

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

March 2019

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

Phone
608-364-2875

Email
krausd@beloitwi.gov

Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

Check us out on
FACEBOOK



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.



Weekly Exercises and Dance Classes Offered at Grinnell

Chair Exercises.....Yoshi.....Mondays 8:30 am
Beginning Line Dancing.....Peggy.....Tuesdays 9:00 am
Line Dancing.....Peggy.....Tuesdays 10:00 am
Mighty Seniors..... Donna....Tuesdays 1:00 pm
Morning Stretch.....Yoshi.....Wednesdays 8:30 am
Easy Stretch Yoga.....Roselyne.....Wednesdays 9:45 am
Tai Chi.....Yoshi.....Fridays 8:30 am
Get healthy and make new friends.

Tai Chi

Relax into Yoga

Tell Us Your Story

We all have a story, however, most of us never get the chance to tell it. The City of Beloit Parks and Rec Department is working with Beloit Memorial High School and providing an opportunity for individuals to tell their story! This inter-generational program is the first of what we hope will be an annual event, "Oral History in Beloit". We are searching for fifty individuals age 55 and over to share their story with BMHS students, who are selected and led by teachers to conduct interviews. This is an excellent opportunity for individuals to share their stories and record some history that will be enjoyed for future generations. Each participant will receive an electronic copy of their interview to share with their family.



All interviews will be completed at the Rotary River Center
Monday, March 18 11:00am-12:30pm; Thursday, March 21 11:45am-12:30pm;
Thursday, March 21 12:30pm-1:15pm

If you are interested in being interviewed, you can sign up at the front desk at Grinnell Senior Center 608-364-2875. For additional information contact Paula Schutt at 608-751-3327.

Advisory Board of Grinnell Senior Center

Robert Norder, Chair Curt Pizza, Vice Chair Judy Witzack, Secretary
 Pam Curatolo, Linda Kinder, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Opal Vance

Hello All-

The legend goes that if the groundhog sees his shadow on February 2nd, there will be wintry weather for the next 6 weeks (just about until the start of spring). If he does not see his shadow, that means fairer weather is on the way. As we all know Punxsutawney Phil did not see his shadow so where is that fairer weather? The wintry weather can get you down but we have SSM Health at Home coming on March 6th to provide us with some tips to help Survive the Winter Blahs and help our mood and health during this time of year. No matter what the weather we will be Kickin' It with Kev on April 1 as he entertains us with 50's & 60's and Classic Country. Join in on the fun! We work hard to bring you a variety of activities and programs so please read your newsletter in full and keep it around until the next newsletter comes. Reminder to hang onto your February newsletter as it includes all of the great trips for 2019. Stay warm, safe and hope to see you at Grinnell.



Debbie Kraus, Senior Center Manager

Laughter, the Best Medicine

A tour bus driver with a bus load of seniors is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts.

She repeats this gesture about five more times.

When she is about to hand him another batch, he asks the little old lady, 'Why don't you eat the peanuts yourself?' 'We can't chew them because we've got no teeth', she replied. The puzzled driver asks,

'Then why do you buy them?'

The old lady replied,

'We just love the chocolate around them.'

Thank You For Your Support

Thank you to our generous friends who donated items to Grinnell Hall from January 16th-February 13th.

Gift Shop

Shirley Von Allmen, Peggy Wellnitz, Brianna Hunt, LeeAnn Mattox, Jo Schuett, Carolyn Weavel, Lachel Fowler, Bonnie Knoll, Beth Bausman and Darlene Blunck.

Cookies/Coffee

Diane Chasser, Harriett Olson, Jo Schuett, Marilyn Fruzen, Nancy Appleby, Karen Whisenand, Phyllis Ager and Sandra D.W.

Additional Donations

Cathy Schafman, Linda Kinder, Bonnie Knoll, Rhonda Tierney, Debora Marvin, Beverly Dahlberg, Harriett Olson, Sue O'Brien and Peggy Wellnitz



We know Grinnell members have a lot of talent and we are searching for you. Whether you sing, dance, tell stories, play music or juggle, we want you at Grinnell on **Friday, April 26th!** Join us in your annual Grinnell Hall's "We've Got Talent" Show. The show will begin at 1:00 p.m. and we are taking reservations for acts and performers now! We are looking for new acts and talent! Don't be shy, it is a judgement free zone, and it is a fun filled afternoon! Call or stop by the front desk and register for what you will be sharing at the talent show.

Grinnell Hall Memberships

If you have not had a chance to renew your Grinnell membership, please stop in or mail your membership dues. Memberships run from January to December and cost for an individual is \$25.00 and a couple is \$40.00. All members receive their newsletter via mail or you can stop in to pick it up at Grinnell. Members also receive a \$10.00 savings off each trip.

Grinnell Hall is a City of Beloit facility and membership fees assist with defraying costs of upkeep. Please pay for your membership by mid March to ensure that you continue to receive your newsletter in the mail. It's great to be a Grinnell Member!

What The Tech

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door? Don't give up, we can help! This month our popular class, **What The Tech**, led by Mark Prueschel, will be here on **Monday, March 25 at 1:00 p.m.**

This is one of our most popular programs and Mark will be glad to help answer your questions.

What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have. To pre-register for this class, please call Grinnell Hall at 608-364-2875.



Men's Breakfast

The Grinnell men will be enjoying breakfast at **WestSide Family Restaurant, 530 W. Grand Ave in Beloit Thursday, March 21.** They will meet at the restaurant at 8:00 a.m. If you would like to ride with someone, please be at Grinnell at 7:30 a.m. We ask that you pre-register for this event each month so our coordinator can make proper reservations.



Dining Divas

The Dining Divas are heading to **Salvador's at 907 Bayliss Ave Beloit on Thursday, March 21.**

The group will meet at Grinnell Hall at 12:30pm and at the restaurant at 12:45pm.

Please pre-register and indicate if you will be riding with the group or meeting the group at the restaurant.

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Sunday Breakfast 10:30-2

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608-363-7421

Stepping On—Fall reduction and balance workshop

Stepping On is a seven week workshop that is proven to reduce falls through improving balance and strength. Topics include home and environmental safety, how vision influences fall risk, a medication review and more! Guest expert presentations will be given by a pharmacist, physical therapist, optometrist and pedestrian safety expert. Research shows that Stepping On participants have a 31% reduced risk of falls. Classes will be held at Grinnell Hall on Mondays, March 4-April 15 from 9:30-11:30am. Cost is \$10 for supplies.

For additional information and to register contact Judy Simonds, Rock County Health Promotion Coordinator at 608-757-5309.

Beloit Ukes For Fun (BUFF)

Join the BUFF group and play the Ukelele. BUFF meets every Monday at 2:30pm at Grinnell Hall. Haven't played a ukulele? Come visit, listen to some great music and ask questions. BUFF performs for special events here at Grinnell.

Do You Like To Sing? Goldenaires are searching for new members

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am** at . They rehearse each week and sing for events here at Grinnell, as well as going out into the community to entertain groups at nursing homes and other organizations. You are welcome to come and listen as they always like an audience. The Goldenaires are always looking for new members and Grinnell membership is not required.

Let your talents shine

Grinnell Hall Theater Group

Grinnell Hall Theater Group meets on Wednesdays at 1:00pm. Come out and join us as you may find your hidden talents. For additional information contact Roselyne Ackley at 608-365-3442. Or better yet, come for a visit to meet her and the cast in person. We are always looking for new members and Grinnell membership is not required.

Watch Battery Repair

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, March 12 from 8:00-9:00 am.** The only charge for the service is the cost of the battery.



Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays March 4 and 18 from 1:30-2:00 p.m.** to pick up items. This is a walk in service and services are individually priced.

Jewelry Repair

Check your jewelry box for that necklace or bracelet clasp that needs to be repaired....Linda Keenan can take care of your problems. She will be here on **Mondays, March 4 and 18 from 11:30 am-2:00 pm.** This is a walk in service and services are individually priced.

Experience Reflexology

Certified Reflexologist, Maureen Birchfield will be at Grinnell on **Thursday, March 14 and Friday, March 22** beginning at noon. She will have half hour appointments available. Cost is **\$20.00 for a half hour** and **\$35.00 for an hour.** These sessions are by appointment only. To book your appointment, call Grinnell Hall at 608-364-2875.

Chair Massage

Certified Massage Therapist Kathy Pann will be at Grinnell on Wednesday, March 13. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register. Appointments are scheduled beginning at 11:30 a.m.

Sewing Group Each Thursday

Sewing lab meets each Thursday beginning at 9:00am in the Sewing/Vet's room upstairs. The Attendees work on items they give away (quilts for babies, fidget mats, etc) or on their own projects. Anyone who loves to sew is welcome to attend the lab.

All in the Family

If you are in the percentage of people who have no family in the area, come and join this great group. 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. Join us on **Fridays, March 8 & 22 at 1:00 pm**. Don't be shy - you will be glad you joined us. Please pre-register by calling Grinnell at 608-364-2875.

Paper Crafters

Do you enjoy making cards or other crafts with paper? Then join the paper crafting group and get new ideas, share your inspirations, socialize and make new friends. They meet on Mondays at 9:00am in the Veterans/sewing room.

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 <p>Call Today & Tour</p> <p>Call 608-312-2370, or visit: beloitseiorliving.com for more information. Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511</p>	<p>A gracious assisted living environment. The amenities you want with the personalized care you need. New one and two bedroom apartments available.</p>	 <p>BELOIT SENIOR LIVING</p>

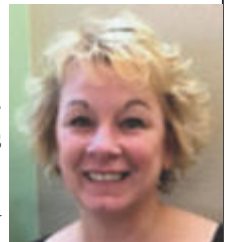
Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answer questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, March 11 from 12:30-2:00 pm.** This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service and there is no charge.

Benefit Specialist Service

Lachel Fowler, Rock County Benefit Specialist will be here on Thursdays, March 7 & 21 from 8:00am-12:00pm. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and over regardless of financial status. If you cannot make those dates, please call 608-757-5414 to make an appointment or if you have questions.



Courtesy Hearing Aid Check

Alicia Peterson from Miracle Ear will be at Grinnell on **Thursday, March 14 at 9:30.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to both members and non-members.

Blood Sugar & Pressure Screening

Mary H. & Lynn M. take turns at Grinnell offering free blood pressure/blood sugar screenings on **Thursday, March 14 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members & non-members.

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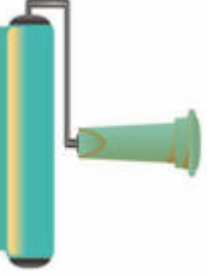
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Movie of the Month "Open Range" Friday, March 15 1:00pm

Kevin Costner directs and stars in this Western about four free-grazing ranchers whose cattle meander close to a small town ruled by a greedy sheriff and his cronies. Forced to defend their way of life, the cowboys take on the corrupt leaders. Robert Duvall, Annette Benning, Michael Gambon, Michael Jeter, Diego Luna, James Russo, Abraham Benrubi, Dean McDermott, Kim Coates.



Bingo!

Wednesday, March 27 1:00-3:00 pm



Join us as we have a fun time playing bingo and win some Bingo Bucks which can be spent at Nellie's Nook gift shop. The gift shop has an array of great items from jewelry to home décor.

Daily Fun!

Open Bridge.... Mondays 12:30 pm
 Cribbage.....Tuesdays 12:30 pm
 Mahjong..... Wednesdays 1:00 pm
 Pinochle.....Wednesdays 12:30 pm
 Euchre.....Thursdays 12:30 pm
 Hand & Foot.... Thursdays 9:00am
 Mexican Train...Fridays 12:30 pm
 Sorry bridge lessons are no longer available.

Nellie's Nook

Do you have some gently used items that you no longer use? Start your spring cleaning early and donate those items to Nellie's Nook. It's always nice when someone else finds a treasure at Nellie's Nook.

FISHING CLUB

Fishing Club to begin meeting on Friday, March 1 at 9:00am here at Grinnell.

Join us as we pick out the best fishing locations. You don't need to be a pro, this is for all anglers who enjoy telling fish stories. You do not have to be a member of Grinnell to participate.

Wear your green on March 14th



AARP Tax Preparers

The AARP tax consultants will provide tax preparation here at Grinnell Hall in the Library. Appointments are made in advance by calling Grinnell Hall 608-364-2875.

Appointments are available on **Mondays, Tuesdays and Wednesdays** at 8:30am, 9:30am, 10:30am and 11:30am. These are limited dates available and last appointment date is Wednesday, April 3.

Please be on time for your appointment and bring the following: 2017 tax returns, photo ID, social security card, 1099 statement (pink form from social security), W-2 form, other evidence of income, health insurance premiums, rent certificate or property tax bill and other deductible items and checkbook if payment is required.

Returns will be electronically filed.

There is no fee for the AARP tax services, but donations to Grinnell Senior Center are appreciated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train
4 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (closed) 9:00 Paper Crafting 9:30 Stepping On 9:30 Goldenaires 11:30 Jewelry Repair 12:30 Open Bridge 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	5 7:30 Billiards 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 9:00 Sunny & Share Sewing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 5:30 Rock Steady Boxing	6 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Surviving the Winter Blahs	7 7:30 Billiards 8:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:00 Grinnell Advisory Advisory Board Mtg. 12:30 Euchre 5:30 Rock Steady Boxing	8 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge 1:00 All in the Family
11 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Stepping On 9:30 Goldenaires 12:30 Open Bridge 12:30 Dementia Specialist 2:30 Uke Jam 4:30 Warrior Workout	12 7:30 Billiards 8:00 Watch Battery Repair 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 5:30 Rock Steady Boxing	13 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:30 Chair Massage 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	14 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:30 Hearing Aid Check 10:00 Blood Sugar/Press 12:00 Reflexology 12:30 Euchre 1:00 RSVP Vol. Advisory 5:30 Rock Steady Boxing WEAR YOUR GREEN!	15 7:30 Billiards 8:30 Tai Chi 9:00 RSVP Board Mtg 12:30 Mexican Train 1:00 Movie
18 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Stepping On 9:30 Goldenaires 11:30 Jewelry Repair 12:30 Open Bridge 1:30 Alterations 2:30 Uke Jam 2:30 Healthy Eating 4:30 Warrior Workout	19 7:30 Billiards 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:00 AARP Drivers Class 12:30 Cribbage 12:30 Bridge (closed) 12:30 Mahjong 1:00 Mighty Seniors 1:00 St Judes Bridge 1:00 RSVP Drivers Mtg 5:30 Rock Steady Boxing	20 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Day of Happiness	21 7:30 Billiards 8:00-12:00 Benefit Specialist 8:00 Men's Breakfast 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Dining Divas 12:30 Euchre 5:30 Rock Steady Boxing	22 7:30 Billiards 8:30 Tai Chi 9:00 Coin Club 12:00 Reflexology 12:30 Mexican Train 1:00 All in the Family
25 7:30 Billiards 8:30 Chair Exercise 8:30-12:30 AARP Taxes 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Stepping On 9:30 Goldenaires 12:30 Open Bridge 1:00 What the Tech 2:30 Uke Jam 4:30 Warrior Workout	26 7:30 Billiards 8:30-12:30 AARP Taxes 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 1:00 We All Forget 3:00 Senior Fair Meeting 5:30 Rock Steady Boxing	27 7:30 Billiards 8:30 Morning Stretch 8:30-12:30 AARP Taxes 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Bingo	28 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing	29 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train

Rock County Nutrition Grinnell Hall Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals served Monday through Friday at 11:45 am	Meals require reservations which must be made by noon of the prior business day	<i>Special St. Patrick's Day Menu Thursday March 14</i>	<i>Limited space available at dining sites. Call early for reservations</i>	1 Chicken & Wild Rice Soup Beets Cauliflower Rye Bread Peaches
4 Meatloaf Potatoes/Gravy Creamed Spinach Wheat Bread Tropical Fruit M & M Cookie	5 Parmesan Crusted Pork Loin Au Gratin Potatoes Carrots Wheat Bread Mandarin Oranges Vanilla Pudding	6 Vegetarian Black Bean Chili California Blend Veg. Tossed salad w/ranch Wheat Dinner Roll Fruit Cocktail Choc. Chip Cookie	7 Mac & Cheese w/ Ham Tossed Salad/ dressing Peas Cottage Cheese Wheat Bread Peach Crisp	8 Lemon-Parsley Cod Asparagus Sautéed Red Peppers Rice Pilaf Wheat Dinner Roll Pears
11 Baked Chicken Breast w/gravy Mashed Potatoes/ gravy Broccoli Mandarin Oranges Biscuit Snickerdoodle Cookie	12 Beef Chili Corn Creamed Spinach Cornbread Muffin Vanilla Pudding	13 Chicken Parmesan Casserole Cauliflower Wheat Bread Warm Cinnamon Apples	14 <i>Special Menu</i> Corned Beef Cabbage Red Potato Rye Bread Mint Brownie	15 Tuna Casserole Green Beans Almondine Winter Squash Whole Wheat Bread Apricots
18 Swedish Meatballs Noodles San Fran. Blend Veg. Green Beans w/ craisins Dinner Roll Fruit Jello	19 Creamy Chicken & Broccoli Brown Rice Stewed Tomatoes Corn Wheat Bread Chunky Applesauce	20 Pork Pot Roast Stew Sweet Potatoes Beets Tossed Salad/ Dressing Biscuit Snickerdoodle Cookie	21 Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Wheat Bread Cherry Orchard Bar	22 Hearty Veg. Lasagna Green Beans Garlic breadstick Tossed Salad w/Italian Unsweetened Applesauce w/cinn
25 Broccoli Cheddar Quiche Asparagus Wheat Bread Warm Cinnamon Applesauce Fruit Juice	26 Beef Noodle Soup Carrots Tossed Salad Cornbread Pumpkin Bar	27 Hot Pork Hamburger Bun Baked Beans Coleslaw Pineapple Tidbits	28 Lasagna Casserole Green Peas Broccoli Salad Wheat Bread Carrot Bar	29 Baked Cod Mashed potatoes w/ gravy Stewed Tomatoes Wheat Bread Tropical Fruit Orange Fluff

Meals available to anyone 60 years of age or older. Milk, coffee and tea are served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

Rock Steady Boxing
Tuesdays and Thursdays 5:30-7:00 pm Big Hill Center in Big Hill Park



Parkinson's Disease has been given a challenge in Rock County, thanks to the **Rock Steady Boxing** program. Doug Anderson and Connie Udell are trained Rock Steady Coaches who know the ropes and can help you fight your way out of the corner.

Non-contact boxing classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Studies are proving that there are ways in which people with Parkinson's disease can enhance their quality of life, build strength, flexibility and speed! Anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

Punch cards for 11 classes for \$99.99 (plus tax) or one class for \$10.99 (plus tax) and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Paula Schutt at Beloit Recreation Department 362-6370 ext. 7023. The Recreation Department office is located at 2351 Springbrook Court, Beloit.

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Contact Dementia Outreach Specialist Teena Monk-Gerber, 608.313.3335
 Learn more at alzwissc.org

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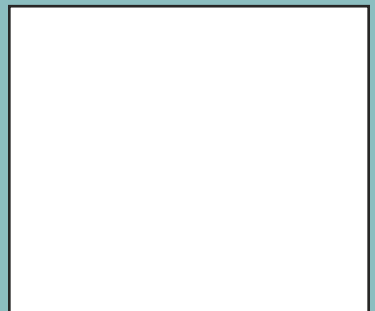
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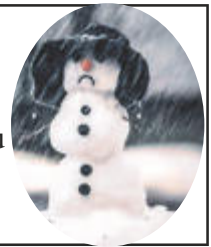
Insurance for all of us.™



Surviving the Winter Blahs

Tuesday, March 6 1:00-2:00pm

Learn about why so many of us feel tired or down during the winter months. Gain tips on what you can do to prevent this and improve your mood and health during this time of year. SSM Health at Home will lead this information program. Please pre-register for this program.



Healthy Salads and Desserts

Fresh no-cook ideas for one or more

Monday, March 18 2:30-3:30pm



With spring coming, and yes it is, these are some great salad, snack and dessert ideas that you can prepare ahead of time and keep for the week! Great for preparing for an individual and no cooking is required." All items include fresh foods and tips for using spices and foods that have anti-inflammatory properties, immune boosting, or general nutrient boosts. You will take home one or more of the following: parfait, salad in a jar or cream cheese fruit tart. Chef Richard Wood, owner of Chefs for Senior of South Central Wisconsin will instruct the class.

You must pre-register as space is limited to 20 participants.

International Day of Happiness

Wednesday, March 20 1:00-2:00pm

Yes it's true, International Day of Happiness is one of hidden and often hilarious holiday-ish days in every month. Join Janesville author Rita Beck, as she shares her insight about celebrating life and turning ordinary days into extraordinary days of laughter, positivity and inspiration! Rita will do some "stand-up comedic readings" from her book, "33 Annual Wild and Wacky Holiday-ish Occasions". The book delves into the meanings and origins of each day and provides fun and creative ways people like to celebrate or commemorate them. Her book will be available for purchase and she would be grateful if you allowed her to sign your book.

Please pre-register for this program.



We All Forget

Is it normal aging or should I be concerned?

Tuesday, March 26 1:00-2:30pm

We all forget names occasionally and misplace keys and wallets. Most of us over the age of 40 don't feel as sharp as we once did. There is a growing recognition of the importance of having memory disorders diagnosed and treated as weary as possible, but not all memory glitzes signify the start of a progressive disease like Alzheimer's. Join in on the discussion with Alzheimer's & Dementia Alliance of Wisconsin as we discuss: How do our memories work? What is normal for our brains as we age? What can we do if we are concerned for ourselves or others?

Please pre-register for this program.

Now where did I put that??

Kickin' it with Kev

Monday, April 1 1:00-3:00pm

No kidding, this ain't no April Fool joke. Kevin Schultz is a self-taught guitarist who has been playing since the early '60s. He has played in several bands over the years and will be entertaining us with 50's & 60's and Classic Country.

Light refreshments will be available.

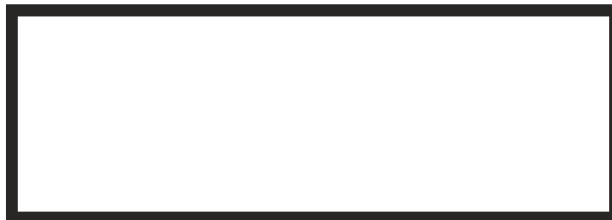
See you in the auditorium!



The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



*Thank you for making the Chili Fundraiser
and membership drive a success!*

Barb Hopper, Bob Norder, Curt Pizza, Judy Witzack, Linda Kinder, Yoshi Gloss, Tom Trichinotis, Opal Vance, Pam Curatolo, Bill Tierney, Sheila Ryan, Judy Stottmeister, Becky Lilley, Oak Park Place, Walgreens, Woodmans, Paulson Specialties, Anna Maria's Pizza and Virginia's Family Salon & Spa .

AARP Driver Safety Class

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's license, but even the most experienced drivers can benefit from refreshing their driving skills. By taking a driver refresher course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age related changes in vision, hearing and reaction time. In addition, you'll learn:

- *Research-based safety strategies that can reduce the likelihood of having a crash**
- *Proper use of seat belts, air bags, antilock brakes and new technology found in cars today**
- *Ways to monitor your own and others' driving skills and capabilities**
- *The effects of medications on driving**
- *The importance of eliminating distractions, such as eating, smoking and using a cellphone**

Over 9 in 10 course participants report changing at least one key driving behavior for the better as a result of what they learned in the course and over eight in ten participants felt that information they learned in the course has prevented them from being in a crash. Plus, you may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details! AARP membership is not required to take the course.

Grinnell will be holding a class on **Tuesday, March 19 from 12:00-4:00pm.**

Instructor is Dave Mumma and cost of class is \$15.00 for AARP members and \$20.00 for non-members.

To register, please call Grinnell Senior Center at 608-364-2875.