

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

**August 2021**

*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.*



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

**Hours**  
**7:30am-4:00pm**

**Debbie Kraus**  
Senior Center Manager  
krausd@beloitwi.gov

## Activity Information

Members, once you are registered for a weekly activity you are all set for future dates. Please register for the monthly activities and classes. Schedules may change at any time without notice. Please do not arrive more than 10 minutes prior to your activity. You may stay after to socialize. Please let us know if you need a new scan card.

If you were a member in 2020 your membership has been extended to December 31, 2021. If you are not a member you can join at any time. Individual is \$25 and couple/same household is \$40. 2021 memberships expire December 31, 2021.

**If you are not a member and you would like to visit Grinnell, we ask that you become a member after three visits. If you are a member and have a friend you would like to bring with you please let us know in advance. If you have a guest/family member from out of town visiting, they may join you for a three week time span. Please note that we would like to have guests register. Please note that educational classes are open to non-members.**

**If you or someone you know is unable to afford a membership, please contact Debbie for assistance. Individuals are willing to “sponsor” a member.  
Information is kept confidential**

## Some Reminders

- \*If you feel ill please wait for another day to visit.
- \*At the time of printing, masks must be worn at all times.
- \*Please have your card that you scan in with when you come so we can track activities.
- \*Dining will continue to be drive thru.

Grinnell will have hand sanitizer but feel free to bring your own as well. Wash your hands often. Tables and chairs will be sanitized after each use. We will need your assistance with sanitizing. Coffee, pop machine and water is available. Drinking fountains are still closed. You can bring your own drink and snacks for yourself. Please do not bring in a platter of food to share with others.

**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 everyone!

**Back to Better**..... We are glad you are **Back** and yes it is **Better!** As you move forward continue to focus on the positive in your life and the struggles you have overcome and how stronger you have become. Share with others about your own triumphs as well as your family and friends triumphs, nothing is too small. We all started with “baby steps” before we could walk.

We are beginning a monthly “Inspirational Presentation” to remind us that we are **Back to Better** and how individuals met challenges and looked at life in a positive fashion. I hope you will join us on Friday, August 27 at 10:00am for our first presentation. These presentations are not “live” but are recorded to share with you. And if you have found an inspirational person please let us know.

Movies are back and at an earlier time so we hope we will attract more individuals. Becky does a wonderful job of choosing movies, which is not easy as there are so many out there. If you have a suggestion for a movie please share it with her.

Also back is jewelry repair but the process is different as you will drop your jewelry off and when Linda is done with it she will let you know the cost and that it can be picked up.

We anticipate trips to begin back up in 2022. Bobbie Pann is busy researching opportunities to get back “rolling on the bus.”

Chair Massage is back! Make your appointment and treat yourself, you deserve it.

Thank you for making Grinnell your Home Away from Home. Debbie Kraus, Senior Center Manager

**Thank you for your donations**

Yoshi Glos, Bev Bliss, Alice Knickerson, Ron Barton, Carla Kretfinger,  
Marilyn Dixon, Hal Joyce and Cecelia Phillips.

Nellie’s Nook appreciates new and gently used items to re-sell. Please no clothing.  
Please note we do have an abundance of books so there is not a need for them at this time.

**Denny Diamond Performance**  
**Wednesday, August 25 1:00pm**  
**John Kalkirtz Auditorium**  
**Grinnell Hall**

Denny sings a variety of songs through the decades from Broadway, Classic Oldies, Country and of course Neil Diamond.

Comprised as a one-man show, he performed an exceptional high-attendance 89 city US Tour, “Neil Diamond Story” in 2015 and 2016. He garnered critical acclaim and positive reception throughout every city the tour was booked.

Enjoy his engaging humor and storytelling, along with a myriad of anecdotes that span his 20+ years in the entertainment industry.

**You must register for this event. Available for members only.**

**Special thank you to Alden Network**  
**for assistance with this event.**



In Loving Memory of friends of Grinnell who have recently passed. Thoughts and prayers are with their family and friends.



Kay Summerfield 6/19/2021  
Claire Fredricks 7/11/2021



Please know that every effort is made to include everyone who has recently passed. If we have inadvertently omitted a name or printed a name in error, please contact us.

**Beloit Area Community Health Center Community COVID-19 Vaccinations**  
**Wednesdays and Thursdays 9:00am-3:00pm**  
**Rotary River Center 1160 Riverside Drive Beloit, WI**

To receive a COVID-19 vaccine you **must be** 18+ years of age, you **do not** need an ID, you **do not** need proof of residency, you **do not** need health insurance.

To register call Beloit Area Community Health Center at 608-361-0311.

Receive a gift card to the Blender Café, located at the Beloit Library, after completing your visit.

If you need a **free ride** to your COVID-19 vaccine, call 211.

Rides sponsored by United Way Blackhawk Region.



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Dementia Outreach Specialist  
Serving Green and Rock Counties  
(608) 843-3544 • [teena.monk-gerber@alzwissc.org](mailto:teena.monk-gerber@alzwissc.org)





## ROCK STEADY BOXING

Rock Steady Boxing started back up at the Welty Center in Big Hill Park- Beloit. We are so pleased to open the Rock Steady Boxing for Parkinson's after almost a year of being closed! SOL Fitness and the City of Beloit are offering this program on Tuesday and Thursday evenings at 5:30pm. The class was designed for those with Parkinson's but has proven benefits for all! In addition to the power and benefits of boxing, the class works on strength and flexibility, balance, cognitive drills and so many more skills required for active daily living. Participants are various ages and work to their capacity and ability. The program has a limit of 6 participants per evening class due to the COVID restrictions. Registration is a must and safety protocols will be enforced. We invite interested individuals to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any.

The cost is \$10 per class or purchase a punch card \$100 for 11 classes. Please contact Connie Udell at 608-302-7088 or [connieudell1@gmail.com](mailto:connieudell1@gmail.com) for information on this special and with any other questions about Rock Steady Boxing. Rock Steady is non-contact as you do not box against another person. If you are curious on the program and more of its benefits check out [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

### Janesville Area Parkinson's Support Group

Please contact Pat Burhans 608-436-9277 or [Burhans.pat@gmail.com](mailto:Burhans.pat@gmail.com)

**They meet the first Wednesday of each month at 2:00pm. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!**



## Memory Screening Monday, August 9 Pre-registration Required

Cori Marsh, Rock County Dementia Care Specialist, will be at Grinnell Hall to provide free memory screenings on Monday, August 9. Appointments are every 20 minutes between 12:30pm-3:00pm. Memory screening is an important part of your health care planning. The screening only takes a few minutes and you will get the results of the screen while you are there. Questions will be answered and next steps will be shared. With your permission the results can be shared with your primary care doctor. Open to members and non-members.

### Chair Massage Returns

**Wednesday, August 4**

Certified Massage Therapist Alicia Jenski is back at Grinnell on Wednesday, August 4 with appointments beginning at 12:00pm. Treat yourself to a relax and rejuvenating chair massage, it will make your day. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register. Please pay by cash on the day of your appointment.

### All in the Family

**Tuesdays August 10 and 24 at 1:00pm**

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. Don't be shy - you will be glad you joined us.

# zoom

Don't be afraid,  
it's easy to do!  
Zoom can be done

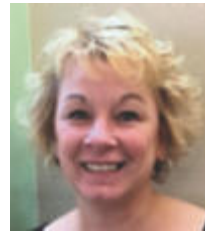
by phone, computer, lap top, ipad or kindle. Jodie Forrie (aka hearing aid assistance) will help you out. Just give her a call at 507-420-4354 or email at Jodie@gmail.com.

### Alterations

Jo Ellen, will be offering her services. Gives us a call to drop off your items at Grinnell Hall. Include your name, what you would like to have done and a phone number where she can reach you. Jo Ellen will call to let you know that your item is done and how much you owe her. Payment is due when you pick up your items.

### Jewelry Repair

Drop off your items and list what you need to have done with them. Please have items in a plastic baggie or some sort of bag with your name and phone number in the bag.



### Elder Benefit Specialist

**Lachel Fowler, Rock County Benefit Specialist will be at Grinnell on Thursday, August 12 8:00am-12:00pm and Thursday, August 26 12:00-4:00pm.** Please call to make an

appointment or stop in. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit and 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 for additional information.

**OPEN TO MEMBERS AND NON-MEMBERS**

### Watch Battery Replacement

With extra time on your hands did you do some cleaning and find a watch that needs a battery? Please have your items in a plastic baggie or some sort of bag with your name and phone number on. Payment, is due upon pick up. It may take some time to return your items.

# Make the Smart Choice



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B	I	N	G	O

**BINGO REMOTELY Thursday, August 12 12:00pm**

We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. You can cross out the numbers when called. We will play 3 games. Game 1 - B, N, O Game 2 - Squiggle, game 3- coverall.

Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am. You will be prompted to enter a conference ID number 8123456# (be sure to enter the # sign). **The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited long distance.**

**You can use your cell phone or land line.**

Wait for game to begin. You will be on mute as we do not want background noise to interfere. If you get a bingo press \*6 and say "BINGO" and your name. Please note we may call additional numbers to have more winners depending on the time. We will play 3 games and it will last approximately 45-60 minutes. At the end of the games, hang up your phone.

**Winners, put your name and phone number on the back of the bingo card and drop it off or mail it in.**

B	I	N	G	O



**BINGO LIVE!**

**Wednesday, August 18 Begins at 2:00pm**

**Please register as there is a limited number of seats available. Prizes will vary! Special thank you to Kari Cook of Alden Network for sponsoring this month's bingo.**



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**Goldenaires is searching for some new members. You don't have to be a professional singer, just enjoy singing and making new friends. Goldenaires meet on Monday mornings at 10:00am. Give a call with questions.**

**Looking for individuals who enjoy playing CANASTA and OPEN BRIDGE. Please give a call with the game you are interested in and when you are available to play.**

**Chicks with Sticks is a social activity for individuals who knit, crochet, needlepoint and more. It is for all levels and there are some experienced individuals who can help get you started. Come on in and give it a try.**

**LIBRARY**  
Come in and grab a book or movie.

**EXERCISE EQUIPMENT**  
is now available. Call to make reservation.

### **In search of Theater Group Members**

Theater Group is searching for individuals who have a sense of humor, like to have fun, be creative and just let loose. Give it a try, you'll like it! And I am sure the group will like you. Come to one the meetings/rehearsal on Wednesdays 1:00pm or give a call and we will connect you with Roselynn Ackley, Theater Troupe leader You won't regret it!



**INDOOR WALKING**  
Auditorium is open for walking. Days and hours vary. Please let us know when you would like to visit.

### **Inspirational Presentation** **Friday, August 27 10:00am-10:45am**

Sampson (Sam) Gordon Berns (October 23, 1996 – January 10, 2014) was an American activist who had Progeria and helped raise awareness about the disease. Progeria (pro-JEER-e-uh), also known as Hutchinson-Gilford Syndrome, is an extremely rare, progressive genetic disorder that causes children to age rapidly, starting in their first two years of life.

#### **Sam's Philosophy for a Happy Life**

- 1. Be OK with what you ultimately can't do, because there is so much that you can do.**
- 2. Surround yourself with people you want to be around.**
- 3. Keep moving forward.**
- 4. Never miss a party if you can help it.**

Sam presented several inspirational messages to a variety of audiences. Come join us to view some of his presentations and get inspired. Please call to register.

## Joyful Toes & Feet (Toenail Care)

Tuesdays, August 17 & September 21 by appointment only.

Registered nurse Deb Scullin has been providing toenail care for seniors for four years. She is also a certified Diabetes Educator for six years and retired from Fort Health Care. The foot clinic will include soaking feet in warm water, rinse and dry, clip and file and lotion massage. **Please note there will not be any nail dremmelling. Appointments are set in advance and are open to members and non-members due to the necessity of toenail care for healthy toes and feet.** Each appointment is 20-30 minutes. Although there cannot be social distancing while completing the toenail care, every precaution will be taken. **Please bring your own towel.** There is a \$20 fee to be paid the day of your appointment. Payment is by cash only. You will be required to sign a waiver on the day of your first appointment. We have received many positive comments on Deb's care and education she provides to all who have participated.

## It's Senior Farmers' Market Voucher Time!

### What is the Senior Farmers' Market Nutrition Program

Eligible seniors receive vouchers worth \$25 per household to purchase locally grown produce at approved farmers' markets.



The purpose of the program is to:

- \*Provide fresh fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors, and
- \*Increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands.

### Who is Eligible?

- \*Rock County residents age 60 or older (Native Americans age 55 or older)
- \*Monthly household income: please see chart below
- \*Each eligible household may receive vouchers only once in 2020.

### What do I need to do?

Eligible persons should call 608-757-5428; leave a voicemail

**APPLICATIONS WILL BE DONE BY PHONE; VOUCHERS WILL BE MAILED**

*The number of available vouchers is limited and will be distributed on a first call, first served basis.*

For updates & information, visit [www.co.rock.wi.us/aging-nutrition-meals](http://www.co.rock.wi.us/aging-nutrition-meals)

To be eligible, household income must not exceed the following:

<u>Household Size</u>	<u>Monthly Income</u>	<u>Annual Income</u>
1	\$1,968	\$23,606
2	2,658	31,894
3	3,349	40,182
4	4,040	48,470
5	4,730	56,758
6	5,421	65,046
7	6,112	73,334

For each additional household member, add \$666 monthly; \$7,992 annually



# August 2021 Calendar of Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam	<b>3</b> 7:45 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	<b>4</b> 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:00 Chair Massage</b> 1:00 Mahjong 1:00 Theater Group	<b>5</b> 7:45 Billiards <b>9:00 Advisory                      Board Meeting</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>6</b> 7:45 Billiards 8:30 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train
<b>9</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>12:30 Memory                      Screening</b> 2:30 Uke Jam	<b>10</b> 7:45 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) <b>1:00 All in the Family</b>	<b>11</b> 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group	<b>12</b> 7:45 Billiards <b>8:00-12:00 Benefit                      Specialist</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>12:00 Remote                      Bingo</b>	<b>13</b> 7:45 Billiards 8:30 Tai Chi <b>10:00 Mind Over                      Matter</b> 12:30 Mexican Train
<b>16</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam	<b>17</b> 7:45 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing <b>10:00 Toenail Care</b> 12:30 Cribbage 12:30 Bridge (closed)	<b>18</b> 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group <b>2:00 Bingo at                      Grinnell</b>	<b>19</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>20</b> 7:45 Billiards 8:30 Tai Chi 12:30 Mexican Train
<b>23</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam	<b>24</b> 7:45 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) <b>1:00 All in the Family</b>	<b>25</b> 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong <b>1:00 Denny                      Diamond</b>	<b>26</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>12:00-4:00 Benefit                      Specialist</b> 12:30 Euchre	<b>27</b> 7:45 Billiards 8:30 Tai Chi <b>10:00 Inspirational                      Presentation</b> 12:30 Mexican Train
<b>30</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam	<b>31</b> 7:45 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	<b>Rules To Live By</b> *If you don't take a chance, you'll never stand a chance. *The best way to forget about your problems is to help someone else with theirs. *Don't count the days - make the days count!		

# Rock County Nutrition      608-757-5474

**Eligibility:** Any person age 60 or older, regardless of income and spouse of any age.  
**Dining Centers:** Reservations are required and must be made no later than noon of the prior business day. **Home Delivered:** Must also be homebound.  
**Suggested donation:** \$4.00 All donations are appreciated.  
**Funding provided by Title III (Older Americans Act) and donations.**  
**Rock County COA is an equal opportunity provider.**  
**No eligible person will be denied a meal because of inability to make a donation.**

## August 2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 <i>Chocolate Milk</i></b>                      Grilled Chicken Breast                      Broccoli                      Beets                      Whole Wheat Bread                      Pineapple                      Carrot Bar</p>	<p><b>3</b>                      Tuna Pasta Salad                      Romaine w/dressing                      Cottage Cheese                      Tomato Juice                      Banana                      Chocolate Chip Cookie</p>	<p><b>4</b>                      Polish Sausage                      Hot Dog Bun                      Calico Beans                      Potato Salad                      Warm Fruit Salad</p>	<p><b>5</b>                      Salisbury Steak w/ Mushroom Gravy                      Green Beans                      Mashed Potatoes                      Mandarin Oranges                      Whole Wheat Bread                      Pumpkin Fluff</p>	<p><b>6</b>                      Southwest Turkey Bake                      Carrots                      Cauliflower                      Applesauce</p>
<p><b>9</b>                      Lemon Pepper Chicken                      Sweet Potatoes                      Cooked Red Cabbage                      Whole Wheat Bread                      Peaches                      Pumpkin Bar</p>	<p><b>10 <i>Chocolate Milk</i></b>                      Roast Beef w/ Gravy                      Mashed Potatoes                      Broccoli                      Apple Slices                      Whole Wheat Bread                      Peanut Butter Pudding</p>	<p><b>11</b>                      Chicken Salad                      Baby Spinach                      Potato Salad                      Whole Wheat Bread                      Mandarin Oranges</p>	<p><b>12</b>                      Brat Patty                      Whole Wheat Bun                      Baked Beans                      Asian Carrot Salad                      Warm Spiced Pears</p>	<p><b>13</b>                      Swedish Meatballs                      Egg Noodles                      Stewed Tomatoes                      Peas &amp; Carrots                      Strawberry Applesauce</p>
<p><b>16</b>                      Sloppy Joe                      Baked Bean Medley                      Italian Vegetables                      Whole Grain                      Hamburger Bun                      Peaches</p>	<p><b>17</b>                      Chicken and Broccoli Casserole                      Carrots                      Cauliflower                      Cottage Cheese                      Mandarin Oranges</p>	<p><b>18 <i>Chocolate Milk</i></b>                      Meatloaf                      Au Gratin Potatoes                      Mediterranean Blend                      Pears                      Whole Wheat Bread</p>	<p><b>19</b>                      Sliced Turkey Breast w/ Gravy                      Mashed Potatoes                      Beets                      Applesauce                      Whole Wheat Bread                      Oatmeal Cookie</p>	<p><b>20</b>                      Broccoli Egg Bake                      Breakfast Sausage                      Links                      Asparagus                      Tomato Juice                      Cinn. Raisin Bread                      Pineapple</p>
<p><b>23</b>                      BBQ Pulled Pork                      Baked Beans                      Broccoli                      Whole Wheat                      Hamburger Bun                      Cinnamon                      Applesauce</p>	<p><b>24</b>                      Baked Salmon w/Dill                      Mashed Potatoes                      Corn                      Whole Wheat Bread                      Peaches                      Fudgy Fiber Brownie</p>	<p><b>25</b>                      Spaghetti &amp; Meatballs                      Italian Vegetables                      Romaine Salad w/ dressing                      Warm Fruit Salad</p>	<p><b>26 <i>Chocolate Milk</i></b>                      Chicken Fajita                      Casserole                      Carrots                      Green Beans                      Cottage Cheese Fruit Fluff</p>	<p><b>27</b>                      Burgundy Tips                      Egg Noodles                      Stewed Tomatoes                      Cauliflower                      Pears                      Cake w/Berry Frosting</p>
<p><b>30</b>                      Hamburger                      Wheat Bun                      Baked Bean Medley                      Asian Carrot Salad                      Warm Spiced Pears                      Yogurt</p>	<p><b>31</b>                      Chicken Breast                      Parmesan                      Red Potatoes                      Brussels Sprouts                      Whole Wheat Bread                      Mandarin Oranges                      Pumpkin Bar</p>	<p><b><i>Please arrive for curbside pick-up meals at 11:00am</i></b></p>	<p>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p> <p>Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions.</p>	



**Movie Matinee News of the World Friday, August 6 10:00am**

Five years after the Civil War, Captain Kidd moves from town to town as a storyteller. In Texas, he crosses paths with Johanna, a ten-year-old taken in by the Kiowa people six years earlier. She is being returned to her biological aunt and uncle against her will. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles, the two will face tremendous challenges of both human and natural forces as they search for a place that either can call home. Starring Tom Hanks and Helena Zengel.

**Laughter the Best Medicine**

Why is Cinderella bad at sports? Because she has a pumpkin for a coach and she runs away from the ball.

Although desperate to find a work, a young man passed on a job he found on an employment website. It was for a wastewater plant operator. Among the job requirements: "Must be able to swim."

The manager of the vegetable department doesn't tolerate picky customers. He posted this sign: "Notice! Take lettuce from top of stack, or heads will roll!"

A customer in a pharmacy yelled at one of the technicians before storming out. Another customer asked if everything was all right. "Sure," said the tech. "You have to understand most of our customers are on drugs."

For Sale: sleeveless wedding gown, white, size 8, veil included. "Worn once, by mistake."

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DHS Approved 4/22/2021

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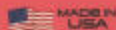


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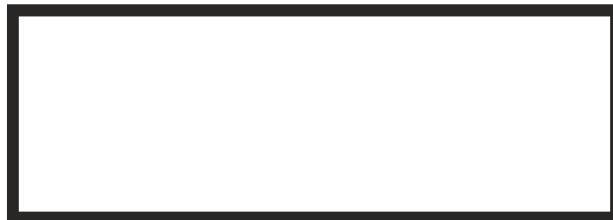
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# The Power of 50 Plus

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



## Rock County Council on Aging Wednesday Walks

Please note that all walks do not require a lot of walking  
Reservations are required at least 2 days prior to walk.  
608-757-5408

### August 4, 10:00am Big Radio/WCLO Tour

Owner Ben Thompson will provide a tour of the talent and programming elements of local radio broadcasting at its finest! WCLO is part of the Big Radio five station group in Janesville. Located at 1 Parker Place in Janesville.

### August 11, 10:00m Scotch Hill Organic Farm

"In this part of the country, we have been blessed with some of the richest soil in the world. At Scotch Hill Farm, we use sustainable practices to protect this resource by maintaining and enhancing soil fertility and maintaining water quality." ~Tony & Della Ends, Owners. Tour the farm and garden which has wholesome, quality food grown without pesticides or herbicides. Organic vegetables and soap is available for purchase. Located at 17310 West Footville Broadhead Rd., Brodhead .



### August 25, 10:00am Hoo's Woods Raptor Center

Meet Oopsie the Saw Whet Owl and other raptors and become educated on different raptors eagles, hawks, owls, falcons and more. There is little walking for this event. Please note no indoor restrooms. This event is limited to 25 people so register early. Location will be provided at time of reservation.

### September 1, 4:00pm Gray Brewing Tour – Note time of event

Come and experience the history and craft of this sixth generation local brewery. Gray Brewing Company produces handcrafted beer and soda. It is the nation's oldest family-owned bottling company. Located at 2424 West Court St., Janesville.