

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

June 2024

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

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

Debbie Kraus
Senior Center

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.



"ICE CREAM" SOCIAL SATURDAY, JUNE 22 1:00-3:00pm

Grinnell Hall Advisory Board is inviting you to share Grinnell with your family and friends and enjoy activities for all ages. We will be serving Culver's Custard and make your own sundae, cookies and drinks. Introduce your Grinnell friends to your family so they can put a smile with their name. We ask that you let us know how many are attending or if it is a last minute decision come on down. Put it on your calendar now! Refreshments available until we run out.



Spin the Wheel and Win a Prize on-going
Bingo 1:30-2:30pm Have Fun and Win Some Prizes
Water Balloon Toss 1:15pm & 2:30pm
Coloring and Craft Area on-going

We are also collecting non-perishable items for local food pantries.

Luau with DJ Chuck Wilson Monday, June 17 1:00-2:30pm



It's going to be a fun time so don't miss it.
Sing to some great tunes, spend time with friends and dance.
Chuck will play your favorites and you can also request songs. Light refreshments will be served with Ms. Yoshi's special drink. Come dressed in Hawaiian attire. See you there!



CRAFT AND BAKE SALE WEDNESDAY, AUGUST 7 & THURSDAY, AUGUST 8

***DONATE SOME CRAFTS AND BAKED ITEMS TO HELP RAISE SOME FUNDS FOR GRINNELL HALL. FUNDS ARE USED FOR SUMMER CONCERTS.
VOLUNTEERS ARE NEEDED TO HELP SELL.
SIGN UP AT THE FRONT DESK.***

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 Margaret Alexander

Margaret began volunteering at Grinnell Hall in 2017 when she first moved to South Beloit. She moved here from the Quad Cities, Iowa and previously was in Quincy, Illinois. Margaret has volunteered her whole adult life with her children's athletics, American Cancer Society, RSVP/ AmeriCorps and other opportunities. Margaret volunteers for special events and is also on the Advisory Board. She also participates in exercise classes, special events and pickleball. She enjoys gardening and fishing. She enjoys volunteering for the social aspect, making new friends and a guilty pleasure of getting a good feeling in return. Margaret has 4 children, 2 living in the Beloit area, one in the Quad Cities and Arkansas. She has 8 grandchildren and 1 great grandson. This is Margaret's last term for the Advisory Board and we thank Margaret for all she does.



| | |
|----------|------------------|
| Diane | Anderson |
| Cindy | Barnes |
| Jeanne | Chernik -Kruegar |
| Bill | Chryst |
| Matthew | Coppernoll |
| Peter | Demus |
| Judy | Farmer |
| Candie | Feurstein |
| Dale | Franks |
| Sue | Gibson |
| Grazyna | Golab |
| Harry | Hamilton |
| Rosie | Hart |
| John | Heidt |
| Geri | Heim |
| Beverly | Heinz |
| Grace | Konter |
| Terry | Loehrl |
| Joanne | Martin |
| Dianne | McLinn |
| Mary Ann | Meyer |
| Judy | Nelson |
| Richard | Olmstead |
| Laura | Richards |
| Joanne | Rowe |
| Sally | Rychly |
| Cathy | Schafman |
| Vicki | Seichter |
| Marcia | Stenberg |
| Mary Ann | Sveom |
| William | Tierney |
| Terry | Zimmerman |

Thank you for your donations

Freda Goff, Shirley Brenum, Linda Swanson, Judy Finley, Cookie & Roger Allen, Carol Seaton, Ruby Hay, Lois Engen



Do you have some extra time to share your ideas and talents? The Advisory Board is reaching out to fill a three year vacancy on the board. Advisory Board discusses activities and events, volunteers for events and makes suggestions for improvements. If you are interested please see Becky, David or Debbie to complete a Advisory Board election form. We will need to know by the end of June and elections will take place in July and August.

**Lunch Bunch at Rhuester's Inn
Friday, June 21 at 11:15am**



Join us and have a great lunch at Rhuester's Inn in Afton, just a 10 minute drive out of town. They have great sandwiches, Friday fish fry and fun atmosphere. 5321 S. County D Afton. Please sign up.

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



Universal Yums Monday, June 24 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 June 10 & 24 2:00**

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I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options



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ROCK STEADY NON-CONTACT BOXING

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

Staying Active: Joint Replacements, Falls, and Continuing to Move Wednesday, June 26 11:00am



Dr. Tim Harris, DPT, will lead a discussion around the most common joint replacements that your doctor may bring up to you and how to help prevent falls as we age. He will answer questions about the role of physical therapy in staying mobile while aging and give some tips and tricks for staying as active as possible.

All in the Family Tuesday, June 11 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, June 11 & 25 July 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.

TOENAIL TRIMMERS APPOINTMENTS Tuesdays June 18 & July 16



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 June 20 1:00-3:30
No appointment necessary**

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.

Beloit Disabled American Veterans (DAV)

If you are a veteran or know a veteran and want to find out about state and federal benefits you are invited to attend a DAV meeting at Grinnell Hall. Meetings are on the 4th Thursday at 6:00pm with the exception of December. You do not have to be a DAV to attend the meeting.



**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, June 6 12:00-4:00
Thursday, June 27 8:00-12:00**

**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.

**Make the
Smart Choice**



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608.365.7222



Assisted Living
5601 E. Rockton Road, Roscoe, IL
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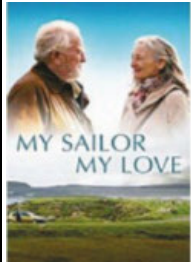
MOVIE TIME

“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).



“My Sailor My Love” Friday, July 12



Howard (James Cosmo) is a widowed sailor living alone on the coast of Ireland. His daughter, Grace (Catherine Walker), hires Annie (Brid Brennan), a lovely older woman to help around the house. Initially resistant to this support, Howard is soon charmed by Annie's gentle care, and the two fall in love. This new romance illuminates the hurt within Howard's relationship with Grace, tearing at Howard and Annie's seaside love story.

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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DHS Approved 4/22/2021

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Grinnell Family Feud Monday, June 10 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, June 19 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.



**Drum and Music Circle 10:00-11:00am
Friday, June 14**

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, June 7 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.

Farmer’s Market Vouchers

Eligible seniors receive vouchers worth \$45 to purchase locally grown produce at approved farmers’ markets and roadside stands.

Who is Eligible? Rock County residents age 60 or older (Native Americans 55 or older)
Monthly household income which is not more than \$2,322 for one person or \$3,152 for two people, etc.
NEW.... THOUGH BASED ON HOUSEHOLD INCOME, EACH QUALIFYING INDIVIDUAL MAY RECEIVE VOUCHERS ONCE PER YEAR

How Do I Get These Vouchers?

Vouchers will be distributed at multiple locations. There is a limited number of vouchers available and it is based on first come, first served basis.

Vouchers will be available at the Beloit Library on Wednesday, June 19 2:00-3:30pm

If you are unable to get to the distribution site and would like someone else to be pick them up for you please call ADRC Nutrition Program at 608-757-5428 at least one week in advance to request a Proxy Authorization Form. This is the only document which will permit someone else to receive vouchers on behalf of an eligible senior.

**For additional information please pick a flyer up at Grinnell Hall.
Beginning July 2 any remaining vouchers will be distributed on a first come first served basis.
Call 608-757-5428 for availability and options.**



Spot and Stop Financial Fraud
Tuesday, June 18 1:00-2:00

Do you get calls, emails, or texts asking for personal information and are unsure what's legit? You're not alone! At First National Bank and Trust, we are always here to ensure your financial safety. During this session we'll explain the different ways scammers try to steal your information, common tricks they use, and what to look out for. Most importantly, we'll teach you simple steps you can take to keep your money and sensitive information safe. Open to anyone, please call to reserve a seat.



UW Whitewater Free Technology Assistance
Friday, June 21 9:00-11:00

UW-Whitewater Intergenerational Technology Services (IGeTS) will be at Grinnell Hall to 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. **Assistance is available in Spanish.**

IGeTS is a grant funded free technology support services for 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, please call Grinnell Hall to make an appointment.



Rock County residents now have access to a new web-based tool for mental health! Rock County Public Health (RCPH) partnered with the National Association of County and City Health Officials (NACCHO) and CredibleMind to bring free and confidential access to a large library of mental health and well-being resources. With CredibleMind, users will have access to:

Scientifically proven assessments that help users understand their mental health, covering topics like anxiety, depression, meditation, burnout, and substance use.

Thousands of expert-reviewed apps, podcasts, books, articles, and videos across hundreds of mental health topics. Tools that focus on building skills to thrive mentally and emotionally at work, with family and friends and in the community.

Anyone can access the tools anonymously or create a confidential account to track progress and receive email updates. Go to RockCounty.CredibleMind.com to begin using the site!

Staying Active: Joint Replacements, Falls, and Continuing to Move
Wednesday, June 26 11:00am



Dr. Tim Harris, DPT, will lead a discussion around the most common joint replacements that your doctor may bring up to you and how to help prevent falls as we age. He will answer questions about the role of physical therapy in staying mobile while aging and give some tips and tricks for staying as active as possible. Please sign up for this presentation

Clean Sweep Saturday, June 22 9:00-11:00am

City of Beloit Public Works garage 2351 Springbrook Ct. Beloit
 Clean Sweep provides safe and affordable disposal of hazardous chemicals to all residents of Rock County. Get rid of your unwanted pesticides, mercury and other hazardous chemicals putting citizens in our community at risk.

June 2024 Calendar of Activities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 3 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 | 4 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage 1:00 Journaling | 5 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 | 6 8:00 Billiards 8:00 Open Sewing 9:00 Advisory Board Meeting 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre | 7 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 10:00 Poker Challenge 12:30 Mexican Train |
| 10 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga | 11 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:00 Bridge 12:30 Cribbage 1:00 All in the Family 1:00 Journaling | 12 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 | 13 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball 1:00 RSVP Drivers Meeting | 14 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Drum and Music Circle 12:30 Mexican Train |
| 17 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 1:00 Mahjong No Gentle Yoga 1:00 Luau 2:00 Ukes | 18 8:00 Billiards 8:30 Toenail Care 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage 1:00 Financial Fraud | 19 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 1:00 Bingo | 20 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 RSVP Drivers Meeting 1:00 What the Tech | 21 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 9:00 UWW Tech Assistance 11:15 Lunch Bunch 12:30 Mexican Train |
| 24 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 | 25 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:00 Bridge 12:30 Cribbage | 26 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Staying Active 1:00 Mahjong 1:00 Pinochle 1:00 Theater | 27 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12-4 Benefit Spec. 12:30 Euchre 1:00 Pickleball | 28 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train |

Volunteers are needed to assist with the lunch program. The lunch program is available Monday - Friday and volunteers are needed from 10:00am-12:30pm. You do not have to volunteer for every day, one day a week would be great! Please let us know if you are interested or see Cindy who oversees the lunch program.

The quilters have been busy and made 8 baby quilts that were donated to Caritas. Thank you ladies for all you do.

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.

**June
2024**

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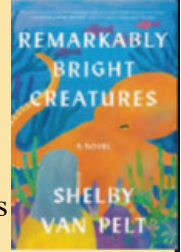
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p>3 Spaghetti & Meatballs Brussels Sprouts Cauliflower Southern Biscuit Apple Slices</p> | <p>4 Chicken & Wild Rice Casserole Carrots Romaine Side Salad w/Italian Dressing Warm Spiced Pears</p> | <p>5 Polish Sausage Whole Wheat Bun Baked Beans Cooked Spinach V-8 Juice Mixed Fruit</p> | <p>6 <i>Chocolate Milk</i> Roast Beef w/Gravy Mashed Potatoes Green Peas Whole Wheat Bread Melon Mix</p> | <p>7 Chicken Bruschetta Au Gratin Potatoes Broccoli Cornbread Banana Fudgy Fiber Brownie</p> |
| <p>10 Tuna Macaroni Salad Romaine Salad w/ Ranch Dressing V-8 Juice Strawberries w/ Yogurt</p> | <p>11 Roasted Pork Loin Brown Rice Baked Bean Medley Stewed Tomatoes Pears</p> | <p>12 Turkey Breast w/Gravy Mashed Potatoes Green Beans Whole Wheat Bread Banana Lemon Bar</p> | <p>13 Chicken & Mushroom Alfredo Broccoli Carrots Cornbread Apple Slices</p> | <p>14 <i>Chocolate Milk</i> Sloppy Joe Whole Wheat Bun Roasted Potatoes Beets Cottage Cheese w/ Peaches Fudgy Fiber Brownie</p> |
| <p>17 Chicken Ceasar Pasta Salad Spinach Salad w/ French Cottage Cheese V-8 Juice Mixed Berries Peanut Butter Cookie</p> | <p>18 Cranberry Glazed Pork Roast Roasted Potatoes Beets Whole Wheat Bread Pears</p> | <p>19 Hamburger Whole Wheat Bun Baked Beans Tomato Zucchini Bake Tropical Fruit Salad</p> | <p>20 <i>Chocolate Milk</i> Parm. Chicken Breast Mash. Sweet Potatoes Cooked Spinach Cucumber, Tomato & Onion Salad Whole Wheat Bread Apple Slices</p> | <p>21 Hearty Beef Stew Mashed Potatoes Carrots Peas Whole Wheat Bread Sugar-Free Pudding</p> |
| <p>24 Cheeseburger Casserole Cooked Spinach Peas Apple Slices Sugar Cookie</p> | <p>25 Baked Parmesan Cod Rice Pilaf Baked Bean Medley Red Cabbage Pears</p> | <p>26 <i>Chocolate Milk</i> Roasted Pork Loin w/ Mushroom Gravy Au Gratin Potatoes Brussels Sprouts Broccoli Salad Whole Wheat Bread Lemon Bar</p> | <p>27 Peach BBQ Chicken Brown Rice Carrots Cauliflower Tropical Fruit Salad</p> | <p>28 Broccoli Quiche Roasted Potatoes Stewed Tomatoes Cottage Cheese Peaches Cinnamon Raisin Bread</p> |

ADRC Cycling Without Age

Have a seat on a Trishaw and ride with a trained volunteer as you enjoy the bike trails in Palmer Park in Janesville. The volunteer does all the work and you enjoy the ride. There is no cost. Rides are 30 minutes and times are Fridays 9:30, 10:00, 10:30, 11:00. Please contact Rock County Mobility Management at 608-757-5408 to reserve a time.

**Confidential
Wisconsin
Elder Abuse
Hotline
1-833-586-0107**

**Book Club “Remarkably Bright Creatures”
Monday, June 24 1:00-2:00pm**



After Tova Sullivan’s husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she’s been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago.

Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn’t dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova.

Ever the detective, Marcellus deduces what happened the night Tova’s son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it’s too late.

Pickleball Play/Lessons Thursdays June 13 & 27 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



ADT-Monitored Home Security

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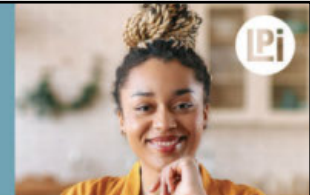
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit
Grinnell Hall Senior Activity Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875
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Website: www.beloitwi.gov



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.

Register by June 14



Historic Galena Thursday, August 15

Galena, Illinois

Grinnell Members \$63 Non-members \$73.00

Price includes lunch, gratuity, tours and transportation on coach bus.

Register by July 16

Maxson Riverside Restaurant and Paddle Wheel Riverboat

Tuesday, September 17, 2024

Oregon, Illinois

Grinnell Members \$78 Non-members \$88.00

Price includes meal, gratuity, transportation on coach bus, Paddle Wheel Riverboat trip and Blackhawk Statue Tour

Register by August 16



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