

# Power of 50 Plus

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

**November  
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**

*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.*



## **Veterans Day Ceremony Friday, November 11 10:00am Public is invited**

**Light refreshments served following  
the ceremony**



Veterans Day started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on November 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars. We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good. Grinnell Hall has a history in serving Veterans and their families. In April of 1936 Emma H. Grinnell willed \$100,000 to build a Memorial Hall for patriotic organizations in loving memory of her husband, William H. Grinnell. William served in the Wisconsin Volunteer infantry during the Civil War. In 1977 the Veteran organizations sold Grinnell Hall to the City of Beloit and the organization leaders and city staff worked together to meet the needs of the veterans and seniors. Visit the Mural and Honor Wall in the Veterans' room at Grinnell.

Honor our Veterans at Grinnell Hall and show our support for their service. David Woody, US Navy Vietnam Combat Veteran, joined the Naval Reserves right after his 17th birthday and trained for the Navy his last two years in high school. His graduation was on Friday, June 7th and the following Monday, June 10th he was on an airplane going to Norfolk, Virginia. Ten days later he boarded a ship that was getting ready to leave for Vietnam. He will share his adventure that he never could have imagined two years earlier.

Kevin Manhart, retired United States Air Force Master Sergeant, served from November 1974 to April 1996 at age 19 with almost 22 years of service. Kevin duty stations included bases in the United States, Europe and the Middle East. He is a Vietnam era veteran who also served in the Gulf War. Both David and Kevin are members of the Beloit Chapter 14 (DAV) who meet at Grinnell.

**Advisory Board of Grinnell Senior Center**

Pam Curatolo - Chair    Larry White - Vice Chair, Kathy Cope - Secretary, Sherry Westbrook- Treasurer  
Margaret Alexander, Bill Tierney, Tom Trichinotis, Peggy Wellnitz

**Volunteer Spotlight  
Peggy Wellnitz**



Peggy has been a member since 2013 and has been volunteering in the community since 1964. She has been leading the line dancing class for many years and really enjoys herself and the exercise she gets just from dancing. Peggy is on the Grinnell Advisory Board and volunteers at her church. She likes doing things for others and feels good after volunteering.

Peggy has a daughter that lives nearby, has 4 grandchildren and 9 great grandchildren. Some are active in sports so she goes to see lots of games. One of her granddaughters in school plays and choir and Peggy also enjoys seeing her perform. Thank you Peggy for all you do for Grinnell and the community.



- |                  |                 |
|------------------|-----------------|
| <b>Ruth</b>      | <b>Atwood</b>   |
| <b>Beth</b>      | <b>Bausman</b>  |
| <b>David</b>     | <b>Bue</b>      |
| <b>Bonnie</b>    | <b>Burdick</b>  |
| <b>Marianne</b>  | <b>Carlson</b>  |
| <b>Richard</b>   | <b>Crary</b>    |
| <b>Judy</b>      | <b>Cufr</b>     |
| <b>Cheryl</b>    | <b>Donovan</b>  |
| <b>Barb</b>      | <b>Hopper</b>   |
| <b>Sherry</b>    | <b>Huss</b>     |
| <b>Sandra</b>    | <b>Lathrop</b>  |
| <b>Nancy</b>     | <b>List</b>     |
| <b>Eloise</b>    | <b>Manley</b>   |
| <b>Diana</b>     | <b>Mason</b>    |
| <b>Theresa</b>   | <b>Niles</b>    |
| <b>Mary</b>      | <b>Norman</b>   |
| <b>Gloria</b>    | <b>Novy</b>     |
| <b>George</b>    | <b>Olson</b>    |
| <b>Mark</b>      | <b>Preuschl</b> |
| <b>Joann</b>     | <b>Rosenow</b>  |
| <b>Gretchen</b>  | <b>Ruzeck</b>   |
| <b>Darlene</b>   | <b>Salathe</b>  |
| <b>Ron</b>       | <b>Schrader</b> |
| <b>Lucille</b>   | <b>Smith</b>    |
| <b>Christine</b> | <b>Tompkins</b> |
| <b>Kathy</b>     | <b>Vittone</b>  |
| <b>Peggy</b>     | <b>Wellnitz</b> |

Hello all,

The beautiful fall colors is always welcomed, especially if the sun is shining and we had some of that in the beginning of the month. It has been fun with all the new activities in October - Apple Hut tour and cookout. I learned so much about how their orchard operates and the challenges they face. Special thanks to Larry White for grilling the delicious hot dogs and Margaret Alexander, Becky and Barb Hopper for serving.

We are always looking for some new ideas for activities and if you are interested in leading one or setting one up please let us know. We are seeing many new members join us at Grinnell. If you see a new face or even a familiar one but do not know them, go up and introduce yourself, you may have something in common.

I hope many of you join us for the Veteran's Day Ceremony on Friday, November 11th. They really deserve our support. As always thank you for making Grinnell your home away from home. Debbie

**Thank you for your donations**

Judy Finley, Donna Hemmerling, Mary Porter, Deb Marvin, Darlene Salathe, Theresa Niles, Rhonda Tierney, Marilyn Fruzen, Ella Borchardt, Jo Schuett, Diane Chasser, Peggy Wellnitz, Lois Engen, Jeannie Rippl, Karen Neuendorf, Carol Logan, Gerry Wubbena, Addie Flowers, Linda Lynch, Shirley Vonallmen, Eloise Manley, Cyndy McNeas, Rena Elliot, Carolyn Urbanec.

Thank you to Ron Nicholls Family for all the puzzles donated.





**4th Annual Holiday Bazaar & Bake Sale**  
**Wednesday, November 16 to Friday, November 18**  
**9:00am-3:00pm**



We're back! Past Bazaar and Bake Sales were a HUGE success and we couldn't have done it without the help of all of our volunteers who make items or donate items. We are reaching out again for your help. To make sure that we have enough inventory to sustain the sale, we are asking individuals to donate at least one hand made item, home-made baked goods. We are also seeking volunteers to help with the set up and pricing or a couple hours during the Bazaar.

**Volunteers are needed to help with set-up and assist visitors. Please help to make this a success and sign up at the front desk. It's really fun and you will meet new people. Funds from the Holiday Bazaar & Bake Sale are used for activity and special event costs.**



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**Sandra Willison 9/3/2022**  
**Ken Logan 10/9/2022**



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## ROCK STEADY BOXING

Rock Steady Boxing started back up at the Welty Center in Big Hill Park- Beloit. We are so pleased to open the Rock Steady Boxing for Parkinson's after almost a year of being closed! SOL Fitness and the City of Beloit are offering this program on Tuesday and Thursday evenings at 5:30pm. The class was designed for those with Parkinson's but has proven benefits for all! In addition to the power and benefits of boxing, the class works on strength and flexibility, balance, cognitive drills and so many more skills required for active daily living. Participants are various ages and work to their capacity and ability. The program has a limit of 6 participants per evening class due to the COVID restrictions. Registration is a must and safety protocols will be enforced. We invite interested individuals to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any.

The cost is \$10 per class or purchase a punch card \$100 for 11 classes. Please contact Connie Udell at 608-302-7088 or [connieudell1@gmail.com](mailto:connieudell1@gmail.com) for information on this special and with any other questions about Rock Steady Boxing. Rock Steady is non-contact as you do not box against another person. If you are curious on the program and more of its benefits check out [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

### Janesville Area Parkinson's Support Group

Please contact Pat Burhans 608-436-9277 or [Burhans.pat@gmail.com](mailto:Burhans.pat@gmail.com)

**They meet the first Wednesday of each month at 2:00pm. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!**

### All in the Family Tuesday November 8 at 1:00pm

**Catching Up With Each Other, Various Discussions Among the Group**

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 Tuesdays, November 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)

**November 22 & December 20 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.** Each appointment is 20-30 minutes. Although there cannot be social distancing while completing the toenail care, every precaution will be taken. **Please bring your own towel.** There is a \$20 fee to be paid the day of your appointment. Payment is by cash only. You will be required to sign a waiver on the day of your first appointment. We have received many positive comments on Deb's care and education she provides to all who have participated.



Thank you to Pamela and John Wesolowski who donated the storage bin for card making and sewing groups.



**Elder Benefit Specialist**

**Lachel Fowler, Rock County Benefit Specialist will NOT be at Grinnell November and December due to Medicare Open Enrollment.**

The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit and entitlement programs as well as other issues. Lachel works with Rock County residents 60 and over regardless of financial status. Please call 608-757-5414 for additional information.

**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.

**Watch Battery Replacement**

With extra time on your hands did you do some cleaning and find a watch that needs a battery? Please have your items in a plastic baggie or some sort of bag with your name and phone number on. Payment, is due upon pick up. It may take some time to return your items.

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**MUSIC BINGO LIVE!**

**Wednesday, November 16 2:00-3:30pm**

Join us as we sing along with some great songs! Special cards will be handed out with songs on them and you cover that spot when the song is played. We will let you know the name of the song. Prizes will vary. Open to everyone so bring a friend.

**Lefse Making Demonstration**

**Wednesday, November 9 9:00am**



Join Sue Tucker Pann and friends as they demonstrate how to make Lefse. What is Lefse ???

Lefse is a traditional soft Norwegian flatbread. It is made with flour, can include riced potatoes, and includes butter, and milk, cream, or lard. It is cooked on a large, flat griddle. Of course they will share some with those who attend the class. Open to everyone, please call to register.

**Holiday Bottle Decorating**

**Monday, November 14 9:30am**



Join Sue Tucker Pann and friends and make a great holiday décor out of a bottle. They will walk you through the easy process and the bottle will be lighted too! All supplies provided but please feel free to bring your own bottle if you want. A donation of \$3 is appreciated when you sign up.



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Call or visit your local financial advisor today.



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Financial Advisor  
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\* Annual Percentage Yield (APY) effective 10/10/2022. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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### **Wanted Santa's Helpers**

We are looking for some Elves to help write return Santa Letters to the kiddos in Beloit. The Recreation Division will be placing three Santa Mailboxes throughout the City in hopes there are good little girls and boys out there who will write letters to Santa. Letters will come with a self-addressed stamped envelope and Elves will be writing back to the kids letting them know if they have been good this year! The letters will be fun to read and assistance will be given to the Elves if needed. This is the first year for the Santa Letters and we are unsure how many letters we will get so the Elves will be very helpful. Sign up at the front desk of Grinnell Hall if interested.

## **Grinnell Hall 2023 Membership Drive**

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

**Membership is for January-December 2023 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 1-10 and receive 1 ticket**

**Recruit a new member on or by February 1 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 10 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.**

### **Foster Grandparent Program**

***"As you grow older, you will discover that you have two hands. One for helping yourself, the other for helping others." Audrey Hepburn***

**\*Work with school children in literacy and math**

**\*Care about children's futures      \*Have a valid Driver's License**

**\*Work with accompanied youth and teen moms and their kids      \*Be a friend**

If you would like more information about the program please contact Laura at the Retired & Senior Volunteer Program (RSVP), 608-362-9593 or [Laura@rsvp-rock.org](mailto:Laura@rsvp-rock.org)



## CRAFTS WITH LEAANN

Join LeaAnn and make crafts for yourself and the Holiday Bazaar. All supplies are provided.  
Please register for the classes.

Nutcrackers Tuesday, November 1 10:00am  
Sheep & Camel Tuesday, November 8 10:00am

## Karaoke with Sarge Wednesday, November 30 1:00-2:30pm



It's been a few years so he's back by popular demand! Sarge will help you out and sing along with you if you want. Plenty of songs to choose from. Open to everyone.

**REMINDER THAT IT CAN GET CHILLY INSIDE AT GRINNELL DURING THE COLDER MONTHS. PLEASE BRING A SWEATER WITH YOU SO YOU ARE COMFORTABLE.**

### Nutrition and Arthritis

Arthritis is the swelling and tenderness of one or more of the joints and includes hallmark symptoms such as joint pain and stiffness. The aging process typically worsens symptoms and can make living with the disease difficult.

The two main types of arthritis are osteoarthritis and rheumatoid arthritis.

**Osteoarthritis** involves wear and tear in the joint cartilage which can create a painful experience of bone grinding on bone. Osteoarthritis influences the whole joint and causes the joint lining to be inflamed.

With **rheumatoid arthritis**, an individual's immune system attacks the joint capsule lining and the lining becomes inflamed. Over time, rheumatoid arthritis can destroy joint cartilage and bone.

While there is no known cure for arthritis, eating a well-balanced and nutrient-rich diet can help relieve some symptoms of this disease. Certain foods can help reduce inflammation while others may cause it. Omega-3 fatty acids are an anti-inflammatory agent and can be found in foods like walnuts, oily fish (like salmon and sardines), canola, soy, or other oils. These foods can help reduce inflammation.

Processed foods containing saturated fats can increase inflammation and irritation. Avoiding processed, sugary, and fried foods may be helpful for those suffering from arthritis. Consuming a well-balanced diet full of nutrients from fruits and vegetables can help reduce the inflammation and pain associated with arthritis. For example, fruits like cherries and blueberries are antioxidants and can help with symptoms. It is always recommended to talk with your doctor about your specific needs.

### Arthritis Risk Factors

**Family History** Genes make an individual more susceptible to factors which could cause arthritis.

**Age** The risk of this disease increases with age.

**Past joint injury** People who have injured a joint are more likely to develop arthritis in that joint.

**Your Sex** Women and men differ in which forms of arthritis they are more likely to develop.

**Being Overweight** Being overweight is a major risk factor for osteoarthritis (the wear-and-tear type). Theoretically, losing just a few pounds might diminish the discomfort from arthritis because it reduces the stress on the joints. One study found that a loss of just one pound of body weight reduces the load on knees by four pounds.

Visit <https://www.arthritis.org/> to learn more.



# November 2022 Calendar of Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing <b>10:00 Craft with LeaAnn</b> 12:30 Cribbage 12:30 Bridge (closed)	<b>2</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group	<b>3</b> 7:30 Billiards <b>9:00 Advisory Board</b> 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>4</b> 7:30 Billiards 8:30 Yoshi Stretch 9:00 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train
<b>7</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	<b>8</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing <b>10:00 Craft with LeaAnn</b> <b>12:00 Chair Massage</b> 12:30 Cribbage 12:30 Bridge (closed) <b>1:00 All in the Family</b>	<b>9</b> 7:30 Billiards 8:30 Morning Stretch <b>9:00 Lefse Class</b> 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group	<b>10</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	<b>11</b> <b>VETERANS DAY</b> 7:30 Billiards <b>10:00 Veterans</b> <b>Ceremony</b> 12:30 Mexican Train 12:30 Bridge (closed) <b>10:00 Veterans</b> <b>Ceremony</b>
<b>14</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting <b>9:30 Holiday Bottle</b> <b>Class</b> 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	<b>15</b> 7:30 Billiards 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Saint Judes Bridge (closed)	<b>16 9a-3p Holiday</b> <b>Bazaar</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group <b>2:00 Bingo Live</b>	<b>17 9a-3p Holiday</b> <b>Bazaar</b> 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre <b>1:00 RSVP Meeting</b>	<b>18 9a-3p Holiday</b> <b>Bazaar</b> 7:30 Billiards 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train
<b>21</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	<b>22 Toenail Care</b> 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage 12:30 Bridge (closed)	<b>23</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group	<b>24 CLOSED</b> <b>HAPPY</b> 	<b>25 CLOSED</b> <b>THANKSGIVING</b>
<b>28</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>1:00 Book Club</b> 2:00 Uke Jam	<b>29</b> 7:30 Billiards 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed)	<b>30</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater Group <b>1:00 Karaoke</b>	Why did the turkey cross the road twice? <b>To prove he wasn't chicken</b> Why should you never set the turkey next to the dessert? <b>Because he will gobble it up!</b> Why did the cranberries turn red? <b>Because they saw the turkey dressing</b> What happened when the turkey got into a fight? <b>He got the stuffing knocked out of him</b>	

# Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

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.

## November 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Ham Slices Peas Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie	<b>2</b> Roast Turkey & Gravy Green Beans Mashed Potatoes Whole Wheat Bread Peaches Apple Cake	<b>3</b> Hamburger Patty Whole Wheat Bun Beets Broccoli Salad Warm Spiced Pears	<b>4 <i>Chocolate Milk</i></b> Chili Carrots Cauliflower Whole Wheat Bread Light Yogurt Strawberries
<b>7</b> Baked Cod Cooked Spinach Red Potatoes Whole Wheat Bread Pineapple Sugar Cookie	<b>8</b> Burgundy Tips Egg Noodles Winter Squash Peas Mandarin Oranges Vanilla Pudding	<b>9</b> Tuna Casserole Carrots Winter Blend Strawberries Light Yogurt	<b>10 <i>Chocolate Milk</i></b> BBQ Chicken Breast Baked Bean Medley Cole Slaw Whole Wheat Bread Warm Mixed Fruit	<b>11</b> <u><i>Veterans Day Menu</i></u> American Goulash Green Beans Romaine Salad w/dressing Cottage Cheese Warm Spiced Pears 
<b>14</b> Salisbury Steak Stewed Tomatoes Mediterranean Beans Whole Wheat Bread Fruited Applesauce	<b>15</b> Cheesy Mashed Potatoes w/Ham Peas and Carrots Whole Wheat Bread Warm Spiced Pears	<b>16 <i>Chocolate Milk</i></b> Meatloaf Winter Squash Mixed Vegetables Whole Wheat Bread Banana	<b>17</b> Chicken and Rice Broccoli Carrots Apple Slices Peanut Butter Pudding	<b>18</b> Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple Lemon Bar
<b>21</b> Swedish Meatballs Noodles Beets Cauliflower Peaches	<b>22 <u>Thanksgiving Menu</u></b> <i>Chocolate Milk</i> Roast Turkey Green Bean Casserole Mashed Potatoes Cornbread Stuffing Dinner Roll Pumpkin Bar	<b>23</b> BBQ Pork Riblet Baked Beans Whole Wheat Bun San Francisco Blend Vegetables Pears	<b>24 NO MEALS 25 NO MEALS</b> 	
<b>28 <i>Chocolate Milk</i></b> Beef Vegetable Bake Stewed Tomatoes Cheese Stick Whole Wheat Bread Warm Peach Crisp	<b>29</b> Ranch Chicken Whole Wheat Bun Peas Carrots Banana	<b>30</b> Roast Beef w/Gravy Cooked Spinach Beets Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie	<p>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p> <p>Nutrition Program food should not be consumed by persons with severe allergies or dietary restrictions.</p>	

**Movie Matinee “Where the Crawdads Sing” Friday, November 4 10:00am**

Kya is an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.



**Book Club “America’s First Daughter” Monday, November 28 1:00-2:00pm**

**Historical Fiction** From her earliest days, Martha “Patsy” Jefferson knows that though her father loves his family dearly, his devotion to his country runs deeper still. As Thomas Jefferson’s oldest daughter, she becomes his helpmate in the wake of her mother’s death, traveling with him when he becomes American minister to France. And it is in Paris, at the glittering court and among the first tumultuous days of revolution, that she learns of her father’s liaison with Sally Hemings, a slave girl her own age. Patsy too has fallen in love - with her father’s protégé, William Short, a staunch abolitionist intent on a career in Europe. Heartbroken at having to decide between being William’s wife or a devoted daughter, she returns to Virginia with her father and marries a man of his choosing, raising eleven children of her own. Yet as family secrets come to light during her father’s presidency, Patsy must again decide how much she will sacrifice to protect his reputation, in the process defining not just Jefferson’s political legacy, but that of the nation he founded.



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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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## Grinnell Gives Back

The Grinnell Hall Advisory Board is donating turkeys to Salvation Army for Holiday Meals. But more can be done. The board is reaching out to members, friends and family to help meet the community needs by requesting donations to help Caritas, Domestic Violence Associations, Family Promise and more.

How can you help?

Bring in some of the following items so you can help others.

- Fruits canned in juice      Unsweetened applesauce
- 100% fruit juice      Dried fruits (raisins, craisins)
- Canned vegetables (without salt added)
- Canned meats and fish (chicken, ham, beef, tuna, salmon)
- Peanuts and peanut butter      Beans (canned, baked, or dried)
- Whole grain, low-sugar cereal
- Whole grain crackers and popcorn
- Whole grain enriched pasta and instant rice
- Spaghetti sauce      Baby food (not past expiration date)
- Salsa      Reduced-sodium broths and soups
- Salad dressings or spreads      Hormel Compleats
- Boxed meals that can be easily made (ex. Hamburger Helper)
- Individual fruit cups      Individual veggie cups
- Shampoo      Conditioner      Toothbrushes Soap
- Feminine products      Diapers      Cleaning Supplies

**We will start collecting at anytime and continue through December 9.**

## Grinnell Hall Holiday Show Friday, December 9 1:00pm

Searching for talent to share with the Grinnell Hall Holiday Show. Whether it's reading a magical story, playing an instrument, singing, sharing some jokes or other talent. Grinnell members and visitors have been working hard to bring you another great Holiday Show!

Talent please sign up at the front desk.

There will be a short intermission while the Theater Group sets up for their performance.

Please call to register to attend.

We are opening the event to members only at this time.

*Let your talents shine*

