

# Power of 50 Plus

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

**December  
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.*



## Grinnell Gives Back

The Grinnell Hall Advisory Board donated 8 Butterball turkeys to Salvation Army for families in need of holiday meals. But more can be done. The board is reaching out to members, friends and families 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 enjoy the holidays**

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 continue collecting through December 10.**

**Grinnell Cares**

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

**Goldenaires  
Laughing with Judy  
Story Telling  
Holiday Cheer**

**“Holiday Joy” performance by  
Grinnell Theater Group**

**Don't miss this fun and  
entertaining event! You will laugh, sing  
and then do it all over again!**

**Please call to register to attend.  
We are opening the event to  
members and guests.**



**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 write this there are some busy elves setting up for the Holiday Bazaar and Open House. I hope you took some time to browse through and found an item or two that you could use. Many individuals put in many hours to make the Bazaar a success, so thank you in advance. The funds from the event are used for activity and event supplies such as movies, special events, bingo, performers and more!

I am looking forward to the holiday decorations being put up as I live in a smaller home with not much area to decorate. The decorations really warm up Grinnell. A big thank you to Linda Kinder, Bobbie Pann, Barb Hopper who decorate through out the year. Also thank you to Becky for decorating the windows and vestibule!

Several of our members and maybe your friends are from south of the stateline. Lifescape Senior Services provides many opportunities for seniors in Illinois. Please check out page 8 for more information.

I hope you will join us for the upcoming Holiday Show as it is always a fun time; The Elf on the Shelf Scavenger Hunt, you might see more of Grinnell Hall than you anticipated; and bring in 2022 with friends, dance and enjoy some great music.

The Advisory Board donated 8 Butterball Turkeys to the Salvation Army and they will distribute to needy families. Food and item donations have been great! Please continue to be generous!

Thank you for making Grinnell Hall your home away from home. Debbie Kraus, Senior Center Manager

**Thank You For Your Donations**

*Vicki Seichter, Betty Weeks, Sherry Huss, Illa Borgwardt, Mary Shepherd, Peggy Wellnitz,  
John Kalkirtz, Judy Robson, Joan Slater, Sue Woodman, Harry & Judy Wagner, Carolyn Weaver,  
Donna Hemmerling, Angela Graves, Jeannie Rippl and Intermediate Woman's Club of Beloit.*

## New Year Celebration

### Wednesday, January 12 1:00-2:30pm

Grinnell Hall is bringing in 2022 with friends and music. Enjoy the sounds of "Fred and Ginger," an acoustic duo from the Rockford area. They are no stranger to Beloit, and have played at the Beloit Farmer's Market, Fridays in the Park and the Beloit Library. Their playlist includes Bye Bye Love-The Everly Brothers, Mrs. Robinson-Simon and Garfunkel, Love Potion #9-The Searchers, We Can Work it Out-Beatles and much more.

Party hats and noise makers will be available and fun photo opportunity !



*We will give a "toast" to a great 2022  
Come join in on the fun!*



Open to members and their guests.  
Please pre-register so we have enough supplies.

**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. 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. 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.

**You may be eligible for FoodShare**

Is money tight? FoodShare Wisconsin and the QUEST Card can help you through rough patches by providing money for groceries until you get back on your feet. The QUEST Card is accepted at most grocery stores in Wisconsin. The FoodShare Helpline wants to make applying for FoodShare as simple and stress-free as possible. They offer free help with the FoodShare application, either in person or over the phone. Call FoodShare Helpline at 1-877-366-3635 or visit <https://www.getaquestcard.org/help-with-applications> to get started!



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## ROCK STEADY BOXING

Rock Steady Boxing started back up at Big Hill Center in Big Hill Park– 1201 Big Hill Court Beloit. 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)

**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, December 14 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, December 8 & 22

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) December 21 & January 25 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 dremmeling. 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.



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

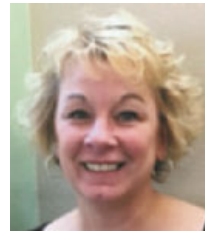
Jo Ellen is offering her services. Give us a call to  
drop off your items at Grinnell Hall.

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  
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 TO VISIT  
GRINNELL IN DECEMBER**

### 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



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



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



B	I	N	G	O

**BINGO REMOTELY Thursday, December 9 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 - Christmas Tree Game, 2 - Reindeer, 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, December 15 2:00pm**

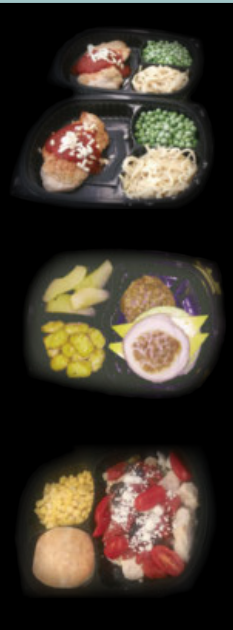
**Please register as there is a limited number of seats available. Prizes vary! Sponsored by Anthony Weirich**



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### Grinnell Holiday Scavenger Hunt

Becky has created a fun way for you to win a gift card! Beginning on December 1 thru December 22, there will be an “Elf on the Shelf” moving throughout Grinnell Hall. We will have an Elf on the Shelf Scavenger Hunt form for you to record where you saw the Elf on a certain date. Don’t tell anyone else as you will receive one chance for every correct location on a certain date! Forms will be available November 29. Drawing will be held on Wednesday, December 22 at 3:00pm. You do not need to be present to win. Join in on the fun!



### AARP TAXES

At the time of the printing of the December newsletter we anticipate working with AARP to provide 2021 tax preparation. To ensure safe protocol, we are waiting for specific details of the process. **Until we have all details, we are not taking appointments at this time.**

## 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](http://www.medicare.gov)      Disability Drug Helpline 1-800-926-4862 (if under age 60)  
Medigap helpline 1-800-242-1060      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      \*Have a valid Driver’s License
- \*Work with accompanied youth and teen moms and their kids      \*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](mailto:Laura@rsvp-rock.org)





## Senior Services in Illinois

Lifescapecservices.org

**Nutrition Program** Offers Meals on Wheels, congregate dining and nutrition education. 1-815-963-1609 or toll free 1-800-779-1189

**Adult Protective Services** Assists adults aged 60 or older and adults with disabilities aged 18 through 59 who are victims of abuse, neglect, and exploitation or who neglect themselves. Abuse includes any act by a caregiver or any other person who causes harm or serious risk of harm to a vulnerable adult. 1-815-490-1125.

Hotline toll free 1-866-800-1409

**Adult Day Program** The Lifescape Adult Day Program provides a safe environment and enriching programming for functionally or cognitively impaired adults. The program strives to keep families together by meeting the needs of adults who want to remain in the least restricted environment, but need supervision during the day. 1-815-964-2433

**Senior Choice** Provides assistance that includes, but is not limited to: individual appointments with caseworkers, transportation, paperwork, training and support to family members and caregivers. Commonly referred to as "Information & Assistance", our Senior Choice program helps older adults lead active and independent lives so they can stay engaged and connected with their family, friends, and community. 1-815-963-1609

**Health Promotion** The Lifescape Health Promotion program offers highest level, evidence based workshops designed to promote the health and independence of older adults. Workshops consist of a variety of group activities and cover a wide range of topics. These free workshops are hosted at various locations throughout your community. 1-815-963-1609

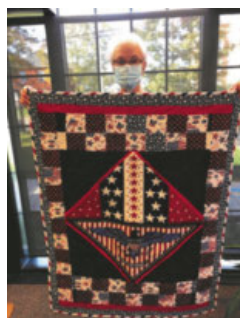
**AmeriCorps Seniors Retired and Senior Volunteer Program (RSVP)** AmeriCorps Seniors RSVP is one of the largest volunteer networks in the nation for people 55 and older. You can use the skills and talents you've learned over the years or develop new ones while serving in a variety of volunteer activities within your community. 1-815-963-1609

The Veterans Day Ceremony was a wonderful event with speakers who shared their journey before, during and after their service. It was very moving. In addition Goldenaires sang patriotic songs and it was great to hear them. When Goldenaires first met in 2021 there were some leadership changes and everyone worked together to ensure Goldenaires continued on. Thank you to Eunice Steinke for taking the lead, she is doing a wonderful job and I have the opportunity to get to know her. Also thank you to Illa Borgwardt who made the patriotic quilt that was won by Veteran and Goldenaire Ken Kostrzewski. Put November 11, 2022 on your calendar to show our support for Veterans.

Left Photo: Eugene Leach, Retired Gunnery Sargent, US Marines

Middle Photo: Illa Borgwardt with patriotic quilt

Right Photo: Charles Jones, Retired Master Sargent US Army



### Beloit Public Library Activities

[beloitlibrary.org](http://beloitlibrary.org)

1-608-364-2905

#### Scrabble Club

Tuesdays 10:00am– 12:00pm

**Chess Club** Saturdays 10:00am-12:00pm

#### AIDS Memorial Quilt

Nov 30-Dec 7

#### The Fight Against Aids Presentation

Wed. Dec. 1 6:00pm

#### FABL Film Series "Georgetown"

Wed. Dec. 1 6:00pm

#### Medicare Supplement Workshop

Sat. Dec. 4 12:00-1:00pm

#### Red Cross Blood Drive

Mon. Dec. 7 1:00-6:00pm

#### Wisconsin Supper Clubs Presentation

Wed. Dec. 8 6:30-7:30pm

#### Las Posadas Mexican Holiday Celebration

Sat. Dec. 11 2:00-5:00pm

#### Classic Musical Series

"There's No Business Like Show Business"

Wed. Dec. 15 6:00pm



# December 2021 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Becky has created a fun way for you to win a gift card! December 1 thru December 22, there will be an “Elf on the Shelf” moving throughout Grinnell Hall. We will have a form for you to record where you saw the Elf on a certain date. Don’t tell anyone else as you will receive one chance for every correct location on a certain date! Forms will be available No-</p>		<p><b>1</b> 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</p>	<p><b>2</b> 7:30 Billiards <b>9:00 Advisory Board</b> 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p><b>3</b> 7:30 Billiards 8:30 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train</p>
<p><b>6</b> 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</p>	<p><b>7</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)</p>	<p><b>8</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) <b>12:00 Chair Massage</b> 1:00 Mahjong 1:00 Theater Group</p>	<p><b>9</b> 7:30 Billiards 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>12:00 Bingo Remote</b></p>	<p><b>10</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed) <b>1:00 Holiday Show</b></p>
<p><b>13</b> 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</p>	<p><b>14</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage <b>1:00 All in the Family</b></p>	<p><b>15</b> 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 <b>2:00 Bingo Live</b></p>	<p><b>16</b> 7:30 Billiards 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>1:00 Hearing Aid Check</b></p>	<p><b>17</b> 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train</p>
<p><b>20</b> 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</p>	<p><b>21</b> 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing <b>Toenail Care</b> 12:30 Cribbage 12:30 Bridge (closed) <b>12:30 Saint Judes Bridge (closed)</b></p>	<p><b>22</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>12:00 Chair Massage</b> 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group</p>	<p><b>23</b> <b>CLOSED</b> <b>HAPPY</b> <b>HOLIDAYS</b></p> 	<p><b>24</b> <b>CLOSED</b> <b>HAPPY</b> <b>HOLIDAYS</b></p> 
<p><b>27</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>1:00 Book Club</b> 2:00 Uke Jam</p>	<p><b>28</b> 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)</p>	<p><b>29</b> 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</p>	<p><b>30</b> 7:30 Billiards 9:00 Hand &amp; Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p><b>31</b> <b>CLOSED</b> <b>HAPPY</b> <b>NEW YEAR</b></p> 

# 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.**

## December 2021

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p>	<p><b>1 <i>Chocolate Milk</i></b> Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce</p>	<p><b>2</b> White Chicken Chili Carrots Corn Bread Light Yogurt Pears</p>	<p><b>3</b> Tater Tot Casserole Stewed Tomatoes Peas Whole Wheat Bread Apple Cranberry Crumble</p>
<p><b>6</b> Hot Pork Hamburger Bun Cheesy Potato Casserole Cooked Cabbage Applesauce</p>	<p><b>7</b> Chicken Fajita Casserole Broccoli Stewed Tomatoes Mandarin Oranges</p>	<p><b>8</b> Spaghetti &amp; Meatballs Romaine w/ Dressing Cauliflower Warm Peach Crisp</p>	<p><b>9 <i>Chocolate Milk</i></b> Sloppy Joe Hamburger Bun Baked Bean Medley Peas Pumpkin Pudding</p>	<p><b>10</b> Chicken Breast Parmesan Italian Blend Veg. Winter Squash Whole Wheat Bread Cake w/ Berry Frosting</p>
<p><b>13</b> Baked Cod Cheesy Spinach Red Potatoes Whole Wheat Bread Pineapple Cottage Cheese</p>	<p><b>14</b> Burgundy Tips Egg Noodles Peas Winter Squash Banana Jello</p>	<p><b>15</b> Tuna Casserole Carrots Winter Blend Veg. Strawberries Light Yogurt</p>	<p><b>16</b> Baked Chicken Breast Baked Beans Broccoli Salad Whole Wheat Bread Warm Mixed Fruit</p>	<p><b>17 <i>Chocolate Milk</i></b> Roast Beef w/ Gravy Au Gratin Potatoes Brussels Sprouts Whole wheat Bread Mandarin Oranges Apple Cake</p>
<p><b>20</b> Swedish Meatballs Noodles Beets Cauliflower Peaches</p>	<p><b>21 <i>Christmas Menu</i></b> Ham Carrots Green Bean Casserole Tossed Salad w/ Ranch Wheat Dinner Roll Apple Pie Bar</p>	<p><b>22</b> Baked Salmon Sweet Potatoes Broccoli Whole Wheat Bread Fruited Applesauce</p>	<p><i>Closed</i></p>  <p><i>Christmas Holiday</i></p>	<p><i>Closed</i></p>  <p><i>Christmas Holiday</i></p>
<p><b>27 <i>Chocolate Milk</i></b> Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce</p>	<p><b>28</b> Chicken and Wild Rice Broccoli Carrots Apple Slices Peanut Butter Sugar Cookie</p>	<p><b>29</b> Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad</p>	<p><b>30</b> Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple</p>	<p><b>31 <i>Closed</i></b></p>  <p><i>New Year Holiday</i></p>

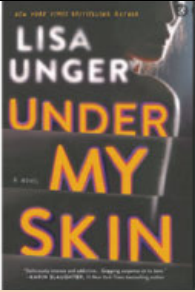
**Movie Matinee “Christmas Eve” Friday, December 3 10:00am**

On Christmas Eve, a power outage traps six groups of eccentric New Yorkers in six different elevators. In one compartment, a fired employee confronts the HR manager who just let him go. In another, a claustrophobic tuba player starts to fall apart. Christmas Eve...you never know who you might get stuck with!! A funny movie everyone will enjoy. Join us as we watch it on the big screen in the auditorium. Cast: Patrick Stewart, Jon Heder, James Roday Rodriguez, Cheryl Hines, Max Casella, Julianna Guill, Shawn Southwick, Gary Cole



**Book Club Monday, December 27 1:00-2:00pm**

**“Under My Skin” By Lisa Unger**



It's been a year since Poppy's husband, Jack, was brutally murdered during his morning run through Manhattan's Riverside Park. In the immediate aftermath, Poppy spiraled into an oblivion of grief, disappearing for several days only to turn up ragged and confused wearing a tight red dress she didn't recognize. What happened to Poppy during those lost days? And more importantly, what happened to Jack? The case was never solved, and Poppy has finally begun to move on. But those lost days have never stopped haunting her. Poppy starts having nightmares and blackouts--there are periods of time she can't remember, and she's unable to tell the difference between what is real and what she's imagining. When she begins to sense that someone is following her, Poppy is plunged into a game of cat and mouse, determined to unravel the mystery around her husband's death. But can she handle the truth about what really happened?

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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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## Grinnell Hall 2022 Membership Drive

It's membership renewal time and we will begin taking memberships at any time.

Membership is for January-December 2022 and prices will remain the same!

Single Membership \$25      Couple Membership \$40

Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.

**What are the benefits of a Grinnell Hall Membership?**  
**Friendship, Fellowship, Fun, Special pricing for trips.**

Door prizes will be available to win and the number of tickets you receive depends upon when you sign up for a new membership, renew your membership and if you recruit a new member.



**How does it work???**

**If you have already renewed you will receive 3 tickets.**

**Renew now through December and receive 3 tickets**

**Renew in January and receive 2 tickets**

**Renew between February 1-11 and receive 1 ticket**

**Recruit a new member on or by February 11 and receive 10 additional tickets!**

**Front desk staff will track how many tickets you earn and we will begin distribution on February 3.**

**Prize bags will be displayed on February 3 in the Dining Room.**

**You put your ticket in the prize bag you would like to have a chance to win.**

**Drawing will be held Friday, February 11 at 12:00pm.**

**You do not need to be present to win.**

**Additional information will be available in upcoming newsletters.**

**If you are in need of financial assistance, please visit with Debbie or Becky as we can assist you.**

**All information is kept confidential.**