

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

December 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



New Year Celebration Wednesday, January 4 1:00-2:30pm

Did you know that January is National Polka month? Join us for fun and dancing with Mike Schneider playing polka tunes on his accordion! Don't know how to polka? It doesn't matter, someone will help you out or do your own dance. Light refreshments will be served! Party hats and noise makers will be available and fun photo opportunity !

We will give a "toast" to a great 2023 Come join in on the fun!

Open to members and their guests. Please pre-register so we have enough supplies.



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

Goldenaires

Story Telling

Dad Jokes with Larry White

"Twas the Night Before Christmas" performance by Grinnell Theater Group

Don't miss this fun and entertaining event! You will laugh, sing and then do it all over again!

> Please call to register to attend. Open to members and guests.



Advisory Board of Grinnell Senior Center

Pam Curatolo - Chair Larry White - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer Margaret Alexander, Tom Trichinotis, Peggy Wellnitz, Pearl Friedley, Lois Engen

Volunteer spotlight Bobbie Pann

Bobbie began volunteering in 2011 when she was laid off work and wanted to find purpose to give to a worthy organization. She has



volunteered at the reception desk, gift shop, plant sale, class instructor, lunch program, decorating at Grinnell and singing at her church. She volunteers because it is rewarding, provides a great sense of purpose and has made many cherished friendships. Bobbie also plans all the trips for Grinnell Hall. Bobbie is married to Harold Pann, who also does volunteer work around Grinnell. They have three sons, several grandchildren and spend their winters in Surprise, Arizona. Thank you Bobbie, and Harold, for all you do for Grinnell and the community.

Thank You For Your Donations

Karen Kavanaugh, June Hargaves, Dine Chasser, Bobbie Pann, Pearl Friedley, Don & Judy Stotmeister, Karen Draves, Marilyn Fruzen, Carol Logan, JoAnn Koltyk, Linda Swanso, Yoshi Glos, Cindy Keller, Karen Slocum, Nancy Vance, Jan Champion, Myra Franks, Jan Goldsworthy, Jeanine Schmidt, Jjoan Slater, John Kalkirtz, Roma York, Judy Finley, Judy Robson, Corey Moyer, Pearl Friedley, Karen White, Carol Seaton, Brenda Schubert, Jeannie Rippl, LeaAnn Mattox, Andrew Longg, Mry Ann Sveom, Donna Hemmerling, Pamela Joy



Pauline	Bauer	Willian
Patty	Behl	Irma
Arlene	Cook	Howard
Deborah	Davis	Lola
Pam	Dodge	Susie
Linda	Ganser	Julie
Ann	Gates	Richard
Joyce	Goode	Judy
Judy	Haag	Doris
Helen	Holder	Jim
Sandra	Johnson	Judy
Robert	Kaun	Carole
Bill	Knipp	Judy
Linda	Knipp	Mary
Pat	Kothe	Mary
MaryAnne	Krajeck	Elaine
Gail	Krause	Beth
Claudia	Larson	Sue
Bonnie	Longmier	Billy
Mary	Meech	Mary
Doneta	Miller	Ronald

Moran Murphy Naish Nelson **O'Brien** Orvis Pann Rasmussen Reinert Riihl Rosenow Ruef Schubert Shepherd Shope Stageman Thompson Tucker-Pann Weston Witham York

In Loving Memory

Marlene Bachim 7/14/1939-10/13/2022 Ruth Kolpack 5/22/1944-10/16/2022 Jo Schuett 4/29/1932-11/7/2022



Hello Grinnellers!

It might not be the actually date for winter, Wednesday, December 21, but Mother Nature is giving us a preview! Please make sure that you dress appropriately even if you are only going a short distance because you never know what can happen. I always keep extra socks, mittens and hat in my car year round for myself and passengers.

We had a wonderful Veteran's Day Ceremony and it was great to have almost 80 in attendance and show our respect with the Veterans. The Holiday Bazaar is going on right now and we could not do it without the volunteers that have donated items and their time, thank you so much. We use funds to enhance Grinnell Hall and activities and if you have a suggestion please let us know. I am looking forward to bringing in 2023 and hope you can join us for the New Year event! Happy Holidays, Debbie Kraus, Senior Center Manager

Grinnell Gives Back

The Grinnell Hall Advisory Board donated funds to Salvation Army for families in need of holiday meals. But more can be done. The Advisory Board is reaching out to members, friends and families to help meet the community needs by requesting donations to help Caritas, Domestic Violence Association, Family Promise and more.



How can you help? Bring in some of the following items so you can help others enjoy the holidays Unsweetened applesauce 100% fruit juice Dried fruits (raisins, craisins) Fruits canned in juice 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) **Reduced-sodium broths and soups** Salsa Salad dressings or spreads Hormel Completes 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 continue collecting through December 9.





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Grinnell Hall, Beloit Senior Center 608-364-2875



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, December 13 at 1:00pm Stories of Christmas Past

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

Chair Massage Tuesdays, December 13 & 20

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) December 20 & January 17 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. 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.

AARP TAXES

At the time of the printing of the December newsletter we anticipate working with AARP to provide 2022 tax preparation. Until we have all details, we are not taking appointments at this time. Please check January newsletter.

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 will NOT be at Grinnell 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.

LACHEL IS NOT AVAILABLE TO VISIT **GRINNELL IN DECEMBER**

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.

Make the Choice



RIVERSIDE

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



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Visit www.beloithealthsystem.org

Beloit Regional HOSPICE

Member of Beloit Health System

608.363.7421

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HOLIDAY MUSIC BINGO LIVE! Wednesday, December 14 2:00-3:30pm





SHORT-TERM REHAB AND HEALTH CARE

Join us as we play some regular bingo and also music bingo. Sing along with some fun holiday 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.

Rock County Christian School Caroling at Grinnell Hall Tuesday, December 20 12:15-1:15pm

Come and join us for some holiday treats and some great singing from the Rock County Christian School students. Following the caroling we will do some drawings for gift cards.





What did the gingerbread man put on his bed? A cookie sheet! How much did Santa pay for his sleigh? Nothing, it was on the house! What goes "Oh, Oh, Oh"? Santa walking backward!



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LOCALLY

THRIVE

Grinnell Hall, Beloit, WI

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Grinnell Holiday Scavenger Hunt

Becky has created a fun way for you to win a gift card! Beginning on December 5 thru December 16, there will be an "Elf on the Shelf" moving throughout Grinnell Hall. We will have an Elf on the Shelf Scavenger Hunt form for you to record where you saw the Elf on a certain date. Don't tell anyone else as you will receive one chance for every correct location on a certain date! Forms will be available November 29. Drawing will be held on Monday, December 19 at 3:00pm. You do not need to be present to win. Join in on the fun!



VILLIAMS

Williams Tree Farm Visit Thursday, December 1 Meet at Grinnell at 10:30am

Enjoy the sites and sounds of Christmas at Williams Tree Farm. We will self tour and browse the shop, you can purchase lunch or snacks on your own if you want. We will carpool or you can meet us out there. 4661 Yale Bridge Rd, Rockton, IL 61072.

Give us a call to register and let us know if you can take others or need a ride.

Medicare

Time to Review Your Medicare Plan Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2023! The plans' premiums, deductibles, and co-pays can also change each year.

What can you do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2023. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better. Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Rock County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist of **Rock County Council on Aging.** Start preparing early this year. The Council on Aging has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call Lachel Fowler at (608)757-5414.

Assistance is also available through the following resources:

1-800-MEDICARE or <u>www.medicare.gov</u> Medigap helpline 1-800-242-1060 Disability Drug Helpline 1-800-926-4862 (if under age 60) Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



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Grinnell Hall, Beloit Senior Center 608-364-2875



Stuffed Teddy Bear Project Tuesdays, December 6 & December 13 1:00-3:00pm

Join Cyndy McNees as you create your own 8-10 inch tall Teddy Bear. You must be an advanced sewer and attend both classes. Grinnell will provide the thread, sewing machines and stuffing. You bring the fabric of your choice. Half a yard that is 45 inches wide or if picking a plaid fabric, three-quarter of a yard that is 45 inches wide. Registration is limited so sign up early. If you sign up and cannot make it please let us know as soon as possible.

Bracelets with LeaAnn Tuesday, December 13 10:00-11:00am

Back by popular demand!! Join LeaAnn Mattox for this fun and creative bracelet making project. You will be able to choose from a variety of designs for your bracelet and put it together. Make one for yourself, a family member or friend. You will be amazed at what you can do. The photo is just a sample of link designs available. Please pre-register



Letters to Santa - Elves Wanted

Children and adults can write letters to Santa and drop them off with a self addressed stamped envelope in Santa's mailbox. There are three mailboxes located throughout Beloit: Downtown-Corner of State & Grand; Beloit Library; Edwards Ice Arena-2101 Cranston Road. We are searching for some Elves to help write return Santa Letters. And what could be better than receiving a letter from the Jolly Ole Elf. Reading the letters will be fun and bring out the child in you.

Let us know if you are interested.

Beloit Memorial High School ROTC



Jon Condon

Illa Borgwardt created the patriotic quilt





Kevin Manhart, (retired Master Sargent US Air Force) Theresa Niles (US Air Force Veteran) and David Wood (US Navy Vietnam Combat Veteran)



Theresa and Ken Niles won the patriotic quilt

December 2022 Calendar of Activities						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Year Round Joy Christmas is full of shiny things that sparkle, gleam and glow these holiday pleasures dazzle us, and yet, deep down we know that Christmas has its special gifts, but our year-round joy depends on the cherished people in our lives, our family and our friends. By Joanna Fuchs			 7:30 Billiards 8:00 Open Sewing Lab 9:00 Advisory Board 9:00 Hand & Foot Cards 10:30 Williams Tree Farm Visit 12:30 Euchre 	2 7:30 Billiards 8:30 Tai Chi 10:00 Movie 12:30 Mexican Train		
5 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:30 Bridge (closed)	 6 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch 1:00 Stuffed Bear Making 	 7 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 	8 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre 1:00 RSVP Meeting	9 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed) 1:00 Holiday Show		
12 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:30 Bridge (closed) 2:00 Uke Jam	 13 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Bracelets with LeaAnn 12:00 Chair Massage 12:30 Cribbage 1:00 All in the Family 1:00 Bridge/Lynch 1:00 Stuffed Bear Making 	14 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 2:00 Bingo Live	15 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre 1:00 What the Tech	16 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train		
19 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 12:30 Bridge (closed) 1:00 Book Club	 20 Toenail Care 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:15 Carolers 12:30 Cribbage 12:30 Saint Judes Bridge (closed) 1:00 Bridge/Lynch 	21 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	22 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre	23 CLOSED HAPPY HOLIDAYS		
26 CLOSED HAPPY HOLIDAYS	27 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	 28 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 	29 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 12:30 Euchre	30 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train		

Rock LUNC Eligibility: Any perso any age. Dining Centers: Reso the prior business da Suggested donation: Funding provided by Rock County COA is No eligible person wi	December 2022 Page 10			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.		1 Ham and Bean Stew Green Beans Whole Wheat Bread Warm Spiced Pears Yogurt	2 Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread
5 Chili Carrots Cauliflower Whole Wheat Bread Light Yogurt Strawberries	6 <i>Chocolate Milk</i> Hamburger Patty Whole Wheat Bun Beets Broccoli Salad Warm Spiced Pears	7 Chicken Breast Rice Pilaf Corn Casserole San Fran Blend Vegetables Fruited Applesauce	8 Ham Slices Peas Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie	9 Roast Turkey & Gravy Green Beans Mashed Potatoes Whole Wheat Bread Peaches Apple Cake
12 Sloppy Joe Whole Wheat Bun Winter Blend Veg. Baked Beans Pineapple	13 Chicken Fajita Casserole Cauliflower Stewed Tomatoes Mandarin Oranges	14 Chocolate Milk Spaghetti w/ Meatballs Romaine Salad Dressing Broccoli Warm Fruit Salad	15 Hot Pork Hamburger Bun Cheesy Potato Casserole Cooked Cabbage Applesauce Vanilla Pudding	16 Chicken Parmesan Peas Winter Squash Whole Wheat Bread Pumpkin Bar
19 Tuna Casserole Carrots Winter Blend Strawberries Light Yogurt	20 <u>Christmas Menu</u> Ham Carrots Green Bean Casserole Tossed Salad w/ Ranch Wheat Dinner Roll Apple Pie Bar	21 American Goulash Green Beans Romaine Salad w/dressing Cottage Cheese Warm Spiced Pears	22 Chocolate Milk Burgundy Tips Egg Noodles Winter Squash Peas Mandarin Oranges Vanilla Pudding	23 Closed Christmas Holiday
26 Closed Christmas Holiday	27 Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp	28 BBQ Pork Riblet Baked Beans Whole Wheat Bun San Francisco Blend Vegetables Pears	29 Turkey & Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Cake w/berry frosting	30 Chocolate Milk Swedish Meatballs Noodles Beets Cauliflower Peaches



Movie Matinee " Christmas Cottage" Friday, December 2 10:00am

When his mother is in danger of losing her home, young Thomas Kinkade learns lessons about love and friendship as artist Glen Wessler leads the community to help save the house. Meanwhile, the future "Painter of Light" begins to find his own style and a look at the inspiration behind the painting The Christmas Cottage. Cast Jared Padalecki, Marcia Gay Harden, Peter O'Toole Please give a call to register for the movie.



Book Club Lilac Girls Monday, December 19 1:00-2:00pm

Historical Fiction New York socialite Caroline Ferriday has her hands full with her post at the French consulate and a new love on the horizon. But Caroline's world is forever changed when Hitler's army invades Poland in September 1939 and then sets its sights on France. An ocean away from Caroline, Kasia Kuzmerick, a Polish teenager, senses her carefree youth disappearing as she is drawn deeper into her role as courier for the underground resistance movement. In a tense atmosphere of watchful eyes and suspecting neighbors, one false move can have dire consequences. For the ambitious young German doctor, Herta

Oberheuser, an ad for a government medical position seems her ticket out of a desolate life. Once hired, though, she finds herself trapped in a male-dominated realm of Nazi secrets and power. The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbrück, the notorious Nazi concentration camp for women. Their stories cross continents—from New York to Paris, Germany, and Poland—as Caroline and Kasia strive to bring justice to those whom history has forgotten. Books available for pick up at Grinnell, return at Book Club meeting.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Grinnell Hall, Beloit, WI

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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit Grinnell Hall Senior Activity Center 631 Bluff St. Beloit, WI 53511 Phone: 608-364-2875 Email: <u>krausd@beloitwi.gov</u> Website: <u>www.beloitwi.gov</u>





National Council on Aging

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 10 and receive 10 additional tickets! Front desk staff will track how many tickets you earn and we will begin distribution on February 6. Prize bags will be displayed on February 6 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.