

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center  
*Open to both Wisconsin and Illinois residents.*

April 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



Friday, April 26 1:00pm  
Auditorium

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 and your talent! 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! 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.

## 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 with an April Fool's twist will be available.

Wear your toe tapping or dancing shoes and bring your energy as we enjoy Kev's music.  
See you in the auditorium!



**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-

Well we are finally getting some good weather, hopefully it will continue. Spring is the time for planting and enjoying gardening and then watching it bloom! Receive great information at the Planning for Planting program on April 11. Don't forget the great trips throughout the year. We do have trip brochures if you didn't remember to keep your February newsletter. Check out The Original Lettermen and Elegant Dining Car Luncheon aboard an Electric Train. Grinnell trips are a great experience and a way to meet new people if traveling single.

Kickin' it with Kev is going to be fun and wait until you try out the refreshments with a April Fool's twist. Keep in mind that it's all in good fun.

I want to thank all the staff, volunteers and those who make donations. You make Grinnell a great place to enjoy life!

**Debbie Kraus,**  
**Senior Center Manager**



**Thank You For Your Support**

Thank you to our generous friends who donated items to Grinnell Hall from February 14th – March 15th.

**Gift Shop**

Joan Pederson, Jo Schuett, Julie Graham, Barb Tunks, Shirley Von Allmen, Marcia Lee, Ellen Listing, Louise Reiners, Sara Magill, Mary Hutchins, Vicki Samples and Francine Case.

**Cookies/Coffee**

Marilyn Fruzen, Sonya Barnes, Jo Schuett, Sherril Gilbertson, Karen Whisenand, Nancy Appleby, Sandi Davis, Harriett Olson and Sandra D.W.

**Additional Donations**

Karen Whisenand, Hal Joyce, Mary Lou Shaw, Debbie Martin, Rhonda Tierney, Bill Tierney and Dorothy Banks.



**Laughter, the Best Medicine**

**“My memory is gone Mildred, so I changed my password to “incorrect.” That way when I log in with the wrong password, the computer will tell me...  
“Your password is incorrect.”**



**Elegant Dining Car Luncheon/Electric Train Trip  
Wednesday, June 5, 2019  
East Troy, Wisconsin**

Experience a 14 mile trip through the beautiful Wisconsin countryside aboard a historic electric train. We will begin our trip at the depot in East Troy. We will learn a bit of history of this 111 year old rail line in the East Troy Depot museum and browse the gift shop's array of railroad items. We will board the train and dine in style. After our dining train trip experience, we will board our bus and head to The Elegant Farmer to browse and shop. They are well known for their bakery, deli and fresh farm produce. Price includes train ride, 4-course luncheon, taxes, tip, round trip transportation on Van Galder Bus. **While every effort will be made to accommodate individuals with disabilities, the historical railcars were designed and built long before the Americans with Disabilities Act (ADA) was enacted. Therefore, the railcars may not be readily accessible to or usable by individuals with special needs. Passengers using motorized scooters, for example, cannot be accommodated.**



**This is Level 2 trip as there is some additional walking required.**

**Grinnell Members \$74.00 Non-Members \$84.00**

Board bus at Telfer Park at 9:30am and depart at 9:45am Return to Telfer Park 4:00-4:30pm

**No refunds after March 4, 2019. Registration deadline is April 5, 2019 unless space is available.**



**What The Tech - NEW DAY**

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 **THURSDAY, APRIL 18 AT 1:00 pm.**

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.



**Dining Dudes—Lunch**

The Grinnell men will be enjoying breakfast at **Nellies at 1055 Gardner in South Beloit on Thursday, April 18.**

They will meet at the restaurant at 11:00 am. If you would like to ride with someone, please be at Grinnell at 10:45 am.

We ask that you pre-register for this event each month so our coordinator can make proper reservations.

**GOOD FOOD, GOOD TIMES**



**Dining Divas**

The Dining Divas are heading to **China Palace at 625 S. Blackhawk Blvd in Rockton on Thursday, April 18.**

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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**Rod and Reel Fishing Group**

At our previous meeting we voted to begin fishing in April or May, weather permitting. We have several locations we will try to catch the big one at: Tuesdays at Armstrong Eddy Park; Wednesdays at Preservation Park and Thursdays at Riverside Park. All fishing will begin at 9:00am and we will be fishing from the piers. Next meeting will be Friday, April 5 at 9:00am at Grinnell Hall. You do not need to be a Grinnell Hall member to participate.

**Coin Club**

Next meeting will be Friday, May 31 at 9:00am at Grinnell Hall. We will be discussing the key coins for the dime. You do not need to be a Grinnell Hall member to participate.

***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**. 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, April 9 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 April 1 and 15 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, April 1 and 15 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, April 11 and Friday, April 26** 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, April 10.** 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, April 12 and 26 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 and are happy to show newcomers some ideas.



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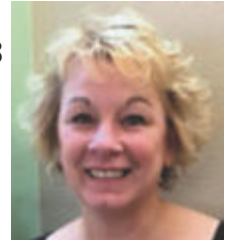
**Dementia Care Specialist Service Offered**



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answers questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, April 8 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, April 4 & 18 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, April 11 at 9:30.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to 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, April 11 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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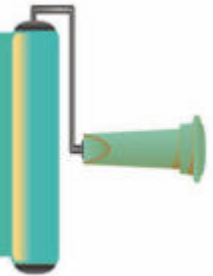
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**Movie of the Month "Notorious" Wednesday, April 17 1:00pm**

In order to help bring Nazis to justice, U.S. government agent T.R. Devlin (Cary Grant) recruits Alicia Huberman (Ingrid Bergman), the American daughter of a convicted German war criminal, spy. As they begin to fall for one another, Alicia is instructed to win the affections of Alexander Sebastian (Claude Rains), a Nazi hiding out in Brazil. When Sebastian becomes serious about his relationship with Alicia, the stakes get higher, and Devlin must watch her slip further undercover.



**Bingo!**

**Wednesday, April 24 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.

*We are reaching out to see if there is enough interest for the following activities:  
Book Club - socialize, read a great book and discuss the good, the bad and the ugly!  
Ping Pong - play for all levels, maybe lessons too!  
Please leave your name, phone number and day/time that is best for you at front desk.*

**Mahjong Lessons**

Mahjong is a tile-based game that was developed in China during the Qing dynasty and has recently spread throughout the world. It is commonly played by four and is played with a set of 144 tiles based on Chinese characters and symbols and is a game of simple strategy. Learn the rules of Mahjong on Tuesday, April 16, Wednesday, April 17 and Thursday, April 18 from 1:00-3:00pm with some lessons for those who are interested. Come as often as you can. Please register for this program.  
Mahjong is played on Wednesdays at 1:00pm.



**Locker Hooking Pillow Project  
Monday, April 8 10:00am-12:00pm**

Beth Bausman will be teaching a class on Locker Hooking. Kits are available and there are 3 to choose from. The kit includes the canvas, Locker Hook and Cotton Twine. It does not include the fabric strips but Beth will have some available for you to learn with. You can turn your project into a throw pillow when it's done. Please register for this program.



**Unique Card Making**

Join Phyllis Olmstead for some great crafting classes and make yourself a flower. Iris folding will be held on Thursday, April 4 9:00-11:00am and Ornare (design with punching holes) will be held Thursday, April 18 9:00-11:00am. Samples will be available to view at the front desk. Please register for this program.



**Sharing Talents**

A special thank you to LeeAnn Mattox for sharing her talents and keeping children warm during the past wintery days. LeeAnn knitted some fun hats for the kids and RSVP distributed them to schools. Have a talent you shared, let us know.



# April Calendar of Activities

# 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 7:30 Billiards 8:30 Chair Exercise <b>8:30-12:30 AARP Taxes</b> 9:00 Bridge (closed) 9:00 Paper Crafting <b>9:30 Stepping On</b> 9:30 Goldenaires <b>11:30 Jewelry Repair</b> 12:30 Open Bridge <b>1:00 Kickin' it with Kev</b> <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>2</b> 7:30 Billiards <b>8:30-12:30 AARP Taxes</b> 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors <b>5:30 Rock Steady Boxing</b>	<b>3</b> 7:30 Billiards 8:30 Morning Stretch <b>8:30-12:30 AARP Taxes</b> 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	<b>4</b> 7:30 Billiards <b>8:00-12:00 Benefit Spec.</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:00 Card Making Class</b> <b>9:00 Grinnell Advisory Board Meeting.</b> 12:30 Euchre <b>5:30 Rock Steady Boxing</b>	<b>5</b> 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 12:30 Mexican Train
<b>8</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting <b>9:30 Stepping On</b> 9:30 Goldenaires <b>10:00 Pillow Project</b> 12:30 Open Bridge <b>12:30 Dementia Specialist</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>9</b> 7:30 Billiards <b>8:00 Watch Battery Repair</b> 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 <b>5:30 Rock Steady Boxing</b>	<b>10</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>11:30 Chair Massage</b> 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	<b>11</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:30 Hearing Aid Check</b> <b>10:00 Planning for Planting</b> <b>10:00 Blood Sugar/Press</b> <b>12:00 Reflexology</b> 12:30 Euchre <b>1:00 RSVP Vol. Advisory</b> <b>5:30 Rock Steady Boxing</b>	<b>12</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge <b>1:00 Sleep Concerns</b> <b>1:00 All in the Family</b>
<b>15</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting <b>9:30 Stepping On</b> 9:30 Goldenaires <b>11:30 Jewelry Repair</b> 12:30 Open Bridge <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>16</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors <b>1:00 Mahjong Lessons</b> <b>1:00 St Judes Bridge</b> <b>1:00 RSVP Drivers Mtg</b> <b>2:30 Technology Demo</b> <b>5:30 Rock Steady Boxing</b>	<b>17</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle <b>1:00 Mahjong Lessons</b> 1:00 Theater Group <b>1:00 Movie</b>	<b>18</b> 7:30 Billiards <b>8:00-12:00 Benefit Spec.</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>9:00 Card Making Class</b> <b>11:00 Dining Dudes</b> <b>12:30 Dining Divas</b> 12:30 Euchre <b>1:00 Mahjong Lessons</b> <b>1:00 What the Tech</b> <b>5:30 Rock Steady Boxing</b>	<b>19</b> <p style="text-align: center;"><b>CLOSED</b> <b>HAPPY SPRING</b></p> 
<b>22</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Open Bridge 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>23</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 12:30 Mahjong 1:00 Mighty Seniors <b>5:30 Rock Steady Boxing</b>	<b>24</b> 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group <b>1:00 Bingo</b>	<b>25</b> 7:30 Billiards <b>8:00-12:00 Benefit Spec.</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>5:30 Rock Steady Boxing</b>	<b>26</b> 7:30 Billiards 8:30 Tai Chi 9:00 Coin Club <b>12:00 Reflexology</b> 12:30 Mexican Train <b>1:00 All in the Family</b> <b>1:00 Talent Show</b>
<b>29</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Open Bridge 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>30</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors <b>3:00 Senior Fair Meeting</b> <b>5:30 Rock Steady Boxing</b>			



# Rock County Nutrition Grinnell Hall Senior Center

**April**  
**2019** Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Pulled Pork Broccoli Cauliflower Whole Wheat Hamburger Bun Apple Crisp	<b>2</b> Salisbury Steak w/ mushroom gravy Garlic Mashed Potatoes Green Beans Peaches Wheat Bread Chocolate Chip Cookie	<b>3</b> Grilled Chicken Breast Corn Asparagus Wheat Bread Carrot Bar	<b>4</b> Tuna Salad Wheat Roll Carrot Raisin Salad Potato Salad Watermelon	<b>5</b> Vegetarian Black Bean Chili California Blend Veg. Tossed salad w/ranch Wheat Dinner Roll Fruit Cocktail Chocolate Chip Cookie
<b>8</b> Roast Beef w/gravy Mashed Potatoes w/ gravy Mixed Vegetables Wheat Bread Brownie	<b>9</b> Hawaiian Shredded Pork Baked Beans Creamy Coleslaw Whole Wheat Hamburger Bun Banana	<b>10</b> Egg Salad Sandwich on Wheat Bread Romaine Salad w/ Ranch Dressing Peaches Pumpkin Bar	<b>11</b> Swedish Meatballs Egg Noodles Sweet Potatoes Brussels Sprouts Apricots	<b>12</b> Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Lemon Bar
<b>15</b> Teriyaki Chicken Brown Rice Asian Blend Vegetables Oatmeal Raisin Cookie	<b>16</b> Chicken Cobb Salad Peaches Cottage Cheese Wheat Bread Carrot Cake	<b>17</b> Pork Stew Green Beans Peas Wheat Bread Cherry Crisp	<b>18</b> Broccoli Quiche Sausage Links Asparagus Tomato Juice Wheat Bread Strawberries	<b>19</b> <i>Spring Holiday</i> <i>No Meals</i> 
<b>22</b> Burgundy Tips Egg Noodles Carrots Cauliflower Breadstick Applesauce	<b>23</b> Western Meatloaf Mashed Pot. w/ gravy Broccoli Wheat Roll Angel Food Cake w/ Strawberries & Whipped Topping	<b>24</b> Chicken Salad Baby Spinach Ranch Dressing Wheat Roll Mandarin Oranges Cranapple Crisp	<b>25</b> Sloppy Joe Sweet Potatoes Baked Beans Wheat Bun Tropical Fruit	<b>26</b> Ranch Pork Chops w/ gravy Red Potatoes Green Beans w/ Craisins Wheat Bread Banana
<b>29</b> Macaroni & Cheese w/Ham Peas Carrots Mandarin Oranges	<b>30</b> Lemon Pepper Fish Red Potatoes Broccoli Wheat Bread Pumpkin Bar		<b>Meals served Monday through Friday at 11:45 am</b>	<b>Meals require reservations which must be made by noon of the prior business day</b>

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.



**WORKOUT WARRIORS NON-CONTACT BOXING**  
**FREE FOR VETERANS**

**\*Fight Stress \*Have Fun \*Sweat \*Laugh \*Talk With Other Vets**  
**Mondays 4:30-6:00 p.m.**

**Drop in at any time or come for the whole time**  
**Big Hill Center in Big Hill Park 1101 Big Hill Road**  
**For more information call Beloit Parks and Recreation 362-6370 ext. 7023.**

**DON'T SHOP. AD PAWT.**

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 Learn more at [alzwissc.org](http://alzwissc.org)

Are You Paying Too Much For Your Medicare Supplement Coverage?

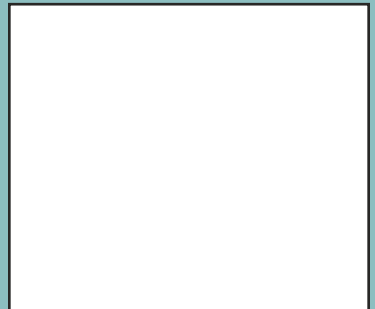
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**Planning for Planting  
Thursday, April 11 10:00-11:30am**



The Rock Prairie Master Gardening Association will be making a presentation with several items being discussed: How to choose your garden plants; how to garden in containers; when to start your plants and when to grow them; how to start with seeds. They will be bringing some seeds for those attending. Please register for this program.



**Sleep Concerns and Disorders  
Friday, April 12 1:00-2:00pm**

Learn about the different types of sleep disorders and ways that may help you better manager or improve the quality of your sleep. The presentation is led by Corrina McVay of SSM Health at Home. Please register for this program.



**Technology Demonstration  
Tuesday, April 16 2:30-3:30pm**



Join the Beloit Library team as they present a technology "petting zoo." You will enjoy a demonstration of some robotic and tech "toys" such as ozobots, cubelets, sphero, etc. and then some interactive time. Also see a demonstration of a 3-D printer, it's amazing. Please register for this program.

**"Finding Your Inner Fish"  
Friday, April 26 4:30pm Free Admission  
Wilson Theatre in Mayer Hall, Beloit College Campus  
*Roy Chapman Andrews Society Board of Directors  
Invites you to join them as they honor Neil Shubin  
2019 Distinguished Explorer Award Recipient***

Mr. Shubin is an internationally renowned paleontologist, evolutionary biologist, and science communicator whose discoveries have led to ground-breaking advances in understanding the origin of organs in the human body and the connectiveness of all life. Shubin, along with colleagues Ted Daeschler and Faris Jenkins, discovered Tiktaalik rosea, a 375-million-year-old "fish with hands." Bring the whole family.



**Spring Plant Sale  
May 20-24**



We are searching for plants of all kinds for donation for the Spring Plant Sale. Indoor, outdoor, exotic, succulents, or whatever variety you have! We are seeking a wide selection of plants for those who will be searching for that special plant to take home with them. Pick a plant that grows without too much work, attracts birds or keeps the bugs away. Volunteers are needed to assist with picking up donations, repotting and helping individuals select their plants. If you are interested in volunteering please contact and the front desk with you contact information. Let's get green at Grinnell.



# 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](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## The Original Lettermen Monday, May 13, 2019

Circa '21 Historic Dinner Playhouse Rock Island, IL



For more than 40 years the LETTERMEN have been entertaining audiences throughout the country, and will be returning to Circa '21. Their harmony is non-stop. From their first hit in 1961 through current hits of today, the sound is undeniably Lettermen. The LETTERMEN have over 50 albums including "When I fall in Love," "Put Your Head on my Shoulder," "Goin' Out of My Head," "Can't Take my Eyes Off Of You," "Hurt So Bad," and "Shangri-La."

Circa '21 is housed in the historic Fort Armstrong Theater, built in 1921 and was originally a vaudeville and silent movie house. After extreme remodeling in 1977, the interior was remodeled into Las Vegas styled seating and seats 334 on the main floor. The Theater is listed on the National Register of Historic Places.

Price includes concert, luncheon, taxes, tip and round trip transportation on Van Galder Bus.

**This is a Level 1 trip with minimum walking.**

**Grinnell Members \$79.00 Non-Members \$89.00**

Board bus at Telfer Park at 8:30am and depart at 8:45am. Return to Telfer Park 5:30-6:00pm

**No refunds after March 28, 2019. Registration deadline is April 12, 2019 unless space is available.**

## GET MEALS.....SERVE MEALS

For almost 50 years, Beloit Meals on Wheels has been providing hot nutritious meals, a friendly visit and safety check to homebound seniors age 60 and over living in the Beloit community 365 days a year. Meals meet the requirements of a heart healthy diet that is overseen by a licensed dietician. If you are in need or know someone who is in need of a meal call the office. Want to make a difference in someone's life? Volunteer...it's rewarding.



424 College Street Beloit, Wisconsin  
608.362.3683 • [beloitmealsonwheels.org](http://beloitmealsonwheels.org)

