

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

**May 2022**

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

*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.*



Annual membership January - December \$25 single, \$40 couple

## Plant and Nellie's Nook Spring Sale

**Open to Everyone**

**Thursday, May 19 thru Saturday, May 21 9:00am-3:00pm**

We will have indoor, outdoor, cacti, vegetables, flowering, exotic, succulents, or whatever variety you like or want to give a try. We will have plant enthusiasts on hand to help you pick out the plants that will suit your needs and inform you of their care. If you don't have a green thumb, we still have a plant for you. Pick a plant that grows without too much work, attracts birds or keeps the bugs away.

Nellie's Nook offers new and gently used items for all ages. Browse purses, scarves, jewelry, house décor, greeting cards and more. You will definitely find something for yourself or a gift to give.

All plants and items are very affordable.

We are reaching out for donations of plants and new or gently used items to add to our sale. If you have items to donate, please call us to let us know what they are and when you would be dropping them off.

If you are interested in volunteering with set-up, during the event or both please contact us. Volunteers are needed to assist with putting prices on items, bagging items and keeping the area tidy.

We ask volunteers to commit for a 2 hour time span.



## Spreading Blanket Hugs Nationwide

Project Linus is an organization that connects with individuals who knit, crochet, or quilt or want to donate material to make blankets. All project Linus blankets are hand-made by volunteers, donated to local chapters, and primarily distributed within the same communities where they were donated. From time to time blankets may be shipped to other areas in the US that may have an immediate extraordinary need.



Special Thank You to the Grinnell Hall Chicks with Sticks ladies and Beloit Library Crafter Noon group for knitting, crocheting and creating blankets. They meet on Wednesday at 10:00am. For more information on Linus Project contact Rock County Chapter Coordinator Jana D 608-289-8062.

**Advisory Board of Grinnell Senior Center**

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

Happy Spring,

Well at least it's finally feeling that way. Something new we had this spring, we watched baby caterpillars grow, spin their cocoon and emerge as painted ladies butterflies! The plan is to let them free near the Nature at the Confluence in South Beloit. If you have not had a chance to visit there please do so. It is amazing and you may see a Bald Eagle.

The past two years have been challenging for each one of us as we put life as we knew it on hold, and now we need to energize our lives and that is what Mary Helen Conroy will share with us. She was here three years ago and really made an impression on those who attended. She inspires and is uplifting.

Painting with Katie is doing a painting that I did several years ago in a similar class. It is such a fun, relaxing and creative time so don't make excuses; sign up!

No Green Thumb Needed include information and assist with the Plant Sale while you pot plants! Sue Tucker Pann has been working the garden for some time and says it is calming and therapeutic. Come on and get dirty with us.

It is great to see that our first trip "The Lettermen at Circa 21" has sold out. Check out the additional trips and join Bobbie Pann for an exciting time. Don't worry if you don't know anyone, you will make some new friends.

I appreciate the feedback on the survey many completed. Everyone was very positive about their experiences at Grinnell. The Advisory Board approved the purchasing of a table shuffleboard so check out page 7 for more information.

***Happy Mothers Day to all you Moms! Enjoy your day!***

As always, thank you for making Grinnell your home away from home. Debbie Kraus, Senior Center Manager.



***Wildflower Walk Wednesday, May 4 10:00am Led by David Bendlin  
Big Hill Park 1201 Big Hill Court Beloit***

***No reservations required.***

***For additional information call Rock County Council on Aging 608-757-5408***

***Thank You For Your Donations***

*Jim & Jeanne Ripple, Debra Young, Judy Cufi; Peggy Wellnitz, Phyllis Agate, Bert Sadler, Cindy Ross, Sherril Gilbertson, Judy Haberman, Isabella Lee, Betty Weeks, Debra Klopfenstine, Marilyn Fruezen, Carol Logan, Donna Hemmerling, Deb Marvin and Judy Haberman*

***Life's A Daring Adventure and I'm Not Done Yet  
Tuesday, May 10 1:00pm***

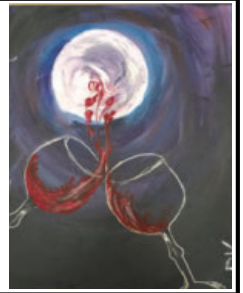
Mary Helen Conroy is the Chief Creative Officer of her business called Life's a Daring Adventure and I'm Not Done Yet. What about you? We've all had a difficult two years. Are you ready to live your life once again to the fullest? The choice is yours to truly adventure through life. Are you ready to explore this one precious life you've been given and keep your flame ablaze - no matter the number of candles on the cake or where life's journey has taken you?

Join Mary Helen Conroy as she returns to Grinnell Hall. She'll be sharing her tools of *Review*, *Retreat* and *Reinvent*. She'll inspire you to ignite or reignite your dreams and passions and discover how to live your life as a daring adventure. Don't miss out on this great opportunity. Open to everyone. Please call to register for this event.



**Painting with Katie Friday, May 13 10:00am**

Relax and join Katie in a fun painting class. Katie has a Bachelor's Degree in Art Education and Drawing from Whitewater. No painting experience is needed with this opportunity. Paint, brushes, and a 8" x 10" canvas will all be provided. Katie will lead you step by step on how to create your painting. You'll be proud to hang up in your home. Cost is \$20 and should be paid when you register. Sign up by May 10.



**Green Thumb Not Required Tuesday, May 17 10:00am**



Dig in and learn about some plants and their significance and how to identify them and how to re-pot them. Join Sue Tucker Pann, who has great a wealth of knowledge about plants, for this class. Wear comfortable clothing and bring garden gloves if you want. Or dig in with your bare hands or disposable gloves are available. All plants, pots and dirt are provided. Open to everyone. Please call to sign up.

***United Church of Beloit (our neighbor) Greek Night  
Delicious Gyros \$6, Greek Salad \$4, Baklava \$2 or whole meal \$12  
Saturday, May 7th 5:00-6:30 Drive thru only!***

**Less work. More life!**

**Cedar Crest**  
Home happens here.  
Cottages • Apartments  
Assisted Living • Memory Care  
Short-term Rehabilitation  
[CedarCrestLife.com](http://CedarCrestLife.com)  
(608)756-0344

**PlatinumHealth**

HEALTH | MEDICARE | LIFE | SUPPLEMENTAL

**Need affordable Medicare that's in step with your life?**

Choosing the right Medicare coverage can be confusing.  
I can help you find a plan that's right for YOU and YOUR BUDGET.



**Jean Linos**

Local Licensed Agent

P 262-458-2880 C 706-232-3431

[jlinos@myeph.com](mailto:jlinos@myeph.com)

[www.eplatinumhealth.com/jlinos](http://www.eplatinumhealth.com/jlinos)

*I work by referral. Please don't keep me a secret*

**Daley • Murphy • Wisch  
& Associates**

FUNERAL HOME AND CREMATORIUM

2355 Cranston Rd. • Beloit, WI 53511  
608-362-3444  
[www.daleymurphywisch.com](http://www.daleymurphywisch.com)



*"It's my life and they respect that."*

Local long-term care supports and services delivered with a focus on Life. Defined by you.



[inclusa.org](http://inclusa.org) | 877-376-6113

**FREE AD DESIGN**

WITH PURCHASE OF THIS SPACE



**CALL 800.950.9952**





## ROCK STEADY BOXING

Rock Steady Boxing is available at Big Hill Park – 1201 Big Hill Court, Beloit. Hosted by the City of Beloit and SOL Fitness every Tuesday and Thursday at 5:30PM. The program was designed for those with Parkinson's but has proven benefits for all! What is Rock Steady Boxing? A non-contact (No hitting boxers or coaches) boxing program that starts with training in flexibility, strength, balance, cognitive skills, and FALL prevention. Skills are designed to improve functional everyday activity. Participants of various ages are encouraged to work at their personal level. Coaches are in class to encourage and assist as needed. Rock Steady is also just plain fun! Gloves are provided or can be purchased for a nominal cost.

Individuals interested in the class are invited to come and observe and participation is encouraged! The cost of the class is \$10 for a 1 ½ hour session or you can purchase a punch card for \$100.00 and receive one free class. Please contact Connie Udell at 608-302-7088 or email: [connieudell1@gmail.com](mailto:connieudell1@gmail.com) for more information and with any questions! You can also find out more about the program at [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 Tuesday, May 10 at 1:00pm

Presentation by Mary Helen Conroy

**"Life's a Daring Adventure, and I'm Not Done Yet! Are you?"**

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.

Please register by calling Grinnell at 608-364-2875.

### Chair Massage Wednesdays, May 11 & 25

We have received many positive comments about Certified Massage Therapist Alicia Jenski 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)

May 17 and June 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 dremelling. Appointments are set in advance and are open to members and non-members.**

Appointments begin at 9:00am and are 20-30 minutes.

**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.



**Courtesy Hearing Aid Check**

Jodie from Miracle Ear will be at Grinnell on **Thursday, May 26 from 1:00-2:30**. She will check and clean hearing aids. This is a walk in service and there is no charge. Open to both members and non-members.

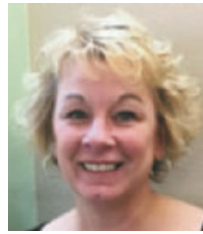
**Alterations**

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**

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. She will be here at Grinnell the following dates and times:

**Thursday, May 12 12:00-4:00pm  
Thursday, May 26 8:00am-12:00pm**

**Watch Battery Replacement**

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**



Assisted Living | 3055 S. Riverside Drive, Beloit, WI  
608.365.7222



Assisted Living  
5601 E. Rockton Road, Roscoe, IL  
815.525.4800



**At-Home Healthcare**  
608.363.5885

**Beloit Regional  
HOSPICE**

Member of Beloit Health System

608.363.7421



Visit [www.beloithealthsystem.org](http://www.beloithealthsystem.org)



B	I	N	G	O

**BINGO REMOTELY Thursday, May 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. Game 1 - X with top ; Game, 2 - Plane; 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, May 18 2:00pm**

**Please register as there is a limited number of seats available. Prizes vary! If you played in the past you are all registered. If you have not played before please give a call. Open to everyone.**

**Place Your Ad Here and Support our Community!**

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

**PENNY HANSEN REALTOR**

CENTURY 21 AFFILIATED  
LICENSED IN IL & WI  
SENIOR REAL ESTATE SPECIALIST (SRES)

[www.pennyhansen.com](http://www.pennyhansen.com)  
pennyhansenc21@gmail.com



**608-751-1096**

*Agrace will help.*



(608) 755-1871 | [AGRACE.ORG](http://AGRACE.ORG)

*When You Need More Support, Turn To*

**Beloit Regional HOSPICE**

Member of Beloit Health System

608-363-7421

[www.beloitregionalhospice.com](http://www.beloitregionalhospice.com)



**Are You Paying Too Much For Your Medicare Supplement Coverage?**

Physicians Mutual Insurance Company can **SAVE you MONEY** on your Medicare Supplement premiums!

Ask your agent about all the details including our Innovative Deductible Discount Rider Option, too. Get reliable, caring service and valuable protection.



**Why wait? Talk to an agent today!**

**Michael Santucci**  
608-364-0115  
608-751-0603 cell

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. This is a solicitation of insurance. Upon reply, an agent will contact you. Policyholder funds: P236, P237, B298.



**Physicians Mutual**

Insurance for all of us.®





**Chicks with Sticks**

Ever wonder what the heck chicks with sticks is? Well it's a group who enjoy knitting, crocheting and socializing. They meet on Wednesdays from 10:00am-12:00pm. No need to sign up, just bring your sticks and supplies and have fun.

**Paper Crafting**

Do you enjoy being creative? Meeting some new friends? Then paper crafting is something you should look into. Theresa Niles leads paper crafting and has all the supplies you will need. Make beautiful cards and more. Join them on Mondays starting at 9:00am. Stay for one or more crafts.

**Sewing Group every Thursday**

**In need of any size or shape of placemats for fidget mats. Just drop them off at Grinnell.**

Our sewing lab meets each Thursday in the Vet's/ Sewing room upstairs. Sew or quilt throughout the day, beginning at 8:00 am. Individuals work on items they give away (quilts for babies, fidget mats, etc) or on their own projects. Anyone who loves to sew or quilt is welcome to attend.

***What The Tech  
Thursday, May 19***

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of a few little tricks. Or, you are so frustrated you are ready to throw the device out the door? Don't give up, we can help! What The Tech, led by Mark Preuschl and will give you the help you need. What the Tech is free. Appointments are every 15 minutes beginning at 1:00 pm so you will have some one on one time with Mark. Open to members and non-members



Congratulations to  
Barb Hopper  
Beloit Daily Newspaper  
May Volunteer of the Month

Barb began volunteering at Grinnell Hall Senior Activity Center since she became a member in October 2013. She started volunteering for the Nutrition Program in 2012. She has put in 326,280 minutes or 5,438 hours. I took her photo sitting down because we never see her relax.

**Beloit Public Library Activities**

**beloitlibrary.org  
1-608-364-2905**

**Stateline Writers Via Zoom  
Every Wednesday 6:00-8:00pm**

Contact Jerry at  
jerrypetersonbooks@gmail.com

**Scrabble Club  
Tuesdays 10:00am- 12:00pm**

**Chess Club  
Saturdays 10:00am-12:00pm**

**Crafters Club  
Saturdays 1:00-3:00**

May 7 & 21  
June 4 & 18

**FABL Film Series "Spencer"  
Weds. May 4 6:00pm**

**Classic Film Series "North to Alaska"  
Weds. May 18 6:00pm**

Please call the Library to inquire about registration and the activity.



***Shuffleboard Coming to  
Grinnell Hall***

Thank you to those who took the time to complete the survey in January. One of the activities that 20 individuals had an interest in was Table Shuffleboard. The Advisory Board purchased one and it should be ready to go soon. It will be placed on the second level in the sitting area. The pucks will be located at the front desk and must be signed out and returned when done using. Please feel free to use it now and we will have a demonstration date on Wednesday, April 27 at 12:30pm.



## **WHAT HAPPENS IN VEGAS      Fireside Theater, Fort Atkinson Thursday, June 9, 2022**

For over 70 years Las Vegas has been the entertainment capital of the world. Just about every great entertainer has appeared in Las Vegas over the last seven decades. The world's best singers, dancers, musicians, and comedians have flocked to this city where dreams become reality. From the early days with Frank Sinatra and the Rat Pack to the contemporary artists of today, we'll feature the work of many Las Vegas favorites in the most spectacular band show yet.

**Grinnell Members \$79.00    Guests \$89.00**

Price includes meal and show. Transportation is on your own.

Meet at Telfer Park at 9:15am and depart at 9:30am if you would like to drive with the group or let us know if you are going on your own. Return approximately 4:00pm

Please register by Friday, May 6 to ensure that the trip will go as we have to provide a 30 day notice to cancel. Space may be available after May 6.



## **Brewers versus Cubs at AmFam Field Wednesday, July 6, 2022    1:10pm game**

**Grinnell Members \$72.00    Non-members \$82.00**

Seating is located in shade area as in the past. Price includes ticket and transportation on coach bus.

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm. Please register by June 3 to ensure the trip will go as we have to provide a 30 day notice to cancel.

## ***RICK LINDY AND THE WILD ONES* White Pines Playhouse, Mount Morris Illinois Wednesday, August 24, 2022**

Back by popular demand, The Pines welcomes Rick Lindy and his band, an international touring group performing original roots rock as well as classic Retro Rock of the 50's, 60's & 70's. A musical time machine that takes you back to the days when rock & Roll was young and the radio waves were transmitting classic American Rock & Roll to the dash board of a 57 Chevy Bell Air. Relive the sounds of Elvis, Johnny Cash, Jerry Lee Lewis, The Beatles, Patsy Cline, The Platters, Tom Jones, Gary Puckett & many other legendary performers.



**Grinnell Members \$73.00, Non-members \$83.00**

Price includes meal, show and transportation on coach bus.

Board bus at Telfer Park at 9:45am (bus departs at 10:00am) Return to Telfer Park at approximately 6:00pm. Please register by July 22 to ensure the trip will go as we have to provide a 30 day notice to cancel. Space may be available after July 22.

**Register early so you don't miss out on the fun!  
If we cancel the trip you will receive a full refund. No worries**



# May 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)	<b>3</b> 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	<b>4</b> 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	<b>5</b> 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards <b>9:00 Advisory                      Board</b> 12:30 Euchre	<b>6</b> 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train
<b>9</b> 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) 2:00 Uke Jam	<b>10</b> 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch <b>1:00 All in the Family                      1:00 Life's a Daring                      Adventure</b>	<b>11</b> 7:30 8 Ball Pool 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	<b>12</b> 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre <b>12:00 Bingo Remote                      12-4 Benefit                      Specialist</b>	<b>13</b> 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi <b>10:00 Painting                      with Katie</b> 12:30 Mexican Train 12:30 Bridge (closed)
<b>16</b> 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)	<b>17 Toenail Care</b> 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing <b>10:00 No Green                      Thumb Needed</b> 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	<b>18</b> 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater <b>2:00 Bingo Live</b>	<b>19 Plant Sale 9-3</b> 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre <b>1:00 What the Tech</b>	<b>20 Plant Sale 9-3</b> 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train
<b>23</b> 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) <b>1:00 Book Club</b> 2:00 Uke Jam	<b>24</b> 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:30 Saint Judes                      Bridge (closed)</b> 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	<b>25</b> 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:00 Chair Massage</b> 12:30 Bridge (closed) <b>2:00 Bingo Live</b> 1:00 Mahjong 1:00 Theater	<b>26</b> 7:30 8 Ball Pool 8:00 Open Sewing Lab <b>8-12 Benefit                      Specialist</b> 9:00 Hand & Foot Cards 12:30 Euchre <b>1:00-2:30 Hearing                      Aid Check                      1:00 RSVP Drivers                      Meeting</b>	<b>27</b> 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train
<b>30 CLOSED</b> IN HONOR OF MEMORIAL DAY 	<b>31</b> 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	<b>Summer Picnics</b> Luau Theme Friday, June 17 1:00-2:30pm <b>Chuck Wilson – DJ</b> 50s-70s Theme Wednesday, July 13 1:00-2:30pm <b>Eclectic Red – Ed Chapman and Caryn Mellam</b> Country and More Theme Friday, August 12 1:00-2:30pm <b>Chip Messimer</b>		

# 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.**

## May 2022

Page 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Broccoli Quiche Carrots Asparagus Cottage Cheese Cinnamon Raisin Bread Banana	<b>3</b> Chicken Breast Parmesan Red Potatoes Brussel Sprouts Whole Wheat Bread Mandarin Oranges Apple Cake	<b>4 <i>Chocolate Milk</i></b> Sloppy Joe Whole Wheat Bun Corn Zucchini Tomato Bake Fruit Whip	<b>5</b> Herbed Pork Loin Sweet Potato Creamed Spinach Whole Wheat Bread Peaches Pudding	<b>6</b> Hamburger Whole Wheat Bun Baked Bean Medley Coleslaw Warm Mixed Fruit Light Yogurt
<b>9</b> Stuffed Pepper Casserole Carrots Green Beans Light Vanilla Yogurt Strawberries	<b>10</b> Chicken Pasta Salad Potato Salad Cottage Cheese Tomato Juice Peaches Lemon Bar	<b>11</b> Baked Parmesan Cod Au Gratin Potatoes Broccoli Whole Wheat Bread Mandarin Oranges Sugar Cookie	<b>12 <i>Chocolate Milk</i></b> BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce	<b>13</b> Roast Turkey Mediterranean Blend Vegetables Mashed Potatoes Whole Wheat Bread Melon Mix Chocolate Mousse
<b>16</b> Chicken Fajita Casserole Carrots Green Beans Strawberries Vanilla Yogurt	<b>17</b> Baked Salmon w/ Dill California Blend Veg. Au Gratin Potatoes Whole Wheat Bread Peaches Fudgy Fiber Brownie	<b>18</b> BBQ Pulled Pork Whole Wheat Bun Baked Beans Broccoli Salad Warm Cinnamon Applesauce	<b>19</b> Burgundy Tips Egg Noodles Stewed Tomatoes Peas Pears Cake w/ Berry Frosting	<b>20 <i>Chocolate Milk</i></b> Spaghetti w/ Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad
<b>23</b> Chicken Salad Baby Spinach Salad Dressing Potato Salad Whole Wheat Bread Mandarin Oranges	<b>24</b> Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fresh Apple Slices Peanut Butter	<b>25</b> Lemon Pepper Chicken Red Cabbage Sweet Potatoes Whole Wheat Bread Peaches Pumpkin Bar	<b>26 <i>Chocolate Milk</i></b> Brat Patty Baked Beans Carrots Whole Wheat Bun Pineapple Jell-O	<b>27</b> Baked Parmesan Cod Rice Pilaf Italian Vegetables Romaine Salad w/ Dressing Rye Bread Warm Spiced Pears
<b>30</b> <b><i>Memorial Day</i></b> <b>No Meals</b> 	<b>31</b> Chicken & Broccoli Casserole Carrots Cauliflower Cheese Stick Mandarin Oranges Pudding		<p style="text-align: center;"><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 style="text-align: center;"><i>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed</i></p>



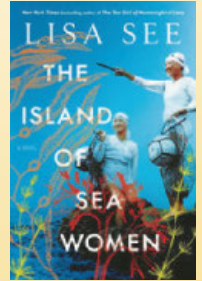
Movie Matinee "Jungle Cruise" Friday, May 6 10:00am

Dr. Lily Houghton travels from London to the Amazon jungle and enlists wisecracking skipper Frank Wolff's questionable services to guide her downriver on La Quila, his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities, possessing the power to change the future of medicine. Thrust on this epic quest together, the unlikely duo encounters innumerable dangers and supernatural forces, all lurking in the deceptive beauty of the lush rainforest. But as the secrets of the lost tree unfold, the stakes reach even higher for Lily and Frank and their fate and mankind's hangs in the balance.



Book Club "The Island of Sea Women" by Lisa See Monday, May 23 1:00-2:00pm

Historical Fiction Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends that come from very different backgrounds. When they are old enough, they begin working in the sea with their village's all-female diving collective, led by Young-sook's mother. As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility but also danger. This beautiful, thoughtful novel illuminates a world turned upside down, one where the women are in charge, engaging in dangerous physical work, and the men take care of the children. A classic Lisa See story--one of women's friendships and the larger forces that shape them--The Island of Sea Women introduces readers to the fierce and unforgettable female divers of Jeju Island and the dramatic history that shaped their lives. Books available at front desk.



GROW YOUR BUSINESS BY PLACING AN AD HERE! CONTACT US! Contact Jeff Parkinson to place an ad today! jparkinson@lpicommunities.com or (800) 950-9952 x5887

my choice WISCONSIN My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties. Visit us today: mychoicewi.org/LPI 1-800-963-0035 For more information on your long-term care options, contact your local ADRC. DHS Approved 4/22/2021

ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust Burglary Flood Detection Fire Safety Carbon Monoxide ADT Authorized Provider SafeStreets 1-855-225-4251

WE'RE HIRING AD SALES EXECUTIVES BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE. Work-Life Balance Paid Training Full-Time with Benefits Some Travel Serve Your Community Contact us at: careers@4lpi.com | www.4lpi.com/careers

# 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)



*Taking Seniors  
To a Whole NEW Level!*  
\*Empower \*Enlighten \*Engage \*Enrich



## **The Highwaymen Palace Theater, Wisconsin Dells Friday, September 30, 2022**

The Greatest super group in country music history, the original Highwaymen, formed in 1985, consisted of Willie Nelson, Waylon Jennings and Johnny Cash. This re-creation of the amazing, never to be seen again band continues the legacy. You will witness first-hand the friendship and camaraderie that existed between these legends, reliving one of the greatest moments in country music history.



**Grinnell Members \$89.00 Non-Members \$99.00**

Price includes lunch, show and transportation on coach bus.

Board Bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:00-5:30pm

Please register by August 26 to ensure the trip will go as we have to provide a 30 day notice to cancel.



## **THE CHAIRMEN'S BOARD featuring Peter Oprisko Starved Rock State Park Oglesby, Illinois Monday, October 17, 2022**

Join outstanding vocalist Peter Oprisko as he pays tribute to a variety of pop icons from the 40s, 50s and 60s. Enjoy hits from legendary artists including Bobby Darin, Nat King Cole, Doris Day, Frank Sinatra, Bing Crosby, and many more. Peter has extensive knowledge of the music of the era which he will share along the way with fun and interesting tales. It's a concert that will bring you back to the time when music was king and sensational voices filled the airwaves.

**Grinnell Members \$76.00 Non-Members \$86.00**

Price includes meal, show and transportation on coach bus.

Board bus at Telfer Park at 8:45am (depart time is 9:00am) Return to Telfer Park at approximately 5:30pm.

Please register by Tuesday, September 13 to ensure that the trip will go as we have to provide a 30 day notice to cancel. Space may be available after September 13.