

# 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.*



**September  
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!

**GRINNELL THEATER GROUP INVITES YOU  
TO THEIR PERFORMANCE OF**

**Radio K.R.Z.Y.**

**Friday, September 27, 2024 @ 1 PM**

**A radio show full of laughter and crazy antics. The boss is a nervous fellow and his side kick tries to keep him from going crazy.**

**His Divas are out of control and the weather/commercial gals are out in left field and don't really care**

**"Stay tuned " as the unsung hero saves the day!**



**BACK by popular demand....Hot Dog Day  
Friday, September 13 3:00PM**

Larry loves to grill. Join us for two hot dogs, chips, cookie and drink for only \$5.00. please register and pay by Tuesday, September 10.

**Advisory Board of Grinnell Senior Center**

Larry White - Chair, Linda Kuhnle - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer  
Lois Engen, Geri Heim, Rhonda Tierney, Roselyne Ackley, Anne Bua-Demus

What delicious baked goods, creative crafts and awesome volunteers!  
The Craft and Bake sale was a huge success with over \$700 raised for activities and event expenses.



A special thank you to those who donated crafts and baked goods and volunteered their time  
Roselyne Ackley, Beth Bausman, Carol Brown, Caroline Bullard, Judy Cufu, Lois Engen, Karen Govert, Geri Heim, Alicia Hucker, Pamela Joy & John Wesolowski, Linda Kinder, Linda Kuhnle, Kathy Loescher, Deb Marvin (30 hours of baking), LeaAnn Mattox, Danette McKearn, Donna Messer, Linda Michalski, Bunny

Miller, Bobbie Pann, Kay Olmstead, Bobbie Pann, Sue Tucker Pann, Doris Reinert, Sally Rychly, Nancy Vance, Opal Vance, Judy & Harry Wagner, Sherry Westbrook, Ella White, Karen White, Kathy Woods



A big thank to everyone who also purchased items. Check out Nellie's Nook as there are still some great items remaining: new earrings, cork trivets and key holders, key chains, kitchen and garden items, cork trivets and cork key holders.

Thank you to Sandy Buske for keeping the sewing machines operating smoothly.

The sewers and quilters donate their time and have different projects that benefit our community and beyond.

Thank you



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| Nancy      | Appleby   |
| Sonya      | Barnes    |
| Valerie    | Bemus     |
| Everett    | Bennett   |
| David      | Black     |
| Gary       | Borchardt |
| Shirley    | Brenum    |
| Anne       | Bua-Demus |
| Janice     | Cantu     |
| Jeff       | Davis     |
| Marcia     | DeClark   |
| Rhonda     | Doherty   |
| Marsha     | Elmer     |
| Dennis     | Elmer     |
| Diane      | Fleming   |
| Freda      | Goff      |
| Karen      | Govert    |
| Ruby       | Hay       |
| Cheryl     | Keeling   |
| Kim        | Kline     |
| Jeri       | Larson    |
| Mary Ellen | Maher     |
| Patti      | Manning   |
| Debora     | Marvin    |
| Diane      | Mlsna     |
| Kay        | Olmstead  |
| Ellen      | Page      |
| Ron        | Perry     |
| Louise     | Reiners   |
| Nancy      | Schmidt   |
| Carol      | Seaton    |
| Joan       | Slater    |
| Joyce      | Sveom     |
| Phyllis    | Tam       |
| Rhonda     | Tierney   |
| Charlene   | Tolmie    |
| Carolyn    | Urbanec   |
| Harry      | Wagner    |
| Nancy      | Webster   |
| Karen      | Whisenand |

**Lunch Bunch at G5 Restaurant  
Friday, September 20 at 11:30am**

Enjoy great food, conversation and meet some new friends.  
burgers and a wide variety menu to choose from. 1895 Gateway Blvd Beloit.  
Please register.



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



**Universal Yums Monday, September 23 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 SEPTEMBER 9 & 23 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](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).



## ***Dementia Foundations*** ***Tuesday, September 24 9:00am***

Do you want to learn more about the brain, cognitive changes, normal aging and brain health? Join us for a presentation and discussion on these topics with Karen Tennyson the Rock County dementia care specialist. We will be discussing the 5 most commonly diagnosed dementias and how they affect the brain. This is an interactive presentation. Questions and discussion are encouraged. Please let us know if you will be joining us.

## **All in the Family Tuesday, September 10 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, September 25 1:00pm***

We will get together and visit about our gardens - floral and veggies. We will share success stories and "disasters" due to weather and bug issues. Please let us know if you will be coming.



## **Chair Massage Tuesdays, September 10 & 24 & October 1 & 22**

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 September 17 & October 15***

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 September 19 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 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, September 12 12:00-4:00pm  
Thursday, September 26 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**



Assisted Living | 3055 S. Riverside Drive, Beloit, WI  
608.365.7222



Assisted Living  
5601 E. Rockton Road, Roscoe, IL  
815.525.4800



**At-Home Healthcare**  
608.363.5885



Member of Beloit Health System

608.363.7421

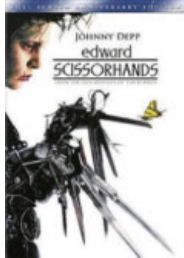
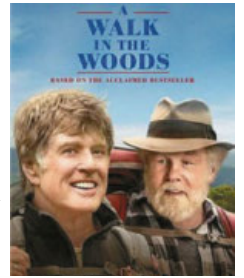


**Visit [www.beloithealthsystem.org](http://www.beloithealthsystem.org)**



*“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



**EDWARD SCISSORHANDS**

An inventor's sudden death leaves his greatest creation unfinished with sharp shears of metal for hands. The solitary life of this artificial man is upended when he is taken in by a suburban family. Cast: Johnny Depp, Winona Ryder, Diane West, Vincent Price, Kathy Baker

**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. Sept. 9 - Exploring Paints, Sept. 16 - Under the Sea, Sept. 23 Diamond Art, Sept. 30 - End of Summer  
Check out front desk for some samples.

**Concerned about Medicare fraud? Give us a call...**

- PROTECT** your personal information
- DETECT** suspected fraud, abuse, or errors
- REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**

**www.smpwi.org**

WisconsinSeniorMedicarePatrol



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**1-800-963-0035**

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

DHS Approved 4/22/2021





**Grinnell Family Feud Monday, September 9 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, September 18 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 some friends.



**Drum and Music Circle Tuesday, September 10 1:00-2:00pm**

**NEW DAY, NEW TIME, SAME FUN!**

**Get involved it’s great for the soul!**

Make music to grow your brain! Youth Unite Music Director Johnny leads the group’s creativity. All instruments are provided. Open to everyone.



**“Poker” Challenge Games Friday, September 6 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](mailto: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.**



**NELLIE'S NOOK IS NOW ACCEPTING NEW AND GENTLY USED ITEMS.  
PLEASE NO CLOTHING OR SHOES. PLEASE INSURE ITEMS ARE  
CLEANED AND HAVE NO ODOR.**

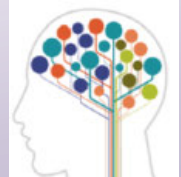
***Historic Walking Tour of Oakwood Cemetery  
Saturday, September 7 10:00am-12:00pm***

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.



***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.



***Brodhead Aviation Museum  
Wednesday, September 11 10:30am***



Last year we toured private planes at the Janesville Airport, this year we will tour vintage planes. We will travel through the peaceful countryside to the Brodhead Airport. The Alfred & Lois Kelch Aviation Museum celebrates the Golden Age

of Aviation - the science, the technology and the stories that launched aviation into the modern age. In 2004, the entirety of Alfred & Lois Kelch's vintage aircraft collection was placed into the Alfred & Lois Kelch Charitable Trust, along with funds to "...keep the hangars open". In 2012, the trust board decided the doors should be open- and more. With the help of hundreds of donors and supporters, we've become a true museum." There is no cost but the museum does appreciate donations. We can carpool/following or meet you there. If carpooling/following please meet at Grinnell at 9:45am. Airport is located at N2463 Airport Road Brodhead and will take 30 minutes to travel. If interested we can lunch at Sand Burr Restaurant after if interested. Please register and let us know if you will meet us there or carpool

***The Dispossessed at 50: A Kick-Off Roundtable on Ursula Le Guin"*  
Tuesday, Sept 24 at 7 pm  
Beloit College Powerhouse (Weissberg Auditorium)**



Grinnell Hall seniors are invited to attend a kick-off event celebrating 50 years of Le Guin's legendary utopian novel *The Dispossessed*. The roundtable will be a fun, interactive introduction to the novel for people who are just getting started with it, and will be followed by a reception and refreshments. **No RSVP or registration is necessary and all are welcome.** Free and accessible parking is available at the Powerhouse lot (850 Pleasant St) and at the Beloit Sports Center (south and across the street at 845 Pleasant St: take the elevated bridge over Route 51).



# September 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="text-align: center;"><b>CLOSED LABOR DAY</b></p> 	<p>3 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage</p>	<p>4 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle</p>	<p>5 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot <b>9:00 Advisory Board</b> 9:30 Line Dancing 12:30 Euchre</p>	<p>6 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie</b> <b>10:00 Poker Challenge</b> 12:30 Mexican</p>
<p>9 8:00 Billiards 8:30 Chair Exercise 9:00 Cards “500” 9:45 Crazy 4 Crafts 12:30 Game Day <b>12:30 Family Feud</b> 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b></p>	<p>10 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage <b>1:00 Drum and Music Circle</b> <b>1:00 All in the Family</b></p>	<p>11 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>10:30 Aviation Tour</b> 1:00 Mahjong 12:30 Pinochle 1:00 Theater</p>	<p>12 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot 9:30 Line Dancing <b>10:00 Stay Safe in your Home &amp; Car</b> <b>12-4 Benefit Spec.</b> 12:30 Euchre <b>1:00 Pickleball</b></p>	<p>13 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge <b>3:00 Hot Dog Day</b></p>
<p>16 8:00 Billiards 8:30 Chair Exercise 9:00 Cards “500” 9:45 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b></p>	<p>17 <b>Paddleboat Trip</b> 8:00 Billiards <b>8:30 Toenail Care</b> 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Judes Bridge</p>	<p>18 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 <b>1:00 Bingo</b></p>	<p>19 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> <b>1:00 RSVP Drivers Meeting</b></p>	<p>20 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>11:30 Lunch Bunch</b> 12:30 Mexican Train</p>
<p>23 8:00 Billiards 8:30 Chair Exercise 9:00 Cards “500” 9:45 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga <b>2:30 Universal Yums</b> <b>2:00 Ukes</b></p>	<p>24 8:00 Billiards <b>9:00 Dementia Foundations</b> 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:00 Bridge</p>	<p>25 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 <b>1:00 Garden Club</b></p>	<p>26 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>27 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train <b>1:00 Theater Presentation “Radio K.R.Z.Y.”</b></p>
<p>30 8:00 Billiards 8:30 Chair Exercise 9:00 Cards “500” 9:45 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga <b>1:00 Book Club</b></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.**

September  
2024

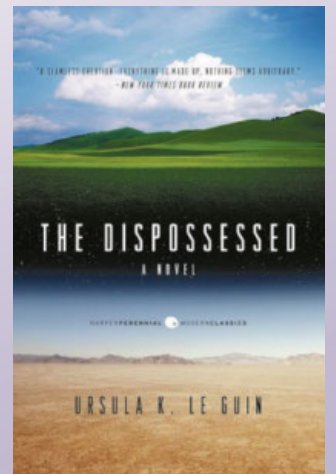
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p style="color: red; font-weight: bold; margin: 0;">LABOR DAY</p> <p style="font-weight: bold; margin: 0;">NO MEALS</p>	<p style="text-align: center;">Sloppy Joe Whole Wheat Bun Roasted Potatoes Beets Cottage Cheese w/Peaches Fudgy Fiber Brownie CH</p>	<p style="text-align: center;">Chicken &amp; Mushroom Alfredo Broccoli Carrots Cornbread Apple Slices</p>	<p style="text-align: center;">Roasted Pork Loin Brown Rice Baked Bean Medley Stewed Tomatoes Pears</p>	<p style="text-align: center;">Turkey Breast w/Gravy Mashed Potatoes Green Beans Whole Wheat Bread Banana Lemon Bar</p> <p style="text-align: right; font-weight: bold;">D</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p style="text-align: center;">Parm. Chicken Breast Mash. Sweet Potatoes Cooked Spinach Cucumber, Tomato &amp; Onion Salad Whole Wheat Bread Apple Slices</p> <p style="text-align: right; font-weight: bold;">D</p>	<p style="text-align: center;">Hamburger Whole Wheat Bun Baked Beans Tomato Zucchini Bake Tropical Fruit Salad</p>	<p style="text-align: center;">Chicken Ceasar Pasta Salad Spinach Salad w/French Cottage Cheese V-8 Juice Mixed Berries Peanut Butter Cookie CH</p>	<p style="text-align: center;">Cranberry Glazed Pork Roast Roasted Potatoes Beets Whole Wheat Bread Pears</p>	<p style="text-align: center;">Hearty Beef Stew Mashed Potatoes Carrots Peas Whole Wheat Bread Sugar-Free Pudding</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p style="text-align: center;">Broccoli Quiche Roasted Potatoes Stewed Tomatoes Cottage Cheese Peaches Cinnamon Raisin Bread</p>	<p style="text-align: center;">Baked Parmesan Cod Rice Pilaf Baked Bean Medley Red Cabbage Slaw Pears</p>	<p style="text-align: center;">Peach BBQ Chicken Brown Rice Carrots Cauliflower Tropical Fruit Salad</p>	<p style="text-align: center;">Cheeseburger Casserole Cooked Spinach Peas Apple Slices Sugar Cookie</p> <p style="text-align: right; font-weight: bold;">CH</p>	<p style="text-align: center;">Roasted Pork Loin w/Mushroom Gravy Au Gratin Potatoes Brussels Sprouts Broccoli Salad Whole Wheat Bread Lemon Bar</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p style="text-align: center;">Rosemary Chicken Roasted Garlic Potatoes Peas Whole Wheat Bread Strawberries w/Yogurt</p>	<p style="text-align: center;">Roast Beef w/Gravy Rice Pilaf Beets Romaine w/Ranch Applesauce Chocolate Cake</p> <p style="text-align: right; font-weight: bold;">D</p>	<p style="text-align: center;">Pork Stew Broccoli Carrots Whole Wheat Bread Pineapple</p>	<p style="text-align: center;">Taco Bake Brown Rice Stewed Tomatoes Baked Beans Pears</p>	<p style="text-align: center;">BBQ Chicken Breast Mashed Potatoes Green Beans Cornbread Mixed Berries</p> <p style="text-align: right; font-weight: bold;">CH</p>
<b>30</b>				
<p style="text-align: center;">Baked Fish w/Lemon Zucchini Tomato Bake Corn Biscuit Cottage Cheese w/Peaches</p>				

**Book Club “The Dispossessed”**  
**Monday, September 30 1:00-2:00pm**

A bleak moon settled by utopian anarchists, Anarres has long been isolated from other worlds, including its mother planet, Urras—a civilization of warring nations, great poverty, and immense wealth. Now Shevek, a brilliant physicist, is determined to reunite the two planets, which have been divided by centuries of distrust. He will seek answers, question the unquestionable, and attempt to tear down the walls of hatred that have kept them apart.


To visit Urras—to learn, to teach, to share - will require great sacrifice and risks, which Shevek willingly accepts. But the ambitious scientist's gift is soon seen as a threat, and in the profound conflict that ensues, he must reexamine his beliefs even as he ignites the fires of change. The books were purchase through a grant from Wisconsin Humanities. Individuals can keep the book




**Pickleball Play/Lessons**      **Thursdays September 12 & 26 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. Parks and Recreation Department staff will be here to teach 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 inside at Grinnell Hall.  
 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](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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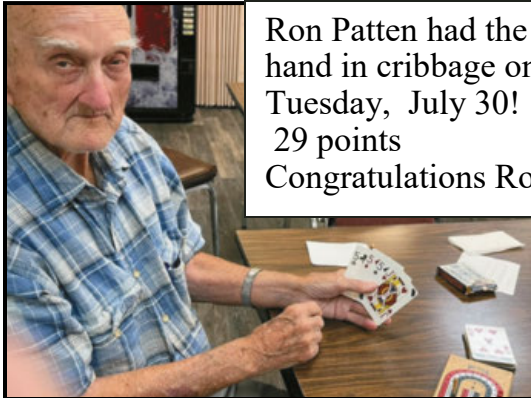
**NEW Cards "500"**  
Join us as we begin a new card game "500". You don't have to know how to play, they will show you how. Come learn a new game, socialize and make new friends.



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

**Stay Safe in Your Home and Car  
Thursday, September 12 10am**

Tammy from Aaron's Lock and Safe Will be visiting and talking about how to make sure your home and vehicle are safe and secure from thieves. She will share information About various types of locks, key fob for your car and more.



Ron Patten had the best hand in cribbage on Tuesday, July 30! 29 points  
Congratulations Ron!

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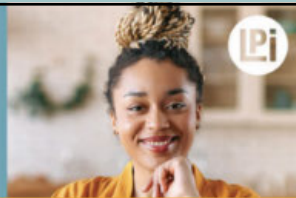
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Grinnell Hall, Beloit, WI

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***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 60<sup>th</sup> 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***

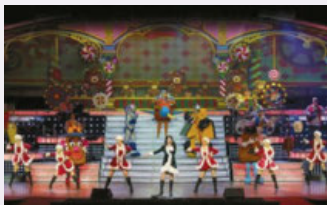
Price includes meal, show and transportation on coach bus.



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.



THIS PROGRAM IS FREE TO ALL PARTICIPANTS!



# LIVESTRONG® AT THE YMCA

LIVESTRONG at the YMCA is a small group personal training program for adult cancer survivors that aims to help meet their individual fitness and wellness goals. We focus on improving strength, endurance, flexibility, and balance. In addition to the free program, we will also supply a free 3 month membership to the Stateline Family YMCA.

## IRONWORKS BRANCH

K.F. Multi-Purpose Room  
MON. & WED.  
5:30-7:00pm



### QUESTIONS?

Contact Cortnee at 608-365-2261 or [cmcreynolds@statelineymca.org](mailto:cmcreynolds@statelineymca.org) for more information!

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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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**Grinnell Hall Senior Activity Center**  
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Beloit, WI 53511  
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Email: [krausd@beloitwi.gov](mailto:krausd@beloitwi.gov)  
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## 36th Annual Beloit Senior Fair

Tuesday, October 1, 2024

9:00am-1:00pm

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