

Power of 50 Plus

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

October
2019

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
Monday-Friday
7:30am- 4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.



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

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



**2nd Annual
Halloween Bash
Wednesday, October 30
12:30-2:00pm**

Calling all Ghouls and Goblins, or whatever you want to dress up as! Join us after lunch at 12:30pm in the dining room for our costume contest, tricks, treats, games and prizes. You don't want to miss out on this fun time. You are not required to wear a costume but why not...there will be more laughs if you do. Reminder to bring a sweater to keep you warm if your costume has short sleeves. Please register so we know how many tricks and treats to get.

**32nd Annual Beloit Senior Fair
Tuesday, October 1st
9:00am-1:00pm
Eclipse Center**



*Free Admission *Over 70 Exhibitors
*Health Screenings *Door Prizes
*Rx Round-up

*Free Bus Rides by BTS
*Live entertainment

9:00-11:00 Bill & Bonnie Stevens
11:00-1:00 Fred & Ginger



Advisory Board of Grinnell Senior Center

Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer Margaret Alexander, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

Hello Fall,

Yes it is here and I can't wait for the leaves to turn colors. I just wish that they would stay on the trees so I didn't have to rake and clean my gutters. But it will be beautiful. I want to thank all the volunteers who give of their time and talents. Grinnell would not be what it is without you, so remember to thank those volunteers. It is an exciting time at Grinnell with the upcoming projects and repairs to this building which has so many stories and memories. Please be patient as progress and changes take place as it will be a Hectic yet exciting time. I really enjoy October as Halloween is one of my favorite days. What other day can you dress up how you want and go and ask strangers for candy??? I recall running through the neighborhood with my big Halloween paper bag and coming home and spilling it all over the living room floor and eating some of my favorites but saving a few for later. So I encourage you to dress up and join us for our 2nd Annual Halloween Bash..and don't be bashful. Debbie



Thank you to our generous friends who donated to Grinnell Hall from August 13th-September 13th.

Gift Shop

Cecelia Phillips, Keith Linner, Karen Whisenand, Betty Weeks, La Rae Thies, Diane Bell, Michael Meredith, Andy Keller, Mary Lou Shaw, Judy Cufir, Sherrill Gilbertson, Deb Meredith, Janice Torzeski, Pam Lathrop, Polly Peterson, Nancy Vance, Cathy Phillips, Deb Mrun, Mary Lou Martin, John Kalkirtz, Dorothy Wensel, Carolyn Weaver, Judy Weghtman, Carol Auge, Lois Taylor, Diane Tibbits, Margaret Holt, Babe Hendrickson, Betty Weeks and Diane Chasser

Cookies/Coffee/Table Treats

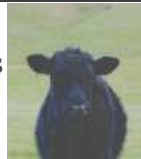
Karen Whisenand, Jo Schuett, Ann Roth, Terri Kaye, Gloria Novy, Sonya Barnes, Mary and Tom Santopoalo, Colleen Gill, Eloise Manley, Harriett Olson, Jodie Farrey and Yoshi Glos

Additional Donations

Bert Ryberg, Cecilia Phillips, Sherry Westbrook, Betty Weeks, Sherry Huss, Dwight Matchett, Pauline Bauer, Angela Hockman, Mary Lou Marting, Janet Beeds, Joyce Williams, Janice Torzeski, Marilyn Fruezen, Diane Chaser, Joyce Williams, Alice Kniskern, Cindy Harvey, Marcia Lee, Bill and Rhonda Tierney, MaryAnne Schultz, Ronald and Roma York, Bev Bliss, Ewa Gallagher, Floyd Johnson, Arlene Matthy, June Altoff, Lois Taylor, Michael Meredith and Lois Taylor

Laughter the Best Medicine

A black cow was standing in the middle of the road. A man was rounding a corner at a high speed with no headlights on. He slams on the brakes at just the right time to miss the cow. How did the guy see the cow? Simply....It was daytime.



Grinnell Hall Construction Projects

If you have not already noticed we have closed the stairwell so we can complete wall and ceiling repairs. The Vets/ Sewing and Billiards/Fitness rooms will also have work done. This project will take some time and there may be some unpleasant odors from time to time. We anticipate the vestibule project to begin sometime in October and continue through December. The first part of the project is to complete a sidewalk to the front entrance and have a new door put in as that will be our temporary entrance during the project.

During these projects activities may need to be moved, parking will be affected, Nellie's Nook will be closed for a period of time and reception desk and sign in will be moved. I will do my best to inform everyone with a notice at the reception desk. If you have questions please feel free to stop in and visit.

Welcome to the Advisory Board



Margaret Alexander



Peggy Wellnitz



Randy Westbrook

The new members appreciate your support and the opportunity.



Thank you to Bob Norder, Linda Kinder and Curt Pizza for their past three years of serving on the Advisory Board.

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, OCTOBER 17 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 Breakfast


Dining Dudes are heading to **Jane's 121 Dearborn St. in Beloit on Thursday, October 24 at 8:00am**

Come and enjoy a great breakfast and conversations. Please pre-register and indicate if you will be carpooling or meeting the group at the restaurant

**Check this out!
Free billiards
lessons
Thursdays
1:00-2:00pm**

Dining Divas

The Dining Divas are heading to the **Golden Chopsticks 7923 N Alpine Loves Park, IL on Thursday, October 17 at 12:30pm.** Meet at Grinnell Hall at 12:30pm to carpool 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

We will not be meeting until next year but feel free to keep fishing. **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 weather permitting



Coin Club

The last meeting of the year will be held on Friday, November 29 meeting at 9:00am. We will be studying counterfeit coins. If you have any bring them to the 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 and learn it's all for fun. 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, October 8 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 October 14 and 28 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, October 21 from 11:30 am-1:00 pm.** This is a walk in service and services are individually priced.

Experience Reflexology

Please read carefully

We have just been informed that Maureen Birchfield will no longer be able to provide reflexology services at Grinnell due to a change in her schedule. We thank you for your patience in advance as we search for someone to replace Maureen.

NEW INTRODUCTION TO LINE DANCE CLASS



Not quite picking up the steps in the beginner's class and would like a little more help?

Join Peggy on Thursdays at 10:00am Beginning October 17. For men and women. Please give a call to let us know you will be attending.

Chair Massage

New day and time

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenske will take appointments on **Wednesday, October 2 from 12:00-2:00pm.** Alicia also does chair massages at The Gathering Place, Milton Senior Center. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 608-364-2875 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

What is All In the Family? It is a group of "strangers" coming together to become "good" friends and a support group for all. Come and join us, "you are only a stranger the first time". A comment from one of the participants- "This group of wonderful people came into my life just in time. I had lost my husband and felt all alone and was in a "dark place." This group of "friends" literally saved my life." Remember you can never have too many friends. We are working on getting to know each other and building friendships with each other and creating our own "family" right here at Grinnell. There are many reasons people might not have family around - widows or widowers, never had kids, siblings not in the area, etc. Join us on **Fridays, October 4 and 18 at 1:00 pm**. Don't be shy - you will be glad you joined us. Please register by calling Grinnell at 608-364-2875.

Support Grinnell



A special thank you to Diane Jones Nuzzo who has donated a beautiful quilt. We are taking donations for an opportunity for you to be the owner of the quilt. Donations will be used to assist with activities. Please stop at the front desk for additional information.

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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, October 7 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 Thursday, October 3 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 Rock 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, October 10 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, October 10 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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Mouse Tavern & RESTAURANT

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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

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Bucciferro Family Beloit

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

Bridge Players

If you are interested in being a sub for the bridge dates and times listed in the monthly calendar, please give us a call and we will give them your information.

**Movie of the Month
War Horse
Friday, October 11 1:00pm**



Albert and his beloved horse, Joey, live on a farm in the British countryside. At the outbreak of World War I, Albert and Joey are forcibly parted when Albert's father sells the horse to the British cavalry. Against the backdrop of the Great War, Joey begins an odyssey full of danger, joy and sorrow, and he transforms everyone he meets along the way. Cast includes Jeremy Irvin, Emily Watson, David Thewlis, Peter Mullan and more.

Special Thank You

When you have a job to get done who do you call....the volunteers at Grinnell Hall! Thank you to the ladies who stuffed 700 goodie bags in less than 3 hours for the Dirty Dash participants. Yahoo!!!!



**Bingo Wednesday, October 23
1:00-3:00pm**



Join us as we have a fun time playing bingo and winning some prizes. October bingo is sponsored by Suites of Beloit and they will have some great prizes and pizza for our break treat. A special thank you to Suites of Beloit and Autumn Lake Healthcare of Beloit. Please pre-register for this event so we have enough pizza.



**Rosie and the Rivets Monday, October 28
Starved Rock State Park Utica, Illinois**



Rosie & the Rivets have period-correct clothes and hair along with vintage guitars, drums, and even microphones. The Rivets perform danceable music from the 1950's and early 60's along with some current hits with a retro twist. Price includes buffet luncheon, taxes, tip, performance and round trip on Van Galder bus. **This is a Level 1 trip with minimum walking.**

Grinnell Members \$66.00 Non-Members \$76.00

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park 5:00-5:30pm
Sorry no refunds. Registration deadline is October 18, 2019 unless space is available.

**The Sounds of Simon and Garfunkel Thursday, November 21, 2019
White Pines State Park Mount Morris, Illinois**

Swearingen and Kelli recreate the music, memories and magic of the most famous folk-rock duo of our time, Simon and Garfunkel. You will hear songs that spoke to the generations of the 1960's and 70's including "Bridge Over Troubled Water," "The Sound of Silence" and The Graduate soundtrack hits "Scarborough Fair" and "Mrs. Robinson." Price includes buffet luncheon, taxes, tip, performance and round trip on Van Galder bus. **This is a Level 1 trip with minimum walking.**

Grinnell Members \$57.00 Non-Members \$67.00

Board bus at Telfer Park at 9:30am and depart at 9:45am. Return to Telfer Park 4:30-5:00pm.
No refunds after October 4, 2019. Registration deadline is October 21, 2019 unless space is available.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 5:30 Rock Steady Boxing 9a-1p Beloit Senior Fair	2 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Pinochle 1:00 Bridge (closed) 1:00 Mahjong 1:00 Theater Group "Statler Brothers" Trip	3 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing	4 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train 1:00 All in the Family
7 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Dementia Specialist 1:30 What's Your Story 2:30 Uke Jam 4:30 Warrior Workout	8 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 5:30 Rock Steady Boxing	9 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	10 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:00 Advisory Board Meeting 9:30 Hearing Aid Check 10:00 Blood Sugar/Press 12:30 Euchre 1:00 Billiard Lessons 5:30 Rock Steady Boxing	11 7:30 Billiards 8:30 Tai Chi 10:00 Painting Class 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train 12:30 Bridge (Closed) 1:00 Movie
14 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	15 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Mahjong 12:30 St. Judes Bridge 1:00 RSVP Drivers Mtg 5:30 Rock Steady Boxing	16 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 Medicare 101 1:00 Mahjong 1:00 Theater Group	17 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing 12:30 Dining Divas 12:30 Euchre 1:00 Billiard Lessons 1:00 What the Tech 5:30 Rock Steady Boxing	18 7:30 Billiards 8:30 Tai Chi 8:30 Clothesline Rope 9:00 RSVP Board 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train 1:00 All in the Family
21 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 2:30 Uke Jam 4:30 Warrior Workout	22 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 5:30 Rock Steady Boxing	23 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Irish Discovery Trip Presentation 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Bingo	24 7:30 Billiards 8:00 Dining Dudes 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing 12:30 Euchre 12:30 Plant Hobbyist Group 1:00 Billiard Lessons 5:30 Rock Steady Boxing	25 7:30 Billiards 8:30 Tai Chi 10:00 Healthy Eating 10:45 SS Yoga 12:30 Mexican Train
28 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout Rosie and the Rivets Trip	29 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 5:30 Rock Steady Boxing	30 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 Halloween Bash 1:00 Mahjong 1:00 Theater Group	31 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing 12:30 Euchre 1:00 Billiard Lessons 5:30 Rock Steady Boxing	

Rock County Nutrition Grinnell Hall Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals require reservations which must be made by noon of the prior business day.	1 Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Whole Wheat Roll Cherry Bar	2 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Chunky Applesauce Whole Wheat Breadstick	3 Pork Pot Roast Stew Sweet Potatoes Beets Biscuit Snickerdoodle Cookie	4 Swedish Meatballs Noodles Green Beans w/Craisins San Francisco Blend Vegetables Dinner Roll Fruit Cocktail
7 Broccoli Quiche Breakfast Potatoes Asparagus Cottage Cheese Whole Wheat Bread Orange Juice	8 Beef Vegetable Soup Carrots Pears Cornbread Pumpkin Bar	9 Lasagna Casserole Cauliflower Broccoli Salad Garlic Bread Warm Cinnamon Applesauce	10 Baked Cod Red Potatoes Stewed Tomatoes Peaches Whole Wheat Roll Lemon Pudding	11 Hot Pork Sandwich Whole Wheat Bun Baked Beans Beets Pineapple Sugar Cookie
14 Seasoned chicken breast w/gravy Winter Squash Brussels Sprouts Dinner Roll Mandarin Oranges	15 Beef Stew Peas Sweet Potatoes Whole Wheat Breadstick Apple Cake	16 Chili Mac Refried Beans Carrots Tossed Salad Butterscotch Pudding	17 Roast Turkey Mashed potatoes w/ gravy Broccoli Whole Wheat Dinner Roll Peaches	18 Meatloaf Au Gratin Potatoes Broccoli Slaw Warm Pear Crisp Whole Wheat Bread
21 Macaroni & Cheese w/ Ham Peas Cauliflower Whole Wheat Breadstick Vanilla Yogurt Peaches	22 Hamburger Whole Wheat Bun Baked Beans Carrots Broccoli Slaw Apple Pie Bar	23 Spaghetti & Meatballs Green Beans Broccoli Garlic Bread Carrot Spice Bar	24 Creamy Chicken & Vegetables Mashed Potatoes Beets Whole Wheat Dinner Roll Chocolate Chip Cookie	25 Burgundy Tips Egg Noodles Stewed Tomatoes Brussels Sprouts Whole Wheat Bread Pears
28 Sausage Breakfast Bake Breakfast Potatoes Mini Blueberry Muffin Warm Spiced Pears Tomato Juice	29 Herbed Pork Loin Winter Squash Au Gratin Potatoes Whole Wheat Roll Fruit Cocktail Pumpkin Pie Pudding	30 Sloppy Joe Hamburger Bun Baked Beans Coleslaw Warm Chunky Applesauce	31 Meatloaf Mashed Potatoes w/ gravy Broccoli Whole Wheat Bread Mandarin Oranges M & M Cookie	Meals served Monday through Friday at 11:45am

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 \$105.50 or one class for \$11.50 and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Beloit Recreation Department 608-364-2890. The Recreation Department office is located at 2351 Springbrook Court, Beloit.

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**Grassroots Advocacy: What's Your Story?
Monday, October 7 1:30-3:00pm**

We all have a story to tell. These stories can be very effective agents of change. Come to learn about the power of grassroots advocacy, why it is important, and how to share your story (and help others to share theirs) to advance a cause you (they) care about. Learn how you can bring about changes that improve other people's lives. Presented by Janet Zander, Advocacy Coordinator of Greater WI Agency on Aging Resources (GWAAR). This event is free but please pre-register by calling Grinnell at 364-2875 or sign up at the front desk.

Make a Difference

**Acrylic Painting Class
Friday, October 11 10:00am– 12:00pm**



Join instructor Katie Swanson as she takes you through step by step acrylic painting on a 8 x 10 canvas. Let your inner artist out as you create a daylily. No two paintings will be alike and it's all about trying something new or creating again. All supplies are included and due to the cost of the supplies, a fee of \$15 is required when signing up. Please register by Tuesday, October 8 so supplies can be purchased.

**Medicare 101
Wednesday, October 16 1:00pm**

Do you know the difference between Medicare Parts A, B, C and D? Are MediGap/Medicare supplements and Medicare Advantage plans the same thing? Should you enroll in a Part D plan or Senior Care? Are there programs to help me with the cost of my medications? If you have ever wondered about these questions, or have others this is the meeting for you. Whether you are newly eligible for Medicare or have had it for years you will learn the answers to these questions and lots more from local Whitewater broker Jean Linos. She is a local business owner and has worked in the Medicare space for 6+ years. Please sign up by Monday October 7.

**Sewing with Clothesline Rope
Friday, October 18 8:30am-12:00pm**

Beth and Sue are back with a fun sewing class! Last year they taught the cute quilted candy bags and this time it's sewing fun things with clothesline rope. We will show sample projects from a set of coasters, to baskets, purses and totes. The goal of the class is to learn the basic techniques and work on a project and have FUN! There is no fee for this class and materials will be provided, however, please bring your own thread if you prefer a certain color. Please sign up by October 15 so we can get the proper supplies.



**Plant Hobbyist Group
Thursday, October 24 12:30-1:30pm**

It's time to take your green thumb indoors! You are invited to join the Plant Hobbyist Group as we expand our knowledge of houseplants. We will be reviewing the benefits of having houseplants, learning about general houseplant care, and determining the particular needs several common types. Plants we will examine hands-on include Spider Plant, Peace Lilly, Pothos, Snake Plant, Dieffenbachia, Prayer Plant, and Wandering Jew. Participants will receive a Pothos or Spider Plant starter houseplant to take home. Whether you are new to houseplants or already have a collection, join the group to share tips with each other and to enjoy the camaraderie of fellow plant enthusiasts. Please sign up at the front desk.

The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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Beloit, WI 53511
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Website: www.beloitwi.gov



Irish Discovery Trip Presentation **Wednesday, October 23 11:00am**

Enjoy Dublin and Limerick and several excursions . Tour includes round trip airfare from O'Hare, 6 nights hotel accommodations, 8 meals, deluxe motorcoach for tours, admissions and sightseeing per itinerary and baggage handling. Cost is \$3,099 double occupancy for a limited time. Trip is presented by Premier World Discovery. Trip date is October 20-27, 2020.

2nd Annual Holiday Bazaar & Bake Sale **Monday, November 18 to Friday, November 22 9:00am-3:00pm**

Last year's Bazaar and Bake Sale was a HUGE success and we couldn't have done it without the help of all of our volunteers. To make sure that we have enough inventory to sustain the week long sale, we are asking all who can, to donate at least one hand made item, home-made baked goods or volunteer to help with the set up and pricing or a couple hours during the Bazaar.

If you can help out, please call or stop by the front desk so we can take your information. Thank you!

Medicare Annual Open Enrollment Period

Medicare's Annual Open Enrollment Period is October 15 - December 7. If you are on Medicare, this is an important time to review your current coverage and see if you need to make any changes for next year. Medicare Part D and Medicare Advantage plan details seem to change every year. Sorting through all the options to find the right plan for your prescriptions can be confusing, but help is available. Contact the Elder Benefit Specialist at the Rock County Council on Aging for un-biased information and assistance. The Elder Benefit Specialist does not sell or endorse any insurance plans. There is no charge for this service. We are trained to carefully review your current coverage and compare your plan with other options based on your medications and other details. We'll also check to see if you qualify for programs or benefits that can save you money.