

Power of 50 Plus

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

August 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

Interested in Grinnell Hall activities? Give a call or stop by for a tour and we can answer any questions. If you want to get involved with weekly activities we do ask that you become a member after three visits. 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 from January - December. If you are in need of financial assistance we can assist you. Come join in on the fun!

ATTENTION BEGINNING SEPTEMBER 1st HOURS FOR GRINNELL HALL WILL BE 8:00AM-4:00PM



Country and Western Hoedown featuring Chip Messiner
Monday, August 14 1:00-2:30pm

Get your boots on and Country and Western wear to have some hoe down good fun! Chip first picked up the acoustic guitar at a very young age and he was just eleven years old when he played his first professional "gig". He enjoys performing at festivals and clubs with his "One Man Country Band" or as a solo with just his 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 just show up to enjoy the music and dancing if you wish.

SPECIAL THANK YOU TO SPONSOR ALDEN MEADOW PARK



REMINDER.....VOTE FOR ADVISORY BOARD MEMBERS

Ballots will be available at the front desk beginning Monday, August 7th. Annual meeting is on Wednesday, August 23 at 11:00am. and the board members will be introduced. Ballots are due on Tuesday, August 22 at 4:00pm.

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 - Sandy Buske

Sandy began volunteering quilting in the sewing lab in May of 2013 and volunteers 6-10 hours a week. She decided to volunteer to make new friends, socialization and help others through her quilting talents.



Volunteering makes her happy and she always seems to learn something. She recommends volunteering to others to stay social while giving back to the community. In the past she volunteered with the US Fish & Wildlife during the winter. Sandy is originally from Love Park, IL and currently lives in Rockton. Her career work was in accounting and computer programming. She loves to travel, camping, work camping and has been to 49 states with the exception of Hawaii. She has also traveled to New Zealand, Mexico and Canada. Sandy has 3 children, 7 grandchildren and 3 great grandchildren. Thank you Sandy for all you do for the community.

Hello Grinnellers,

I hope you were able to make to the Ice Cream Social as it was a great time and delicious ice cream and cookies. We had 80 people attend and all enjoyed the activities and some even got their face painted.

RSVP Volunteer Dinner was held at Glen Erin Golf Club.

Grinnell Hall had 25 members attend and Kay Olmstead was recognized for 15 years of volunteering.

Grinnell line dancers led by Phyllis Olmstead, performed at the Janesville Senior Center Music Festival. They did a great job and really enjoyed themselves.

I was able to go to the Brewer/Cubs Game and enjoy a great day with some of the Grinnell attendees. Although the fans were divided, it was a great game with the Brewers winning.

Trips have been filling up quickly so please sign up early if you are interested in attending.

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

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| Sharon | Bishop | H
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| Teresa | Jones | |
| Cecelia | Phillips | |
| Dolores | Leonard | |
| Judy | Wagner | |
| Mary | Santopalo | |
| Tom | Santopalo | |
| Richard | Wensel | |
| Mary | Seaberg | |
| Linda | Swanson | |
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| Patricia | Mahlum | |
| Lois | Ferrera | |
| Carol | Logan | |
| Carol | Bachofen | |
| Nancy | Leonhard | |
| Donna | Komadina | |
| Theresa | Menso | |
| Linda | Marshall | |
| Steve | Carpenter | |
| Doloris | Ruch | |
| Kenneth | Kostrzewski | |
| Linda | Kuhnle | |
| Barbara | Scheidegger | |
| Sheri | Townsend | |
| Marilyn | Dixon | |
| Theresa | Stott | |
| Sue | Leonard | |
| Carol | Auge | |
| Sharon | Jones | |
| Pamela | Weiss | |
| Bertha | Sadler | |
| Cheryl | Blake | |
| Richard | Pann | |
| Linda | Nelson | |
| Joyce | Plummer | |
| Linda | Lynch | |
| Susan | Hansen | |
| Donovan | Murphy | |
| Linda | Weidner | |



Thank you for your donations

Sherry Blakely, LeaAnn Mattox, Judy Cufri, Terri Kaye, Illa Borgwardt, Pearl Friedley, June Hargrave, Mary Duggan, Joan Slater, Debbie Marvin, Carol Fryar, Karen Nohr, Yoshi Glos



Joy in Color Mondays at 12:30pm.

We will use different mediums to color an 8 x 10 frameable print. We will also do a craft each week. Join Pamela Joy and get creative and have some conversations. All supplies provided. You don't have to attend every class. Pick a day or two. Please register in advance.

SC Aviation Tour and Lunch at Bessie's Diner Wednesday, August 2 10:00am tour, 11:00 lunch



The use of company aircraft has changed vastly since The Swiss Colony purchased its first aircraft in 1946. From transporting executives to generating revenue, SC Aviation has evolved into a well-respected charter operator in the upper Midwest. We will get to board one of their private jets and feel like a millionaire.

Following the tour we will go to Bessie's for a delicious lunch. if interested. You will pay individually at the restaurant. Both are located at Janesville Airport on highway 51, just north of Beloit. Address is 4120 S Discovery Dr, Janesville, WI 53546. You can meet us there or we can follow each other. We will leave Grinnell at 9:30am. You must register in advance and let us know if you will be meeting us there or following from Grinnell. You can sign up for both or just the tour or lunch. Please note that with the tour there is walking and some steps to board the plane.

Pinochle Wednesdays 1:00pm August 2, 9, 16, 23, 30 NOTE DAY AND TIME CHANGE

We have some folks who are interested in starting pinochle group so we are starting some lessons. Please attend even if you know how to play pinochle and get some playing in.

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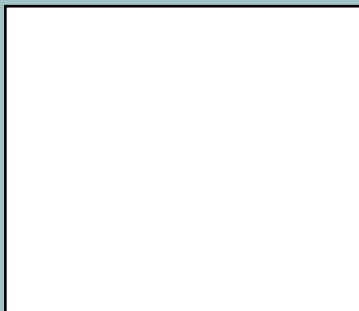
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I work by referral. Please don't keep me a secret
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of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

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ROCK STEADY 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.



Family History for Beginners Thursday, August 10 10:00am

Hedburg Library 316 S. Main St. Janesville



Effectively find the most that you can about your family history with hands-on exercises and examples. Be successful using basic and advanced genealogy research methods. Learn how to: search archives, about "FAN" clubs, analyze records and find missing clues based on what you know. Led by Genealogy expert Vicki Ruthe Hahn with Stateline Genealogy Club. Please call RSVP to register 608-362-9593.



All in the Family Tuesday, August 8 at 1:00pm

Come and meet to visit.

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, August 8 & 22, September 12 & 26

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.

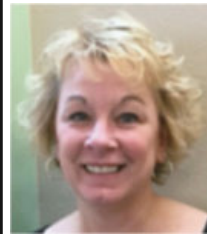
Joyful Toes & Feet (Toenail Care)

Tuesday, August 15, Tuesday, September 19 and October 24 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.

Join Ms. Yoshi for her exercise classes.
Mondays 8:30 Chair Exercise
Wednesdays 8:30 Morning Stretch
Fridays 8:30 Morning Stretch
Fridays 9:00 Tai Chi

All classes can be done while using a chair. Ms. Yoshi will lead all in a good workout and participants will go at their pace and what they are able to achieve. Exercise is good for the body and mental health. Stay after class, have some coffee and socialize.



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, August 24 8AM-12PM

**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.

What The Tech

Thursdays, Aug. 17 & Sept. 21 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. No appointment necessary. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of questions.

**Make the
Smart Choice**



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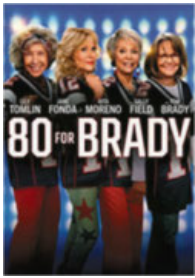
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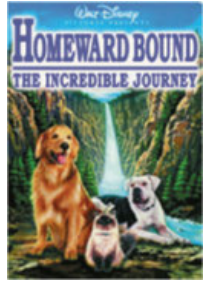


“80 For Brady” Friday, August 4 10:00am

Four lifelong friends set out on an unforgettable journey to see their hero Tom Brady play in Super Bowl LI and witness one of the greatest comebacks in sports history, discovering that it's never too late to live life to the fullest. A movie that will keep you laughing!
Cast Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Tom Brady

**Homeward Bound The Incredible Journey
Friday, September 1 10:00am**

A lovable golden retriever, a sassy cat and a feisty bulldog pup mistakenly believe their owners have abandoned them in this lighthearted adventure. The trio sets out on an incredible journey to be reunited with their family.



BINGO Wednesday, August 16 1:00-2:30pm NEW TIME

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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DHS Approved 4/22/2021

**THRIVE
LOCALLY**



Gentle Yoga Class Mondays 1:00pm
No class August 14

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.

StrongBodies Program Presentation
Tuesday, August 15 2:00pm.



The University of Wisconsin Extension StrongBodies Program is based on the StrongWomen Program that was created by Professors Miriam E. Nelson and Rebecca Seguin.



StrongBodies will catalyze positive change in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.

Since the program began in Wisconsin, StrongBodies leaders have conducted sessions reaching more than 15,000 participants. What impact did attending the StrongBodies sessions have on the people who participated? Focus group research confirmed many of these findings, including increases in: *Balance *Strength and improved health and wellness *Competence and confidence in ability to complete daily activities *Social connectedness

Evaluations from Rock County also revealed that: *Based on the Senior Fit Test, 95% of participants had improvements in strength, endurance, balance and flexibility. *Twenty-seven of the 481 participants reported a decrease in their need for medication that targeted chronic conditions and pain. *The momentum seen in the Wisconsin StrongBodies program continues to expand as more trainers are recruited.

Join Sara Ennocenti, Health and Well-Being Educator of UW-Madison Division of Extension as she shares additional information. Open to everyone. Please call to register for this activity.



Visit to Midway Village Tuesday, August 15
Engage • Immerse • Explore

Ranked by visitors to Northern Illinois as a top attraction, Midway Village Museum prides itself as a unique experience combining history, heritage and the exhibition of artifacts to create an unforgettable, educational visitor experience. A popular destination since 1974, Midway Village Museum is a 148-acre campus nestled among trees creating a step back in time ambiance. Located on the museum campus is a Main Museum Center and a 13-acre open air museum, the Victorian Village. There is a lot of walking on this tour so bring your walker. You do not have to walk the whole area. This date is Donation Day and admission fees are waived. Please meet at Grinnell at 9:15am and we will depart at 9:30am and carpool. Open to everyone, please sign up for this program.

Drum and Music Circle Friday, August 11 10:00-11:30am

Make music grow your brain! Drum circle sing-along lead by Castle Music Director Johnny Wittnebel (also plays with Nick & Friends). Beating to drums in unison is therapeutic with rhythmic patterns and familiar songs. Sing-along, play-along or bop along with an array of percussion, drums, ukuleles and fun sounds as Johnny leads the group's creativity. The music manifests and gets created and dictated by the group. Feel free to bring your own instrument or we will have one for you to use! Johnny will also have his guitar and take requests. Open to everyone. Please let us know if you will be attending.

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.

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.



John Denver Tribute - White Pines Thursday, September 28

Grinnell Members \$94.00 Non-Members \$104.00

Price includes meal, show and coach bus transportation.

Ted Vigil is a singer, songwriter and a John Denver tribute artist. In 2006 Ted competed in the Talent Quest 2006 involving 28 states, New Zealand, Australia and Canada taking first place.

Ted now performs nationwide for all kinds of venues and events. Ted also performed with Steve Wiesberg, John Denver's lead guitar player from the 70's who is quoted as saying

"Apparently the audience thinks they all look and sound like John. I don't see it. I see it with Ted. A very strong physical resemblance... Uncanny!" (King 5 Eve News Magazine clip) The most heard comments after a show are "I can't believe how much he looks and sounds like John Denver! It really took us back!"

Board coach bus at Telfer Park at 9:30am, depart time is 9:45am. Return at approximately 5:00pm. Please register by Friday, August 24 to ensure that the trip will go. Space may be available after August 24.



August 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PAPER CRAFTING TIME HAS CHANGED TO 1:00PM</p>	<p>1 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)</p>	<p>2 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 SC Aviation Tour 11:00 Lunch Bunch 1:00 Mahjong 1:00 Pinochle 1:30 Theater Group</p>	<p>3 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:00 Advisory Board 9:30 Line Dancing 12:30 Euchre</p>	<p>4 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train</p>
<p>7 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Joy in Color 1:00 Paper Crafting 1:00 Gentle Yoga 1:00 Mahjong</p>	<p>8 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 All in the Family</p>	<p>9 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 Pool with Hal</p>	<p>10 13 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 10:00 Genealogy Hedburg Library 12:30 Euchre 5:30 Parking Lot Picassos</p>	<p>11 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Drum Circle 12:30 Mexican Train</p>
<p>14 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Joy in Color 1:00 Paper Crafting 1:00 Country and Western Hoedown 1:00 Mahjong 2:00 Ukes No Gentle Yoga</p>	<p>15 7:30 Billiards 9:00 Toenail Care 9:30 Line Dancing Beginners 9:15 Midway Village 10:00 Line Dancing 12:30 Cribbage 2:00 Strong Bodies Presentation</p>	<p>16 Lake Geneva Trip 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 Bingo</p>	<p>17 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 RSVP Meeting 1:00 What the Tech</p>	<p>18 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p>
<p>21 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Joy in Color 1:00 Paper Crafting 1:00 Gentle Yoga 1:00 Mahjong</p>	<p>22 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage</p>	<p>23 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Annual Meeting 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>24 7:30 Billiards 8:00 Open Sewing 8:00-12:00 Benefit Specialist 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>25 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p>
<p>28 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Joy in Color 1:00 Paper Crafting 1:00 Book Club 1:00 Gentle Yoga 1:00 Mahjong 2:00 Ukes</p>	<p>29 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage</p>	<p>30 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>31 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>APOLOGIES TO KEVIN ATWOOD FOR PUTTING THE WRONG NAME IN FOR SECOND PLACE IN THE CRIBBAGE</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.

**August
2023**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dining Centers are Open! Come eat with your friends!	1 Chicken Pasta Salad Potato Salad Tomato Juice Peaches Cottage Cheese Lemon Bar	2 Baked Parmesan Cod Red Cabbage Broccoli Salad Whole Wheat Bread Warm Cinnamon Applesauce Cookie	3 Hamburger Whole Wheat Bun Baked Bean Medley Winter Blend Banana	4 <i>Chocolate Milk</i> Roast Turkey Mediterranean . Vegetables Corn Casserole Whole Wheat Bread Mandarin Oranges Chocolate Mousse
	7 Hamburger Stroganoff Brown Rice Stewed Tomatoes California Blend Veg. Pears	8 Chicken Salad Potato Salad Baby Spinach w/ Dressing Whole Wheat Bread Peaches	9 BBQ Pork Hamburger Bun Baked Beans Peas Pineapple	10 <i>Chocolate Milk</i> Chicken Egg Roll Bowl Green Beans Carrots Whole Wheat Bread Applesauce Cake w/ Berry Frosting
14 Baked Parmesan Cod Rice Pilaf Zucchini Tomato Bake Broccoli Salad Warm Spiced Pears	15 Taco Pasta Salad Romaine Lettuce w/ Dressing Tomato Juice Strawberries Light Yogurt	16 <i>Chocolate Milk</i> Brat Patty Hamburger Bun Mediterranean Beans Red Potatoes Melon Mix	17 Roast Beef w/Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Apple Slices Peanut Butter	18 Lemon Pepper Chicken Red Cabbage Sweet Potatoes Whole Wheat Bread Fruited Applesauce Pumpkin Bar
21 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Pineapple Fudgy Fiber Brownie	22 <i>Chocolate Milk</i> Creamy Chicken & Vegetables Biscuit Carrots Cauliflower Banana	23 Meatloaf Au Gratin Potatoes Mediterranean Veg. Whole Wheat Bread Pears	24 Sloppy Joe Whole Wheat Bun Baked Bean Medley Corn Fruit Whip	25 Ham Slices Squash Cooked Spinach Whole Wheat Bread Applesauce Pudding
28 <i>Chocolate Milk</i> BBQ Rib Patty Whole Wheat Bun Zucchini Tomato Bake Peas Mandarin Oranges Cookie	29 Baked Chicken w/Gravy Broccoli Corn Casserole Whole Wheat Bread Peaches Carrot Bar	30 Tuna Pasta Salad Romaine Lettuce w/ Dressing Tomato Juice Cottage Cheese Banana	31 Swedish Meatballs Egg Noodles Stewed Tomatoes Winter Blend Veg. Whole Wheat Bread Fruited Applesauce	Confidential Wisconsin Elder Abuse Hotline 1-833-586- 0107



The Library Book by Susan Orlean
Monday, August 28 1:00-2:00pm

NON-FICTION

On the morning of April 29, 1986, a fire alarm sounded in the Los Angeles Public Library. As the moments passed, the patrons and staff who had been cleared out of the building realized this was not the usual fire alarm. As one fireman recounted, "Once that first stack got going, it was 'Goodbye, Charlie.'" The fire was disastrous: it reached 2000 degrees and burned for more than seven hours. By the time it was extinguished, it had consumed four hundred thousand books and damaged seven hundred thousand more. Investigators descended on the scene, but more than thirty years later, the mystery remains: Did someone purposefully set fire to the library—and if so, who? Please sign up and pick up your copy at Grinnell.

Wednesday Walks offered by Rock County ADRC

Pick up a brochure at Grinnell Hall or check out their website at <https://www.co.rock.wi.us/departments/human-services/adrc>
Or give them a call at 608-757-5408

POOL/BILLIARDS SCHOOL WITH HAL JOYCE

Calling all beginners and advanced players! Learn what to do before you hit the first ball, how to break the group of balls, how to shoot straight and more. Wednesday, August 9 1:00-2:00pm

ARE RECORD-HIGH ENERGY & WATER COSTS SQUEEZING YOUR FIXED OR LIMITED INCOMES?

ENERGY SERVICES FOR ROCK COUNTY and other local energy & water assistance providers are working together to keep you safely in your home.

LIHEAP Crisis Energy Assistance Funds may be available for those w/ special unmet needs additional LIHEAP crisis, KWW/CF, Heat and Housing For Heroes, or utility. ~ 800-506-5596 or www.heat.help

Low Income Household Water Assistance Program may be available to pay arrears preventing disconnection of water service & to help with bill reduction. You may also qualify for water conservation assistance: repairing leaky pipes, hot water heaters, & other measures to reduce monthly water usage. ~ 833-H2O-WISC (833-426-9472) or wisconsinwater.help

Low Income Weatherization/LIHEAP Emergency Furnace Assistance provides energy conservation services in eligible households to help reduce home energy costs and save energy, including insulation, sealing air leaks, installation of energy-saving products, and repair or replacement of inefficient furnaces or other appliances. Wisconsin's Division of Energy Services oversees the Wisconsin Weatherization Assistance Program.

FOR VETERANS

Eligible households may receive rental assistance from Veterans Rental Assistance Program and energy assistance from the Wisconsin Home Energy Assistance Program (WHEAP) and Heat & Housing For Heroes.



Don't delay, call us today! 608-363-9200



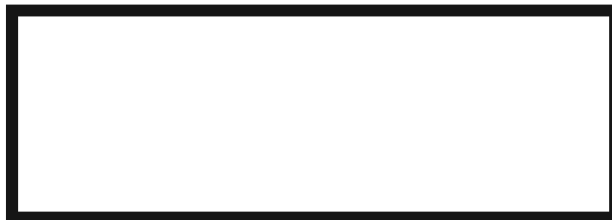
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The Power of 50 Plus

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



Titanic– Fireside Thursday, October 26

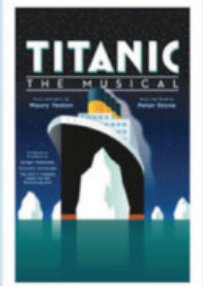
Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show.

Titanic, the very name signals one of the most enduring events of the Twentieth Century. TITANIC is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. TITANIC is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity. Don't miss this musical as unforgettable as the historic event itself.

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. Please register by September 22.

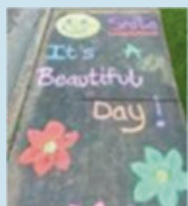
Space may be available after September 22



Historic Downtown Beloit Walking Tour *Saturday, August 12 9:00am-10:30am*

The City of Beloit Parks & Recreation Division has partnered with the Beloit Historical Society to host a historic walking tour through the streets of Downtown Beloit. The tour will be about 1 – 1 ½ miles in length. Tour is presented by John Sebaka. Please no pets. Please register by calling Public Works at 608-364-2890 by August 9. Meet on the first floor of City Hall. All ages welcome.

Parking Lot Picassos Thursday, August 10 5:30pm



Come out and chalk up the parking lot of Grinnell Hall with colorful pictures and words of kindness. Chalk is provided. Theme is "Sprinkle Kindness" Open to all ages. Please register by calling Public Works at 608-364-2890 by August 8.