

# Power of 50 Plus

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

May 2021

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

Hours

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.*



## Re-Energizing Grinnell Hall

What an exciting time, bringing the energy back to Grinnell. We will be opening with limited activities.

If you are not comfortable coming inside Grinnell we will continue with the drive-thru events as long as we have an interest.

\*If you feel ill please wait for another day to visit.

\*Masks must be worn at all time

\*You must be a Grinnell Member to participate.

If you had a paid membership in 2020, the City of Beloit extended your membership through December 31, 2021.

\*You must have your card that you scan in with when you come so we can track your activities.

Please call us if you need a new one a few days before you arrive for your activity.

\*You must pre-register for the activities. At this time you can register for activities through May.

\*Dining will continue to be drive thru.

Grinnell will have hand sanitizer but feel free to bring your own as well.

Wash your hands often.

Tables and chairs will be sanitized after each use. We will need your assistance with sanitizing.

There will be no coffee available and drinking fountains are closed.

No food is allowed

You can bring your own drink.

**You must pre-register for each activity.** You can register for the month of May at this time. Please note that only certain activities have been approved at this time. Schedules can change at any time without notice.

Do not arrive more than 10 minutes prior to your activity.

**GRINNELL HALL WILL BE CLOSED MONDAY, MAY 31**

**Advisory Board of Grinnell Senior Center**

Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer  
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## **Plant and Nellie's Nook Spring Sale Open to members and non-members**

**Friday, May 21 9:00am-3:00pm  
Saturday, May 22 9:00am-3:00pm**

### **We are excited to have our Annual Plant and Spring sale back!**

We will have indoor, outdoor, cactus, vegetable, flowering, exotic, succulents, or whatever variety you like or want to give a try. We will have plant enthusiasts on hand to help you pick out the one(s) that will suit your needs and inform you of their care. If you don't have a green thumb, we still have a plant for you. Pick a plant that grows without too much work, attracts birds or keeps the bugs away. Plants are very affordable.

We're bringing Nellie's Nook many new and gently used items back out. Browse purses, scarves, jewelry, house décor, scarves, greeting cards and more. You will definitely find something for you or a gift for someone else at a very affordable price..

We are reaching out for donations of plants and new or gently used items to add to our sale. If you have items to donate please call us to let us know what they are and when you would be dropping them off.

If you are interested in volunteering with set-up, during the event or both please contact us. Volunteers are needed to assist with monitoring social distancing, putting prices on items, bagging items and keeping the area tidy. We ask volunteers to commit for a 2 hour time span.

**Masks will be required and social distancing will be monitored.**

**You can reserve a time slot or walk in. We will allow ample time between groups to allow for social distancing. Let us know how many will be in your group when you call.**

## **Nellie's Nook is Open**

**There are wonderful gently used and new items for sale that make great items for yourself or gifts. All sales benefit Grinnell Hall activities.**

## **Wednesday Walks Offered by Rock County Council on Aging**

What a great way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Rock County. You must call to reserve at least 2 days in advance at 608-757-5408. Signed waivers are required and once completed you are covered for the year. Walks are at 10:00am, please arrive at 9:30am.

**May 5** Wildflower hike at Carver-Roehl County Park led by Dave Bendlin. 4907 S. Carvers Rock Rd., Clinton (14 miles East of Janesville & 4.5 miles South of Hwy 11/14)

**May 12** Hoo's Woods Raptor Center is dedicated to the conservation of birds of prey. Come and experience co-existence between wildlife and humans. Address will be provided at time of reservation. No bathroom, no domestic animals

**May 26** Beckman Mill County Park Wetlands Hike led by Rock County Park's lead nature enthusiast, Jim Hessenauer. Address: 11600 S. County Rd. H, Beloit

In Loving Memory of friends of Grinnell who have recently passed. Thoughts and prayers are with their family and friends.

Sue Teed 3/21/2021 Jeannine Johnson 3/30/2021



Please know that every effort is made to include everyone who has recently passed. If we have inadvertently omitted a name or printed a name in error, please contact us.


COVID-19 Vaccine Information Beloit Health System

Please call 608-364-5663 or follow Beloit Health System on Facebook for updates.

United Way Blackhawk Region Launches Vaccination Website

The United Way Blackhawk Region launched a one-stop shop website to help answer questions about the COVID-19 vaccine and where to sign up for a shot. The website includes easy to navigate topics and a list of Frequently Asked Questions. <https://rockcountyspot.com/>

Thank you to Doloris Ruch and Linda Smith for returning the anagrams of the words Dictionary (351 words), Pedestrian (1,800 words) and Wisconsin (87 words). Doloris Ruch found the most words and receives a gift card! Next time we would like to have more involved!



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## ROCK STEADY BOXING

Rock Steady Boxing started back up at the Welty Center in Big Hill Park- Beloit. We are so pleased to open the Rock Steady Boxing for Parkinson's after almost a year of being closed! SOL Fitness and the City of Beloit are offering this program on Tuesday and Thursday evenings at 5:30pm. The class was designed for those with Parkinson's but has proven benefits for all! In addition to the power and benefits of boxing, the class works on strength and flexibility, balance, cognitive drills and so many more skills required for active daily living. Participants are various ages and work to their capacity and ability.

The program has a limit of 6 participants per evening class due to the COVID restrictions. Registration is a must and safety protocols will be enforced. We invite interested individuals to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any.

The cost is \$10 per class or purchase a punch card \$100 for 11 classes. Please contact Connie Udell at 608-302-7088 or [connieudell1@gmail.com](mailto:connieudell1@gmail.com) for information on this special and with any other questions about

Rock Steady Boxing. Rock Steady is non-contact as you do not box against another person.

If you are curious on the program and more of its benefits check out [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

### Mother's Day Quiz (answers on page 11)



1. Mother of the soil
2. Mother by second marriage
3. Mother of nursery rhymes
4. Large or profitable source or supply
5. Mother of the weather and outdoors
6. Some people don't get along with this mother.
7. Hard, iridescent substance that forms in shells
8. Went to the cupboard to get her poor dog a bone.
9. Children's game where the players ask for permission

Y E S E A S T E R L I L Y U  
 K I U T T Z I H Y N O E P U  
 Z I N N I A M Y R B T O S P  
 L C F O M W A D A H L I A I  
 A R L S F R R R M P F U C L  
 I O O D Y O I A A A Y T Q U  
 N C W I G S G N R U L I R T  
 O U E H Z E O G Y E I P K P  
 G S R C R N L E L Q L E A O  
 E C G R Y S D A L N A T M P  
 B O N O J H I B I S C U S P  
 P D A I S Y X W S R R N B Y  
 U M H Y A C I N T H Q I Y V  
 J U J L I D O F F A D A E P

Tulip  
 Daffodil  
 Lilac  
 Hyacinth

Rose  
 Dahlia  
 Orchid  
 Amaryllis

Petunia  
 Poppy  
 Peony  
 Hibiscus  
 Daisy

Marigold  
 Begonia  
 Easter lily  
 Zinnia

Crocus  
 Sunflower  
 Hydrangea

# zoom

Don't be afraid,  
it's easy to do!  
Zoom can be done

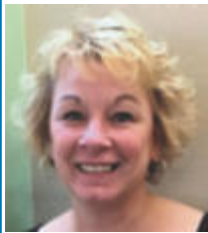
by phone, computer, lap top, ipad or kindle. Jodie Forrie (aka hearing aid assistance) will help you out. Just give her a call at 507-420-4354 or email at Jodie@gmail.com.



## Puzzle Exchange

We have puzzles ranging from 300-1,000 pieces.

Keep them until you are done. Puzzles have been moved indoors. Give a call before you come.



**Elder Benefit Specialist**  
**Lachel Fowler, Rock County Benefit Specialist** Lachel works with Rock County residents 60 and over regardless of financial status. Please call 608-757-5414 for additional information.

## Watch Battery Replacement

With extra time on your hands did you do some cleaning and find a watch that needs a battery? Sorry no jewelry repairing at this time. Give a call to drop the item(s) off and we will connect with the watch battery contact. Payment, if any, is due upon pick up. Please note it will take some time to return your items.

## Alterations

The Alterations Lady, Jo Ellen, will be offering her services. Gives us a call to drop off your items at Grinnell Hall. Include your name, what you would like to have done and a phone number where she can reach you. Jo Ellen will call to let you know that your item is done and how much you owe her. Payment is due when you pick up your items.



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B	I	N	G	O

**BINGO REMOTELY Thursday, May 13 12:00pm**

We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. You can cross out the numbers when called. We will play 3 games. See design on left for games 1 and 2, game 3 will be coverall. 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). **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.**

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. We will play 3 games and it will last approximately 45-60 minutes. At the end of the games, hang up your phone.

Put your name and phone number on the back of the bingo card even if you were not one of the winners.

B	I	N	G	O

**BINGO LIVE! WEDNESDAY, MAY 26**

**Session #1 12:00-1:15pm Session #2 2:00-3:15**

**An individual can only sign up for one session as there is a limited number of seats that will be available.**



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# Rock County Nutrition Grinnell Hall Senior Center

May 2021

Page 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries	<b>4</b> BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce	<b>5 <i>Chocolate Milk</i></b> Chicken Pasta Salad Potato Salad Tomato Juice Melon Mix Lemon Bar	<b>6</b> Baked Cod Mashed Potatoes Broccoli Whole What Bread Peaches Sugar Cookie	<b>7</b> Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges
<b>10</b> Southwest Turkey Bake Carrots Cauliflower Applesauce	<b>11</b> Tuna Pasta Salad Romaine w/dressing Cottage Cheese Tomato Juice Banana Chocolate Chip Cookie	<b>12</b> Grilled Chicken Breast Broccoli Beets Whole Wheat Bread Pineapple Carrot Bar	<b>13 <i>Chocolate Milk</i></b> Salisbury Steak w/ Mushroom Gravy Green Beans Mashed Potatoes Mandarin Oranges Whole Wheat Bread Pumpkin Fluff	<b>14</b> Polish Sausage Hot Dog Bun Calico Beans Potato Salad Warm Fruit Salad
<b>17</b> Swedish Meatballs Egg Noodles Stewed Tomatoes Peas & Carrots Strawberry Applesauce	<b>18</b> Roast Beef w/gravy Mashed Potatoes Broccoli Whole Wheat Bread Peanut Butter Fresh Apple Slices Pudding	<b>19</b> Chicken Salad Baby Spinach w/ dressing Potato Salad Whole Wheat Bread Mandarin Oranges	<b>20</b> Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Spiced Pears	<b>21 <i>Chocolate Milk</i></b> Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar
<b>24</b> Meatloaf Au Gratin Potatoes Mediterranean Blend Whole Wheat Bread Pears	<b>25</b> Chicken & Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges	<b>26</b> Sloppy Joe Whole Grain Bun Baked Bean Medley Italian Vegetables Peaches	<b>27 <i>Chocolate Milk</i></b> Sliced Turkey Breast w/Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Oatmeal Cookie	<b>28</b> Broccoli Egg Bake Sausage Links Asparagus Tomato Juice Cinnamon Raisin Bread Pineapple
<b>31</b> <i>Memorial Day</i> <b>Grinnell Closed</b> 			<b>While Dining In Centers are Closed Due to COVID-19:</b>	<b>Please arrive for curbside pick-up meals at 11:00am</b>

**Eligibility:** Any person age 60 or older, regardless of income, and a spouse of any age.  
**Dining centers:** Reservations are required and must be made no later than noon of the prior business day  
 Suggested donation: \$4.00. All donations are appreciated.  
**Home delivered:** Must also be homebound. Suggested donation: \$4.00  
**Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information**

**Billiards**

**Monday-Friday 7:45am**

**Single play only. If you are not playing you must sit 6 feet away from the table and other players.**

**Sanitize top edges after each game.**

**Chair Exercise**

**Mondays 8:30am**

**Not being held at this time.**

**Contact us for more information.**

**Paper Crafting**

**Mondays 9:00am**

**All occasion card being made on the first day.**

**Bridge (closed)**

**Mondays 9:00am and Tuesdays 12:30pm**

**Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used.**

**Goldenaires Meeting**

**Monday, May 10 at 10:00am**

**Currently we do not have approval to have Goldenaire practice at Grinnell.**

**We will have a meeting to review members and talk about future practices.**

**Please call to let us know if you will be attending.**

**Uke Jam**

**Mondays 2:30pm**

**Not being held at this time.**

**Game Day**

**Mondays 12:30pm**

**Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used.**

**MASKS ARE REQUIRED  
NO FOOD ALLOWED  
USE HAND SANITIZER OFTEN  
SMILE!!!**

**Line Dancing Social Only**

**Tuesdays 9:30am**

**Please note that we are unable to offer Line Dancing at this time but encourage you to come and socialize with your friends.**

**Cribbage**

**Tuesdays 12:30pm**

**Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used. You will stay at the same table throughout the day.**

**All in the Family**

**Tuesdays May 11 & 25 1:00pm**

**Reminder to give a call to pre-register.**

**Morning Stretch**

**Wednesdays 8:30am**

**Not being held at this time. Please call us if you are interested in attending in the future.**

**Easy Stretch Yoga**

**Wednesdays 9:45am**

**Not being held at this time. Please call us if you are interested in attending in the future.**

**Chicks with Sticks**

**Wednesdays 10:00am**

**Knit On, Knit Off**

**Mahjong**

**Wednesdays 1:00pm**

**Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used.**

**Theater Group**

**Wednesdays 1:00pm**

**Not being held at this time.**



**Hand and Foot**

**Thursdays 9:00am**

Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used.

**Tai Chi**

**Fridays, 8:30am**

Not being held at this time.  
Please call us if you are interested in attending

**Open Sewing Lab**

**Thursdays 9:00am**

Please maintain social distancing while using the sewing lab.

**Fishing Club Meeting**

**Friday, May 7 9:00am**

We will discuss days, times and locations for fishing.

**Intro to Line Dancing**

**Thursdays 10:00am**

Not being held at this time.

Please call us if you are interested in attending

**Mexican Train**

**Fridays 12:30pm**

Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used.

**Euchre**

**Thursdays 12:30pm**

Please note that you will not be able to social distance during play. Breaks should be taken and hand sanitizer used. You will stay at the same table throughout the day.

**LIBRARY**

Library is open come grab a book!  
Please let us know when you would like to visit.

**INDOOR WALKING**

Auditorium is open for walking. Days and hours vary. Please let us know when you would like to visit.

**EXERCISE EQUIPMENT**

Exercise equipment is NOT available at this time.

**NEW ACTIVITIES OR SOCIAL TIME**

If you would like to request an activity or social time for a group, please contact Debbie to see if it is possible.

**Foot & Toenail Care**

**Tuesday, May 18 and Tuesday, June 15**

**By appointment only beginning at 9:00am**

Registered nurse Deb Scullin has been providing toenail care for seniors for four years. She is also a certified Diabetes Educator for six years and retired from Fort Health Care. The foot clinic will include soaking feet in warm water, rinse and dry, clip and file and lotion massage. **Please note there will not be any nail dremelling.**

**Appointments are set in advance and are open to members and non-members due to the necessity of toenail care for healthy toes and feet.**

Each appointment is 20-30 minutes. Although there cannot be social distancing while completing the toenail care, every precaution will be taken. **Do not arrive more than 10 minutes prior to your appointment and come in the main entrance. Please bring your own towel.** There is a \$20 fee to be paid to Deb Scullin for her professional services to be paid the day of your appointment. Payment is by cash only. You will be required to sign a waiver on the day of your first appointment.

# May 2021 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 7:45 Billiards 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day	<b>4</b> 7:45 Billiards 9:30 Line Dancing Social Time 12:30 Cribbage 12:30 Bridge (closed)	<b>5</b> 7:45 Billiards 10:00 Chicks with Sticks 1:00 Mahjong	<b>6</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 1:00 Billiard Lessons	<b>7</b> 7:45 Billiards 12:30 Mexican Train
<b>10</b> 7:45 Billiards 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires Meeting 12:30 Game Day	<b>11</b> 7:45 Billiards 9:30 Line Dancing Social Time 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family	<b>12</b> 7:45 Billiards 10:00 Chicks with Sticks <b>12:00 May Day Drive Thru</b> 1:00 Mahjong	<b>13</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>12:00 Remote Bingo</b>	<b>14</b> 7:45 Billiards 12:30 Mexican Train
<b>17</b> 7:45 Billiards 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day	<b>18</b> 7:45 Billiards 9:30 Line Dancing Social Time 12:30 Cribbage 12:30 Bridge (closed) <b>9:00 Toenail Care</b>	<b>19</b> 7:45 Billiards 10:00 Chicks with Sticks 1:00 Mahjong	<b>20</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>21 PLANT SALE</b> 7:45 Billiards 12:30 Mexican Train
<b>24</b> 7:45 Billiards 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day	<b>25</b> 7:45 Billiards 9:30 Line Dancing Social Time 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family	<b>26</b> 7:45 Billiards 10:00 Chicks with Sticks 1:00 Mahjong <b>Bingo Session #1 12:00-1:15pm</b> <b>Bingo Session #2 2:00-3:15pm</b>	<b>27</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>28</b> 7:45 Billiards 12:30 Mexican Train

## Mother's Day Jokes

A mother said to her son, "Look at that kid over there; he's not misbehaving."  
 The son replied, "Maybe he has good parents then!"

*Daughter:* Mom, what's it like to have the greatest daughter in the world?  
*Mom:* I don't know dear, you'd have to ask Grandma.

Why do Mothers have to have two visits to the optometrist? Because they have eyes in the back of their head.

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks: "Why are some of your hairs white, Mom?"

Her mother replied: "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked: "Momma, how come all of grandma's hairs are white?"

Do you remember when....

Some more great questions to ponder and write some stories of your life! Stories to share with your children and grandchildren.

- \*What are some of the craziest things that have happened to you?
- \*What things from home did you miss the most while you were serving in the military?
  - \*If you would do it over, what would you do differently?
  - \*What makes you sad?
  - \*What makes you happy?

Answers to Mother's Day Quiz

1. Mother Earth
2. Stepmother
3. Mother Goose
4. Motherlode
5. Mother Nature
6. Mother-in-Law
7. Mother of Pearl
8. Mother Hubbard
9. Mother May I



A Little Bit Country Drive Thru Event  
Wednesday, May 12 12:00-12:30pm  
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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

**City of Beloit**  
**Grinnell Hall Senior Activity Center**  
631 Bluff St.  
Beloit, WI 53511  
Phone: 608-364-2875  
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## **Memorial Day Monday, May 31, 2021** **Remember those who have fallen and their loved ones**

Memorial Day commemorates the men and women who died while in the military service of their country, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.

### **Rock County Veteran Services**

It is the mission of the Rock County Veterans Services Department to advocate for and provide assistance to all veterans of the U.S. Armed Services, and their dependents and survivors. We ensure that clients obtain all available and appropriate benefits for which they are entitled. The Department staff is committed to act in a courteous, effective and fiscally responsible manner, providing maximum service to its clientele. For assistance or additional information please call 608-757-5552 or email [rockcvso@co.rock.wi.us](mailto:rockcvso@co.rock.wi.us)



***Mother Is the Best***  
***My mom is really great, she's sweet as can be.***  
***When I need some help, I know she's always there for me.***  
***Mom loves me all the time, even when I'm a pest.***  
***She always take good care of me..***  
***My mother is the best.***

# **Happy Mother's Day**