

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

December  
2023

Grinnell Hall  
Senior Center  
631 Bluff Street,  
Beloit, WI 53511  
608-364-2875

Hours  
8:00am-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.*



**New Year  
Celebration**  
Friday, January 5  
1:00-2:30pm



Let's bring 2024 in with some great music and friends.



Denny Diamond will return to entertain us with Neil Diamond and Barry Manilow tunes.

Light refreshments will be served!

Party hats and noise makers will be available and fun photo opportunity!

Open to everyone.

No need to register, just join in on the fun!

Thank you to Oak Park for the refreshments



**Holiday Show**  
Friday, December 8 1:00pm

Join us for this fun and entertaining event with plenty of talent.

\*Hackett School 3rd Graders

\*Beloit Turner Overdrive  
Acapella Group

\*Grinnell Goldenaires

\*Line Dancers

\*Hal Joyce songs and jokes

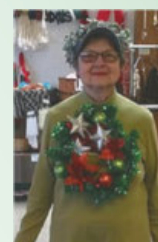
\*Phyllis Olmstead Laughter

\*Larry White "Dad Jokes"

\*Grinnell Theater Troupe

Light refreshments will be served. No need to register, just join in on the fun and sing along.

Dress up or dress down! Open to everyone, no need to register.



**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  
Ella White**



Ella became a Grinnell member in July 2023. She enjoys reading and was looking for a good book to read and found that the library could use some TLC. She started volunteering and organizes the books and puts in 2 hours a week. Ella enjoys volunteering and says that everyone should as we all need to feel needed, no matter how small the need is. Ella has made new friends at Grinnell and enjoys Mexican train, game day, lunches, jigsaw puzzles, trips and socializing. She also volunteers at a Election Judge and at Gamblers Anonymous. Ella has prepared income taxes for H & R Block for 20 years and has 4 brothers and 1 sister who live across the United States. Thank you Ella for what you do for Grinnell and the community.



|         |           |         |             |
|---------|-----------|---------|-------------|
| Pauline | Bauer     | Gary    | Mlsna       |
| Patty   | Behl      | William | Moran       |
| John    | Chancy    | Irma    | Murphy      |
| Lorna   | Clark     | Cindy   | Nelson      |
| Arlene  | Cook      | Lola    | Nelson      |
| Deborah | Davis     | Beth    | Newton      |
| Pam     | Dodge     | Susie   | O'Brien     |
| Lou     | Dominguez | Julie   | Orvis       |
| Myra    | Franks    | Jule    | Popanz      |
| Linda   | Ganser    | Judy    | Rasmussen   |
| Ann     | Gates     | Doris   | Reinert     |
| Joyce   | Goode     | Joann   | Rizzo       |
| Alice   | Goodrich  | Judy    | Rosenow     |
| Jeannie | Hansen    | Carole  | Ruef        |
| Mary    | Kegel     | Judy    | Schubert    |
| Mary    | Knueppel  | Mary    | Shepherd    |
| Pat     | Kothe     | Cathy   | Skelnik     |
| Gail    | Krause    | Janet   | Snyder      |
| Bonnie  | Longmier  | Elaine  | Stageman    |
| William | Martin    | Beth    | Thompson    |
| Mary    | Meech     | Sue     | Tucker-Pann |
| Doneta  | Miller    | Ella    | White       |
|         |           | Ronald  | York        |

**Dementia LIVE  
Thursday, December 14**

Dementia LIVE is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. After participating in the LIVE experience, you may notice better relationships with family or friends including quality visits, less care-partner stress, and better communication. Appointments must be made in advance and each appointment time can include up to 4 individuals. Appointment times are 10:00am, 10:45am, 11:30am, 12:15pm and 1:00pm. The experience includes simulation and post discussion and questions. The simulation is led by Karen Tennyson, Dementia Care Specialist with Rock County ADRC. Open to everyone and you must register in advance at Grinnell.



**Grinnell Gives Back**

**We are reaching out to members and friends to help meet community needs by donating non-perishable food, shampoo, conditioner, toothbrushes, soap, feminine products, diapers and cleaning supplies. We will be collecting items at Grinnell and distributing to Caritas, Domestic Violence associations, Family Promise and more.**

**We will collect through Monday, December 11.**



**Lunch Bunch at FIBS in Rockton, IL Tuesday, December 12 at 11:15am**



A delicious menu of starters from pretzel bites to Walleye fingers and great salads, sandwiches and burgers. After lunch if you are interested we will go out to Williams Tree Farm for some shopping. Please let us know if you will be carpooling from Grinnell or meeting us there. FIBS is located at 105 W. Main St. Rockton, IL

**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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**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

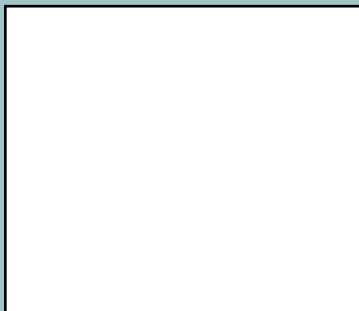


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## **ROCK STEADY NON-CONTACT BOXING**

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, December 12 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, December 12 & 19 January 9 & 23**

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)**

**December 19 by appointment only 8:15am-2:00pm**

**Please note that December 19 is Deb Scullin's last day of foot care.**

## **TOENAIL TRIMMERS APPOINTMENTS—READ BELOW TUESDAYS, JANUARY 2 & 16, FEBRUARY 6 & 20**

**BEGINNING JANUARY 2024 THERE WILL BE A CHANGE IN FOOT CARE PROVIDER. WE WILL BE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. THEY WILL PROVIDE A REGISTERED NURSE. APPOINTMENTS WILL BE 30 MINUTES AND COST IS \$35.00 NO INSURANCE IS TAKEN. SOAKING OF THE FEET WILL NOT BE DONE BUT DREMELING IS AVAILABLE FOR NO ADDITIONAL FEE.**

**YOU CAN GET YOUR FINGERNAILS CUT FOR AN ADDITIONAL FEE OF \$15.00 AT THE SAME APPOINTMENT OR YOU CAN MAKE AN APPOINTMENT FOR FINGERNAIL TRIMMING ONLY. PAYMENT WILL BE BY CASH OR CHECK ONLY TO THE RN. SORRY NO INSURANCE IS ACCEPTED**

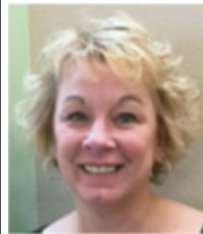
**YOU WILL SET UP APPOINTMENTS WITH TOENAIL TRIMMERS DIRECTLY BY CALLING 262-719-0336. THEY WILL ALSO MAKE REMINDER CALLS SO PLEASE PUT THEIR PHONE NUMBER IN YOUR PHONE.**

**What The Tech  
Thursdays Dec. 21 & Jan 18 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 Preuschl 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.

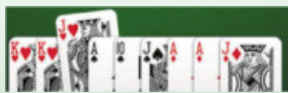
**Watch Battery Replacement,  
Jewelry Repair & Alterations**

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 DECEMBER DUE TO MEDICARE OPEN ENROLLMENT. CONTACT LACHEL TO SET UP AN APPOINTMENT AND SHE CAN MEET WITH YOU AT GRINNELL.**



**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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**MOVIE MATINEE**

**The House Without a Christmas Tree Friday, December 1 10:00am**

A young Nebraskan girl named Addie wants nothing more for the holidays than a Christmas tree. Her bitter widowed father refuses, but slowly learns the spirit of the season. Based on the semi-autobiographical book by Gail Rock. Cast: Jason Robards, Lisa Lucas, Mildred Natwick

**Magnificent Obsession Friday, January 5 10:00 am**

Reckless playboy Bob Merrick crashes his speedboat, requiring emergency attention from a rescue team. They have to use the town's only resuscitator. At that same moment the beloved, local doctor has a heart attack and dies while waiting for the life-saving device. When Bob learns about the doctor's secret - to give selflessly and in secret - he decides to give it a try. He alienates the doctor's widow, Helen, with whom Bob has now fallen in love. His persistence causes another tragedy, and he must remake his life.



**BINGO Wednesday, December 20 1:00-2:30pm**

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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Preventing Medicare Fraud



This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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

DHS Approved 4/22/2021

**THRIVE LOCALLY**





***Grinnell Family Feud Monday, December 11 12:30pm***

Join in on this fun game as “Family versus Family” compete. We will make two teams of 3-4 people out of those who attend. Your host is David Sowl who will read the questions and provide the answers to the top responses. This will be a fun and entertaining game that we will have once a month if enough interest. Please register if you are interested in playing on a team. If you would like to be a spectator you do not have to register. Winning team will be given individual prizes.

***Healthy Eating - Using your Air Fryer  
for Snacks and Meals  
Friday, December 8 10:00am***



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. Held at Grinnell Hall and open to everyone. Learn about strategies for healthier choices when dining out. A recipe demonstration and tasting will be provided. Please call Grinnell to register. Limited enrollment.

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 Hall 2024 Membership Drive**

**It's membership renewal time and we will begin taking memberships at any time.  
Membership is for January-December 2024 and prices will remain the same!**

**Single Membership \$25      Couple Membership \$40**

**Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.**

**What are the benefits of a Grinnell Hall Membership?  
Friendship, Fellowship, Fun, Special pricing for trips.**

**Door prizes will be available to win and the number of tickets you receive depends upon when you sign up for a new membership, renew your membership and if you recruit a new member.**

**How does it work???**

**If you have already renewed you will receive 3 tickets.**

**Renew now through December and receive 3 tickets**

**Renew in January and receive 2 tickets**

**Renew between February 1-10 and receive 1 ticket**

**Recruit a new member on or by February 1 and receive 10 additional tickets!**

**Front desk staff will track how many tickets you earn and we will begin distribution on February 5.**

**Prize bags will be displayed on February 5 in the Dining Room.**

**You put your ticket in the prize bag you would like to have a chance to win.**

**Drawing will be held Friday, February 16 at 12:00pm.**

**You do not need to be present to win.**

**If you cannot afford the cost we can assist you. All information is kept confidential.**



## Grinnell Holiday Elf on the Shelf Scavenger Hunt

Beginning on December 4 thru December 15, there will be an “Elf on the Shelf” moving throughout Grinnell Hall. We will have an Elf on the Shelf Scavenger Hunt form for you to record where you saw the Elf on a certain date. Don’t tell anyone else as you will receive one chance for every correct location on a certain date!

Forms will be available Monday, November 27.

Drawing will be held on Wednesday, December 20 at 3:00pm.

You do not need to be present to win. Join in on the fun!



### *Drum and Music Circle 10:00-11:00am*

*Friday, December 15*

**Get involved it’s great for the soul!**



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.



### *Holiday Traditions Party with RSVP* *Thursday, December 14 10:00am Grinnell Hall*



Bring 2 dozen of your favorite holiday cookies, bars and 2 dozen copies of the recipe to share. Hot Cocoa “Bar” and coffee will be provided. To register contact RSVP at 608-362-9593 or email Larissa at [LChmielewski@rsvp-rock.org](mailto:LChmielewski@rsvp-rock.org). Space is limited

### *Diabetes Discussion Wednesday, December 13 12:30-1:30pm*

The Rock County Public Health Department (RCPHD) Chronic Disease and Injury Prevention Unit is looking for participants over the age of 18 who are living with or helping to care for someone with diabetes/prediabetes. RCPHD wants to get a better understanding of: \*Challenges/barriers to managing diabetes/prediabetes \*Access to community programs and services around diabetes/prediabetes.

Space is limited so please sign up early! A \$25 Visa gift card will be available at the end of the discussion as a ‘thank you’ for your time and feedback. **One time only.** Any questions or to register, please contact Samantha Axon at [Samantha.Axon@co.rock.wi.us](mailto:Samantha.Axon@co.rock.wi.us) or 608-921-2674.

Or sign-up online: <https://tinyurl.com/ym3a4z5r>

## MEDICARE OPEN ENROLLMENT October 15 – December 7, 2023

### Medicare Part D and Medicare Advantage Plans

You can change your premiums, co-pays and other plan details each year.

Be sure to review your plan and make any changes by **December 7<sup>th</sup>**!

For more information or assistance with plan comparisons contact:

**Rock County ADRC Lachel Fowler 608-757-5414**

Assistance is also available through the following resources:

1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)



Disability Drug Helpline 1-800-926-4862 (if under age 60)

Medigap helpline 1-800-242-1060

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



# December 2023 Calendar of Activities

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                           | FRIDAY                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>*Join Pamela Joy on Mondays at 9:00am for Crazy4Crafts. All supplies are provided. Thank you Pamela.</b></p> <p><b>*Make some music with the Ukcs Group. Other string instruments are welcomed.</b></p> <p><b>*Are you interested in Bunco? We are looking to get a group together to learn and play. Let us know if interested and what days/times work for you.</b></p> <p><b>*FYI: The Beloit Police Department will be conducting training for their staff on Wednesday, December 13 from 12:00pm-10:00pm in the Auditorium at Grinnell Hall. The public will not be involved with the training but we wanted to make you aware of the training.</b></p> |                                                                                                                                                                                                         |                                                                                                                                                                                                                                  |                                                                                                                                                                                                    | <p><b>1</b> 8:00 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/><b>10:00 Movie</b><br/>12:30 Mexican Train</p>                                                 |
| <p><b>4</b> 8:00 Billiards<br/>8:30 Chair Exercise<br/>9:00 Crazy 4 Crafts<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>12:30 Card Making<br/>1:00 Mahjong<br/>1:00 Gentle Yoga</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>5</b> 8:00 Billiards<br/>9:30 Line Dancing Beginners<br/>10:00 Line Dancing<br/>12:30 Cribbage<br/>12:30 Bridge</p>                                                                               | <p><b>6</b> 8:00 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Pinochle<br/>1:00 Theater Group</p>                                                        | <p><b>7</b> 8:00 Billiards<br/>8:00 Open Sewing<br/>9:00 Hand &amp; Foot<br/><b>9:00 Advisory Board Meeting</b><br/>9:30 Line Dancing<br/>12:30 Euchre<br/><b>1:00 RSVP Drivers Meeting</b></p>    | <p><b>8</b> 8:00 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/><b>10:00 Healthy Eating/Air Fryer</b><br/>12:30 Mexican Train<br/><b>1:00 Holiday Show</b></p> |
| <p><b>11</b> 8:00 Billiards<br/>8:30 Chair Exercise<br/>9:00 Crazy 4 Crafts<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>12:30 Card Making<br/><b>12:30 Family Feud</b><br/>1:00 Mahjong<br/>1:00 Gentle Yoga<br/>2:00 Ukcs</p>                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>12</b> 8:00 Billiards<br/>9:30 Line Dancing Beginners<br/>10:00 Line Dancing<br/><b>11:00 Lunch Bunch</b><br/><b>12:00 Chair Massage</b><br/>12:30 Cribbage<br/><b>1:00 All in the Family</b></p> | <p><b>13</b> 8:00 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Pinochle<br/><b>12:00 Beloit Police Training</b><br/><b>12:30 Diabetes Discussion</b></p> | <p><b>14</b> 8:00 Billiards<br/>8:00 Open Sewing<br/>9:00 Hand &amp; Foot<br/>9:30 Line Dancing<br/><b>10:00 Dementia Live</b><br/><b>10:00 RSVP Holiday Traditions Party</b><br/>12:30 Euchre</p> | <p><b>15</b> 8:00 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/><b>10:00 Drum and Music Circle</b><br/><b>12:00 Bridge</b><br/>12:30 Mexican Train</p>        |
| <p><b>18</b> 8:00 Billiards<br/>8:30 Chair Exercise<br/>9:00 Crazy 4 Crafts<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>12:30 Card Making<br/>1:00 Mahjong<br/>1:00 Gentle Yoga<br/><b>1:00 Book Club</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p><b>19</b> 8:00 Billiards<br/><b>8:15 Toenail Care</b><br/>9:30 Line Dancing Beginner<br/>10:00 Line Dancing<br/><b>12:00 St. Judes Bridge</b><br/><b>12:00 Chair Massage</b></p>                     | <p><b>20</b> 8:00 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Pinochle<br/><b>1:00 Bingo</b></p>                                                        | <p><b>21</b> 8:00 Billiards<br/>8:00 Open Sewing<br/>9:00 Hand &amp; Foot<br/>9:30 Line Dancing<br/>12:30 Euchre<br/><b>1:00 What the Tech</b></p>                                                 | <p><b>22</b> 8:00 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/>12:30 Mexican Train</p>                                                                       |
| <p><b>25 CLOSED</b></p>  <p><b>HAPPY HOLIDAYS</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><b>26 CLOSED</b></p>  <p><b>HAPPY HOLIDAYS</b></p>                                                                | <p><b>27</b> 8:00 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Pinochle<br/>1:00 Theater Group</p>                                                       | <p><b>28</b> 8:00 Billiards<br/>8:00 Open Sewing<br/>9:00 Hand &amp; Foot<br/>9:30 Line Dancing<br/>12:30 Euchre</p>                                                                               | <p><b>29</b> 8:00 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/>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 ADRC is an equal opportunity provider.**

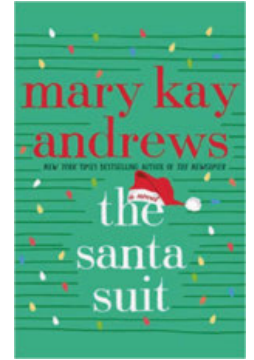
**No eligible person will be denied a meal because of inability to make a donation.**

**December  
2023**

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| MONDAY                                                                                                                                                  | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                                       | THURSDAY                                                                                                                                          | FRIDAY                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</b></p>                                                                                 | <p><b>Dining Centers are Open! Come eat with your friends!</b></p>                                                                                  |                                                                                                                                                 |                                                                                                                                                   | <p><b>1</b><br/>Salisbury Steak<br/>Baked Bean Medley<br/>Peas<br/>Whole Wheat Bread<br/>Fruited Applesauce</p>                   |
| <p><b>4</b><br/>Chili w/Beans<br/>Warm Cornbread<br/>Cauliflower<br/>Light Yogurt<br/>Apple Cranberry Crisp</p>                                         | <p><b>5 <i>Chocolate Milk</i></b><br/>Ham Slices<br/>Corn Casserole<br/>Cooked Red Cabbage<br/>Whole Wheat Bread<br/>Pineapple</p>                  | <p><b>6</b><br/>Roast Turkey/Gravy<br/>Mashed Potatoes/Gravy<br/>Peas &amp; Carrots<br/>Whole Wheat Bread<br/>Banana</p>                        | <p><b>7</b><br/>Roast Beef<br/>Stewed Tomatoes<br/>Broccoli Salad<br/>Hamburger Bun<br/>Warm Cinnamon Applesauce<br/>Carrot Cake</p>              | <p><b>8</b><br/>Parmesan Chicken Breast<br/>Sweet Potatoes<br/>San Francisco Blend Vegetables<br/>Dinner Roll<br/>Fruit Fluff</p> |
| <p><b>11</b><br/>Sloppy Joe<br/>Whole Wheat Bun<br/>Winter Blend Veggies<br/>Mediterranean Beans<br/>Apple Slices<br/>Peanut Butter</p>                 | <p><b>12</b><br/>Baked Cod<br/>Rice Pilaf<br/>Winter Squash<br/>Cooked Spinach<br/>Whole Wheat Bread<br/>Melon Mix</p>                              | <p><b>13 <i>Chocolate Milk</i></b><br/>Spaghetti &amp; Meatballs<br/>Romaine w/ dressing<br/>Broccoli<br/>Dinner Roll<br/>Warm Spiced Fruit</p> | <p><b>14</b><br/>Hot Shredded Pork<br/>Hamburger Bun<br/>Zucchini Tomato Bake<br/>Peas<br/>Mandarin Oranges<br/>Cookie</p>                        | <p><b>15</b><br/>Chicken Breast<br/>Carrots<br/>Green Beans<br/>Potato Salad<br/>Whole Wheat Bread<br/>Pumpkin Bar</p>            |
| <p><b>18</b><br/>BBQ Chicken Breast<br/>Italian Blend Veggies<br/>Stewed Tomatoes<br/>Whole Wheat Bread<br/>Fruited Applesauce<br/>Chocolate Mousse</p> | <p><b>19 <i>Christmas Menu</i></b><br/>Ham<br/>Carrots<br/>Green Bean Casserole<br/>Romaine w/French Wheat Dinner Roll<br/>Apple Pie Bar</p>        | <p><b>20</b><br/>Swedish Meatballs<br/>Noodles<br/>Beets<br/>Cauliflower<br/>Whole Wheat Bread<br/>Banana</p>                                   | <p><b>21 <i>Chocolate Milk</i></b><br/>Ranch Chicken<br/>Whole Wheat Bun<br/>Baked Bean Medley<br/>Broccoli Salad<br/>Warm spiced mixed fruit</p> | <p><b>22</b><br/>Ham Breakfast Bake<br/>Asparagus<br/>Red Potatoes<br/>Cottage Cheese<br/>Cinn. Raisin Bread<br/>Pineapple</p>    |
| <p><b>25</b> <i>Closed</i><br/><br/><i>Christmas Holiday</i></p>     | <p><b>26</b> <i>Closed</i><br/><br/><i>Christmas Holiday</i></p> | <p><b>27</b><br/>Turkey &amp; Gravy<br/>Mashed Potatoes<br/>Broccoli<br/>Whole Wheat Bread<br/>Mandarin Oranges<br/>Cake w/Berry Frosting</p>   | <p><b>28</b><br/>Chopped Steak<br/>Winter Squash<br/>Corn Casserole<br/>Whole Wheat Bread<br/>Peaches<br/>Pudding</p>                             | <p><b>29 <i>Chocolate Milk</i></b><br/>Tuna Casserole<br/>Carrots<br/>Winter Blend Vegetables<br/>Light Yogurt<br/>Banana</p>     |

**Book Club “The Santa Suit” Mary Kay Andrews  
Monday, December 18 1:00-2:00pm**



When newly-divorced Ivy Perkins buys an old farmhouse sight unseen, she is definitely looking for a change in her life. The Four Roses, as the farmhouse is called, is a labor of love—but Ivy didn't bargain on just how much labor. The previous family left so much furniture and so much junk, that it's a full-time job sorting through all of it.

At the top of a closet, Ivy finds an old Santa suit—beautifully made and decades old. In the pocket of a suit she finds a note written in a childish hand: it's from a little girl who has one Christmas wish, and that is for her father to return home from the war. This discovery sets Ivy off on a mission. Who wrote the note? Did the man ever come home? What mysteries did the Rose family hold?

Ivy's quest brings her into the community, at a time when all she wanted to do was be left alone and nurse her wounds. But the magic of Christmas makes miracles happen, and Ivy just might find more than she ever thought possible: a welcoming town, a family reunited, a mystery solved, and a second chance at love.

**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](http://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](http://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**.



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



**Thank you to those who donated and Volunteered for the Holiday Bazaar and more!**

**Beth Bausman, Pamela Joy, Katie O'Brien, Pam Curatolo, Ann Demus, Cheryl Horvath, Cyndy MacNees, Judy Sorrentino, Karen Stauss, Cindy Barnes, Sonya Barnes, Judy Nelson, Karen Govert, Vickie Slaten, Debra Young, Michael Wirtz, Linda Prebonith, Judy Haberman, Judy Stottmeister, Nancy Vance, Judy Rasmussen, Lois Taylor, Kathy Woods, Linda Swanson, Sharon Larson, Theresa Menso, Deb Martin, Valerie Bemus, Gretchen Ruzeck, George & Val Bemus, Ruby Hay, Barb Hopper, Sherril Gilbertson, Linda Kinder, Sherry Westbrook, Karen White, Beth Bausman, Opal Vance, Judy and Harry Wagner, Diane Anderson, Judy Stottmeister, Geri Heim, Marilyn Dixon, Karen Govert, Linda Kuhnle, Monette Bebow-Reinhard, Kay Olmstead, Pearl Friedley, Rose Ackley.**  
**Special thank you to LeaAnn Mattox who organized the event!**



**We received a large donation of greeting cards and Rose, Monette, LeaAnn and Linda Kinder wrote a Holiday**

## Veterans Day Ceremony



Sherry Blakeley  
City Council



CW5 Steven  
Wightman



Eva Hoff  
Rosie the Riveter



Steve Erkel, Pastor  
United Church



Illa Borgwardt made the lap quilt won by Rick West who played Taps.

Goldenaires sang patriotic songs so beautifully!  
 See photo above in upper half of page.