

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity 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.*



**July 2024**

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

**608-364-2875  
Hours  
Mon-Fri  
8:00am-4:00pm**

**Debbie Kraus  
Senior Center  
Manager  
krausd@beloitwi.gov**

Grinnell Hall membership is open to anyone no matter where you reside. Membership fee is 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!

## ***Country and Western Hoedown featuring Chip Messiner Wednesday, July 10 1:00-2:30pm***



Get your boots and Country and Western wear on and have some hoe down good fun! Chip first picked up the acoustic guitar at a very young age and he was just eleven years old when he played his first professional "gig". He enjoys performing at festivals and clubs with his "One Man Country Band" or as a solo with just his acoustic guitar. Besides his wife, it's the thing that he loves the most...Performing!!! Chip also hosts 95.3 Sunday Morning Legends of Country Show. Light refreshments will be served. Enjoy the music and dancing if you wish.

**SPECIAL THANK YOU TO SPONSOR  
OAK PARK PLACE**



## ***Eclectic Red***

***Wednesday, August 7 1:00-2:30pm***

Eclectic Red will perform some oldies and goodies as well as some recent hits. Light refreshments will be served.

***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

#### **DEBORA "Deb" MARVIN VOLUNTEER SPOTLIGHT**



Deb began volunteering 8 years ago making the infamous pumpkin bread and scrubbies which takes her about 20-25 hours for each fundraiser. She feels that Grinnell Hall is a wonderful place to come and meet people, make new friends and she wants to support the activities.

She enjoys making the items for the fundraisers and she receives many compliments. She recommends volunteering to others because it makes you feel good and it's nice to hear the comments about how everyone enjoys the bread and scrubbies. Deb loves to knit with the Chicks with Sticks and has donated many items beyond Grinnell. She plays Mahjong and enjoys the company and friendships she has made at both activities. She and her husband enjoy Brick by Brick and Figgerits puzzle games.

Deb has a wonderful husband Charles, a daughter Christie who created a Halloween activity day at Grinnell Hall for her college training, a son Charles Jr. She also has 7 grandchildren, 5 great grandchildren and a dog Benny their biggest baby.

Deb thanks so much for your delicious pumpkin bread year round and helping us keep our kitchens clean with the scrubbies.

#### Thank you quilters

8 quilts given to the Domestic Violence Shelter  
2 quilts given to Housing 4 Our Vets  
2 quilts given to the 16:49 program for homeless teenage girls

The quilts are on the larger size and all stayed in the local community. Along with using many of the donated fabrics, each quilter have also been adding from their personal "stashes" at home.

They truly love doing this kind of volunteering. They are thankful for Grinnell offering and maintaining a great space for quilters to gather and create.

Terry Babcock, Beth Bausman, Illa Borgwardt, Sandy Buske, Paula Denson, Sue Gibson, Kim Kline, LeaAnn Mattox and Debra Young.

Thank you for your donations to Nellie's Nook  
Lois Taylor, Ken Studinski and Jan Moran



Jelene	Ahrens
Tom	Anderson
Linda	Andreoni
Keith	Bach
<b>H</b> Ellen	Barlow
<b>A</b> Illa	Borgwardt
Carl	Creedy
<b>P</b> Amber	Culver
Susan	Davis
<b>P</b> Janet	Deeds
Carol	Egleston
<b>Y</b> Carol	Fryar
Linda	Gilbert
Colleen	Gill
Sharyl	Goecks
Donna	Hanson
Dorothy	Harrell
Linda	Hiter
Nancy	Hoffman
<b>B</b> Tom	Howe
Diane	Jones-Nuzzo
<b>I</b> Hal	Joyce
Marilyn	Kasten
<b>R</b> Terri	Kaye
Judy	Krueger
<b>T</b> Cyndy	Mac Nees
Elizabeth	Magnus
<b>H</b> Dawn	McIntyre
Donna	Messer
<b>D</b> Pat	Messerschmidt
Nancy	Mowers
<b>A</b> Terri	Mullvain
Christine	Olson
<b>Y</b> Tammy	Tucker
Jean	Van Kampen
Dorothy	Wensel
Pam	West
Phil	White

**Lunch Bunch at Bravo Pizza  
Friday, July 12 at 11:15am**

Join us and have a great lunch at Bravo Pizza, but it is more than just pizza. They also carry sandwiches, pasta, paninis, burgers, salads and more. It's just a 10 minute drive, 376 Prairie Hill Rd, South Beloit, IL 61080 Please sign up.



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



**Universal Yums Monday, July 22 2:30pm**

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford as you will read about this month's selected country and sample savory and sweet snacks. 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 July 8 & 22 2:00pm**



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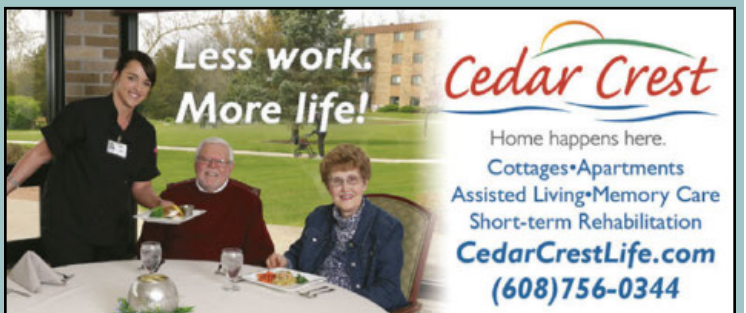


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## ROCK STEADY NON-CONTACT BOXING

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).



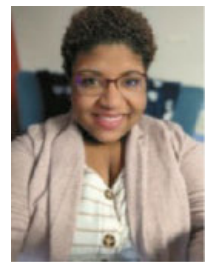
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## Diversity and Equity

**Thursday, July 11 10:00am Grinnell Hall**

Why is everyone talking about diversity and equity? Share and hear lived experiences that celebrate our differences while connecting us to each other despite those differences. Led by Vanessa Beckham, Equity and Engagement Strategist for Rock County. Space is limited to 20 people and reservations are required. Please call RSVP at 608-362-9593 or email Larissa at [lchmielewski@rsvp.org](mailto:lchmielewski@rsvp.org).



## All in the Family Tuesday, July 9 at 1:00pm

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". 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.

## Garden Club Wednesday, July 31 1:00pm

You don't have to have a 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.

## Chair Massage Tuesdays, July 9 & 23 and August 13 & 27

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 July 16 & August 20**

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  
Thursday July 18 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 4<sup>th</sup> Thursday at 6:00pm with the exception of December. You do not have to be a DAV member 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, July 11 12:00-4:00pm  
Thursday, July 25 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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***“My Sailor My Love” Friday, July 12 10:00am***

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.



***“Wonka” Friday, August 2 10:00am***

Based on the extraordinary character at the center of Charlie and the Chocolate Factory, the jewel in the Roald Dahl crown and one of the bestselling children's books of all time, Wonka tells the wondrous story of how the world's greatest inventor, magician, and chocolate maker became the beloved Willy Wonka we know today. This irresistibly vivid and inventive big-screen spectacle will introduce audiences to a young Willy Wonka, chock full of ideas and determined to change the world one delectable bite at a time, proving that the best things in life begin with a dream. If you're lucky enough to meet Willy Wonka, anything is possible.

**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. Most supplies are provided at no cost. Check out schedule of crafts at the front desk.

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DHS Approved 4/22/2021

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**Grinnell Family Feud Monday, July 15 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, July 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*



**Drum and Music Circle 10:00-11:00am  
Friday, July 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 Youth Unite Music Director Johnny leads the group’s creativity. Open to everyone.

**“Poker” Challenge Games Friday, July 12 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.



**The Music of 1964 Thursday, October 24, 2024  
Fireside Theater**

**Grinnell Members \$88 Non-Members \$98**

**Cost includes meal, gratuity and show. Transportation is on your own.  
Register by September 16**

**Leaders of the Pack Thursday, November 21, 2024**

**White Pines Playhouse Mount Morris, IL**

**Grinnell Members \$95 Non-members \$105**

**Cost includes meal, gratuity, show and transportation on coach bus.  
Register by October 21**



**Christmas in the Dells Thursday, December 5, 2024**

**Legacy Dinner Theater, Wisconsin Dells**

**Grinnell Members \$113 Non-members \$123**

**Cost include meal, gratuity, show and transportation on coach bus.  
Register by November 5**



### ***Mental Health...Tools to Help***      ***Tuesday, July 23 10:00am***

Mental Health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Join Fatima Sidime and Amy Liang, interns at Rock County Public Health as they share information on how to take care of yourself. They will share some tools you can use in the privacy of your own home. Feel free to bring your laptop, iPad or phone to learn about some free web-based tools that are confidential.

Please register for this presentation.

### ***Downsizing, Decluttering and More***      ***Tuesday, July 9 10:00am***

Many of us find ourselves in need of help with decluttering, downsizing, estate sales to get rid of items no longer needed. Moving and transitions can be stressful and Graceful Solutions can help with packing/unpacking, settling in, update your home to meet new needs and offers customized floor planning/space. No one wants to do that alone and sometimes family is too busy. With compassion, patience, kindness and expertise it is less stressful. Join Kevin and Sandi Carnes, owners of Graceful Solutions who work with seniors, as they share information to assist you. Please register for this presentation.



### ***Habits of Healthy Aging***      ***Monday, July 15 10:00am***



Join us for a discussion on memory, thinking, and the habits of healthy aging. Members from the Okonkwo Lab at UW-Madison will lead a discussion on SuperAgers and the healthy habits they share. This will be an active learning opportunity so come prepared for light movement, learning, and engaging in memory strategies and evidence-based approaches for taking care of your brain. Light refreshments and giveaways will be provided. Presenter, Monica Bruce is a study coordinator for the SuperAging Research Initiative at UW-Madison. She has many years of experience delivering speech language pathology services in outpatient and skilled nursing settings with older adults. Please register for this presentation.



### ***All Star Senior Snacks***      ***Friday, July 26, 9:30am***



Learn easy ways to incorporate fruits and vegetables into your daily snacking routine, increase your fiber intake, and become more mindful of saturated-fat and added sugar options. Watch a food demo with samples to taste and enjoy a great discussion! Presenters are from UW-Madison Division of Extension. Please register for this presentation.

### ***Renter's Rights Presentation***      ***Friday, July 19 12:00-1:00pm***

Legal Action of Wisconsin, a non-profit law firm that offers free legal services to people with lower incomes, will present information on renters' rights to live in safe, healthy housing and how you can protect yourself when a landlord will not fix an unsafe issue. Allison Creekmur is a lawyer with Legal Action who represents Beloit renters facing eviction, trying to get their security deposit back, or living in housing with unsafe conditions. The presentation will be followed by a clinic in which individuals can meet one on one with an attorney to discuss their concerns. The presentation is open to anyone and lunch items and drinks are provided. Registration for the individual appointments following the presentation is required by calling Allison Creekmur at 608-620-2003.



# July 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</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</p>	<p><b>2</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage</p>	<p><b>3</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</p>	<p><b>4</b> <b>Closed</b></p> 	<p><b>5</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p>
<p><b>8</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b></p> <p><b>Elton John/Billy Joel Trip</b></p>	<p><b>9</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:00 Bridge 12:30 Cribbage <b>1:00 All in the Family</b> <b>1:00 Downsizing</b></p>	<p><b>10</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle <b>1:00 Country Western Hoedown</b> <b>1:00 Theater</b></p>	<p><b>11</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot <b>9:00 Advisory Board</b> 9:30 Line Dancing <b>10:00 Diversity Presentation</b> <b>12-4 Benefit Spec.</b> 12:30 Euchre <b>1:00 Pickleball</b> <b>1:00 RSVP Drivers Meeting</b></p>	<p><b>12</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie</b> <b>10:00 Poker Challenge</b> <b>11:15 Lunch Bunch</b> 12:30 Mexican Train</p>
<p><b>15</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires <b>10:00 Healthy Aging</b> <b>12:30 Family Feud</b> 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes</p>	<p><b>16</b> 8:00 Billiards <b>8:30 Toenail Care</b> 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage</p>	<p><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></p>	<p><b>18</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 What the Tech</b></p>	<p><b>19</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Drum and Music Circle</b> <b>12:00 Renters' Rights</b> 12:30 Mexican Train</p>
<p><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>2:30 Universal Yums</b></p>	<p><b>23</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>10:00 Mental Health Presentation</b> <b>12:00 Chair Massage</b> 12:00 Bridge 12:30 Cribbage</p>	<p><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</p>	<p><b>25</b> 8:00 Billiards 8:00 Open Sewing <b>8-12 Benefit Spec.</b> 9:00 Hand &amp; Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 Pickleball</b></p>	<p><b>26</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>9:30 All Star Senior Snacks</b> 12:30 Mexican Train</p>
<p><b>29</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>1:00 Book Club</b></p>	<p><b>30</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage</p>	<p><b>31</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 Garden Club</b></p>	<p><b>Daily Reminders</b></p> <p><i>Happiness is found within. Positive thoughts create positive things. Smiles are contagious. Kindness is free.</i></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.**

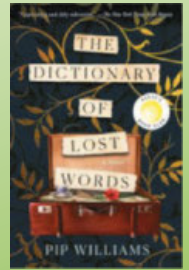
**No eligible person will be denied a meal because of inability to make a donation.**

**July  
2024**

Page 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Chicken Breast Mashed Potatoes Green Beans Cornbread Mixed Berries	<b>2 <i>Chocolate Milk</i></b> Taco Bake Brown Rice Stewed Tomatoes Baked Beans Pears	<b>3</b> Rosemary Chicken Roasted Garlic Potatoes Peas Whole Wheat Bread Strawberries w/Yogurt	<b>4</b> <i>Independence Day</i> <b>NO MEALS</b> 	<b>5</b> Roast Beef w/Gravy Rice Pilaf Beets Romaine w/Ranch Applesauce Chocolate Cake
<b>8 <i>Chocolate Milk</i></b> Bratwurst Whole Wheat bun Baked Bean Medley Spinach Salad w/ French Dressing Mandarin Oranges Warm Spiced Apples	<b>9</b> Chicken Stir Fry Brown Rice Cabbage Stewed Tomatoes Melon Mix Pudding	<b>10</b> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Carrots Whole Wheat Bread Applesauce	<b>11</b> Herbed Chicken Breast w/Mushrooms Pasta Green Beans Broccoli Pears	<b>12</b> Baked Cod w/Lemon Zucchini Tomato Bake Corn Biscuit Cottage Cheese w/ Peaches
<b>15</b> Chicken Bruschetta Au Gratin Potatoes Broccoli Cornbread Banana Fudgy Fiber Brownie	<b>16 <i>Chocolate Milk</i></b> Roast Beef w/Gravy Mashed Potatoes Green Peas Whole Wheat Bread Melon Mix	<b>17</b> Polish Sausage Whole Wheat Bun Baked Beans Cooked Spinach V-8 Juice Mixed Fruit	<b>18</b> Chicken & Wild Rice Casserole Carrots Romaine Side Salad w/ Italian Dressing Warm Spiced Pears	<b>19</b> Spaghetti & Meatballs Brussels Sprouts Cauliflower Southern Biscuit Apple Slices
<b>22</b> Chicken & Mushroom Alfredo Broccoli Carrots Cornbread Apple Slices	<b>23</b> Tuna Macaroni Salad Romaine Salad w/ Ranch Dressing V-8 Juice Strawberries w/ Yogurt	<b>24 <i>Chocolate Milk</i></b> Sloppy Joe Whole Wheat Bun Roasted Potatoes Beets Cottage Cheese w/ Peaches Fudgy Fiber Brownie	<b>25</b> Turkey Breast w/Gravy Mashed Potatoes Green Beans Whole Wheat Bread Banana Lemon Bar	<b>26</b> Roasted Pork Loin Brown Rice Baked Bean Medley Stewed Tomatoes Pears
<b>29</b> Hamburger Whole Wheat Bun Baked Beans Tomato Zucchini Bake Tropical Fruit Salad	<b>30</b> Cranberry Glazed Pork Roast Roasted Potatoes Beets Whole Wheat Bread Pears	<b>31</b> Chicken Ceasar PastaSalad Spinach Salad w/French Cottage Cheese V-8 Juice Mixed Berries Peanut Butter Cookies		<b>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</b>

**Book Club “The Mystery of Lost Words” by Pip Williams**  
**Monday, July 29 1:00-2:00pm**



Set during the height of the women’s suffrage movement and with the Great War looming, *The Dictionary of Lost Words* reveals a lost narrative, hidden between the lines of a history written by men. Inspired by actual events, author Pip Williams has delved into the archives of the *Oxford English Dictionary* to tell this highly original story. *The Dictionary of Lost Words* is a delightful, lyrical, and deeply thought-provoking celebration of words and the power of language to shape the world.

Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the Scriptorium, an Oxford garden shed in which her father and a team of dedicated lexicographers are collecting words for the very first *Oxford English Dictionary*. Young Esme’s place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word *bondmaid* flutters beneath the table. She rescues the slip and, learning that the word means “slave girl,” begins to collect other words that have been discarded or neglected by the dictionary men.

**Pickleball Play/Lessons Thursdays July 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. 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](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**.



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



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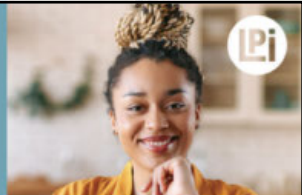
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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

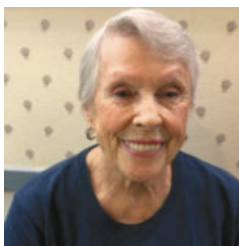
**City of Beloit**  
**Grinnell Hall Senior Activity Center**  
631 Bluff St.  
Beloit, WI 53511  
Phone: 608-364-2875  
Email: [krausd@beloitwi.gov](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



**Meet the 2024 candidates for Grinnell Hall Advisory Board. Ballots will be available at the front desk beginning Tuesday, August 6th. Annual meeting is on Wednesday, August 28 at 10:00am. and the board members will be introduced. Ballots are due on Monday, August 26 at 4:00pm.**

## **ROSELYNE ACKLEY**

Rose has been coming to Grinnell for 20 years.  
“Grinnell is a very special place for seniors and how we look after each other is a must.” I have made new friends at Grinnell.  
Roselyne teaches Easy Stretch Yoga and started the Theater Group and writes short plays. She also volunteers on the RSVP Board.  
Roselyne comes from a large family of 17 children and has 3 children of her own.  
Roselyne is currently on the Advisory Board.



## **ANNE BUA-DEMUS**

Anne has been active at Grinnell for 3 years and participates in the Book Club and would like to become more involved.  
She wants to help Grinnell to continue to run smoothly.  
She volunteers with RSVP at Hackett School to promote literacy for 2nd and 3rd graders.  
Anne retired from Clinton School District in 2017 after 26 years as a Paraeducator. She and her husband Peter live north of Beloit.



## **LINDA KUHNLE**

Linda has been participating at Grinnell for 10 years. She volunteers for AARP doing taxes and wanted to become more involved. She enjoys many of the activities and enjoys making new friends. She would like to be able to plan some activities in the future.  
She has 3 children, 10 grandchildren and 12 great grandchildren.  
Linda is currently on the Advisory Board.

