

Power of 50 Plus

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

November
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.



Veterans Day Ceremony Friday, November 8, 2019 10:00 am Grinnell Hall Senior Center, John Kalkirtz Auditorium Public Invited



Veterans Day started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on November 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars. We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

Grinnell Hall has a history in serving Veterans and their families. In April of 1936 Emma H. Grinnell willed \$100,000 to build a Memorial Hall for patriotic organizations in loving memory of her husband, William H. Grinnell. William served in the Wisconsin Volunteer infantry during the Civil War. In 1977 the Veteran organizations sold Grinnell Hall to the City of Beloit and the organization leaders and city staff worked together to meet the needs of the veterans and seniors.

Join us as Larry Butler, Boats Man (BM2) at Pearl Harbor for 7 years, shares his story. In addition John Solis from Veteran Services of Rock County and Mark Finnegan with VetsRoll will be here to share information on services of each organization.

The Grinnell Hall Goldenaires will share their talents with patriotic songs.

Lunch will be served at 11:45am for those who register. All Veterans and their spouses will be the guests of Grinnell Advisory Board. **Everyone who is having lunch must register by Tuesday, November 5, please call Grinnell Hall at 608-364-2875. Please note there is limited seating.** The suggested donation for non-veterans age 60 and over is \$4.00.

**Special Thank You to Ella Borgwardt
for making and donating a patriot quilt
to be given away to a Veteran.**



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,

Please join us on Friday, November 8 at 10am for our Veterans Day Ceremony. Grinnell Hall has a connection with Veterans. In April of 1936 Emma H. Grinnell willed \$100,00 to build a Memorial Hall for patriotic organization in loving memory of her husband William H. Grinnell. William served in the Wisconsin Volunteer Infantry during the Civil War and was commander of L.H.D. Crane Post and Commander of the Wisconsin Department Grand Army of the Republic. Veteran organizations worked together to provide activities and events from 1937-1975. In 1975 Grinnell Hall leaders made an agreement with the City of Beloit for the purchase and caretaking of Grinnell Hall with the understanding that the Veterans Groups and city employees would work together for the betterment of the community.



It is also Medicare Open Enrollment which is important time for everyone. If you have questions please reach out to Lachel so you have the knowledge to make the proper decisions.

Thank you for making Grinnell your home away from home.

Debbie Kraus, Senior Center Manager

Thank you to our generous friends who donated to Grinnell Hall from September 20-October 15.

Gift Shop

Cecilia Phillips, Pat Jacobson, Shirley Putnam, Sandy Buske, Deborah Young, Debbie Martin, Sonja Barnes, Pearl Friedley, Ann Smith, Mary Appleby, Joe Reinhard, Peg Wall, Joan Pederson, Nancy Vance, Deb Meredith, Nancy Hoffman, Judy Haberman, Diane Chasser, Bonnie Kunde, Rhonda Tierney, Teresa Jones, Sheryl Horvath, Kathy Phillips, Vicki Seichter, Mike Meredith and Ione VanDenElzen

**Cookies**

Jo Schuett, Berit Ryberg, Marilyn Fruzen, Sonja Barnes, Linda Kuhnle, Nancy Appleby, Margaret Alexander, Sherry Westbrook, Terry Kaye, Colleen Gill, Pam Curatolo, Theresa Jones, Betty Hannum and Ann Roth

Other

Judy Witzack, Debbie Marvin, Linda Kinder, Debbie Marvin, Lois Burkner, Karen Nelson, Bill & Rhonda Tierney, Judy Haberman, Linda Keenan, Judy Adams, Margaret Holt, Yoshi Glos, Joyce Jensen and Dorothy Wensel

Laughter the Best Medicine**"Will I Live To 80?"**

After moving to a new area, 60 year old Joseph had to find a new primary care physician. After two visits and exhaustive lab tests, the doctor said Joseph was doing "fairly well" for his age. A little concerned about that comment, Joseph couldn't resist asking his doctor, "Do you think I'll live to be 80?"

The doctor asked, "Do you smoke tobacco or drink beer or wine?" "Oh no," Joseph replied. "I'm not doing drugs, either." Then the doctor asked, "Do you eat rib-eye steaks and barbecued ribs?" Joseph said, "No, my other doctor said that all red meat is very unhealthy." "Do you spend a lot of time in the sun, like playing golf, sailing, hiking, or bicycling?" "No, I don't," Joseph said. The doctor had more questions, "Do you gamble, drive fast cars, or have a lot of martial activity?" "No," Joseph said. "I don't do any of those things."

The doctor looked at Joseph and said, "Then why in the world do you want to live to 80."

Why a Grinnell Hall Membership? Although you do not need to be a member to enjoy activities, a membership provides an investment in Grinnell's future. In addition members receive a discount on trips and the monthly newsletter is mailed. 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.

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, November 21 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 Dita's Restaurant 1569 S Madison, Beloit on Thursday, November 21 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 Little Mexico, 2787 Milwaukee Road, Beloit (in a strip mall) on Thursday, November 21 at 12:45pm. 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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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
Introduction to Line Dancing....Peggy....Thursdays 10:00am
Tai Chi.....Yoshi.....Fridays 8:30 am



Get healthy and make new friends.

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.

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, November 12 from 8:00-9:00 am**. The only charge for the service is the cost of the battery.



Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays November 4 and 18 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, November 18 from 11:30 am-1:00 pm**. This is a walk in service and services are individually priced.

**Holiday Light Tour
Tuesday, December 12
Thursday, December 17
6:00pm Rotary Center**

Join Finnegan RV as we tour the area to see some great Holiday lights and decorations. No need to worry about driving or searching as the route will be set for us. Participants will enjoy some snacks and bottled water on the tour. Limited space so please pre-register.

INTRODUCTION TO LINE DANCING 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. 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, November 6 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



Enjoy sewing? Then join us each Thursday beginning at 9:00am until 2:00pm
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 lonely 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, November 1 and 15 at 1:00 pm**. Don't be shy - you will be glad you joined us. Please register by calling Grinnell at 608-364-2875.

Enjoy the Magic of the Moment

There are moments you remember all your life, big moments and special moments. Then there are all the moments in between. They are smaller, but in their own way they are just as important, because they are the moments that actually make up your life and connect your days.
Located on a can of Pirouline Crème Filled Wafers container.

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Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511



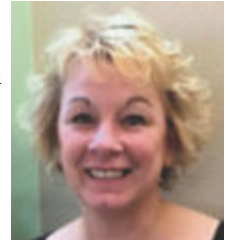
Dementia Care Specialist Service Offered



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, November 11 from 12:30-2:00 pm.** This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service and there is no charge.

Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist is available by appointment only through December. 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. Please call 608-757-5414 to make an appointment .



Courtesy Hearing Aid Check

Alicia Peterson from Miracle Ear will be at Grinnell on **Thursday, November 14 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, November 14 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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Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.



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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

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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

**November Movie
 Second Act
 Friday, November 22
 1:00pm**



Maya is a 40-year-old woman struggling with frustrations of not having achieved more in life. As an experienced, quick-witted, perceptive employee, she is passed over for a promotion solely because she doesn't have a college degree. Until, that is, she gets the chance to prove that street smarts are as valuable as book smarts, and that it is never too late for a Second Act after her friends provide her with a new resume and facebook. You will be laughing throughout the movie as she tries to make her way through the "farce."

Cast: Jennifer Lopez, Leah Remini, Annaleigh Ashford, Vanessa Hudgens and Milo Ventimiglia.
 Come and enjoy some snacks and a great movie.
 Donations are appreciated.

**Bingo Wednesday, November 20
 1:00-3:00pm
 Sponsored by Health Markets**



Join us as we have a fun time playing bingo and winning some prizes.

November bingo is sponsored by Health Markets and they will have some great prizes and snacks for our

break. A special thank you to Health Markets.



Euchre Scores Third Quarter

July 11....1st Sharon B 67, 2nd Carole E 57, 3rd Carol L 56
 July 18....1st Ron P 61, 2nd Carol E 57, 3rd Carol L 56
 July 25....1st Mary M 63, 2nd Paige S & Patti M 61, 3rd Bernie N & Jean B 60
 Aug 1.... 1st Bud 68, 2nd MaryLou (2) 56, 3rd Bernie 54
 Aug 8....1st Daisy, Ruth, Daisy 57, 2nd Bonnie 56, 3rd Ron & Lee 55
 Aug 15.... 1st Bernie 65, 2nd Sherry 53, 3rd Claire 52
 Aug 22....1st Jeanie 58, 2nd Sarge 55, 3rd Sandy 54, Aug 29....1st Chuck S 59, 2nd Ruth 57, 3rd Paige & Bud 56
 Sept 5....1st Gloria 62, 2nd Marge & Chuck S 56, 3rd Sharon 55
 Sept 12....1st Elaine S 58, 2nd Randy 57, 3rd Gloria N 56
 Sept 19....1st Harriett 58, 2nd Carol E 57, 3rd Gerald & Theresa 55
 Sept 26....1st Carol E 67, 2nd Beulah 61, 3rd Sharon S & Sharon H 58



Cribbage Scores Third Quarter

July 2..... 1st Jim T 938, 2nd Ron P 920, 3rd Carl F 918
 July 9.....1st Lois E 936, 2nd Carol B 926, 3rd Judy S & Tim T 922
 July 16.....1st Wendell A 952, 2nd Caire F & Larry B 950, 3rd Judy W 939
 July 23..... 1st Judy W 951, 2nd Larry B 929, 3rd Mary F 912
 July 30..... 1st Mary F 953, 2nd Lois E 950, 3rd Gloria N 934
 Aug 6..... 1st Gloria N 954, 2nd Bernie N, 3rd Judy W 942
 Aug 13....1st Chuck 955, 2nd Ron P 930, 3rd Mary F & Judy W & Bob N 905
 Aug 20.... 1st Judy S 950, 2nd Ron P 936, 3rd Carol B 922
 Aug 27.... 1st Judy W 939, 2nd Larry B 933, 3rd Ron P 927
 Sept 3..... 1st Gloria N 968, 2nd Judy W 940, 3rd Jim T 928
 Sept 10.... 1st Karen W 968, 2nd Sue T 955, 3rd Tony W 934
 Sept 17..... 1st Mary F 956, 2nd Carol B 954, 3rd Ron P 905

**Perfect Score
 Gloria N and Karen W 968**



November Calendar of Activities

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 10:45 SS Yoga 12:30 Mexican Train 1:00 All in the Family
4 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 1:00 Towel Topper class 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	5 7:30 Billiards 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage 5:30 Rock Steady Boxing	6 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 Mahjong 1:00 Theater Group	7 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:00 Advisory Board Meeting 12:30 Euchre 1:00 Billiard Lessons 5:30 Rock Steady Boxing	8 7:30 Billiards 10:00am Veterans Day Ceremony 12:30 Mexican Train 12:30 Bridge (Closed)
11 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Dementia Specialist 2:30 Uke Jam 4:30 Warrior Workout	12 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 8:00 Watch Battery Repair 12:30 Cribbage 12:30 Mahjong 5:30 Rock Steady Boxing	13 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	14 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:30 Hearing Aid Check 10:00 Blood Sugar/Press 10:00 Intro to Line Dancing 11:00 Euchre Lessons 12:30 Euchre 1:00 Billiard Lessons 5:30 Rock Steady Boxing	15 7:30 Billiards 8:30 Tai Chi 9:00 RSVP Board 10:45 SS Yoga 12:30 Mexican Train 1:00 All in the Family
18 Holiday Bazaar 9-3 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	19 Holiday Bazaar 9-3 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 5:30 Rock Steady Boxing 12:30 St. Judes Bridge 1:00 RSVP Drivers Mtg	20 Holiday Bazaar 9-3 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 1:00 Bingo	21 Holiday Bazaar 9-3 7:30 Billiards 8:00 Dining Dudes 12:30 Dining Divas 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 Billiard Lessons 5:30 Rock Steady Boxing Simon & Garfunkel Trip	22 Holiday Bazaar 9-3 7:30 Billiards 8:30 Tai Chi 10:45 SS Yoga 12:30 Mexican Train 1:00 Movie
25 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	26 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	27 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	28 <p style="text-align: center;">Happy Thanksgiving Grinnell Hall is Closed</p>	29 <p style="text-align: center;">Happy Thanksgiving Grinnell Hall is Closed</p>

Rock County Nutrition Grinnell Hall Senior Center

November
2019 Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals require reservations which must be made by noon of the prior business day.</p>	<p>Meals served Monday through Friday at 11:45am</p>			<p>1 Chicken & Wild Rice Beets Romaine Salad w/drsng Whole Grain Bread Warm Peaches w/ granola</p>
<p>4 Chicken Parmesan Cauliflower Sweet Potatoes Whole Wheat Breadstick Fruit Cocktail</p>	<p>5 Tuna Casserole Broccoli Carrots Whole Wheat Bread Vanilla Yogurt Pineapple</p>	<p>6 Roast Beef Red Potatoes Green Beans w/craisins Applesauce Garlic Bread Chocolate Cake</p>	<p>7 Baked Chicken Breast w/gravy Steamed Spinach Mashed Potatoes Whole Wheat Roll Apricots Snickerdoodle Cookie</p>	<p>8 Meatloaf Au Gratin Potatoes Broccoli Slaw Warm Pear Crisp Whole Wheat Bread</p>
<p>11 Swedish Meatballs Noodles Green Beans w/ Craisins San Francisco Blend Dinner Roll Fruit Cocktail Frosted Cake</p>	<p>12 Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Whole Wheat Roll Cherry Bar</p>	<p>13 Ham & Cheese Sandwich Minestrone Soup Broccoli Warm Spiced Pears</p>	<p>14 Pork Pot Roast Stew Sweet Potatoes Beets Biscuit Snickerdoodle Cookie</p>	<p>15 Creamy Chicken & Broccoli Mashed Potatoes Stewed Tomatoes Whole Wheat Breadstick Chunky Applesauce</p>
<p>18 Hot Pork Sandwich Whole Wheat Bun Baked Beans Green Beans Pineapple Sugar Cookie</p>	<p>19 <i>Thanksgiving Menu</i> Roast Turkey Mashed Potatoes/ gravy Cornbread Stuffing Green Bean Casserole Dinner Roll Pumpkin Bar</p>	<p>20 Lasagna Casserole Cauliflower Broccoli Salad Garlic Bread Warm Cinnamon Applesauce</p>	<p>21 Baked Cod Red Potatoes Stewed Tomatoes Whole Wheat Roll Peaches Lemon Pudding</p>	<p>22 Broccoli Quiche Breakfast Potatoes Asparagus Cottage Cheese Whole Wheat Bread Orange Juice</p>
<p>25 Seasoned chicken breast w/gravy Winter Squash Brussels Sprouts Dinner Roll Mandarin Oranges</p>	<p>26 Beef Stew Peas Sweet Potatoes Whole Wheat Breadstick Apple Cake</p>	<p>27 Meatloaf Au Gratin Potatoes Broccoli Slaw Whole Wheat Bread Warm Pear Crisp</p>	<p>28 Happy Thanksgiving Grinnell Hall is Closed</p>	<p>29 Happy Thanksgiving Grinnell Hall is Closed</p>

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.



WORKOUT WARRIORS NON-CONTACT BOXING
FREE FOR VETERANS

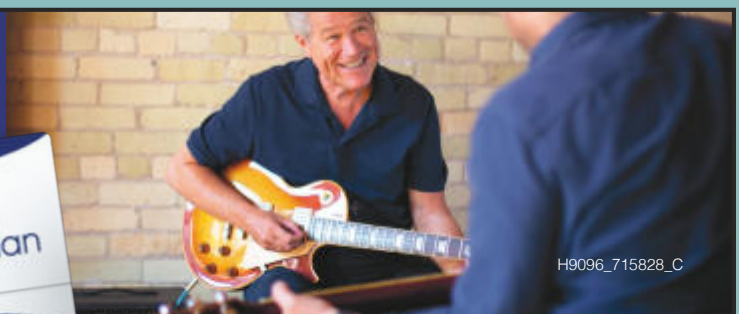
***Fight Stress *Have Fun *Sweat *Laugh *Talk With Other Vets**
Mondays 4:30-6:00 p.m.

Drop in at any time or come for the whole time
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For more information call Beloit Parks and Recreation at 608-364-2890.

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Euchre Lessons
Thursday, November 14 11:00am



Have you always wanted to play euchre but are uncomfortable with your knowledge of the euchre? Or perhaps you play and need additional strategic play. Join us as you will learn the basics as they walk through the rules and scoring of the game. Please sign up at the front desk.

Towel Topper Class
Monday, November 4 1:00pm

Join LeaAnn and Sonja as you create a towel topper for kitchen towels for the Holiday Bazaar sale. Knowing how to knit or crochet is helpful but not necessary. All supplies are provided. Please sign up so we know how many supplies are needed

Support Grinnell and win a Quilt



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. Drawing will take place on Friday, November 22 at 3:00pm. You do not need to be present for the drawing.

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.

Registration deadline is November 1, 2019.

Fall Sale A Success!!



Not only did we sell a lot of items, we donated some to Goodwill and Salvation Army. In addition we had new visitors to Grinnell and we were able to inform individuals about Grinnell Hall, and the committee raised \$243.70. Funds will be used towards activities and supplies.

Thank you to all the volunteers who made it successful.

Grinnell Hall Holiday Show Friday, December 6 at 1:30pm

Searching for talent to share with the Grinnell Hall Holiday Show. Whether it's reading a poem, playing an instrument, singing, sharing some jokes or other talent. Grinnell members and visitors have been working hard to bring you another great Holiday Show! Talent please sign up at our front desk. There is no cost for the show and you do not need to sign up.

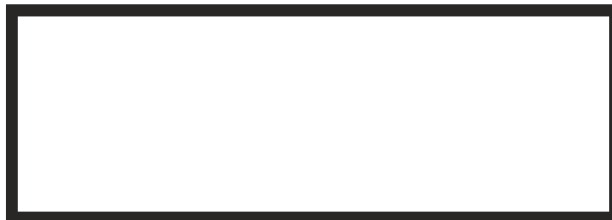
There will be a short intermission with some refreshments.



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



Grinnell Hall 2nd Annual Holiday Bazaar and Bake Sale November 18-22 9:00am-3:00pm Open to the Public



The Holiday Bazaar will feature handmade crafts and gifts created and donated by members and visitors to Grinnell Hall. We have a great variety of items: crocheted hats, table runners, kitchen items, small quilts, Christmas cards, hand crafted holiday decorations, Christmas wreaths, crafts and jewelry. In addition we will also be holding a bake sale. Please note that Grinnell Hall only accepts cash and checks, no credit/debit cards. We are still accepting donations for the Holiday Bazaar until Friday, November 15. If you would like to donate a few pieces of your handiwork or baked goods, we would love to have you involved.

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. They will also check to see if you qualify for programs or benefits that can save you money.

For further information or assistance call Lachel Fowler, Elder Benefit Specialist, at (608)757-5414.