

Power of 50 Plus

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

June 2022

Grinnell Hall
Senior Activity
Center
631 Bluff Street,
Beloit, WI 53511

608-364-2875
Hours
7:30am-4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

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



Annual membership January - December \$25 single, \$40 couple



Luau Picnic at Grinnell Hall Friday, June 17 1:00-2:30pm

A variety of music with DJ Chuck Wilson to dance and sing to. Come dressed in Luau attire and win some door prizes. Light refreshments including Ms. Yoshi's special Luau Punch. Please give a call to sign up.

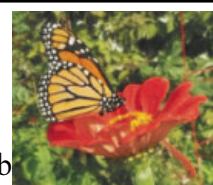


Merrill Gardens Tour and Nutrition Demonstration

1322 Porter Avenue, Beloit Wisconsin.

Thursday, June 23 9:00-10:15am

Take a tour of the Merrill Community Sharing Garden with garden manager Kaelyb Lokrantz. The garden encompasses 3 conjoined residential lots that were reclaimed and turned into almost an acre located in the city of Beloit. The garden produces food for the Merrill Neighborhood and is a site that provides habitat for native plants and species. University of Wisconsin-Extension Nutrition educators will be on site to do a nutrition demonstration. The garden has mulch pathways that connect the different properties. Tennis shoes are recommended. In case of inclement weather we will have the Nutrition Demonstration at Grinnell Hall. Parking is located on Yates directly in front of the garden. We will meet at Grinnell Hall at 8:40am and we can follow each other to the location or you can drive there yourself, just let us know. Please register by calling Grinnell Hall



Thank you for your donations

Deb Marvin, Yoshi Glos, Judy Olsen, Joyce Plummer, Ruby Hay,
Beth Bausman, Bob Norder, Debra Young, Jean Warn, Sonya Barnes, Sandra Lathrop,
Carol Logan, Diane Chasser, Myrna Wright, Pearl Friedley, Rhonda Tierney, Berit
Ryberg, Richard Willard, Carol Larsen, Linda Andreoni, Carol Gover, Carol Sevom,
Judy Haberman, Karen Govert

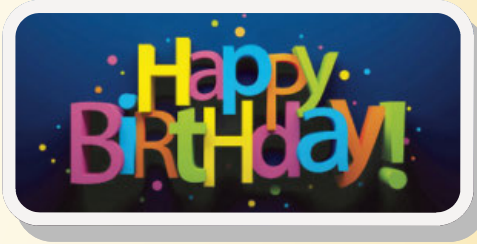


Advisory Board of Grinnell Senior Center

Opal Vance - Chair, Pam Curatolo - Vice Chair, Margaret Alexander - Secretary Randy Westbrook - Treasurer
Margaret Alexander, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

Volunteer Spotlight Opal Vance

Opal has been volunteering for 5 plus years at Grinnell Hall. You can find her smiling face at the front desk on Wednesday mornings from 8:00am-12:00pm. She has been on the Advisory Board beginning in 2017 and stayed on during the pandemic when she could have stepped down. She was the Advisory Board President for 3 years. She also volunteers for special events like the Plant Sale, Food Drive and Special Events. When Opal was asked to volunteer she did not hesitate to say yes and she has never regretted a moment. She loves meeting new people and “volunteering gives back in the form of a rewarding feeling for helping others”. Opal also volunteers or has volunteered with Beloit Hospital (20 years), RSVP (10 years) and City Election Poll (18 years). Opal has lived in Beloit her entire life, is mother to four children, has 10 grandchildren and 15 great-grandchildren. She is a member of Emmanuel Baptist Church where she also volunteers. Thank you Opal for all you do not just here at Grinnell but for the Beloit Community.



Jeanne Chernick -Krueger,
Bill Chryst

Judy Nelson

Grace Konter

Laura Richards

C

Gail Simplot

Richard Olmstead

E

Candie Feurstein

Marcia Stenberg

L

Joanne Rowe

John Heidt

Jill Weeden

E

Cindy Barnes

Bobbie Pann

B

Linda Keenan

Terry Loehrl

R

Cindy Keller

Mary Ann Sveom

A

Vicki Seichter

Terry Zimmerman

Bill Tierney

T

Jerri Wightman

Paula Denson

E

Joanne Martin

Peter Demus

Cathy Schafman

Gail Lublum

John Schafman

Happy Summer! Well it doesn't really begin until June 21 but we have had a few hot days already. Remember to keep hydrated with plenty of water.

As I write this we are preparing for the Plant and Nellie's Nook Spring Sale and we appreciate all the donations everyone has made. Also if you get a chance check out the new raised planters in the front of Grinnell. Larry White and his family made them and got the soil donated for them too. Thank you Larry and Family.



Join us as we go to Merrill Street Gardens and learn about Nutrition from UW Nutrition Educators. It will be very interesting. Farmer's Market Voucher program is starting. Please review the information on page 4. If you qualify please take the opportunity as you receive a voucher to purchase fresh food right from the farm.

I am excited about the Devil's Lake Virtual Hike as I have never been there and from what I have seen so far it looks beautiful! Please join us to experience of one of our beautiful State Parks without having to travel. I am looking forward to the Luau Picnic with great music and friends! As always, thank you for making Grinnell your home away from home. Debbie Kraus, Senior Center Manager.

United Church of Beloit (our neighbor) Greek Night
Delicious Gyros (Pork) \$7, Greek Salad \$4, Baklava \$3 or whole meal \$13
Saturday, June 4th 5:00-7:00 Drive thru only!

All in the Family Tuesday, June 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”. 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. Don’t be shy - you will be glad you joined us. Please register by calling Grinnell at 608-364-2875.

Chair Massage Wednesdays, June 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)

June 21 and July 19 by appointment only

Registered nurse Deb Scullin has been providing toenail care for seniors for five years. 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.** Appointments begin at 9:00am and are 20-30 minutes. **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.



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It's Senior Farmers' Market Voucher Time!

Eligible seniors receive vouchers worth \$25 per household to purchase locally grown produce at approved farmers' markets.

Who is Eligible?

*Rock County residents age 60 or older (Native Americans age 55 or older)

*Monthly household income which does not exceed \$2,096 for one person (see below chart).

*Each eligible household may receive vouchers only once in 2022.

How Do I Receive These Vouchers? Vouchers will be distributed at seven locations in Rock County. There are a limited number available; vouchers will be distributed on a first come, first served basis.

How Can I Get Vouchers If I Can't Get to a Distribution Site?

1. If you are unable to get to a distribution site and would like someone else to pick up your vouchers for you, you must call ADRC Nutrition Program (757-5428) at least one week in advance of the distribution to request a Proxy Authorization Form. This is the only acceptable document which will permit someone else to receive vouchers on behalf of an eligible senior. The form must be signed by the voucher recipient; then taken by the authorized representative to the distribution site. There is a strict limit of 4 proxy forms per representative. If site distributions have already been completed, please call 608-757-5428 for availability and options.

2. Beginning July 1, any remaining vouchers will be distributed on a first come first served basis. Please call **608-757-5428** for availability and options; leave a voicemail; your call will be returned.

2022 Voucher Distribution Schedule

Evansville	Tues, June 14	10 – 11 AM	Creekside Place 102 Maple Street
Milton	Wed, June 15	10 – 11 AM	The Gathering Place 715 Campus Street
Janesville	Thurs., June 16	2 – 3:30 PM	Dr. Daniel Hale Williams Resource Center (DWRC) of Rock County 1717 Center Ave, Beckman Mill Conf. Room
Edgerton	Fri., June 17	10 – 11 AM	Edgerton Public Library 101 Albion Street (parking in back)
Footville	Tues., June 21	10 – 11 AM	Footville Village Hall 261 N Gilbert Street
Beloit	Wed, June 22	2 – 3:30 PM	Beloit Rotary River Center 1160 Riverside Drive
Clinton	Thurs., June 23	10 – 11 AM	Clinton Senior Center 508 Front Street

2022 Income Eligibility Table

Use total gross income – before taxes and deductions – of ALL household members.

<u>Household Size</u>	<u>Yearly</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$25,142	\$2,096	\$484
2	\$33,874	\$2,823	\$652
3	\$42,606	\$3,551	\$820
4	\$51,338	\$4,279	\$988
5	\$60,070	\$5,006	\$1,156
6	\$68,802	\$5,734	\$1,324
7	\$77,534	\$6,462	\$1,492
8	\$86,266	\$7,189	\$1,659
Each additional household member	\$8,732	\$728	\$168

Courtesy Hearing Aid Check

Jodie from Miracle Ear will be at Grinnell on **Thursday, June 23 from 1:00-2:30**. She will check and clean hearing aids. This is a walk in service and there is no charge. Open to both members and non-members.

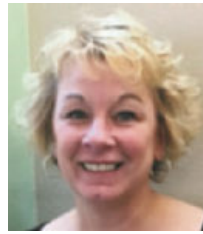
Alterations

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, June 9 12:00-4:00pm
Thursday, June 30 8:00am-12:00pm**

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



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5601 E. Rockton Road, Roscoe, IL
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At-Home Healthcare
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HOSPICE**

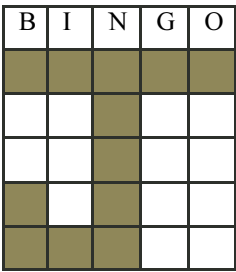
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Visit www.beloithealthsystem.org





BINGO REMOTELY Thursday, June 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 - "J" ; Game, 2 - Anchor; Game 3- Coverall.

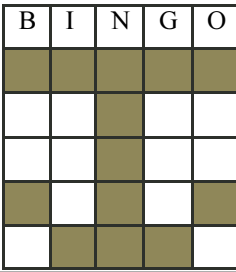
Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am.

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, June 15 2:00pm

Prizes vary! If you played in the past you are all registered. If you have not played before please give a call. Open to everyone.

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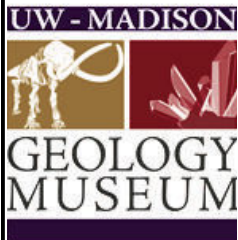
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**Devil's Lake Virtual Hike
Tuesday, June 7 10:00am**



Join the UW-Madison Geology Museum on a virtual hike at Devil's Lake State Park! Located in Baraboo, Devil's Lake is on the western edge of the last ice-sheet deposited during the Wisconsin glaciation. Enjoy the beautiful bluffs and forest while learning about the interesting geological and historical story Devil's Lake has to tell. You can enjoy the Zoom Presentation at home or here at Grinnell Hall. We can email the Zoom link if you would like. Zoom link to use for the presentation: <https://uwmadison.zoom.us/j/2967146620> Please call Grinnell to register.

Shuffleboard

Wednesdays 12:30 and Fridays 10:00



Located on the second level in the sitting area. The pucks will be located at the front desk and must be signed out and returned when done using. If the days and times do not work for you, call some friends and come in to play.

Paper Crafting

Do you enjoy being creative? Meeting some new friends? Then paper crafting is something you should look into. Theresa Niles leads paper crafting and has all the supplies you will need. Make beautiful cards and more. Join them on Mondays starting at 9:00am. Stay for one or more crafts.

Sewing Group every Thursday

**In need of any size or shape of placemats for fidget mats.
Just drop them off at Grinnell.**

Our sewing lab meets each Thursday in the Vet's/ Sewing room upstairs. Sew or quilt throughout the day, beginning at 8:00 am. Individuals work on items they give away (quilts for babies, fidget mats, etc) or on their own projects. Anyone who loves to sew or quilt is welcome to attend.

What The Tech Thursday, June 16

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of 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 Preuschl and will give you the help you need. What the Tech is free. Appointments are every 15 minutes beginning at 1:00 pm so you will have some one on one time with Mark. Open to members and non-members

Chicks with Sticks

Ever wonder what the heck chicks with sticks is? Well it's a group who enjoy knitting, crocheting and socializing. They meet on Wednesdays from 10:00am-12:00pm. No need to sign up, just bring your sticks and supplies and have fun.

Beloit Public Library Activities

**beloitlibrary.org
1-608-364-2905**

**Wednesdays at the Library
Music and Food Trucks
Wednesdays 12:00-1:00**

**Stateline Writers Via Zoom
Every Wednesday 6:00-8:00pm**
Contact Jerry at
jerrypetersonbooks@gmail.com

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

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

Crafters Club
Saturdays 1:00-3:00
June 4 & 18
July 2, 16, 30

FABL Film Series "Cry Macho"
Wednesday, June 1 6:00pm

Introduction to Stamp Collecting
Thursday, June 2 6:00-7:00pm

Classic Film Series "They All Laughed"
Wednesday, June 15 6:00pm

Storm Chasing 101
Thursday, June 30 6:00-7:00pm

Please call the Library to inquire about registration and activities.





Brewers versus Cubs at AmFam Field
Wednesday, July 6, 2022 1:10pm game

Grinnell Members \$72.00 Non-members \$82.00

Seating is located in shade area as in the past. 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.

East Troy Luncheon Train Trip
Wednesday, August 3, 2022



Experience a 14 mile trip through the beautiful Wisconsin countryside aboard a historic trolley. Learn the history of this 111 year old rail line in the East Troy Depot museum and browse the gift shop's array of railroad items. We will board the train and dine in style. The train will make stops at the Elegant Farmer for shopping. They are well known for their bakery, deli and fresh farm produce.

Grinnell Members \$88.00 Non-members \$98.00

Price includes train ride, lunch and transportation on a coach bus.

Board bus at Telfer Park at 8:45am and depart at 9:00am. Return to Telfer Park 4:30-5:00pm
 Please register by July 1. Space may be available after July 1.

Rick Lindy and the Wild Ones
White Pines Playhouse, Mount Morris Illinois
Wednesday, August 24, 2022



Back by popular demand, The Pines welcomes Rick Lindy and his band, an international touring group performing original roots rock as well as classic Retro Rock of the 50's, 60's & 70's. A musical time machine that takes you back to the days when Rock & Roll was young. Relive the sounds of Elvis, Johnny Cash, Jerry Lee Lewis, The Beatles, Patsy Cline, The Platters, Tom Jones, Gary Puckett & many other legendary performers.

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. Space may be available after July 22.



The Highwaymen
Palace Theater, Wisconsin Dells Friday, September 30, 2022

The Greatest super group in country music history, the original Highwaymen, formed in 1985, consisted of Willie Nelson, Waylon Jennings and Johnny Cash. This re-creation of the amazing, never to be seen again band continues the legacy. You will witness first-hand the friendship and camaraderie that existed between these legends, reliving one of the greatest moments in country music history.

Grinnell Members \$89.00 Non-Members \$99.00

Price includes lunch, show and transportation on coach bus.

Board Bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:00-5:30pm
 Please register by August 26. Space may be available after August 26.

June 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>“Summer was our best season: it was sleeping on the back screened porch in cots, or trying to sleep in the tree house; summer was everything good to eat; it was a thousand colors in a parched landscape...” Harper Lee</p>		<p>1 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Yoga 10:00 Chicks with Sticks 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater</p>	<p>2 7:30 8 Ball Pool 8:00 Open Sewing 9:00 Hand & Foot Cards 9:00 Advisory Board 12:30 Euchre</p>	<p>3 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 10:00 Shuffleboard 12:30 Mexican Train</p>
<p>6 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)</p>	<p>7 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Devils Lake Escape 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>8 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater</p>	<p>9 Fireside Trip 7:30 8 Ball Pool 8:00 Open Sewing 9:00 Hand & Foot Cards 12:30 Euchre 12:00 Bingo Remote 12-4 Benefit Specialist</p>	<p>10 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train 12:30 Bridge (closed)</p>
<p>13 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) 2:00 Uke Jam</p>	<p>14 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>15 7:30 8 Ball Pool 8:30 Morning Stretch 9:00 Health Screening 9:45 Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:30 Shuffleboard 1:00 Mahjong 1:00 Theater 2:00 Bingo Live</p>	<p>16 7:30 8 Ball Pool 8:00 Open Sewing 9:00 Hand & Foot Cards 12:30 Euchre 1:00 What the Tech</p>	<p>17 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train 1:00 Luau Picnic</p>
<p>20 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)</p>	<p>21 Toenail Care 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>22 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater</p>	<p>23 7:30 8 Ball Pool 8:00 Open Sewing 9:00 Merrill Garden 9:00 Hand & Foot Cards 12:30 Euchre 1:00-2:30 Hearing Aid Check</p>	<p>24 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train</p>
<p>27 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) 1:00 Book Club 2:00 Uke Jam</p>	<p>28 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>29 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Yoga 10:00 Chicks with Sticks 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater</p>	<p>30 7:30 8 Ball Pool 8:00 Open Sewing 8-12 Benefit Specialist 9:00 Hand & Foot Cards 12:30 Euchre 1:00 RSVP Drivers Meeting</p>	<p>“Some of the best memories are made in flip-flops and barefeet.” Kellie Elmore</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.

May 2022

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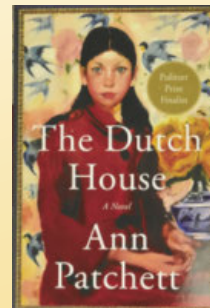
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please arrive for curbside pick-up meals at 11 am. Meals will not be held for late pick up. Please do not arrive prior to 10:45am</i></p>	<p><i>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</i></p>	<p>1 Chocolate Milk Ham Slices Sweet Potato Broccoli Whole Wheat Bread Pineapple</p>	<p>2 Meatloaf Au Gratin Potatoes Mediterranean Blend Vegetables Whole Wheat Bread Pears</p>	<p>3 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Sugar Cookie</p>
<p>6 Swedish Meatballs Egg Noodles Stewed Tomatoes Peas and Carrots Whole Wheat Bread Fruited Applesauce</p>	<p>7 Chocolate Milk Tuna Pasta Salad Romaine Salad w/ Dressing Tomato Juice Cottage Cheese Banana</p>	<p>8 Grilled Chicken Breast Broccoli Red Potatoes Whole Wheat Bread Pears Carrot Bar</p>	<p>9 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Oatmeal Cookie</p>	<p>10 Polish Sausage Hot Dog Bun Baked Bean Medley Beets Peaches</p>
<p>13 Chocolate Milk Broccoli Quiche Carrots Asparagus Cottage Cheese Cinnamon Raisin Bread Banana</p>	<p>14 Herbed Pork Loin Sweet Potato Creamed Spinach Whole Wheat Bread Peaches Pudding</p>	<p>15 Hamburger Whole Wheat Bun Baked Bean Medley Coleslaw Warm Mixed Fruit</p>	<p>16 Chicken Breast Parmesan Red Potatoes Brussel Sprouts Whole Wheat Bread Mandarin Oranges Apple Cake</p>	<p>17 Sloppy Joe Whole Wheat Bun Corn Zucchini Tomato Bake Fruit Whip</p>
<p>20 Baked Parmesan Cod Au Gratin Potatoes Broccoli Whole Wheat Bread Mandarin Oranges Sugar Cookie</p>	<p>21 Chocolate Milk Chicken Pasta Salad Potato Salad Cottage Cheese Tomato Juice Peaches Lemon Bar</p>	<p>22 Roast Turkey Mediterranean Blend Vegetables Mashed Potatoes Whole Wheat Bread Melon Mix Chocolate Mousse</p>	<p>23 BBQ Rib Patty Whole Wheat Bun Baked Bean Medley Stewed Tomatoes Fruited Applesauce</p>	<p>24 Stuffed Pepper Casserole Carrots Green Beans Light Vanilla Yogurt Strawberries</p>
<p>27 Chicken Fajita Casserole Carrots Green Beans Strawberries Vanilla Yogurt</p>	<p>28 Burgundy Tips Egg Noodles Stewed Tomatoes Peas Pears Cake w/ Berry Frosting</p>	<p>29 Chocolate Milk Spaghetti w/ Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad</p>	<p>30 Baked Salmon w/ Dill California Blend Veg. Au Gratin Potatoes Whole Wheat Bread Peaches Fudgy Fiber Brownie</p>	



Movie Matinee “King Richard” Friday, June 3 10:00am

Richard Williams lives in Compton, California, with his wife Brandy, his three step-daughters, and his two daughters, Venus and Serena. Richard aspires to turn Venus and Serena into professional tennis players; he has prepared a plan for success since before they were born. Richard and Brandy coach Venus and Serena on a daily basis, while also working as a security guard and a nurse, respectively. Richard works tirelessly to find a professional coach for the girls, creating brochures and videotapes to advertise their skills, but has not had success. “King Richard” shows how family and perseverance can achieve the impossible and impact the world.

**Book Club “The Dutch House” by Ann Patchett
Monday, June 27 1:00-2:00pm**



At the end of the Second World War, Cyril Conroy combines luck and a single canny investment to begin an enormous real estate empire, propelling his family from poverty to enormous wealth. His first order of business is to buy the Dutch House, a lavish estate in the suburbs outside of Philadelphia. Meant as a surprise for his wife, the house sets in motion the undoing of everyone he loves. Cyril’s son Danny and his older sister Maeve are exiled from the house where they grew up by their stepmother. The two wealthy siblings are thrown back into the poverty their parents had escaped from and find that all they have to count on is one another. But when at last they’re forced to confront the people who left them behind, the relationship between an indulged brother and his ever-protective sister is finally tested. Books available at front desk.

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Wednesday Walks - Aging and Disability Resource Center 608-757-5408

Beloit College Wednesday, June 8 10:00am This guided walk covers much of the Beloit College grounds, including brief tours of portions of the historic buildings on campus. Meet at 703 College Street Campus Directory Map

Fair Meadows State Natural Area Wednesday, June 15 (Raindate June 16) 8:45pm Hear the calls of the frogs, owls and a phenomenal display of fireflies – It's life changing! Meet at Milton Library, 430 E. High Ave. Milton. **Reservations Required**

ABC Supply Stadium Tour Wednesday, June 22 10:00am Tour the Beloit Sky Carp's new stadium from a different view. Enjoy some snacks and a beverage in the Club Room following the tour. 217 Shirland – park across the street from the stadium.

Kelch Aviation Museum Wednesday, June 29 10:00am Stunning vintage aircraft brings the Golden Age of Aviation to life. (donations accepted) N2463 Airport Road Brodhead, WI 53520



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

Join outstanding vocalist Peter Oprisko as he pays tribute to a variety of pop icons from the 40s, 50s and 60s. Enjoy hits from legendary artists including Bobby Darin, Nat King Cole, Doris Day, Frank Sinatra, Bing Crosby, and many more. Peter has extensive knowledge of the music of the era which he will share along the way with fun and interesting tales. It's a concert that will bring you back to the time when music was king and sensational voices filled the airwaves.

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. Space may be available after September 13.