

# Power of 50 Plus

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

**September  
2021**

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

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

**Debbie Kraus  
Senior Center Manager**

*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.*



## 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 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!

September is National Senior Center Month! We have a calendar filled with a wide variety of activities and presentations. If you have an interest in an activity we are not currently offering, please let us know what you would like to have offered. This is **YOUR SENIOR ACTIVITY CENTER**, you make it happen. Grinnell Hall would definitely not operate without the hard work of the volunteers – advisory board, receptionists, instructors, activity leads and facility set-up. It doesn't happen without them.

Since we opened in May we have been slowly bringing back activities in a safe manner. Attendance has been growing over the months: May 490; June 820; July 878. In addition to that Cindy with the Council on Aging served the following drive-thru meals: May 332, June 345 and July 302. We are glad we are open to provide activities, education and socialization for everyone. And we need to continue in a safe manner.

Chair Massage has been so popular that we added another day, so make your appointment early. Bingo was fun with "secret" prizes – some good, some funny. Movie time was moved to morning and it worked! We had a full house in the Veteran's room so this month we are moving it into the Auditorium. Becky does a great job selecting movies that have a variety of themes.

If you are not comfortable coming in to Grinnell, give a call and we can walk you through how to play remote bingo. It's fun and you get a chance to chat with others and listen to some corny jokes. We can also provide you with some easy stretching exercises to do at home.

I am not looking forward to saying goodbye to summer as it seemed to go so fast, especially August. On another note, I do enjoy the colors of fall and driving around to different areas as each place is unique in the fall offerings.

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

**Thank you for your donations**

Sue Tucker Pann, Linda Dalton, Delores Stirl, Judy Cufir, Carolyn Weavel, Sonya Barnes, Ruby Hay, Sandy Buske, Cecelia Phillips, Mary Blakemean, Sherrill Gilbertson, Pearl Friedley, Margaret Alexander, Pam Romar, Randy & Sherry Westbrook, Linda Cornell and Louise Reiners.

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.

**Memory Magic: Keeping Our Brains Healthy, it is Never too Late!****Monday, September 20 1:00pm**

This interactive program will provide ways to maintain and improve brain health, talk about the latest research and discuss ways we can help ourselves remember. We will also make sure there is plenty of time to get your questions answered. It is never too late to learn something new, try something different or do something a new way. We will have some fun along the way. Cori Marsh, Dementia Care Specialist at ADRC of Rock County is the presenter. Open to members and non-members. Register at the front desk or call 608-364-2875.



The Purple Tube Project assists families in providing important information to share with area first responders when there are concerns about Alzheimer's disease or related dementia. For more information about the FREE Purple Tube Project contact the Aging and Disability Resource Center of Rock County at 608-741-3600.

**Foster Grandparent Program**

*“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” Audrey Hepburn*

- \*Work with school children in literacy and math
- \*Care about children’s futures
- \*Have a valid Driver’s License
- \*Work with accompanied youth and teen moms and their kids
- \*Be a friend

If you would like more information about the program please contact Laura at the Retired & Senior Volunteer Program (RSVP), 608-362-9593 or [Laura@rsvp-rock.org](mailto:Laura@rsvp-rock.org)




The Beloit Historical Society is preparing for a re-opening of its Lincoln Center facility at 845 Hackett St. beginning Friday, September 10th with a grand reopening ceremony at 9:00am. Hours will be Tuesdays-Thursdays noon – 4:00pm and the 1st Saturday of the month (starting October 2nd) 10:00am-2:00pm. Appointments continue to be available. Please call 608-965-7835 or email [info@beloithistoricalsociety.com](mailto:info@beloithistoricalsociety.com).



**Beloit Area Community Health Center Community COVID-19 Vaccinations**  
**Please call 608-361-0311 for additional information.**

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. If you need a **free ride** to your COVID-19 vaccine, call 211. Rides sponsored by United Way Blackhawk Region.



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## 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!**

### All in the Family Tuesdays September 14 and 28 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.

### Chair Massage Wednesday September 1 (full) and September 15

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 to pre-register. Please pay by cash on the day of your appointment.

### *Puns of Many Trades, Jack of all trades, master of none*

At first, I worked in an orange juice factory, but got canned because I couldn't concentrate.  
 After that, I tried to be a tailor, but I just wasn't suited for it mainly because it was a so-so job.  
 Next was a job in a shoe factory but it didn't last. I tried but just didn't fit in. Besides, my boss was a heel.  
 Then I got a job at a zoo feeding giraffes but was fired because I wasn't up to it.  
 Moving to the seashore, I became a professional fisherman, but discovered I couldn't live on my net income.  
 My best job was in an orchestra, but eventually they found out I wasn't noteworthy.  
 Starbucks was my last job, but I quit because it was always the same old grind.

***Farmer's Market Vouchers Available for Rock County residents age 60 and older and Native Americans age 55 and older. Monthly household income is based on household size. Call 608-757-5428 and leave a voicemail.***



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

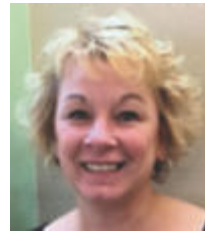
by phone, computer, lap top, ipad or kindle. Jodie Forrie (aka hearing aid assistance) will help you out. Just give her a call at 507-420-4354 or email at Jodie@gmail.com.

### Alterations

Jo Ellen, will be offering her services. Give 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, September 9 8:00am-12:00pm and Thursday, September 23 12:00-4:00pm.**

The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit 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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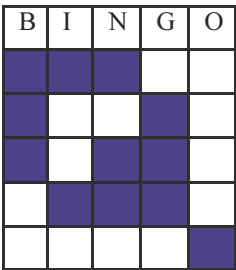
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**BINGO REMOTELY Thursday, September 9 12:00pm**

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 - Leaf Game 2 - Rake, game 3- coverall.

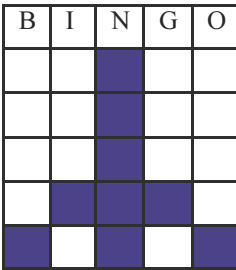
Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am. You will be prompted to enter a conference ID number 8123456# (be sure to enter the # sign). **The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited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



**BINGO LIVE!**

**Wednesday, September 15 Begins at 2:00pm**

Please register as there is a limited number of seats available. Prizes will vary! Special thank you to Jean Linos of E Platinum Health 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.

### Free Fun!!!!

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.

### Joyful Toes & Feet (Toenail Care) October 19 & November 16 by appointment only September 21 is full.

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 dremelling. 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.

*I was addicted to the hokey pokey, but then I turned myself around.  
6:30 is the best time on a clock, hands down.  
One of the cows didn't produce milk today. It was an udder failure.*

**Agrace 101 Tuesday, September 21 1:00pm**

Agrace's five main services offer an extra layer of support to meet the needs of people who are aging, seriously ill, dying or grieving. You can tap into this continuum of care for support over time-as your life and health care needs change. But which services are right for you? When would they be most helpful? Join us in this 45 minute presentation. Open to members and non-members. Please call or stop in at front desk to register.

**Heart Healthy Nutrition  
Friday, September 24 10:00am**

Learn about heart healthy nutrition! Whether you have been diagnosed with heart disease or are just looking to improve your overall health, this class is for you! Some topics that will be discussed include: Identifying the risk factors of heart disease, discussing dietary changes that help lower your risk for heart disease, what to look for on the Nutrition Label and practical tips on how to apply the information discussed. It is never too late to start making heart healthy changes so sign up today!! Class is lead by Amy Karas RD, CD with Nutrition and Health Associates and Rock County WIC.

Open to members and non-members. Call or stop in at front desk to register.



Photo by Jamie Street

**Probiotics and their role in Gastro Intestinal (GI) Health  
Thursday, September 30 10:00am**

In this lecture, Evan McNamara PharmD, from HomeCare Pharmacy, discusses the role of Probiotics in maintaining a healthy GI system. He will examine what makes a good probiotic supplement, how to take probiotics, and how they may interact with other medications in the body. Additionally, Evan will share some helpful tips to improve your gut health and ways to maintain a healthy lifestyle. Open to members and non-members. Call or stop in at front desk to register.

**Rock County Council on Aging Wednesday Walks  
Reservations are required at least 2 days prior to walk. 608-757-5408****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.

**September 8 10:00am Silverwood Park**

Silverwood Park has easily hiked trails that wind through prairie and woods overlooking a small lake. Located east of I-90, exit Hwy. 73 to 106 east. Located at 771 Silver Lane, Edgerton.

**September 22 10:00am Beloit Historical Society**

Enjoy the Military Gallery which has letters from home during WWII. The Sports Gallery features the history of Beloit Baseball. Located at 845 Hackett St.

**September 29 10:00am Magnolia Bluff**

Magnolia Bluff has unique biodiversity within the bluff ecosystem. Enjoy breathtaking views of the fall colors. Located at 2003 N. Croak Road Evansville.



# September 2021 Calendar of Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>A woman came home to find her retired husband waving a rolled up newspaper round his head. Wife: 'What are you doing dear?' Husband: 'Swatting flies - I got 3 males and 2 females' Wife: 'How on earth do you know which gender they were?' Husband: 'Easy - 3 were on the beer, and the other 2 were on the phone'</b></p>		<p><b>1</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:00 Chair Massage</b> 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group</p>	<p><b>2</b> 7:30 Billiards <b>9:00 Advisory Board Meeting</b> 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p><b>3</b> 7:30 Billiards 8:30 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train</p>
<p><b>6 CLOSED</b></p> 	<p><b>7</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)</p>	<p><b>8</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group</p>	<p><b>9</b> 7:30 Billiards <b>8:00-12:00 Benefit Specialist</b> 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>12:00 Remote Bingo</b></p>	<p><b>10</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>
<p><b>13</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam</p>	<p><b>14</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage <b>1:00 All in the Family</b></p>	<p><b>15</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group <b>12:30 Chair Massage</b> <b>2:00 Live Bingo</b></p>	<p><b>16</b> 7:30 Billiards 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>1:00 Hearing Aid Check</b></p>	<p><b>17</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)</p>
<p><b>20</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>1:00 Memory Magic</b> 2:00 Uke Jam</p>	<p><b>21</b> 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing <b>10:00 Toenail Care</b> 12:30 Cribbage 12:30 Saint Judes Bridge (closed) <b>1:00 Agrace 101</b></p>	<p><b>22</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group</p>	<p><b>23</b> 7:30 Billiards 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab <b>12:00-4:00 Benefit Specialist</b> 12:30 Euchre</p>	<p><b>24</b> 7:30 Billiards 8:30 Tai Chi <b>10:00 Heart Healthy Class</b> 12:30 Mexican Train</p>
<p><b>27</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>1:00 Book Club</b> 2:00 Uke Jam</p>	<p><b>28</b> 7:30 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></p>	<p><b>29</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group</p>	<p><b>30</b> 7:30 Billiards 9:00 Hand &amp; Foot Cards <b>10:00 Probiotics Presentation</b> 9:00 Open Sewing Lab 12:30 Euchre</p>	

# 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.**

## September 2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p><b>1</b> Taco Salad Tomato &amp; Bean Salad Corn Whole Wheat Bread Light Yogurt</p>	<p><b>2</b> Herbed Pork Loin Sweet Potato Spinach w/cheese Whole Wheat Bread Peanut Butter Peaches Pudding</p>	<p><b>3</b> Macaroni &amp; Cheese Broccoli Cauliflower Cottage Cheese Whole Wheat Bread Banana</p>
<p><b>6 CLOSED HAPPY LABOR DAY</b></p> 	<p><b>7</b> BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce</p>	<p><b>8</b> Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges</p>	<p><b>9</b> Baked Cod Mashed Potatoes Broccoli Whole Wheat Bread Peaches Sugar Cookie</p>	<p><b>10</b> Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries</p>
<p><b>13</b> Southwest Turkey Bake Carrots Cauliflower Applesauce</p>	<p><b>14</b> Tuna Pasta Salad Romaine w/dressing Cottage Cheese Tomato Juice Banana Chocolate Chip Cookie</p>	<p><b>15</b> Grilled Chicken Breast Broccoli Beets Whole Wheat Bread Pineapple Carrot Bar</p>	<p><b>16</b> Salisbury Steak w/ Mushroom Gravy Green Beans Mashed Potatoes Mandarin Oranges Whole Wheat Bread Pumpkin Fluff</p>	<p><b>17</b> Polish Sausage Hot Dog Bun Calico Beans Potato Salad Warm Fruit Salad</p>
<p><b>20</b> Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar</p>	<p><b>21</b> Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Spiced Pears</p>	<p><b>22</b> Chicken Salad Baby Spinach Potato Salad Whole Wheat Bread Mandarin Oranges</p>	<p><b>23</b> Roast Beef w/ Gravy Mashed Potatoes Broccoli Apple Slices Whole Wheat Bread Peanut Butter Pudding</p>	<p><b>24</b> Swedish Meatballs Egg Noodles Stewed Tomatoes Peas &amp; Carrots Strawberry Applesauce</p>
<p><b>27</b> Meatloaf Au Gratin Potatoes Mediterranean Blend Pears Whole Wheat Bread</p>	<p><b>28</b> Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Applesauce Whole Wheat Bread Oatmeal Cookie</p>	<p><b>29</b> Broccoli Egg Bake Breakfast Sausage Links Asparagus Tomato Juice Cinn. Raisin Bread Pineapple</p>	<p><b>30</b> Chicken and Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges</p>	<p><i><b>Please arrive for curbside pick-up meals at 11 am. Meals will not be held for late pick up.</b></i></p>

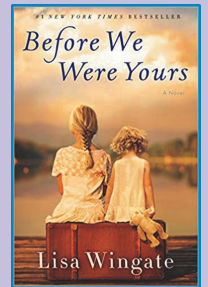
Movie Matinee "Queen Bees" Friday, September 3 10:00am



A comedy about the young at heart. While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community. Once behind the doors of Pine Grove Senior Community, she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying 'mean girls' the likes of which she hasn't encountered since high school. All of which leaves her yearning for the solitude of home. But somewhere between flower arranging and water aerobics Helen discovers that it's never too late to make new friends and perhaps even find a new love. Stars: Ellen Burstyn, James Caan, Ann-Margret and Jane Curtin. Please register in advance.

Book Club Monday, September 27 1:00-2:00pm

Based on the heartbreaking true scandal of Georgia Tann, a woman whose Memphis adoption center kidnapped and sold poor children to wealthy families. It became a multi-week USA Today bestseller. Authors praised the novel for its "heart-racing" and shocking tale of struggle, hope, and redemption. Discussion will be led by Cathy Fernan from Beloit Public Library. Books can be picked up here at Grinnell. Please register in advance.



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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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## 33rd Annual Beloit Senior Fair A SALUTE TO ESSENTIAL WORKERS

Tuesday, October 5, 2021  
9:00am-1:00pm

Eclipse Center - 3 Eclipse Center - Beloit  
Flu shots and Rx take back available

Please note masks will be required.  
To ensure safe protocols, please do not arrive prior to 9:00am

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