

Power of 50 Plus

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

**September
2023**

Grinnell Hall
Senior Activity
Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875
Hours
8:00am-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.



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 you. Come join in on the fun!

**ATTENTION BEGINNING SEPTEMBER 1 HOURS FOR
GRINNELL HALL WILL BE 8:00AM-4:00PM**



The BlockHeads *Friday, September 29 1:00-2:00pm*

The BlockHeads will perform classic hits from the 60's and 70's live, one afternoon only!

Enjoy great music by Nat King Cole, Bob Dylan, the Boxtops, the Band, Bob Seger, Jimmy Reed and the Buffalo Springfield. The group consists of native Beloiters: Richard Guelzow, Roger Kemman, and our own David Sowl and local guitar legend, Matt Goodwin. Anyone who likes good music is sure to enjoy the show so don't miss it! Open to everyone so invite family and friends. No need to sign up. Light refreshments will be served.

Grinnell Theater Productions *Cuckoos in Cahoots at the Villa Estates* *Friday, October 6 1:00pm*



A peek at the retired lives of four long time friends. The lady friends' personalities have a mixture of pushy, flighty, vivacious and perfectly proper. Mix that with a reasonable man and that will get you laughing. Performance is open to everyone so bring a friend.

Advisory Board of Grinnell Senior Center

Pam Curatolo - Chair Larry White - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer Margaret Alexander, Tom Trichinotis, Lois Engen, Linda Kuhnle

Volunteer Spotlight Tom Trichinotis



Tom has been volunteering for many years and helps with special events, nutrition program and has been an Advisory Board Member. Tom likes to be a helping hand to make someone happy and help make their life easier. When he helps someone he feels good about it. He encourages others to help out where and when they can, even if it is a smile to a stranger. Tom has played with the Ukes group as well and enjoys music. Tom was raised in Beloit and also volunteers at his church. Thank you Tom for all you do for the Beloit Community and Grinnell Hall.

Hello Grinnellers, It has been a fantastic summer, yes it is almost over, but we can look forward to the fall and the colors that it creates. I love seeing the sunshine on the leaves both in the trees and on the ground. But raking them....not so much. My neighbor has a huge silver maple tree that shares it's helicopters with my eaves so that is a little downfall. September is National Senior Center month so we have a few days when we will bring out some treats to celebrate throughout the month. It is great so see many new faces coming to Grinnell and enjoying the trips. Many friendships have been formed here at Grinnell, so say hello to someone if you don't know them and start up a conversation! As always thank you for making Grinnell your home away from home. Debbie Kraus, Senior Center Manager

Thank you for your donations

Jean Warn, Kathy Loescher, Eloise Manley, Terri Kay, Pam Curatolo, Linda Kinder, Beth Bausman, Sherril Gilbertson



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Nancy Webster
Clyde Wells
Karen Whisenand

Our apologies to Dick Pan who celebrated his 80th birthday on August 29

Garden Club Wednesday September 27 1:00 pm

Join guest speaker Joe Reinhard, a retired horticulturist. His presentation will be, " Fall maintenance for lawns and gardens", followed by a question and answer period. Bring your gardening questions and come and enjoy the presentation. Please call to register.

Lunch Bunch Jersey's Bar & Grill Thursday, September 7 at 11:00am

Jersey's has a wide variety of menu items that will tingle your taste buds. They also have great cheesecake deserts. Please sign up and let us know if you will meet us there or carpool from Grinnell. If you are carpooling please be here by 10:30. You will pay individually at the restaurant. Jersey's is located at 2770 Milwaukee Rd, Beloit, WI 53511.



Pinochle Wednesdays 1:00pm

Pinochle group is going well so come and join us. All levels of players are welcome and if you don't know how to play they will teach you.



Oakwood Cemetery Tour Walk Saturday, September 9 9:00-11:00am

City of Beloit Parks and Recreation and Beloit Historical Society hosting the walk. Find out information about historical figures resting spots. John Kalkirtz and John Sebaka are the presenters. Meet at the Chapel—1221 Clary Street. Please no pets. All ages welcome free of charge. To register call 608-364-2890 by September 6.

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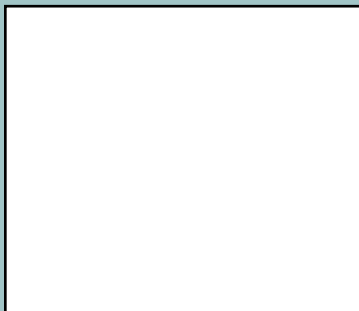
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ROCK STEADY NON-CONTACT BOXING

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 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.

All in the Family Tuesday, September 12 at 1:00pm

Come and meet to visit.

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.

Janesville-Beloit Kennel Club Monday, September 18 1:00pm

Come out and meet "Koda" and friends as they visit Grinnell. The dogs will visit with you and the Kennel Club will share a variety of information on dogs. A dog provides great companionship and exercise for individuals and families. Please register for this program.

Chair Massage Tuesdays, September 12 & 26,

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)

**Tuesdays, September 19, October 24, November 21, December 19 by appointment only
8:15am-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.

PLEASE NOTE THAT THERE WILL BE A CHANGE IN FOOT CARE PROVIDER BEGINNING IN JANUARY 2024. DEB SCULLIN IS RETIRING AND WE WILL BE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. DAYS AND PRICING WILL CHANGE AND WE WILL KEEP YOU INFORMED.

**All You Want to Know and Then Some
Department of Public Works Presentation
Wednesday, September 20 10:30am**

Join us as the Department of Public Works team present information on the many aspects of the Department: Streets, Solid Waste, Snow and Ice Removal, Cemeteries, Yard Waste, Waste Water Resources, Engineering, Horticulture, Parks, Recreation and Forestry. There will be handouts and you will be able to ask questions and discuss concerns. Open to everyone!



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, September 14 12-4PM

What The Tech

Thursday, Sept. 21 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.

**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.

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Smart Choice**



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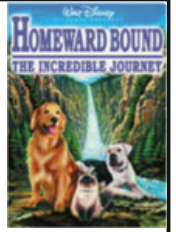


Visit www.beloithealthsystem.org



Homeward Bound The Incredible Journey Friday, September 1 10am

A lovable golden retriever, a sassy cat and a feisty bulldog pup mistakenly believe their owners have abandoned them in this lighthearted adventure. The trio sets out on an incredible journey to be reunited with their family.



Lucky's Treasure Friday, October 6 10am



Heading off to college, Emily Landis knows her life is going to change. She just wasn't expecting it to be this difficult! Leaving her friends, moving from the city to the country, dealing with classes, and having her Grandfather Henry as her housemate are challenging enough. Until she meets Jake, a caring local who's willing to help Emily acclimate both on the ranch and on campus, much to the disdain of his former girlfriend. When Emily discovers her Grandma died searching for hidden treasure on the family's ranch, she and Jake attempt to find the rare gold coin that has eluded treasure hunters, scoundrels, and thieves for decades on end.



BINGO Wednesday, September 20 1:00-2:30pm NEW TIME

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.

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DHS Approved 4/22/2021

**THRIVE
LOCALLY**



Journaling for Well-Being/ Memoir Writing

Jo Ann Koltyk will lead this workshop. It is targeted to anyone who may benefit from therapeutic aspects of journaling through expressive writing. The eight-week workshop will teach various writing techniques that may help participants to reduce their stress, learn to express their feelings and emotions on paper; find new ways to solve problems; discover their own creativity and wisdom from their life story; and promote well-being through the writing process. In this particular workshop we will also be reading a memoir by Betty Reid Soskin called "Sign My Name to Freedom" to help guide us in writing our own life stories. Books will be available at first class session and must be returned at the end of the session. Workshop will be held on Tuesdays 1:00-3:00pm September 12, 2023 – October 31, 2023. You do not have to be a writer to attend this workshop. You only need to bring paper, pen, and a willingness to write what's on your mind or in your heart, and to write some of the stories of your life. Please register as there is limited space.

IronTek Tour Friday, September 8 2:00pm

IronTek, is a business incubator and co-working space that is unique. Offices are created out of train cargo cars. IronTek had a recent expansion which added 8,000 square feet to the facility. IronTek's first expansion was in 2017. It expanded again in 2018. With the latest expansion, IronTek has a total of 28,000 square feet of office space, work areas and common areas for start-up businesses, entrepreneurs and remote work professionals. IronTek had to expand to keep up with the demand. IronTek houses 160 members/tenants, which include photographers, videographers, financial planners and other professionals. IronWorks is located at 645 Third Street. Please register for this unique and interesting tour.



Healthy Eating Presentations

FoodWise is a program of the University of Wisconsin Extension and offers programs to advance healthy eating habits, active lifestyles, and healthy community environments through nutrition education. Join FoodWise for the following presentations here at Grinnell. Open to everyone. Please register for the presentationS.

Eat Well, Spend Less Friday, September 15 10:00-11:00am

Taste a healthy recipe, share shopping tips, and set goals for healthy eating.

Great Grain Discoveries Friday, September 22 10:00-11:00am

Engage in a recipe demonstration and increase your knowledge of what whole grain foods are and their health benefits.



WeCOPE (Connecting with Our Positive Emotions) is an evidence-based interactive program that helps adults to cope with both short- and long-term stress. This program has been shown to reduce stress and symptoms of depression, increase positive affect, and improve health behaviors. Through the 11 skills that are taught during the class adults learn to manage life's challenges in healthy ways in order to take better care of themselves and others. Participants gain

the most benefit when they are able to commit some time outside of class each week practicing the skills we review in class. The course is conducted in 1-hour sessions for 6 weeks. These sessions encourage practicing skills such as mindfulness, savoring, positive reappraisal, gratitude, and goal setting among others. Class will meet Wednesdays 1:00-2:00pm October 4, 11, 18, 25, November 8 & 15. NO CLASS NOVEMBER 1. Please register for this program as space is limited. Registration deadline is September 11. Class is led by Sara Ennocenti with UW-Madison Division of Extension Rock County.

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.

Titanic– Fireside Thursday, October 26

Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show.

Titanic, the very name signals one of the most enduring events of the Twentieth Century.

TITANIC is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. TITANIC is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity. Don't miss this musical as unforgettable as the historic event itself.

We will meet at Telfer Park at 9:15 and return at 4:00. Please let us know if you can drive or need a ride or if you will be driving there on your own. Please register by September 22.

Space may be available after September 22



RSVP Presentation Travel is Important to Your Health! Thursday, September 14 10:00am Hedberg Library

Join Christina VanGalder Jensen of GVG Tours will share information about travel benefits and tips to make it easier. Please call RSVP at 608-362-9593 or lchmielewski@rsvp-rock.org. Hedberg Library is located at 316 S Main St, Janesville, WI 53545 Janesville



Veteran Comradery Luncheon Wednesday, September 27th 11am-Noon

Mark Finnegan from Vet's Roll will share information on the program. The presentation will be held at Oak Park Place 700 Myrtle Way, Janesville
RSVP BY Monday, September 25th 608-530-5702



Drum and Music Circle Friday, September 8 10:00-11:30am Back by Popular Demand!

Make music grow your brain! Drum circle sing-along lead by Castle Music Director Johnny Wittnebel (also plays with Nick & Friends). Beating to drums in unison is therapeutic with rhythmic patterns and familiar songs. Sing-along, play-along or bop along with an array of percussion, drums, ukuleles and fun sounds as Johnny leads the group's creativity. The music manifests and gets created and dictated by the group. Feel free to bring your own instrument or we will have one for you to use! Johnny will also have his guitar and take requests. Open to everyone.

September 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train
4 CLOSED Happy Labor Day 	5 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge 2:00 Strong Bodies?	6 Margaritaville Trip 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group	7 Advisory Board Meeting 13 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 11:00 Lunch Bunch 12:30 Euchre	8 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Dum & Music 12:30 Mexican Train 12:30 Bridge 2:00 Tour of Iron Tek
11 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 1:00 Paper Crafting 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes	12 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 All in the Family 1:00 Journaling 2:00 Strong Bodies?	13 Day of Caring 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 All in the Family	14 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 10:00 RSVP Presentation Hedberg Library 12:00-4:00 Benefit Specialist 12:30 Euchre	15 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Eating Well 12:30 Mexican Train
18 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 1:00 Paper Crafting 1:00 Gentle Yoga 1:00 Mahjong 1:00 Kennel Club visit	19 7:30 Billiards 8:15 Toenail Care 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 St. Judes Bridge 1:00 Journaling 2:00 Strong Bodies?	20 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 DPW Presentation 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 Bingo	21 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 RSVP Meeting	22 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Great Grains Discoveries 12:30 Mexican Train
25 7:30 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 1:00 Paper Crafting 1:00 Book Club 1:00 Gentle Yoga 1:00 Mahjong 2:00 Ukes	26 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 12:30 Bridge 1:00 Journaling 2:00 Strong Bodies?	27 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Garden Club 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group	28 John Denver Trip 7:30 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre	29 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train 1:00 The Block Heads

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.

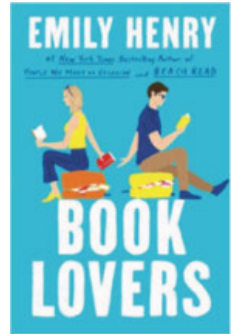
No eligible person will be denied a meal because of inability to make a donation.

**September
2023**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Dining Centers are Open! Come eat with your friends!</p>	<p>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</p>			<p>1 Polish Sausage Hot Dog Bun Mediterranean Beans Potato Salad Warm Spiced Pears</p>
<p>4 LABOR DAY NO MEALS</p> 	<p>5 Salisbury Steak Au Gratin Potatoes Peas & Carrots Whole Wheat Bread Fruit Whip</p>	<p>6 Broccoli Quiche Red Potatoes Asparagus Cottage Cheese Cinnamon Raisin Bread Pears</p>	<p>7 Herbed Pork Loin Sweet Potatoes Cooked Spinach Whole Wheat Bread Melon Mix Pudding</p>	<p>8 Chicken Breast Parmesan Carrots Cauliflower Whole Wheat Bread Applesauce Apple Cake</p>
<p>11 Roast Turkey Mediterranean Vegetables Corn Casserole Whole Wheat Bread Mandarin Oranges Chocolate Mousse</p>	<p>12 Chicken Pasta Salad Potato Salad Tomato Juice Peaches Cottage Cheese Lemon Bar</p>	<p>13 Stuffed Pepper Casserole Squash Mixed Vegetables Light Yogurt Strawberries</p>	<p>14 Hamburger Whole Wheat Bun Baked Bean Medley Winter Blend Banana</p>	<p>15 Baked Parmesan Cod Red Cabbage Broccoli Salad Whole Wheat Bread Warm Cinnamon Applesauce Cookie</p>
<p>18 Hamburger Stroganoff Brown Rice Stewed Tomatoes California Blend Veg. Pears</p>	<p>19 Chicken Salad Potato Salad Baby Spinach w/ Dressing Whole Wheat Bread Peaches</p>	<p>20 Spaghetti & Meatballs Italian Blend Veg. Romaine Lettuce w/ Dressing Warm Fruit Salad</p>	<p>21 Chicken Egg Roll Bowl Green Beans Carrots Whole Wheat Bread Applesauce Cake w/ Berry Frosting</p>	<p>22 BBQ Pork Hamburger Bun Baked Beans Peas Crushed Pineapple</p>
<p>25 Lemon Pepper Chicken Red Cabbage Sweet Potatoes Whole Wheat Bread Fruited Applesauce Pumpkin Bar</p>	<p>26 Taco Pasta Salad Romaine Lettuce w/ Dressing Tomato Juice Strawberries Light Yogurt</p>	<p>27 Brat Patty Hamburger Bun Mediterranean Beans Red Potatoes Melon Mix</p>	<p>28 Roast Beef w/ Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Apple Slices Peanut Butter</p>	<p>29 Baked Parmesan Cod Rice Pilaf Zucchini Tomato Bake Broccoli Salad Warm Spiced Pears</p>

Book Lovers by Emily Henry
Monday, September 25 1:00-2:00pm



One summer. Two rivals. A plot twist they didn't see coming....

Nora Stephens' life is books - she's read them all - and she is not that type of heroine. Not the plucky one, not the laidback dream girl, and especially not the sweetheart. In fact, the only people Nora is a heroine for are her clients, for whom she lands enormous deals as a cutthroat literary agent, and her beloved little sister Libby. Which is why she agrees to go to Sunshine Falls, North Carolina for the month of August when Libby begs her for a sisters' trip away - with visions of a small-town transformation for Nora, who she's convinced needs to become the heroine in her own story. But instead of picnics in meadows, or run-ins with a handsome country doctor or bulging-forearmed bartender, Nora keeps bumping into Charlie Lastra, a bookish brooding editor from back in the city. It would be a meet-cute if not for the fact that they've met many times and it's never been cute.

If Nora knows she's not an ideal heroine, Charlie knows he's nobody's hero, but as they are thrown together again and again—in a series of coincidences no editor worth their salt would allow—what they discover might just unravel the carefully crafted stories they've written about themselves.

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

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

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**.



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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: krausd@beloitwi.gov
Website: www.beloitwi.gov



Beloit Senior Fair Tuesday, October 3 9:00am-1:00pm
Eclipse Center Over 50 Vendors Free
*Rx Round Up *Fun Photo Booth *Door Prizes
*Secure document collecting for shredding *Health Screenings
*Educational Information *Entertainment

“LIVING WELL” in 2023!

Workshop Helps Older Adults with Chronic Health Conditions feel better and get the support they need

“If you have your health, you have a lot,” so the saying goes. YOU have a big role to play in your own wellness! It is estimated that only 20% of your health is determined by what happens in the doctor’s office. Consider participating in a **“Living Well”** workshop!

The goal of “Living Well” is to help people better manage their health conditions. Past participants report increased energy, reduced stress, more self-confidence, and fewer doctors’ visits as a result of taking the Living Well workshop.

“Living Well” is for people with chronic diseases and their caregivers. Chronic diseases are ongoing health conditions and include diabetes, arthritis, anxiety, high blood pressure, vision issues, depression, cancer, Parkinson’s, heart disease, chronic pain, multiple sclerosis, fibromyalgia, and others.

During the workshop, participants receive support from trained facilitators and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, getting quality sleep, understand new treatment choices and learn better ways to communicate about their conditions. Comes with the book “Living a Healthy Life.”

The ADRC of Rock County is offering an in person Living Well workshop series on six consecutive Wednesday 9:00-11:30am on October 18, 25, November 1, 8, 15, & 22 at Grinnell Hall. Registration deadline is October 5, 2023 and space is limited to 12 participants.

For more information, or to register call the ADRC of Rock County at: (608) 757-5309 or email:

Lisa.Messer@co.rock.wi.us. You may also register online at: <https://www.co.rock.wi.us/aging> (click on classes/workshops.) *There is a \$15 suggested donation. Program best suited for those ages 60+.*

