

Power of 50 Plus

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

February 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

Grinnell Hall 2022 Membership Drive

**Tickets available on February 3. Prize bags will be displayed on February 3 in dining room
Drawing will be held Friday, February 11 at 12:00pm.**

**You do not need to be present to win.
Stop at front desk for more information**

Living Well With Chronic Conditions

“Living Well” is for people with chronic diseases and their caregivers. Chronic diseases are ongoing health conditions and include diabetes, arthritis, anxiety, high blood pressure, vision issues, depression, cancer, Parkinson’s, heart disease, chronic pain, multiple sclerosis, fibromyalgia, and others.

During the workshop, participants receive support from trained leaders and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, getting quality sleep, understand new treatment choices and learn better ways to communicate about their conditions.

The ADRC of Rock County- Aging Unit (formerly Council on Aging) is offering an **online Living Well** workshop series on six consecutive Tuesday afternoons, **February 22 - March 29, 2022 from 1:30 - 4 pm.** Participants will need a computer or tablet with microphone/camera and internet access. Registration deadline is February 8th. Class size is limited to 8-10 people.

Still not sure if it’s right for you? Join us for a short *virtual* question/answer session and meet the leaders on January 25, 2022 at 1:30 pm. **For more information, or to register call the ADRC of Rock County – Aging Unit at: (608) 757-5309** or email: Lisa.Messer@co.rock.wi.us. You may also register online at:

<https://www.co.rock.wi.us/aging> (click on classes/workshops.)

There is a \$10 suggested donation for those age 60+ to cover the cost of materials.

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.

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!!!

What a wonderful way to bring in 2022 with some music. It was great to sing along to the oldies but goodies with "Frank & Ginger" and give a toast to a New Year. Let's move forward!

The Advisory Board purchased a new AED and used funds donated in memory of Ione VanDenElzen. The AED is located on the second floor in the sitting area just across from the elevators. We also have an AED on the first floor near the pop machine. If you would like to know how to use them please contact me.

We have wonderful volunteers at Grinnell and we could not do it without you. Please see page 3 Grinnell Cares for more information.

In 2021 we offered activities remotely, drive-thru and in person and we had 7,698 participants. That is not 7,698 different people but how many visits we had at our activities. What a great turnout!

Surveys are coming in and we will share the results with you in the March newsletter and hopefully have a few new activities. If you are interested in leading an activity please contact me to see if there is some interest.

Bobbi Pann has set up some trips for 2022 and we hope we can get enough interest to take them. She has several planned and they are included in this newsletter with a few more being planned. A trip booklet will be available in early February with additional details but you can start planning now.

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

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

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

Adult Craft Night Tuesday, February 8 6:00-8:00pm All supplies provided

FABL Film Series Wednesday, February 2 6:00pm "Respect"

Classical Musical Wednesday, February 16 "Vertigo" COVID Vaccine Clinic Thurs. Feb. 17 1:00-3:00pm

Thank You For Your Donations

Peggy Wellnitz, Betty Hannum, John Kalkirtz, Susan Fischer, Don Daniels, Sherry Westbrook, Phillip & Marcy Ramsey, Yoshi Glos, Sandy Buske, Karen Whisenand, Joan Slater, Sonya Barnes and Judy Cufu.



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

Delores Bowman 1/9/2022 Shirley Gray 12/15/2021

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.

**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.

Grinnell Hall Cares

Thank you to Terry Babcock, Sandy Buske, Paula Denson, Karen Neuendorf, Pat Jacobson who made 132 placements for individuals who receive Meals on Wheels. Awesome!

Volunteers in 2021 donated their talents and time at Grinnell. The hours totaled 2,455 !! Amazing



IMPORTANT COVID EXPOSURE INFORMATION

IF YOU TESTED POSITIVE OR WERE EXPOSED TO SOMEONE WHO HAS COVID, PLEASE CONTACT DEBBIE KRAUS OR BECKY LILLEY AT 608-364-2875 TO PROVIDE THE DATE YOU WERE EXPOSED OR THE DATE YOU TESTED POSITIVE.

ALL INFORMATION IS KEPT CONFIDENTIAL.

CITY POLICY REQUIRES THE FOLLOWING:

EXPOSURE TO SOMEONE WHO HAS COVID REQUIRES QUARANTINE FOR 14 DAYS

POSITIVE COVID TEST REQUIRES QUARANTINE FOR 10 DAYS AND PROOF OF A NEGATIVE TEST TO RETURN TO GRINNELL.

THANK YOU

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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, February 8 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, February 9 & 23

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) February 15 & March 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 dremelling. Appointments are set in advance and are open to members and non-members due to the necessity of toenail care for healthy toes and feet.** 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.

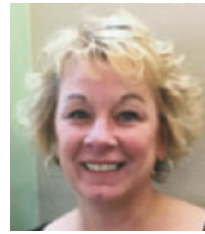
Wear boots, gloves, hat or scarf and a warm coat or jacket.

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, February 10 8:00am-12:00pm
Thursday, February 24 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



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



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



At-Home Healthcare
608.363.5885

Beloit Regional HOSPICE

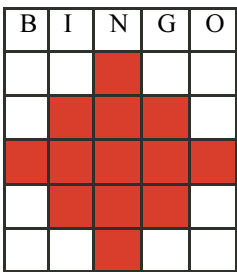
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Visit www.beloithealthsystem.org





BINGO REMOTELY Thursday, February 10 12:00pm

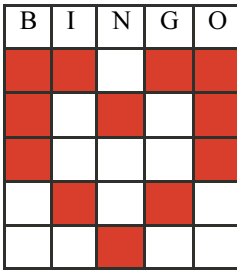
We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. You can cross out the numbers when called. Game 1 - Diamond; Game, 2 - Heart ; Game 3- coverall.

Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am. You will be prompted to enter a conference ID number 8123456# (be sure to enter the # sign). **The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited long distance.**

You can use your cell phone or land line.

Wait for game to begin. You will be on mute as we do not want background noise to interfere. If you get a bingo press *6 and say "BINGO" and your name. Please note we may call additional numbers to have more winners depending on the time. We will play 3 games and it will last approximately 45-60 minutes. At the end of the games, hang up your phone.

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



BINGO LIVE! Wednesday, February 16 2:00pm

Please register as there is a limited number of seats available. Great Prizes! 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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2022 Trip Information

You do not need to be a Grinnell Member to enjoy the trips.

Payments due at time of registration. Please note registration date to ensure we have enough to go.

Full refunds will be given if Grinnell cancels the trip.

If you need to cancel, you may fill your own cancellation, however, the office MUST be notified of the changes and the new person MUST fill out a registration form and pay for the trip.

When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken.

Trips leave on time and we are not able to wait for anyone who is not there at time of departure.

A cell phone is required on trips and all numbers will be given to guides in case of emergency.

ADDITIONAL TRIP INFORMATION IS AVAILABLE AT THE FRONT DESK OR CALL TO HAVE INFORMATION MAILED.



THE LETTERMEN

**Circa '21 Dinner Playhouse, Rock Island, Illinois
Monday, May 9, 2022**

Grinnell Members \$79.00 Non-members \$89.00

Price includes meal, show and transportation on coach bus.

Board coach bus at Telfer Park at 8:30am, depart time is 8:45am. Return at approximately 6:00pm.

Please register by Tuesday, April 8 to ensure that the trip will go as we have to provide a 30 day notice to cancel the trip. Space may be available after April 8.

**WHAT HAPPENS IN VEGAS Fireside Theater, Fort Atkinson
Thursday, June 9, 2022**

Grinnell Members \$79.00 Guests \$89.00

Price includes meal and show. Transportation is on your own.

Meet at Telfer Park at 9:15am and depart at 9:30am if you would like to drive with a group or

let us know you are going on your own. Return approximately 4:00pm

Please register by Friday, May 6 to ensure that the trip will go as we have to provide a 30 day notice to cancel. Space may be available after May 6.



**Brewers versus Cubs at Miller Park
Wednesday, July 6, 2022 1:10pm game**

Grinnell Members \$72.00 Non-members \$82.00

Price includes ticket and transportation on coach bus.

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm.

Please register by June 3 to ensure the trip will go as we have to provide a 30 day notice to cancel.

Space may be available after June 3.

**ADDITIONAL TRIPS ON BACK PAGE
WE ALSO ANTICIPATE TRIPS TO ELECTRIC TRAIN RIDE AND
PALACE DINNER THEATER. LOOK FOR ADDITIONAL INFORMATION
IN FUTURE NEWSLETTERS.**

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, February 17 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. Open to members and non-members.

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.

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 your information packet 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. We anticipate packets to be available February 1.

Please bring the following on your first 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 including interest
Health Insurance Premium costs	Rent certificate or property tax bill
Other deductible items	Completed Intake Form
Any items from Social Security if applicable (may be a pink form)	
Letter 6475 from the IRS – Record of 2021 Economic Impact	
Completed form 14446 Virtual VITA/TCE Taxpayer Consent	
Checkbook (if you would like return automatically deposited)	

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. AARP volunteers 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.

February 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>PLEASE NOTE TIME CHANGE FOR BEGINNER LINE DANCING ON TUESDAYS</p>	<p>1 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch</p>	<p>2 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</p>	<p>3 7:30 8 Ball Pool 9:00 Advisory Board 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p>4 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train</p>	
	<p>7 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day</p>	<p>8 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 All in the Family</p>	<p>9 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</p>	<p>10 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</p>	<p>11 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:00 Membership Prize Drawing 12:30 Mexican Train 12:30 Bridge (closed)</p>
	<p>14 AARP Tax Prep 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</p>	<p>15 AARP Tax Prep Toenail Care 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Saint Judes Bridge (closed) 1:00 Bridge/Lynch</p>	<p>16 AARP Tax Prep 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</p>	<p>17 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</p>	<p>18 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train</p>
	<p>21 AARP Tax Prep 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 12:30 Game Day</p>	<p>22 TAARP Tax Prep 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch</p>	<p>23 AARP Tax Prep 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</p>	<p>24 7:30 8 Ball Pool 8:30 Walk and Talk 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12-4 Benefit Specialist 12:30 Euchre</p>	<p>25 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train</p>
	<p>28 AARP Tax Prep 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</p>	<p>PLEASE NOTE ACTIVITIES ARE WEATHER DEPENDENT AND INSTRUCTOR AVAILABILITY. IF YOU ARE NOT SURE IF CLASS IS BEING HELD DUE TO WEATHER PLEASE CALL GRINNELL BEFORE LEAVING HOME.</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.



February 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey and Gravy Green Beans Mashed Potatoes Whole Wheat Bread Mandarin Oranges Cake w/ Berry Frosting	2 Baked Salmon Sweet Potatoes Broccoli WW Bread Fruited Apple-sauce	3 <i>Chocolate Milk</i> Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp	4 Swedish Meatballs Noodles Beets Cauliflower Peaches
7 Cheese Ravioli Peas and Carrots Cottage Cheese Warm Spiced Pears Pumpkin Bar	8 Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple	9 <i>Chocolate Milk</i> Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce	10 Chicken and Wild Rice Broccoli Carrots Apple Slices Peanut Butter Sugar Cookie	11 Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad
14 Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinn. Raisin Bread	15 <i>Chocolate Milk</i> Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie	16 Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce	17 White Chicken Chili Carrots Corn Bread Light Yogurt Pears	18 Tater Tot Casserole Stewed Tomatoes Peas Whole Wheat Bread Apple Cranberry Crumble
21 <i>Chocolate Milk</i> Roast Turkey Mashed Potatoes Beets Whole Wheat Bread Fruited Applesauce Butterscotch Pudding	22 Hamburger Patty Whole Grain Bun Baked Beans Broccoli Salad Warm Spiced Pears	23 Green Pepper Casserole Corn Green Beans Yogurt Strawberries	24 Ham Slices California Blend Veg. Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie	25 Ranch Chicken Whole Grain Bun Carrots Winter Blend Veg. Banana
28 Hot Pork Whole Grain Bun Cheesy Potato Casserole Cabbage Applesauce	BRRRRRRR..... It was so cold out there today I saw a man with his toupee upside down. It was so cold the other day I sneezed once and broke my Kleenex. -Milton Berle		<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>

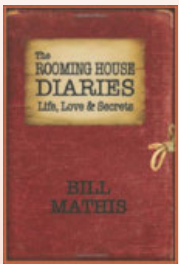
**Movie Matinee “The Best Exotic Marigold Hotel” Friday, Feb. 4th
10:00am**



To make the most of their meager retirement savings, a group of British seniors moves to India to live out their golden years at the Marigold Hotel. But upon arrival, they discover the once-lavish resort has wilted considerably. Comedy/Drama
Cast: Judi Dench, Maggie Smith, Bill Nighy, Penelope Wilton, Tom Wilkinson, Celia Imrie, Ronald

Book Club Monday, February 28 1:00-2:00pm
***Rooming House Diaries: Love, Life, and Secrets* By Bill Mathis, Beloit author**

Six fascinating and touching diaries are discovered in an old rooming house that detail the lives of the owners and tenants spanning over a century of change in Chicago’s Back-of-the-Yards neighborhood. An unwed pregnant teen shows up; a teen from Paris, France appears, the result of a relationship during World War I; the first Mexican in the neighborhood is given a room and eventually inherits the place, his diary describes his young life running the streets in Tijuana, Mexico and how the rooming house served undocumented AIDS clients. The matriarch leaves a long-hidden diary that details her undisclosed life of brothels. Filled with love, life and family secrets, The Rooming House Diaries prove DNA does not always make a complete family.



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A Publication of the City of Beloit Senior Activity Center

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Beloit, WI 53511
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Website: www.beloitwi.gov



RICK LINDY AND THE WILD ONES **White Pines Playhouse, Mount Morris Illinois** **Wednesday, August 24, 2022**

Grinnell Members \$73.00, Non-members \$83.00
Price includes meal, show and transportation on coach bus.

Board bus at Telfer Park at 9:45am (bus departs at 10:00am) Return to Telfer Park at approximately 6:00pm.
Please register by July 22 to ensure the trip will go as we have to provide a 30 day notice to cancel.
Space may be available after July 22.

THE CHAIRMEN'S BOARD featuring Peter Oprisko **Starved Rock State Park Oglesby, Illinois** **Monday, October 17, 2022**



Grinnell Members \$76.00 Non-Members \$86.00
Price includes meal, show and transportation on coach bus.

Board bus at Telfer Park at 8:45am (depart time is 9:00am) Return to Telfer Park at approximately 5:30pm.
Please register by Tuesday, September 13 to ensure that the trip will go as we have to provide a 30 day notice to cancel. Space may be available after September 13.

ADDITIONAL TRIPS ON PAGE 7
WE ALSO ANTICIPATE TRIPS TO ELECTRIC TRAIN RIDE AND
PALACE DINNER THEATER. LOOK FOR ADDITIONAL INFORMATION
IN FUTURE NEWSLETTERS.