

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

**February 2023**

*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

Grinnell Hall membership is open to anyone no matter where you reside. Membership fees have not changed for past several years, only \$25 for an individual and \$40 for a couple. Memberships are for January - December. Your newsletter will be mailed to you. If you would like we can sign you up to receive the newsletter via email. You can also view the newsletter at [beloitrecreation.com](http://beloitrecreation.com) or [mycommunityonline.com](http://mycommunityonline.com). Come join in on the fun!

## **Beloit International Film Festival Presentation** **Wednesday, February 1st 1:00pm**

Greg Gerard, Executive Director of the Beloit International Film Festival (BIFF), will be at Grinnell to share information on BIFF's history, news about the upcoming 2023 festival and showing several films (Titles are To Be Determined), followed by a discussion of each film. The films are not long but very interesting and there are a variety of subjects. Mr. Gerard will also provide guests with information about volunteer opportunities for the 2023 festival, which runs from February 24 thru March 5. Light refreshments will be served. Open to everyone. Please call to register.



**Membership Drive**  
**Tickets available at front desk Monday, February 6**

**Prize Drawing Friday, February 10 12:00pm**  
**You do not need to be present to win!**

**Advisory Board of Grinnell Senior Center**

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

**Volunteer spotlight Karen White**

Karen volunteers 4 hours at the front desk on Tuesday mornings and plays cribbage in the afternoon. She started volunteering 10 years ago because she wanted to keep active in retirement and enjoys getting to know people. She also volunteers at the Holiday Bazaar, Plant Sale and in the past at Beloit Hospital. She recommends volunteering because you meet new people, you have a feeling of accomplishment and being helpful. Karen was born in Beloit, her family moved to Colorado when she was 13 and she returned to Beloit in 1980. She was a singer with the Sweet Adelines in three quartets, She worked a variety of jobs: Dow Chemicals, US Treasury Dept., Larry's Supper Club, Beloit Police Dept., 23 years with Beloit Health Dept. and 4 years with Beloit Parks and Recreation Dept.



Thank you Karen for all you do for Grinnell and our Community.



- |               |            |
|---------------|------------|
| Victor        | Adamsky    |
| Kevin         | Atwood     |
| Carol         | Bartram    |
| Roger         | Bills      |
| Sherry        | Blakeley   |
| Ricky         | Butler     |
| Brenda        | Chamberlin |
| Eva           | Davidson   |
| Sadie         | Dibble     |
| Mary Ann      | Donovan    |
| Mary Ann      | Ewing      |
| Norma         | Green      |
| Ann           | Hegge      |
| Pat           | Jacobson   |
| Tammy         | Johnson    |
| Glenda        | Knutson    |
| Janet         | Kopp       |
| Donna         | Kremer     |
| Tom           | Lang       |
| Eleanor       | Lynch      |
| James William | Merriman   |
| Mary          | Murry      |
| Deborah       | Neas       |
| Doug          | Nichols    |
| Char          | Obermark   |
| Polly         | Peterson   |
| Mary          | Porter     |
| Gwen          | Richardt   |
| Jeanine       | Schmidt    |
| Betty         | Weeks      |
| Charles       | Williams   |
| Jack          | Witham     |
| Judy          | Wubbena    |

Hello Grinnellers!

WOW! What a turnout for the Beloit Present meets Past. One hundred people, 50 members and 50 non-members, attended the presentation with many photographs. It was great to hear the comments from the crowd as they chimed in with their memories of Beloit. We had a couple who grew up in Beloit and been gone for 30 years come from Outagamie County to see the presentation. I had chance to visit with them as they had lunch here prior to the program. They asked how all the construction was being paid for. I responded "We are fortunate to have a very rich woman live in Beloit." They asked "who is that?" I said "Diane Hendricks, the richest self-made woman who is committed to Beloit." They were staying over a few nights to reminisce. A couple from Chicago area also came to see the presentation as they visit Beloit often. He also got a haircut from barber Rod Gottfredsen, one of the presenters, the following day!

I hope you will join us for the BIFF presentation on Wednesday, February 1st. Members Bill and Rhona Tierney are involved with BIFF and they review the films and provide feedback to BIFF for their festival. As always thanks for making Grinnell Hall your home away form home. Debbie Kraus, Senior Center Manager

**Thank You For Your Donations**

Myra Franks, Rhonda Schiessel, Carolyn Bullard, Carol Logan, Cindy Barnes, Beverly Schoonover, Barb Sequin, Judy Robson, Judy Cufu, Lois Engen, Lee Fassett, Carol and Leonard Larsen

### We need your assistance!

We are searching for individuals to lead activities and classes. If you have a talent that you would like to share or if you know of someone, contact them to see if they are interested in sharing their talents at Grinnell.

We are currently looking for someone to head up Shuffleboard, both table and floor and we want to offer it on the same day and time so we can have more people involved and no one is waiting to play.

Do you have an interest in a monthly "Lunch Club"? It would be for women and men. We would visit a variety of restaurants in the area and have some great social time.



Let us know if you are interested in getting involved or leading up the activity.

We are reaching out for assistance with decorating for the various holidays and special events. We have plenty of decorations for throughout the year!

Do you enjoy reading? We are in need of individuals to help with keeping the library books organized and looking neat. It won't take much of your time and you may find a book or two that interests you.

Please let front desk know and we will connect with you.

**Become involved, it is fun and you will make new friends!**



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*I work by referral. Please don't keep me a secret*  
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

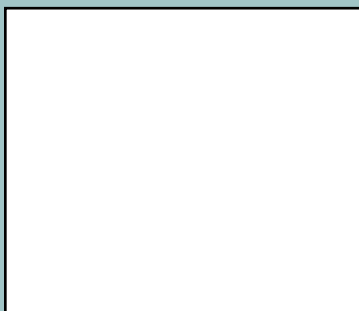


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## ROCK STEADY BOXING

Rock Steady is non-contact as you do not box against another person. Rock Steady Boxing is held at Big Hill Center in Big Hill Park– 1201 Big Hill Court Beloit.

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! 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.

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.

Cost is \$10 per class or purchase a punch card for \$100 for 11 classes. Please contact Connie Udell at 608-302-7088 or [connieudell1@gmail.com](mailto:connieudell1@gmail.com) for information on this special and with any other questions about Rock Steady Boxing. Rock Steady is non-contact as you do not box against another person.

If you are curious on the program and more of its benefits check out [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

**Janesville Area Parkinson's Support Group Please contact Connie Udall 608-302-7088 [Connieudell1@gmail.com](mailto:Connieudell1@gmail.com). They meet the first Wednesday of each month at 2:00pm at Oak Park Place, 700 Myrtle Way Janesville. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!**

## All in the Family Tuesday, February 14 at 1:00pm

### Candy making and Valentine get together!

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 Tuesdays, February 14 & 28 March 14 & 21

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)

**February 21, March 21, April 18 by appointment only 9:00am-2:00pm**

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 dremmelling. 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.

**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.

**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 cost. 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, 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.

**THURSDAY, FEBRUARY 9 8AM-12PM**  
**THURSDAY, FEBRUARY 23 8AM-12PM**

**Homestead Appointments**

If you need to have just your Homestead done Lachel will be available by appointment on the following days.

Thursday, February 9 12:00-4:00pm

Friday, February 10 8:00am-4:00pm

Thursday, February 23 12:00-4:00pm

Friday, February 24 8:00am-4:00pm

Call 608-364-2875 to make appointment.

If you need a Homestead Rent Certificate for your landlord to complete, we have some available.

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# TRIVIA

## TRIVIA FUN Wednesday March 1st 12:30pm

Paul Agnello has been leading Trivia for the past few years. He will be coming to Grinnell Hall with Trivia aimed at our age group. This is a great way to exercise your memory, get to know some new people and learn some new facts. You can form your own team of 2-4, play by yourself or we will create teams. Prizes will be given to the top teams. Open to everyone. Please pre-register.

### BINGO LIVE!

#### Wednesday, February 15 2:00-3:30pm

Join us as we play some regular bingo with great prizes. There is no cost for bingo. Prizes will vary. Open to everyone so bring a friend. You do not have to pre-register.



### What The Tech Thursday, February 16 1:00-3:30

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just 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 Prueschel and you can drop for some help. This is one of our most popular programs and Mark will be glad to help answer your questions. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of the questions.

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**Caroline Rukin**  
Financial Advisor  
200 W Grand Ave Suite A-100  
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608-362-1666

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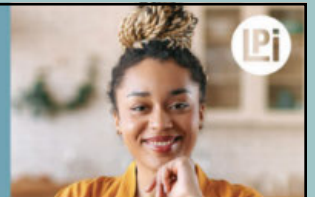
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# **AARP Tax Preparation**

**Appointments are required.**

We are fortunate to be working cooperatively with AARP to offer 2022 tax preparation. We will start accepting phone calls for appointments Wednesday, January 18 between 8:00am-3:30pm. Please provide us with your name(s), cell phone number and address. Appointments will be Monday, Tuesday and Wednesday beginning Monday, February 6 through Wednesday, April 5 from 8:20 am until 11:20 am. You must make an appointment. For individuals who have Brokerage Statements, appointments should be made for March or later. Prior to your appointment you will be required to complete an Intake Form. You can receive an Intake Form by stopping by Grinnell Hall M-F 8:00am-3:30pm (please call first) or you can request one be mailed to you. **Please bring the following on your appointment. It would be helpful if these items were in a large envelope.**

- |  |   |
|--|---|
| <b>2021 tax return</b>   | <b>Photo ID</b>                                       |
| <b>Social Security Card</b>                                      | <b>All 1099 statements</b>                            |
| <b>W-2 form</b>  | <b>Other evidence of income (bank interest, etc.)</b> |
| <b>Health Insurance Premium costs</b>                            | <b>Rent certificate or property tax bill</b>          |
| <b>Other deductible items</b>                                    | <b>Completed Intake Form</b>                          |
| <b>Social Security statement with the pink box if applicable</b> |   |

We will attempt to finish your tax return within an hour so that you will not need a second appointment. If we find that we will be unable to finish the return on that day, a second appointment will be made. Please do not bring any other family members unless required and inform us of the reason why they need to accompany you. Please note that all taxes are filed electronically. Copies will be provided to you. AARP tax services are free of charge.

**Please note that AARP, Grinnell Hall and the City of Beloit reserve the right to cancel or re-schedule appointments or change the process.**

## **Why should you “Know Your Local Government”?**

**Local government affects your day-to-day life and quality of life.**

Decisions by the school board, for example, impact the quality of education that your child receives. Decisions by the city have ramifications for policing and public safety, the state of the roads and intersections, and the quality of neighborhood parks.

**It is easiest to affect change at the local level.**

As a resident, you can meet with and make an appeal to your elected officials, or provide feedback on an issue being discussed at a city council meeting. In small cities and towns, it can be easier to have your voice heard.

**Local government decisions impact your pocketbook.**

If you're a property owner, you pay for local government through your property tax bill. Of course, local governments also collect revenue from residents through fees, utility bills, etc.

Presentations are presented by Beloit Public Library and Stateline Community Foundation.

Presentations are held at the Beloit Public Library and is free and open to the public. The first 25 to register receive a free lunch, courtesy of Stateline Community Foundation.

Register at [www.beloitlibrary.org/how-do-i/register-for-a-program/](http://www.beloitlibrary.org/how-do-i/register-for-a-program/) or 608-364-2905.

**School District of Beloit – Wendy LaPointe      Wednesday, February 22 12:00-1:00pm**

Join Beloit Health System providers at Stateline Family YMCA as they share information on healthy living and disease prevention! This lecture series is open to the whole community!

Held at the Stateline Family YMCA  
501 Third St.

No need to register.

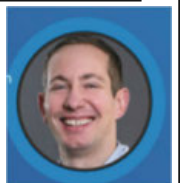
**For information call 608-365-2261**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Dr. Joshua Frederick**  
**Family Medicine**  
**Topic: Blood Pressure**  
**Thursday, February 16**  
**12:00-1:00pm**



## 2023 Trip Information

You do not need to be a Grinnell Member to enjoy the trips.

Payments due at time of registration. Please note registration date to ensure we have enough to go.

Full refunds will be given if Grinnell cancels the trip.

If you need to cancel, you may fill your own cancellation, however, the office **MUST** be notified of the changes and the new person **MUST** fill out a registration form and pay for the trip.

**When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken.**

Trips leave on time and we are not able to wait for anyone who is not there at time of departure. A cell phone is required on trips and all numbers will be given to guides in case of emergency.



### *Historic Dubuque Progressive Luncheon* *Tuesday, May 23*

**Grinnell Members \$93.00 Non-members \$103.00**  
Price includes meal, show and transportation on coach bus.



You won't want to miss this trip as we travel to several historic sites and enjoy a delicious progressive lunch. A guide will join us as we go to 7 Hills, Steeple Square, (Steeple Square consists of the former St. Mary's Catholic Parish with beautiful stained glass windows) Fannie Stout House, St. Lukes Methodist Church with Tiffany windows. You will also have the opportunity to purchase the infamous Monastery's Caramels.

Board coach bus at Telfer Park at 8:45am, depart time is 9:00am. Return at approximately 6:00pm. Please register by Friday, April 20 to ensure that the trip will go. Space may be available after April 20.



### *Iconic Songs of the 70s Fire & Rain - White Pines* *Thursday, June 15*

**Grinnell Members \$89.00 Non-members \$99.00**  
Price includes meal, show and transportation on coach bus.

This show features the authentic and powerful vocals of Fire and Rain - Swearingen and Kelli, a Nashville based duo. They will energize you as they perform a collection of classics by James Taylor, Gordon Lightfoot, Joni Mitchell, Cat Stevens, America, Jim Croce, Carole King, Fleetwood Mac, and Neil Young. They have shared the stage with The Cleveland Orchestra, The Edmonton Symphony and more.

Board coach bus at Telfer Park at 9:45am, depart time is 10:00am. Return at approximately 6:00pm. Please register by Friday, May 12 to ensure that the trip will go. Space may be available after May 12.

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

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

Price includes ticket and transportation on coach bus.

Seats are in the outfield Loge area with shade and great views.

Board bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 6:00-6:30pm.

Please register by June 6 to ensure the trip will go. Space may be available after June 6.





# February 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please note that Ukulele, Friday Stretch and Tai Chi will resume in March. Please feel free to invite some friends and walk and stretch in the auditorium on days and times listed in the calendar</b></p>				
<p><b>6 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00-3:00 Walking on your own 12:30 Game Day</p>	<p><b>7 Tax Prep 8:20-12:00</b> 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p><b>8 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong <b>1:00 BIFF Presentation</b></p>	<p><b>2</b> 7:30 Billiards 8:00 Open Sewing Lab <b>9:00 Advisory Board</b> 9:00 Hand &amp; Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p><b>3</b> 7:30 Billiards 8:30-12:30 Stretch and Walking on your own <b>10:00 Movie</b> 12:30 Mexican Train</p>
<p><b>13 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00-3:00 Walking on your own 12:30 Game Day</p>	<p><b>14 Tax Prep 8:20-12:00</b> 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage <b>12:00 Chair Massage</b> 1:00 Bridge/Lynch <b>1:00 All in the Family</b></p>	<p><b>15 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group <b>2:00 Bingo Live</b></p>	<p><b>9</b> 7:30 Billiards 8:00 Open Sewing Lab <b>8:00-12:00 Benefit Specialist Homestead 12-4</b> 9:00 Hand &amp; Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p><b>10</b> 7:30 Billiards <b>Homestead 8-4</b> 8:30-12:30 Stretch and Walking on your own <b>12:00 Prize Drawing</b> 12:30 Mexican Train 12:30 Bridge (closed)</p>
<p><b>20 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00-3:00 Walking on your own 12:30 Game Day</p>	<p><b>21 Tax Prep 8:20-12:00</b> 7:30 Billiards <b>Toenail Care 9a-2p</b> 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage <b>12:30 Saint Judes Bridge (closed)</b> 1:00 Bridge/Lynch</p>	<p><b>22 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group</p>	<p><b>16</b> 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand &amp; Foot Cards 9:30 Line Dancing 12:30 Euchre <b>1:00 What the Tech</b> <b>1:00 RSVP Meeting</b></p>	<p><b>17</b> 7:30 Billiards 8:30-12:30 Stretch and Walking on your own 12:30 Mexican Train</p>
<p><b>27 Tax Prep 8:20-12:00</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 12:30 Game Day 10:00-3:00 Walking on your own <b>1:00 Book Club</b></p>	<p><b>28 Tax Prep 8:20-12:00</b> 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch</p>	<p style="text-align: center;"><b>The Advisory Board is reviewing the use of the fitness equipment and the wear and tear on the fitness equipment. We would like some feedback from you if you currently use the equipment, how often and what equipment. We also would like to know if you would use the equipment if we replaced the older equipment with newer if affordable. Please let us know if you would use the equipment. Thank you for your feedback.</b></p>		

# Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

**Eligibility:** Any person age 60 or older regardless of income, residency 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.**

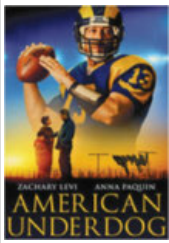
**Rock County COA is an equal opportunity provider.**

**No eligible person will be denied a meal because of inability to make a donation.**

## February 2023

Page 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Baked Cod Cooked Spinach Red Potatoes Whole Wheat Bread Pineapple Sugar Cookie	<b>2</b> Burgundy Tips Egg Noodles Winter Squash Peas Mandarin Oranges Vanilla Pudding	<b>3</b> American Goulash Green Beans Romaine Salad w/dressing Cottage Cheese Warm Spiced Pears
<b>6</b> Swedish Meatballs Noodles Beets Cauliflower Peaches	<b>7</b> Turkey & Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Cake w/berry frosting	<b>8 <i>Chocolate Milk</i></b> Shredded Pork w/ Gravy Egg Noodles Sweet Potatoes Broccoli Salad Warm Cinnamon Applesauce	<b>9</b> Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp	<b>10</b> BBQ Pork Riblet Baked Beans Whole Wheat Bun San Francisco Blend Vegetables Pears
<b>13</b> Roast Beef w/Gravy Cooked Spinach Beets Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie	<b>14 <i>Chocolate Milk</i></b> Ranch Chicken Whole Wheat Bun Peas Carrots Banana	<b>15</b> Beef Vegetable Bake Stewed Tomatoes Cheese Stick Whole Wheat Bread Warm Peach Crisp	<b>16 <i>Chocolate Milk</i></b> Ham and Bean Stew Green Beans Whole Wheat Bread Warm Spiced Pears Yogurt	<b>17</b> Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread
<b>20 <i>Chocolate Milk</i></b> Meatloaf Winter Squash Mixed Vegetables Whole Wheat Bread Banana	<b>21</b> Cheesy Mashed Potatoes w/Ham Peas and Carrots Whole Wheat Bread Warm Spiced Pears	<b>22 <i>Meatless</i></b> Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple Lemon Bar	<b>23</b> Chicken and Rice Broccoli Carrots Apple Slices Peanut Butter Pudding	<b>24 <i>Meatless Chocolate Milk</i></b> Vegetable Lasagna Green Beans Tossed Salad w/ Italian Dressing Vanilla Yogurt
<b>27</b> Chicken Breast Rice Pilaf Corn Casserole San Francisco Blend Vegetables Fruited Applesauce	<b>28</b> Hamburger Patty Whole Wheat Bun Broccoli Salad Beets Warm Spiced Pears			<b>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</b>

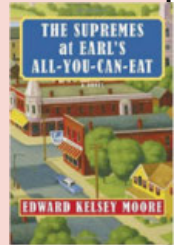


Movie Matinee Friday, February 3 10:00am

As Kurt Warner stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP, and Hall of Fame quarterback, proving that anything is possible with faith, family, and determination. Please call to register.

Book Club "The Supremes at Earl's All-You-Can-Eat" by Edward Kelsey Moore Monday, February 27 1:00-2:00pm

Meet Odette, Clarice, and Barbara Jean in the New York Times best-selling novel! Earl's All-You-Can-Eat is home away from home for this inseparable Plainview, Indiana, trio. Dubbed "the Supremes" by high school pals in the tumultuous 1960s, they weather life's storms together for the next four decades. Now, during their most challenging year yet, dutiful, proud, and talented Clarice must struggle to keep up appearances as she deals with her husband's humiliating infidelities. Beautiful, fragile Barbara Jean is rocked by the tragic reverberations of a youthful love affair. And fearless Odette engages in the most terrifying battle of her life while contending with the idea that she has inherited more than her broad frame from her notorious pot-smoking mother, Dora. Through marriage, children, happiness, and the blues, these strong, funny women gather each Sunday at the same table at Earl's diner for delicious food, juicy gossip, occasional tears, and uproarious banter. With wit and love, style and sublime talent, Edward Kelsey Moore brings together four intertwined love stories, three devoted allies, and two sprightly earthbound spirits in a big-hearted debut novel that embraces the lives of people you will never forget. Please pick up and return book at Grinnell Hall.



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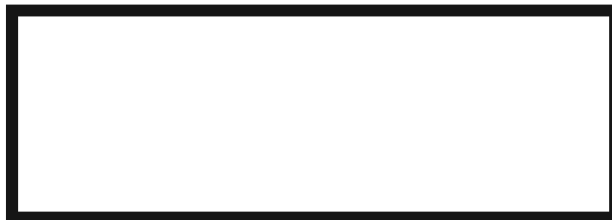
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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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## *Legends in Concert – Fireside Thursday, July 13*

**Grinnell Members \$88.00 Non-Members \$98.00**

Price includes meal and show.

What makes a performer a legend? It's that certain something that makes them shine brighter than all the rest, that enduring talent that makes their popularity live on around the world. Join us for an exclusive Midwest engagement of a brand new Legends In Concert – Direct from London! It's all there – The Sound! The Look! The Glamour! The Magic! Featuring tributes to legendary British superstars of yesterday and today – Freddie Mercury, Adele, Rod Stewart, Elton John, and Dusty Springfield – with a four-piece band and performers so gifted, you'll swear the real thing is right before your very eyes. We will meet at Telfer Park at 9:15 and return at 4:00. Please let us know if you can drive or need a ride or if you will be driving there on your own.



## *Margaritaville CIRCA 21 Wednesday, September 6*

**Grinnell Members \$86.00 Non-members \$96.00**

Price includes meal, show and transportation on coach bus.

Set your mind on island time and plan your escape to Margaritaville! This new musical comedy play is about choices we make and the people we become once we've had a change in 'latitude'. The play features classic Jimmy Buffett and original songs with a story that revolves around a part-time bartender/singer who falls for a career-minded tourist. Welcome to Margaritaville, where people come to get away from it all and stay to find something they never expected. Get ready for a hilarious and heartwarming musical with the most unforgettable songs from one of music's greatest storytellers.

Board coach bus at Telfer Park at 8:45am, depart time is 9:00am. Return at approximately 6:00pm. Please register by Friday, August 11 to ensure that the trip will go. Space may be available after August 11.

**MORE TRIPS TO COME. TRIP BOOK SHOULD BE AVAILABLE END OF FEBRUARY**