

Power of 50 Plus

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

October 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
Purchase membership in October and it will be good through December 2023!
Membership assistance is available if needed. Please contact Debbie or Becky.

Apple Hut Tour and Cookout *Friday, October 7 12:30pm*



Join us as we tour and find out about the different apples, how they ensure great taste and how they sort. Apple Hut also has a great gift shop! Please note that the terrain may be uneven and on grass. Let us know if you will be using a walker. When we return to Grinnell we will have a cookout with hot dogs and sides. Donations are appreciated for the lunch. If inclement weather we will have the cookout at 3:00pm. Meet at Grinnell at 12:30pm or let us know if you will be driving to Apple Hut yourself for the 1:00pm tour. If you want to come just to the cookout let us know. Registration is required.

Happy 80th Birthday Plus Party *Wednesday, October 12 1:00-2:00pm*



If you turn or turned 80 or over in 2022, come celebrate your birthday with friends at Grinnell with a treat and music. You can bring one guest with you if you would like. Robert Tomaro will entertain us with great music and sing-a-longs. Open to Grinnell members and a guest. Don't miss out on this fun event. Registration is required.



Halloween Bash *Monday, October 31 1:00-2:00pm*

Come dressed up or come in your "normal" attire and have some fun and enjoy some treats. We will have a costume "show" with some prizes for those dressed up. You will enjoy some fun games that will have you laughing. Halloween Bash is open to everyone so bring a friend or two. Registration is required.

Advisory Board of Grinnell Senior Center

Pam Curatolo - Chair, Larry White, Vice-Chair, Kathy Cope - Secretary, Sherry Westbrook - Treasurer, Margaret Alexander, Pearl Friedley, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

Volunteer Spotlight Sue Tucker-Pann

Sue was introduced to Grinnell Hall 5 years ago by Bobbie Pann, her sister-in-law, and connected with Mary Johnson and they began Garden Club activities here at Grinnell. Sue is Certified WI Master Gardener for 18 years and she enjoys sharing her knowledge. She was instrumental in the planting with vegetables and herbs in the raised beds we have out in front of Grinnell. She also volunteers for the Forest Preserves of Winnebago County in IL and Macktown Living History Museum. Sue also leads craft classes at Grinnell.

Sue was the Activity Director for Saint Elizabeth Home which was located in Janesville, Sue enjoys giving back and when volunteering she feels that she receives more than she gives. She says that volunteering is good for the soul and encourages others to become involved with volunteering.



Thank you Sue for all you do at Grinnell Hall and in the community. We appreciate it.



- | | | |
|----------|-------------|---|
| Barbara | Cordones | |
| Linda | Cunningham | |
| Beverly | Dalberg | |
| Karilyn | Davis | |
| Hubert | Elmer | |
| Wayne | Elmer | |
| Pat | Fleming | C |
| Cissy | Frendahl | |
| Shirley | Hanna | E |
| Babe | Hendrickson | |
| Sharon | Hollembek | L |
| Ann | Joyce | |
| Shirley | Kirkpatrick | E |
| Lynn | Kline | |
| Peggy | Lang | |
| Sharon | Larson | B |
| Linda | Martin | |
| Neil | McLaughlin | R |
| George | Moffitt | |
| Phyllis | Olmstead | |
| Harriett | Olson | A |
| Jim | Rippl | |
| Linda | Smith | T |
| Nancy | Steinmetz | |
| David | Steward | E |
| Linda | Swanson | |
| LaRae | Thies | |
| Marva | Towles | |
| Janet | Vaccarello | |
| Pat | Williams | |
| Cindy | Zimmerman | |

Hello all,

As I am writing this I am preparing for the Beloit Senior Fair where you can receive great educational information and goodies on Tuesday, October 4th at The Eclipse Center. Grinnell Hall Goldenaires will be performing from 10-11 at the event! They have a fabulous line up of songs.

The Rock County lunch program has returned to Grinnell for congregate dining so check it out, the lunches are delicious. It is great to see so many individuals coming to Grinnell exercising, playing cards and games, singing, performances, presentations and more. You may not be aware but several individuals sew, crochet and knit and donate many of the items to the schools and RSVP to distribute to those in need. Grinnell gives back to the community. I hope you try something new at Grinnell. The individuals who lead and those involved with the activity are always very friendly and will help you in any way. There are many educational opportunities at Grinnell so please sign up and bring a friend or two or family member with you. Thank you for making Grinnell your home away from home.

Debbie Kraus, Senior Center Manager

Thank you for your donations

Pam Curatolo, Carol Logan, Bobbie Pann, Jeannie Rippl, Donna Hemmerling, Peggy Welnitz, Lois Engen, Phyllis Agate, Vicki Seichter, Geri Heim, Linda Schultz, Patti Manny, Betty Weeks, Sheryl Horvath, Sandy Buske





Terra Cotta Plant Pot Decorating
Wednesday, October 26 9:30am

Join Sue Tucker-Pann and friends in on a creative class with decorating a terra cotta pot to take home or for a gift. Directions are easy and you will enjoy your creation. All supplies including the pot are included and cost is \$4 to cover supplies. Registration is required and class is open to anyone.

Mind Over Matter

Wednesdays, October 12, 26 & November 9 10am-12pm

Taught by a female for females. Three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%. Attendance of all three sessions is required! Open to anyone and you must pre-register. Class fills quickly.



In Memory of Those we lost

Donna Rasmussen 7/17/2022 Anna Roth 8/1/2022
Vic Stibbe 7/9/2022 Lee Ann Williams 8/2/2022



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Grief Relief Presentation Tuesday, October 11 1:00pm

Join Agrace Counselor will share information on how to overcome grief and some steps you can take to heal.
Take the first step to help yourself on this journey.
Open to everyone, please register.

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 "Parkinson's Support of Rock County" You are not alone, there is help!

**All in the Family Tuesday, October 11 at 1:00pm
Presentation by Agrace on Grief and helping you with your loss.**

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 Tuesdays, October 11 & 25

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)
October 18 and November 22 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 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.

Sorry No Hearing Aid Checks Until Further Notice

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 date and time:
Due to Medicare Enrollment period, Lachel will not have office hours at Grinnell in October, November and December

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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608.363.7421



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BINGO LIVE! Wednesday, October 19 2:00pm

Open to everyone

Great people, great prizes, great fun!! Bingo is open to members and non-members so bring a friend or two. Great fun, prizes and lite refreshments.

Sponsored by Alden Meadow Care

Holiday Bazaar

November 16, 17, 18 9:00am-3:00pm

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 ensure there is plenty of great items for the sale. If you are able 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 that would be greatly appreciated. Give a call or stop by the front desk so we can take your information. Thank you!



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Grinnell Hall, Beloit, WI

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Medicaid Presentation Thursday, October 13 10:30am

Learn the basics of Medicaid coverage and options that are available to you.
Presentation in conjunction with Alden Meadow.
Please register for the presentation.



***Elder Law Presentation "How to Protect Your Stuff"
Wednesday, October 26 10:00am***

Join us for an in person educational workshop with Attorney Douglas Ley from Elder Advisors Law. "How to Protect Your Stuff" from devastating Long -Term Care costs. Attorney Ley will discuss the reality of Long-Term. Care crisis we face as we age. There are exceptions to the rules so take this opportunity to learn about them as education is the key. Open to everyone. Registration required.

***Bracelets with LeaAnn
Tuesday, October 11 9:00am***

Have some fun and get creative. Make a bracelet for yourself or a gift. You will enjoy yourself and maybe meet new friends. Bracelets are made with elastic to have options for different sized wrists. Open to everyone. All supplies provided.
Registration required.



***Fall Gnome
Thursday, October 6 1:00pm***

You may have seen this gnome hanging around at Grinnell Hall!! Join LeaAnn and create yourself a door or wall décor to show off.
Open to members and guests. Free for members \$5 for guests. Registration required.

***Blood Pressure Screening
Wednesday, October 19 9:00-11:00am***

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

***What The Tech
Thursday, October 20 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
October 8 & 22

FABL Film Series
Wednesday October 5 6:00pm

Classic Film
Wednesday October 21 6:00pm

Memory Café'
Thursday, October 13 1:00-2:15
Designed for individuals with mild memory loss, mild cognitive impairment or early Alzheimer's Disease and their caregivers. Call 608-741-3615

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

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 October 10th.

Grinnell Hall Holiday Show Friday, December 9 1:00pm

We are searching for talent to sing, play an instrument, share a poem or story. We know there are many talented individuals, so help us make this a great event! Stop at the front desk and let us know!

October 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:00 Bridge (closed)	4 Senior Fair 9-1 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 Journaling for Well Being	5 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	6 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Advisory Board 9:00 Hand & Foot Cards 12:30 Euchre 1:00 Fall Gnome	7 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 10:00 Shuffleboard 12:30 Mexican Train 12:30 Apple Hut
10 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:00 Bridge (closed) 2:00 Uke Jam	11 7:30 8 Ball Pool 9:00 Bracelet Class 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 12:00 Chair Massage 12:30 Bridge (closed) 1:00 All in the Family and Grief Presentation 1:00 Journaling for Well Being	12 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Mind Over Matter 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 80th Plus Birthday Celebration 1:00 Mahjong 1:00 Theater	13 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 10:30 Medicaid Presentation 12:30 Euchre	14 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train 12:30 Bridge (closed)
17 Chairmen of Board Trip 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:00 Bridge (closed) 2:00 Uke Jam	18 Toenail Care 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 St. Judes Bridge 1:00 Bridge/Lynch 1:00 Journaling for Well Being	19 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 12:30 Bridge (closed) 12:30 Shuffleboard 1:00 Mahjong 1:00 Theater 2:00 Bingo Live	20 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	21 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train
24 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day (closed) 2:00 Uke Jam	25 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 Bridge/Lynch	26 7:30 8 Ball Pool 8:30 Morning Stretch 9:30 Terra Cotta Pot 9:45 Easy Stretch Yoga 10:00 Elder Advisors 10:00 Mind Over Matter 10:00 Chicks with Sticks 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	27 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre	28 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train
31 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:00 Bridge (closed) 1:00 Book Club 1:00 Halloween Bash	How do you fix a broken pumpkin? With a pumpkin patch. What do you get when you drop a pumpkin? Squash Why do trees hate going back to school in the fall? Because they're easily stumped. What kind of vest should you wear in the fall? A Har-vest What is the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi Why did the scarecrow win the Nobel Prize? He was out-standing in his field. Why are trees so carefree and easygoing? Because every fall, they let loose.			

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 2022

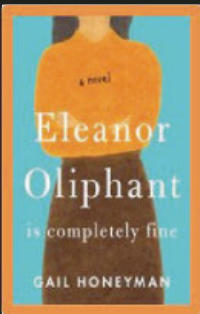
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <i>Chocolate Milk</i> BBQ Pork Riblet Baked Beans Whole Wheat Bun San Francisco Blend Vegetables Pears	4 Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp	5 Shredded Pork Egg Noodles Sweet Potatoes Broccoli Salad Warm Cinnamon Applesauce	6 Turkey and Gravy Green Beans Mashed Potatoes Whole Wheat Bread Mandarin Oranges Cake w/ Berry Frosting	7 Swedish Meatballs Noodles Beets Cauliflower Peaches
10 Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple Lemon Bar	11 <i>Chocolate Milk</i> Chicken and Rice Broccoli Carrots Apple Slices Peanut Butter Pudding	12 Meatloaf Winter Squash Mixed Vegetables Whole Wheat Bread Banana	13 Cheesy Mashed Potatoes w/Ham Peas and Carrots Whole Wheat Bread Warm Spiced Pears	14 Salisbury Steak Stewed Tomatoes Mediterranean Beans Whole Wheat Bread Fruited Applesauce
17 Roast Beef w/Gravy Cooked Spinach Beets Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie	18 Ham and Bean Stew Green Beans Whole Wheat Bread Warm Spiced Pears Yogurt	19 <i>Chocolate Milk</i> Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread	20 Ranch Chicken Whole Wheat Bun Peas Carrots Banana	21 Beef Vegetable Bake Stewed Tomatoes Cheese Stick Whole Wheat Bread Warm Peach Crisp
24 Sloppy Joe Whole Wheat Bun Winter Blend Veg. Baked Beans Pineapple	25 Chicken Parmesan Peas Winter Squash Whole Wheat Bread Pumpkin Bar	26 Hot Pork Hamburger Bun Cheesy Potato Casserole Cooked Cabbage Applesauce Vanilla Pudding	27 <i>Chocolate Milk</i> Chicken Fajita Casserole Cauliflower Stewed Tomatoes Mandarin Oranges	28 Spaghetti w/ Meatballs Romaine Salad Dressing Broccoli Warm Fruit Salad
31 Chicken Breast Rice Pilaf Corn Casserole San Francisco Blend Vegetables Fruited Applesauce			<p style="color: red; font-weight: bold; margin: 0;"><u>Dining Centers</u></p> <p style="color: red; font-weight: bold; margin: 0;"><u>Re-opened Sept. 1</u></p> <p style="color: red; font-weight: bold; margin: 0;"><i>(Beg. Sept. 1, Curbside pickup will no longer be available)</i></p> <p style="color: brown; font-weight: bold; margin: 0;"><i>Come eat with your friends!</i></p>	



Movie Matinee “These Old Broads” Friday, October 7 10:00am

When one of their old movies becomes an unexpected cult hit after being rereleased, Hollywood legends Kate Westbourne, Addie Holden and Piper Grayson sign on to film a reunion special. There's just one problem: They all hate one another. Join us for this great movie full of laughter!
 Cast: Shirley MacLaine, Debbie Reynolds, Joan Collins, Elizabeth Taylor, Jonathan Silverman, Nestor Carbonell, Peter Graves, Carlos Jacott, Pat Crawford Brown, Suzanne Carney and Gene Barry



Book Club “Eleanor Oliphant” Monday, October 31 1:00-2:00pm

Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she’s thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy. But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen on the sidewalk, the three become the kinds of friends who rescue one another from the lives of isolation they have each been living. And it is Raymond’s big heart that will ultimately help Eleanor find the way to repair her own profoundly damaged one. Books can be picked up at Grinnell Hall.

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The Power of 50 Plus

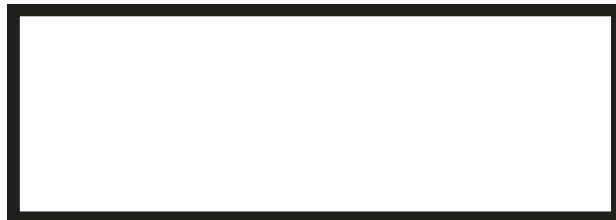
A Publication of the City of Beloit Senior Activity Center

City of Beloit
Grinnell Hall Senior Activity Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



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34th Annual Beloit Senior Fair

BINGO!

Tuesday, October 4, 2022

9:00am-1:00pm

Eclipse Center - 3 Eclipse Center - Beloit

Flu shots and Rx take back available

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Beloit Senior Fair

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