

Power of 50 Plus

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

July 2021

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

Hours
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.



Activity Information

Members, 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. You may stay after to socialize. 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.

NEW INFORMATION

If you are not a member or if you have a local friend you would like to share your Grinnell experience with, they can visit three times before becoming a member. If you have a guest/family member from out of town visiting, they may join you for a three week time span. Please note that we would like to have guests register. Please note that educational classes are open to non-members.

**If you or someone you know is unable to afford a membership, please contact Debbie for assistance. Individuals are willing to “sponsor” a member.
Information is kept confidential**

Some Reminders

- *If you feel ill please wait for another day to visit.
- *At the time of printing, masks must be worn at all times.
- *Please have your card that you scan in with when you come so we can track activities.
- *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 and snacks for yourself. Please do not bring in a platter of food to share with others.

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!

We have been re-opened for two months and it exciting to hear everyone having fun and re-connecting. We will no longer have the drive-thrus as everyone was enjoying the outdoors or staying inside to keep cool. It was fun for Becky, Barb and myself to be able to have some contact while we were closed. It was great to have the Plant and Nellie's Nook Sale and welcome new visitors. Hats off to Linda Kinder and LeeAnn Mattox for getting the sale all organized. They put in many hours to make it a success.

I was fortunate to be a part of the re-accreditation team for the Baraboo Senior Center. Which means we review their policies, procedures, trainings, community connections and more. The re-accreditation was at Baraboo and I toured their center which consists of **two classrooms** in the Civic Center, which used to be a school. How fortunate we are with having Grinnell Hall as our "home away from home" where there is room for a variety of activities to meet many interests. Baraboo keeps the 280 members busy with activities and volunteering. Volunteers are a stable for Baraboo as they currently do not have a Senior Center Manager which is a part-time position. They are operating with a very committed part-time Coordinator and volunteers. In visiting with their re-accreditation committee they spoke about how they enjoy volunteering as they get back more than they give: they meet new people, learn new skills and are building a strong community. So my point is when you see or hear about volunteers needed, give some thought as to what you can give back as well as take in. It's a two way street.

Debbie Kraus, Senior Center Manager

Plant and Nellie's Nook Sale a huge success..

Who would have thought over 600 plants and flowers would be donated and over 500 sold with over \$1,500 in sales! We still have some great household plants (even cacti) available for purchase. If you are not interested for yourself, perhaps a gift for a friend or family member.

Nellie's Nook had just about anything you can think of for sale as the items in the lower level were brought up to sell. Home décor, vases, games, artwork, kitchen gadgets, jewelry and more with over \$570 in sales! Some great jewelry still remains. And we are sharing with the community as some remaining items were donated to the Salvation Army.

A big thank you to Linda Kinder (plant sale) and Leeann Mattox (Nellie's Nook) for heading up the spring sale. There were many volunteers who made it happen and we could not have done it without them.

Barb Hopper, Jean Warn, Pearl Friedley, Bobbie Pann, Sue Tucker Pann, Opal Vance, Sherry Westbrook, Lois Engen, Beth Bausman, Bob Norder, Debra Martin, Bev Bliss, Art Graham. In addition Linda and Art came in to water plants while we were closed as Debbie does not have a green thumb!



Some of the volunteers
They are smiling under their masks



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



Harold Whittaker 5/31/2021
Jan Mickelson 6/3/2021
Ione VanDenElzen 6/11/2021




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 Facebook for updates.

Thank you for your donations

Jane Baxter, Betty Weeks, Rhonda & Bill Tierney, Jeannie Rippl, Linda Kinder, Karen Whisenand, Art Graham, LeeAnn Mattox, Joyce Jensen, Deb Marvin, Bobbie Pann, Beth Bausman, Randy & Sherry Westbrook, Duane Matchett, Bev Bliss, Eunice Steinke, Joyce Berg, pearl Friedley, Kathy Cope, Debra Young, Mary Beth Lindstrand, Mary Norman, Dan Copper, Art Graham, family of Wendell Anderson and family of Fran Clark.
Please let us know if we missed anyone.



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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 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.

Janesville Area Parkinson’s Support Group

Please contact Pat Burhans 608-436-9277 or 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!



Memory Café meets in a relaxed environment to visit, share common interests and enjoy refreshments. Each café date offers a unique program or activity that is stimulating and fun.

“You can just be yourself.”

Second Thursday of each month
 July 8 August 12 September 9
 9:30am-11:00am

Preservation Park 3444 S. Riverside Drive Beloit
 Inside the large pavilion closest to the Rock River
 Please wear a mask if able.

If raining, Memory Café will be canceled.

For additional information contact
 Teena Monk-Gerber
 608-843-3544
Teena.monk-gerber@alz.wisc.org



Solve the “Rhymes with Light” word challenge Example: How tall are you? Answer: Height
 Answers on page 11No peeking

- | | |
|--------------------------|-------------------------------------|
| 1. Not left | 10. The opposite of loose |
| 2. A toy for a windy day | 11. The color of snow |
| 3. Sudden fear or alarm | 12. Construction location |
| 4. Cut with your teeth | 13. Set of Stairs |
| 5. Great power | 14. Ask someone to come over |
| 6. Period of darkness | 15. A real joy |
| 7. The opposite of dim | 16. Use pen and paper |
| 8. Power of Vision | 17. Start to burn |
| 9. Engage in conflict | 18. Someone who wears shining armor |



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

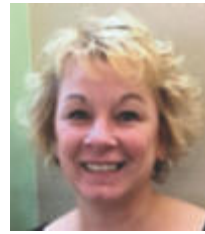
by phone, computer, lap top, ipad or kindle. Jodie Forrie (aka hearing aid assistance) will help you out. Just give her a call at 507-420-4354 or email at Jodie@gmail.com.

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, July 8 8:00am-12:00pm and Thursday, July 22

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.

OPEN TO MEMBERS AND NON-MEMBERS

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 is due upon pick up. It will take some time to return your items.

Make the Smart Choice



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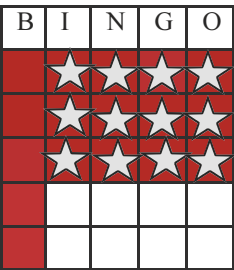
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Visit www.beloithealthsystem.org





BINGO REMOTELY Thursday, July 8 12:00pm

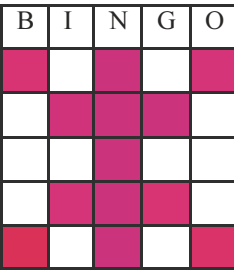
We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. You can cross out the numbers when called. We will play 3 games. Game 1 - Flag, game 2 - Fireworks, game 3- coverall.

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.

Winners, put your name and phone number on the back of the bingo card and drop it off or mail it in.



BINGO LIVE!

Wednesday, July 21 Begins at 2:00pm

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

Mystery Prizes.....



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Michael Santucci
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Rock County Nutrition Grinnell Hall Senior Center

July 2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Please arrive for curbside pick-up meals at 11:00am</i>		1 <i>Chocolate Milk</i> Chicken Salad Baby Spinach w/ dressing Potato Salad Whole Wheat Bread Mandarin Oranges	2 Roast Beef w/gravy Mashed Potatoes Broccoli Whole Wheat Bread Peanut Butter Fresh Apple Slices Pudding
5 <i>Independence Day Observed</i> Grinnell Closed 	6 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Oatmeal Cookie	7 Meatloaf Au Gratin Potatoes Mediterranean Blend Whole Wheat Bread Pears	8 Chicken & Broccoli Casserole Carrots Cauliflower Cottage Cheese Mandarin Oranges	9 <i>Chocolate Milk</i> Sloppy Joe Whole Grain Bun Baked Bean Medley Italian Vegetables Peaches
12 Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower Pears Cake w/Berry Frosting	13 Chicken Fajita Casserole Carrots Green Beans Cottage Cheese Fruit Fluff	14 BBQ Pulled Pork Baked Beans Broccoli Whole Wheat Bun Cinnamon Applesauce	15 <i>Chocolate Milk</i> Baked Salmon w/Dill Mashed Potatoes Corn Whole Wheat Bread Peaches Fudgy Fiber Brownie	16 Spaghetti & Meatballs Italian Vegetables Romaine Salad w/ dressing Warm Fruit Salad
19 Macaroni & Cheese Broccoli Cauliflower Cottage Cheese Whole Wheat Bread Banana	22 Chicken Breast Parmesan Red Potatoes Brussels Sprouts Whole Wheat Bread Mandarin Oranges Pumpkin Bar	21 <i>Chocolate Milk</i> Taco Salad Tomato & Bean Salad Corn Whole Wheat Bread Light Yogurt	22 Herbed Pork Loin Sweet Potato Spinach w/cheese Whole Wheat Bread Peanut Butter Peaches Pudding	23 Hamburger Wheat Bun Baked Bean Medley Asian Carrot Salad Warm Spiced Pears Yogurt
26 Chicken Marsala Au Gratin Potatoes Mediterranean Veg. Cottage Cheese Whole Wheat Bread Mandarin Oranges	27 <i>Chocolate Milk</i> BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce	28 Chicken Pasta Salad Potato Salad Tomato Juice Melon Mix Lemon Bar	29 Baked Cod Mashed Potatoes Broccoli Whole Wheat Bread Peaches Sugar Cookie	30 Stuffed Pepper Casserole Green Beans Carrots Light Vanilla Yogurt Strawberries

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

Goldenaires
Mondays 10:00am
Beginning July 12

Uke Jam
Mondays 2:30pm
Beginning July 12

Morning Stretch
Wednesdays 8:30am
Beginning July 7

Tai Chi
Fridays, 8:30am
Beginning July 2

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.

**Attention Chair Exercise, Yoga,
Line Dancing, Morning Stretch
and Tai Chi participants**

You will be required to sign a waiver prior to participating in your first class. Please stop at the receptionist desk before or after your first class to complete. There is a separate waiver for each program.

Thank you for your cooperation.

In search of Theater Group Members

Theater Group is searching for individuals who have a sense of humor, like to have fun, be creative and just let loose. Give it a try, you'll like it! And I am sure the group will like you. Come to one the meetings/rehearsal on Wednesdays 1:00pm or give a call and we will connect you with Roselynn Ackley, Theater Troupe leader
You won't regret it!



Foot & Toenail Care

Tuesday, July 20 and Tuesday, August 17
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.

July 2021 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Laughter the Best Medicine...Ever!</p> <p>In a sad voice my friend said, "My wife said she wouldn't talk to me for 30 days." "Why should that make you sad?", I asked. "Today is day 30."</p> <p>The reason most men don't bring the boss home for dinner is because she is already there!</p>			<p>1 7:45 Billiards 9:00 Advisory Board Meeting 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p>2 7:45 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>
<p>5 <i>Independence Day Observed</i> Grinnell Closed</p> 	<p>6 7:45 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)</p>	<p>7 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group</p>	<p>8 7:45 Billiards 8:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 12:00 Remote Bingo</p>	<p>9 7:45 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>
<p>12 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam</p>	<p>13 7:45 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family</p>	<p>14 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group</p>	<p>15 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p>16 7:45 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>
<p>19 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam</p>	<p>20 7:45 Billiards 9:00 Toenail Care 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)</p>	<p>21 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group 2:00 Bingo at Grinnell</p>	<p>22 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:00-4:00 Benefit Specialist 12:30 Euchre</p>	<p>23 7:45 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>
<p>26 7:45 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:30 Uke Jam</p>	<p>27 7:45 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family</p>	<p>28 7:45 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group</p>	<p>29 7:45 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p>30 7:45 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>



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

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

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. Do you want to share your answers in the newsletter? Drop off or email your comments, no name needed if you would prefer to be anonymous. This will be the last set of questions. Give a call or email and we will share more questions with you.

- *Describe your first big trip alone.
- *Describe a trips experience with family and/or friends.
- *Describe a family or friend that changed your life.
- *What special or hidden talents do you have?

Solve the “Rhymes with Light” word challenge answers. How did you do?

- | | |
|--|---|
| 1. Not left..... Right | 10. The opposite of loose..... Tight |
| 2. A toy for a windy day..... Kite | 11. The color of snow..... White |
| 3. Sudden fear or alarm..... Fright | 12. Construction location..... Site |
| 4. Cut with your teeth..... Bite | 13. Set of Stairs..... Flight |
| 5. Great power..... Might | 14. Ask someone to come over..... Invite |
| 6. Period of darkness..... Night | 15. A real joy..... Delight |
| 7. The opposite of dim..... Bright | 16. Use pen and paper..... Write |
| 8. Power of Vision..... Sight | 17. Start to burn..... Ignite |
| 9. Engage in conflict Fight | 18. Someone who wears shining armour..... Knight |



Dirty Dash is back.....Saturday, August 21, 2021

Looking for volunteers to help stuff participant bags and on the day of the event. No you do not have to get dirty, but it’s fun! Let Debbie know if interested.

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Jeff Parkinson** to place an ad today! jparkinson@lpicommunities.com or **(800) 950-9952 x5887**



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DHS Approved 4/22/2021

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IN-HOME CARE FOR SENIORS

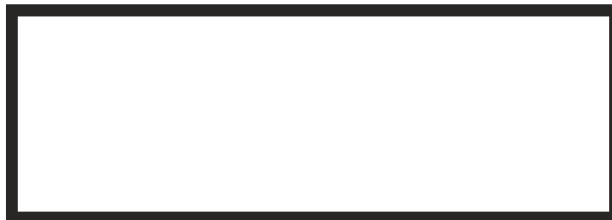
- Experienced Staff with Caregivers and CNA's
- Taking extra precautions to keep Staff and Clients safe from Covid
- **WE LOVE WHAT WE DO!**



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
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



Rock County Council on Aging Wednesday Walks

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

July 7, 10:00am Brodhead Historical Society Depot Museum

Built in 1881, the Depot Museum has many artifacts, photographs and a 1950 diesel locomotive and caboose on display. Located at 1108 1st Center Avenue in Brodhead.



July 14 10:00am Beckman Mill

Oak Savana is an uncommon ecosystem with a tree canopy that establishes habitat for specific wildlife species and displays summer woodland flowers. Led by Jim Hessenauer, Rock County's Lead Nature Specialist. Located at 11600 S. County Road H in Beloit.

July 28, 10:00am Riverside Driving Range

Tips from the pros! Course pros will assist you on your swing and provide additional pointers for all levels from 10:00am-11:00am. Practice at the driving range 11:00am-12:00pm. Located at Riverside Driving Range - 2100 Golf Course Road in Janesville.

August 4, 10:00am Big Radio/WCLO Tour

Owner Ben Thompson will provide a tour of the talent and programming elements of local radio broadcasting at its finest! WCLO is part of the Big Radio five station group in Janesville. Located at 1 Parker Place in Janesville.