

Power of 50 Plus

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

October 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

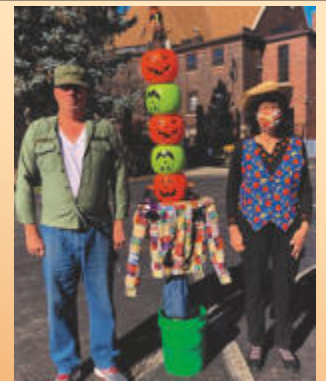
Hours
7:30am-4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov



Trick or Treat Thursday, October 28 9:00am-2:00pm

Get dressed up to do some Trick or Treating at Grinnell Hall. Stop in and enjoy the decorations, grab a bag and let's see if it's a TRICK or TREAT!. We will take photos and individuals will vote for the best costume!
Open to members only.



MURDER IS IN THE AIR Friday, October 29 10:00am



A murder has been committed at Grinnell Hall and the interrogation has begun. Rebecca (Sherlock) Holmes and Debbie (Doctor) Watson are asking for your help to find the murderer. Join us to help uncover the mystery behind this crime. Pre-registration is required due to limited participation. Open to members only.

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 Fall!

It happens every year, the leaves are turning, farmers are harvesting, fall festivals, Halloween and more. I recall raking up leaves and then jumping in them and throwing them in the air and at my little sister. We were outside having fun and not even knowing we were doing work by raking the leaves. My Mom's parents were farmers and I recall getting rides with my cousins on an old barn door that was pulled by a tractor. They had 30 or so apple trees and it was fun climbing them and pulling off a fresh apple to bite into. And the fresh apple pies and applesauce my Grandma and Mom made.

Our church had a fall festival with games, rides and food. Not the big carnival games or rides you see today, the simple games—tossing a ball into a bowl to win a goldfish, a fishing hole where you had a long pole and put it over the top of a frame and they attached a toy onto it, dart throwing at balloons, going down a high slide on a burlap bag....fun! Of course there was a beer tent, the money maker. That is where you would buy a "paddle" for a \$1 to try and win a six pack of Pabst Blue Ribbon or Old Milwaukee. Although us kids couldn't play we picked out the paddle.

Trick or Treating was fun dressing up and getting all the candy that you possibly could. We would dump it out on the living room floor and pick out some favorites for the night, stash some in our room and the rest would go into a big bowl for all to share. When my older siblings (I am number 8 of 9) would come and visit the candy bowl always got lower. It was fun to create costumes out of what you had in the house. I was a hobo one year with my jeans, flannel shirt, a filled up bandana on the end of a stick and some make up on my face.

I hope you will participate in Trick or Treat at Grinnell as we love to see the costumes! Enjoy the fall and take in the colors and fresh crisp air.

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

Thank you for your donations

Linda Dalton, Bob Norder, Carol Logan, Linda Cornell, Norma Green, Mary Peterson, Carolyn Weavel, Rose Ackley, Don Daniel, Vicki Seichter, Karen, Whisenand, Lachel Fowler, Cindy Mac Nees, Diana Mason, Ruby Hay, Diane Messerschmidt, George Moffett, Judy Witzack, Deb Marvin and Judy Haberman.

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.

3rd Annual Holiday Bazaar & Bake Sale
Wednesday, November 17 to Saturday, November 20 9:00am-3:00pm

We're back! Past Bazaar and Bake Sales were a HUGE success and we couldn't have done it without the help of all of our volunteers who make items or donate items. We are reaching out again for your help. To make sure that we have enough inventory to sustain the sale, we are asking individuals to donate at least one hand made item, home-made baked goods or volunteer to help with the set up and pricing or a couple hours during the Bazaar.

We are also looking for individuals to help set-up and be available for the sale to assist shoppers.

Give a call or stop by the front desk so we can take your information. Thank you!

Laughter the Best Medicine

Donna was so upset with her husband Bob the other day so she went out shopping to relieve her irritation. When she returned home she informed him that she had purchased ten new dresses. "Ten" Bob hollered, "What could any woman want with ten new dresses?" Donna calmly replied "Ten new pairs of shoes."

Any married man should forget his mistakes, there's no use in two people remembering the same thing.

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 confidential.

RSVP recently recognized volunteers with over 20 years of volunteering. Many thanks to Grinnell volunteers who make a difference!

- Lois Ferrera 20 Years Phil Pickett 20 Years
- Al Pinnow 20 Years Marcia Stenberg 20 years
- Eva Pickett 20 years Dolores Leonard 26 Years
- Yoshi Glos 29 Years



Yoshi with Pam Carper,
RSVP Executive Director



Lois at the
Volunteer Recognition

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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 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.

Janesville Area Parkinson's Support Group

Please contact Pat Burhans 608-436-9277 or 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 October 12 and 26 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 Wednesdays, October 6 and October 20

We have received many positive comments about Certified Massage Therapist Alicia Jenki and how participants felt after their massage. Appointments begin at 12:00pm. Treat yourself to a relaxing 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.

Joyful Toes & Feet (Toenail Care) October 19 & November 16 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 dremmeling. 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.



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

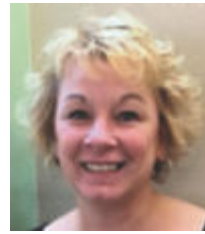
Jo Ellen is offering her services. Give us a call to
drop off your items at Grinnell Hall.

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 NOT be at Grinnell
October and November due to
Medicare Open Enrollment.**

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.

**LACHEL IS NOT AVAILABLE IN OCTOBER
AND NOVEMBER**

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.

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BINGO REMOTELY Thursday, October 14 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 - "F" for Fall 2—Stairs , 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.

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BINGO LIVE!

Wednesday, October 20 begins at 2:00pm

Please register as there is a limited number of seats available.

Prizes will vary!



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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 Roselyne Ackley, Theater Troupe leader. You won't regret it!



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.

**Elder Life Group Presentation for Veterans
Monday, November 1 2:00pm**

Join us for an educational workshop to discuss "How to Protect Your Stuff" from devastating long term care costs. They will discuss the reality of what we face as we age and the exceptions to the rules that are laid out for us. They will also discuss planning options and benefits for Veterans. The first step in planning is education. Open to Veteran's and their families. Please call Grinnell Hall to register.

**Veteran's Day Ceremony Thursday, November 11
More information will be in the November newsletter**

Medicare

**Time to Review Your Medicare Plan
*Prepare Early This Year!***

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can you do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Rock County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist of **Rock County Council on Aging**. Start preparing early this year. The Council on Aging has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call Lachel Fowler at (608)757-5414.

Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov
Medigap helpline 1-800-242-1060

Disability Drug Helpline 1-800-926-4862 (if under age 60)
Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Creative Card Class Friday, October 8 9:00am

Nothing is how it used to be and that goes for paper napkins too! Remember when they were just white and then colors were added and now there are designs and sayings on them and you wish you could share that with another person. Well now you can make your paper napkin into a card under the direction of Theresa Niles. A sample is available to see at the reception desk. There is a \$2.00 donation due upon registration and class will last 1-2 hours depending how many cards you want to make. Class is open to members and non-members so bring a friend. Please call or stop in at the front desk to register by Tuesday, October 5 so we can get the proper

Daily Living Fitness Assessment Monday, October 18 1:00pm

Come join Doug Anderson, a retired police officer and Rock Steady instructor and assess your daily living fitness. Maintaining adequate strength, endurance, flexibility, agility and balance is critical to enjoying your later-life years. Studies have shown that physical frailty commonly associated with aging, could be reduced with physical and fitness activities that are not strenuous. Functional fitness is defined as having the capacity to perform every day activities safely and independently without undue muscle fatigue. During the class participants will be involved with a fitness review and be provided with some suggested exercises. If you are interested in continuing your exercise program, it will be discussed after the class. Open to everyone. Please register by Wednesday, October 13.



Blooming Bunch of Riverside Park Wednesday, October 20 12:00pm

What is Blooming Bunch you ask....it's a group of volunteers who give back to the community by keeping Riverside Park green and beautiful! Bill Gibson heads up the group and is going to share information about the group, what it takes to keep the park beautiful and how you can become involved. Now you don't need to be a plant person to help out, they will guide you along and you can put in as much time as you choose. Blooming Bunch will begin in the spring and while you are involved you will make new friends, see John Kalkirtz in action, learn something and share what you know. Open to members and non-members. Please call to register.

Mini Yarn Hat Friday, October 22 10:00am



Please join our group for this fun craft. Our mini yarn hat is perfect for your holiday decorating or brighten a holiday gift package. Easy instructions and all various colored yarn material will be supplied. Sue Tucker-Pann and Bobbie Pann will lead the class. Open to members and non-members. Please register at the front desk.

Oakwood Cemetery Historical Walking Tour Saturday, October 23rd 10:00am-11:30am



The City of Beloit Parks and Recreation Division and the Beloit Historical Society invite you to join John Kalkirtz and John Sabaka for a walking tour of Beloit's historical Oakwood Cemetery. This is a FREE event and all ages are welcome! Please no pets. **Oakwood Cemetery, 1221 Clary St. Beloit.** Meet at the front steps of the Chapel. Open to the everyone. Please pre-register by calling 608-364-2929 as space is limited.

October 2021 Calendar of Activities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| <p>Stars are like dentures? Both come out at night I called the incontinence hotline. They asked if I could hold.....really! Now that I've become a senior, everything's starting to click for me! My knees, my back, my neck... One benefit of old age is that your secrets are safe with your friends. They can't remember them either! With old age comes wisdom... and discounts!</p> | | | | <p>1 7:30 Billiards 8:30 Tai Chi 9:00 Creative Card Class 10:00 Movie 12:30 Mexican Train</p> |
| <p>4 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>5 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) Senior Fair 9am-1pm</p> | <p>6 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:30 Chair Massage 1:00 Mahjong 1:00 Theater Group</p> | <p>7 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p> | <p>8 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train</p> |
| <p>11 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Daily Living Fitness Assessment 2:00 Uke Jam</p> | <p>12 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 All in the Family</p> | <p>13 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>14 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:00 Remote Bingo 12:30 Euchre 1:00 Hearing Aid Check</p> | <p>15 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)</p> |
| <p>18 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Daily Living Fitness Assessment 2:00 Uke Jam</p> | <p>19 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 10:00 Toenail Care 12:30 Cribbage 12:30 Saint Judes Bridge (closed)</p> | <p>20 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Blooming Bunch 12:30 Chair Massage 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group 2:00 Live Bingo</p> | <p>21 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 1:00 Hearing Aid Check</p> | <p>22 7:30 Billiards 8:30 Tai Chi 10:00 Mini Yarn Hat Craft 12:30 Mexican Train</p> |
| <p>25 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Book Club 2:00 Uke Jam</p> | <p>26 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family</p> | <p>27 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>28 7:30 Billiards 9:00-2:00 Trick or Treat 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p> | <p>29 7:30 Billiards 8:30 Tai Chi 10:00 Murder is in the Air 12:30 Mexican Train</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.

October 2021

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <p style="text-align: center;">Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p> <p style="text-align: center;">Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions.</p> | | <p><i>Please arrive for curbside pick-up meals at 11 am. Meals will not be held for late pick up. Please do not arrive prior to 10:45am</i></p> |  | <p>1</p> <p>Baked Salmon Sweet Potatoes Broccoli Florets Whole Wheat Bread Fruited Applesauce</p> |
| <p>4</p> <p>Cheese Ravioli Peas and Carrots Cottage Cheese Warm Spiced Pears Pumpkin Bar</p> | <p>5</p> <p>Chicken and Wild Rice Broccoli Florets Carrots Apple Slices Peanut Butter Sugar Cookie</p> | <p>6</p> <p>Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce</p> | <p>7</p> <p>Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple</p> | <p>8</p> <p>Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad</p> |
| <p>11</p> <p>Tater Tot Casserole Stewed Tomatoes Peas Whole Wheat Bread Apple Cranberry Crumble</p> | <p>12</p> <p>Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie</p> | <p>13</p> <p>Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread</p> | <p>14</p> <p>White Chicken Chili Carrots Corn Bread Light Yogurt Pears</p> | <p>15</p> <p>Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce</p> |
| <p>18</p> <p>Ranch Chicken Patty Whole Grain Bun Carrots Winter Blend Veg. Banana</p> | <p>19</p> <p>Ham Slices California Blend Veg. Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie</p> | <p>20</p> <p>Roast Turkey Mashed Potatoes Beets Whole Wheat Bread Fruited Applesauce Butterscotch Pudding</p> | <p>21</p> <p>Hamburger Patty Whole Grain Bun Baked Beans Broccoli Salad Warm Spiced Pears</p> | <p>22</p> <p>Green Pepper Casserole Corn Green Beans Yogurt Strawberries</p> |
| <p>25</p> <p>Chicken Breast Parmesan Italian Blend Veg. Winter Squash Whole Wheat Bread Cake w/ Berry Frosting</p> | <p>26</p> <p>Sloppy Joe Hamburger Bun Baked Bean Medley Peas Pumpkin Pudding</p> | <p>27</p> <p>Hot Pork Hamburger Bun Cheesy Potato Casserole Cooked Cabbage Applesauce</p> | <p>28</p> <p>Chicken Fajita Casserole Broccoli Stewed Tomatoes Mandarin Oranges</p> | <p>29</p> <p>Spaghetti & Meatballs Romaine w/ Dressing Cauliflower Warm Peach Crisp</p> |

Movie Matinee "Minari" Friday, October 1 10:00am

A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home. Available for members only. Please register.



Book Club Monday, October 25 1:00-2:00pm

Book to read will be discussed at the September 29 Book Club.

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