

# Power of 50 Plus

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

June 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.*



**Please note activities are for Grinnell Member and you need to register for activities.**

Once you are registered for a weekly activity you are all set for future dates. Please register for the monthly activities and classes. Schedules may change at any time without notice.

Please do not arrive more than 10 minutes prior to your activity.

Please let us know if you need a new scan card.

If you were a member in 2020 your membership has been extended to December 31, 2021.

If you are not a member you can join at any time. Individual is \$25 and couple/same household is \$40. 2021 memberships expire December 31, 2021.

**It has been great to see everyone enjoying the activities, hearing the laughter and seeing the smiles in everyone's eyes.**

**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
- \*Please have your card that you scan in with when you come so we can track activities.
- Please call us if you need a new one a few days before you arrive for your activity.
- \*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.

You can bring your own drink.

**PLEASE FEEL FREE TO BRING IN SNACKS FOR YOURSELF  
PLEASE DO NOT BRING IN A PLATTER OF FOOD TO SHARE WITH OTHERS**

**At the time of printing the newsletter  
the City of Beloit mask mandate is still in place.**

**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 everyone,

As I am writing this we are in our second week of being opened, albeit different than our normal. We want to ensure a safe environment as you enjoy the activities. Exercise, Yoga and Line Dancing are returning. If you have an activity or social time you would like to schedule, please feel free to reach out to me and I will do my best to work with your group. We are aware that the CDC has issued new guidance for fully vaccinated people. This guidance suggests that in many situations fully vaccinated people do not need to wear face coverings. There are exceptions within that guidance and the city is evaluating all of this information and consulting with Rock County Health Department officials. At the time of printing the newsletter the City of Beloit mask mandate is still in place. Thank you for your patience and understanding.

Happy Father's Day and stay safe and hope to see you soon. Debbie Kraus, Senior Center Manager

**Fathers Day**

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

CUFF LINKS  
DADDY  
FATHER  
FISHING  
FOOTBALL  
HAT

HERO  
JACKET  
LOVE  
MAN CAVE  
PARENT  
PHONE  
RAZOR

RESPECT  
SPORTS CAR  
STRONG  
UNCLE  
WALLET  
WATCH

MEN are only as great as they are *kind* Any MAN can be a **FATHER** but it takes someone **SPECIAL** to be called my **DADDY**

**DAD** you are someone I LOOK UP TO no matter how TALL I've grown

SMALL BOYS become *influence* **BIG MEN**, through the care of **BIG MEN** who care about **SMALL BOYS**. All kids need is a little **HOPE** and **SOMEONE** who believes in them.

MY *father* GAVE ME THE GREATEST GIFT ANYONE COULD GIVE ANOTHER PERSON.

A *truly* RICH MAN is one whose children run into his arms when his hands are empty. HE *believed* IN ME. HE DIDN'T TELL ME HOW TO **LIVE** HE LIVED, AND LET ME WATCH HIM DO IT.

A Father is neither an anchor to hold us back, Or a sail to take us there But a guiding light whose love shows us the way

**DAD** The *greatest* I ever had came from God; I call him **DAD**. *nothing* is IMPOSSIBLE. Because of **YOU** I believe Your guiding hand on my shoulder will remain with me **FOREVER**.

**DAD**  
**FUN**  
**LOVE**  
**GUIDE**  
**FATHER**  
**EXAMPLE**  
**PROVIDER**  
**GREATEST**  
**STRENGTH**  
**SUPPORTIVE**

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

Shirley Carlson 1/10/2021 Douglas Carlson 4/21/2012  
Kurt Reynolds – 5/4/2021



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.

Mind Over Matter (MOM): Healthy Bowels, Healthy Bladder

Take steps to prevent or improve your bladder and bowel health. Ladies, in just one month you can learn strategies to prevent or improve symptoms so you can focus on doing the things that matter to you. Even if you are not having issues now, you will have the knowledge if you do have issues in the future. Class is offered through Rock County Council on Aging and will be held at Grinnell Hall.

All registration must be done by calling the Council on Aging at 608-757-5309 by May 28. Classes will be held on Tuesdays June 1, 15 and 29 from 1:00-3:00pm. You must attend all classes.

Less work. More life!

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Teena Monk-Gerber, CSW, MSE  
Dementia Outreach Specialist  
Serving Green and Rock Counties  
(608) 843-3544 • teena.monk-gerber@alzwissc.org





## 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).

### Janesville Area Parkinson's Support Group

Please contact Pat Burhans 608-436-9277 or [Burhans.pat@gmail.com](mailto:Burhans.pat@gmail.com)

The meet the first Wednesday of each month at 2:00pm. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!

## Staying Hydrated One Glass at a Time

Summer is right around the corner, and as the temperatures start to rise, so does the risk for dehydration. Knowing how to prevent dehydration as well as being able to recognize early signs of dehydration are important parts of staying safe during the warm weather.

Many people say that they tend to drink when they feel thirsty, but feeling thirsty is actually an early sign of dehydration. Other symptoms of dehydration include fatigue, dizziness, headaches, and cramps. Since water is essential for almost every process in our body, even becoming just mildly dehydrated can have a negative impact on how the body functions. As we age, our risk for dehydration increases. One reason is because our sense of thirst starts to diminish; so even when our body needs fluid, we may not realize it. Other factors that increase dehydration risk for seniors include certain medications (like the use of laxatives or diuretics that remove fluid from the body); also, the kidneys don't process fluids as efficiently as they used to.

So how much fluid do you need? Well that depends on several factors such as age, gender, activity level, and overall health. Your doctor or a registered dietitian can help you determine your exact needs. A simple starting place is to follow the **8 x 8 rule, which is 8 - eight ounce glasses of fluid per day**. Aiming for an 8-oz (1 cup) beverage with each meal and snack and sipping on beverages between meals should help you reach your goal. Since everyone's needs are different, a quick way to see if you are getting enough fluid is to check the color of your urine. If you are well hydrated, the urine color will be pale yellow. If it is a dark yellow or amber color you need to increase your fluid intake.

Maintaining proper hydration doesn't have to be boring. Although water is the best choice, smoothies, milk, and 100% fruit or vegetable juices are also good nutritious choices. Just be sure to watch the calories in these beverages. Our bodies also get fluid from the foods we eat. Consuming foods which have a higher water content like soups, gelatin, yogurt, pudding, or fruits and vegetables like melons, strawberries, tomatoes, grapes and cucumbers can help keep us hydrated.

### Additional Tips to Help Prevent Dehydration

- \*Keep a variety of beverages in the refrigerator and cupboard to prevent boredom
- \*Add a slice of lemon or make ice cubes out of juice to lightly flavor water
- \*Have a beverage within reach at all times throughout the day
- \*If nighttime trips to the bathroom are a concern, try drinking more in the morning and early afternoon
- \*Have a full glass of water or other beverage with medications
- \*Plan a cup of tea or glass of milk for an afternoon beverage





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

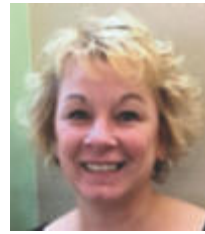
by phone, computer, lap top, ipad or kindle. Jodie Forrie (aka hearing aid assistance) will help you out. Just give her a call at 507-420-4354 or email at Jodie@gmail.com.

### Alterations

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.

### PUZZLE EXCHANGE

We have puzzles from 300-1,000 pieces. Come on in to exchange what you have done and pick some up!



### Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist will be at Grinnell on Thursday, June 10 8:00am-12:00pm and Thursday, June 24

12:00-4:00pm. Please call to make an appointment or stop in. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit and 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 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.

# Make the Smart Choice



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Member of Beloit Health System

608.363.7421



Visit [www.beloithealthsystem.org](http://www.beloithealthsystem.org)



B	I	N	G	O

**BINGO REMOTELY Thursday, June 10 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, June 23 Begins at 2:00pm**

**Please register as there is a limited number of seats available.**



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# Rock County Nutrition Grinnell Hall Senior Center

**June 2021**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31</b> <i>Memorial Day</i> <b>Grinnell Closed</b></p> 	<p><b>1</b> Baked Salmon w/Dill Mashed Potatoes Corn Whole Wheat Bread Peaches Fudgy Fiber Brownie</p>	<p><b>2 <i>Chocolate Milk</i></b> Spaghetti &amp; Meatballs Italian Vegetables Romaine Salad w/ dressing Warm Fruit Salad</p>	<p><b>3</b> Chicken Fajita Casserole Carrots Green Beans Cottage Cheese Fruit Fluff</p>	<p><b>4</b> Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower Pears Cake w/Berry Frosting</p>
<p><b>7</b> Hamburger Wheat Bun Baked Bean Medley Asian Carrot Salad Warm Spiced Pears</p>	<p><b>8 <i>Chocolate Milk</i></b> Herbed Pork Loin Sweet Potato Spinach w/cheese Whole Wheat Bread Peanut Butter Peaches Pudding</p>	<p><b>9</b> Macaroni &amp; Cheese Broccoli Cauliflower Cottage Cheese Whole Wheat Bread Banana</p>	<p><b>10</b> Chicken Breast Parmesan Red Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges Pumpkin Bar</p>	<p><b>11</b> Taco Salad Tomato &amp; Bean Salad Corn Whole Wheat Bread Light Yogurt</p>
<p><b>14 <i>Chocolate Milk</i></b> Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges</p>	<p><b>15</b> Baked Cod Mashed Potatoes Broccoli Whole What Bread Peaches Sugar Cookie</p>	<p><b>16</b> Chicken Pasta Salad Potato Salad Tomato Juice Melon Mix Lemon Bar</p>	<p><b>17</b> BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce</p>	<p><b>18</b> Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries</p>
<p><b>21</b> Grilled Chicken Breast Broccoli Beets Whole Wheat Bread Pineapple Carrot Bar</p>	<p><b>22 <i>Chocolate Milk</i></b> Tuna Pasta Salad Romaine w/dressing Cottage Cheese Tomato Juice Banana Chocolate Chip Cookie</p>	<p><b>23</b> Polish Sausage Hot Dog Bun Calico Beans Potato Salad Warm Fruit Salad</p>	<p><b>24</b> Salisbury Steak w/ Mushroom Gravy Green Beans Mashed Potatoes Mandarin Oranges Whole Wheat Bread Pumpkin Fluff</p>	<p><b>25</b> Southwest Turkey Bake Carrots Cauliflower Applesauce</p>
<p><b>28</b> Lemon Pepper Chicken Sweet Potatoes Cooked Red Cabbage Whole Wheat Bread Peaches Pumpkin Bar</p>	<p><b>29</b> Brat Patty Whole Wheat Bun Baked Beans Asian Carrot Salad Warm Spiced Pears</p>	<p><b>30 <i>Chocolate Milk</i></b> Swedish Meatballs Egg Noodles Stewed Tomatoes Peas &amp; Carrots Strawberry Applesauce</p>	<p><b><i>While Dining In Centers are Closed Due to COVID-19:</i></b></p>	
<p><b><i>Please arrive for curbside pick-up meals at 11:00am</i></b></p>				

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

**Chair Exercise**  
Mondays 8:30am  
Beginning on June 7th

**Uke Jam**  
Mondays 2:30pm  
Not being held at this time.

**Line Dancing**  
Beginner Tuesdays 9:30am  
Regular 10:30am  
Beginning June 1st

**Morning Stretch**  
Wednesdays 8:30am  
Not being held at this time.

**Easy Stretch Yoga**  
Wednesdays 9:45am  
Beginning on June 2nd

**Theater Group**  
Wednesdays 1:00pm  
Beginning June 9th

**Tai Chi** Fridays, 8:30am  
Not being held at this time.  
Please call us if you are interested in attending

**LIBRARY**  
Come in and grab a book or movie.

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

**EXERCISE EQUIPMENT**  
is NOT available at this time.

**Goldenaires**  
Please call for next meeting date. At the time of printing, we do not have approval to have

**Attention exercise, yoga and line dancing participants**  
You will be required to sign a waiver prior to participating in your first class.  
Thank you for your cooperation.

**SNACK BAG TOTES**  
**Wednesday, June 23 12:30-3:00pm**  
Yes you can do this with step by step directions given by Sue Engler and Beth Bausman. Bring in your own chip, candy or other bag to be made into a tote for special items, this and that or even a iPad.  
Cost is \$3 and must be paid at time of registration. Limited enrollment sign up early.



**Foot & Toenail Care**  
**Tuesday, June 15 and Tuesday, July 20**  
**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.



**Decorating Committee Leader Needed**

Have you noticed the great décor at Grinnell Hall for the seasons and holidays? Well it doesn't get done by itself it takes a committee to make it happen and there is a committee in place with several volunteers. We are searching for someone to lead the volunteers. Linda Kinder, who led the committee, will continue to volunteer on the committee. It is only a few hours a month with fun individuals. Let us know if you would be interested.



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HISTORICAL  
SOCIETY** EST. 1910

**CAR AND MECHANIC SHOW**

**SUNDAY, JUNE 13TH 9:00AM-6:00PM**

**Adults \$5 Kids \$2**

Tickets can be purchased in advance [www.beloithistoricalsociety.com/events](http://www.beloithistoricalsociety.com/events) or call 608-365-7835 for additional information.

***It's Senior Farmers' Market Voucher Time!***

**What is the Senior Farmers' Market Nutrition Program**

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: please see chart below
- \*Each eligible household may receive vouchers only once in 2020.

**What do I need to do?**

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

**APPLICATIONS WILL BE DONE BY PHONE; VOUCHERS WILL BE MAILED**

*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](http://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

# June 2021 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>May 31</b> <i>Memorial Day</i> <b>Grinnell Closed</b> 	<b>1</b> 7:45 Billiards 9:30 Line Dancing Beginners 10:30 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) <b>1:00 Mind Over Matter</b>	<b>2</b> 7:45 Billiards 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong	<b>3</b> 7:45 Billiards <b>9:00 Advisory Board Meeting</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>4</b> 7:45 Billiards 12:30 Mexican Train
<b>7</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires Meeting 12:30 Game Day	<b>8</b> 7:45 Billiards 9:30 Line Dancing Beginners 10:30 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	<b>9</b> 7:45 Billiards 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:00 June Drive Thru</b> 1:00 Mahjong 1:00 Theater Group	<b>10</b> 7:45 Billiards <b>8:00-12:00 Benefit Specialist</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>12:00 Remote Bingo</b>	<b>11</b> 7:45 Billiards 12:30 Mexican Train
<b>14</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day	<b>15</b> 7:45 Billiards <b>9:00 Toenail Care</b> 9:30 Line Dancing Beginners 10:30 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family <b>1:00 Mind Over Matter</b>	<b>16</b> 7:45 Billiards 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group <b>2:00 Bingo at Grinnell</b>	<b>17</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>18</b> 7:45 Billiards 12:30 Mexican Train
<b>21</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day	<b>22</b> 7:45 Billiards 9:30 Line Dancing Beginner 10:30 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	<b>23</b> 7:45 Billiards 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>1:00 Snack Bag Class</b> 1:00 Mahjong 1:00 Theater Group	<b>24</b> 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab <b>12:00-4:00 Benefit Specialist</b> 12:30 Euchre	<b>25</b> 7:45 Billiards 12:30 Mexican Train
<b>28</b> 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day	<b>29</b> 7:45 Billiards 9:30 Line Dancing Beginner 10:30 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family <b>1:00 Mind Over Matter</b>	<b>30</b> 7:45 Billiards 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group	<b>NEW ACTIVITIES OR SOCIAL TIME</b> <b>If you would like to request an activity or social time for a group, please contact Debbie</b>	

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 qualities do you most value in your friends?

What were you like when you were 30?

Was there anything unusual about your birth?

What habit do most people have that you find very strange?

Summer is here! Drive Thru Event  
Wednesday, June 9 12:00-12:30pm

Summer begins June 20 so let's give some prodding to be a great one. Pull up to the doors to receive your goodie bag and pull into the church parking lot to listen to some summer loving music. Please call to reserve your spot

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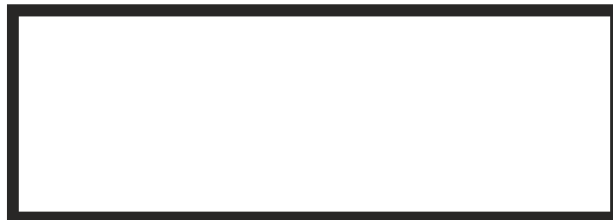
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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

**City of Beloit**  
**Grinnell Hall Senior Activity Center**  
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## Rock County Council on Aging Wednesday Walks

**Reservations are required at least 2 days prior to walk. 608-757-5408**

### **June 2, 10:00am Turtle Creek**

Led by Naturalist David Bendlin, these trails offer pretty views of the Creek as you walk and are perfect to hike in June. We will meet at 2785 Milwaukee Road in the Walmart parking lot – Southeast corner. You will caravan to trail location.

### **June 9, 10:00am Janesville Historic West District**

Led by Historian Rich Fletcher, take a walk and learn about the buildings and area history. We will meet in front of the Tallman House - 426 North Jackson St., Janesville. in front of the Tallman House.

### **June 16, 9:00pm Fair Meadow State Natural Area**

Led by Naturalist David Bendlin, see bats and a phenomenal display of fireflies (life changing!) Hear the calls of frogs & owls; sometimes the owl's call back! We will meet at Milton Library – 430 East High Street and caravan to the trail location. **Please note evening time.** Please bring bug repellent. Thursday, June 17 will be a back-up date in case of inclement weather or overflow of interest.

### **June 23, 10:00am Beloit Art Center**

Local artists Dava Dahlgran and Emily Weichbrod will share their artwork and provide narrative. We will meet at Beloit Art Center 520 East Grand Avenue Beloit.

### **June 30, 10:00am Token Creek Alpacas**

Enjoy the beauty and 20 acre farm featuring rolling hills of pasture, woods, hayfields and the peaceful presence of the Alpacas. Handcrafted alpaca wool items will be available for purchase. Elden & Ronelle Harms have been raising award winning Alpacas for 20 years. We will meet at Token Creek Alpaca located at 6116 North Cassidy Road in Evansville.