

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.



August 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!



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.

Thank you to Alden Meadow Park for sponsoring the event!!!



ALDEN
MEADOW PARK

CRAFT AND BAKE SALE

WEDNESDAY, AUGUST 7 & THURSDAY, AUGUST 8

9:00am-3:00pm



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

We want your input. Please take some time to share with us what activities you enjoy, what new activities you would like to have and share thoughts about past events. Also please share what bands and type of music you would like to see at Grinnell Hall. We will have some surveys available at the front desk and they will be on the Advisory Board voting form. All information is confidential.

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 Honey Casique

If you have been in on Monday or Tuesday mornings you may have noticed a new face, Honey, yes her real name. Honey enjoys meeting new people and learning new skills to gain experience. Volunteering provides an opportunity so see how people work together and how active seniors are. When not volunteering she enjoys painting, drawing, ceramics and listening to music. She has volunteered at a nursing home in the past. Honey clothing color preference is black and she has three brothers and two dogs mixed Maltese and Chihuahua-Mochi and Shiro.

Honey graduated from Beloit Memorial High School and is going to attend Blackhawk Technical College on-line program for Surgical Technician.

Welcome Honey we look forward to having you here at Grinnell.



Carol	Bachofen
Sharon	Bishop
Cheryl	Blake
Burt	Brosier
Marilyn	Dixon
Lois	Ferrera
Ann	Firlus
Pam	Freedlund
Susan	Hansen
Ron	Himes
Mardell	Jacobsen
Brenda	Johnson
Teresa	Jones
Sharon	Jones
Donna	Komadina
Debbie	Kraus
Linda	Kuhnle
Dolores	Leonard
Linda	Lynch
Linda	Marshall
Constance	Matusiak
Theresa	Menso
Donovan	Murphy
Linda	Nelson
Judi	Noble
Richard	Pann
Gregory	Peterson
Cecelia	Phillips
Joyce	Plummer
Doloris	Ruch
Bertha	Sadler
Mary	Seaberg
Linda	Swanson
Sheri	Townsend
Judy	Wagner
Linda	Weidner
Pamela	Weiss
Richard	Wensel

Searching for individuals who want to have fun and enjoy a great group of people!!

Grinnell Theater Group is the place for you to share your talents and have some fun. Performances are always a comedy and lines are not difficult and in the next performance you do not have to memorize them.

Join us Wednesdays at 1:00pm.

**Thank you for your Donations**

Cookie & Roger Allen, David Shenk, Diane Anderson, Debra Young, LeaAnn Mattox, Pam Weiss, Patty Manning, Cindy Wilson and Diana Mason



Did you know that we have DVDs that you can borrow to enjoy at home? They are available in the library.
Great family movies.

Congratulations to Second Quarter Euchre Winners
1st Place Linda H.
2nd Place Sherry
3rd Place Ron

**Lunch Bunch at Shopiere Tap
Friday, August 16 at 11:15am**

Enjoy great food, conversation and meet some new friends. Shopiere Tap is know for their fish, burgers and a wide variety menu to choose from. Not a far drive to S5227 E County Rd J, Clinton, WI 53525. Please register.



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



Universal Yums Monday, August 26 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
UKES, GUITARS, VIOLINS, CELLOS SO JOIN IN ON THE FUN
MONDAYS AUGUST 12 & 26 2:00pm**



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I work by referral. Please don't keep me a secret
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

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ROCK STEADY NON-CONTACT BOXING

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



Medications: Safe Disposal and Storage Thursday, August 8 10:00am



Safely disposing of medications can save lives. Learn how and why to dispose of medications along with best ways to store them. Presented by Becky Huber, Coordinator of Prevention and Community Engagement Rock County Human Services. Please register at Grinnell Hall as space is limited to the first 20 people.



All in the Family Tuesday, August 13 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.

Meals on Wheels Presentation Monday, August 26 10:00am

Serving Beloit for 52 years, Beloit Meals on Wheels makes a huge impact on our community. Learn about National facts on senior hunger, our story, who are served, our supporters and our volunteer program. Meals on Wheels assists those who are homebound and those recovering from an illness or surgery.

Chair Massage Tuesdays, August 13 & 27, September 10 & 24

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 August 20 & September 17

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 trimmed 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 August 15 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 benefits you are invited to attend a DAV meeting at Grinnell Hall. Please note this is not insurance issues. Meetings are on the 4th 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, August 8 12:00-4:00pm
Thursday, August 22 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
815.525.4800



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Visit www.beloithealthsystem.org



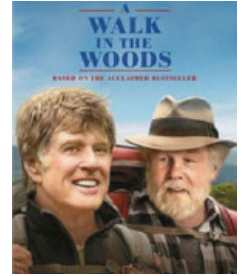


“Wonka” Friday, August 2 10:00am

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.

“A Walk in the Woods” Friday, September 6 10:00am

After spending two decades in England, Bill Bryson (Robert Redford) returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends, Stephen Katz (Nick Nolte). Enjoy the laughter between the two as they re-connect. Based on a book by Bill Bryson



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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- DETECT** suspected fraud, abuse, or errors
- REPORT** suspicious claims or activities

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www.smpwi.org

WisconsinSeniorMedicarePatrol



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

DHS Approved 4/22/2021

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608-362-3444

www.daleymurphywisch.com





Grinnell Family Feud Monday, August 12 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, August 21 1:00-2:30pm

Join us as we play bingo with a variety of prizes. There is no cost for bingo and it is open to anyone so bring a friend or two.



**Drum and Music Circle 10:00-11:00am
Friday, August 9**

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, August 2 10:00am.

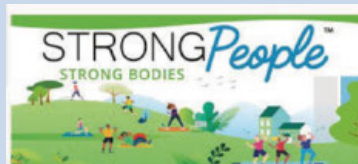
It’s not the World Series of Poker in Vegas, it’s more fun! Join “creative director” Hal Joyce as he shares four new games “Pineapple Hold’em”, “727”, “3 Square” and “Five Card Run”. Practice them and have some fun. See if you can keep a “poker face” and win some hands. We will use poker chips for “betting.” 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.

**Strong Bodies
Informational Meeting Tuesday, August 27 8:30am**



StrongBodies™ (also formerly known as StrongWomen™) is a national evidence-based strength training program developed at Tufts University and is aimed at mid-life and older men and women. The benefits of strength training have been studied extensively and include increased muscle mass, strength and improved bone density, as well as additional physical and emotional benefits. The StrongBodies™ program includes progressive strength training and balance and flexibility exercises. These exercises are safe and effective for all ages, including those who are not in perfect health. First session will be held on Tuesdays and Thursdays 8:15-9:15am beginning Tuesday, September 10 through Thursday, November 21. You do not need to be a Grinnell Member to participate.

Suggested participant contribution of \$30 (cash or check) per session helps offset program costs. **If you are unable to pay the suggested contribution, please pay as you are able or pay what you can. You can register at the informational meeting, first day of class or contact Sara Ennocenti at sara.ennocenti@wisc.edu or call 608-757-5059 or register on-line at <https://rock.extension.wisc.edu/strong-women/strongwomen-of-rock-county-wi/> . Please note that after you register on-line you must send in payment. Make checks payable to UW-Extension Rock Co. with Strong Bodies in the memo line.**





Memory Screenings Tuesday, August 27



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.

Appointments are at 8:30, 9:00, 9:30, 10:00, 10:30 and 11:00

Boost Your Brain and Memory Mondays September 16 – October 21 10:00-11:30am



Learn how to improve your brain health. Class is for those age 55+ who are experiencing normal aging brain changes. This evidence-based program focuses on the concept of cognitive reserve through: physical activity, nutrition, emotional health, spiritual activity, intellectual activity and social engagement. Class is in person and is free of charge and open to anyone. Class is led by Karen Tennyson, ADRC Dementia Care Specialist. Please call Karen at 608-741-3615 to register.



How to Stay Safe in Your Home While Keeping Your Independence Hosted by Visiting Angels Wednesday, August 14 10:00am

A 2021 Home and Community Preferences survey by AARP found that about 75 percent of people older than 50 want to stay in their homes or communities for as long as possible. Barring some extraordinary circumstances, most seniors should be able to stay in the home indefinitely but doing so will take a little planning. During this presentation, we will discuss what help is available in the home, how it is paid for, and the steps to starting service. This class will be particularly useful for Veterans who have multiple home care benefits they may not be aware of and those with Long Term Care Insurance. We'll discuss how coverage works for both and how to file a claim. Snacks and drinks will be provided.

Please let us know if you will be joining us.

Historic Walking Tour of Oakwood Cemetery Saturday, September 7 10:00am-12:00pm

The City of Beloit Parks & Recreation Division has partnered with local volunteers to host this tour. Oakwood Cemetery is the final resting place of numerous historical figures from Beloit. Join John Kalkirtz and John Sebaka as they share some Beloit history. Address is 1221 Clary St. Beloit. Tour starts at the Chapel. **Please no pets.** Please call 608-364-2890 to register by September 4.

August 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beloit Farmers Market Tour for Seniors Join UW-Madison Extension FoodWise Educator Amelia for a guided tour to learn how to use Senior FMNP Vouchers, sample fresh produce, explore what the market has to offer and chat with the local vendors. Tour is Saturday, August 24 10:45-11:45am. Meet at the Info Booth. Free Call 608-757-5051 to register.</p>			<p>1 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>2 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 10:00 Poker Challenge 12:30 Mexican</p>
<p>5 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>6 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage</p>	<p>7 8:00 Billiards 8:30 Morning Stretch 9-3 Bake & Craft Sale 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle 1:00 Theater 1:00 Eclectic Red</p>	<p>8 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9-3 Bake & Craft Sale 9:00 Advisory Board 10:00 Medications Presentation 9:30 Line Dancing 12-4 Benefit Spec. 12:30 Euchre 1:00 Pickleball</p>	<p>9 8:00 Billiards 8:30 Stretch Class 9:00 UWW Tech Assistance 9:00 Tai Chi 10:00 Drum and Music Circle 12:30 Mexican Train</p>
<p>12 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 12:30 Family Feud 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes</p>	<p>13 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:00 Chair Massage 12:30 Cribbage 1:00 All in the Family</p>	<p>14 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Visiting Angels 1:00 Mahjong 12:30 Pinochle 1:00 Theater</p>	<p>15 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 RSVP Drivers Meeting GALENA TRIP</p>	<p>16 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 11:15 Lunch Bunch 12:30 Mexican Train</p>
<p>19 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>20 8:00 Billiards 8:30 Toenail Care 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage</p>	<p>21 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater 1:00 Bingo</p>	<p>22 8:00 Billiards 8:00 Open Sewing 8-12 Benefit Spec. 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball</p>	<p>23 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p>
<p>26 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Meals on Wheels 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga 1:00 Book Club 2:00 Ukes 2:30 Universal Yums</p>	<p>27 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 8:30 Strong Bodies 8:30 Memory Screening 12:00 Chair Massage 12:00 Bridge 12:30 Cribbage</p>	<p>28 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle 1:00 Theater</p>	<p>29 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>30 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. **Home Delivered:** Must also be homebound.

Dining Centers: Reservations are required and must be made no later than noon of the prior business day.

Suggested contribution: \$5.00 All contributions are appreciated.

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

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

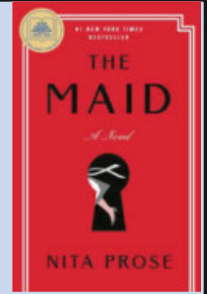
Rock County ADRC is an equal opportunity provider.

August
2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 <i>Chocolate Milk</i> Hearty Beef Stew Mashed Potatoes Carrots Peas Whole Wheat Bread Sugar-Free Pudding</p>	<p>2 Parm. Chicken Breast Mash. Sweet Potatoes Cooked Spinach Cucumber, Tomato & Onion Salad Whole Wheat Bread Apple Slices</p>
<p>5 Broccoli Quiche Roasted Potatoes Stewed Tomatoes Cottage Cheese Peaches Cinnamon Raisin Bread</p>	<p>6 Peach BBQ Chicken Brown Rice Carrots Cauliflower Tropical Fruit Salad</p>	<p>7 Cheeseburger Casserole Cooked Spinach Peas Apple Slices Sugar Cookie</p>	<p>8 Roasted Pork Loin w/Mushroom Gravy Au Gratin Potatoes Brussels Sprouts Broccoli Salad Whole Wheat Bread Lemon Bar</p>	<p>9 <i>Chocolate Milk</i> Baked Parmesan Cod Rice Pilaf Baked Bean Medley Red Cabbage Slaw Pears</p>
<p>12 Taco Bake Brown Rice Stewed Tomatoes Baked Beans Pears</p>	<p>13 Rosemary Chicken Roasted Garlic Potatoes Peas Whole Wheat Bread Strawberries w/ Yogurt</p>	<p>14 Roast Beef w/Gravy Rice Pilaf Beets Romaine w/Ranch Applesauce Chocolate Cake</p>	<p>15 <i>Chocolate Milk</i> Pork Stew Broccoli Carrots Whole Wheat Bread Pineapple</p>	<p>16 BBQ Chicken Breast Mashed Potatoes Green Beans Cornbread Mixed Berries</p>
<p>19 Salisbury Steak w/Mushroom Gravy Mashed Potatoes Carrots Whole Wheat Bread Applesauce</p>	<p>20 Herbed Chicken Breast w/Mushrooms Pasta Green Beans Broccoli Pears</p>	<p>21 <i>Chocolate Milk</i> Baked Cod w/Lemon Zucchini Tomato Bake Corn Biscuit Cottage Cheese w/ Peaches</p>	<p>22 Chicken Stir Fry Brown Rice Cabbage Stewed Tomatoes Melon Mix Pudding</p>	<p>23 Bratwurst Whole Wheat bun Baked Bean Medley Spinach Salad w/ French Dressing Mandarin Oranges Warm Spiced Apples</p>
<p>26 Chicken & Wild Rice Casserole Carrots Romaine Side Salad w/Italian Dressing Warm Spiced Pears</p>	<p>27 Herbed Chicken Breast w/Mushrooms Pasta Green Beans Broccoli Pears</p>	<p>28 Polish Sausage Whole Wheat Bun Baked Beans Cooked Spinach V-8 Juice Mixed Fruit</p>	<p>29 <i>Chocolate Milk</i> Roast Beef w/Gravy Mashed Potatoes Green Peas Whole Wheat Bread Melon Mix</p>	<p>30 Chicken Bruschetta Au Gratin Potatoes Broccoli Cornbread Banana Fudgy Fiber Brownie</p>

Book Club
Monday, August 26 1:00-2:00pm



Molly Gray is not like everyone else. She struggles with social skills and misreads the intentions of others. Her gran used to interpret the world for her, codifying it into simple rules that Molly could live by.

Since Gran died a few months ago, twenty-five-year-old Molly has been navigating life's complexities all by herself. No matter, she throws herself with gusto into her work as a hotel maid. But Molly's orderly life is upended the day she enters the suite of the infamous and wealthy Charles Black, only to find it in a state of disarray and Mr. Black himself dead in his bed. A *Clue*-like, locked-room mystery and a heartwarming journey of the spirit, *The Maid* explores what it means to be the same as everyone else and yet entirely different - and reveals that all mysteries can be solved through connection to the human heart. Please sign up.

Pickleball Play/Lessons **Thursdays August 8 & 22 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 Wooton Park near the Beloit High School. In case of inclement weather we will meet at Grinnell. Please let us know if you are interested.

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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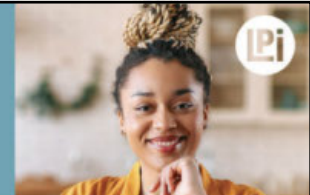
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**UW Whitewater Free Technology Assistance
Friday, August 9**



UW-Whitewater Intergenerational Technology Services (IGeTS) will be at Grinnell Hall to share a presentation at 9:00am on Friday, August 9 on Smartphone Basics: Learn how to navigate your smartphone, access your settings menu and block unwanted phone calls. Individual assistance for ipads, phone, laptops will be offered from 9:00-11:00am.

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

Senior Farmers' Market Vouchers Still Available

What is the Senior Farmers' Market Nutrition Program?

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

Who is Eligible?

Rock County residents age 60+ (Native Americans 55+) Monthly household income not more than: \$2,322 for a one-person household or \$3,152 for a two-person household, etc.

Though based on household income, each qualifying individual may receive vouchers once per calendar year. Please call 608-757-5428 for additional information or pick up a flyer at Grinnell Hall.

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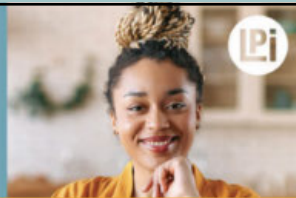
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Grinnell Hall, Beloit, WI

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RSVP Exceptional Agency & Partner Award

Grinnell Hall received the RSVP Exceptional Agency & Partner Award at the June 27, 2024 Annual Dinner. This is a new award that RSVP will provide annually to an agency partner that goes above and beyond to support RSVP and our community. Cindy Browning, RSVP Executive Director wrote "Congratulations and thank you so much for everything that you do for us, the award is well deserved. Our efforts would not be possible without you and the centers support." Grinnell partners with RSVP for educational and informational offerings and ensuring services are reaching many older adults in our community as possible.

Several Grinnell members volunteer for RSVP driving seniors to appointments, quilting, knitting and crocheting items for the community in need and leading activities at Grinnell.



Grinnell Advisory Board Members L to R: Linda Kuhnle, Roselyne Ackley, Larry White, Bill Tierney, Rhonda Tierney, Lois Engen, Geri Heim. Unavailable : Margaret Alexander and Sherry Westbrook



The Music of 1964
Thursday, October 24
Fireside Theater

Grinnell Members \$88 Non-Members \$98

Cost includes meal, gratuity and show. Transportation is by carpool.

The Fireside's Band Shows are among the most popular shows that the Fireside Theatre has ever presented. Now, to commemorate The Fireside's 60th Anniversary we bring you a brand new Band Show called 1964. The Fireside first opened its doors 60 years ago in May of 1964 and to celebrate that milestone we bring you the music of that magical year – from Rock and Roll to country to jazz and Broadway. 1964 features the music of such great artists as the Beatles, The Four Seasons, The Supremes,

The Beach Boys, Roy Orbison, Jim Reeves, Johnny Cash, Louis Armstrong and many, many more. 1964 features Steve Watts and the Fireside Band with special guests – Fireside favorites Norrell Moore and Cary Von Murray. Meet at Telfer Park at 9:45am and depart at 10:00am. Please let us know if you would like to drive with the group or on you own. Return approximately 4:00pm. Lunch is a special Celebration Buffet. Please register by September 16. Space may be available after September 16.

Leaders of the Pack Thursday, November 21, 2024

White Pines Playhouse Mount Morris, IL

Grinnell Members \$95 Non-members \$105

Price includes meal, show and transportation on coach bus.



The Lovettes celebrate the great girl groups from the golden era of pop. Endorsed by founding members of The Shirelles and Chiffons, this talented trio's upbeat retrospective of the 40s, 50s, and 60s is jam packed with harmony, dance, and good times. Putting their own twist on icons from The Andrews Sisters to The Supremes, The Lovettes honor the often underestimated power of women who rock. Chart-topping hits include "Lollipop," "Mr Sandman," "My Boyfriend's Back," "Da Doo Ron Ron," "Boogie Woogie Bugle Boy," "Stop in the Name of Love," and more. Enjoy the sounds of the past and their dance moves with these ladies.

Meet at Telfer Park at 9:30am, depart at 9:45am. Return at approximately 6:00pm.

Please register by October 21. Space may be available after October 21.

Christmas in the Dells Thursday, December 5, 2024
Legacy Dinner Theater, Wisconsin Dells
Grinnell Members \$113 Non-members \$123



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

Christmas in the Dells Dinner Show is a new Christmas production in Wisconsin Dells that features sugar plum fairies, soaring angels, dancing elves, enchanted reindeer, Jolly Ol' Saint Nick, and the celebration of the birth of Christ with the area's largest living nativity! Enjoy an incredible cast that includes talented singers, dancers, comedians, figure skaters, pyrotechnics, laser lights, giant video screens, and a huge band spotlighting the orchestral sounds of an amazing brass section. You will also enjoy a delicious four course dinner feast!

Board bus at Telfer Park at 10:30am, depart at 10:45am. Return at approximately 6:00pm.
Please register by November 5. Space may be available after November 5.



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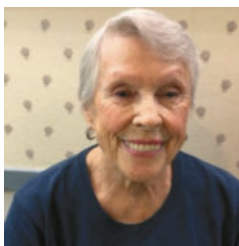
City of Beloit
Grinnell Hall Senior Activity Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



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.

