

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

June 2020

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.



Grinnell Hall is **NOT YET** open

We hope everyone is healthy as we go through this extraordinary challenging time in our lives. It is important that we continue to adhere to the Safer at Home and Social Distancing, for your protection and others.

But when we do open how will you know when we will open?

If you are a member you will receive a phone call from our "Voice Connect" program which is part of our "My Senior Center" software. The call will not be from Grinnell but rather from 508 area code / Massachusetts number and/or SPAM. You do not have to answer if you do not want to as a voicemail will be left.

Grinnell Hall will have staff available

Monday-Friday 8:00am-2:00pm to answer any questions and assist in any way possible.

PLEASE NOTE WE ARE NOT TAKING DONATIONS UNTIL FURTHER NOTICE.

Hello all,

As you may have noticed from above, Grinnell Hall is **NOT YET** open but we will be at some point. We need to focus on the power of **YET**, a path to the future. Carol Dweck studied the grades Chicago students grades were given and instead of a receiving an "F" they were given a "Not Yet" to change their mindset that there are challenges to be met and goals to pursue. When we open we will have challenges and it will take all of us to ensure we meet the goal to be safe and healthy. It will be different, I am not sure how it will look, but **WE** will work together and help each other. There will be guidelines to implement and rules to follow for the safety of everyone. As we go through the phases of re-opening, we will have some **NOT YETS** for programs and activities so please be patient as we want everyone to be safe.

We will be starting a Puzzle Exchange on Friday, June 5 and every Friday until we are open. It's a drive-up service from 8:30-10:00am. I am excited about it, mostly to see some smiling faces. More info on page 11. On Wednesday, June 17 we were to have our first summer picnic with a Neil Diamond impersonator. Instead we will have some Neil Diamond music playing while lunches are picked up at 11:00am. If you don't want a lunch park in the Church's parking lot to hear the music. You might see a little dancing from Becky and myself.

In the meantime keep calling friends and family and when visiting or going out in public be safe for yourself and others. Remember to dance when you can, even when someone is watching. We are looking forward to seeing everyone in the near future. **Debbie Kraus, Senior Center Manager**



Advisory Board of Grinnell Hall 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

Masks Available



Beth Bausman, Sandy Buske, Paula Denson and Terry Babcock have made 140 cloth face coverings (masks) of 100% cotton as suggested by the CDC. We have distributed 68 cloth face coverings to dated. If you would like one please call Grinnell to see what we have available and we will set up a date and time for pick up.



Thank you ladies for helping us stay healthy.

LET'S PLAY BINGO - REMOTELY

We are going to give this a try but please be patient with us. In your newsletter you will find a bingo sheet with 9 games. Each date we will use a different row for each date. You can cross out the numbers when called. We will play 3 games each date and it will last 30-45 minutes.

Never be afraid to try something new. Remember, amateurs built the Ark; professionals built the Titanic.

Thursday, June 11 at 12:00pm Use first row of cards on bingo sheet
1st Game - Frame the Free 2nd Game - Letter X 3rd Game - Cover All

Friday, June 19 at 12:00pm Use second row of cards on bingo sheet
1st Game - Layer Cake 2nd Game - Picture Frame 3rd Game - Cover All

Thursday, June 25 at 12:00pm Use third row of cards on bingo sheet
1st Game - Kite 2nd Game - Bottom 3 Rows 3rd Game - Cover All

The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited long distance. You can use your cell phone or land line.

Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am.

You will be prompted to enter a conference ID number 8123456# (be sure to enter the # sign) Wait for game to begin. You will be on mute as we do not want background noise to interfere. If you get a bingo press *6 and say "BINGO" and your name. Please note we may call additional numbers to have more winners depending on the time.

Barb Hopper will come to your home to check your card - JUST KIDDING!

We will play for 30-45 minutes each day. At the end of the games hang up your phone. When we are done with all the dates, put your name and phone number on the back of the bingo card whether or not you are a winner, and mail it to Grinnell Hall as we will have drawings for door prizes for winners and other and we will contact you if you are a winner.

Frame the Free X Layer Cake Picture Frame Kite Bottom Three

B I N G O	B I N G O	B I N G O	B I N G O	B I N G O	B I N G O

Laughter the Best Medicine

- * Until further notice the days of the week are now called thisday, thatday, otherday, someday, yesterday, today and nextday!
 - Just asked a 6 year old if he understands why there is no school.
He said yes because they are out of toilet paper.
- * On the bright side, I am no longer calling this shelter-in-place. I am an artist-in-residence.
 - After years of wanting to thoroughly clean my house but lacking the time,
 - this week I discovered that wasn't the reason
- *Wearing a mask inside your home is now highly recommended.
Not so much to prevent COVID-19 but to stop eating.
- *If you keep a glass of wine in each hand, you can't accidentally touch your face.
- *This cleaning with alcohol is total crazy, NOTHING gets done after that first bottle.
- *I'm kind of starting to understand why pets try to run out of the house when the door opens.
- *My Mom always told me I wouldn't accomplish anything by laying in the bed all day, but look at me now!
I'm saving the world!
- *It was the holiday season and I was at Walmart and myself and a lady were looking at frozen turkeys, but she couldn't find one big enough. She asked the stock boy, "Do these turkeys get any bigger?" He replied with a straight face, "No ma'am, they're dead."

Thank you Bobbie Pann and Art Graham sharing

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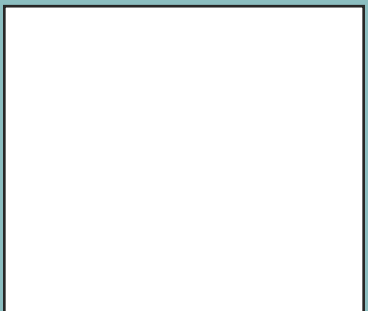
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A "Father's Day" service was held on July 5, 1908, in Fairmont, West Virginia, in the Williams Memorial Methodist Episcopal Church South, now known as Central United Methodist Church. Grace Golden Clayton was mourning the loss of her father when, on December 1907, the Monongah Mining Disaster in nearby Monongah killed 361 men, 250 of them fathers, leaving around a thousand fatherless children. Clayton suggested to her pastor Robert Thomas Webb that he should honor all those fathers. Clayton chose the Sunday nearest to the birthday of her father, Methodist minister Fletcher Golden.

Father's Day was founded in Spokane, Washington at the YMCA in 1910 by Sonora Smart Dodd, who was born in Arkansas. Its first celebration was in the Spokane YMCA on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who raised his six children there. After hearing a sermon about Anna Jarvis's Mother's Day at Central Methodist Episcopal Church in 1909, she told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June.

It did not have much success initially. A bill to accord national recognition of the holiday was introduced in Congress in 1913. In 1916, President Woodrow Wilson went to Spokane to speak in a Father's Day celebration and wanted to make it official, but Congress resisted, fearing that it would become commercialized.

President Calvin Coolidge recommended in 1924 that the day be observed by the nation, but stopped short of issuing a national proclamation. Two earlier attempts to formally recognize the holiday had been defeated by Congress.

In the 1930s Dodd returned to Spokane and started promoting the celebration again, raising awareness at a national level. She had the help of those trade groups that would benefit most from the holiday, for example the manufacturers of ties, tobacco pipes, and any traditional present to fathers.^[11] Since 1938 she had the help of the Father's Day Council, founded by the New York Associated Men's Wear Retailers to consolidate and systematize the commercial promotion. Americans resisted the holiday during a few decades, perceiving it as just an attempt by merchants to replicate the commercial success of Mother's Day, and newspapers frequently featured cynical and sarcastic attacks and jokes. But the trade groups did not give up: they kept promoting it and even incorporated the jokes into their adverts, and they eventually succeeded.

In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents". In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

How Far We've Come

Dear dad, It is your special day, And I'm writing to say that you did OK.
In fact, you did so much more, You've made life exciting and never a bore.
Whenever I was discouraged, or lazy or stressed, You pepped me up and told me to do my best.
So thank you for everything, that you've done, It's time to celebrate how far we've come!

Happy Father's Day!
Author Unknown



**Stand Up & Move More
Wednesdays 1:00pm July 1-29**

Refresher class: Wednesday, August 26 1:00pm
Post assessment: Wednesday, September 23 1:00pm (please allow 2.5 hours)

The University of Wisconsin-Madison, is extending an invitation to adults older than 55 years of age to participate in a "Stand Up and Move More" Program and providing feedback. The purpose of this program is to examine whether a "Stand Up and Move More" workshop reduces prolonged sitting time in adults. This fun, interactive workshop will determine the health benefits of standing up and moving more throughout the day. Those eligible to participate are adults older than 55 years of age, who sit more than six hours a day, and are without major medical conditions.

Please call Rock County Council on Aging 608-757-5309 for additional questions and to register. Please register by June 12. Please note there is limited enrollment. Receive up to a \$60 gift card incentive to complete the program and assessment. Classes will be held at Grinnell Hall. Please note due to COVID 19 schedule may change.

Additional Resources

If you are able to get on-line there are some great websites for you to review
National Council on Aging NCOA.ORG
American Association of Retired Persons AARP.ORG
Seniors Love to Know SENIORS.LOVETOKNOW.COM
Suddenly Senior SUDDENLYSENIOR.COM

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IMPOSSIBLE QUIZ—BRAIN TEASER

1. What word is spelled incorrectly in every dictionary?
2. What never asks a question but gets answered all the time?
3. What goes up but never comes down?
4. What starts with an e and ends with an e but has only one letter in it?
5. How do you make the number one disappear?
6. What will you find at the end of every rainbow?
7. How many months have twenty-eight days?
8. What can you hold without touching it at all?



1. The word spelled incorrectly in every dictionary is "incorrectly."
2. Although it never asks you a question, you answer your phone every time it rings.
3. The one thing that defies Newton's laws of nature by going up and never coming down is your age.
4. Yes, it is possible for a word to both begin and end with the letter e and only have one letter in it. That word is "envelope."
5. Making the number one disappear is easy, and it doesn't involve an eraser. Simply add the letter "g" to the front of the word, and "one" is now "gone!"
6. Unfortunately, our St. Patrick's Day dreams of a pot of gold aren't true. The only thing you'll find at the end of every rainbow is the letter "w."
7. You may have learned to keep up with which months have thirty days and which have thirty-one by counting on your knuckles. But the truth is every month has twenty-eight days!
8. No, you don't have to summon the power of the Force to answer this one. The thing you can hold without touching it at all is a conversation.

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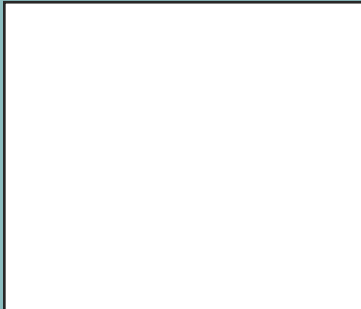
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Sunday Breakfast 10:30-2

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Buciferro Family
Beloit

Rock County Nutrition Grinnell Hall Senior Center

June

2020

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ranch Pork Chops Baked Beans California Blend Whole Wheat Bread Fruited Applesauce Cherry Orchard Bar	2 Chocolate Milk Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower W Wheat Breadstick Jello Poke Cake Banana	3 Chicken & Broccoli Casserole Carrots Peas Wheat Roll Lowfat Vanilla Yogurt w/Strawberries	4 Sloppy Joe on Whole Wheat Bun Au Gratin Potatoes Beets Pears	5 Meatloaf Mashed Potatoes Green Beans Broccoli Salad Wheat Roll
8 Chocolate Milk Macaroni & Cheese w/ Ham Asparagus Cauliflower Wheat Dinner Roll Lowfat Cottage Cheese Peaches	9 Chicken Parmesan Red Potatoes Brussels Sprouts Whole Wheat Breadstick Pineapple Butterscotch Pudding	10 Spaghetti with Meatballs Romaine Salad w/ dressing Peas Garlic Bread Pears in Jello	11 Hamburger on Wheat Bun Calico Beans Broccoli Mandarin Oranges	12 Herbed Pork Loin Sweet Potato Cooked Red Cabbage Whole Wheat Bread Watermelon Pumpkin Bar
15 Chicken Marsala Peas Beets Whole Wheat Bread Pears Lemon Bar	16 Chocolate Milk Grilled Chicken Breast Au Gratin Potatoes Seasoned Black Beans Whole Wheat Bread Mandarin Oranges	17 Stuffed Pepper Casserole Carrots Broccoli Whole Wheat Breadstick Vanilla Yogurt Strawberries	18 Sausage & Gravy Biscuit Red Potatoes Asparagus Tomato Juice Apple Cake	19 Italian Casserole Romaine Salad w/ dressing Peas & Carrots Wheat Roll Warm Applesauce
22 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Wheat Bread Peaches Chocolate Chip Cookie	23 Tuna Pasta Salad Romaine w/dressing Pineapple/Orange Cottage Cheese Salad Dinner Roll Tomato Juice Watermelon	24 Chocolate Milk Taco Casserole Refried Beans w/ cheese Carrots Breadstick Cinnamon Applesauce	25 Grilled Chicken Breast Au Gratin Potatoes Beets Whole Wheat Bread Pineapple Carrot Bar	26 BBQ Pulled Pork Whole Wheat Bun Corn Cauliflower Apples w/Graham Cracker Topping
29 Swedish Meatballs Egg Noodles Green Beans Stewed Tomatoes Whole Wheat Bread Pears	30 Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Chunky Applesauce	<p><i>While Dining Centers are Closed Due to COVID-19: Please arrive to pick up meals at 11:00 am.</i></p>		<p>Meals require reservations which must be made by 11:00am of the prior business day.</p>

Meals available to anyone 60 years of age or older. Milk is 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.

It's Senior Farmers' Market Voucher Time!

What is the Senior Farmers' Market Nutrition Program (SFMNP)?

Eligible seniors receive vouchers worth \$25 per household to purchase locally grown produce at approved farmers' markets.

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.



Who is Eligible?

- *Rock County residents age 60 or older (Native Americans age 55 or older)
- *Monthly household income which does not exceed \$1,968 for one person or \$2,658 for two people, etc. (see chart below)
- *Each eligible household may receive vouchers only once in 2020.

How Do I Get These Vouchers?

Due to COVID-19, IN-PERSON distributions will not be held this year
APPLICATIONS WILL BE DONE PRIMARILY BY PHONE; VOUCHERS WILL BE
MAILED

Eligible persons should call 608-757-5428; leave a voicemail

The number of available vouchers is limited and will be distributed on a first call, first served basis.

For updates & information, visit www.co.rock.wi.us/aging-nutrition-meals

To be eligible, household income must not exceed the following:

<u>Household Size</u>	<u>Monthly Income</u>	<u>Annual Income</u>
1	\$1,968	\$23,606
2	2,658	31,894
3	3,349	40,182
4	4,040	48,470
5	4,730	56,758
6	5,421	65,046
7	6,112	73,334

For each additional household member, add \$666 monthly; \$7,992 annually

Adopting an Attitude of Gratitude

Join inspirational author, blogger and speaker Keri Olson for a conversation about ways to add joy to your life by adopting an attitude of gratitude presentation on Monday, June 8, 2020 2:00pm This presentation is offered at no cost. Pre-registration is required to get codes to attend. Attendance can be online or by phone.

To register: Email caregiving@co.rock.wi.us or call 608-751-8689.

Senior Scams and Schemes

In this all-encompassing presentation and discussion, you'll learn about the latest scams targeting seniors, how to spot the scams, what to do if you or a loved one becomes a victim and information about the BBB ScamTracker Tool. Presentation is Thursday, June 4, 2020 1:30pm. There is no cost to attend this virtual presentation. You can attend using an electronic device (computer, tablet, smart phone), or just dial in to listen. Pre-registration is required. To register for this virtual presentation email: lachel.fowler@co.rock.wi.us or call 608-290-6120.

The presentations are hosted by the Rock County Council on Aging and the
 Aging and Disability Resource Center of Rock County

I scream, You scream, We all scream for Ice Cream

S A L T E D C A R A M E L Y R R E H C H
 B N A T I L O P A E N B L U E M O O N G
 U C U P Y R R E B W A R T S P O O C S U
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 T E B R E H S W O B N I A R T A O L F G
 B F U D G E R I P P L E A A Y I O O T E

Word List:

BANANASPLIT

BUNNYTRACKS

CHERRY

COOKIEDOUGH

FUDGERIPPLE

MINTCHOCOLATECHIP

PISTACHIO

SALTEDCAMEL

SPUMONI

SYRUP

BLACKRASPBERRY

BUTTERPECAN

CHOCOLATE

COOKIESANDCREAM

HOTFUDGE

MOOSETRACKS

RAINBOWSHERBET

SCOOP

STRAWBERRY

TUTTIFRUTTI

BLUEMOON

CANDYCANE

COCONUT

CUP

MALT

NEAPOLITAN

ROCKYROAD

SHAKE

SUGARCONE

VANILLA

BUBBLEGUM

CARAMELAPPLE

COFFEE

FLOAT

MAPLEWALNUT

PEANUTBUTTERCUP

RUMRAISIN

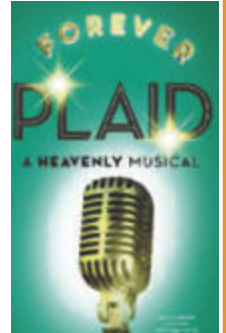
SPRINKLES

SUNDAE

WAFERCONE

WE ANTICIPATE THE ADDITIONAL UPCOMING TRIPS TO CONTINUE AS PLANNED. IF INTERESTED PLEASE SEND A CHECK WITH TRIP NAME, YOUR NAME, ADDRESS AND PHONE NUMBER TO GRINNELL HALL 631 BLUFF STREET BELOIT, WI 53511.

“Forever Plaid” A Heavenly Musical
Drury Lane Theater Oakbrook Terrace, Illinois
Wednesday, September 16



On the way to their first big gig, tragedy strikes Forever Plaid, a “guy group” specializing in barbershop quartet harmonies and pitch-perfect melodies. Forever Plaid begins when the guys are given the chance to perform from the afterlife. This smash hit musical is a nostalgic homage to the music of the '50s and includes hits such as “Three Coins in the Fountain” and “Love is a Many Splendored Thing.” You don't want to miss this phenomenal musical performance. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

This is a Level 1 trip with minimum walking.

Grinnell Members \$92.00 Non-Members \$102.00

Board bus at Telfer Park at 8:45 and depart 9:00am. Return Telfer Park approximately 5:30pm

No refunds after August 1. Registration deadline August 21 unless space is available.



Dial M for Murder
Palace Dinner Theater, Wisconsin Dells
Thursday, October 1

A retired tennis pro plots the murder of his wife, but when she turns the tables on her attempted assailant, she is convicted of murder. Can the police detective who brought her to trial now decipher the clues that will save her life? The play that inspired Hitchcock's suspense classic weaves an ever tightening web of danger and deception. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

This is a Level 1 trip with minimum walking.

Grinnell Members \$69.00 Non-Members \$79.00

Board bus at Telfer Park at 9:15am and depart at 9:30 am. Return to Telfer Park approximately 5:00-5:30pm

Rick Lindy & The Wild Ones	Wednesday, July 29	CANCELED	
Brewers / Cubs Game	Sunday, August 9	CANCELED	
Boat Cruise and Black and Point Mansion Tour	Wednesday, August 19	CANCELED	
Forever Plaid	Wednesday, Sept 16	Drury Lane	\$92/\$102
Dial M for Murder	Thursday, Oct. 1	Palace Theater	\$79/\$89
Heros of Rock	Wednesday, Oct. 21	CANCELED	
The Four Cs Notes Christmas Show	Friday, December 4	Palace Theater	\$78/\$88

NEW PUZZLE EXCHANGE FRIDAYS 8:30-10:00 AM NEW

Want to make your day go by faster and enjoy a challenge? Try a puzzle! We have 100 to 1500 pieces available of different sceneries. Give a call and we will have your puzzles ready or just stop by to pick one up. Return your completed puzzles the following week. Please note the following from webmd:

How long does Corona Virus live on surfaces: Cardboard / Examples: shipping boxes 24 hours. We will not give out any puzzles that have not been "quarantined" for 24 hours. They will be set aside for a week. Pull up to the first door and we will take puzzles and drive up to second door and receive your puzzles. Easy Peasy!!

Federal and State Tax Filing Deadline Extended to July 15, 2020. Please note we do not know when we will re-open to provide AARP tax services, you may want to contact a tax consultant.

We are hoping to work with AARP volunteer tax consultants after we re-open. We do not know if the volunteers are able to provide this service but we will keep you up-to-date. We have the contact list of those who wish to make an appointment and will call if this is able to be done. **Do not call to make an appointment.**

AARP Smart Driver Course Available On-line

AARP continues to offer the on-line version and is offering a 25% discount through July 31. Simply go to the website www.aarpdriversafety.org, sign-up for the on-line course and enter the Promotional Code **DRIVINGSKILLS** (all one word) to sign up for the class and get the discount.



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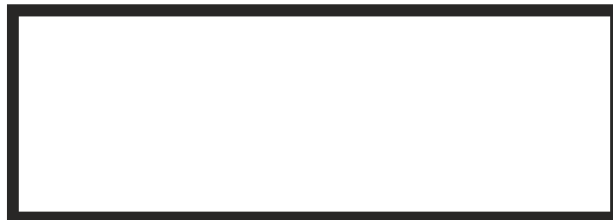
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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1998 Hee-Haw Performance



Recipes from The Pride Book of Grinnell Hall 1989

RHUBARB CAKE

1-1/2 cups flour	6 tbsp. milk
1/2 cup sugar	2 tbsp. soft butter or margarine
1/2 tsp. salt	4 cups rhubarb cut
1 tsp. baking powder	1 3 oz. pkg. Strawberry Jello
1 egg	

Mix and make batter of above ingredients. Batter will be thick. Place in 9x13x2 pan; top with rhubarb. Sprinkle with Jello. Make crumb mixture of 1/2 cup flour, 1-1/2 cup sugar, 1/4 cup soft butter or margarine. Put on top. Bake in 350° oven 30-40 minutes. Serve with Whipped Cream or Cool Whip.

Alice True

WACKY CAKE

3 cups flour	2 cups warm water
2 cups sugar	3/4 cup Salad Oil
1/2 cup Cocoa	2 tsp. vanilla
1 tsp. salt	2 tsp. vinegar
2 tsp. baking soda	

Mix flour, sugar, cocoa, salt and baking soda, and make a well. Pour into well water, oil, vanilla, and vinegar. Stir but don't over-mix. Pour into 9x13 pan. Bake at 350° for 30 minutes.

Jean Meade



Raisinets
Date unknown

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Veteran's Day Ceremony

