

# Power of 50 Plus

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

**July 2023**

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.*



Interested in Grinnell Hall activities? Give a call or stop by for a tour and we can answer any questions. If you want to get involved with weekly activities we do ask that you become a member after three visits. Grinnell Hall membership is open to anyone no matter where you reside. Membership fees have not changed for the past several years, only \$25 for an individual and \$40 for a couple. Memberships are from January - December. If you are in need of financial assistance we can assist..



## Luau at Grinnell Hall Wednesday, July 12 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 will be served including Ms. Yoshi's special Luau Punch. Please give a call to sign up or if you forget just join in on the fun! Open to everyone!

Thank you to our sponsor Oak Park Place.

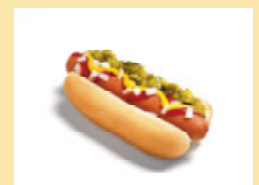


## Hot Dog Day Friday, July 21 3:00pm



Larry White will be grilling some delicious hot dogs. Eat here and enjoy the company or take it to go, just let us know.

Two hot dogs, chips, cookie and drink for only \$5.00.  
Please register and pay by Wednesday, July 19.



**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, Lois Engen, Linda Kuhnle



**Volunteer Spotlight  
Pam Curatolo**

Pam has been the Advisory Board President the past year and has enjoyed it very much. She has been coming to Grinnell since 2016 and have volunteered at the front desk in the past. She loves people and never met a person that didn't become a friend. Volunteering gives Pam a purpose and her energy comes from meeting and helping people. She recommends volunteering as you make new friends and gets you out and about. Pam enjoys playing Mexican Train and billiards. She has 5 grandsons which keeps her busy babysitting as much as she can. Thank you Pam for all that you do for Grinnell Hall we really appreciate it.

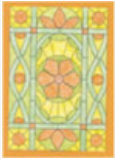
Hello Grinnellers,  
I have heard many talk about working on their gardens and that is a sign of summer! Sue Tucker– Pann has planted some vegetables and herbs in the planters out front of Grinnell. We will share as they grow. Thank you to all who helped with the plant sale and donated plants as it could not have successful without you. Did you know we take eyeglasses for the Lions Club? The glasses are sorted to determine those that are usable or unusable, processed, and placed in inventory for distribution to optical missions around the world. Did you also know that the Beloit Disabled American Veterans (DAV) meet at Grinnell on the fourth Thursday of each month at 6:30pm? DAV assists many Veterans with benefits that they may not know about. Stop by the meeting to receive some information. Did you know that we have a cornhole/bags game? Get some friends together who are interested in playing and we can get it set up for you outside, just let us know. As always thank you for making Grinnell your home away from home.  
Debbie Kraus, Senior Center Manager

- |                        |               |          |
|------------------------|---------------|----------|
| Linda                  | Andreoni      |          |
| Keith                  | Bach          |          |
| Ellen                  | Barlow        |          |
| Illa                   | Borgwardt     |          |
| Karen                  | Bourbon       |          |
| Kathy                  | Cope          |          |
| Bernadine              | Crall         |          |
| Carl                   | Creedy        |          |
| Susan                  | Davis         | <b>H</b> |
| Janet                  | Deeds         | <b>A</b> |
| Carol                  | Egleston      | <b>P</b> |
| Carol                  | Fryar         | <b>P</b> |
| Linda                  | Gilbert       | <b>P</b> |
| Colleen                | Gill          | <b>P</b> |
| Sharyl                 | Goecks        | <b>Y</b> |
| Janice                 | Goldsworthy   |          |
| Betty                  | Hannum        |          |
| Donna                  | Hanson        |          |
| Nancy                  | Hoffman       |          |
| Diane                  | Jones-Nuzzo   | <b>B</b> |
| Hal                    | Joyce         | <b>I</b> |
| Marilyn                | Kasten        | <b>R</b> |
| Terri                  | Kaye          | <b>T</b> |
| Chester                | Knutson       | <b>H</b> |
| Leonard                | Larsen        | <b>D</b> |
| Cyndy                  | Mac Nees      | <b>A</b> |
| Dawn                   | McIntyre      | <b>Y</b> |
| Donna                  | Messer        |          |
| Pat                    | Messerschmidt |          |
| Nancy                  | Mowers        |          |
| Terri                  | Mullvain      |          |
| Margaret               | Robinson      |          |
| Schoon                 | Rose          |          |
| Janet                  | Schaefer      |          |
| Rose                   | Schenck       |          |
| Tom                    | Stevens       |          |
| Judy                   | Stottmeister  |          |
| Tammy                  | Tucker        |          |
| Jean                   | Van Kampen    |          |
| Dorothy                | Wensel        |          |
| Pam                    | West          |          |
| Sherry                 | Westbrook     |          |
| Phil                   | White         |          |
| Cynthia                | Whitman       |          |
| Happy Belated Birthday |               |          |
| Don                    | Stottmeister  |          |



**Thank you for your donations**

Kathy Loescher, Laura Brenton, Polly Peterson, Margrita Blizard, Geri Feldman, Teri Mullivan, Mary Wilde, Sue Tucker-Pann, Ann Purifoy, Nancy Hoffman, June Hargraves, Pearl Friedley, Watson Schoonover, Diana Mason, Judy Stottmeister



Joy in Color Mondays July 10, 17, 24, 31 at 12:30pm.

We will use different mediums to color and 8 x 10 frameable print. We will also do a craft each week. Join Pamela Joy and get creative and have some conversations. All supplies provided. You don't have to attend every class. Pick a day or two. Please register in advance.

SC Aviation Tour and Lunch at Bessie's Diner Wednesday, August 2 10:00am tour, 11:00 lunch



The use of company aircraft has changed vastly since The Swiss Colony purchased its first aircraft in 1946. From transporting executives to generating revenue, SC Aviation has evolved into a well-respected charter operator in the upper Midwest. We will get to board one of their private jets and feel like a millionaire. Following the tour we will go to Bessie's for a delicious lunch. You will pay individually at the restaurant. Both are located at Janesville Airport on highway 51, just north of Beloit. Address is 4120 S Discovery Dr, Janesville, WI 53546. You can meet us there or we can follow each other. We will leave Grinnell at 9:30am. You must register in advance and let us know if you will be meeting us there or following from Grinnell. You can sign up for both or just the tour or lunch. Please note that with the tour there is walking and some steps to board the plane.

Pinochle Tuesdays 10:00am July 11, 18, 25

We have some folks who are interested in starting pinochle group so we are starting some lessons. Please attend even if you know how to play pinochle and get some playing in.

Less work. More life!

Home happens here.  
Cottages • Apartments  
Assisted Living • Memory Care  
Short-term Rehabilitation  
CedarCrestLife.com  
(608)756-0344

**Daley • Murphy • Wisch & Associates**  
FUNERAL HOME AND CREMATORIUM  
2355 Cranston Rd. • Beloit, WI 53511  
608-362-3444  
www.daleymurphywisch.com

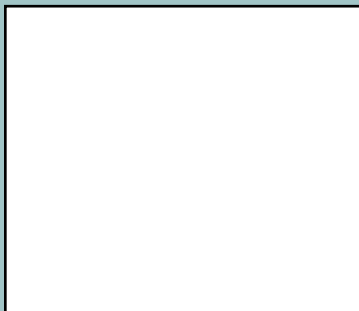
HEALTH | MEDICARE | LIFE | SUPPLEMENTAL  
Need affordable Medicare that's in step with your life?  
Choosing the right Medicare coverage can be confusing.  
I can help you find a plan that's right for YOU and YOUR BUDGET.

**Jean Linos**  
Local Licensed Agent  
P 262-264-5445  
jlinos@myeph.com  
www.eplatinumhealth.com/jlinos

*I work by referral. Please don't keep me a secret*  
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

"It's my life and they respect that."  
Local long-term care supports and services delivered with a focus on Life. Defined by you.

inclusa.org | 877-376-6113



SUPPORT OUR ADVERTISERS!





## ROCK STEADY NON-CONTACT BOXING

Rock Steady is non-contact as you do not box against another person. Rock Steady Boxing is held 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! 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. Registration is a must and safety protocols will be enforced. You are invited to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any. Cost is \$10 per class or purchase a punch card for \$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. If you are curious about the program and more of its benefits check out

[www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

## Cooking for One or Two Tuesday, July 11 2:00-3:30pm

This program will feature recipes, nutrition information, and some ideas on eating well, even when preparing meals for only one or two people. Tips to reduce recipes will be shared. In addition, ideas will be given on how one rotisserie chicken can make four delicious meals. Linda Hardie, Nutrition Program Supervisor, will share her expertise and answer questions you may have. Join us for this fun interactive program to learn some tips and tricks to cooking great meals in smaller portions.

Open to everyone, please register as there is limited enrollment.



## All in the Family Tuesday, July 11 at 1:00pm

Come at 1:00pm to visit and stay for the Cooking for One or Two at 2:00

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 Participant's: "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. Please register by calling Grinnell at 608-364-2875.

## Chair Massage Tuesdays, July 11 & 25, August 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)

Tuesday, July 18, Tuesday, August 15, Tuesday, September 19 by appointment only  
9:00am-2:00pm

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. **Please bring your own towel.** There is a \$20 fee to be paid the day of your appointment. Payment is by cash only.

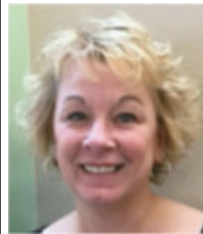
**Chicks with Sticks** is a social group who teach others to knit or crochet.

Join us for some **Cribbage** on Tuesdays and **Euchre** on Thursdays. Don't know how to play let us know and we can connect you with someone who can teach you.

Paper crafting is for those who want to be creative and make a variety of items. Teresa Niles leads the class and all supplies are provided. Come in on Mondays at 9:30am

**Watch Battery Replacement, Jewelry Repair & Alterations**

Drop off your items and list what you need to have done with them. Please have items in some sort of bag with your name and phone number in the bag. Fees are charged for work.



**Elder Benefit Specialist**

**Lachel Fowler, 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.

**Thursday, July 13 12PM-4PM**

**Thursday, July 27 8AM-12PM**

**What The Tech**

**Thursday, July 20 1:00-3:30**

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door? **What The Tech**, led by Mark Prueschel and you can drop for some help. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of questions.

**Make the Smart Choice**



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



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



**At-Home Healthcare**  
608.363.5885



Member of Beloit Health System

608.363.7421



Visit [www.beloithealthsystem.org](http://www.beloithealthsystem.org)

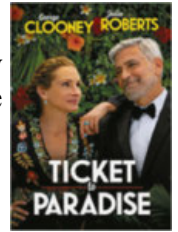




**Movie “Ticket to Paradise” Friday, July 7 10:00am**

Ticket to Paradise Love is in the air on Bali as recent college grad Lily prepares to wed a local guy and her friend Wren finds herself falling for an island doctor. But Lily's parents , now divorced, are speeding to the island to put a halt to the festivities.

Cast George Clooney, Julia Roberts, Kaitlyn Dever, Billie Lourd, Lucas Bravo, Sean Lynch



**Movie “80 For Brady” Friday, August 4 10:00am**

Four lifelong friends set out on an unforgettable journey to see their hero Tom Brady play in Super Bowl LI and witness one of the greatest comebacks in sports history, discovering that it's never too late to live life to the fullest. A movie that will keep you laughing! Cast Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Tom Brady



**BINGO Wednesday, July 19 2:00-3:30pm**

Join us as we play bingo with a variety of prizes. There is no cost for bingo. Open to everyone so bring a friend or two. You do not have to pre-register.

***THANK YOU JEAN LINOS, E PLATINUM HEALTH OUR JULY BINGO SPONSOR!!***

**Edward Jones**

> [edwardjones.com](http://edwardjones.com) | Member SIPC

**You're retired.  
Your money isn't.**

To find out options to keep your money working for you, call me today.



**Caroline Rukin**  
Financial Advisor  
200 W Grand Ave Suite A-100  
Beloit, WI 53511-6109  
608-362-1666

IRT-4395G-A © 2022 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED

**PENNY HANSEN**  
REALTOR

CENTURY 21 AFFILIATED  
LICENSED IN IL & WI  
SENIOR REAL ESTATE SPECIALIST (SRES)

[www.pennyhansen.com](http://www.pennyhansen.com)  
[pennyhansenc21@gmail.com](mailto:pennyhansenc21@gmail.com)



**608-751-1096**

**Agrace**

Age at Home • Supportive Care  
Hospice Care • Grief Support

(608) 755-1871  
[Agrace.org](http://Agrace.org)

2452

**my choice**  
WISCONSIN

My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

**Visit us today:**  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)  
**1-800-963-0035**

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021

**THRIVE**  
LOCALLY





**Out Smart Scammers Thursday, July 13 10:00am**

Five common scammer scenarios will be highlighted: Collection Fraud, Grandparent Scam; Romance/Long Distance/Sweatheart Scam, Lottery/Sweepstakes Scam, Social Security Scam.

- \*Learn how to spot certain red flags that may indicate a fraudulent encounter
- \*Gain resources you can turn to in the event you or a loved one is targeted
- \*Discover steps you can take to help protect yourself and loved ones

Led by Elizabeth Bailey of Edward Jones and sponsored by Retired Senior Volunteer Program. Space is limited to 20 people. Reservations are required by calling RSVP at 608-362-9593 or email Larissa at [lchmielewski@rsvp-rock.org](mailto:lchmielewski@rsvp-rock.org).



***Gentle Yoga Class Mondays, July 3, 10, 17, 24, 31***

Come practice meditative and gentle modified yoga postures and movement with us. Learn how to practice yoga in a safe and therapeutic manner. Explore using your awareness, breath and props to support your posture and movement for increased vitality and ease in your body, mind, and heart. We ask for a \$2 donation for the class.

Instructor Jamie Ackley is a somatic practitioner certified in yoga instruction and massage therapy with over twenty years experience teaching in clinical and community settings. She loves to find creative and therapeutic ways to make yoga accessible, supportive and fresh. Please register in advance.

***What Happens When I Dial 911 Monday, July 10 12:30-1:30pm***

Todd Farley, Battalion Chief with City of Beloit Fire Department will be here to present and answer your questions. This presentation is helpful to all of us, and hopefully we won't need it.

Some questions you may have are "What happens when you call 911", "I live alone will they contact my relatives?" "Can I choose which hospital I go to?" "Do EMTs have access to my medical records?" Come get informed. Open to everyone, please pre-register for this class.

***Painting with Katie Thursday, July 13, 1:00pm-3:00pm***

Join Katie in a fun painting class. No painting experience is needed with this opportunity. Paint, brushes, and a 8" x 10" canvas will all be provided. Katie will lead you step by step on how to create a beautiful flower that you'll be proud to hang up in your home. Cost is \$25 and should be paid when you register. Please sign up at the receptionist desk by Monday, July 10 so supplies can be purchased.



***Garden Club Visit to Anderson Japanese Gardens Thursday, July 20***

Anderson Japanese Gardens is a beautiful, outdoor setting that inspires the mind and energizes the soul. The twelve-acre landscape of streams, waterfalls, winding pathways, and koi-filled ponds has been rated one of North America's highest quality Japanese gardens for more than a decade. There is a lot of walking on this tour. This date is Donation Day and admission fees are waived. Please meet at Grinnell at 9:15am and we will depart at 9:30am and carpool. Open to everyone, please sign up for this program.

### 2023 Trip Information

Open to everyone and for all ages.

Please stop in for a trip brochure for additional information.

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

Full refunds will be given if Grinnell cancels the trip.

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

**When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken. You can find someone to fill your spot if you want.**

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

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

### GREAT TRIPS, GREAT FUN!! DON'T MISS OUT REGISTER EARLY



#### Lake Geneva Boat Ride and Tour of Black Point Estate Wednesday, August 16

Grinnell Members \$107.00 Non-Members \$117.00

Price includes boat ride, meal, tip, taxes, tour and coach bus transportation

#### Margaritaville CIRCA 21 Wednesday, September 6

Grinnell Members \$86.00 Non-members \$96.00

Price includes meal, show and coach bus transportation.



#### John Denver Tribute - White Pines Thursday, September 28

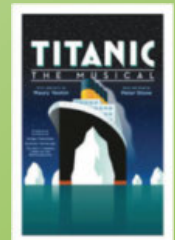
Grinnell Members \$94.00 Non-Members \$104.00

Price includes meal, show and coach bus transportation.

#### Titanic- Fireside Thursday, October 26

Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show, transportation on your own. We will carpool.



**PLEASE REGISTER 30 DAYS IN ADVANCE.  
FOR ADDITIONAL INFORMATION GIVE US A CALL AND WE CAN  
EMAIL YOU OR STOP IN AND PICK UP A TRIP BROCHURE.**





# July 2023 Calendar of Activities

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <p>3</p> <p>7:30 Billiards<br/>8:30 Chair Exercise<br/>9:00 Paper Crafting<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>1:00 Gentle Yoga</p>   | <p>4</p> <p><b>Independence Day Closed</b><br/><b>Celebrate America</b></p>   | <p>5 7:30 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch<br/>Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Theater Group</p>  | <p>6 <b>Brewers Trip</b><br/>7:30 Billiards<br/>8:00 Open Sewing<br/>9:00 Hand &amp; Foot<br/><b>9:00 Advisory Board</b><br/>9:30 Line Dancing<br/>12:30 Euchre</p>   | <p>7 7:30 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/><b>10:00 Movie</b><br/>12:30 Mexican Train</p>       |
| <p>10</p> <p>7:30 Billiards<br/>8:30 Chair Exercise<br/>9:00 Paper Crafting<br/>10:00 Goldenaires<br/>12:30 Game Day<br/><b>12:30 911 Presentation</b><br/>12:30 Joy in Color<br/>1:00 Gentle Yoga<br/>2:00 Ukes</p> | <p>11 7:30 Billiards<br/>9:30 Line Dancing Beginners<br/>10:00 Line Dancing<br/><b>10:00 Pinochle Lessons</b><br/><b>12:00 Chair Massage</b><br/>12:30 Cribbage<br/>12:30 Bridge (closed)<br/>1:00 Bridge/Lynch<br/><b>1:00 All in the Family</b><br/><b>2:00 Cooking for One or Two</b></p> | <p>12 7:30 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch<br/>Yoga<br/>10:00 Chicks with Sticks<br/><b>1:00 Luau</b><br/>1:00 Mahjong<br/>1:00 Theater Group<br/><b>1:00 Pool with Hal</b></p>        | <p>13 <b>Legends Trip</b><br/>13 7:30 Billiards<br/>8:00 Open Sewing<br/>9:00 Hand &amp; Foot<br/>9:30 Line Dancing<br/><b>10:00 RSVP Scams Presentation</b><br/><b>12:00-4:00 Benefit Specialist</b><br/>12:30 Euchre<br/><b>1:00 Painting Class</b></p> | <p>14 7:30 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/>12:30 Mexican Train</p>                             |
| <p>17 7:30 Billiards<br/>8:30 Chair Exercise<br/>9:00 Paper Crafting<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>12:30 Joy in Color<br/>1:00 Gentle Yoga</p>  | <p>18 7:30 Billiards<br/><b>9:00 Toenail Care</b><br/>9:30 Line Dancing Beginners<br/>10:00 Line Dancing<br/><b>10:00 Pinochle Lessons</b><br/>10:00 Pinochle Lessons<br/>12:30 Cribbage<br/>1:00 Bridge/Lynch</p>   | <p>19 7:30 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch<br/>Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Theater Group<br/><b>2:00 Bingo</b></p>                                     | <p>20</p> <p>7:30 Billiards<br/>8:00 Open Sewing<br/><b>9:00 RSVP Meeting</b><br/>9:00 Hand &amp; Foot<br/><b>9:15 Anderson Garden Visit</b><br/>9:30 Line Dancing<br/>12:30 Euchre<br/><b>1:00 What the Tech</b></p>                                     | <p>21 7:30 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/>12:30 Mexican Train<br/><b>3:00 Hot Dog Day</b></p> |
| <p>24 7:30 Billiards<br/>8:30 Chair Exercise<br/>9:00 Bridge (closed)<br/>9:00 Paper Crafting<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>12:30 Joy in Color<br/>1:00 Gentle Yoga<br/>2:00 Ukes</p>                 | <p>25 7:30 Billiards<br/>9:30 Line Dancing Beginner<br/>10:00 Line Dancing<br/>10:00 Pinochle Lessons<br/><b>10:00 Pinochle Lessons</b><br/><b>12:00 Chair Massage</b><br/>12:30 Cribbage<br/>1:00 Bridge/Lynch</p>  | <p>26 7:30 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch<br/>Yoga<br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Theater Group</p>   | <p>27 7:30 Billiards<br/>8:00 Open Sewing<br/><b>8:00-12:00 Benefit Specialist</b><br/>9:00 Hand &amp; Foot<br/>9:30 Line Dancing<br/>12:30 Euchre</p>  | <p>28 7:30 Billiards<br/>8:30 Stretch Class<br/>9:00 Tai Chi<br/>12:30 Mexican Train</p>                             |
| <p>31 7:30 Billiards<br/>8:30 Chair Exercise<br/>9:00 Bridge (closed)<br/>9:00 Paper Crafting<br/>10:00 Goldenaires<br/>12:30 Game Day<br/>12:30 Joy in Color<br/><b>1:00 Book Club</b><br/>1:00 Gentle Yoga</p>     | <p><b>August 1</b><br/>7:30 Billiards<br/>9:30 Line Dancing Beginner<br/>10:00 Line Dancing<br/>10:00 Pinochle Lessons<br/><b>10:00 Pinochle Lessons</b><br/><b>12:00 Chair Massage</b><br/>12:30 Cribbage<br/>1:00 Bridge/Lynch</p>   | <p><b>August 2</b><br/>7:30 Billiards<br/>8:30 Morning Stretch<br/>9:45 Easy Stretch<br/>Yoga<br/><b>10:00 Aviation Tour and Lunch</b><br/>10:00 Chicks with Sticks<br/>1:00 Mahjong<br/>1:00 Theater Group</p> | <p><b>Congratulations to Ron Patten</b><br/>He won the Euchre<br/>Tournament recently held!<br/>Second Place was<br/>Kevin Altman.<br/>Way to go guys!</p>  |  |

# Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

**Eligibility:** Any person age 60 or older regardless of income, residency 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: \$5.00** All donations are appreciated.

**Funding provided by Title III (Older Americans Act) and donations.**

**Rock County COA is an equal opportunity provider.**

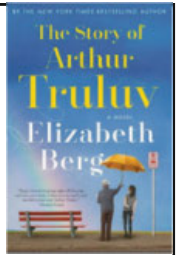
**No eligible person will be denied a meal because of inability to make a donation.**

**July  
2023**

Page 10

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <b>3</b> <i>Chocolate Milk</i><br>Baked Parmesan Cod<br>Rice Pilaf<br>Zucchini Tomato Bake<br>Broccoli Salad<br>Warm Spiced Pears | <b>4</b><br><b>INDEPENDENCE DAY</b><br><b>NO MEALS</b><br> | <b>5</b><br>Lemon Pepper Chicken<br>Red Cabbage<br>Sweet Potatoes<br>Whole Wheat Bread<br>Fruited Applesauce<br>Pumpkin Bar    | <b>6</b><br>Roast Beef w/ Gravy<br>Mashed Potatoes<br>Brussel Sprouts<br>Whole Wheat Bread<br>Apple Slices<br>Peanut Butter            | <b>7</b><br>Brat Patty<br>Hamburger Bun<br>Mediterranean Beans<br>Red Potatoes<br>Melon Mix   |
| <b>10</b><br>Meatloaf<br>Whole Wheat Bread<br>Au Gratin Potatoes<br>Mediterranean Veg.<br>Pears                                   | <b>11</b> <i>Chocolate Milk</i><br>Sloppy Joe<br>Whole Wheat Bun<br>Baked Bean Medley<br>Corn<br>Fruit Whip                                 | <b>12</b><br>Ham Slices<br>Squash<br>Cooked Spinach<br>Whole Wheat Bread<br>Applesauce<br>Pudding                              | <b>13</b><br>Creamy Chicken & Vegetables<br>Biscuit<br>Carrots<br>Cauliflower<br>Banana  | <b>14</b><br>Sliced Turkey Breast w/ Gravy<br>Mashed Potatoes<br>Beets<br>Whole Wheat Bread<br>Crushed Pineapple<br>Fudgy Fiber Brownie |
| <b>17</b><br>Polish Sausage<br>Whole Wheat Bun<br>Mediterranean Beans<br>Potato Salad<br>Warm Sliced Pears                        | <b>18</b><br>Swedish Meatballs<br>Egg Noodles<br>Stewed Tomatoes<br>Winter Blend<br>Whole Wheat Bread<br>Fruited Applesauce                 | <b>19</b> <i>Chocolate Milk</i><br>Tuna Pasta Salad<br>Romaine Lettuce w/ Dressing<br>Tomato Juice<br>Cottage Cheese<br>Banana | <b>20</b><br>Baked Chicken w/ Gravy<br>Broccoli<br>Corn Casserole<br>Whole Wheat Bread<br>Peaches<br>Carrot Bar                        | <b>21</b><br>BBQ Rib Patty<br>Whole Wheat Bun<br>Zucchini Tomato Bake<br>Peas<br>Mandarin Oranges<br>Cookie                             |
| <b>24</b><br>Chicken Parmesan<br>Breast<br>Carrots<br>Cauliflower<br>Whole Wheat Bread<br>Applesauce<br>Apple Cake                | <b>25</b><br>Salisbury Steak<br>Au Gratin Potatoes<br>Peas & Carrots<br>Whole Wheat Bread<br>Fruit Whip                                     | <b>26</b><br>Broccoli Quiche<br>Red Potatoes<br>Asparagus<br>Pears Cinnamon Raisin Bread<br>Cottage Cheese                     | <b>27</b> <i>Chocolate Milk</i><br>Herbed Pork Loin<br>Whole Wheat Bread<br>Sweet Potatoes<br>Cooked Spinach<br>Melon Mix<br>Pudding 7 | <b>28</b><br>Balsamic Shredded Beef<br>Whole Wheat Bun<br>Baked Beans<br>Coleslaw<br>Warm Mixed Fruit                                   |
| <b>31</b><br>Stuffed Pepper Casserole<br>Squash<br>Mixed Vegetables<br>Light Yogurt<br>Strawberries                               | <i>A weed is a plant with nine lives.</i><br>            | <i>Give the weeds an inch, they'll take a yard.</i>  | <b>Dining Centers Are Open!</b><br><i>Come eat with your friends!</i>  | <b>Confidential Wisconsin Elder Abuse Hotline</b><br><b>1-833-586-0107</b>  |

**The Story of Arthur Truluv By Elizabeth Berg**  
**Monday, July 31 1:00-2:00pm**



A beautiful, life-affirming novel about a remarkably loving man who creates for himself and others second chances at happiness. A moving novel about three people who find their way back from loss and loneliness to a different kind of happiness. Arthur, a widow, meets Maddy, a troubled teenage girl who is avoiding school by hiding out at the cemetery, where Arthur goes every day for lunch to have imaginary conversations with his late wife, and think about the lives of others. The two strike up a friendship that draws them out of isolation. Maddy gives Arthur the name Truluv, for his loving and positive responses to every outrageous thing she says or does. With Arthur's nosy neighbor Lucille, they create a loving and unconventional family, proving that life's most precious moments are sweeter when shared. Please sign up and pick up book at front desk.

**Walk Wednesdays offered by Rock County ADRC Meet at 9:45am**

July 12 Silverwood Park 771 Silver Lane Edgerton  
 July 19 Sterling North Museum 409 W Rollin St. Edgerton  
 For more information call 608-757-5408

**POOL/BILLIARDS SCHOOL WITH HAL JOYCE**

Calling all beginners and advanced players!  
 Learn what to do before you hit the first ball, how to break the group of balls, how to shoot straight and more. Wednesdays 1:00-2:00pm  
 July 12 and August 9

## ARE RECORD-HIGH ENERGY & WATER COSTS SQUEEZING YOUR FIXED OR LIMITED INCOMES?

**ENERGY SERVICES FOR ROCK COUNTY** and other local energy & water assistance providers are working together to **keep you safely in your home.**

**LIHEAP Crisis Energy Assistance Funds** may be available for those w/ special unmet needs additional LIHEAP crisis, KWW/CF, Heat and Housing For Heroes, or utility.  
 ~ 800-506-5596 or [www.heat.help](http://www.heat.help)

**Low Income Household Water Assistance Program** may be available to pay arrears preventing disconnection of water service & to help with bill reduction. You may also qualify for water conservation assistance: repairing leaky pipes, hot water heaters, & other measures to reduce monthly water usage.  
 ~ 833-H2O-WISC (833-426-9472) or [wisconsinwater.help](http://wisconsinwater.help)

**Low Income Weatherization/LIHEAP Emergency Furnace Assistance** provides energy conservation services in eligible households to help reduce home energy costs and save energy, including insulation, sealing air leaks, installation of energy-saving products, and repair or replacement of inefficient furnaces or other appliances. Wisconsin's Division of Energy Services oversees the Wisconsin Weatherization Assistance Program.

★★★★★★★★★★ **FOR VETERANS** ★★★★★★★★★★

Eligible households may receive rental assistance from **Veterans Rental Assistance Program** and energy assistance from the **Wisconsin Home Energy Assistance Program (WHEAP)** and **Heat & Housing For Heroes**.

**Don't delay, call us today! 608-363-9200**

**ADT-Monitored Home Security**

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

**833-287-3502**

Authorized Provider SafeStreets

WE'RE HIRING!

**AD SALES EXECUTIVES**

BE YOURSELF.  
 BRING YOUR PASSION.  
 WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)



# 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: [krausd@beloitwi.gov](mailto:krausd@beloitwi.gov)  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



**Meet the 2023 candidates for Grinnell Hall Advisory Board. Ballots will be available at the front desk beginning Monday, August 7th. Annual meeting is on Wednesday, August 23 at 11:00am. and the board members will be introduced. Ballots are due on Tuesday, August 22 at 4:00pm.**



**LOIS ENGEN**

I have been coming to Grinnell for 9 years playing cribbage and euchre. I also volunteer for the

ADRC nutrition program.

I have 4 children, several grandchildren, many great grandchildren. I was involved with Kiwanis and Eagles Club. I worked at Barber Coleman in Rockford for 26 years and have also worked at McDonald's and the School system serving lunches. I have lived in Beloit since I was 5.

I would like to become more involved with the future of Grinnell.



**GERI HEIM**

I am fairly new to Grinnell and have been coming for 1.5 years. I have been impressed by the varied of options offered at Grinnell. Also the friendliness and encouragement of members.

I retired two years ago from Rock County Protective Services. I am married and have 2 children, my son is a Beloit Firefighter and my daughter is a teacher. We are proud Beloiters. I love to read and journal. We have a rescue dog named Grace and I love all dogs.

I would like to be a part of the planning and continued growth of Grinnell.



**RHONDA TIERNEY**

I have been involved with Grinnell Hall for 13 years. In the past I have volunteered for

Rockford YWCA Board, Lions Club, Rockton Historical Society, RSVP in Rock and Winnebago Counties, screen and review films for BIFF, have helped organize three large community festivals and volunteer at Grinnell. I have worked for 25 years in retail automotive parts and 10 years in the medical field. In my spare time I enjoy gardening, listening 50s, 60s and 70s music. With my business and volunteer backgrounds I feel that I would be a good addition to the Advisory Board.