

Power of 50 Plus

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

June 2023

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.



Grinnell Hall membership is open to anyone no matter where you reside. Membership fees have not changed for the 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 or mycommunityonline.com. Come join in on the fun!

“ICE CREAM” SOCIAL SATURDAY, JUNE 24 1:00-4:00pm

Grinnell Hall Advisory Board is inviting you to share Grinnell with your family and friends and enjoy activities for all ages. We will be serving Culver's Custard and make your own sundae, cookies and drinks. Introduce your Grinnell friends to your family so they can put a smile with their name. We ask that you let us know how many are attending or if it is a last minute decision come on down. Put it on your calendar now!

Refreshments available until we run out.



1:15 – 1:45 Line Dancing
1:15-2:45 Face Painting
2:00-3:00 Song Bingo
3:15 Water Balloon Toss

1:00-4:00 Bags / Corn Hole
1:00-4:00 Shuffleboard
1:00-4:00 Billiards
1:00-4:00 Coloring Area

We are also collecting non-perishable items for local food pantries to show that Grinnell Cares.



Magical Mystery Tour - Songs of the 60s & 70s ***Friday, June 16 1:00-2:30pm***

It's going to be a fun time so don't miss this entertainment. Sing to some great tunes and if you feel like it give a whirl on the dance floor. Eclectic Red will perform some oldies and goodies as well as some recent hits. Light refreshments will be served. Come dressed in 60s-70s attire. Please give a call to sign up or if you forget just show up. See you there!

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, Lois Engen, Linda Kuhnle

Volunteer Spotlight Linda Kinder



Linda Kinder has been volunteering at Grinnell Hall since 2013 at the front desk, decorating in the past and oversees the Plant Sale! She enjoys meeting new people and making friends. When

she volunteers she feels useful and appreciated. Linda worked at her church in Mississippi as Sunday Superintendent in the music department, Women’s Missionaries and additional events. Linda worked at American Credit Union as a teller, Repossession specialist and many other responsibilities. She also worked at GM in the office and on the line. Linda is married to Rich and has two sons, one daughter and six grandchildren. Thank you Linda for all you do!



- | | |
|-------------------------|--------------------|
| Cindy Keller | Mary Ann Sveom |
| Jeanne Chernik –Kruegar | Becky Lilley |
| Dianne McLinn | Geri Heim |
| Bill Chryst | Vicki Seichter |
| Marjory Hargraves | Terry Zimmerman |
| Judy Nelson | William Tierney |
| Grace Konter | Matthew Coppernoll |
| Laura Richards | Paula Denson |
| Sally Rychly | Dale Franks |
| Myrna Wright | Joanne Martin |
| Gail Simplot | Judy Farmer |
| Richard Olmstead | Nancy Boutelle |
| Candie Feurstein | Peter Demus |
| Marcia Stenberg | Cathy Schafman |
| Joanne Rowe | Gail Ludlum |
| Cindy Barnes | Lavonne Drake |
| Bobbie Pann | William Gesell |
| Linda Keenan | Terry Leohl |

Hello Grinnellers,

We have a jam packed month of June with a wide variety of activities so everyone should find something of interest. Trips are receiving good response but remember to sign up early so you don’t miss out.

We have two Advisory Board members who’s terms are up in August: Tom Trichinotis and Pam Curatolo. We are searching for two individuals to take their place for a three year term and provide feedback on activities and assist at the special events. Speaking of special events, if you are available to assist at the Ice Cream Social we could use some help just let us know.

Debbie Kraus, Senior Center Manager

Thank you for your donations



Pamela Joy and family, Kenneth Studinski, Debra Young, Susie O’Brien, Stacy Stout, Yoshi Glos, Lois Engen, Shirley Mortimer, Judy Haberman, Linda Swanson, Geri Feldmann, Nancy Vance, Sheila Ryan, Bill and Rhonda Tierney, Cindy McNees, Teresa Niles, Ellen Barlow, Carol Logan, Geri Heim, Julie Orvis, Sherry Westbrook, Diane Chasser.

Garden Excursion

Wednesday, June 21 1:00pm

Join Sue Tucker Pann and host Ken Clouser as you visit his home in Beloit. Ken’s home is an acre of beautiful prairie and wildflowers and more. Ken will share how the acre came about and educate us on how it came to be. We will meet at Grinnell at 12:30pm and drive to Ken’s home following each other. Please wear good walking shoes, no open toed shoes Park in front of the house if handicapped and others will park on side of driveway.

Please call to register.

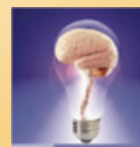


Dementia Live Experience

Friday, June 2 11am-4pm

Rock County ADRC is offering this program at the Beloit Public Library.

Class requires reservations. Please contact Karen Tennyson at 608-741-3615



Joy in Color

We will have an 8 week class starting Monday, June 26 at 12:30pm. We will use different mediums to color and 8 x 10 frameable print. We will also do a craft each week. No class on July 3. Join Pamela Joy and get creative and have some conversations. All supplies provided. Please register in advance.



Lunch at Firehouse Pub Tuesday, June 27 11:15am

10670 Main St, Roscoe, IL 61073

Great food and great conversations. Please let know that you will be attending. If you want to car pool meet at Grinnell at 10:45am. You will pay individually at the restaurant.



Sewing Class Wednesday, June 21 12:30-3:30pm

Kids age 10 and older are welcome to join Terry Babcock and Beth Bausman for an introductory sewing class using Grinnell sewing machines. You will practice sewing straight lines and then you will make a pillowcase to take home. All supplies are provided and there is no fee for the class. Registration is limited to 9 students. Please register early by calling 608-364-2875.



Pinochle Lessons Tuesday, 10:00am June 6, 13, 20 and 27

We have a few people who are interested in starting pinochle group so we are starting some lessons. We hope to start playing in July. Please attend even if you know how to play pinochle as it is played different ways.

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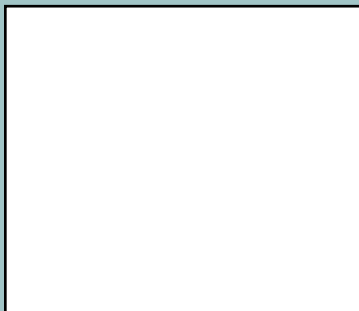
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ROCK STEADY NON-CONTACT BOXING

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. You are invited 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 for information on this special and with any other questions about Rock Steady Boxing. If you are curious about the program and more of its benefits check out

www.rocksteadyboxing.org.

The Money Smart Older Adult Tuesday, June 13, 2023 1:00 pm



Being a Money Smart Older Adult means something different to each individual person.

In today's financial environment, we find ourselves needing to do more and be better at protecting the money we have. Join Lizz Casey as she goes over various topics that offer tips to manage money on a fixed income, and tools on how to recognize and protect you from fraud and financial misconduct. Lizz Casey has worked at NeighborWorks Blackhawk Region as a HUD Certified Counselor for the past 12 years. She has had an aspiration for working with community residents to overcome whatever challenges they may have to achieve financial well-being. Please register for this class.

All in the Family Tuesday, June 13 at 1:00pm

See The Money Smart Older Adult

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 Participant's: "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, June 13 & 27, July 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.

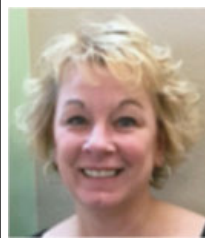
Joyful Toes & Feet (Toenail Care)

Monday, June 12, Tuesday, July 18, Tuesday, August 15 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 dremelling. 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. **Please bring your own towel.** There is a \$20 fee to be paid the day of your appointment. Payment is by cash only.

Cribbage Tournament Wednesday, June 14 12:30pm

Individual play with double elimination
Guaranteed at least 2 games
Free of charge
Winner to receive a gift card
If interested sign up at front desk.
Please register by
Monday, June 12.



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, June 8 12PM-4PM
Thursday, June 22 8AM-12PM

What The Tech

Thursday, June 15 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? **What The Tech**, led by Mark Prueschel and you can drop for some help. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of questions.

Watch Battery Replacement, Jewelry Repair & Alterations

Drop off your items and list what you need to have done with them. Please have items in some sort of bag with your name and phone number in the bag. Fees are charged for work.

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Movie “The Age of Adaline” Friday, June 2 10:00am

Adaline, age 29 and born at the turn of the 20th century, recovers from a nearly lethal accident, and she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself, until she meets a man who changes her life. Cast: Ellen Burstyn, Harrison Ford, Michiel Huisman, Blake Lively and Kathy Baker

Movie “Ticket to Paradise” Friday, July 7 10:00am

Ticket to Paradise Love is in the air on Bali as recent college grad Lily prepares to wed a local guy and her friend Wren finds herself falling for an island doctor. But Lily's parents, now divorced, are speeding to the island to put a halt to the festivities. Cast George Clooney, Julia Roberts, Kaitlyn Dever, Billie Lourd, Lucas Bravo, Sean Lynch



BINGO Wednesday, June 21 2:00-3:30pm

Join us as we play bingo with a variety of prizes. There is no cost for bingo. Open to everyone so bring a friend or two. You do not have to pre-register.

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Financial Advisor
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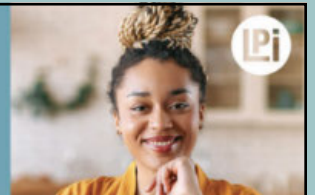
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Eat a Rainbow Thursday, June 8 10:00am

Join RSVP of Rock County and SSM Health for their first fun and educational program at Grinnell Hall.

*Create treats using unique produce and learn how and why to add them to your diet.

*Receive recipes to try at home *Spin the nutrition wheel for your chance to win a prize

Lead by Wendy Bianchetti, Community Health Worker SSM-St. Mary's Hospital

Space is limited to the first 20 people and reservations are required by calling RSVP at 608-362-9593 or email at Lchmielewski@rsvp-rock.org

Yoga Class Introduction and Demonstration Monday, June 12 1:00pm

Ask questions about the practice of yoga, meet the instructor for the new class, and practice some gentle and modified yoga poses and movement. You don't need to have yoga props for this intro and demo.

Come breath and move with mindfulness with us!

Gentle Yoga Class Mondays, June 26, July 3, 10, 17, 24, 31

Come practice meditative and gentle modified yoga postures and movement with us. Learn how to practice yoga in a safe and therapeutic manner. Explore using your awareness, breath and props to support your posture and movement for increased vitality and ease in your body, mind, and heart. We ask for a \$2 donation for the class.

Instructor Jamie Ackley is a somatic practitioner certified in yoga instruction and massage therapy with over twenty years experience teaching in clinical and community settings. She loves to find creative and therapeutic ways to make yoga accessible, supportive and fresh.

Merrill Gardens Tour and Nutrition Demonstration

1322 Porter Avenue, Beloit Wisconsin

Tuesday, June 20 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. Please register by calling Grinnell Hall

Farmer's Market Vouchers

Eligible seniors receive vouchers worth \$35 to purchase locally grown produce at approved farmers' markets and roadside stands.

Who is Eligible? Rock County residents age 60 or older (Native Americans 55 or older) Monthly household income which is not more than \$2,248 for one person or \$3,041 for two people, etc. Each eligible person may receive vouchers only once in 2023.

How Do I Get These Vouchers? There are a limited number of vouchers available; distributions are on a first come, first served basis.

Vouchers will be available at the Beloit Library on Wednesday, June 14 2:00-3:30pm

If you are unable to get to the distribution site and would like someone else to be pick them up for you please call ADRC Nutrition Program at 608-757-5428.

For additional information please pick a flyer up at Grinnell Hall.

2023 Trip Information

Open to everyone and for all ages.

Please stop in for a trip brochure for additional information.

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. You can find someone to fill your spot if you want.

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 recommended on trips and all numbers will be given to guides in case of emergency.

Brewers versus Cubs—SOLD OUT

Legends in Concert – Fireside Thursday, July 13

Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show, transportation on own. We will carpool.



Lake Geneva Boat Ride and Tour of Black Point Estate Wednesday, August 16

Grinnell Members \$107.00 Non-Members \$117.00

Price includes boat ride, meal, tip, taxes, tour and coach bus transportation

Margaritaville CIRCA 21 Wednesday, September 6

Grinnell Members \$86.00 Non-members \$96.00

Price includes meal, show and coach bus transportation.



John Denver Tribute - White Pines Thursday, September 28

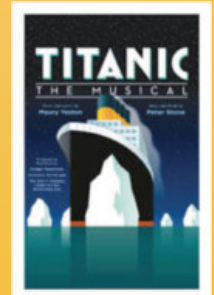
Grinnell Members \$94.00 Non-Members \$104.00

Price includes meal, show and coach bus transportation.

Titanic— Fireside Thursday, October 26

Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show, transportation on your own. We will carpool.



PLEASE REGISTER 30 DAYS IN ADVANCE.

**FOR ADDITIONAL INFORMATION GIVE US A CALL OR STOP IN AND
PICK UP A TRIP BROCHURE.**

June 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Thank you to Fresh Start students for cleaning up the flower beds. Thank you to Harold Pann for putting in the patio bricks by the planters.</p>		<p>Due to low attendance Trivia will return in the fall. Thank you to all those who played.</p>	<p>1 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:00 Advisory Board 9:30 Line Dancing 12:30 Euchre</p>	<p>2 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train 11-4 Dementia Live at Library</p>
<p>5 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day</p>	<p>6 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Pinochle Lessons 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch</p>	<p>7 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>8 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 10:00 Eat a Rainbow 12:00-4:00 Benefit Specialist 12:30 Euchre</p>	<p>9 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)</p>
<p>12 7:30 Billiards 8:30 Chair Exercise 9:00 Toenail Care 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Yoga Demo 2:00 Ukes</p>	<p>13 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Pinochle Lessons 12:00 Chair Massage 12:30 Cribbage 1:00 Bridge/Lynch 1:00 All in the Family 1:00 Money Smart</p>	<p>14 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Cribbage Tourney 1:00 Mahjong 1:00 Theater Group 1:00 Pool with Hal</p>	<p>15 Fire & Rain Trip 7:30 Billiards 8:00 Open Sewing Lab 9:00 RSVP Meeting 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech</p>	<p>16 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train 1:00 Magical Mystery Tour Music</p>
<p>19 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Judy Robson Presentation</p>	<p>20 7:30 Billiards 9:00 Merrill Garden 9:30 Line Dancing Beginner 10:00 Line Dancing 10:00 Pinochle Lessons 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>21 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Sewing Class 1:00 Mahjong 1:00 Theater Group 1:00 Garden Club 2:00 Bingo</p>	<p>22 7:30 Billiards 8:00 Open Sewing Lab 8:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p>23 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train SAT JUNE 24 ICE CREAM SOCIAL 1-4PM</p>
<p>26 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:30 Joy in Color 1:00 Book Club 1:00 Gentle Yoga 2:00 Ukes</p>	<p>27 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 10:00 Pinochle Lessons 11:15 Lunch Bunch 12:00 Chair Massage 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>28 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>29 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p>30 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</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: \$5.00 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.

**June
2023**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Dining Centers Are Open!</u> <i>Come eat with your friends!</i></p>		<p>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</p>	<p>1 Creamy Chicken & Vegetables Biscuit Carrots Cauliflower Banana</p>	<p>2 Meatloaf Whole Wheat Bread Au Gratin Potatoes Mediterranean Veg. Pears</p>
<p>5 BBQ Rib Patty Whole Wheat Bun Zucchini Tomato Bake Peas Mandarin Oranges Cookie</p>	<p>6 Baked Chicken w/ Gravy Whole Wheat Bread Broccoli Corn Casserole Peaches Carrot Bar</p>	<p>7 Tuna Pasta Salad Romaine Lettuce w/ Dressing Tomato Juice Cottage Cheese Banana</p>	<p>8 Chocolate Milk Swedish Meatballs Whole Wheat Bread Egg Noodles Stewed Tomatoes Winter Blend Fruited Applesauce</p>	<p>9 Polish Sausage Hot Dog Bun Mediterranean Beans Potato Salad Warm Sliced Pears</p>
<p>12 Broccoli Quiche Cinnamon Raisin Bread Red Potatoes Asparagus Cottage Cheese Pears</p>	<p>13 Herbed Pork Loin Whole Wheat Bread Sweet Potatoes Cooked Spinach Melon Mix Pudding</p>	<p>14 Balsamic Beef Whole Wheat Bun Baked Beans Coleslaw Warm Mixed Fruit</p>	<p>15 Salisbury Steak Whole Wheat Bread Au Gratin Potatoes Peas & Carrots Fruit Whip</p>	<p>16 Chocolate Milk Chicken Parmesan Breast Whole Wheat Bread Carrots Cauliflower Applesauce Apple Cake</p>
<p>19 Roast Turkey Whole Wheat Bread Mediterranean Vegetables Corn Casserole Mandarin Oranges Chocolate Mousse</p>	<p>20 Chicken Pasta Salad Potato Salad Tomato Juice Cottage Cheese Peaches Lemon Bar</p>	<p>21 Stuffed Pepper Casserole Squash Mixed Vegetables Light Yogurt Strawberries</p>	<p>22 Chocolate Milk Hamburger Whole Wheat Bun Baked Bean Medley Winter Blend Banana</p>	<p>23 Baked Parmesan Cod Whole Wheat Bread Red Cabbage Broccoli Salad Warm Cinnamon Applesauce Cookie</p>
<p>26 BBQ Pork Hamburger Bun Baked Beans Peas Pineapple</p>	<p>27 Chicken Salad Whole Wheat Bread Potato Salad Baby Spinach w/ Dressing Peaches</p>	<p>28 Chocolate Milk Spaghetti & Meatballs Italian Blend Veg. Romaine Lettuce w/ Dressing Warm Fruit Salad</p>	<p>29 Chicken Egg Roll in a Bowl Whole Wheat Bread Green Beans Carrots Applesauce Cake w/ Berry Frosting</p>	<p>30 Hamburger Stroganoff Brown Rice Stewed Tomatoes California Blend Veg. Pears</p>



Book Club “The Tobacco Wives” Monday, June 26 1:00pm

Maddie Sykes is a promising seamstress who’s just arrived in Bright Leaf, North Carolina, the tobacco capital of the South, where her aunt has a thriving sewing business. After years of war rations and shortages, Bright Leaf is a prosperous wonderland in full technicolor bloom, and Maddie is dazzled by the bustle of the crisply uniformed female factory workers, the palatial homes, and, most of all, her aunt’s glossiest clientele: the wives of the powerful tobacco executives.

When a series of unexpected events thrusts Maddie into the role of lead dressmaker for the town’s most influential women, she scrambles to produce their ornate gowns for the biggest party of the season. But she soon learns that Bright Leaf isn’t quite the carefree paradise that it seems: A trail of misfortune follows many of the women, including substantial health problems. Although Maddie is quick to believe that this is a coincidence, she inadvertently uncovers evidence that suggests otherwise. Pick up book at Grinnell Hall and return at Book Club.

Walk Wednesdays offered by Rock County ADRC Meet at 9:45am

Wednesday, June 7 Beckman Mill

Wednesday, June 14 Rock River Heritage Park

Wednesday, June 21 Nature at the Confluence

Wednesday, June 28 Toke Creek Alpaca Farm

POOL/BILLIARDS SCHOOL WITH HAL JOYCE

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June 14, July 12 and August 9

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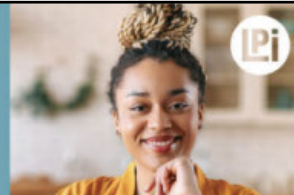
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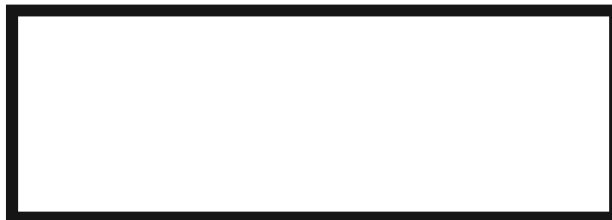
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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The Amazing Journey of Women in Politics with Judy Robson Monday, June 19 1:00pm



Retired state Senator Judy Robson will present a historical perspective and narrative on the amazing and challenging journey of women in politics and in the state legislature. Judy will weave examples and stories from her 21 years in the legislature where she served as both the first Democrat woman Senate Majority Leader and Minority Leader.

On this historical journey, Judy will review the early struggles of women political leaders, gender contradictions and obstacles and their impact both positive and negative on politics and the legislature in a time when both parties got along. Senator Judy will pull back the velvet legislative curtains to provide a behind the scenes peak at legislative intrigues, campaigns and stories.

Judy Robson, RN, is a graduate of St. John College, Cleveland Ohio. She received her Masters Degree at UW Madison and was a Geriatric Nurse Practitioner She served in the State Assembly from 1987 to 1998 and the State Senate 1998-2011. Judy has 3 children, 4 grandchildren and 2 great grandchildren and lives in Beloit. She authored a chapter in Policy and Politics in Government: Mason and Leavitt "One Nurses 's Journey to Becoming a Policymaker"

Wisconsin History Project, Legislative Reference Bureau: "Wisconsin's Nurse Legislator: Judy Robson Reflects" Judy received many awards and recognitions Including the Beloit Daily News HEADLINER AWARD', City of Beloit public recognition proclamation; American Heart Association: Heart saver award: Wisconsin Council of Senior Citizens.

Please let us know if you will be attending by calling Grinnell Hall 608-364-2875.