

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

October 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

*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.*



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!

**LITTLE BIT OF COUNTRY  
A LITTLE BIT OF ROCK 'N ROLL**

**DJS IN THE GROOVE  
FRIDAY, OCTOBER 4 1:00-2:30**

Come dance the afternoon away with DJS Judy and Phyllis. There is a little of everything from Country, Classic Rock, Oldies, Polkas and even some Disco. A mixture of fast and slow and something for everyone. If you don't feel like dancing you will enjoy the music. Light refreshments will be served. No need to sign up, we will see you there.

**DISCO, OLDIES, POLKAS  
OH MY!!**

***The Blockheads***  
***Friday, November 1st 1:00pm***

Ladies and Gentlemen and children of all ages-Due to overwhelming popular demand, the fabulous Blockheads will make a return appearance at Grinnell Senior Center on Friday, November 1<sup>st</sup> 2024 at 1 pm. The group plays a carefully curated selection of songs from the 60's and 70's by the greatest artists of the era, including the Beatles, the Rolling Stones, Eric Clapton, Bob Dylan and more!

The group features native Beloiters and long time friends Matthew "Pops Fletcher" Goodwin on lead guitar and vocals, Roger "Rye" Kemman on rhythm guitar and vocals, Richard "Dick" Guelzow on bass guitar and David "the Sowlman" Sowl on percussion and vocals. This is a show you won't want to miss and admission is free! Be there or be square!



**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



KIM KLINE

STRONG BODIES  
INSTRUCTOR

Kim became a Grinnell member in August 2023 after retiring from being a Physical Therapist. She decided to volunteer when she got involved with the quilting/sewing group and volunteers 0-3 hours a week depending upon her schedule. After conversations with Beth Bausman, another quilter/sewer, they decided to get involved with UW-Extension. Kim went through training and became a Strong Bodies instructor, which is a new program at Grinnell. Kim enjoys volunteering to meet people and learn new skills. She also volunteers with Bloom' Bunch, Friends of the Riverfront. Kim is a Christian, married with 4 children, 7 grandchildren and enjoys reading, biking, gardening, camping and recently sewing. Thank You Kim for all you do for Grinnell and the community.



- |  |          |             |
|--|----------|-------------|
| <b>H<br/>A<br/>P<br/>P<br/>Y</b>                   | Debbie   | Ackerman    |
|  | Chloe    | Adams       |
|  | Phyllis  | Agate       |
|  | Bart     | Bingham     |
|  | Shirley  | Brickson    |
|  | Sandy    | Buske       |
|  | Barbara  | Cordones    |
|  | Linda    | Cunningham  |
|  | Cissy    | Frendahl    |
|  | Shirley  | Hanna       |
| <b>B<br/>I<br/>R<br/>T<br/>H<br/>D<br/>A<br/>Y</b> | Susan    | Houston     |
|  | Alicia   | Hucker      |
|  | Lou      | Kasbohm     |
|  | Sam      | Keller      |
|  | Shirley  | Kirkpatrick |
|  | Linda    | Martin      |
|  | Kathleen | Moran       |
|  | Jodi     | Neubauer    |
|  | Andrew   | Norman      |
|  | Phyllis  | Olmstead    |
|  | Gary     | Olson       |
|  | Terry    | Salazar     |
|  | Debbie   | Silletti    |
|  |          | Sitrick-    |
|  |          | Joyce       |
|  | Ann      | Steinmetz   |
|  | Nancy    | Swanson     |
|  | Linda    | Swedberg    |
|  | Linda    | Thies       |
|  | LaRae    | Towles      |
|  | Marva    | Williams    |
|  | Pat      | Wolf        |
|  | Ron      | Zimmerman   |
|  | Cindy    |             |

**Thank your for your donations**

Bobbie Pann, Lois Engen, Judy Nelson, Pearl Friedley, Bonnie Congmire, Grace Konter, David Schenk, Cookie & Roger Allen, Linda Kinder, Ken Studinski, Linda Swanson, Lorna Clark, Lachel Fowler, Theresa Lindquester



**Lunch Bunch at Neli's Family Restaurant  
Friday, October 18 at 11:30am**



Enjoy great food, conversation and meet some new friends. burgers and a wide variety menu to choose from. Neli's is located at 1055 Gardner St. South Beloit. Please register.

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



**Universal Yums Monday, October 28 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 OCTOBER 14 & 28 2:00pm**

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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).



## ***Homeless Facts and Resources Thursday, October 10 10:00am***



Learn facts about homelessness – who is affected, how it affects a community and resources available. Presentation will be at Grinnell and presented by Jackie Revels, Rock County Homelessness Prevention Coordinator. Space is limited to the first 20 people. Reservations are required. Please call 608-362-953 or email [lchmielewski@rsvp-rock.org](mailto:lchmielewski@rsvp-rock.org).



## **All in the Family Tuesday, October 8 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.

## ***Pickleball Play/Lessons Thursdays October 10 & 24 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.

## **Chair Massage Tuesdays, October 1 & 22 & November 12 & 26**

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 October 15 & November 19***

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 October 17 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.

**Please note that Lachel will not be at Grinnell October-December due to open enrollment. Please call Lachel for any needs.**

**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  
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Assisted Living  
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608.363.7421



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



**EDWARD SCISSORHANDS FRIDAY, OCTOBER 4 10AM**

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. This movie is a modern fairy tale with gothic overtones and a sweet center. Don't let the title fool you, it is full of friendship and kindness.



**The Hill Friday, November 1 10am**

The inspiring true story of Rickey Hill, the small-town son of a traveling Pastor. A sandlot baseball phenom, Rickey defiantly overcomes his physical disabilities and father's persistent worry for his health, to fulfill his dream of playing professional baseball and ultimately transforming his connection with his father. Starring Dennis Quade

**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 front desk for some samples.

**Do you know**  
*how to report Medicare fraud?*

**PROTECT** your personal information  
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DHS Approved 4/22/2021



**Grinnell Family Feud Monday, October 14 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, October 16 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, October 15  
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.



**Super Brains**

**Monday, October 21 12:30-1:30pm**

Join Monica and Alyssa from the SuperAging Initiative at UW-Madison's School of Medicine and Public Health for Brain Boosters. Super Brains is a fun group that meets to play brain games and learn memory strategies. Everyone is welcome, no matter their abilities. This is an exciting opportunity to stimulate and engage older adults to keep your minds active and make new friends. More meetings will be scheduled in 2025. Light snacks such as pretzels, water, or fruit will be available. Please register for this class.

**Halloween Fun**

**Thursday, October 31 1:00**



*We invite everyone and friends to join in on the fun with a magician and costume contest. Light refreshments will be served.*

**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.**



***Garden Club Terra Cotta Plant Pot Decorating  
Wednesday, October 30 1:00pm***

Join Sue Tucker-Pann and friends for a creative class with decorating a terra cotta pot to take home or for a gift. Directions are easy and you will enjoy your creation. All supplies including the pot are included and cost is \$5 to cover supplies. Please register and pay by Friday, October 25. Class is open to anyone.

***Healthy Eating - Using your Air Fryer  
Friday, October 11, 2024 9:30am***

Join FoodWise educators, Sue and Amelia, to learn more about planning and preparing heart-healthy meals. Watch a food demo and sample recipes made in the air fryer. Open to everyone. Please sign up.



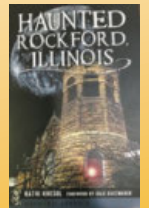
***Knee and Hip Pain Care  
Monday, October 21, at 10 am***

When aches and pains get in the way of enjoying things you like to do, it's important to look for answers.

Mercyhealth Orthopedic surgeon Dr. Pinak Shukla and Physical Therapist Karin Duffield will lead a discussion on the team approach for providing orthopedic care and rehabilitation. They will highlight how our team works together to develop a personalized care plan from the initial meeting to recovery. There will be time for questions. Please let us know if you will be attending.

***Ghostly Encounters  
Wednesday, October 23 2:00pm***

Local author and historian Kathi Kresol has been researching the stories of the ghostly legends in the Northern Illinois region for two decades. She will share her favorite tales of the things that go bump in the night. This presentation will feature vengeful spirits, haunted cemeteries and tales of phantom hitchhikers. Please let us know if you will be attending.



**United Church of Beloit is in search of an Office Secretary**

Would prefer to have someone with secretarial experience. Prepare weekly bulletin, computer experience in word and excel, prepare monthly newsletter, prepare slides for Sunday services, handle phone calls and direct to correct person. Schedule is flexible, 16-20 hours a week, not expected to work on Sundays, may work from home at times. If interested please call Tom Holmes at 608-481-3387 or email [holmesger@gmail.com](mailto:holmesger@gmail.com)



# October 2024 Calendar of Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:00 Bridge 12:30 Cribbage	<b>2</b> 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>3</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot <b>9:00 Advisory Board</b> 9:30 Line Dancing 12:30 Euchre	<b>4</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train <b>1:00 DJs in the Groove</b>
<b>7</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Cards "500" 9:45 Crazy 4 Crafts <b>10:00 Boost Your Brain</b> 10:00 Goldenaires 12:30 Game Day 1:00 Mahjong	<b>8</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage <b>1:00 All in the Family</b>	<b>9</b> 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>10</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing <b>10:00 Homeless Facts</b> 12:30 Euchre <b>1:00 Pickleball</b>	<b>11</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>9:30 Air Fryer Class</b> 12:30 Mexican Train 12:30 Bridge
<b>14</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Cards "500" 9:45 Crazy 4 Crafts <b>10:00 Boost Your Brain</b> 10:00 Goldenaires <b>12:30 Family Feud</b> 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b>	<b>15</b> 8:00 Billiards 8:15 Strong Bodies <b>8:30 Toenail Care</b> 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Judes Bridge <b>1:00 Drum and Music Circle</b> 12:30 Cribbage	<b>16</b> 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>	<b>17</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 What the Tech Meeting</b> <b>1:00 RSVP Drivers Meeting</b>	<b>18</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>11:30 Lunch Bunch</b> 12:30 Mexican Train
<b>21</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Cards "500" 9:45 Crazy 4 Crafts <b>10:00 Boost Your Brain</b> 10:00 Goldenaires <b>10:00 Hip/Knee Pain</b> 12:30 Game Day <b>12:30 Super Brains</b> 1:00 Mahjong	<b>22</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:00 Bridge 12:30 Cribbage	<b>23</b> 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>2:00 Ghostly Encounters</b>	<b>24</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 Pickleball</b>	<b>25</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
<b>28</b> 8:00 Billiards 8:30 Chair Exercise 9:00 Cards "500" 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> <b>2:00 Ukes</b>	<b>29</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage	<b>30</b> 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>	<b>31</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 Halloween Bash</b>	

# 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.

**October  
2024**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Asian Beef Vegetable Fried Rice Carrots Whole Grain Roll Mandarin Oranges	<b>2</b> Chicken Bruschetta Lentils w/Lemon & Dill Beets Whole Grain Bread Romaine w/ Italian Sugar Free Pudding	<b>3</b> BBQ Pork Rib Patty Ranch Pinto Beans Romaine w/ Italian Warm Spiced Peaches Homestyle Cornbread Fresh Lemon Cookie CH	<b>4</b> Hamburger w/Swiss Mushrooms Whole Grain Bun Baked Potato Wedges Stewed Tomatoes Mixed Fruit
<b>7</b> Meatballs & Gravy Confetti Brown Rice Green Beans Peas Carrot Raisin Salad Whole Grain Roll Orange	<b>8</b> Parmesan Cod Mash. Sweet Potatoes Corn Whole Grain Bread Tropical Mixed Fruit Frosted Spice Cake	<b>9</b> Taco Casserole Mexican Pinto Beans Spanish Rice Lettuce & Tomatoes Sweet Cornbread Apple Kettle Crisp Sugar Free Pudding CH	<b>10</b> Sloppy Joe (Turkey) Hamburger Bun Carrots Baked Potato Wedges Romaine w/French Crispy Rice Treat	<b>11</b> Chicken Parmesan Pasta Irish Blend Vegetables Broccoli Whole Grain Roll Pears Oatmeal Raisin Cookie
<b>14</b> Pork Chop Suey Fried Rice Peas Cabbage Whole Grain Roll Gelatin w/ Mandarin Oranges	<b>15</b> Chili con Carne Macaroni Mexican Pinto Beans Baked Potato Romaine w/Italian Homestyle Cornbread Peaches CH	<b>16</b> Spaghetti w/ Meat Sauce Brussels Sprouts Broccoli Whole Grain Roll Mixed Fruit Chocolate Chip Cookie	<b>17</b> Roast Turkey w/Gravy Mashed Potatoes Green Beans Whole Grain Bread Spiced Apple Square Pineapple	<b>18</b> Chicken Pot Pie Filling Garlic Mash. Potatoes Carrots Whole Grain Biscuit Banana
<b>21</b> Tuna & Noodles Irish Blend Vegetables Cabbage Whole Grain Roll Mandarin Oranges Sugar Free Pudding CH	<b>22</b> Meatloaf Mashed Potatoes Gravy Carrots Whole Grain Bread Apple Kettle Crisp	<b>23</b> BBQ Chicken Breast Mash. Sweet Potatoes Spinach Whole Grain Roll Coleslaw Fruity Oatmeal Bar	<b>24</b> Roast Beef w/ Au Jus Ranch Pinto Beans Zucchini Tomato Bake Whole Grain Bread Banana	<b>25</b> 
<b>28</b> Chicken & Wild Rice Broccoli Peas Whole Grain Roll Peaches & Pears	<b>29</b> Oven Baked Cod Tartar Sauce Roast. Garlic Potatoes Beets Rye Bread Gelatin w/ Pears	<b>30</b> Chicken w/Gravy Mashed Potatoes Cauliflower Green Beans Romaine w/French Whole Grain Bread Pumpkin Bar	<b>31</b> Sloppy Joe Hamburger Bun Baked Beans Hot German Potato Salad Banana Chocolate Chip Cookie	

**Book Club “Come to the Lake” by Anne Goodwin**  
**Monday, October 28 1:00-2:00pm**

‘Come to the Lake’. Four words I have enjoyed as both guest and host for decades on Pleasant Lake.

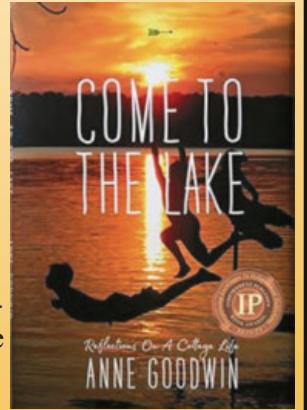
Early on, I started taking notes. These notes have been tucked away for years with me occasionally feeling compelled to add to the pile. The pile evolved into a book.

After helping me sift through my notes, a friend suggested that I write three separate books with all my segmented and sentimental musings. I explained why that idea didn't work for me: Life at Pleasant Lake is a jumble of friends, families, adults, children, routines, traditions, activities, games and gatherings thrown together with endless communal meals amidst the magical backdrop of cottage lake life. Adding additional texture to this fabric is my singular relationship with Nature's daily offerings.

It is my hope that this lake life potpourri provides you with a pleasurable pause as you choose to sit a spell with us at Pleasant Lake.

Pleasant Lake is a 145 acre lake located in Walworth County. It has a maximum depth of 29 feet. Visitors have access to the lake from a public boat landing. Fish include Panfish, Largemouth Bass, Northern Pike and Walleye.

Welcome. Anne



**Pickleball Play/Lessons**      **Thursdays October 10 & 24 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

**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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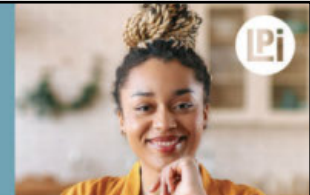
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**Card Game "500"**

**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. Mondays 9:00am**



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

**DE-ESCALATION / ACTIVE SHOOTER / ACTIVE THREAT TRAINING PROVIDED BY BELOIT POLICE DEPARTMENT FREE & OPEN TO THE PUBLIC ROTARY RIVER CENTER 1160 RIVERSIDE DRIVE Monday, OCTOBER 14 9:30-12:00**

**PRESENTED BY RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)**

**PLEASE CALL 608-462-9593 TO REGISTER**



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[mercyhealthsystem.org/ortho](http://mercyhealthsystem.org/ortho)



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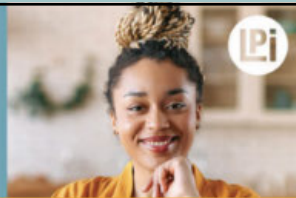
**Call to make an appointment today!**

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**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.

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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)



## 36th Annual Beloit Senior Fair

Tuesday, October 1, 2024

9:00am-1:00pm

Eclipse Center - 3 Eclipse Center - Beloit

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