

Power of 50 Plus

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

June 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
Open Exercise..... Bobbie....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.



KG & The Ranger Western Ho Down **Wednesday, June 19 1:00-3:00pm**

Saddle up your imagination for a ride to the Old West with award-winning cowboy yodelers **KG & The Ranger**. Their smooth harmony singing will bring back memories of the Sons Of The Pioneers, Roy Rogers, Gene Autry and other cowboy stars of the Silver Screen. They yodel in harmony and they keep the audience entranced with interesting bits of history about the cowboy songs they sing. Last year they were a huge hit and everyone had a wonderful afternoon, reliving the tales and music of the old west!

Remember, there is no reservation needed for the music portion of our celebration, so even if you do not attend the lunch, you won't want to miss this first class performance! Light refreshments will be available.

Join the Nutrition Program for a Western Lunch served at 11:45. Brat w/ Bun, Baked Beans, Coleslaw and Cowboy Cookie. Meal limited to first 70 reservations due to space limitations. Suggested donation of \$4.00 per meal for those 60 and over. **Meal reservations taken beginning August 1.**



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,

As the weather becomes warmer make sure you get outside and enjoy nature by watching and listening to the birds and animals and the plants and flowers blooming.

June is also National Safety Month and we will be having an informational presentation on Monday, June 10, 12:30-1:30. We will share information on Grinnell Hall procedures, home safety and more. Please register as we will have handouts and special gifts for those attending.

Stay safe and please let us know if you see a safety concern at Grinnell.

*Debbie Kraus,
Senior Center Manager*



Thank You For Your Support

Thank you to our generous friends who donated items to Grinnell Hall from April 16th – May 13th.

Gift Shop

Judy Cufir, Bill & Rhonda Tierney, Cecilia Phillips, Pauline Bauer, Leroy Stewart Sr., Carol Fryar, Karen Nelson, Gloria Novy, Sandy Davis, Kathy Cope, Patty Manning, Marilyn Lyga, Emma Yncierto, Bev Bliss, Jean Warn, Karen Van Fleet, Linda Keenan, The Carl & Belding Families & Lora Jane Sherwood.



Cookies/Coffee

June Hargraves, Harriett Olson, Bev Bliss, Mary Lou Shaw, Judy Witzack, Nancy Appleby, Jo Schuett, Shirley Putnum, Sonya Barnes, Marilyn Fruzen & Lynn Kline.

Plant Sale

Julie Orvis, Marilyn Lyga & Dorothy Wensel.

Additional Donations

Caritas, Diane Chasser, Marilyn Fruzen, Slew Family, Kathy Schroeder, Julie Orvis, Sheryl Horvath, Joyce Ronan, Pat Shea, Linda Keenan & Eunice Steinke.

Ladies Tea

Wednesday, June 12 2:00-4:00pm

We will have a guest presenter modeling her elegant and vintage hats. Enjoy some finger foods, homemade scones, dessert, tea and some great socialization. Women are encouraged to wear a hat but not required. Treat yourself to this fun and interesting event. Cost is \$8.00. Please pay when signing up. Please register by Monday, June 10.



Planters Hobbist Group Thursday, June 27 12:30-1:30pm

Join Master Gardeners as they share their expertise on various plant subjects once a month from June to October. You don't have to have experience with plants, just an interest. Our first topic will be herbs. They will talk about chives, mint, lemon balm, oregano and the variety of uses of herbs – culinary, aroma therapy and more. You will take one herb plant home with you. Future topics include container gardening, house plants and tours. Registration is required and maximum is 20.



Ten Commandments of Retirement Living

1. Thou shalt make plans.
2. Thou shalt stay active.
3. Thou shalt make a list of 20 things you've always wanted to do and do them one at a time.
4. Thou shalt spend time creating new memories rather than dwelling in the past.
5. Thou shalt think big thoughts and enjoy small pleasures.
6. Thou shalt be optimistic.
7. Thou shalt travel.
8. Thou shalt laugh often, deeply and loudly.
9. Thou shalt not whine.
10. Thou shalt enjoy life, love it, live it!

Think of retirement as a **beginning** rather than an ending...a time to **explore** everything the world has to offer.

Thank you to Francis Fruzen for sharing.

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, JUNE 20 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 a meal at **Dita's 1569 S. Madison Road in Beloit on Thursday, June 20.** 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 **Pizza Ranch in Roscoe at 4797 Bluestem Road (off of Hononegah Rd) on Thursday, June 20.**

Meet at Grinnell Hall at 12:30pm to car-pool or at the restaurant at 12:45pm.

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



Less work. More life!

Cedar Crest
Home happens here.
Townhomes•Apartments
Assisted Living•Memory Care
Short-term Rehabilitation
CedarCrestLife.com
(608)756-0344

Need affordable Medicare that's in step with your life?

Choosing the right Medicare coverage can be confusing.

I can help you find a plan that's right for YOU and YOUR BUDGET.



health markets.

Call today for personalized service!
262-458-2880

Jean Linos, Licensed Insurance Agent
This is an advertisement. Not all agents are licensed to sell all products. Service and product availability varies by state. HMIA001594

BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard

Call us anytime at
(608) 314-8501
20 S. Main Street • Suite 13
Janesville

Our BrightStar Care team is available to help you and your family 24 hours a day, 7 days a week.

She always cared for your family—now you can return the favor.

We know how to keep your loved one with memory loss safe and happy. Start planning for the future today.



AZURA
MEMORY CARE

Call 608-295-2764 today for tour!

Beloit • Clinton
azuramemory.com

Beloit Regional HOSPICE
Member of Beloit Health System



www.beloitregionalhospice.com
608-363-7421

Rod and Reel Fishing Group

At our previous meeting we voted to begin fishing in 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 8:00am and we will be fishing from the piers. Next meeting is Friday, June 7 at 9:00am at Grinnell Hall. You do not need to be a Grinnell Hall member to participate.



Coin Club

Meeting schedule for the year is Fridays, July 26, September 27 and November 29. at 9:00am at Grinnell Hall. We will be discussing quarters at the July meeting. 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.

Goldenaires Choir

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 welcoming new members.

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, June 11 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 June 3 & 17 from 1:30-2:00 pm** 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, June 3 & 17 from 11:30 am-1:00 pm**. This is a walk in service and services are individually priced.

Experience Reflexology

Certified Reflexologist, Maureen Birchfield will be at Grinnell on **Thursday, June 13 and Friday, June 28** 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, June 12 with appointments beginning at 11:30am. Thank you Kathy for your commitment to Grinnell these past years. You will be missed. **Help us welcome Massage Therapist Alicia Jenski who will begin at Grinnell on Tuesday, June 25 and taking appointments from 2:30-3:30pm. Alicia also does chair massages at The Gathering Place, Milton Senior Center. She completed her education at Rock Valley College. Beginning in July she will be here the 2nd & 4th Tuesday of each month.** A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register.

Sewing Group Each Thursday

Sewing lab meets each Thursday beginning at 9:00am in the Sewing/Vet's room upstairs. Projects include quilts for babies, fidget mats, etc. or work on your 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 creating our own "family" right here at Grinnell by getting to know each other and building friendships. 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, June 7 and 21 at 1:00pm**. Don't be shy - you will be glad you joined us. Please pre-register by calling Grinnell at 608-364-2875.

Unique Card Making

Paper Quilling cards is unique and will be made on Thursday, June 13 1:00-3:00pm Create cool backgrounds for your cards with the Shaving Cream Technique! All you need is shaving cream and ink refills. Spread them around, add your card stock and voila! You've got a fun background to use on your unique card that smells very nice. No two cards will ever be alike. Join us on Tuesday, June 25 form 1:00-3:00pm. Need more instructions than that? Join Phyllis Olmstead for a class at Grinnell Senior Center and she will help you make that one of a kind card. Samples are available to see. All supplies are included. Please register for this class.

**Daley • Murphy • Wisch
& Associates**
FUNERAL HOME AND CREMATORIUM
2355 Cranston Rd. • Beloit, WI 53511
608-362-3444
www.daleymurphywisch.com

**HOMECARE
PHARMACY LLC**
MEMBER OF HOME TOWN PHARMACY

Moms & Dads
Deserve the Best.
GIVE THE GIFT OF GOLDEN!
FATHER'S DAY SALE 10% OFF

(608) 362-1234
1006 Woodward Ave
Beloit, WI 53511
www.homecarepharmacy.net

"Inclusa's purpose is to make individuals feel that they're not alone, that they have some choice in their care."

Local long-term care supports and services delivered with a focus on your life, your choice.

inclusa.org | 715-345-5968

We are your choice for
Long-Term Care for Seniors
and adults with disabilities.
Helping you remain safe,
independent, and active
in your community.

1-877-489-3814 www.mychoicefamilycare.org

At Beloit Senior Living, Your Quality Of Life Is Our Commitment

Call Today & Tour

A gracious assisted living environment.
The amenities you want with the personalized care you need.
New one and two bedroom apartments available.

Call 608-312-2370, or visit: beloitseiorliving.com for more information.
Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511

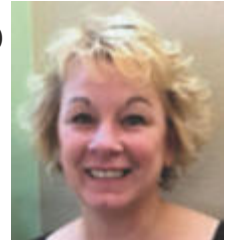
Dementia Care Specialist Service Offered



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, June 10 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.

Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist will be here on Thursdays, June 6 & 20 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, June 13 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

Grinnell Hall offers free blood pressure/blood sugar screenings on **Thursday, June 13 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

PENNY HANSEN
REALTOR




LICENSED IN IL & WI
www.pennyhansen.com
pennyhansenc21@gmail.com

608-751-1096



Companionship Care
Personal Care
Meals & Nutrition
Transportation
Household Duties
Respite Care
Hospice Care
Support Services

To you it's about making the right choice...To us, it's personal.

Call for a free, no-obligation appointment
608.314.9241

Home Instead
SENIOR CARE®
to us, it's personal.

HomeInstead.com/613

Each Home Instead Senior Care® franchise office is independently owned and operated. © 2019 Home Instead, Inc.

HUNTINGTON PLACE


FIVE STAR
SENIOR LIVING

We make life a little easier!

INDEPENDENT SENIOR APARTMENTS
ASSISTED LIVING
ADVANCED CARE • MEMORY CARE
RESPITE STAY

Visit us online or give us a call and see how Huntington Place can provide the care your loved one needs in our senior community.

3801 N. Wright Rd.
Janesville, WI 53546
(608) 868-5035



CARITAS
community resource center

Sharing the Necessities of Life

(608) 362-4403
2840 Prairie Ave, Beloit

For more information, please visit us at:
www.caritasbeloit.org

LET US carry YOUR MESSAGE TO Senior THE Community



For advertising info call: 1-800-950-9952

HILLCREST APARTMENTS

Affordable 1 & 2 Bedroom Apts. for Seniors 55 & Better
Rent includes Heat & Water
A Fun Community With Many Amenities
Income Restrictions Apply
Professionally Managed by OAKBROOK CORPORATION



2200 Burton St., Beloit, WI 608-363-9246



Home Instead
SENIOR CARE®
to us, it's personal.

Enhance the lives of fellow seniors!
Supplement Your Income
Part-Time Flexible Scheduling

608.314.9241 | HomeInstead.com/613

362-1196

Mouse
Tavern & RESTAURANT

FISH FRY FRIDAY
CHICKEN & DUMPLINGS SATURDAY

Wed./Thurs./Fri. Lunch - Serving 11:30-1:30
Mon./Tues./Wed./Thurs 5-8, • Fri. & Sat. 5-9
Sunday Breakfast 10:30-2

1408 Madison Road, Beloit



Buccherro Family
Beloit

Movie of the Month “A Star is Born” Friday, June 14 1:00pm

Seasoned musician Jackson Maine (Bradley Cooper) discovers—and falls in love with—struggling artist Ally (Lady Gaga). She has just about given up on her dream to make it big as a singer... until Jack coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons



Bingo!

Wednesday, June 26 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.

June bingo is sponsored by ClearCaptions and they will provide prizes and refreshments. ClearCaptions will also share information on phone technology for those who are hearing impaired.



ClearCaptions

Daily Fun!

- 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
- We are searching for Bridge Players !!!!**



Billiards every morning at 7:30am. You don't have to be a great player to join in the fun. Free billiards lessons are held on Thursday at 1:00pm and are given by Jim Meyers. Please let us know by phone or at the front desk if you are interested in attending lessons. Pool cues are available for use.



**Historic Galena, Illinois Overnight Trip
Wednesday, September 11 through Friday, September 13, 2019**

**Bus tour of Historic Galena
Narrated tours of Grant's Home, Dowling House and Belvedere House
“Women of Courage and Commitment” presentation
Great Food, Great Fun!**

We will be staying at the DeSoto House in downtown Galena which offers plenty of shopping if interested. The DeSoto is the oldest operating hotel in Illinois, first opening its doors in 1855. Its most notable visitor was President Abraham Lincoln who spoke from its Main Street balcony on July 23, 1856. Rooms are spacious and graciously decorated Victorian style named for historic personages who visited Galena. During your stay you will have wireless internet, in-room coffee/tea service and bottled water. Activities include shopping in Shullsburg on our way to Galena, a narrated step on bus-tour of Historic Galena, tours of Grant's Home, Dowling House, Belvedere House, with dinner and shopping time in Galena. Please note that due to early scheduling some activities may be adjusted. Price includes hotel accommodations, two breakfasts, one lunch, two dinners, all tours and round trip on Van Galder bus. This is a must trip to explore Historic Galena!



This is a Level 2 trip.

Grinnell Members \$364.00 double occupancy \$489.00 single occupancy

Non-Member \$379.00 double occupancy \$504.00 single occupancy

A payment plan is available. Fifty percent due upon registration and remaining balance due June 7. Board bus at Telfer Park at 8:30am and depart at 9:00am.

No refunds after June 7, 2019. Registration deadline is July 3, 2019 unless space is available.

June Calendar of Activities

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	4 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Open Fitness 5:30 Rock Steady Boxing	5 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group Train Trip / Luncheon	6 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Grinnell Advisory Board Meeting 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing	7 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 12:30 Mexican Train 1:00 All in the Family
10 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Dementia Specialist 12:30 Safety Presentation 2:30 Uke Jam 4:30 Warrior Workout	11 7:30 Billiards 8:00 Watch Battery Repair 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Open Fitness 5:30 Rock Steady Boxing	12 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:30 Chair Massage 2:00 Ladies Tea Party 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	13 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 Card Making 5:30 Rock Steady Boxing	14 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 1:00 Movie
17 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 1:00 Protect Your Identity 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	18 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 Open Fitness 1:00 RSVP Drivers Mtg 5:30 Rock Steady Boxing	19 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Western Ho Down No Theater 	20 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 11:00 Dining Dudes 12:30 Dining Divas 12:30 Euchre 1:00 What the Tech 2:00 Farmers' Market Vouchers / Rotary Center 5:30 Rock Steady Boxing	21 7:30 Billiards 8:30 Tai Chi 9:00 RSVP Board 12:30 Mexican Train 1:00 All in the Family
24 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 2:30 Uke Jam 4:30 Warrior Workout	25 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Open Fitness 1:00 Card Making 2:30 Chair Massage 3:00 Senior Fair Meeting 5:30 Rock Steady Boxing	26 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Bingo	27 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Planters Hobbies Group 12:30 Euchre 5:30 Rock Steady Boxing Architectural Boat Trip	28 7:30 Billiards 8:30 Tai Chi 12:00 Reflexology 12:30 Mexican Train
July 1 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	July 2 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Open Fitness 5:30 Rock Steady Boxing	July 3 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	July 4 <i>Happy Independence Day</i> Grinnell Closed 	July 5 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 12:30 Mexican Train

Rock County Nutrition Grinnell Hall Senior Center

June
2019 Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ranch Pork Chops w/ gravy Red Potatoes Green Beans w/ Craisins Wheat Bread Banana	4 Sloppy Joe Baked Beans Sweet Potatoes Wheat Bun Tropical Fruit	5 Burgundy Tips Egg Noodles Carrots Cauliflower Breadstick Applesauce	6 Western Meatloaf Mashed Pot. w/ gravy Broccoli Wheat Roll Angel Food Cake w/ Strawberries & Whipped Topping	7 Chicken Salad Baby Spinach Ranch Dressing Wheat Roll Mandarin Oranges Cranapple Crisp
10 Hamburger Whole Wheat Hamburger Bun Black Beans Corn Fruit Jello	11 Lemon Pepper Fish Red Potatoes Broccoli Wheat Bread Pumpkin Bar	12 Macaroni & Cheese w/Ham Peas Carrots Mandarin Oranges	13 Spaghetti w/ meatballs Tossed Salad w/ dressing Green Beans Garlic Bread Tropical Fruit	14 Sub Sandwich on Whole Wheat Hamburger Bun Creamy Coleslaw Peaches Oatmeal Raisin Cookie
17 Sausage & Gravy Biscuit Hash brown Casserole Tomato Juice Chunky Applesauce	18 Italian Casserole French Cut Green Beans Carrots Wheat Roll Pears	19 Brat w/Bun  Baked Beans Coleslaw Cowboy Cookie 	20 Chicken Marsala Peas Cauliflower Wheat Bread Lemon Bar	21 Teriyaki Pork Brown Rice Broccoli Asian Blend Veg. Cherry Crisp
24 BBQ Pulled Pork Whole Wheat Hamburger Bun Broccoli Cauliflower Apple Crisp	25 Tuna Salad Wheat Roll Potato Salad Carrot Raisin Salad Watermelon	26 Grilled Chicken Breast Asparagus Corn Wheat Bread Carrot Bar	27 Salisbury Steak w/ mushroom gravy Garlic Mash. Potatoes Green Beans Wheat Bread Peaches Choc. Chip Cookie	28 Taco Salad Black Beans Shredded Lettuce Corn Tortilla Chips Cinnamon Applesauce
Meals served Monday through Friday at 11:45am	Meals require reservations which must be made by noon of the prior business day.	<i>Wednesday, June 19 only 70 reservations will be taken due to space limitations.</i>	<i>Reservations will be taken starting June 1.</i>	

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.



Your partner along the journey

- Personalized Guidance
- Confidential Care Consultations
- Caregiver Education Programs
- Memory Cafés
- Support Groups

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

FREE AD DESIGN
 WITH PURCHASE OF THIS SPACE.
 - 800-950-9952 -

THE HOME COMPANION REGISTRY

COMPANION CAREGIVERS WILL WORK WITH YOU TO MAKE LIFE EASIER, LESS STRESSFUL & MORE ENJOYABLE.

MANY SERVICES ARE AVAILABLE
 CALL **608-856-0153**
 FOR MORE INFORMATION.



WE'RE HIRING
AD SALES EXECUTIVES




- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers


Are You Paying Too Much For Your Medicare Supplement Coverage?

Physicians Mutual Insurance Company can **SAVE you MONEY** on your Medicare Supplement premiums!

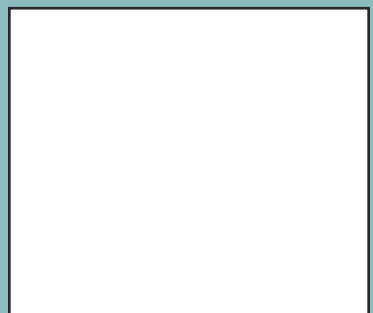
Ask your agent about all the details including our Innovative Deductible Discount Rider Option, too. Get reliable, caring service and valuable protection.



Why wait? Talk to an agent today!
Michael Santucci
 608-364-0115
 608-751-0603



We are not connected with, nor endorsed by the U.S. Government or the Federal Medicare Program. This is a solicitation of insurance. Some restrictions may apply. For more information, please call 1-800-950-9952.

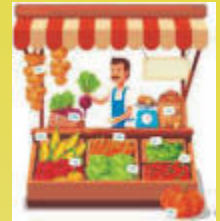


**Protecting Your Identity and Other Assets
Monday, June 17 1:00-2:00pm**

Keeping credit cards, bank accounts and social security numbers safe is crucial. This presentation will provide information on identity theft and fraud warning signs; steps to minimize your risk, important steps for responding to identity theft and fraud and the importance of keeping good records. Don't miss this important presentation and bring a friend or two. Presentation will be lead by Town Bank, A Wintrust Community Bank. Please pre-register for this program.



**Senior Farmers' Market Voucher
Thursday, June 20 2:00-3:30pm
Beloit Rotary Center 1160 Riverside Drive**



What is the Senior Farmers' Market Nutrition Program? The purpose of the program is to provide fresh fruits, vegetables and herbs from farmers' markets and roadside stands to low income seniors and increase the consumption of agricultural commodities by expanding or aiding in the expansion of farmers' markets and roadside stands. Eligible seniors receive vouchers worth \$25 per household to purchase locally grown produce at approved farmers' markets and roadside stands.

Who is Eligible? Rock County residents age 60 or older (Native Americans age 55 or older) with a monthly household income that does not exceed \$1,926 for one person or \$2,607 for two people. Each eligible household may receive vouchers only once in 2019.

How Do I Get These Vouchers? Vouchers will be distributed at seven locations in Rock County. The number of vouchers available is limited and will be distributed on a first come, first served basis.

How Can I Get Vouchers If I Can't Get to a Distribution Site?

There are two options:

- 1) If you are unable to get to a distribution site and would like someone else to pick up your vouchers for you, you must call Rock County COA Nutrition Program (608-757-5474) at least one week in advance to request a Proxy Authorization Form. This is the only acceptable document which will permit someone else to receive vouchers on behalf of an eligible senior. The form must be signed by the voucher recipient; then taken by the authorized representative to the distribution site. There is a strict limit of 4 proxy forms per representative.
- 2) Beginning July 2, any remaining vouchers will be distributed on a first come first served basis at the Rock Council on Aging office. **Please call 608 757-5474 for additional information and locations.**



**Man of 100 Voices
Tuesday,
August 6
Starved Rock
State Park Illinois**

**Grinnell Members \$63.00
Non-Members \$73.00**
Depart Telfer Park at 9:00am and return at 5:00pm
No refunds after June 21. Registration deadline is July 20 unless space is available.

**Taliesen Tour
Spring Green, WI
Wednesday, August 28**

**Grinnell Members \$77.00
Non-Members \$87.00**
Depart Telfer at 9:00am, return 5:00-5:30pm
No refunds after July 12. Registration deadline July 29 unless space is available.



**Brewers/Cubs
at Miller Park
Sunday,
September 8
1:10pm game**

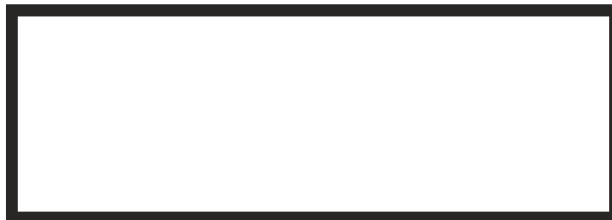


**Grinnell Members \$65.00
Non-Members \$75.00**
Depart Telfer Park at 9:45am, return 6:00-6:30pm
No refunds after July 8. Registration deadline is July 20 unless space is available.

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



Architectural Boat Trip and Shopping at Historic Navy Pier Thursday, June 27, 2019



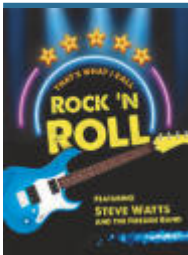
Experience cruising down the Chicago River as we learn about the architecture of the buildings that line the beautiful Chicago river. Chicago is known around the world for its architectural feats, both inside and outside of the buildings. From the 100 year old Art Deco, Neo-Classical, and Gothic Towers, to some of the tallest modern-day skyscrapers. Detailed explanations of the construction and history of over 50 significant buildings will be shared. Following the boat trip we will visit Navy Pier located on the Chicago shoreline of Lake Michigan. Navy Pier was designed by Architect Charles Summer Frost, and opened to the public in 1916 as "Municipal Pier." It was the only pier to combine a shipping dock with public entertainment. In 1927, it was renamed "Navy Pier" as a tribute to the Navy personnel who served in the war. We will begin with a 75 minute boat tour at 11:45am followed by 2 hours of shopping and lunch (on your own) at Navy Pier. Price includes boat tour and round trip transportation on Van Galder Bus.

This is a level 2 trip, most of the walking is during the shopping after the boat tour.

Grinnell Members \$62.00 Non-Members \$72.00

Board bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:30pm

Registration deadline is June 20. Sign up now to reserve your space.



That's What I call Rock 'N Roll Wednesday July 10, 2019 Fireside Dinner Theater Fort Atkinson, WI

The Fireside is thrilled to present a brand new, live musical celebration featuring the wildly popular Fireside Band led by Fireside favorite Steve Watts, with a cast of super talented singers. The Fireside will be rockin' with music of the 50's, 60's, 70's, and 80's and paying tribute to some of the biggest rock superstars of all time! Price includes luncheon, taxes, tip, and theater performance.

This is a Level 1 trip with minimum walking.

Grinnell Members \$72.00 Non-Members \$82.00

Carpooling (each participant pays driver \$3.00 for gas cost)

Meet at Telfer Park at 9:30am and depart at 9:45am. Depart Fireside at 4:15pm and arrive Telfer Park at 5:00pm
No refunds after May 27, 2019. Registration deadline is June 10, 2019 unless space is available.