

# Power of 50 Plus

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

**October 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**  
**8:00am-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!

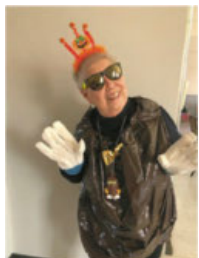
## ***Grinnell Theater Productions*** ***Cuckoos in Cahoots at the Villa Estates*** ***Friday, October 6 1:00pm***



A peek at the retired lives of four long time friends. The lady friends' personalities have a mixture of pushy, flighty, vivacious and perfectly proper. Mix that with a reasonable man and that will get you laughing. Performance is open to everyone so bring a friend. No need to register. Open to everyone, so invite family and friends.

## ***Magic Show and Halloween Costume Contest*** ***Tuesday, October 31 12:30pm***

What better way to enjoy Halloween than with a Magician and a Costume Contest. Zack Percell is not only a Magician, he is a professional entertainer! He uses comedy, visual magic, mentalism, escape artistry and slight-of-hand. His show is guaranteed to entertain! Come join us for this Halloween event, you do not need to wear a costume, come as you are. Open to everyone so bring a friend or two. No need to register. Zack will start at 12:30pm with costume contest to follow.



**Advisory Board of Grinnell Senior Center**

Larry White - Chair, Linda Kuhnle - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer  
Margaret Alexander, Lois Engen, Geri Heim, Rhonda Tierney, Rose Ackley

**Volunteer Spotlight****Linda Kuhnle**

Linda has been volunteering at Grinnell since 2014 beginning with AARP tax preparation. When she first started it was because she enjoys doing taxes and she came to enjoy other activities and meeting new people. She also volunteers for the plant sale, holiday bazaar, knits items for children with Chicks with Sticks and packing goody bags for Dirty Dash. Linda was recently was appointed to the Advisory Board.



Linda also volunteers at her church and enjoys volunteering as she feels a sense of accomplishment and knows others appreciate the help. Linda participates in game day, Chicks with Sticks, Mexican Train, Lunch Bunch and trips.

Linda is mom to 3 daughters and 3 son-in-laws, 15 grandchildren, 11 great-grandchildren with the 12<sup>th</sup> coming in December. As you can imagine her family keeps her busy!! Thank you Linda for all you do for Grinnell and the community.

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Teresa & Larry Jones, Linda Kinder, Judy Stottmeister, Cindy & Sonya Barnes, Jeannie Rippl, Lois Engen, Beth Bausman, Pearl Friedley, Betsy Kinder, Our Savors Lutheran Church, Shirley Loomis, Judy Cufur, Anthony Weichrich, Julie Gram, Ellen Listing, Sherry Westbrook, Sherry Blakely, Sharon Larson, Linda Lynch, Vicki Seichter, Harold & Judy Wagner, Karen Neuendorf and Mary Lindstrom



Chloe	Adams	Douglas	Mahlum
Phyllis	Agate	Linda	Martin
Harold	Bertelsen	Neil	McLaughlin
Bart	Bingham	George	Moffitt
Alice	Boehm	Kathleen	Moran
Shirley	Brickson	Shirley	Mortimer
Sandy	Buske	Enid	Nickel
Marge	Collins	Tom	Nickel
James	Cone	Phyllis	Olmstead
Barbara	Cordones	Gary	Olson
Linda	Cunningham	Harriett	Olson
Beverly	Dalberg	Julie	Olson
Hubert	Elmer	Jim	Rippl
Cissy	Frendahl	Darlene	Salathe
Larry	Gill	Linda	Smith
Shirley	Hanna	Nancy	Steinmetz
Babe	Hendrickson	David	Steward
Sharon	Hollembek	Linda	Swanson
Susan	Houston	LaRae	Thies
Ann Stricker	Joyce	Marva	Towles
Lou	Kasbohm	Janet	Vaccarello
Shirley	Kirkpatrick	John	Wasserstrass
Caryn	Langdon	Anthony	Weirich
Sharon	Larson	Gerald	Whisenand
Margie	Leavitt	Pat	Williams
		Cindy	Zimmerman

**SUPPORT OUR NEIGHBOR UNITED CHURCH OF  
BELOIT ON THEIR GREEK NIGHT  
SATURDAY, OCTOBER 28. DELICIOUS FOOD  
AT AN AFFORDABLE COST.  
WE WILL HAVE FLYERS AS WE GET  
CLOSER TO THE DATE.**

***Lunch Bunch at Knute's Tuesday, October 17 at 11:00am***



Knute's offers delicious all-American cuisine, a welcoming atmosphere, and friendly, attentive service from a first-rate staff. Please sign up and let us know if you will meet us there or carpool from Grinnell. If you are carpooling please be here by 10:30. You will pay individually at the restaurant. Knute's is located at 206 E Beloit St, Orfordville, WI 53576

***Murder on the Orient Express Circa 21 Wednesday, February 21, 2024***

Grinnell Members \$92.00 Non-members \$102.00

Price includes meal, show and transportation on coach bus

Just after midnight, a snowdrift stops the Orient Express in its tracks. An American tycoon lies dead in his compartment, his door locked from the inside. Isolated with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer in case he or she decides to strike again. Intrigue, suspense and a healthy dose of humor all rolled into this murder mystery.

Board coach bus at Telfer Park at 8:30am, depart time is 8:45am. Return approximately 6:00pm. Please register by January 12. If there is inclement weather and the bus cannot make the drive we will cancel and all will receive a refund.



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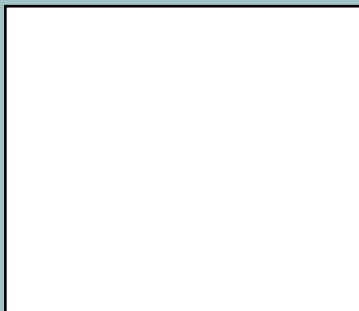
**Jean Linos**  
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**I work by referral. Please don't keep me a secret**  
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get 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](mailto: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](http://www.rocksteadyboxing.org).

## All in the Family Tuesday, October 10 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.

## Chair Massage Tuesdays, October 10 & 24

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)

**Tuesdays, October 24, November 21, December 19 by appointment only**

**8:15am-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.

**PLEASE NOTE BEGINNING IN JANUARY 2024 THERE WILL BE A CHANGE IN FOOT CARE PROVIDER. DEB SCULLIN IS RETIRING AND WE WILL BE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. THEY WILL PROVIDE AN REGISTERED NURSE. WE HOPE TO CONTINUE ON THE SAME DAY OF THE WEEK AND SAME TIMES. APPOINTMENTS WILL BE 30 MINUTES AND COST IS \$35.00. SOAKING OF THE FEET WILL NOT BE DONE BUT DREMELING WILL BE ADDED IF NEEDED. YOU CAN GET YOUR FINGERNAILS CUT FOR AN ADDITIONAL FEE OF \$15.00 AT THE SAME APPOINTMENT OR YOU CAN MAKE AN APPOINTMENT FOR FINDERNAIL TRIMMING ONLY. PAYMENT WILL BE BY CASH OR CHECK ONLY TO THE RN. YOU WILL ALSO SET UP APPOINTMENTS WITH TOENAIL TRIMMERS DIRECTLY. SORRY NO INSURANCE IS TAKEN. LET'S WELCOME TOENAIL TRIMMERS WITH HAPPY FEET!**

**What The Tech  
Thursdays October 19 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 it. Or, you are so frustrated you are ready to throw the device out the door? **What The Tech**, led by Mark Prueschel will be at Grinnell and you can drop in 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.

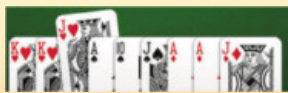


**Elder Benefit Specialist**

**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.

**PLEASE NOTE THAT LACHEL WILL NOT BE AT GRINNELL HALL IN OCTOBER, NOVEMBER OR DECEMBER DUE TO MEDICARE OPEN ENROLLMENT. YOU CAN CONTACT LACHEL AND SHE CAN SET UP AN APPOINTMENT TO MEET YOU HERE AT GRINELL.**



**Pinochle Wednesdays 1:00pm**

Pinochle group is going well so come and join us. All levels of players are welcome and if you don't know how to play they will teach you.

**Make the Smart Choice**



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***Lucky's Treasure* Friday, October 6 10:00 am**

Heading off to college, Emily Landis knows her life is going to change. She just wasn't expecting it to be this difficult! Leaving her friends, moving from the city to the country, dealing with classes, and having her Grandfather Henry as her housemate are challenging enough. Until she meets Jake, a caring local who's willing to help Emily acclimate both on the ranch and on campus, much to the disdain of his former girlfriend. When Emily discovers her Grandma died searching for hidden treasure on the family's ranch, she and Jake attempt to find the rare gold coin that has eluded treasure hunters, scoundrels, and thieves for decades on end.

**An Old Fashioned Thanksgiving Friday, November 3 10:00am**

In this moving Hallmark Channel drama based on a short story by Louisa May Alcott, struggling widow Mary Bassett (Helene Joy) is trying to support three children, but money is so tight that they can't even afford a Thanksgiving turkey. An unexpected visit from her estranged -- and moneyed -- mother (Jacqueline Bisset) means Mary can prepare a proper holiday meal. However, it will take more than a feast to heal this family's emotional wounds.



**BINGO Wednesday, October 18 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 anyone so bring a friend or two. You do not have to pre-register.



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For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



**Memory Screenings Wednesday, October 11 1:00-4:00pm**

Karen Tennyson with Rock County will be here to conduct Memory Screenings. **There is no reason not to have it done and it can give you a peace of mind.** Appointment must be made and lasts approximately 20 minutes. Feel free to bring along a family member or friend if you wish. There is no fee, please call Grinnell Hall to make an appointment.

**Get Immediate Results** Keep them for future comparison or share them with your physician. At your request we will fax them to your physician.

**Early Detection is Important** Memory screens are like screens for blood pressure, cancer, diabetes or stroke. They contribute to prevention and better treatments.

**Treatment is Possible** Some types of dementia are reversible, like those from nutritional & vitamin deficiencies, depression or thyroid issues.

**Knowledge Means More Control** Dementias that are not reversible can often be treated with medications that could slow down the process and preserve quality of life for a longer period of time.

**Apple Hut Tour 12:30 and Hot Dog Cookout 2:30 Friday, October 13**

Join us as we tour and find out about the different apples, how they ensure great taste and how sorting is done. Apple Hut also has a great gift shop! Please note that the terrain may be uneven and on grass. Let us know if you will be using a walker. Dress for the weather. When we return to Grinnell we will have a cookout with hot dogs and sides. Meet at Grinnell at 12:30pm or let us know if you will be driving to Apple Hut yourself for the 1:00pm tour. If you want to come just to the cookout let us know. If inclement weather we will still have the cookout at 2:30pm. Registration is required with payment. Hot dog cost is \$5 for two hotdogs, chips and drink. Please register and pay by Tuesday, October 10.



**Healthy Eating Presentations**

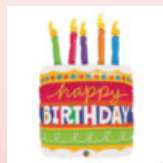


FoodWise is a program of the University of Wisconsin Extension and offers programs to advance healthy eating habits, active lifestyles, and healthy community environments through nutrition education. Join FoodWise for the following presentations here at Grinnell. Open to everyone. Please call Grinnell to register for the presentations.

**Let's Talk Healthy Snacks Friday, October 13 10:00am** We will discuss healthy snack options and what kind of MyPlate foods we can use to create a healthy snack. A recipe demonstration and tasting will be provided.

**Savory Soups Friday, October 20 10:00am** We will identify high sources of sodium by reading labels and explore ways to prepare soups without added salt. A recipe and demonstration and tasting will be provided.

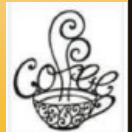
**Happy 80th Plus Birthday Party Friday, October 20 1:00-3:00pm**



**If you turn or turned 80 or over in 2023, come celebrate your birthday at Grinnell, no matter what month your birthday is in.** Please invite family and friends with you. Grinnell members under age 80 are invited to join in on the fun! Phyllis and Judy, some of our line dancers, will entertain us with great music. We will sing Happy Birthday at around 1:30pm and enjoy some cupcakes. Don't miss out on this fun event. Please pre-register with the number of people who will be attending with you. Also if you have song requests please let us know when you call in.

**Snowdrift Coffee Presentation Friday, October 27 10:00am**

Interested in learning more about where your daily cup of coffee comes from? Ant and Rita, owners of Snowdrift Coffee, look forward to sharing what they've learned about this complex beverage over their combined 35+ years working in the coffee industry. Take a trip with them from seed to cup as they speak of the labor and dedication that goes into making a delicious cup of coffee. Some sampling may be available. Open to everyone, please register for this class.



## Holiday Bazaar November 1, 2, 3 9:00am-3:00pm

Let's do it again and make this year's Holiday Bazaar and Bake Sale were a HUGE success and we couldn't have done it without the help of all of our volunteers who make items or donate items. We are reaching out again for your help to ensure there is plenty of great items for the sale. If you are able to donate at least one hand made item, home-made baked goods or volunteer to help with the set up and pricing and a couple of hours during the Bazaar that would be greatly appreciated. Stop by the front desk to sign up.

### *Card Making and Joy in Color Plus Mondays 12:30-3:00*

Joy in color is merging with paper folding and expanding the options. Teresa Niles and Pamela Joy will explore colors using different mediums and apply them to card making, origami and more. Come relax and enjoy creating and making new friends. No experience necessary and all supplies are provided.

### *Crazy 4 Crafts Mondays 9:00-11:00am*

We will explore a variety of crafts. Choose a craft and create and meet some new friends. Bring your ideas as well and watch them grow into a project. No experience necessary and when you are done with your craft you can leave if you want. If you are in a class before or need a little more time, we can start your craft at 9:30am. Please let us know if you will be attending so we can have enough supplies. there is no cost for the classes. Pamela Joy will be leading the class.

**October 2 Fall Craft    October 9 No Class    October 16 Painting on Tile (see waterfall photo)  
October 23 Fall Wreath    October 30 Thanksgiving Craft**



### *RSVP Presentation Estate Planning Thursday, October 12 10:00am Grinnell Hall*



Mike Vogel from Vogel Law Firm will speak on Estate Planning. He is recognized as a preeminent estate planning and probate attorney in Rock County. He assists clients with the drafting of simple wills to very complex estate and gift tax matters all in an effort to provide the proper plan or administration for each family or business. Please call RSVP at 608-362-9593 or [lchmielewski@rsvp-rock.org](mailto:lchmielewski@rsvp-rock.org) to register. Presentation is held here at Grinnell and limited seating is available.



### **SAVE THE DATE VETERANS' DAY CEREMONY FRIDAY, NOVEMBER 10 AT 10:00AM**



### *Drum and Music Circle    Wednesday, October 4 10:00-11:30am Back by Popular Demand!*



Make music to grow your brain! Beating to drums in unison and rhythmic patterns is therapeutic. Sing-along, play-along or bop along with an array of percussion, drums, ukuleles and fun sounds as Castle Music Director Johnny leads the group's creativity. Open to everyone.





# October 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Card Making/ Joy in Color Plus 1:00 Mahjong 1:00 Gentle Yoga	<b>3</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge <b>1:00 Journaling</b> <b>SENIOR FAIR 9-1</b> <b>ECLIPSE CENTER</b>	<b>4</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>10:00 Drum and Music</b> <b>Circle</b> 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group <b>1:00 We Cope</b>	<b>5</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot <b>9:00 Advisory</b> <b>Board Meeting</b> 9:30 Line Dancing 12:30 Euchre	<b>6</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train <b>1:00 Theater</b> <b>Performance</b>
<b>9</b> 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Card Making/ Joy in Color Plus 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes	<b>10</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage <b>1:00 All in the Family</b> <b>1:00 Journaling</b>	<b>11</b> 8:00 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 <b>1:00 We Cope</b> <b>1:00-4:00 Memory</b> <b>Screening</b>	<b>12</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing <b>10:00 Estate</b> <b>Planning</b> 12:30 Euchre	<b>13</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Healthy</b> <b>Eating</b> 12:30 Mexican Train 12:30 Bridge <b>12:30 Apple Hut</b> <b>Tour 2:30 Hot Dogs</b>
<b>16</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Card Making/ Joy in Color Plus 1:00 Mahjong <b>1:00 NO Gentle</b> <b>Yoga</b>	<b>17</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>10:30 Lunch Bunch</b> <b>meet at Grinnell</b> <b>11:00 Lunch Bunch</b> 12:30 Cribbage <b>12:00 St. Judes Bridge</b> <b>1:00 All in the Family</b> <b>1:00 Journaling</b>	<b>18</b> 8:00 Billiards 8:30 Morning Stretch <b>9:00 Living Well</b> 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group <b>1:00 Bingo</b> <b>1:00 We Cope</b>	<b>19</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing <b>10:00 RSVP</b> 12:30 Euchre <b>1:00 What the Tech</b>	<b>20</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Healthy</b> <b>Eating</b> 12:30 Mexican Train <b>1:00 80 Plus</b> <b>Birthday Party</b> <b>and Music with</b> <b>Phyllis and Judy</b>
<b>23</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Card Making/ Joy in Color Plus 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes	<b>24</b> 8:00 Billiards <b>8:15 Toenail Care</b> 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage <b>1:00 Journaling</b>	<b>25</b> 8:00 Billiards 8:30 Morning Stretch <b>9:00 Living Well</b> 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group <b>1:00 We Cope</b>	<b>26</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 RSVP Meeting</b>	<b>27</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Snowdrift</b> <b>Coffee</b> <b>Presentation</b> 12:30 Mexican Train
<b>30</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Card Making/ Joy in Color Plus <b>1:00 Book Club</b> 1:00 Gentle Yoga 1:00 Mahjong	<b>31</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge <b>12:30 Zack the</b> <b>Magician/Halloween</b> <b>1:00 Journaling</b>	THE QUILTERS THEY HAVE BEEN BUSY 135 PLACEMATS GIVEN TO MEALS ON WHEELS 14 NURSING HOME QUILTS AND 1 WALKER BAG DROPPED OFF AT RSVP FOR DISTRIBUTION 17 QUILTS DONATED TO FAMILY PROMISE OF GREATER BELOIT A BIG THANK YOU TO THOSE WHO DONATED FABRIC TO MAKE IT ALL POSSIBLE.		

# 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 ADRC is an equal opportunity provider.**

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

**November  
2023**

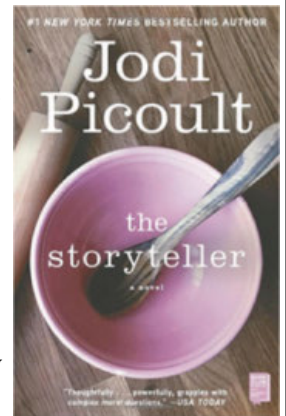
Page 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> American Goulash Green beans Romaine Lettuce w/dressing Cheese Stick Dinner Roll Warm Cinnamon Applesauce	<b>3</b> Chopped Steak Winter Squash Corn Casserole Peaches Whole Wheat Bread Pudding	<b>4</b> Tuna Casserole Winter Blend Vegetables Carrots Light Yogurt Banana	<b>5</b> <i>Chocolate Milk</i> BBQ Pork Riblet Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Fruit Fluff	<b>6</b> Turkey & Gravy Broccoli Mashed Potatoes w/ Gravy Whole Wheat Bread Mandarin Oranges Cake w/ Berry Frosting
<b>9</b> Beef Vegetable Stew Corn Stewed Tomatoes Whole Wheat Bread Flavored Yogurt Strawberries	<b>10</b> Broccoli Quiche Red Potatoes Asparagus Cottage Cheese Tomato Juice Cinnamon Raisin Bread	<b>11</b> <i>Chocolate Milk</i> Ham and Bean Stew Cauliflower Warm Cornbread String Cheese Pears	<b>12</b> Roast Beef/Gravy Mashed Potatoes Cooked Spinach Whole Wheat Bread Pineapple Fudgy Fiber Brownie	<b>13</b> Chicken & Rice Casserole California Blend Vegetables Beets Melon Mix Lemon Bar
<b>16</b> Baked Cod Italian Blend Veg. Coleslaw Warm Spiced Fruit Whole Wheat Bread Apple Cake	<b>17</b> <i>Chocolate Milk</i> Meatloaf Au gratin Potatoes Green Beans Whole Wheat Bread Peaches	<b>18</b> Shredded Pork/Gravy Egg Noodles Winter Squash Broccoli Watermelon Cookie	<b>19</b> <b>No Meals</b> 	<b>20</b> Salisbury Steak Baked Bean Medley Peas Whole Wheat Bread Fruited Applesauce
<b>23</b> <i>Chocolate Milk</i> Parm. Chicken Breast Sweet Potatoes San Francisco Blend Vegetables Dinner Roll Fruit Fluff	<b>24</b> Roast Turkey and Gravy Mashed Potatoes w/ Gravy Peas & Carrots Whole Wheat Bread Banana	<b>25</b> Ham Slices Corn Casserole Cooked Red Cabbage Whole Wheat Bread Pineapple	<b>26</b> Roast Beef Stewed Tomatoes Broccoli Salad Warm Cinnamon Applesauce Hamburger bun Carrot Cake	<b>27</b> Chili w/ Beans Warm Cornbread Cauliflower Light Yogurt Apple Cranberry Crisp
<b>30</b> Sloppy Joe Whole Wheat Bun Mediterranean Beans Winter Blend Veg. Apple Slices Peanut Butter	<b>31</b> <i>Chocolate Milk</i> Baked Cod Rice Pilaf Cooked Spinach Winter Squash Whole Wheat Bread Melon Mix		<b>Confidential                      Wisconsin                      Elder Abuse                      Hotline                      1-833-586-0107</b>	<b>Dining Centers                      are Open!                      Come eat with                      your friends!</b>

*The Storyteller* By Jodi Picoult  
Monday, October 30, 2023 1:00-2:00pm

Sage Singer is a baker. She works through the night, preparing the day's breads and pastries, trying to escape a reality of loneliness, bad memories, and the shadow of her mother's death. When Josef Weber, an elderly man in Sage's grief support group, begins stopping by the bakery, they strike up an unlikely friendship. Despite their differences, they see in each other the hidden scars that others can't.

Everything changes on the day that Josef confesses a long-buried and shame-ful secret and asks Sage for an extraordinary favor. If she says yes, she faces not only moral repercussions, but potentially legal ones as well. With the integrity of the closest friend she's ever had clouded, Sage begins to question the assumptions and expectations she's made about her life and her family. In this searingly honest novel, Jodi Picoult gracefully explores the lengths to which we will go in order to keep the past from dictating the future. Please sign up and pick up your copy at Grinnell.



Some stories live forever... An astonishing novel about redemption and forgiveness.

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 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.

**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

\*\*\*\*\* 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  
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Email: [krausd@beloitwi.gov](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## **Beloit Senior Fair Tuesday, October 3 9:00am-1:00pm** **Eclipse Center Over 50 Vendors**

- \* Rx Round Up
- \* Fun Photo Booth
- \* Door Prizes
- \* Secure document collecting for shredding
- \* Health Screenings
- \* Educational Information
- \* Entertainment

### ***“LIVING WELL” in 2023!***

***Workshop Helps Older Adults with Chronic Health Conditions feel better and get the support they need***

“If you have your health, you have a lot,” so the saying goes. YOU have a big role to play in your own wellness!

It is estimated that only 20% of your health is determined by what happens in the doctor’s office. Consider participating in a “Living Well” workshop!

The goal of “Living Well” is to help people better manage their health conditions. Past participants report increased energy, reduced stress, more self-confidence, and fewer doctors’ visits as a result of taking the Living Well workshop.

“Living Well” is for people with chronic diseases and their caregivers. Chronic diseases are ongoing health conditions and include diabetes, arthritis, anxiety, high blood pressure, vision issues, depression, cancer, Parkinson’s, heart disease, chronic pain, multiple sclerosis, fibromyalgia, and others.

During the workshop, participants receive support from trained facilitators and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, getting quality sleep, understand new treatment choices and learn better ways to communicate about their conditions. Comes with the book “Living a Healthy Life.”

The ADRC of Rock County is offering an in person Living Well workshop series on six consecutive Wednesday 9:00-11:30am on October 18, 25, November 1, 8, 15, & 22 at Grinnell Hall. Registration deadline is October 5, 2023 and space is limited to 12 participants.

**For more information, or to register call the ADRC of Rock County at: (608) 757-5309 or email:**

[Lisa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us). You may also register online at: <https://www.co.rock.wi.us/aging> (click on classes/workshops.) *There is a \$15 suggested*

*donation. Program best suited for those ages 60+.*

