

# Power of 50 Plus

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

*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.*



July 2019

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

608-364-2875

Debbie Kraus,  
Senior Center Manager  
krausd@beloitwi.gov

#### Hours

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

facebook



**Why a Grinnell Hall Membership? Members receive a discount on trips and the monthly newsletter is mailed to you. Membership fees also assist program and activity costs so we are able to provide them for free. Memberships are for a calendar year: January-December. Cost is \$25 for an individual and \$40 for a couple.**

## 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

Tai Chi

Relax into Yoga

## *Fifties/Sixties and more Party !* *Friday, July 19 1:00-3:00pm*

Join us as we celebrate the 50s/60s and Through the Years with Bill and Bonnie Stevens. Bill and Bonnie play a wide range of instruments from guitars, keyboards to horns. Their playing and singing will get you moving and remembering the years gone by. Dress up in your favorite 50s/60s attire and have fun. No reservation is 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 during the performance.



**Join the Nutrition Program for lunch served at 11:45.** Hamburger, Hamburger Bun, Potato Salad, Melon Mix and Chocolate Chip 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 will be taken beginning July 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

*What a great couple of months here at Grinnell Hall. It is so fun to see everyone enjoying activities and events and to hear the conversations and laughter. Of course all of the fun cannot be done without the volunteers who head up the committees. Linda Kinder headed up the Plant Sale Committee and Bobbie Pann headed up the Ladies Tea Committee. Both of these events were such a success for our members and guests. Many who visited both said it was their first time being at Grinnell. It was great to see how welcomed they were. I encourage you to attend programs as it will enrich your life and you may meet some new friends. I look forward to celebrating my 1 year anniversary on July 19 at the 50s and 60s dance. Thank you for all of your support over the past year.*  
**Debbie Kraus, Senior Center Manager**



### Thank You For Your Support

Thank you to our generous friends who donated items to Grinnell Hall from May 14th – June 14th.

**Gift Shop**-Roselyn Ackley, Kay Olmstead, Jim Merri- man, Jean Warn, Diane Walker, Joan Pederson, Lois Taylor, Michelle Dillenburg, Judy Cufu, Peggy Wellnitz, Illa Borgwardt, Rhonda & Bill Tierney, Nancy Appleby, Pearl Friedley, Mary Lou Martin, Ione Van DenElzen, Debbie Marvin, Donna Hemmerling, Cecelia Phillips, Jo Schuett, Carol Fryer, Jenell Rochester, Yoshi Glos & Diane Chasser.



**Cookies/Coffee/Table Treats**-Marilyn Liga, Jim Merriman, Marilyn Fruzen, Lois Engen, Sonya Barnes, Marcia Stenberg, Sandi Davis, Illa Borgwardt, Pam Curatolo, Karen White, Joyce Beals, Ann Roth & Beth Bausman.

**Plant Sale**-Pat Wolf, Eunice Steinke, Lynn Kline, Marilyn Fruzen, Lois Taylor, Julie Gram, Judy Wub- bena, Cindy Keller & David Steward.

**Additional Donations**-Mary Lou Shaw, Lynn Kline, Pauline Clark, Mary Lou Martin, Bill & Rhonda Tierney & Jennifer Larsen (for the estate of Dorothy Larsen).

### Laughter the Best Medicine

A man and woman were married for many years. Whenever there was a confrontation, yelling could be heard deep into the night. The old man would shout, "When I die, I will dig my way up and out of the grave and come back and haunt you for the rest of your life!" Neighbors feared him. The old man liked the fact that he was feared.

Then one evening, he died when he was 98. After the burial, her neighbors, concerned for her safety, asked, "Aren't you afraid that he may indeed be able to dig his way out of the grave and haunt you for the rest of your life?"

(HERE IT COMES!!!)

The wife said, "Let him dig. I had him buried upside down...and I know he won't ask for directions."

Thank you Linda Smith for sharing

### Plant Sale a Success

Special thank you to the plant sale committee as we believe was the 8th year of the plant sale. There were over 300 plants and just over \$1,000 raised. Thank you to those who donated and purchased plants. Plans are to purchase a raised garden bed next year.



### Grinnell Hall Advisory Board Nominees Sought

Grinnell Hall Advisory Board has nine members and each board member serves a three year term. Every year three board members' terms are completed and we seek nominations to replace them.

Board Members meet once a month, normally on the first Thursday of each month at 9:00am. Meetings last approximately one hour.

Board members provide input from members, assist with special events, review reports and promote Grinnell Hall activities and events. Meeting minutes are posted on the bulletin board for members to read.

If you are interested in becoming an Advisory Board Member, please feel free to visit with a current Board Member or Debbie. **If you are interested we ask that you complete a short information form that is available at the front desk and return by Friday, July 12.** We also need to take your photo for the nomination form. Nominees will be asked to tell a little about themselves at the August 28 annual meeting. Membership voting will begin August 19 and new Board members first meeting will be in September.

**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 **THURSDAY, JULY 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 a meal at **ShortStacks at 1871 Cranston in Beloit on Thursday, July 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 **Fiesta Cancun Mexican Restaurant at 5077 Rockrose Court in Roscoe, IL. on Thursday, July 18.**

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.

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## Rod and Reel Fishing Group

PLEASE NOTE WE WILL NO LONGER BE FISHING AT RIVERSIDE PARK. We will be at **Armstrong Eddy Park on Tuesdays and Thursdays and at Preservation Park on Wednesdays**. All fishing will begin at 8:00am but feel free to come out anytime in the morning. We will be fishing from the piers. Next meeting is Friday, July 5 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, July 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 July 1 and 15 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 **Monday, July 15 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, July 11 and Friday, July 27** 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

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenski who will begin at Grinnell on **Tuesdays July 9 and 23** 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. 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 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, July 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.

### Card Making

**Thursday, July 11 10:00am-12:00pm**

Join Theresa Niles as you create a cascade/waterfall card. All supplies are provided. Please register for this program.



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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 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, July 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.

## Elder Benefit Specialist

**Lachel Fowler, Rock County Benefit Specialist will be here on Thursdays, July 11 and 25 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, July 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

Grinnell Hall offers free blood pressure/blood sugar screenings on **Thursday, July 11 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

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FISH FRY FRIDAY  
CHICKEN & DUMPLINGS SATURDAY

Wed./Thurs./Fri. Lunch - Serving 11:30-1:30  
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Sunday Breakfast 10:30-2

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 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

**Bingo!**

**Wednesday, July 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.

July Bingo is sponsored by Home Instead and they will provide prizes and refreshments. Home Instead will also share information on their services and job opportunities.



**Movie of the Month**  
**The Wife**  
**Friday, July 26 1:00pm**

The interwoven story of a couple's youthful passion and ambition with a portrait of a marriage thirty-plus years later. A lifetime's shared compromises, secrets, betrayals, and mutual love. Cast includes Glenn Close, Jonathan Pryce, Christian Slater, Max Irons, Annie Starke, Harry Lloyd, Elizabeth McGovern, Alix Wilton Regan, Michael Benz and Twinnie-Lee Moore.

**Chicks with Sticks**

Ever wonder what the heck chicks with sticks is? Well it's a group of ladies who enjoy knitting, crocheting and socializing. They meet on Wednesdays from 10:00am-12:00pm. No need to sign up, just bring your sticks and supplies and have fun.



**Man of 100 Voices**  
**Tuesday, August 6, 2019**  
**Starved Rock State Park Utica, Illinois**

The guys who gave us rock! The funny, guitar-rocking man of 100 voices takes you on a ride with Frankie Valli, Roy Orbison, Elvis Presley, Buddy Holly, Chuck Berry, the Beatles, and more. Laugh, learn and rock with this multi-talented powerhouse, thru the fun, dynamic evolution of the 40's, 50's and 60's! Be amazed by Skip's 3 1/2 octaves and expert guitar work.



Price includes show, buffet luncheon, taxes, tip, round trip transportation on Van Galder Bus.

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

**Grinnell Members \$63.00 Non-Members \$73.00**

Board bus at Telfer Park at 8:45am and depart at 9:00am

Return to Telfer Park at 5:00pm

**No refunds after June 21, 2019. Registration deadline is July 20, 2019 unless space is available.**



**Brewers versus Cubs at Miller Park**  
**Sunday, September 8, 2019 1:10pm game**

Take me out to the ball game... Join us and cheer on your favorite team in this battle of the National League Central Division. This trip involves a large amount of walking and is not recommended for someone who has difficulty with mobility. Food and beverages are allowed into the stadium, but all drinks (non-alcoholic) **must** be in plastic bottles. No glass allowed and softside coolers only. Price includes ticket and round trip on Van Galder. **This is a level 2 trip. Please indicate if you will need special assistance, such as a wheelchair at Miller Park.**

**Grinnell Members \$65.00 Non-Members \$75.00**

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm

**No refunds after July 8, 2019. Registration deadline is July 20, 2019 unless space is available.**

# July Calendar of Activities

# 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>1:30 Alterations</b> 2:30 Uke Jam <b>4:30 Warrior Workout</b>	<b>2</b> 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Open Exercise <b>5:30 Rock Steady Boxing</b>	<b>3</b> 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	<b>4</b> <i>Happy Independence Day</i> <b>Grinnell Closed</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 9:30 Goldenaires <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 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Open Exercise <b>2:30 Chair Massage</b> <b>5:30 Rock Steady Boxing</b>	<b>10</b> 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 <i>Rock N Roll Trip</i>	<b>11</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 Advisory Board Meeting</b> <b>9:30 Hearing Aid Check</b> <b>10:00 Blood Sugar/Press</b> <b>10:00 Card Making Class</b> <b>12:00 Reflexology</b> 12:30 Euchre <b>5:30 Rock Steady Boxing</b>	<b>12</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train <b>1:00 Get off the Couch and Live</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 9:30 Goldenaires <b>11:30 Jewelry Repair</b> <b>12:30 Snack and Learn</b> <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) 12:30 Mahjong 1:00 Open Exercise <b>1:00 RSVP Drivers Mtg</b> <b>5:30 Rock Steady Boxing</b>	<b>17</b> 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	<b>18</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>11:00 Dining Dudes</b> <b>12:30 Dining Divas</b> 12:30 Euchre <b>1:00 What the Tech</b> <b>5:30 Rock Steady Boxing</b>	<b>19</b> 7:30 Billiards 8:30 Tai Chi <b>9:00 RSVP Board</b> 12:30 Mexican Train <b>1:00 50s &amp; 60s Dance</b>
<b>22</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>1:00 Fighting Fit</b> 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) 1:00 Open Exercise <b>2:30 Chair Massage</b> <b>3:00 Senior Fair Meeting</b> <b>5:30 Rock Steady Boxing</b>	<b>24</b> 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 <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>1:30 Plant Hobbist Outing</b> <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 Movie</b>
<b>29</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires <b>1:30 Uke Lessons</b> 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 Open Exercise <b>5:30 Rock Steady Boxing</b>	<b>31</b> 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	<b>Ladies Tea</b> 	



# Rock County Nutrition Grinnell Hall Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Roast Beef w/gravy Mashed Potatoes w/ gravy Mixed Vegetables Wheat Bread Brownie	<b>2</b> Swedish Meatballs Egg Noodles Sweet Potatoes Brussels Sprouts Apricots	<b>3</b> Baked Salmon w/Dill Red Potatoes Asparagus Rye Bread Lemon Bar	<b>4</b> <b>GRINNELL CLOSED</b> 	<b>5</b> Egg Salad Sandwich on Wheat Bread Romaine Salad w/ dressing Peaches Pumpkin Bar
<b>8</b> Pork Stew Green Beans Peas Cherry Crisp Wheat Bread	<b>9</b> Chicken Cobb Salad Cottage Cheese Peaches Wheat Bread Carrot Cake	<b>10</b> Sausage Hot Dog Bun Calico Beans Red Potatoes Fruit Cocktail	<b>11</b> Broccoli Quiche Breakfast Sausage Links Asparagus Tomato Juice Wheat Bread Strawberries	<b>12</b> Teriyaki Chicken Brown Rice Asian Blend Vegetables Oatmeal Raisin Cookie
<b>15</b> Burgundy Tips Egg Noodles Carrots Cauliflower Breadstick Applesauce	<b>16</b> Sloppy Joe Sweet Potatoes Baked Beans Wheat Bun Tropical Fruit	<b>17</b> Chicken Salad Baby Spinach Ranch Dressing Wheat Roll Mandarin Oranges Cranapple Crisp	<b>18</b> Western Meatloaf Mashed Pot. w/ gravy Broccoli Wheat Roll Angel Food Cake w/ Strawberries & Whipped Topping	<b>19</b> <i>Hamburger                      Hamburger Bun                      Potato Salad                      Melon Mix                      Chocolate Chip Cookie</i> <i>Only 70 reservations                      taken!</i>
<b>22</b> Macaroni & Cheese w/Ham Peas Carrots Mandarin Oranges	<b>23</b> Spaghetti w/meatballs Tossed Salad w/ dressing Green Beans Garlic Bread Tropical Fruit	<b>24</b> Hamburger Whole Wheat Hamburger Bun Black Beans Corn Fruit Jello	<b>25</b> Lemon Pepper Fish Red Potatoes Broccoli Wheat Bread Pumpkin Bar	<b>26</b> Sub Sandwich on Whole Wheat Hamburger Bun Creamy Coleslaw Peaches Oatmeal Raisin Cookie
<b>29</b> Teriyaki Pork Brown Rice Broccoli Asian Blend Veg. Cherry Crisp	<b>30</b> Chicken Marsala Peas Cauliflower Wheat Bread Lemon Bar	<b>31</b> Sausage & Gravy Biscuit Hash brown Casserole Chunky Applesauce Tomato Juice	<b>Meals require                      reservations which                      must be made by                      noon of the prior                      business day.</b>	<b>Meals served                      Monday through                      Friday at 11:45am</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.**



**Your partner along the journey**

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

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**You're Not Done Yet! Get off the Couch and Live  
Friday, July 12 1:00-2:00pm**



Life keeps changing. One day we're at work 8-12 hours a day. The next not. One day you're running around the house trying to keep it clean. The next day not. One day you're feeling great. The next day not. How do we continue to keep changing and rebooting our lives, so we can feel good about our lives regardless of the number of candles on our cake? The program will provide tips about rediscovering how much we can still do while remembering we're not done yet! And we matter. Join Mary Helen Conroy as she inspires you to (re)ignite your dreams and passions, and discover how to live a life of adventure. Please register for this program.



**Snack and Learn with Helen's Supportive Services  
Monday, July 15 12:30pm**

Helen's Supportive Services is a personal care and Supportive Independent Living agency that will be opening an office in the Beloit area. Clients are their top priority and they will obtain all appropriate knowledge about individual's client health concerns and diagnose so they can incorporate a Plan Of Care. Please join us for this informational Snack and Learn session non Helen's Supportive Services. Please register for this program.

**Fighting Fit  
Monday, July 22 1:00-2:00pm**



Learn how to utilize challenge-by-choice concept with non-contact boxing skills for a better life. This is an individualized program where you can push yourself as hard a you wish. The Department of Health and Human Services confirms that exercise boosts brain health, helps us sleep better and improves our quality of life. Higher intensity exercise provides cardiovascular health and exercise is a must as we grow older. Join instructor Doug Anderson as he guides you through this class at your own pace yet will challenge you. Please pre-register as only 10 participants will be accepted in this class.

**Plant Hobbyist Outing  
Thursday, July 25 1:30pm at Rotary Botanical Gardens**

The Rotary Gardens are particularly spectacular in July and are a local treasure not to be missed. We invite all Plant Hobbyists to join their fellow plant enthusiasts as we stroll through themed gardens, outdoor art displays, and educational exhibits. We'll meet in the lobby of the main building, 1455 Palmer Drive, in Janesville at 1:30pm. We will tour the gardens at a leisurely pace, and for those who wish to socialize following our walk, we will enjoy refreshments on the beautiful patio. Cold drinks and ice cream novelties are available for purchase, or you can bring your own snack and beverage. There is a reduced senior rate entrance fee of \$6 to be paid at the door. Please register at the front desk and include your phone number in case we need to change plans due to in-



**SAVE THE DATES**

**LUAU WITH ELVIS  
MONDAY, AUGUST 19  
1:00-3:00PM**

**GRINNELL THEATRE PERFORMANCE  
FRIDAY, AUGUST 23 1:00PM  
"MISCONCEPTIONS"**

# 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)



## Ukulele Lessons Monday, July 29 1:30-2:30pm

Knapton Musik Knotes will be here to provide some Uke Lessons! The ukulele circle is a super fun experience for beginners and experienced musicians alike. Ukes and music are provided, all you need to do is show up and give it a try! If you do have a uke of your own, you are of course welcome to bring it. We will start off by introducing the uke and a few basic chords and notation, and with these tools we learn anywhere from 3-4 easy songs in a variety of music styles. Stay after and have some fun with the Beloit Ukes For Fun (BUFF) Group. Please register for this program and let us know if you will need a uke for the class.

### *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. You do not need to be a member to join in on the fun!



### Taliesen Tour in Spring Green Wednesday, August 28

Among the most famous residences in the United States, Taliesin embodies Wright's energy, technique, and creative vision. The two-hour house tour guides you through rooms that Wright imagined and built, exploring the rich canvas he worked on every day of his life. You'll experience the landscaped grounds, furnishings, collected objects and, of course his home. Our public tour is not wheelchair accessible. Following the tour, we will stop in Monroe where you may browse the shops and enjoy lunch on your own. Price includes Taliesin tour, round trip on Van Galder Bus. Lunch is **not** included in the cost.

**This is a level 3 trip with plenty of walking.**

**Grinnell Members \$77.00 Non-Members \$87.00**

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park 5:00-5:30pm  
**No refunds after July 12, 2019. Registration deadline is July 29, 2019 unless space is available.**