | Maple |
| Birch | Oak |
| Buckthorn | Pine |
| Cedar | Poplar |
| Cherry | Redwood |
| Chestnut | Sequoia |
| Chinkapin | Spruce |
| Cottonwood | Sweetgum |
| Cypress | Sycamore |
| Dogwood | Walnut |
| Elm | Willow |
| Fir | Yew |


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Call 608-312-2370, or visit: beloitseiorliving.com for more information.

Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511

Masks Available



Beth Bausman, Sandy Buske, Paula Denson and Terry Babcock have made 140 cloth face coverings (masks) of 100% cotton as suggested by the CDC. We have distributed close to 100 cloth face coverings to dated. If you would like one please call Grinnell to see what we have available and we will set up a date and time for pick up.
Thank you ladies for helping us stay healthy.



A SMILE IS INFECTIOUS

Join us for this presentation given by Angie Stone,
Author of the Amazon Best Selling Book,
Dying From Dirty Teeth

Thursday September 3, 2020 at 10:00am

To join the presentation by phone
Dial: 312. 626. 6799
Enter Meeting ID
833 4524 5332

To join the presentation online
Go to Zoom.com
Click on "Join a Meeting":
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Sunday Breakfast 10:30-2
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Family
Beloit



Rock County Nutrition Grinnell Hall Senior Center

August

2020 Page 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chocolate Milk Taco Casserole Refried Beans w/cheese Carrots Breadstick Cinnamon Applesauce	4 Tuna Pasta Salad Romaine w/dressing Pineapple/Orange Cottage Cheese Salad Dinner Roll Tomato Juice Watermelon	5 BBQ Pulled Pork Whole Wheat Bun Corn Cauliflower Apples w/Graham Cracker Topping	6 Grilled Chicken Breast Au Gratin Potatoes Beets Whole Wheat Bread Pineapple Carrot Bar	7 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Wheat Bread Peaches Choc. Chip Cookie
10 Roast Beef w/Gravy Mashed Potatoes California Blend Peanut Butter Whole Wheat Bread Banana Brownie	11 Chocolate Milk Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Chunky Applesauce	12 Chicken Salad Fresh Baby Spinach w/Salad Dressing Potato Salad Whole Wheat Breadstick Vanilla Yogurt Mandarin Oranges	13 Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Cottage Cheese Peaches Lemon Bar	14 Swedish Meatballs Egg Noodles Green Beans Stewed Tomatoes Whole Wheat Bread Pears Sugar Cookie
17 Polish Sausage Bun Calico Beans Brussels Sprouts Mandarin Oranges Vanilla Pudding	18 Lemon Pepper Chicken Cooked Red Cabbage Scalloped Potatoes Whole Wheat Bread Applesauce	19 Chocolate Milk Broccoli Quiche Breakfast Sausage Links Asparagus Tomato Juice Pineapple Mini Muffin	20 Chicken Cordon Bleu Casserole Broccoli Carrots Pears Oatmeal Raisin Cookie	21 BBQ Rib Patty Whole Grain Bun Peas Cauliflower Peaches w/Graham Cracker Topping
24 Ranch Pork Chops Baked Beans California Blend Whole Wheat Bread Fruited Applesauce Cherry Orchard Bar	25 Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower W Wheat Breadstick Jello Poke Cake Banana	26 Chicken & Broccoli Casserole Carrots Peas Wheat Roll Lowfat Vanilla Yogurt w/Strawberries	27 Chocolate Milk Sloppy Joe on Whole Wheat Bun Au Gratin Potatoes Beets Pears	28 Meatloaf Mashed Potatoes Green Beans Broccoli Salad Wheat Roll
31 Macaroni & Cheese w/Ham Asparagus Cauliflower Wheat Dinner Roll Lowfat Cottage Cheese Peaches			<p><i>While Dining Centers are Closed Due to COVID-19:</i></p> <p><i>Please arrive to pick up meals at 11:00 am.</i></p>	

Meals available to anyone 60 years of age or older and spouse of any age. Milk is 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 by 11:00am prior business day. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

RSVP Seniors Volunteering for Seniors

COVID19 didn't slow us down, seniors are still in need of transportation to doctor appointments and for grocery trips. Drivers are reimbursed at .50 per mile and we offer supplemental liability insurance. Rides can be local to your city or as far as Madison or Milwaukee. Must be at least 55 and have a clean driving record. We use a program called sign up and you can go online and pick the rides you are available for or we can call you for spots. Face masks are required during transport.

We have an exciting volunteer opportunity to help families who are unable to leave home because of COVID 19, we took over a delivery program for Rock County pantries, needed are two delivery people for the Beloit Caritas and Janesville ECHO route, pickup is weekly on Friday at noon and your mileage is reimbursed at .50 a mile. It could be a husband and wife or one person who has lots of muscle. **This is a contactless delivery system.** Each route has approximately 4-8 people and could increase in the future. We are also looking for substitute drivers for Clinton & Orfordville.

Make a difference is someone's life and it will make a difference in yours.

For additional information please call Retired Senior Volunteer Program (RSVP) 608-362-9593.

Senior Farmers' Market Vouchers

Eligible seniors receive vouchers worth \$25 per household to purchase locally grown produce at approved farmers' markets. **Limited quantities remain.**
Vouchers will be distributed on a first call, first served basis.



Eligibility Requirements:

- *Rock County residents age 60+ (Native Americans age 55+)
- *Monthly household income of \$1,968 or less for one person (\$2,658 or less for two people)
- *Each eligible household may receive vouchers only once in 2020

Call Rock County Council on Aging 608-757-5428; leave a voicemail

These are challenging times and social isolation effects us in different ways. Below are a few tips to share

E-mail or call a friend with whom you haven't been in touch in a while and rekindle your friendship.

Read a book to a grandchild or family friend over the phone or via video chat.

Share memories (and clean out a closet at the same time). Take out that box of photos that you've been meaning to sort through. Then, get in touch via e-mail or phone with the people in the photographs and reminisce about your shared experiences.

Do an online workout. Choose from one of the thousands of fitness routines available on YouTube and Facebook work out together, but in separate locations, with your exercise buddy. Stateline YMCA Virtual workouts can be found at <https://www.statelineymca.org/virtual-offerings>

Meet friends in a park or parking lot. If virtual does not work for you and you wear your mask, can keep your social distance and are comfortable venturing out this may be an option. You have to make the choice.

Host a virtual get-together. If you can't meet your friends in person for coffee or lunch, move the gathering online via a group video chat.

Meet in a park or parking lot Keep your social distance while still

Teach others your skills. If you've been waiting to show the world your special talents, now's your chance. Use your phone to create short teaching videos and post these online.

Call Grinnell to pick up a puzzle or just to talk we would be happy to visit with you!

Dance and sing like no one is watching or listening. Better yet record it and share with all of us!



Beloit Library is a cooling center if needed. Don't hesitate to call them if you are in need.

608-364-2905

Wednesdays @ The Library Wednesdays 11:30 am-1:00 pm

Enjoy live music and lunch on the patio every Wednesday in August. Each week features a different food truck, as well as food from our own Blender Café.

Stateline Night Writers via ZOOM Wednesdays 6:00-8:00 pm

Meet other writers for hints, tips, suggestions, and encouragement via ZOOM. ZOOM is simple to work with as a link is provided. If you'd like to join, email Jerry at jerrypetersonbooks@gmail.com.

FABL Film Night: Knives Out Wednesday, August 5 6:00 p.m.

Join us for this month's film, sponsored by Friends at Beloit Library (FABL). Attendance is limited and preregistration is required.

Great Musicals: Oliver! Wednesday, August 19, 6:00 pm

Join us for this monthly film series featuring great musicals from Broadway and Hollywood. Refreshments provided. Attendance is limited and preregistration is required.

Facebook Live with Author Bill Mathis Saturday, August 22, 3:30-4:30 pm

Join us on Facebook Live for a conversation with local author Bill Mathis and his book coach, Kathie Giorgio. The fun will include trivia, giveaways, and prizes! Bill's latest release is *The Rooming House Gallery: Connecting the Dots*. Also his third novel *The Rooming House Diaries: Life, Love & Secrets*.

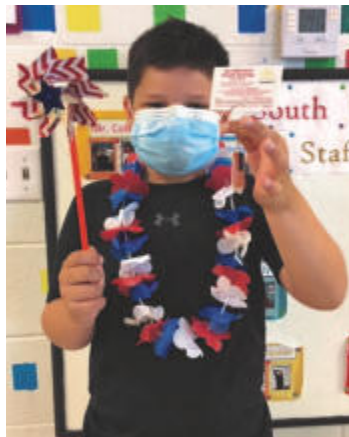
Book Discussion via ZOOM Wednesday, August 26, 6:00-8:00 pm

Read the book and join us for a healthy discussion via ZOOM. This month's book is *Once Upon a River* by Diane Setterfield. To join, email Katharine at kclark@beloitlibrary.org.

AARP Smart Driver Course Available On-line

AARP continues to offer the on-line version and is offering a 25% discount through July 31. Simply go to the website www.aarpdriversafety.org, sign-up for the on-line course and enter the Promotional Code **DRIVINGSKILLS** (all one word) to sign up for the class and get the discount.

We had some extra 4th of July goodie bags that included Pinwheel, lei, flag keychain and coupons so we shared! Cindy Ross who does the Nutrition (Lunch Program) grandchildren are the first two photos. Boys and Girls Club day camp participant is in the third photo.



**If you change how you think,
you change your mindset.
If you change your mindset,
you change your behaviors.
If you change your
behaviors, you change your
habits.
If you change your habits,
you change your outcomes.
If you change your
outcomes,
you change your life.
-brianna wiest**

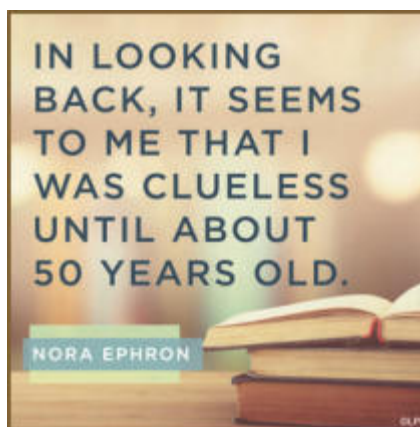
**TO ENSURE THE SAFETY OF EVERYONE, ALL 2020 TRIPS
HAVE BEEN CANCELLED.
WE ANTICIPATE HAVING TRIPS AVAILABLE IN 2021.
STAY HEALTHY!**

Fun In The Sun

- ☀ Ray of sunlight: **SUNBEAM**
- ☀ Woman's wide-brimmed hat with flap at the back to protect the neck from sun exposure: **SUNBONNET**
- ☀ Result of overexposure to the sun: **SUNBURN**
- ☀ Topical ointment or spray that prevents sunburn: **SUN BLOCK or SUNSCREEN**
- ☀ Plant that has large, yellow-rayed heads that produce edible seeds rich in oil: **SUNFLOWER**
- ☀ Protective eyewear worn in the sun: **SUNGLASSES**
- ☀ First day of the week: **SUNDAY**
- ☀ Regional name of the southern and southwestern United States: **SUNBELT**
- ☀ Dish of ice cream with toppings: **SUNDAE**
- ☀ Time of the daily first appearance of the sun above the eastern horizon: **SUNRISE or SUNUP**
- ☀ Time of the daily disappearance of the sun below the western horizon: **SUNSET or SUNDOWN**
- ☀ Miscellaneous items: **SUNDRIES**
- ☀ Sunlight through broken clouds: **SUNBURST**
- ☀ John Denver song: **SUNSHINE ON MY SHOULDERS**
- ☀ Nickname of Florida, South Dakota, and New Mexico: **SUNSHINE STATE**
- ☀ Emotional song from *Fiddler on the Roof*: **SUNRISE, SUNSET**
- ☀ Brand name of boxed raisins: **SUN-MAID®**



Thank you to Linda Hardie, Nutrition Manager for Rock County Council on Aging for the Fun in the Sun!





Communication and Emotions in Late Stage of Dementia

Monday, August 10 • 1:00-2:30pm (RSVP by August 3rd)

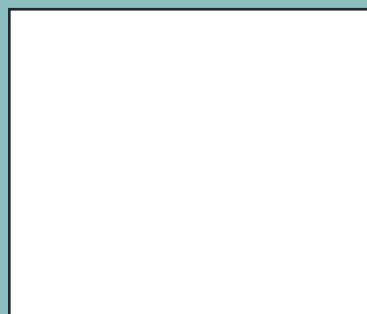
Are you, family member or a friend learning how to cope with an individual who has dementia? Learn how to communicate in the late stage of dementia and better understand their emotions. ADAW Dementia Outreach Specialists are working remotely to provide you and individuals impacted with Alzheimer's or other dementias effective skills and strategies that can enhance both of your lives. Teena Monk-Gerber, ADAW Dementia Outreach Specialist for Rock & Green Counties, is offering online programs at no cost. Make reservations by calling 608-843-3544 or Teena.Monk-gerber@alzisc.org. She's only a phone call or email away to support for those who are affected by their own or a loved one's dementia journey.

Memories shared by Fran Fruzen

Simon Says, Kick the Can, Red Light-Green Light, Hop Scotch, Alley Oop, Skates with Keys, Jump Rope-Double Scotch, Jacks & Marbles, Captain May I? and Hoola Hoops. Collecting bugs in jars, playing Old Maid and Crazy Eights, running thru the sprinkler. Watching Mickey Mouse Club, Rocky & Bullwinkle, Fran & Ollie...all in black and white. Dressing up meant bobbie pins, saddle shoes and boys slicking their hair back. When going around the corner was far away and when "going down-town" seemed like a BIG thing. Climbing trees, sitting on the curb, laying in the grass and watching the clouds, having an "all-day" sucker, walking to church, going to the movie theater and getting in for 10 cents, running until you were out of breath, laughing so hard your stomach hurt and being tired from playing...remember that? Not stepping on a sidewalk crack or you "would break your mother's back." The smell of paste in school. Jumping on the bed and pillow fights. How many of these can you remember? Please share your memories with us by emailing Debbie at krausd@beloitwi.gov or dropping them in the mail.

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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



Monthly newsletters can be viewed online at www.beloitrecreation.com/news-3/

Wednesday Walks 2020 Tenth Year!

Program provided by Rock County Council on Aging

The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Rock County. Walking can keep you healthier in many ways.

Transportation is no longer provided for walks . Meet at the walk location at 9:30am.

Please call 608-757-5408 for walk reservation by the Monday prior to the walk. .

Rock County dine-in meal sites are closed at this time. Therefore, lunch after the walk will not be included this year. Waiver is required and is good for all 2020 walks.

August 5 Lincoln-Tallman House Tour

Gorgeous historic Janesville house; once host to U.S. President Abraham Lincoln. Address: 426 N. Jackson St., Janesville

August 12 Rotary Botanical Gardens

Self-guided walk through this award winning 20-acre, non-profit showcase with over 26 different garden styles, and 4,000 varieties of plants. This is a “community Appreciation Day” so there is no cost, but donations are welcome. Address: 1455 Palmer Dr., Janesville

August 19 Hoo’s Woods Raptor Center

Hoo’s Woods is dedicated to the conservation of birds of prey. Come and experience co-existence between wildlife and humans. You will have the opportunity to meet Bill and Ted, the education screech owls; two of the many birds at the Center. Address: Provided at time of Reservation ***No bathrooms, no domestic animals**

