

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

**November
2021**

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

**Hours
7:30am-4:00pm**

**Debbie Kraus
Senior Center Manager**

The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.



Veterans Day Ceremony Thursday, November 11 10:00am Public is invited



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

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

Honor our Veterans at Grinnell Hall as Charles Jones, Army Master Sargent and Eugene Leech, Marine Gunner Sargent, share their background and what the Disabled American Veterans (DAV) means to them. Both are members of the Beloit Chapter 14 (DAV) who meet at Grinnell.

The ceremony is open to the public and we ask that you call to reserve a seat. Masks are required.

Elder Advisors Law Presentation for Veterans Monday, November 1 2:00-4:00pm

Join us for an educational workshop to discuss "How to Protect Your Stuff" from devastating long term care costs and more. They will discuss the reality of what we face as we age and the exceptions to the rules that are laid out for us. They will also discuss planning options and benefits for Veterans. The first step in planning is education.

Open to the public and Veteran's and their families. Please call Grinnell Hall to register.

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 All,

I had an opportunity to go to Maine for a week long vacation recently with some friends. I have never been to Maine so I was excited! We did the tourist things - boat and trolley tours, hiked Acadia National Park (made possible by private land and funds), put my toe in the Atlantic Ocean, ate lobster and scallops and took in the fall colors. We were not disappointed. It was nice to hike different trails and get some exercise and relaxation at the same time! We visited the outdoor Coastal Main Botanical Gardens in Booth Bay (Google this) which was extraordinary with colorful flowers colors, Fairy House Village where you could build your own with nature items, five amazing 30-50 foot high *Guardian of the Seeds Trolls* that all have a job to ensure growth and balance in the nature and the forest.

Now it's back to the fun at Grinnell with the Veteran's Day Ceremony which I hope you will sign up for, Holiday Bazaar and Bake Sale that offers a wide variety of items and is a great fundraiser, Holiday Show and that is in addition to our regular daily and monthly activities and classes. In September we had 1,029 visits here by 212 different people! I definitely want to thank all of the volunteer instructors and activity leaders. We could not do it without you.

Please note memberships for 2022 can be purchased at any time! Info on prize drawings will be available in the December newsletter.

Thank you for making Grinnell your Home Away from Home. Debbie Kraus, Senior Center Manager

Thank You For Your Donations

Beverly Watson Schoonover, Linda Khunle, Lachel Fowler, Diane Lishenbee, Rhonda Tierney, Joan Slater, Vicki Hodder, Vicki Seichter, Karen Whisenand, Susie O'Brien, Shirley Von Allmen, Joyce Sveom, Bev Bliss, Pearl Friedley, Phyllis Agate, Bobbie Pann, Diane Montena, Barb Hopper, Judy Cufur, Kathy Cope, Joan Slater, Lois Engen, Ruby Hay and Susie O'Brien.



3rd Annual Holiday Bazaar & Bake Sale
Wednesday, November 17 to Saturday, November 20
9:00am-3:00pm



We're back! Past Bazaar and Bake Sales were a HUGE success and we couldn't have done it without the help of all of our volunteers who make items or donate items. We are reaching out again for your help. To make sure that we have enough inventory to sustain the sale, we are asking individuals to donate at least one hand made item, home-made baked goods or volunteer to help with the set up and pricing or a couple hours during the Bazaar.

Volunteers are needed to help with set-up and assist visitors.
Please help to make this a success and sign up at the front desk.

Some Reminders

- *If you feel ill please wait for another day to visit. *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. Coffee, pop machine and water is available. 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.

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 are not a member and you would like to visit Grinnell, we ask that you become a member after three visits. If you are a member and have a friend you would like to bring with you please let us know in advance. 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 confidential.

**Beloit Area Community Health Center
Community COVID-19 Vaccinations
and Boosters**
(at time of printing only the Pfizer Booster is available)

Please call 608-361-0311 for additional information.
Appointments are held at the Rotary Center.

You **do not** need an ID, you **do not** need proof of residency, you **do not** need health insurance. If you need a **free ride** to your COVID-19 vaccine, call 211.



Less work. More life!

Cedar Crest

Home happens here.
Cottages • Apartments
Assisted Living • Memory Care
Short-term Rehabilitation
CedarCrestLife.com
(608)756-0344

**Daley • Murphy • Wisch
& Associates**
FUNERAL HOME AND CREMATORIUM

2355 Cranston Rd. • Beloit, WI 53511
608-362-3444
www.daleymurphywisch.com

Platinum Health
HEALTH | MEDICARE | LIFE | SUPPLEMENTAL

Need affordable Medicare that's in step with your life?
Choosing the right Medicare coverage can be confusing.
I can help you find a plan that's right for YOU and YOUR BUDGET.

Jean Linos
Local Licensed Agent
P 262-458-2880 C 706-232-3431
jlinos@myeph.com
www.eplatinumhealth.com/jlinos

I work by referral. Please don't keep me a secret

"It's my life and they respect that."
Local long-term care supports and services delivered with a focus on Life. Defined by you.

INCLUSA
Life. Defined by you.

inclusa.org | 877-376-6113

Support our
ADVERTISERS



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

They 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!

All in the Family Tuesday November 9 at 1:00pm

What is All In the Family? It is a group of "strangers" coming together to become "good" friends and a support group for all. Come and join us, "you are only a stranger the first time". A comment from one of the Participants: "This group of wonderful people came into my life just in time. I had lost my husband and felt lonely and was in a dark place. This group of friends literally saved my life." Remember you can never have too many friends. We are working on getting to know each other and building friendships with each other and creating our own "family" right here at Grinnell. There are many reasons people might not have family around - widows or widowers, never had kids, siblings not in the area, etc. Don't be shy - you will be glad you joined us.

Chair Massage Wednesdays, November 10 & 24

We have received many positive comments about Certified Massage Therapist Alicia Jenski and how participants felt after their massage. Appointments begin at 12:00pm. Treat yourself to a relaxing and rejuvenating chair massage, it will make your day. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call to pre-register. Please pay by cash on the day of your appointment.

Joyful Toes & Feet (Toenail Care)

November 16 & December 21 by appointment only

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 dremmelling. 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. **Please bring your own towel.** There is a \$20 fee 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. We have received many positive comments on Deb's care and education she provides to all who have participated.

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.

Alterations

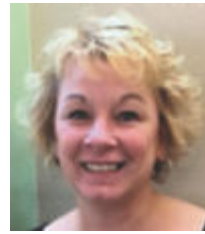
Jo Ellen is offering her services. Give us a call to drop off your items at Grinnell Hall.

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.

Jewelry Repair

Drop off your items and list what you need to have done with them. Please have items in a plastic baggie or some sort of bag with your name and phone number in the bag.



Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist will NOT be at Grinnell Hall October and November due to Medicare Open Enrollment.

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.

LACHEL IS NOT AVAILABLE IN NOVEMBER

Watch Battery Replacement

With extra time on your hands did you do some cleaning and find a watch that needs a battery? Please have your items in a plastic baggie or some sort of bag with your name and phone number on. Payment, is due upon pick up. It may take some time to return your items.

Make the Smart Choice



RIVERSIDE TERRACE

Assisted Living | 3055 S. Riverside Drive, Beloit, WI
608.365.7222

NorthPointe

~Terrace~

Assisted Living
5601 E. Rockton Road, Roscoe, IL
815.525.4800

Beloit Health System

At-Home Healthcare
608.363.5885

Beloit Regional HOSPICE

Member of Beloit Health System

608.363.7421



Visit www.beloithealthsystem.org



B	I	N	G	O

BINGO REMOTELY Thursday, November 18 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. Game 1 - Outside Border Game 2 - Inside Border, 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.

B	I	N	G	O



BINGO LIVE!

Wednesday, November 24 begins at 2:00pm

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

Prizes will vary



- Serving Rock & Walworth
- Delivery to Door or Freezer
- Renal and Diabetic Options
- Extra Breakfasts Special Order
- **FREE** Local Delivery with 21 Meal Minimum



Janine at 608.373.1606
www.mealmagicinc.com



PENNY HANSEN REALTOR

CENTURY 21 AFFILIATED
LICENSED IN IL & WI
SENIOR REAL ESTATE SPECIALIST (SRES)

www.pennyhansen.com
pennyhansenc21@gmail.com



608-751-1096

Agrace will help.



(608) 755-1871 | AGRACE.ORG

When You Need More Support, Turn To

Beloit Regional HOSPICE

Member of Beloit Health System

608-363-7421

www.beloitregionalhospice.com



Are You Paying Too Much For Your Medicare Supplement Coverage?

Physicians Mutual Insurance Company can **SAVE you MONEY** on your Medicare Supplement premiums!

Ask your agent about all the details including our Innovative Deductible Discount Rider Option, too. Get reliable, caring service and valuable protection.



Why wait? Talk to an agent today!

Michael Santucci
608-364-0115
608-751-0603 cell

We are not connected with, nor endorsed by, the U.S. Government or the Federal Medicare Program. This is a solicitation of insurance. Upon reply, an agent will contact you. Policyholder funds: P236, P237, P238.



Physicians Mutual

Insurance for all of us.®



Free Fun!!!!

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 Roselyne Ackley, Theater Troupe leader. You won't regret it!



Goldenaires is searching for some new members. You don't have to be a professional singer, just enjoy singing and making new friends. Goldenaires meet on Monday mornings at 10:00am. Give a call with questions.

Medicare

**Time to Review Your Medicare Plan
Prepare Early This Year!**

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2021! The plans' premiums, deductibles, and co-pays can also change each year.

What can you do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2021. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Rock County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist of **Rock County Council on Aging**. Start preparing early this year. The Council on Aging has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call Lachel Fowler at (608)757-5414.

Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov
Medigap helpline 1-800-242-1060

Disability Drug Helpline 1-800-926-4862 (if under age 60)
Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Foster Grandparent Program

"As you grow older, you will discover that you have two hands. One for helping yourself, the other for helping others." Audrey Hepburn

- *Work with school children in literacy and math
- *Care about children's futures
- *Work with accompanied youth and teen moms and their kids
- *Have a valid Driver's License
- *Be a friend

If you would like more information about the program please contact Laura at the Retired & Senior Volunteer Program (RSVP), 608-362-9593 or Laura@rsvp-rock.org



Stepping Up Your Nutrition Wednesday, November 10 1:00-3:30pm

Everyone is interested in improving their nutrition and strength. This class is designed to help you understand the connection between nutrition and preventing falls. We will take a break during the class. Class is lead by Amy Karas, a Registered Dietician. Open to members and non-members. Registration required.

Topics that will be discussed : *Are You At Nutritional Risk?

*What Is Malnutrition *The Connection Between Nutrition And Falls *Muscle Loss With Age
*Protein In Food/How Much Do You Need *Label Reading For Protein *Important Role Of Fluids In Our Diet
*How to Plan A Strength Building Diet *Learning Your Personal Nutrition Risk Score

Gnome Ornament Friday, November 12 10:00-11:00am

Come join our gnome making group. This will be a fun project for your Christmas tree or a wall hanging. All materials will be supplied, class size limited to 10 participants. Open to members and non-members. Registration required.



Elder Advisors Law Presentation Tuesday, November 30 9:00-11:00am

This educational workshop will provide important information on “How to Protect Your Stuff” from devastating long term care costs, wills, trusts and more. They will discuss the reality of what we face as we age and the exceptions to the rules that are laid out for us. The first step in planning is education.

Open to members and non-members. Register required.

Nutrition and Arthritis

Arthritis is the swelling and tenderness of one or more of the joints and includes hallmark symptoms such as joint pain and stiffness. The aging process typically worsens symptoms and can make living with the disease difficult.

The two main types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis involves wear and tear in the joint cartilage which can create a painful experience of bone grinding on bone. Osteoarthritis influences the whole joint and causes the joint lining to be inflamed.

With **rheumatoid arthritis**, an individual’s immune system attacks the joint capsule lining and the lining becomes inflamed. Over time, rheumatoid arthritis can destroy joint cartilage and bone.

While there is no known cure for arthritis, eating a well-balanced and nutrient-rich diet can help relieve some symptoms of this disease. Certain foods can help reduce inflammation while others may cause it. Omega-3 fatty acids are an anti-inflammatory agent and can be found in foods like walnuts, oily fish (like salmon and sardines), canola, soy, or other oils. These foods can help reduce inflammation.

Processed foods containing saturated fats can increase inflammation and irritation. Avoiding processed, sugary, and fried foods may be helpful for those suffering from arthritis. Consuming a well-balanced diet full of nutrients from fruits and vegetables can help reduce the inflammation and pain associated with arthritis. For example, fruits like cherries and blueberries are antioxidants and can help with symptoms. It is always recommended to talk with your doctor about your specific needs.

Arthritis Risk Factors

Family History Genes make an individual more susceptible to factors which could cause arthritis.

Age The risk of this disease increases with age.

Past joint injury People who have injured a joint are more likely to develop arthritis in that joint.

Your Sex Women and men differ in which forms of arthritis they are more likely to develop.

Being Overweight Being overweight is a major risk factor for osteoarthritis (the wear-and-tear type). Theoretically, losing just a few pounds might diminish the discomfort from arthritis because it reduces the stress on the joints. One study found that a loss of just one pound of body weight reduces the load on knees by four pounds.

Visit <https://www.arthritis.org/> to learn more.

November 2021 Calendar of Activities

Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam 2:00 Elder Advisor's Law Presentation	2 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	3 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group	4 7:30 Billiards 9:00 Advisory Board 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	5 7:30 Billiards 8:30 Tai Chi 10:00 Movie 12:30 Mexican Train
8 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	9 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 All in the Family	10 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:00 Chair Massage 1:00 Mahjong 1:00 Theater Group 1:00 Stepping Up Your Nutrition	11 VETERANS DAY 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 11:00 Veterans Ceremony 12:30 Euchre	12 7:30 Billiards 8:30 Tai Chi 10:00 Gnome Ornament Class 12:30 Mexican Train 12:30 Bridge (closed)
15 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	16 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage Toenail Care 12:30 Saint Judes Bridge (closed)	17 9a-3p Holiday Bazaar 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group	18 9a-3p Holiday Bazaar 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 12:00 Bingo Remote 1:00 Hearing Aid Check	19 9a-3p Holiday Bazaar 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train
22 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	23 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 10:00 Toenail Care 12:30 Cribbage 12:30 Bridge (closed)	24 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group 2:00 Bingo Live	25 CLOSED HAPPY THANKSGIVING 	
29 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Book Club 2:00 Uke Jam	30 7:30 Billiards 9:00 Line Dancing Beginner 9:00 Elder Advisor's Law Presentation 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	Riddle 1 They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they? Riddle 2 The more you take, the more you leave behind. What am I? Riddle 3 How high would you have to count before you would use the letter A in the English language spelling of a whole number? Find answers throughout the newsletter.		

Rock County Nutrition 608-757-5474

Eligibility: Any person age 60 or older, regardless of income and spouse of any age.
Dining Centers: Reservations are required and must be made no later than noon of the prior business day. **Home Delivered:** Must also be homebound.
Suggested donation: \$4.00 All donations are appreciated.
Funding provided by Title III (Older Americans Act) and donations.
Rock County COA is an equal opportunity provider.
No eligible person will be denied a meal because of inability to make a donation.

November 2021

Page 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Cod Cheesy Spinach Red Potatoes Whole Wheat Bread Pineapple Cottage Cheese	2 Burgundy Tips Egg Noodles Peas Winter Squash Banana Jello	3 Tuna Casserole Carrots Winter Blend Veg. Strawberries Light Yogurt	4 <i>Chocolate Milk</i> Baked Chicken Breast Baked Beans Broccoli Salad Whole Wheat Bread Warm Mixed Fruit	5 Roast Beef w/ Gravy Au Gratin Potatoes Brussels Sprouts Whole wheat Bread Mandarin Oranges Apple Cake
8 Turkey and Gravy Green Beans Mashed Potatoes Whole Wheat Bread Mandarin Oranges Cake w/ Berry Frosting	9 Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp	10 <i>Chocolate Milk</i> BBQ Pork Riblet Baked Beans San Francisco Blend Veg. Whole Wheat Bun Pears	11 <u><i>Veterans Day Menu</i></u> Baked Salmon Sweet Potatoes Broccoli WW Bread Fruited applesauce Frosted Cake	12 Swedish Meatballs Noodles Beets Cauliflower Peaches
15 Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce	16 <i>Chocolate Milk</i> Chicken and Wild Rice Broccoli Florets Carrots Apple Slices Peanut Butter Sugar Cookie	17 Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad	18 Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple	19 Cheese Ravioli Peas and Carrots Cottage Cheese Warm Spiced Pears Pumpkin Bar
22 <i>Chocolate Milk</i> Ranch Chicken Whole Grain Bun Carrots Winter Blend Veg. Banana	23 <u><i>Thanksgiving Menu</i></u> Roast Turkey Mashed Potatoes Cornbread Stuffing Green Bean Casserole Dinner Roll Pumpkin Bar	24 Green Pepper Casserole Corn Green Beans Yogurt Strawberries		
29 Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread	30 <i>Chocolate Milk</i> Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie	<p>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p> <p>Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions.</p>		<p><i>Please arrive for curbside pick-up meals at 11 am. Meals will not be held for late pick up. Please do not arrive prior to 10:45am</i></p>

Movie Matinee "The War with Grandpa" Friday, November 5 10:00am

Sixth-grader Peter is pretty much your average kid, he likes gaming, hanging with his friends and his beloved pair of Air Jordans. But when his recently widowed grandfather Ed moves in with Peter's family, the boy is forced to give up his most prized possession of all, his bedroom. Unwilling to let such an injustice stand, Peter devises a series of increasingly elaborate pranks to drive out the interloper, but Grandpa Ed won't go without a fight. Soon, the friendly combatants are engaged in an all-out war with side-splitting consequences. Available for members only. Please register. Cast Robert De Niro, Uma Thurman, Rob Riggle, Oakes Fegley, Laura Marano, Cheech Marin, Jane Seymour, Christopher Walken, Faizon Love, Lydia Stysling-er, T.J. McGibbon. Riddle 1 Answer: Gloves



Book Club Monday, November 29 1:00-2:00pm
Nightingale By Kristin Hannah



An epic love story and family drama set at the dawn of World War II. Viann and Isabelle have always been close despite their differences. Younger, bolder sister Isabelle lives in Paris while Viann lives a quiet and content life in the French countryside with her husband Antoine and their daughter. When World War II strikes and Antoine is sent off to fight, Viann and Isabelle's father sends Isabelle to help her older sister cope. As the war progresses, it's not only the sisters' relationship that is tested, but also their strength and their individual senses of right and wrong. With life as they know it changing in unbelievably horrific ways, Viann and Isabelle will find themselves facing frightening situations and responding in ways they never thought possible as bravery and resistance take different forms in each of their actions. Call to sign up and pick up your book here at Grinnell. Riddle 3 Answer: One Thousand

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Dan Morrissey to place an ad today! dmorrissey@lpicommunities.com or (800) 950-9952 x5862



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today: mychoicewi.org/LPI 1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary Flood Detection Fire Safety Carbon Monoxide



SafeStreets

1-855-225-4251

Home At Ease

(608) 322-2660

/HomeAtEase /easeatyourhome

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



Grinnell Gives Back

The Grinnell Hall Advisory Board is donating turkeys to Salvation Army for Holiday Meals. But more can be done. The board is reaching out to members, friends and family to help meet the community needs by requesting donations to help Caritas, Domestic Violence Associations, Family Promise and more.

How can you help?

Bring in some of the following items so you can help others.

- Fruits canned in juice Unsweetened applesauce
- 100% fruit juice Dried fruits (raisins, craisins)
- Canned vegetables (without salt added)
- Canned meats and fish (chicken, ham, beef, tuna, salmon)
- Peanuts and peanut butter Beans (canned, baked, or dried)
- Whole grain, low-sugar cereal
- Whole grain crackers and popcorn
- Whole grain enriched pasta and instant rice
- Spaghetti sauce Baby food (not past expiration date)
- Salsa Reduced-sodium broths and soups
- Salad dressings or spreads Hormel Compleats
- Boxed meals that can be easily made (ex. Hamburger Helper)
- Individual fruit cups Individual veggie cups
- Shampoo Conditioner Toothbrushes Soap
- Feminine products Diapers Cleaning Supplies

We will start collecting at anytime and continue through December 10.

Grinnell Hall Holiday Show Friday, December 10 1:00pm

Searching for talent to share with the Grinnell Hall Holiday Show. Whether it's reading a magical story, playing an instrument, singing, sharing some jokes or other talent. Grinnell members and visitors have been working hard to bring you another great Holiday Show!

Talent please sign up at the front desk.

There will be a short intermission while the Theater Group sets up for their performance.

Please call to register to attend.

We are opening the event to members only at this time.

Let your talents shine



**Riddle 2 Answer
Footsteps**