

Power of 50 Plus

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

January 2022

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.



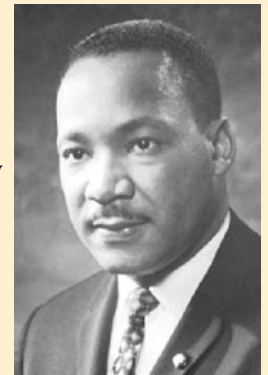
Grinnell Hall
Senior Activity
Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
7:30am-4:00pm

Debbie Kraus
Senior Center Manager

Martin Luther King Jr. (born Michael King Jr.; January 15, 1929 – April 4, 1968) was an American Baptist minister and activist who became the most visible spokesman and leader in the American civil rights movement from 1955 until his assassination in 1968. King advanced civil rights through nonviolence and civil disobedience, inspired by his Christian beliefs and the nonviolent activism of Mahatma Gandhi. He was the son of early civil rights activist and minister Martin Luther King Sr.

King participated in and led marches for blacks' right to vote, desegregation, labor rights, and other basic civil rights. King led the 1955 Montgomery bus boycott and later became the first president of the Southern Christian Leadership Conference (SCLC). As president of the SCLC, he led the unsuccessful Albany Movement in Albany, Georgia, and helped organize some of the nonviolent 1963 protests in Birmingham, Alabama. King helped organize the 1963 March on Washington, where he delivered his "I Have a Dream" speech on the steps of the Lincoln Memorial.



Martin Luther King Jr. Day was established as a holiday in cities and states throughout the United States beginning in 1971; the holiday was enacted at the federal level by legislation signed by President Ronald Reagan in 1986. Hundreds of streets in the U.S. have been renamed in his honor, and the most populous county in Washington State was rededicated for him. The Martin Luther King Jr. Memorial on the National Mall in Washington, D.C., was dedicated in 2011.

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.



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!!!

November Grinnell Hall was busy with activities with 1,126 visits. These activities would not have been possible without the many volunteers who keep Grinnell going. In November instructor volunteer hours totaled 58 hours, front desk hours totaled 85 hours, decorating was 24 hours, advisory board 7 hours and Holiday Bazaar 155 hours. Volunteer hours for the month totaled 329 hours. That is amazing! We do need additional volunteers to assist with the front desk and decorating so if you are interested please contact Becky or myself.

I am sure you have noticed the additional accessible parking closer to the entrance. I am asking that if you are able bodied and will be here for 3-4 or more hours I ask that you park further away to leave closer spaces for those in need of them. With the winter weather please be careful driving and make sure your windows are cleared off so you can see. If you need help when you are here I will do my best. Wear the proper footwear and clothing to keep you warm and safe and please wipe off your feet in the vestibule area. That will keep the wetness off of the floors.

We anticipate bringing trips back this spring and Bobbie Pann is working on getting those set up. Check upcoming newsletters for information. And if you have a suggestion for a trip please let me know.

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

Thank You For Your Donations

Joanne Martin, Judy Cufir, Joan Slater, Daley Murphy Wisch, Dan Biehl, Carl Creedy on behalf of Claire Fredericks, Sadie Dibble, Vicki Seichter, Cindy Ross, Pam Lathrop, Marilyn Fruzen, Sherry Westboork, Pauline Clark, Linda Cunningham, Rebecca Hill, Linda Andreoni, Carol Logan, Betty Homer, Isabelle Lee, Carol Logan, Gretchen Ruzeck and Lois Engen

A thank you from the Creative Card ladies for the many "used" cards and photos.

In addition a great big thank you to those who donated items for the Holiday Bazaar! You made it a success.



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

Art Graham December 6, 2021

Al Pinnow December 13, 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.



Beloit Winterfest Friday, January 28
1:00-2:30 pm Special Bingo 3:00-3:45 Clothespin Snowflake Craft
Open to members and guests of all ages.
Please pre-register by calling 608-364-2875 by January 25.

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.

Bazaar Successful!

Thank you to all who donated items, volunteered at the bazaar and those who purchased items. The event was led by LeaAnn Mattox who oversees Nellie's Nook. It was very well organized, offered great items and some volunteers got to meet each other for the first time. The Holiday Bazaar raised just over \$1,400. The funds will go towards supplies for various groups, entertainment at special events and decorations. There were 15 volunteers who put in 155 hours plus for the Holiday Bazaar. Thank you so much to everyone!

In addition we reached out to our neighbor Family Promise which is located in the United Church of Beloit. A few of the families came over to pick some items out to decorate their current home and some gifts for the children. Family Promise of Greater Beloit's mission is to provide shelter, food, clothing and life skills to families facing homelessness, helping them become self-sufficient members of the community.



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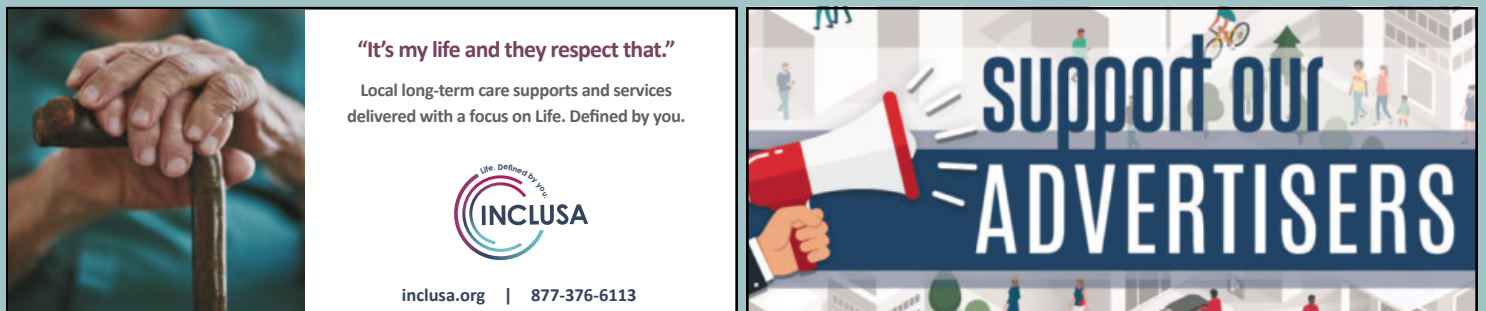
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ROCK STEADY BOXING

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 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, January 11 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, January 12 & 26

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)

January 25 (almost full) & February 15 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.** Appointments begin at 9:00am and are 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.

Mother Nature has shown her winter face. Remember to dress in layers so you are comfortable at Grinnell.

Wear boots, gloves, hat or scarf and a warm coat or jacket.

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**

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. She will be here at Grinnell the following dates and times:

**Thursday, January 13 8:00am-12:00pm
Thursday, January 27 12:00-4:00pm**

Watch Battery Replacement

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



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BINGO REMOTELY Thursday, January 13 12:00pm

We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. You can cross out the numbers when called. Game 1 - Goal Posts; Game, 2 - T for touchdown; 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.

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BINGO LIVE! Wednesday, January 19 2:00pm

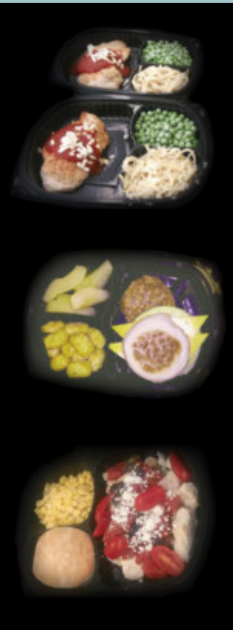
Please register as there is a limited number of seats available. Prizes vary! If you played in the past you are all registered. If you have not played before please give a call. Open to members and guests.



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**Rock County Aging and Disability Resource Presentation
Thursday, January 27 10:00-11:00am**



Darcy, from the Aging and Disability Resource Center of Rock County will provide a general overview of the services provided, answer any questions you might have about services related to aging, and provide fun giveaways. ADRC serves Adults age 60 and older, Adults with Physical Disabilities and Adults with Developmental Disabilities

Some of the topics Darcy will speak about and share information on are below.

- *Adaptive Equipment
- *Assisted Living and/or Nursing Home
- *Employment Programs
- *Financial Assistance
- *Health and Wellness Programs
- *Housing Options
- *In-home Personal/Supportive Care
- *Nutrition Programs
- *Prescription Drug Coverage
- *Respite Care
- *Transportation

*IRIS Program (Include, Respect, I Self-Direct) is a self-directed program for Wisconsin's frail elders and adults with disabilities. You have to be eligible for Medicaid to be in the IRIS program.

Please note some service may be limited by availability and eligibility.

Wheelchairs, Walkers, and More Oh My

We are fortunate to have a wheelchair and walker for individuals to use while they are here at Grinnell Hall. We do not have items for individuals to take home but please contact the following: Aging and Disability Resource Center at 608-741-3600 or VFW in Janesville 608-754-4342. There is more than wheelchairs and walkers available so give them a call.

**Walk and Talk Thursdays 8:30-9:30
beginning January 13**

If you are looking to keep busy exercising and socialization you may enjoy this. This activity does not have a lead instructor, but it provides you some dedicated time to walk in the auditorium and visit with friends and meet new people. We will put some music on if the group would like it. You can stay as long or as short of a time as you like. As with all activities, masks are required.

What The Tech

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door? Don't give up, we can help! **What The Tech**, led by Mark Prueschel, will be here on **Thursday, January 20 at 1:00 pm.**

This is one of our most popular programs and Mark will be glad to help answer your questions. What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have.

We will be taking appointments every 15 minutes.

We will do our best to stay on time.

Please call 608-364-2875.

At this time it is open for members only.

Beloit Public Library Activities
beloitlibrary.org
1-608-364-2905

FABL Film Series- Stillwater
Weds. Jan. 5 6:00pm

New Year, New You
Rock Co. Nutrition and Health Associates will share healthy eating tips, diabetes and heart-healthy diets.
Tues. Jan 11 6:00-7:00pm

Classical Musical Series
Bell, Book and Candle
Wed Jan 19 6:00pm

**Friends of the Library
Warehouse Book Sale**
Thurs. Jan 20 2:00-6:00pm
Fri. Jan 21 10:00am-4:00pm
Sat. Jan 22 10:00am-4:00pm

Scrabble Club
Tuesdays 10:00am- 12:00pm

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

Adult Craft Night
Tues. Feb 8 6:00-8:00pm
All supplies provided.

Grinnell Cares

A huge thank you to everyone who donated food, personal items and funds! It was overwhelming a generous donation of the following: pre-boxed meals, pasta and spaghetti sauce 71 items; pre-boxed sides and peanut butter 32 items; soup 41 cans; vegetables 61 cans;

cereal 11 boxes, fruit 61 cans; canned meats 20 items; cake mixes 4 boxes; snacks 7; personal care 75 items. Total number of items 383!

We also received donations of \$40 in cash. Items were separated and donated to Caritas and Beloit Domestic Violence.

Thank you to Pearl Friedley, Deb Marvin and Opal Vance for sorting through the items and packing them up.



AARP Tax Preparation

Masks are required to be worn at all times. Appointments are required.

We are fortunate to be working cooperatively with AARP to offer 2021 tax preparation. We will be using personal protective measures at all times – face masks/coverings, sanitizing after each appointment, plexi-glass barrier between yourself and tax preparer when meeting in person and social distancing.

Please note that restrooms are available for urgent use only.

Due to COVID 19 the process has been changed so please read carefully to ensure that you understand how the process will work.

We will start accepting phone calls for appointments Tuesday, January 18.

Grinnell Hall staff is typically available Monday-Friday 8:00am-4:00pm.

Please provide us with your name(s), cell phone number and address.

Appointments will be Monday, Tuesday and Wednesday beginning Monday, February 14 through Monday, April 11, every 20 minutes starting at 8:20 am until 11:20 am.

For individuals who have Brokerage Statements, appointments should be made for March.

Prior to your appointment you will be required to complete an Intake Form. You can receive an Intake Form by stopping by Grinnell Hall M-F 8:00am-10:30am and 11:30-3:30pm (please call first) or you can request one be mailed to you.

Please bring the following on your appointment. It would be helpful if these items were in a large envelope.

| | |
|--|--|
| 2020 tax return | Photo ID |
| Social Security Card | All 1099 statements |
| W-2 form | Other evidence of income (bank interest, etc.) |
| Health Insurance Premium costs | Rent certificate or property tax bill |
| Other deductible items | Completed Intake Form |
| Amount of stimulus payment received (probably received March 2021) | |
| Pink form or other items from Social Security if applicable | |

Once you arrive at Grinnell Hall stay in your vehicle and call Grinnell 608-364-2875, to let us know that you are here. You will be notified when to enter the building. We will attempt to finish your tax return within an hour so that you will not need a second appointment. If we find that we will be unable to finish the return on that day, a second appointment will be made.

Please do not bring any other family members unless required and inform us of the reason why they need to accompany you.

Please note that all taxes are filed electronically. Copies will be provided to you.

AARP tax services are free of charge.

Please note that due to these uncertain times, AARP, Grinnell Hall and the City of Beloit reserve the right to cancel or re-schedule appointments or change the process.

January 2022 Calendar of Activities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 3 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day 2:00 Uke Jam | 4 7:30 8 Ball Pool 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch | 5 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong | 6 7:30 8 Ball Pool 9:00 Advisory Board 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre | 7 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train |
| 10 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day 2:00 Uke Jam | 11 7:30 8 Ball Pool 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 All in the Family | 12 7:30 8 Ball Pool 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 New Year's Celebration | 13 7:30 8 Ball Pool 8-12 Benefit Specialist 8:30 Walk and Talk 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 12:00 Bingo Remote | 14 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed) |
| 17 CLOSED IN HONOR OF MARTIN LUTHER KING JR. DAY | 18 7:30 8 Ball Pool 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Saint Judes Bridge (closed) 1:00 Bridge/Lynch | 19 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 2:00 Bingo Live | 20 7:30 8 Ball Pool 8:30 Walk and Talk 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:00 RSVP Meeting 12:30 Euchre 1:00 What the Tech | 21 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train |
| 24 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day 2:00 Uke Jam | 25 Toenail Care 7:30 8 Ball Pool 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch | 26 7:30 8 Ball Pool 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 | 27 7:30 8 Ball Pool 8:30 Walk and Talk 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 ADRC Presentation 12-4 Benefit Specialist 12:30 Euchre | 28 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train 1:00 Winterfest Bingo 3:00 Clothespin Craft |
| 31 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day 1:00 Book Club 2:00 Uke Jam | So what do you think??? The Grinnell Hall Advisory Board want your input on what type of activities you would like to see at Grinnell Hall. We are very fortunate to have volunteer instructors and activity leaders who give of their talent and time for you to participate in. We will have a survey about activities and equipment as we search to meet the needs of our members. We think you will be surprised about this survey as it is different than in the past. We will have them available at the front desk. Speak up, we want to hear from you. | | | |

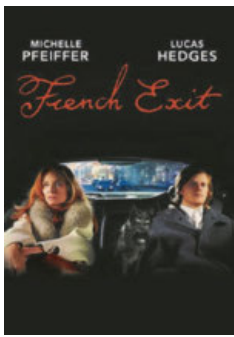
Rock County Nutrition 608-757-5474

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.

January 2022

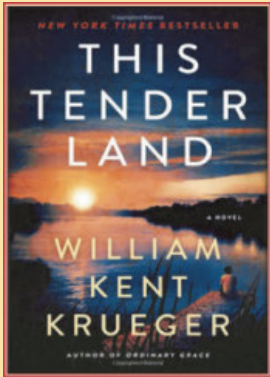
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 3 Tater Tot Casserole Stewed Tomatoes Peas Whole Wheat Bread Apple Cranberry Crumble | 4 <i>Chocolate Milk</i> White Chicken Chili Carrots Corn Bread Light Yogurt Pears | 5 Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinn. Raisin Bread | 6 Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie | 7 Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce |
| 10 Ranch Chicken Whole Grain Bun Carrots Winter Blend Veg. Banana | 11 Ham Slices California Blend Veg. Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie | 12 <i>Chocolate Milk</i> Green Pepper Casserole Corn Green Beans Yogurt Strawberries | 13 Hamburger Patty Whole Grain Bun Baked Beans Broccoli Salad Warm Spiced Pears | 14 Roast Turkey Mashed Potatoes Beets Whole Wheat Bread Fruited Applesauce Butterscotch Pudding |
| 17 CLOSED IN HONOR OF MARTIN LUTHER KING DAY  | 18 Chicken Fajita Casserole Broccoli Stewed Tomatoes Mandarin Oranges | 19 Spaghetti & Meatballs Romaine w/ Dressing Cauliflower Warm Peach Crisp | 20 <i>Chocolate Milk</i> Sloppy Joe Hamburger Bun Baked Bean Medley Peas Pumpkin Pudding | 21 Chicken Breast Parmesan Italian Blend Veg. Winter Squash Whole Wheat Bread Cake w/ Berry Frosting |
| 24 Baked Cod Cheesy Spinach Red Potatoes Whole Wheat Bread Pineapple Cottage Cheese | 25 Burgundy Tips Egg Noodles Peas Winter Squash Banana Jello | 26 Tuna Casserole Carrots Winter Blend Veg. Strawberries Light Yogurt | 27 Baked Chicken Breast Baked Beans Broccoli Salad Whole Wheat Bread Warm Mixed Fruit | 28 <i>Chocolate Milk</i> Roast Beef w/ Gravy Au Gratin Potatoes Brussels Sprouts Whole wheat Bread Mandarin Oranges Apple Cake |
| 31 BBQ Pork Riblet Baked Beans San Francisco Blend Veg. Whole Wheat Bread Pears | Mary: What time is it? John: I don't know. I left my watch upstairs. Mary: Aren't you afraid it will run down? John: No, we have a winding staircase. | The shortest known unit of time is the time between the change of the traffic light and the honk from the person behind you. | <i>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</i> | <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> |



Movie Matinee “French Exit” Friday, January 7 10:00am

My plan was to die before the money ran out,' says 60-year-old penniless Manhattan socialite Frances, but things didn't go as planned. Her husband Franklin has been dead for 12 years and with his vast inheritance gone, she cashes in the last of her possessions and resolves to live out her twilight days anonymously in a borrowed apartment in Paris, accompanied by her directionless son Malcolm and a cat named Small Frank--who may or may not embody the spirit of Frances's dead husband. Cast Michelle Pfeiffer, Lucas Hedges, Valerie Mahaffey, Imogen Poots,



**Book Club Monday, January 31 1:00-2:00pm
“This Tender Land” By William Kent Krueger**

1932, Minnesota. The Lincoln School is a pitiless place where hundreds of Native American children, forcibly separated from their parents, are sent to be educated. It is also home to an orphan named Odie O'Banion, a lively boy whose exploits earn him the superintendent's wrath. Forced to flee, he and his brother Albert, their best friend Mose, and a little girl named Emmy steal away in a canoe, heading for the mighty Mississippi and a place to call their own. The acclaimed author of Ordinary Grace crafts a powerful novel about an orphan's life-changing adventure traveling down America's great rivers during the Great Depression, seeking both a place to call home and a sense of purpose in a world sinking into despair

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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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Beloit, WI 53511
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Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



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.