

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

April 2024

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.*



## UW Whitewater Free Technology Assistance Friday, April 26

UW-Whitewater Intergenerational Technology Services (IGeTS) will be at Grinnell Hall to share a presentation on Cyber Security to learn how to protect yourself and your information online at 9:00am.

IGeTS will offer individual assistance with your smart phone, laptop and tablet from 9:00-11:00am. You can get assistance with apps, photos, email, Zoom, Facebook and so much more. The individual sessions are also available in Spanish.

IGeTS is a grant funded free technology support services to older adults who reside in either Rock, Jefferson, Walworth or Waukesha county and are: Age 60 and over no requirements;  
aged 50+ and enrolled in one of the following Wisconsin Medicaid home and community-based services programs (IRIS, Family Care, Family Care Partnership, or PACE)

**Registration is required for both the presentation and individual assistance. Please call Grinnell Hall to make an appointment.**

## The Blockheads return Friday, April 5 1:00pm

Ladies and Gentlemen and music lovers of all ages, fasten your seatbelts and prepare to be blown away once again by the fabulous Blockheads.

The group is made up of native Beloiters Matthew Goodwin( aka Pops Fletcher) a local guitar hero and lead vocalist, bassist Richard (Dick) Guelzow, rhythm guitar and vocalist

Roger(Rye) Kemman and on percussion and vocals, David Sowl. The eclectic set list will feature rock, blues and ballads from the classic 60's and 70's era.

This show will include classics by Bob Dylan, Eric Clapton and Neil Young. Last year's show was a huge success so don't miss this one!



**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, Roselyne Ackley

***Learn about Brain Health  
Tuesday, April 9 9:00-11:00am***

Participants will gain an understanding of Alzheimer’s disease and related dementias and have tangible tools to maintain brain health. This presentation is facilitated by Dementia Care Specialist of Rock County. Open to everyone. Pre-registration is required by calling Grinnell Hall.



***Dementia Live  
Wednesday, April 10***

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 12:30pm, 1:15pm, 2:00pm, 2:45pm.

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. **Please note those with dementia should not be involved with Dementia Live.**



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| Eileen   | Brehm      |
| Vicki    | Brown      |
| Caroline | Bullard    |
| Norma    | Byrd       |
| Pamela   | Curatolo   |
| Virginia | Doran      |
| Rose     | Ducharme   |
| Bud      | Eggleston  |
| Shirley  | Fischer    |
| Shelley  | Gearing    |
| Roy      | Hahn       |
| Sheryl   | Horvath    |
| Richard  | Hulburt    |
| Larry    | Jones      |
| Linda    | Kinder     |
| Kathy    | Martens    |
| LeaAnn   | Mattox     |
| Paul     | Merkle     |
| Inez     | Miller     |
| Bernie   | Novy       |
| Joan     | Pederson   |
| Ronald   | Peterson   |
| Fred     | Schubert   |
| Mike     | Soravia    |
| Nancy    | Steinmetz  |
| Mary     | Thostenson |
| Opal     | Vance      |
| Linda    | Weresch    |
| Karen    | White      |
| Jackie   | Willard    |
| Sharon   | Wynes      |



***Lunch Bunch at Hacienda San Miguel Friday, April 12 at 11:00am***



Hacienda San Miguel offers American and Mexican food. Most portions large enough for two meals. It is located next to Piggly Wiggly at 1817 Prairie Ave. Beloit.

Please sign up and we will meet you there. If you want to carpool please make your own arrangements. Each person pays for their own lunch.

***Beloit Public Library now offers Free Notary Services  
Please call 608-364-5743 for more information.***



***UKES WELCOMES ALL STRING INSTRUMENTS  
SO JOIN IN ON THE FUN  
2ND & 4TH MONDAYS APRIL 8 & 22 2:00 PM***

***Universal Yums Monday, April 29 2:30pm***

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford as you will read about this month's selected country sample savory and sweet snacks and eat some too. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. We end the fun with a trip on the Trivia Train! Please pre-register as space is limited to 12.



## 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, April 9 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, April 9 & 23 and May 14 & 28

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.

SORRY WE WILL NOT BE  
HAVING A PLANT SALE  
THIS YEAR.

WE APPRECIATE ALL OF  
YOUR SUPPORT IN THE  
PAST.

WE ARE TRYING TO GET  
A BAKE AND CRAFT  
SALE SET UP. WE NEED  
SOME  
VOLUNTEERS TO  
OVERSEE THE EVENT.  
PLEASE LET FRONT  
DESK KNOW IF  
INTERESTED

## TOENAIL TRIMMERS APPOINTMENTS TUESDAYS, April 16 & May 21



**WE ARE 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 TRIM-  
MERS DIRECTLY BY CALLING 262-719-0336. THEY WILL AL-  
SO MAKE REMINDER CALLS SO PLEASE PUT THEIR PHONE  
NUMBER IN YOUR CONTACTS.**

**What The Tech**

**Thursdays April 18 & May 16  
1:00-3:30**

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of 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.



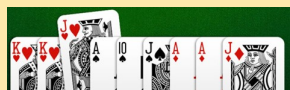
**Elder Benefit Specialist  
Lachel Fowler, Benefit  
Specialist**

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.

**Thursday, April 11  
12:00-4:00**

**Thursday, April 25  
8:00-12:00**



**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.



### **MOVIE MATINEE**

#### **“The Holdovers” Friday, April 5 10:00am**

It follows a curmudgeonly instructor at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually, he forms an unlikely bond with one of them a damaged, brainy troublemaker, and with the school's head cook, who has just lost a son in Vietnam.

#### **“Hidden Figures” Friday, May 3 10:00am**

As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. Dorothy Vaughan, Mary Jackson, and Katherine Johnson crossed all gender, race, and professional lines while their brilliance and desire to dream big, beyond anything ever accomplished before by the human race, firmly cemented them in U.S. history as true American heroes.



### **Crazy 4 Crafts Mondays 9:45-11:15**

Explore color in various mediums. Each week we will have adult coloring pages, greeting card kits and a craft. Each month we will also have a special craft such as painting, diamond art, floral arrangements, etc.

Projects will be displayed at the front desk.

Please register, all supplies are provided at no cost.

**LEARN THE GAME OF MAJONG AND CHALLENGE YOURSELF.  
LESSONS WILL BE HELD ON WEDNESDAYS AT 1:00PM.**



**Grinnell Family Feud Monday, April 8 12:30pm**

Join in on this fun game as “Family versus Family” compete. We will make two teams 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. 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.



**BINGO Wednesday, April 17 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.



**THANK YOU SPONSOR JEAN LINOS**



**Drum and Music Circle 10:00-11:00am  
Friday, April 19**

**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.



**“Poker” Challenge Games Friday, April 5 10:00am.**

It’s not the World Series of Poker in Vegas, it’s more fun! Join “creative director” Hal Joyce as he shares four new games “Pineapple Hold’em”, “727”, “3 Square” and “Five Card Run”. Practice them and have some fun. See if you can keep a “poker face” and win some hands. We will use poker chips for “betting.” No money involved and open to anyone with a limit of 10 people. If you have a game to share, Hal would love to learn it. Please register so we can get supplies ready.

**Tai Chi**

Did you know you can take Tai Chi while sitting in a chair or a wheelchair? Tai Chi has a positive effect on muscle strength, flexibility, and balance while improving circulation, alignment, and increasing energy. Join Yoshi as you work on your mind, body and soul.

**Wednesday Walks with ADRC  
Begin May 1<sup>st</sup>**

The walks offer a wonderful way to get outside for some fresh air, feel the sun and socialize while you get some exercise. Enjoy great people, places and history of the Rock County area. No reservations are required. Information available at Grinnell or call ADRC at 608-757-5408.

**2024 Trip Presentation Thursday, April 25 10:00am**  
**Trip flyer available at the front desk. We can email you one too!**  
**You do not need to be a Grinnell Member to enjoy the trips.**

Please note we take credit and debit cards for trips. Registration must be done in person and waivers signed. Payments due at time of registration. Please note registration deadline to ensure we have enough to go. Full refunds will be given if Grinnell cancels the trip. If you need to cancel, you may find someone to take your place, however, the office **MUST** be notified of the changes and the new person **MUST** fill out a registration form, pay for the trip and sign a waiver. If you want to register another individual you must have their name, address and date of birth. A waiver will be given out for them to sign and return one week prior to 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.**

There will be a \$10 administration fee if someone cannot take your place.

Trips leave on time and we are not able to wait for anyone who is not there at time of departure.

We ask that you bring your cell phone with you.

**Beautiful – Carole King Story Friday, April 19, 2024**  
**Fireside Theater in Fort Atkinson, WI**

Grinnell Members \$88 Non-members \$98

Price includes meal and show. Transportation is on your own. Call to see if space is still available.

**Jersey Boys Wednesday, May 15, 2024**  
**Circa '21 Dinner Playhouse, Rock Island, IL**

Members \$88 Non-Members \$98

Price includes meal, show and transportation on coach bus. Please register by April 15.

**CHECK OUT TRIP FLYER AT FRONT DESK FOR SPECIFIC INFORMATION**

***Mind Over Matter: Healthy Bowels, Healthy Bladder***

Mind over Matter is a workshop taught by a female for females. It is three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%. Attendance of all three sessions is required! Suggested donation is \$10.

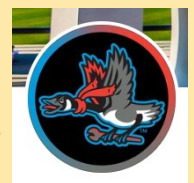
A "MOM" Workshop series will be held at Grinnell Hall on (3) Wednesdays mornings: May 1, 15 & 29, 2024 from 10 am – 12 noon. Facilitator is Sherril Gilbertson. For more information, or to register, please call Lisa Messer at the ADRC at:

608-757-5309 or email: [Lisa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us). Space is limited, please register by April 17!



***Sky Carp versus Peoria Chiefs ABC Supply Stadium***  
***Wednesday, May 8 11:10 game time***

Calling all baseball fans and those that just want to have a great time. If you have not been to a game you should go at least once to enjoy the enthusiasm of the fans and players. The teams are Class High A with prospective professional players. Cost is \$13.00 per ticket so register now as limited tickets are available. Transportation on your own or you can car pool.





# April 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 AARP Taxes</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga	<b>2 AARP Taxes</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Bridge</b> 12:30 Cribbage	<b>3 AARP Taxes</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	<b>4</b> 8:00 Billiards 8:00 Open Sewing <b>9:00 Advisory                      Board Meeting</b> 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre	<b>5</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie                      10:00 Poker                      Challenge</b> 12:30 Mexican Train <b>1:00 Blockheads</b>
<b>8 AARP Taxes</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day <b>12:30 Family Feud</b> 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b>	<b>9 AARP Taxes</b> 8:00 Billiards <b>9:00 Brain Health</b> 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>10 AARP Taxes</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:30 Dementia Live</b> 1:00 Mahjong 1:00 Pinochle 1:00 Theater	<b>11</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing <b>12-4 Benefit Spec.</b> 12:30 Euchre <b>1:00 Pickleball</b>	<b>12</b> 8:00 Billiards 8:30 Stretch Class <b>10:00 ADRC                      Presentation</b> <b>11:00 Lunch Bunch</b> 12:30 Mexican Train <b>12:00 Bridge</b>
<b>15</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga	16 8:00 Billiards <b>8:30 Toenail Care</b> 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 St. Judes                      Bridge</b> 12:30 Cribbage	<b>17</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 <b>1:00 Bingo</b>	<b>18</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 RSVP Drivers                      Meeting</b> <b>1:00 What the Tech</b>	<b>19</b> 8:00 Billiards 8:30 Stretch Class <b>10:00 Drum and                      Music Circle</b> 12:30 Mexican Train
<b>22</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b>	<b>23</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair                      Massage</b> 12:30 Cribbage	<b>24</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>25</b> 8:00 Billiards 8:00 Open Sewing <b>8-12 Benefit Spec.</b> 9:00 Hand & Foot 9:30 Line Dancing <b>10:00 Trip                      Presentation</b> 12:30 Euchre <b>1:00 Pickleball</b>	<b>26</b> 8:00 Billiards 8:30 Stretch Class 12:30 Mexican Train <b>9:00 Cyber Security                      &amp; UW Whitewater                      Tech Help</b>
<b>29</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga <b>1:00 Book Club                      2:30 Universal Yums</b>	<b>30</b> 8:00 Billiards 9:30 Crazy 4 Crafts 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Bridge</b> 12:30 Cribbage			

# 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.**

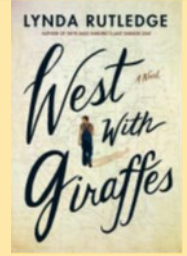
**No eligible person will be denied a meal because of inability to make a donation.**

**April  
2024**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pork Roast w/ Mushroom Gravy Au Gratin Potatoes Brussels Sprouts Broccoli Whole Wheat Bread Lemon Bar	<b>2</b> Cheeseburger Casserole Cooked Spinach Green Peas Apple Slices Cookie	<b>3 Chocolate Milk</b> Apricot Chicken Brown Rice Cauliflower Carrots Banana	<b>4</b> Broccoli Hashbrown Breakfast Bake Red Potatoes Cottage Cheese Stewed Tomatoes Cinn. Raisin Bread Peaches	<b>5</b> Baked Parmesan Cod Rice Pilaf Baked Bean Medley Red Cabbage Pears
<b>8</b> Lemon Rosemary Chicken Ranch Roasted Potatoes Green Peas Whole Wheat Bread Strawberries w/Yogurt	<b>9</b> Pork Stew Broccoli Carrots Whole Wheat Bread Pineapple	<b>10</b> Roast Beef w/Gravy Rice Pilaf Romaine Lettuce w/ Dressing Cooked Beets Applesauce Chocolate Cake	<b>11 Chocolate Milk</b> BBQ Chicken Breast Mashed Potatoes Green Beans Cornbread Mixed Berries	<b>12</b> Taco Casserole Brown Rice Stewed Tomatoes Baked Bean Medley Cauliflower
<b>15</b> Salisbury Steak w/ Gravy Mashed Potatoes Carrots Whole Wheat Bread Applesauce	<b>16</b> Baked Fish w/ Lemon Zucchini Tomato Bake Corn Biscuit Cottage Cheese w/ Peaches	<b>17</b> Chicken Diane Egg Noodles Green Beans Broccoli Salad Pears	<b>18</b> Brat Patty Whole Wheat Bun Baked Bean Medley Spinach Salad w/ dressing Mandarin Oranges Apple Cake	<b>19 Chocolate Milk</b> Chicken Eggroll in a Bowl Brown Rice Stewed Tomatoes Cooked Red Cabbage Melon Mix Pudding
<b>22</b> Polish Sausage Whole Wheat Hot Dog Bun Baked Beans Tomato Juice Pears	<b>23</b> Chicken & Rice Casserole Romaine Lettuce w/ Dressing Carrots Pears	<b>24</b> Spaghetti & Meatballs Cauliflower Brussels Sprouts Biscuit Apple Slices	<b>25 Chocolate Milk</b> Chicken Bruschetta Au Gratin Potatoes Broccoli Cornbread Banana Fudgy Fiber Brownie	<b>26</b> Roast Beef w/Gravy Mashed Potatoes Green Peas Whole Wheat Bread Melon Mix
<b>29</b> Sloppy Joe Whole Wheat Bun Potato Salad Beets Cottage Cheese w/ Peaches Fudgy Fiber Brownie	<b>30</b> Turkey Breast w/Gravy Mashed Potatoes Green Beans Whole Wheat Bread Banana Lemon Bar			<p style="text-align: center; font-weight: bold; font-size: 18pt;">                     Confidential                      Wisconsin                      Elder Abuse                      Hotline                      1-833-586-0107                 </p>

***Book Club “West With Giraffes”***  
***Monday, April 29 1:00-2:00pm***



Woodrow Wilson Nickel, age 105, feels his life ebbing away. But when he learns giraffes are going extinct, he finds himself recalling the unforgettable experience he cannot take to his grave.

It's 1938. The Great Depression lingers. Hitler is threatening Europe, and world-weary Americans long for wonder. They find it in two giraffes who miraculously survive a hurricane while crossing the Atlantic. What follows is a twelve-day road trip in a custom truck to deliver Southern California's first giraffes to the San Diego Zoo. Behind the wheel is the young Dust Bowl rowdy Woodrow. Inspired by true events, the tale weaves real-life figures with fictional ones, including the world's first female zoo director, a crusty old man with a past, a young female photographer with a secret, and assorted reprobates as spotty as the giraffes.

Part adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late.

***Pickleball Play/Lessons***      ***Thursdays, April 11 & 25 1:00pm***

Pickleball is similar to tennis but with a “wiffle ball” that does not move as fast, smaller racquets, shorter net and smaller court. Riley with Parks and Recreation Department, will be here to teach us the rules of the game and we will play non-competitively fun play. Pickleball is fun, social and friendly. Come play or come to watch. Open to everyone.

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



**WASC**  
Wisconsin Association of Senior Centers



## ***Rock County Aging and Disability Resource Presentation*** ***Friday, April 12 10:00-11:00am***

Darcy, from the Aging and Disability Resource Center of Rock County will provide a general overview of the services provided, answer any questions you might have about services related to aging, and provide fun giveaways. ADRC serves Adults age 60 and older, Adults with Physical Disabilities and Adults with Developmental Disabilities.

**Some of the topics Darcy will speak about and share information on are below.**

\*Adaptive Equipment \*Assisted Living and/or Nursing Home \*Employment Programs \*Financial Assistance \*Health and Wellness Programs \*Housing Options \*In-home Personal/Supportive Care \*Nutrition Programs \*Prescription Drug Coverage \*Respite Care \*Transportation

**\*IRIS Program (Include, Respect, I Self-Direct)** is a self-directed program for Wisconsin's frail elders and adults with disabilities. You have to be eligible for Medicaid to be in the IRIS program.

**\*Family Care Program** Family Care is a Medicaid long-term care program for older adults and adults with disabilities. The goal is to get members the services they need to live in a home setting when possible. Family Care offers long-term care under one benefit program. Long-term care is a service or support a person may need because: \*They have a disability. \*They are older. \*They have a lasting (chronic) illness.

Disability, age, or illness may get in the way of a person being able to do daily tasks: bathe, get dressed, go to work, make meals, pay bills or more.

Come and get educated as to what resources are available

To you or your family member.

Open to everyone. Please call Grinnell Hall to reserve a seat.

