

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

May 2024

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511

608-364-2875
Hours
8:00am-4:00pm

Debbie Kraus
Senior Center
Manager

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.



Hot Dog Day Thursday, May 23 3:00pm

Larry White will be grilling some delicious hot dogs.



Eat here and enjoy the company or take it to go.

Two hot dogs, chips, cookie and drink for only \$5.00.

Please register and pay by Tuesday, May 21.

Gentle Yoga Class Mondays 1:00

Come practice meditative and gentle modified yoga postures and movement with us. Learn how to practice yoga in a safe and therapeutic manner. Explore using your awareness, breath and props to support your posture and movement for increased vitality and ease in your body, mind, and heart. Class can be done in a chair.

Instructor Jamie Ackley is a somatic practitioner certified in yoga instruction and massage therapy with over twenty years experience teaching in clinical and community settings. She loves to find creative and therapeutic ways to make yoga accessible, supportive and fresh. We ask for a \$2 donation for class.

Eating Locally Thursday, May 16 9:30am

Explore the science and health benefits of eating locally with Kaelyb Lokrantz of Merrill Community Garden.

Attendees will receive information about local community supported agriculture programs and what eating locally does for your surroundings. Attendees will also receive veggie and flower seeds if they wish. Class is held at Grinnell. Please register for this class.

History of the Carousel Tuesday May 21 10:00am



Is it a Merry-Go-Round or a carousel? Why do some go Clockwise and others counterclockwise? Some horses go up and down and some stand still. What about that Carousel that has no horses? Get all your questions answered. Carousel Artist and Historian Nancy M. Vance. presents History of the Carousel. Open to everyone, please register.

Bunco Lessons and Play

Learn how to play dice game Bunco and have some fun and meet new people.

Play and lessons will be on Tuesdays at 1:00pm starting May 7. Please sign up so we know how many are interested in playing.

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

**Volunteer Spotlight
Geri Heim**

Geri began volunteering at Grinnell in 2021 and joined the Advisory Board in 2023. She loves to explore new activities, meet new people and support the Beloit community. Geri enjoys volunteering as it provides her with a sense of well-being and adds value and meaning to her life and gives a routine sense of purpose. She has been involved with Book Club, Lunch Bunch, Drum & Music Circle and she recently started Line Dancing. "On my first day of line dancing at least 6 or 7 people greeted me so warmly. The enthusiasm and encouragement is amazing. Every month there is something new happening at Grinnell." Retirement from social work was challenging but Grinnell is her "home away from home." Geri is a Beloitier and her and her husband have a daughter who is a social worker and a son who is a firefighter. Thank you Geri for all you do.



Thank you for your donations

Beth Bausman, Pamela Joy, Linda Hiter, Nancy Vance, Steil Family, Paula Denson, Peg Wall, Karen Whisenand, Joan Slater, Vicki Seichter, Linda Kinder, Pearl Friedley, Lois Engen, Deb Marvin, Linda Kuhnle, Diane Chasser, Bruce "Sarge" Berger, Carol Logan, Cindy Barnes, Judy Finkey, Sheril Gilbertson, Judy Krueger, Grace Kontor, David Schenk, Joan Slater

Euchre Results First Quarter

First Place—Linda H
Second Place—Randy
Third Place—Lois, Jeannie, Terry



| | | | | | |
|----------|----------------|-----------|------------|----------|------------|
| Margaret | Alexander | Joanne | Hartley | | |
| Teresa | Babcock | Donna | Hemmerling | | |
| Jean | Bach | Eva | Hoff | | |
| Monette | Bebow-Reinhard | Katherine | Hulburt | | |
| Bruce | Berger | Cheryl | Jackson | | |
| Anthony | Bonasera | Dave | Jacobsen | | |
| Duane | Bourgeois | Mardell | Jacobsen | | |
| Kathy | Carr | Winnie | Jentz | | |
| Janice | Champion | Emery | Johnson | | |
| Kenneth | Clouser | Carol | Larsen | | |
| Carole | Cowell | Gordon | Lobbins | Peggy | Wall |
| John | Curatolo | Jeanne | Ludeman | Carolyn | Weavel |
| Julie | Day | Donna | Meyer | Janet | Webster |
| Gloria | Fillion | Catherine | Phillips | John | Wesolowski |
| Gloria | Fourtounis | Curt | Pizza | Lawrence | White |
| Dennis | Gearing | Becky | Sayles | Judith | Wightman |
| Judy | Haberman | Ted | Schiltz | Alan | Wilson |
| Denice | Hanson | Katherine | Swain | Gary | Witzack |
| Richard | Harrar | Lois | Taylor | Roma | York |



Lunch Bunch at China House Friday, May 10 at 11:00am

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. Address is 2240 Prairie Ave. Beloit in Northgate Plaza.



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



Universal Yums Monday, May 20 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 20.

**UKES WELCOMES ALL STRING INSTRUMENTS
SO JOIN IN ON THE FUN
MONDAYS MAY 13 2:00 PM**

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ROCK STEADY NON-CONTACT BOXING

Rock Steady is non-contact as you do not box against another person. Rock Steady Boxing is held at Big Hill Center in Big Hill Park– 1201 Big Hill Court Beloit. SOL Fitness and the City of Beloit are offering this program on Tuesday and Thursday evenings at 5:30pm. The class was designed for those with Parkinson's but has proven benefits for all! The class works on strength and flexibility, balance, cognitive drills and so many more skills required for active daily living. Participants are various ages and work to their capacity and ability. Registration is a must and safety protocols will be enforced. You are invited to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any. Cost is \$10 per class or purchase a punch card for \$100 for 11 classes. Please contact Connie Udell at 608-302-7088 or connieudell1@gmail.com for information on this special and with any other questions about Rock Steady Boxing. If you are curious about the program and more of its benefits check out www.rocksteadyboxing.org.

History and Hike at the Confluence *Wednesday, May 22 1:00-2:00pm*



Learn about the history of the land where Turtle Creek meets the Rock River, followed by a guided walk along the trails. Program will begin indoors where restrooms and water are available. The trails are either gravel or mulch and are mostly flat. We will meet at the Confluence located at 306 Dickop Street in South Beloit. Dicktop St. entrance is south of the railroad tracks off of Blackhawk Blvd. on the west side. You do not have to join in on the hike. Open to everyone, please register.

All in the Family Tuesday, May 14 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, May 14 & 28 and June 11 & 25

We have received many positive comments about Certified Massage Therapist Alicia Jenski and how participants felt after their massage. Appointments begin at 12:00pm. Treat yourself to a relaxing and rejuvenating chair massage, it will make your day. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call to pre-register. Please pay by cash on the day of your appointment.

TOENAIL TRIMMERS APPOINTMENTS ***Tuesdays May 21 & June 18***



A registered nurse is available to trim your toes and dremell if necessary. Appointments are 30 minutes and cost is \$35. You can get your fingernails cur for an additional \$15 at the same appointment or make a separate appointment. Payment will be by cash or check only. Sorry no insurance is accepted. Appointments can be made by calling Toenail Trimmers at 262-719-0336. You will receive a reminder phone call so please put their number in your contacts.

What The Tech with Mark Preuschl
Thursdays May 16 & June 20
1:00-3:30
No appointment necessary

UW Whitewater Tech Assistance
Friday, May 10 9:00-11:00
Call to make an appointment
Bring your cell phones, your tablets or your laptop
with a list of questions.

SAVE THE DATES
LUAU WITH DJ CHUCK WILSON
MONDAY, JUNE 17 1:00PM
COUNTRY MUSIC BY CHIP MESSINER
WEDNESDAY, JULY 10 1:00PM
MIXED GENRES MUSIC BY
ECLECTIC RED
WEDNESDAY, AUGUST 7 1:00PM
CRAFT AND BAKE SALE
WEDNESDAY, AUGUST 7 &
THURSDAY, AUGUST 8



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, May 9 12:00-4:00

Watch Battery Replacement,
Jewelry Repair & Alterations

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

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Visit www.beloithealthsystem.org



MOVIE MATINEE

“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.



“The Intern” Friday, June 7 10:00am

Ben Whittaker (Robert DeNiro) is a 70-year-old widower who has discovered that retirement is not all it is cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway).

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.

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

DHS Approved 4/22/2021

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



Grinnell Family Feud Monday, May 13 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.

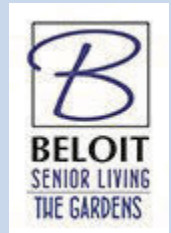


BINGO Wednesday, May 15 1:00-2:30pm

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
Beloit Senior Living - The Gardens



Drum and Music Circle 10:00-11:00am
Friday, May 17

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, May 3 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.



Garden Club Wednesday, May 29 1:00pm

You don't have to have green thumb to be involved with the Garden Club. You can pick up some great tips and have good conversations. Rock Prairie Master Gardeners will present a program that will include: why create a pollinator garden, the use of native plants to help native pollinators, location of the garden and how to maintain your garden.

Please let us know if you will be attending.



Memory Screenings Wednesday, May 22 12:30-3:00pm

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 last 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.



United Way
Blackhawk Region
Funded Partner

Summer Driving Techniques and AARP Driver Safety Program Thursday, May 9 10:00am Grinnell Hall



Learn tips on how to be a safer driver. Summer may seem like a safe time for driving because there is no snow or ice, but other issues can create reasons to be prepared. Presented by Neil McCallum, AARP State Coordinator. Space is limited to 20 people and reservations are required. Please call RSVP at 608-362-9593 or email Larissa at lchmielewski@rsvp.org.

Journaling and Memoir Writing Tuesdays May 7, 14, 21, 28 June 4 & 11 1:00-3:00pm

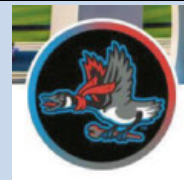
This workshop is for anyone who may benefit from therapeutic aspects of journaling through expressive writing. The six-week workshop will teach various writing techniques that may help participants to reduce their stress, learn to express their feelings and emotions on paper; find new ways to solve problems; discover their own creativity and wisdom from their life story; and promote well-being through the writing process. You do not have to be a writer to attend this workshop. You only need to bring paper, pen, and a willingness to write what's on your mind or in your heart, and to write some of the stories of your life. Jo Ann Kolyk has vast experience in leading Journaling classes and we have received many positive comments. Register early as space is limited.

Rock County ADRC Community Engagement

Thursday May 9 11:00-1:00pm Please note you do not have to stay for the whole time.

ADRC is hosting Community Engagement programs throughout Rock County to conduct listening sessions and survey for you input. They will facilitate a discussion at Grinnell Hall. If you want to sign up for a meal you must pre-register at least one business day prior to the day you would like to dine by 11:00am. Dining program information can be found on page 10. Please contact Cori March at 608-757-5416 or cori.marsh@co.rock.wi.us with questions.

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 \$15.00 per ticket and includes hot dog, chips and drink. Register now as limited tickets are available.

Transportation on your own or you can make your own arrangements to car pool.

May 2024 Calendar of Activities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| <p><i>Beloit Area Retired Educators are inviting all retired educators to join their group for social and educational events. For additional information please contact Kathy McNamee at 608-365-5934</i></p> | | <p>1 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Mind over Matter 1:00 Mahjong 1:00 Pinochle 1:00 Theater</p> | <p>2 8:00 Billiards 8:00 Open Sewing 9:00 Advisory Board Meeting 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p> | <p>3 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 10:00 Poker Challenge 12:30 Mexican Train</p> |
| <p>6 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</p> | <p>7 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage 1:00 Journaling 1:00 Bunco</p> | <p>8 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Sky Carp Game 1:00 Mahjong 1:00 Pinochle 1:00 Theater</p> | <p>9 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 10:00 Summer Driving 11:00 ADRC Info. 12-4 Benefit Spec.</p> | <p>10 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 9:00 UWW Tech Help 11:00 Lunch Bunch 12:30 Mexican Train 1:00 Pickleball aPark</p> |
| <p>13 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes</p> | <p>14 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:00 Chair Mass. 12:30 Cribbage 1:00 All in the Family 1:00 Journaling 1:00 Bunco</p> | <p>15 Jersey Boys trip 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Mind over Matter 1:00 Mahjong 1:00 Pinochle 1:00 Theater 1:00 Bingo</p> | <p>16 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Eating Locally 9:30 Line Dancing 12:30 Euchre 1:00 RSVP Drivers Meeting 1:00 What the Tech</p> | <p>17 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Drum and Music Circle 12:30 Mexican Train 1:00 Pickleball</p> |
| <p>20 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 1:00 Book Club 2:30 Universal Yums</p> | <p>21 8:00 Billiards 8:30 Toenail Care 9:30 Line Dancing Beginner 10:00 Line Dancing 10:00 Carousels 12:00 Bridge 12:30 Cribbage 1:00 Journaling 1:00 Bunco</p> | <p>22 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Memory Screenings 1:00 Mahjong 1:00 Pinochle 1:00 Theater 1:00 Confluence</p> | <p>23 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 3:00 Hot Dog Day</p> | <p>24 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p> |
| <p>27 Closed for Memorial Day </p> | <p>28 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Bridge 12:00 Chair Mass. 12:30 Cribbage 1:00 Journaling 1:00 Bunco</p> | <p>29 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Mind over Matter 1:00 Mahjong 1:00 Pinochle 1:00 Theater</p> | <p>30 Brewers Trip 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p> | <p>31 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p> |

Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

Eligibility: Any person age 60 or older regardless of income, residency and spouse of any age.

Dining Centers: Reservations are required and must be made no later than noon of the prior business day. **Home Delivered:** Must also be homebound.

Suggested donation: \$5.00 All donations are appreciated.

Funding provided by Title III (Older Americans Act) and donations.

Rock County ADRC is an equal opportunity provider.

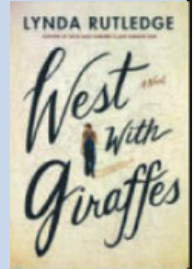
No eligible person will be denied a meal because of inability to make a donation.

May
2024

Page 10

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| | Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107 | 1 Chocolate Milk Tuna Macaroni Salad Romaine Salad w/ Ranch Dressing V-8 Juice Strawberries w/Yogurt | 2 Roasted Pork Loin Brown Rice Baked Bean Medley Stewed Tomatoes Pears | 3 Chicken & Mushroom Alfredo Broccoli Carrots Cornbread Apple Slices |
| 6 Hamburger Whole Wheat Bun Baked Beans Tomato Zucchini Bake Tropical Fruit Salad | 7 Chocolate Milk Parm. Chicken Breast Mash. Sweet Potatoes Cooked Spinach Cucumber, Tomato & Onion Salad Whole Wheat Bread Apple Slices | 8 Chicken Ceasar Pasta Salad Spinach Salad w/French Cottage Cheese V-8 Juice Mixed Berries Peanut Butter Cookie | 9 Hearty Beef Stew Mashed Potatoes Carrots Peas Whole Wheat Bread Sugar-Free Pudding | 10 Cranberry Glazed Pork Roast Roasted Potatoes Beets Whole Wheat Bread Pears |
| 13 Chocolate Milk Broccoli Quiche Roasted Potatoes Stewed Tomatoes Cottage Cheese Peaches Cinnamon Raisin Bread | 14 Peach BBQ Chicken Brown Rice Carrots Cauliflower Tropical Fruit Salad | 15 Cheeseburger Casserole Cooked Spinach Peas Apple Slices Sugar Cookie | 16 Roasted Pork Loin w/ Mushroom Gravy Au Gratin Potatoes Brussels Sprouts Broccoli Salad Whole Wheat Bread Lemon Bar | 17 Baked Parmesan Cod Rice Pilaf Baked Bean Medley Red Cabbage Pears |
| 20 Rosemary Chicken Roasted Garlic Potatoes Peas Whole Wheat Bread Strawberries w/ Yogurt | 21 Chocolate Milk Roast Beef w/Gravy Rice Pilaf Beets Romaine w/Ranch Applesauce Chocolate Cake | 22 Pork Stew Broccoli Carrots Whole Wheat Bread Pineapple | 23 Taco Bake Brown Rice Stewed Tomatoes Baked Beans Pears | 24 BBQ Chicken Breast Mashed Potatoes Green Beans Cornbread Mixed Berries |
| 27 Memorial Day No Meals | 28 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Carrots Whole Wheat Bread Applesauce | 29 Chocolate Milk Chicken Stir Fry Brown Rice Cabbage Stewed Tomatoes Melon Mix Pudding | 30 Baked Cod w/Lemon Zucchini Tomato Bake Corn Biscuit Cottage Cheese w/ Peaches | 31 Herbed Chicken Breast w/Mushrooms Pasta Green Beans Broccoli Pears |

**Book Club “West With Giraffes”
Monday, May 20 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 Fridays, May 10 & 17 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. We will be outside at Wooten Park near the Beloit High School.

In case of inclement weather we will meet at Grinnell.

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

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

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

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

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

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



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



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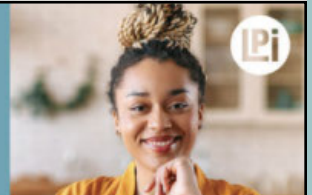
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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Website: www.beloitwi.gov



13th Annual VetsRoll Victory Parade

Wednesday, May 22, 2024

Tentative Arrival 9:15 - 9:30 pm

Join us at the Victory Parade Celebration Inside the
Beautiful Eclipse Center, Beloit, WI

Help us welcome home our Veterans!

Spectators are encouraged to bring signs for their loved ones, consider dressing to the 1940s period and arrive early for parking and viewing.

Welcome Home Celebration for our Heroes with outdoor fireworks and a presentation inside the Eclipse Center.

Frank Sinatra Tribute Thursday, June 6, 2024

White Pines Playhouse Mount Morris, IL

Grinnell Members \$87 Non-members \$97

Cost includes meal, gratuity, show and transportation on coach bus.

Elton John and Billy Joel Tribute Monday, July 8, 2024

Starved Rock State Park Oglesby, IL

Grinnell Members \$95 Non-Members \$105

Price includes meal, gratuity, show and transportation on coach bus.

FULL TRIP BOOKLET AVAILABLE AT THE FRONT DESK