

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

August 2022

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

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



Country and Western Picnic featuring Chip Messiner Friday, August 12 1:00-2:30pm

Put your boots on and Country and Western wear to have some how down good fun! Chip first picked up the acoustic guitar at a very young age. He was just eleven years old when he played his first professional job. He enjoys performing at festivals and clubs with his "One Man Country Band" or as a solo with just my acoustic guitar. Besides his wife, it's the thing that he loves the most...Performing!!!! Chip also hosts 95.3 Sunday Morning Legends of Country Show Light refreshments will be served. Please give a call or stop at the front desk to sign up.

Stepping Up Your Nutrition Monday, August 8 9:30-12:30pm

Everyone is interested in improving their nutrition and strength. This class is designed to help you understand the connection between nutrition and preventing falls. We will take a break during the class. Class is lead by Amy Karas, a Registered Dietician. Free and open to members and non-members. Registration required.

Topics that will be discussed : *Are You At Nutritional Risk?

- *What Is Malnutrition
- *The Connection Between Nutrition And Falls
- *Muscle Loss With Age
- *Protein In Food/How Much Do You Need
- *Label Reading For Protein
- *Important Role Of Fluids In Our Diet
- *How to Plan A Strength Building Diet
- *Learning Your Personal Nutrition Risk Score

AARP Smart Drivers Course Tuesday, August 16 8:30am-2:30pm

Cars have changed. So have traffic rules, driving conditions and the road you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills. By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Plus, you may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details! AARP membership is not required to take the course. Cost is \$20.00 AARP Members, \$25.00 non-members. Pay the day of the course. To sign up call Grinnell at 608-364-2875 by August 9.

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

Volunteer Spotlight LeaAnn Mattox



LeaAnn can be seen organizing Nellie's Gift Shop, decorating, sewing and quilting, instructing classes, special events, Chicks with Sticks, and more. She spends 20 hours a week volunteering and sometimes more. She saw volunteering as an opportunity to give back. She sees a need and tries to fill it and not just complain about things not getting done. She would recommend volunteering as you have given of yourself, your time and talent and you make new friends. LeaAnn has 2 children and is grandmother of 6. She enjoys gardening, is an avid PBS watcher, and YouTube shows. She crochets, knits and creates! Thank you for all you do LeaAnn!!

In Loving Memory

Mary Waite 7/4/22 Jerri Wightman 7/6/22 Vic Stibbe 7/9/22



Hello Grinnell Family

Hope you have enjoyed the first two summer picnics with great music, friends and lots of fun. Don't miss the Country Western picnic on Friday, August 12 from 1:00-2:30pm. There are several educational offerings this month and we hope you take the initiative to participate. I attended the RSVP Volunteer dinner and there were many Grinnell Members who attended and some were recognized for specific years volunteered: Yoshi Glos 30 years; John Kalkirtz 20 years; Roger Stenberg 20 years; Barb Hopper 15 years; Linda Smith 15 years; Opal Vance 15 years; Lois Swanson 10 years. Vets Roll provided a great program of past trips to Washington DC, very heart tugging. They have been on hiatus for the past two years but they plan on making two trips this year as they have many who wish to go. A Salute and Thank You to all Veterans!

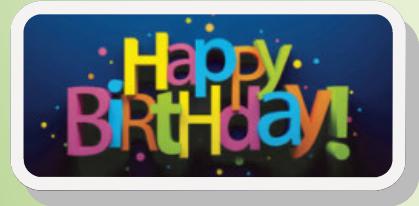
In addition to enjoying Grinnell activities and events, there are many activities in the community like Beloit Library Wednesdays at the Library with music and food trucks, Downtown Beloit's Fridays in the Park with music and food vendors and Music at Harry's Place on Friday nights. Enjoy your community. Debbie Kraus

YOSHI

JOHN

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BARB



- Carol Bachofen C Sharon Bishop Cheryl Blake Lois Davis Marilyn Dixon Lois Ferrera Ann Firlus Susan Hansen Teresa Jones Kenneth Kostrzewski Linda Kuhnle Carol Logan Linda Lynch Linda Marshall Donovan Murphy Linda Nelson Cecelia Phillips Joyce Plummer Doloris Ruch Bertha Sadler Theresa Stott Sheri Townsend Judy Wagner Linda Weidner Richard Wensel



Thank you for your donations

Candie Feurstein, Pearl Friedley, Lois Engen, Joan Slater, Sharon Drost, Cheryl Horvack, Donna Nelson, Illa Bortwardt, Berit Ryberg, Rhonda Tierney, Donna Hanson, Judy Cufir, Karen White, Carl Creedy and Donna Messer

Gardeners Club Wednesday, August 10 9:30-11:30am

Join Sue Tucker-Pann and additional Garden experts on a visit to Macktown Forest Preserve located at 2221 Freeport Road in Rockton, IL. There you will enjoy a Heritage Garden which is a replica of 1850s herbs, veggies and medicinal garden, a "Three Sisters" garden and more. You will then go visit Sue's 6 different gardens at her home. There are designated flat trails to walk. Please wear good walking shoes. Bring some bug repellent, sunscreen and a bottle of water. You will have some light refreshments at Sue's home. We will car pool from Grinnell Hall so please be here at 9:00am. Open to everyone. Please register in advance.



Scams, Fraud and More, Oh My! Tuesday, August 9 1:00pm



Scams are constantly changing and scammers reach out in many ways – mail, phone, email, text... Learn about common types of scams, identity theft, fraud and more. Learn what kind of action you can take, the warning signs and how to protect yourself and others. Join Blackhawk Bank's, Kim Lantta, VP Treasury Management and Andy Reed, VP Regional Manager as they share important information about scams and frauds. Open to anyone any age. Please give a call to sign up.

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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 connieudell1@gmail.com for more information or 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

All in the Family Tuesday, August 9 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. Don't be shy - you will be glad you joined us.
Please register by calling Grinnell at 608-364-2875.

Chair Massage Wednesdays, August 10 & 24

Certified Massage Therapist Alicia Jenski does a great job and relieves your stress that provides you a carefree day. 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) August 23 and September 20 by appointment only

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.** 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.

Walk Wednesdays

Wednesday, August 3 10:00am Lincoln-Tallman House 426 N. Jackson St. Janesville
Wednesday, August 10 10:00am Timber Hill Winery 1223 Storrs Lake Road Milton 53563
Wednesday, August 24 10:00am Rotary Gardens 1455 Parker Drive Janesville
Wednesday, August 31 10:00am Disc Golf Palmer Park Janesville
Offered by Rock County ADRC 608-757-5408. **Reservations required for Timber Hill Winery.**

Courtesy Hearing Aid Check

Jodie from Miracle Ear will be at Grinnell on **Thursday, August 25 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, August 11 12:00-4:00pm
Thursday, August 25 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.

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Smart Choice**



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B	I	N	G	O

BINGO REMOTELY Thursday, August 11 12:00pm

CALLING ALL BINGO PLAYERS WE ARE IN NEED OF PLAYERS TO CONTINUE REMOTE BINGO. GREAT PRIZES!

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 - Teeter Totter; Game, 2 - Lawn Chair; 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 17 2:00pm

Great people, great prizes, great fun!! Bingo is open to members and non-members so bring a friend or two. If you have not played bingo before please give us a call to let us know you will be coming

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Grinnell Hall, Beloit, WI

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IMPORTANT INFORMATION

**Grinnell Hall Advisory Board Annual Meeting
Wednesday, August 17 12:00pm**

We will have a short meeting with information on financials, visit numbers and an opportunity to meet the candidates. Information about the candidates and ballots will be available at the front desk beginning Monday, August 8 and are due by 1:00pm on Wednesday, August 17th.

Thank you to outgoing Advisory Board Members Opal Vance, Yoshi Glos and Randy Westbrook. Board members can run again after 1 year of being off the board unless they were appointed. Bill Tierney was appointed to the Advisory Board so he is able to run again.

The following are the candidates
Lois Engen Pearl Friedley Billy Tierney
Sherry Westbrook Larry White



Senior Farmer's Market Vouchers
Available at Grinnell Hall
During ADRC Senior Benefit Specialist Visits
Thursday, July 28 8:00am-12:00pm
Thursday, August 11 12:00-4:00pm
Thursday, August 25 8:00am-12:00pm

Limited number of vouchers available. Only one voucher per household in 2022. Vouchers distributed on a first come, first served basis.

Rock County residents age 60 and older
Native Americans age 55 and older
Monthly household income which does not exceed \$2,096 for one individual or \$2,823 for two people, etc.
Call 608-757-5428 for more information.

Blood Pressure Screening

Wednesday, August 17 9:00-11:00am

Stop in the Dining Room and Beloit Community Health will take your blood pressure.

What The Tech

Thursday, August 18 1:00-3:00

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. Open to members and non-members so tell a friend.



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
August 13 & 27

FABL Film Series "Belfast"
Weds. August 3 6:00pm

Classic Film Series "Forbidden Planet"
Weds. August 17 6:00pm

Memory Café'
Thursday, August 11 1:00-2:15
Designed for individuals with mild memory loss, mild cognitive impairment or early Alzheimer's Disease and their caregivers.

Wednesdays at the Library
Wednesdays at the Library (WATL), featuring live music and food trucks weekly throughout the summer.

WATL will be held over the lunch hour every Wednesday from June 15 through August 31, with food served from 11:30 a.m.-1:00 p.m. and live music playing from 12:00-1:00 p.m.

The event will take place in the Hendricks Family Children's Garden in front of the library and feature local music and food trucks, as well as food from Blender Café. The event is rain or shine, with the rain location inside the library.



East Troy Luncheon Train Trip**Wednesday, August 3, 2022****Grinnell Members \$88.00 Non-members \$98.00**

Price includes train ride, lunch and transportation on a coach bus.

Experience a 14 mile trip through the beautiful Wisconsin countryside aboard a historic trolley. Learn the history of this 111 year old rail line in the East Troy Depot museum and browse the gift shop's array of railroad items. We will board the train and dine in style. The train will make stops at the Elegant Farmer for shopping. They are well known for their bakery, deli and fresh farm produce.

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park 4:30-5:00pm

Give a call space may still be available.

**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.

Give a call space may still be available.

**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. Space may be available after August 26.

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. Space may be available after September 13.



August 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch	3 Train Trip 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	4 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Advisory Board Meeting 9:00 Hand & Foot Cards 12:30 Euchre	5 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 10:00 Shuffleboard 12:30 Mexican Train
8 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 9:30 Stepping up Your Nutrition 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) 2:00 Uke Jam	9 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 Bridge (closed) 1:00 All in the Family/ Scams, Frauds and More	10 7:30 8 Ball Pool 8:30 Morning Stretch 9:30 Gardeners Club 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	11 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Merrill Gardens 9:00 Hand & Foot Cards 12:00 Bingo Remote 12:30 Euchre 12-4 Benefit Specialist	12 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train 12:30 Bridge (closed) 1:00-2:30 Country and Western Picnic
15 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	16 7:30 8 Ball Pool 8:30 AARP Smart Drivers Course 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch	17 7:30 8 Ball Pool 8:30 Morning Stretch 9:00-11:00 Blood Pressure Screening 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Annual Meeting 12:30 Bridge (closed) 12:30 Shuffleboard 1:00 Mahjong 1:00 Theater 2:00 Bingo Live	18 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre 1:00 RSVP Drivers Meeting 1:00 What the Tech	19 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train
22 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)	23 Toenail Care 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch	24 Rick Lindy Trip 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	25 7:30 8 Ball Pool 8:00 Open Sewing Lab 8-12 Benefit Specialist 9:00 Hand & Foot Cards 12:30 Euchre 1:00-2:30 Hearing Aid Check	26 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train
29 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) 1:00 Book Club	30 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch	31 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:30 Shuffleboard 1:00 Mahjong 1:00 Theater	Where do the sick boats go for checkups? To the doc How do you make a boat feel better? Give it some Vitamin Sea What kind of vegetables are not allowed on ships? Leeks What kind of detergent do sailors use most? Tide	

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 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Carrots Green Beans Light Vanilla Yogurt Strawberries	2 <i>Chocolate Milk</i> Chicken Pasta Salad Potato Salad Cottage Cheese Tomato Juice Peaches Lemon Bar	3 Baked Parmesan Cod Au Gratin Potatoes Broccoli Whole Wheat Bread Mandarin Oranges Sugar Cookie	4 BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce	5 Roast Turkey Mediterranean Blend Vegetables Mashed Potatoes Whole Wheat Bread Melon Mix Chocolate Mousse
8 <i>Chocolate Milk</i> Chicken Fajita Casserole Carrots Green Beans Strawberries Vanilla Yogurt	9 Baked Salmon w/ Dill California Blend Veg. Au Gratin Potatoes Whole Wheat Bread Peaches Fudgy Fiber Brownie	10 BBQ Pulled Pork Whole Wheat Bun Baked Beans Broccoli Salad Warm Cinnamon Applesauce	11 Burgundy Tips Egg Noodles Stewed Tomatoes Peas Pears Cake w/ Berry Frosting	12 Spaghetti w/ Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad
15 Lemon Pepper Chicken Red Cabbage Sweet Potato Whole Wheat Bread Peaches Pumpkin Bar	16 <i>Chocolate Milk</i> Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fresh Apple Slices Peanut Butter	17 Chicken Salad Baby Spinach Salad Dressing Potato Salad Whole Wheat Bread Mandarin Oranges	18 Brat Patty Baked Beans Carrots Whole Wheat Bun Pineapple Jell-O	19 Baked Parmesan Cod Rice Pilaf Italian Vegetables Romaine Salad w/ Dressing Rye Bread Warm Spiced Pears
22 Sloppy Joe Whole Wheat Bun Baked Bean Medley Italian Vegetables Banana	23 Chicken & Broccoli Casserole Carrots Cauliflower Cheese Stick Mandarin Oranges Pudding	24 <i>Chocolate Milk</i> Ham Slices Sweet Potato Broccoli Whole Wheat Bread Pineapple	25 Meatloaf Au Gratin Potatoes Mediterranean Blend Vegetables Whole Wheat Bread Pears	26 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Sugar Cookie
29 <i>Chocolate Milk</i> Grilled Chicken Breast Broccoli Red Potatoes Whole Wheat Bread Pears Carrot Bar	30 Tuna Pasta Salad Romaine Salad w/ Dressing Tomato Juice Cottage Cheese Banana	31 Polish Sausage Hot Dog Bun Baked Bean Medley Beets Peaches	<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><i>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed</i></p>				

Movie Matinee "Secondhand Lions" Friday, August 5 10:00am

Set in the 1960s, A shy adolescent boy, Walter is taken by his greedy mother to spend the summer with his two hard-boiled great-uncles, Hub and Garth, who are rumored to possess a great fortune. At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit. Cast: Michael Caine, Robert Duvall, Haley Joel Osment, Kyra Sedgwick



Book Club Fiction: "What She Left Behind" Ellen Marie Wiseman Monday, August 29 1:00-2:00pm



In this stunning novel, Ellen Marie Wiseman merges the past and present into a haunting story about the nature of love, loyalty and the lengths we will go to protect those who need us most. Ten years ago, Izzy Stone's mother fatally shot her father while he slept. Devastated by her mother's apparent insanity, Izzy now seventeen, refuses to visit her in prison. But her new foster parents, employees at the local museum, have enlisted Izzy's help in cataloging items at a long-shuttered state asylum. There, amid piles of abandoned belongings, Izzy discovers a stack of unopened letters, a decades old journal and a window into her own past.

You can also read the Non-Fiction "The Lives They Left Behind: Suitcases from a State Hospital Attic. This is not required reading but will serve as a resource for factual information.

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Merrill Gardens Tour and Nutrition Demonstration
1322 Porter Avenue, Beloit Wisconsin.
Thursday, August 11 9:00-10:15am

Take a tour of the Merrill Community Sharing Garden with garden manager Kaelyb Lokrantz. The garden encompasses 3 conjoined residential lots that were reclaimed and turned into almost an acre located in the city of Beloit. The garden produces food for the Merrill Neighborhood and is a site that provides habitat for native plants and species. University of Wisconsin-Extension Nutrition educators will be on site to do a nutrition demonstration. The garden has mulch pathways that connect the different properties. Tennis shoes are recommended. In case of inclement weather we will have the Nutrition Demonstration at Grinnell Hall. Parking is located on Yates directly in front of the garden. We will meet at Grinnell Hall at 8:40am and we can follow each other to the location or you can drive there yourself, just let us know. Open to everyone. Please register by calling Grinnell Hall.