

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

July 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



50s-70s Summer Picnic at Grinnell Hall Wednesday, July 13 1:00-2:30pm

Guys and gals come to Grinnell to listen and sing to some great tunes. If you feel like it give a whirl on the dance floor. Eclectic Red will perform some oldies and goodies as well as some recent hits. Light refreshments will be served. There will be prize drawing for those who come dressed in 50s-70s attire. Please give a call to sign up.

Special Thank You to Alden Network for sponsoring this event!

Memory Screening Monday, July 18

Karen Tennyson, Rock County Dementia Care Specialist, will be at Grinnell Hall to provide free memory screenings. Memory screening is an important part of your health care planning. This is not a diagnostic screening but rather used to start the discussion, encourage early detection and promote conversation with the primary care physician. There will be time to answer questions and assist with next steps. With your permission the results can be shared with your primary care doctor. Appointments are every 30 minutes and will be available between 12:30pm and 3:30pm.

Please sign up for an appointment at the front desk or by calling 608-364-2875.

Open to members and non-members so tell a friend.



Thank you for your donations

Polly Peterson, Kathy Cope, Terry Loehrl, Marcia Stenberg, Linda Andreoni, Mary Hutchins, Gary Weinkauff, Deborah Young, Margarita Blicarg, Karen Govert, June Oldenberg, Judy Cufur, Peggy Wellnitz, Lois Engen, Yoshi Glos

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 Yoshi Glos

Yoshi began volunteering at Grinnell when she was 55 years old and she has not stopped.

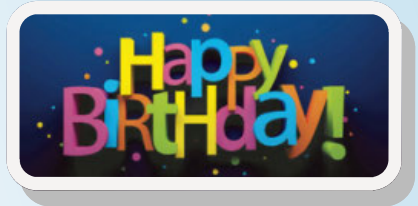
She was a member of the Raisinettes, a dancing troupe with specialized costumes, who performed at Grinnell and at assisted living and nursing homes.

She shares her expertise in exercise and teaches three times a week. She taught outdoor classes during COVID even in the cooler weather and had a dozen individuals attending. She looks at individuals in health and exercise she has a holistic way of looking at life – she looks at the total person. She also was involved with the gift shop, special events, floral arranging, Red Hat Society and Grinnell Hall Advisory Board for several years.

Yoshi met her late husband George in Tokyo in the late 1950s. George was in the Air Force and Yoshi was working for IBM as a key puncher. They lived in Iowa, Kansas, South Dakota before making Beloit their permanent home in the 70s. She has two sons and one daughter, four grandchildren and nine and a half great grandchildren

Yoshi says “Volunteering is a wonderful thing, you give love and help each other.”

Yoshi has a great sense of humor and always has a smile on her face. Yoshi was recognized by RSVP at their volunteer dinner for 30 years of service which is 360 months, 1565 weeks, 10,950 days and 7904 hours. Congratulations and thank you so much!!



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|----------|-------------|---|
| Illa | Borgwardt | |
| Hal | Joyce | |
| Jane | Burkheimer | |
| Cyndy | Mac Nees | |
| Janet | Schaefer | |
| Robert | Norder | C |
| Pam | West | |
| Sherry | Westbrook | E |
| Terri | Mullvain | |
| Kathy | Cope | L |
| Barbara | Goodin | |
| Donna | Hanson | |
| Rose | Schenck | E |
| Dorothy | Wensel | |
| Amber | Culver | |
| Carl | Creedy | B |
| Janice | Goldsworthy | |
| Linda | Andreoni | R |
| Chester | Knutson | |
| Marilyn | Kasten | A |
| Marlene | Bachim | |
| Carol | Hanson | |
| Leonard | Larsen | T |
| Terri | Kaye | |
| Phil | White | E |
| Betty | Hannum | |
| Keith | Bach | |
| Nancy | Hoffman | |
| Margaret | Robinson | |
| Carol | Egleston | |
| Sharyl | Goecks | |
| Donna | Messer | |
| Susan | Davis | |
| Tom | Stevens | |
| Colleen | Gill | |
| Janet | Deeds | |
| Carol | Fryar | |

Hello all,

We never know what Wisconsin weather is going to bring. We will have our Advisory Board elections in August. We have 5 candidate running for 4 positions. We will have election ballots available on August 8 at the front desk. And they are due by August 17 at 1pm. We will have the Annual meeting on August 17 at 12:00pm and you can meet the candidates and we will have a short meeting. I want to thank all Advisory Board members who stayed on an extra 2 years due to COVID 19. Special thank you to outgoing Board Members Opal Vance, Yoshi Glos and Randy Westbrook. Board members can run again after 1 year of being off the board unless they were appointed. Bill Tierney was appointed to the Advisory Board so he is able to run again.

I hope you had a chance to attend the Luau. If not join us for the 50s-70s with Eclectic Red on Wednesday, July 13 from 1:00-2:30. Great music, great friends, great fun! I always enjoy these events as it raises my spirits and heart rate. I hope you take advantage of the monthly blood pressure readings by Beloit Community Health. It's an easy and right here at Grinnell. Memory Screening has returned after 2 years and we are excited to welcome Karen Tennyson from ADRC to Grinnell.

Thanks for making Grinnell your home away from home.

Debbie Kraus

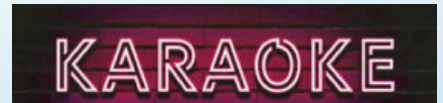


Native American Medicinal Plants and Herbs
Wednesday, July 27 9:30am



Native Americans are renowned for their medicinal plant knowledge. It is rumored they first started using plants and herbs for healing after watching animals eat certain plants when they were sick. In order to protect these plants from over harvesting, the medicine men used to pick every third plant they found. Join Winnebago County Master Gardner Wendy Swanson as she shares information on plants and herbs used for medicinal purposes. Everyone welcomed. Please give a call to register

Karaoke with "Sarge"
Wednesday, July 27 1:00-2:30



Enjoy a fun time singing, dancing and listening to some fun songs. You don't have to be a great singer to give it a try, just have some fun. Debbie did that a few years back and she's surprised people stayed around. Actually Sarge is a great singer so you can also sit back and enjoy. It really is a fun time!



Acrylic Painting Monday, July 18 10:00-12:00

Join in the fun and be creative! You can paint a poppy or create your own picture with assistance from instructor Katie Swanson. Katie has a Bachelor of Fine Arts and Bachelor of Science in Art Education from UW –Whitewater.

Cost is \$20 and is due upon registration. Please register by July 7.

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ROCK STEADY BOXING

Rock Steady Boxing is available at Big Hill Park – 1201 Big Hill Court, Beloit. Hosted by the City of Beloit and SOL Fitness every Tuesday and Thursday at 5:30PM. The program was designed for those with Parkinson's but has proven benefits for all! What is Rock Steady Boxing? A non-contact (No hitting boxers or coaches) boxing program that starts with training in flexibility, strength, balance, cognitive skills, and FALL prevention. Skills are designed to improve functional everyday activity. Participants of various ages are encouraged to work at their personal level. Coaches are in class to encourage and assist as needed. Rock Steady is also just plain fun! Gloves are provided or can be purchased for a nominal cost. Individuals interested in the class are invited to come and observe and participation is encouraged! The cost of the class is \$10 for a 1 ½ hour session or you can purchase a punch card for \$100.00 and receive one free class. Please contact Connie Udell at 608-302-7088 or connieudell1@gmail.com for more information or 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

All in the Family Tuesday, July 12 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. Don't be shy - you will be glad you joined us. Please register by calling Grinnell at 608-364-2875.

Chair Massage Wednesdays, August 10 & 24 Sorry, no massages available in July

We have received many positive comments about Certified Massage Therapist Alicia Jensi 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) July 19 and August 23 by appointment only

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.

Walk Wednesdays

Monday, July 13 10:00am Nature at the Confluence 306 Dickop St. South Beloit, IL 60180
Monday, July 27 10:00am Beloit College meet at 703 Colleges St. at the Wright Museum
Monday, August 3 10:00am Lincoln-Tallman House 426 N. Jackson St. Janesville
Offered by Rock County ADRC No registration required. For more information call 608-757-5408.

Courtesy Hearing Aid Check

Jodie from Miracle Ear will be at Grinnell on **Thursday, July 28 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.

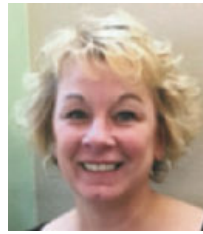
Alterations

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, July 14 12:00-4:00pm
Thursday, July 28 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**



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815.525.4800



At-Home Healthcare
608.363.5885

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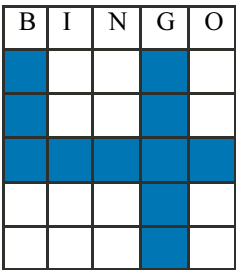
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Visit www.beloithealthsystem.org





BINGO REMOTELY Thursday, July 14 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 - 4th of July; Game, 2 - Checkerboard; Game 3- Coverall.

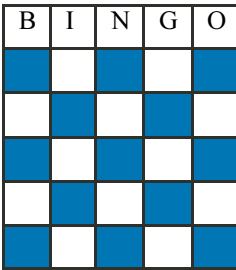
Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am.

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.



MUSIC BINGO LIVE! Wednesday, July 20 2:00pm

Yes you read it correctly, Music Bingo sponsored by Riverside Terrace. Your cards will have songs on it, a song will be played and if you have it on your card you will mark it. This is going to be a fun time so come join us. If you have not played bingo before please give us a call to let us know you will be coming

Edward Jones

> edwardjones.com | Member SIPC

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Caroline Rukin
Financial Advisor
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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.

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, July 21 1:00-3:00

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. Open to members and non-members

Bracelets with LeaAnn

Friday, Friday, July 15 10:00am

Come socialize and make a bracelet for yourself or for a gift for someone. We will supply the beads and elastic "thread" so the bracelet will fit well. Cost for supplies is only \$2.00. Please pay when you sign up.



**Parking Lot Picassos
Thursday, July 7 5:30pm**

Sign up your grandchildren to decorate Grinnell Hall parking lot with sidewalk chalk. Adult required to stay. Theme is "Sprinkle Kindness". Light refreshments will be served. Please call Grinnell to register by July 5.



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

**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
July 2, 16, 30

**FABL Film Series "The French
Dispatch"**
Weds. July 6 6:00pm

**Classic Film Series "The Seven Year
Itch"**
Weds. July 20 6:00pm

Wednesdays at the Library
Wednesdays at the Library (WATL), featuring live music and food trucks weekly throughout the summer.

WATL will be held over the lunch hour every Wednesday from June 15 through August 31, with food served from 11:30 a.m.-1:00 p.m. and live music playing from 12:00-1:00 p.m.

The event will take place in the Hendricks Family Children's Garden in front of the library and feature local music and food trucks, as well as food from Blender Café. The event is rain or shine, with the rain location inside the library.



Please call the Library to inquire about registration and the activities.

East Troy Luncheon Train Trip**Wednesday, August 3, 2022****Grinnell Members \$88.00 Non-members \$98.00**

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

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.

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 and the radio waves were transmitting classic American Rock & Roll to the dash board of a 57 Chevy Bell Air. 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.

***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.

July 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A customer walked into a hardware store looking for a flat washer. “That’ll be 15 cents.” said the clerk. “Fifteen cents for a washer? Are you crazy?” the customer yelled. “I’ll drill a hole in a quarter and make my own.”</p> <p>A co-worker lived for baseball but had to work during an important game, so he asked his wife to tape the game. After work he flew home busting with anticipation. He told his wife “Don’t tell me the score.” His wife responded, “I don’t know the score but your team lost.”</p>				<p>1 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train</p>
<p>4 CLOSED HAPPY HAPPY INDEPENDENCE DAY </p>	<p>5 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>6 Brewers Trip 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater</p>	<p>7 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Advisory Board Meeting 9:00 Hand & Foot Cards 12:30 Euchre 5:30 Parking Lot Picassos</p>	<p>8 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>11 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>12 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 Bridge (closed) 1:00 All in the Family</p>	<p>13 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:30 Shuffleboard 1:00 Mahjong 1:00 Theater 1:00 50s-70s Picnic</p>	<p>14 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:00 Bingo Remote 12:30 Euchre 12-4 Benefit Specialist</p>	<p>15 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 10:00 Bracelets with LeaAnn 12:30 Mexican Train</p>
<p>18 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Acrylic Painting 10:00 Goldenaires 12:30 Game Day 12:30 Memory Screening 1:00 Bridge (closed)</p>	<p>19 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>20 7:30 8 Ball Pool 8:30 Morning Stretch 9:00-11:00 Health Screening 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Shuffleboard 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater 2:00 Bingo Live</p>	<p>21 7:30 8 Ball Pool 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre 1:00 RSVP Drivers 1:00 What the Tech</p>	<p>22 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train</p>
<p>25 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>26 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>27 7:30 8 Ball Pool 8:30 Morning Stretch 9:30 Garden Group 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:30 Shuffleboard 1:00 Karaoke 1:00 Mahjong 1:00 Theater</p>	<p>28 7:30 8 Ball Pool 8:00 Open Sewing Lab 8-12 Benefit Specialist 9:00 Hand & Foot Cards 12:30 Euchre 1:00-2:30 Hearing Aid Check</p>	<p>29 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Shuffleboard 12:30 Mexican Train</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.

July 2022

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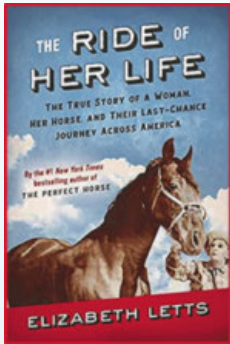
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Please arrive for curbside pick-up meals at 11 am. Meals will not be held for late pick up. Please do not arrive prior to 10:45am</i></p>	<p><i>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed</i></p>			<p>1 BBQ Pulled Pork Whole Wheat Bun Baked Beans Broccoli Salad Warm Cinnamon Applesauce</p>
<p>4 Independence Day Observed No meals served</p> 	<p>5 Brat Patty Baked Beans Carrots Whole Wheat Bun Pineapple Jell-O</p>	<p>6 Chicken Salad Baby Spinach Salad Dressing Potato Salad Whole Wheat Bread Mandarin Oranges</p>	<p>7 <i>Chocolate Milk</i> Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fresh Apple Slices Peanut Butter</p>	<p>8 Baked Parmesan Cod Rice Pilaf Italian Vegetables Romaine Salad w/ Dressing Rye Bread Warm Spiced Pears</p>
<p>11 Ham Slices Sweet Potato Broccoli Whole Wheat Bread Pineapple</p>	<p>12 Meatloaf Au Gratin Potatoes Mediterranean Blend Vegetables Whole Wheat Bread Pears</p>	<p>13 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Sugar Cookie</p>	<p>14 Chicken & Broccoli Casserole Carrots Cauliflower Cheese Stick Mandarin Oranges Pudding</p>	<p>15 <i>Chocolate Milk</i> Sloppy Joe Whole Wheat Bun Baked Bean Medley Italian Vegetables Banana</p>
<p>18 Polish Sausage Hot Dog Bun Baked Bean Medley Beets Peaches</p>	<p>19 Tuna Pasta Salad Romaine Salad w/ Dressing Tomato Juice Cottage Cheese Banana</p>	<p>20 Swedish Meatballs Egg Noodles Stewed Tomatoes Peas and Carrots Whole Wheat Bread Fruited Applesauce</p>	<p>21 <i>Chocolate Milk</i> Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Oatmeal Cookie</p>	<p>22 Grilled Chicken Breast Broccoli Red Potatoes Whole Wheat Bread Pears Carrot Bar</p>
<p>25 Broccoli Quiche Carrots Asparagus Cottage Cheese Cinnamon Raisin Bread Banana</p>	<p>26 Chicken Breast Parmesan Red Potatoes Brussel Sprouts Whole Wheat Bread Mandarin Oranges Apple Cake</p>	<p>27 <i>Chocolate Milk</i> Sloppy Joe Whole Wheat Bun Corn Zucchini Tomato Bake Fruit Whip</p>	<p>28 Herbed Pork Loin Sweet Potato Creamed Spinach Whole Wheat Bread Peaches Pudding</p>	<p>29 Hamburger Whole Wheat Bun Baked Bean Medley Coleslaw Warm Mixed Fruit</p>

Movie Matinee "Dog" Friday, July 1 10:00am

Army Ranger Briggs and Lulu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other crazy, break a handful of laws, narrowly escape death, and learn to let down their guards in order to have a fighting chance of finding happiness.



Book Club "The Ride of Her Life" by Elizabeth Letts Monday, July 25 1:00-2:00pm



The incredible true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean. In 1954, Annie Wilkins, a sixty-three year old farmer from Maine, embarked on an impossible journey. She had no relatives left, she'd lost her family farm to back taxes, and her doctor had just given her two years to live--but only if she "lived restfully." He offered her a spot in the county's charity home. Instead, she decided she wanted to see the Pacific Ocean just once before she died. She bought a cast-off brown gelding named Tarzan, donned men's dungarees, loaded up her horse, and headed out from Maine in mid-November, hoping to beat the snow. She had no map, no GPS, no phone. But she had her ex-racehorse, her faithful mutt, and her own unfailing belief that Americans would treat a stranger with kindness."

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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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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.

*Special thank you to
John and Joe Collins,
Larry White, Jr.
and Larry White (not
pictured) who made
the two planters in
front of Grinnell Hall.
Thank you to Sue
Tucker-Pann and
Bobbie Pann for
planting vegetables
and herbs in the
planters.*



SAVE THE DATE
WESTERN
PICNIC
FRIDAY,
AUGUST 12
1:00-2:30
MUSIC BY CHIP
MESSIMER