

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

**November
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.



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



Light refreshments served following the ceremony

Veterans Day started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on November 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars. We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

Grinnell Hall has a history in serving Veterans and their families. In April of 1936 Emma H. Grinnell willed \$100,000 to build a Memorial Hall for patriotic organizations in loving memory of her husband, William H. Grinnell. William served in the Wisconsin Volunteer infantry during the Civil War. In 1977 the Veteran organizations sold Grinnell Hall to the City of Beloit and the organization leaders and city staff worked together to meet the needs of the veterans and seniors.

During WWII, a large portion of the U.S. male population enlisted for military service and women joined the workforce in factories. Eva Hoff, is one of those women known as "Rosie the Riveters". Two weeks after graduating high school she started working in quality control for a Besly Products, a Beloit company that no longer exists. When she started there was only one other woman and two men in her department. After the war, she continued working for another 50 years for the company. She will share some of her life experiences.

CW5 Steven Wightman enlisted into the Wisconsin Army National Guard in December 1983. He was assigned as the Administrative Officer for Headquarters Detachment, Joint Force Headquarters- Wisconsin in 2012 and deployed to Afghanistan from January – September 2013 serving with the 104th Security Force Advise and Assist Team as a Human Resources Advisor to the Afghan Border Police. In May 2015, CW5 Wightman was assigned to his current position as the Plans & Operations Branch Chief overseeing awards, mobilizations and discharges for the Wisconsin Army National Guard. He will share his experiences.

While here please visit the Mural and Honor Wall in the Veterans' Room at Grinnell.

The Beloit Chapter 14 (DAV) meets at Grinnell Hall on the 4th Thursday at 6:00pm.

Advisory Board of Grinnell Senior Center

Larry White - Chair, Linda Kuhnle - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer
Margaret Alexander, Lois Engen, Geri Heim, Rhonda Tierney, Rose Ackley

**Volunteer Spotlight
Mary Santopoalo**



Mary Santopoalo and her husband Tom joined Grinnell in May 2023. She approached us about starting Pinochle and giving lessons, so she is volunteering her time on Wednesday afternoons! She also volunteers at her church twice a week. She loves to share her talents and it makes her feel good to help someone. We have noticed how patient Mary is with those learning how to play pinochle and she always has a smile on her face. Mary plays Mexican Train at Grinnell and enjoys getting to meet new people. Mary enjoys going on cruises and crocheting. Mary and Tom have 3 sons, 6 grandchildren and 2 great-grandchildren. Thank You Mary for all you do at Grinnell and in the community.



Ruth	Atwood	Nancy	List
Beth	Bausman	Eloise	Manley
George	Bemus	Diana	Mason
David	Bue	Darlene	Nelson
Marianne	Carlson	Theresa	Niles
Richard	Crary	Mary	Norman
Judy	Cufr	Gloria	Novy
Jim	Deeds	George	Olson
Cheryl	Donovan	Suzanne	Parr
Carol	Eggleston	Mark	Preuschl
Julia	Gjerseth	Joann	Rosenow
Linda	Grebener	Gretchen	Ruzeck
Keith	Griffin	Ron	Schrader
John	Gwin	Brenda	Schubert
Tina	Hardt	Becky	Smesrud
Marjorie	Harris	James	Smesrud
Barb	Hopper	Arlene	Summers
Rae	Johnson	Jim	Teed
Sandy	Kenny	Kathy	Vittone
Sandra	Lathrop	Peggy	Wellnitz

Dementia LIVE Friday, December 14

Dementia LIVE is a dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. After participating in the LIVE experience, you may notice better relationships with family or friends including quality visits, less care-partner stress, and better communication. Appointments must be made in advance and each appointment time can take up to 4 individuals. Appointment times are 10:00am, 10:45am, 11:30am, 12:15pm and 1:00pm. The experience includes the simulation and post discussion and questions. The simulation is led by Karen Tennyson, Dementia Care Specialist with Rock County ADRC. Open to everyone and you must register in advance.



**Thank You For Your Donations
We couldn't do it without you!**

Cynthia McNeas, Tammy Dowdy, Deb Marvin, Beth Bausman, Vicki Seichter, Debra Young, Linda Kinder, Karen Whisenand, Karen Govert, Karen White, Myrna Wright, Pam Weiss, Kim Bascom, Ruby Hayes, Gary Borchardt, Sharon Larson, Judy Olsen, Donna Hemmerly, Nancy Appley, Caroline Bullard, Judy Cufr, Bobbie Pann, Patti Manning



Lunch Bunch at Pizza Ranch Tuesday, November 8 at 11:15am



Pizza, chicken, potatoes, salad, pizza and pasta, desert, drink and more. 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 10:45. You will pay individually at the restaurant. Senior price is \$13.29 plus tax. Pizza Ranch is located at 4797 Bluestem Road Roscoe, IL 61073.

Murder on the Orient Express Circa 21 Wednesday, February 21, 2024

Grinnell Members \$92.00 Non-members \$102.00

Price includes meal, show and transportation on coach bus

Just after midnight, a snowdrift stops the Orient Express in its tracks. An American tycoon lies dead in his compartment, his door locked from the inside. Isolated with a killer in their midst, the passengers rely on detective Hercule Poirot to identify the murderer in case he or she decides to strike again. Intrigue, suspense and a healthy dose of humor all rolled into this murder mystery.

Board coach bus at Telfer Park at 8:30am, depart time is 8:45am. Return approximately 6:00pm. Please register by January 12. If there is inclement weather and the bus cannot make the drive we will cancel and all will receive a refund.



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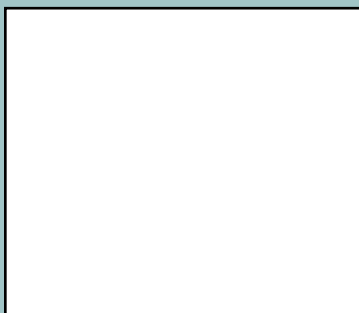
Jean Linos
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I work by referral. Please don't keep me a secret
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information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

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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, November 14 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.

Chair Massage Tuesdays, November 14 & 28

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, 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 BEGINNING IN JANUARY 2024 THERE WILL BE A CHANGE IN FOOT CARE PROVIDER. DEB SCULLIN IS RETIRING AND WE WILL BE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. THEY WILL PROVIDE A REGISTERED NURSE. WE HOPE TO CONTINUE ON THE SAME DAY OF THE WEEK AND SAME TIMES. APPOINTMENTS WILL BE 30 MINUTES AND COST IS \$35.00. SOAKING OF THE FEET WILL NOT BE DONE BUT DREMELING WILL BE ADDED IF NEEDED. YOU CAN GET YOUR FINGERNAILS CUT FOR AN ADDITIONAL FEE OF \$15.00 AT THE SAME APPOINTMENT OR YOU CAN MAKE AN APPOINTMENT FOR FINGERNAIL TRIMMING ONLY. PAYMENT WILL BE BY CASH OR CHECK ONLY TO THE RN. YOU WILL SET UP APPOINTMENTS WITH TOENAIL TRIMMERS DIRECTLY. NO INSURANCE IS TAKEN.

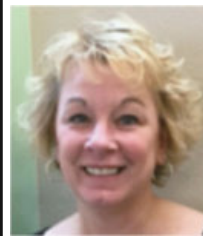
What The Tech

Thursdays Nov. 16 & Dec. 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 it. Or, you are so frustrated you are ready to throw the device out the door? **What The Tech**, led by Mark Prueschel will be at Grinnell and you can drop in 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.

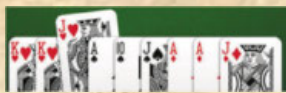


Elder Benefit Specialist

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.

PLEASE NOTE THAT LACHEL WILL NOT BE AT GRINNELL HALL IN OCTOBER, NOVEMBER OR DECEMBER DUE TO MEDICARE OPEN ENROLLMENT. CONTACT LACHEL TO SET UP AN APPOINTMENT AND SHE CAN MEET WITH YOU AT GRINELL.



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.

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Visit www.beloithealthsystem.org



MOVIE MATINEE

An Old Fashioned Thanksgiving Friday, November 3 10:00am



In this moving Hallmark Channel drama based on a short story by Louisa May Alcott, struggling widow Mary Bassett (Helene Joy) is trying to support three children, but money is so tight that they can't even afford a Thanksgiving turkey. An unexpected visit from her estranged -- and moneyed -- mother (Jacqueline Bisset) means Mary can prepare a proper holiday meal. However, it will take more than a feast to heal this family's emotional wounds.



The House Without a Christmas Tree Friday, December 1 10:00am

A young Nebraskan girl named Addie wants nothing more for the holidays than a Christmas tree. Her bitter widowed father refuses, but slowly learns the spirit of the season. Based on the semi-autobiographical book by Gail Rock. Cast: Jason Robards, Lisa Lucas, Mildred Natwick

BINGO Wednesday, November 15 1:00-2:30pm

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



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

DHS Approved 4/22/2021



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!

Grinnell Hall 2023 Membership Drive

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

Membership is for January-December 2024 and prices will remain the same!

Single Membership \$25 Couple Membership \$40

Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.

**What are the benefits of a Grinnell Hall Membership?
Friendship, Fellowship, Fun, Special pricing for trips.**

Door prizes will be available to win and the number of tickets you receive depends upon when you sign up for a new membership, renew your membership and if you recruit a new member.

How does it work???

If you have already renewed you will receive 3 tickets.

Renew now through December and receive 3 tickets

Renew in January and receive 2 tickets

Renew between February 1-10 and receive 1 ticket

Recruit a new member on or by February 1 and receive 10 additional tickets!

Front desk staff will track how many tickets you earn and we will begin distribution on February 5.

Prize bags will be displayed on February 5 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 16 at 12:00pm.

You do not need to be present to win.

Additional information will be available in upcoming newsletters.

If you cannot afford the cost we can assist you with that.

All information is kept confidential.

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 call Grinnell to register for the presentations.



Understanding Food Labels and Ingredients Friday, November 17 10:00am

How confident do you feel when you try to select healthy foods? What do you find confusing? We will discuss how to decode food labels. A recipe demonstration and tasting will be provided.

Food Processing and Marketing Friday, December 8 10:00am

Learn how processing affects a food's health benefits and learn about strategies for healthier choices when dining out. A recipe demonstration and tasting will be provided.



5th Annual Holiday Bazaar and Bake Sale November 1, 2, 3 9:00am-3:00pm



Let's do it again and make this year's Holiday Bazaar and Bake Sale a HUGE success. We can't do it without the help of all of our volunteers who create, bake or donate items. We are also looking for volunteers to help with the set up, pricing and assisting customers. A couple of hours during the Bazaar that would be greatly appreciated. Stop by the front desk to sign up.



Drum and Music Circle 10:00-11:00am *Wednesday, November 8 and Friday, December 15* **Get involved it's great for the soul!**



Make music to grow your brain! Beating to drums in unison and rhythmic patterns is therapeutic. Sing-along, play-along or bop along with an array of percussion, drums, ukuleles and fun sounds as Castle Music Director Johnny leads the group's creativity. Open to everyone.

RSVP Presentation There is an Artist in You *Thursday, November 9 10:00am Grinnell Hall*

Lynette Redner, Local Artist and teacher at the Beloit Art Center, enjoys teaching others and passing forward what she has been taught. Her art centers around landscapes and animals, being inspired by nature. Her mediums are watercolor, oil and water miscible oils. She will teach cartooning techniques at the presentation and she is a compassionate and patient teacher.



Please call RSVP at 608-362-9593 or lmchmielewski@rsvp-rock.org to register as space is limited to the first 20 people. Presentation is held at Grinnell and limited seating is available.



MEDICARE OPEN ENROLLMENT October 15 – December 7, 2023

[Medicare Part D and Medicare Advantage Plans](#)

You can change your premiums, co-pays and other plan details each year.

Be sure to review your plan and make any changes by **December 7th**!

For more information or assistance with plan comparisons contact:

Rock County ADRC Lachel Fowler 608-757-5414

Assistance is also available through the following resources:

1-800-MEDICARE or www.medicare.gov

Disability Drug Helpline 1-800-926-4862 (if under age 60)

Medigap helpline 1-800-242-1060

Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



Where did the Pilgrims stand after landing on Plymouth Rock? On their feet.
Why was the turkey asked to join a band? He could bring his own drumsticks.
How do little pumpkins cross the road? With a crossing gourd.



November 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 8:00 Billiards 8:30 Morning Stretch 9:00 Living Well 9-3 Holiday Bazaar 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>2 8:00 Billiards 8:30 Morning Stretch 9-3 Holiday Bazaar 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:00 Advisory Board Meeting 9:30 Line Dancing 12:30 Euchre</p>	<p>3 8:00 Billiards 8:30 Stretch Class 9-3 Holiday Bazaar 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train</p>
<p>6 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>7 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge</p>	<p>8 8:00 Billiards 8:30 Morning Stretch 9:00 Living Well 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Drum and Music Circle 10:45 Lunch Bunch 1:00 Snowman Craft 1:00 Mahjong</p>	<p>9 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 10:00 RSVP Presentation: There is an Artist in You 12:30 Euchre</p>	<p>10 8:00 Billiards 8:30 No Stretch Class 9:00 No Tai Chi 10:00 Veterans Day Ceremony 12:30 Mexican Train 12:30 Bridge</p>
<p>13 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes</p>	<p>14 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 All in the Family</p>	<p>15 8:00 Billiards 8:30 Morning Stretch 9:00 Living Well 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 Bingo 1:00 We Cope</p>	<p>16 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech</p>	<p>17 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Healthy Eating 12:30 Mexican Train</p>
<p>20 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>21 8:00 Billiards 8:15 Toenail Care 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 St. Judes Bridge 12:30 Cribbage</p>	<p>22 8:00 Billiards 8:30 Morning Stretch 9:00 Living Well 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>23 Closed Happy Thanksgiving Closed</p>	<p>24 Closed</p>
<p>27 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Card Making 1:00 Book Club 1:00 Gentle Yoga 1:00 Mahjong 2:00 Ukes</p>	<p>28 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 12:30 Bridge</p>	<p>29 8:00 Billiards 8:30 Morning Stretch 9:00 Living Well 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>30 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</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 ADRC is an equal opportunity provider.

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

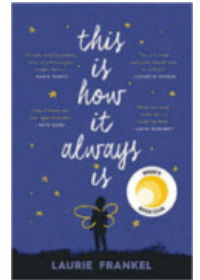
**November
2023**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</p>	<p>Dining Centers are Open! Come eat with your friends!</p>	<p>1 Spaghetti & Meatballs Romaine Lettuce w/ Dressing Broccoli Warm Spiced Pears Dinner Roll</p>	<p>2 Chicken Breast Carrots Green Beans Potato Salad Whole Wheat Bun Pumpkin Bar</p>	<p>3 Hot Shredded Pork Hamburger Bun Peas Zucchini Tomato Bake Mandarin Oranges Cookie</p>
<p>6 Ranch Chicken Whole Wheat Bun Italian Blend Veggies Stewed Tomatoes Fruited Applesauce Chocolate Mousse</p>	<p>7 Beef & Rice Casserole w/Green Peppers Carrots Peas Whole Wheat Bread Mandarin Oranges Lemon Bar</p>	<p>8 <i>Chocolate Milk</i> Ham Breakfast Bake Asparagus Red Potatoes Cottage Cheese Pineapple Cinnamon Raisin Bread</p>	<p>9 <i>Veterans Day Menu</i> BBQ Chicken Breast Baked Bean Medley Broccoli Salad Wm Spice Pears WW Bread Frosted Cake</p>	<p>10 Swedish Meatballs Noodles Cauliflower Beets Whole Wheat Bread Banana</p>
<p>13 Beef Vegetable Stew Corn Stewed Tomatoes Whole Wheat Bread Flavored Yogurt Strawberries</p>	<p>14 Broccoli Quiche Asparagus Red Potatoes Tomato Juice Cottage Cheese Cinnamon Raisin Bread</p>	<p>15 Chicken & Rice Casserole California Blend Beets Melon Mix Lemon Bar</p>	<p>16 <i>Chocolate Milk</i> Ham & Bean Stew Cauliflower Warm Cornbread String Cheese Pears</p>	<p>17 Roast Beef & Gravy Mashed Potatoes Cooked Spinach Whole Wheat Bread Pineapple Fudgy Fiber Brownie</p>
<p>20 BBQ Pork Riblet Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Fruit Fluff</p>	<p>21 <i>Thanksgiving Menu</i> Roast Turkey w/gravy Mashed Potatoes Cornbread Stuffing Green Bean Casserole Dinner Roll Pumpkin Bar</p>	<p>22 Tuna Casserole Winter Blend Veggies Carrots Light Yogurt Banana</p>	<p>23</p> 	<p>24</p>
<p>27 <i>Chocolate Milk</i> Baked Cod Coleslaw Italian Blend Vegetables Warm Spiced Fruit Whole Wheat Bread Apple Cake</p>	<p>28 Meatloaf Au Gratin Potatoes Green Beans Whole Wheat Bread Peaches</p>	<p>29 Southwest Chicken Casserole Zucchini Tomato Bake Carrots Yogurt Strawberries</p>	<p>30 Shredded Pork/Gravy Egg noodles Winter Squash Broccoli Watermelon Cookie</p>	

Book Club This Is How It Always Is By Laurie Frankel
Monday, November 27 1:00-2:00pm

“Every once in a while, I read a book that opens my eyes in a way I never expected.”
 Reese Witherspoon



This is how a family keeps a secret...and how that secret ends up keeping them.
 This is how a family lives happily ever after...until happily ever after becomes complicated.
 This is how children change...and then change the world.
 This is Claude. He’s five years old, the youngest of five brothers, and loves peanut butter sandwiches. He also loves wearing a dress, and dreams of being a princess.
 When he grows up, Claude says, he wants to be a girl.
 Rosie and Penn want Claude to be whoever Claude wants to be. They’re just not sure they’re ready to share that with the world. Soon the entire family is keeping Claude’s secret. Until one day it explodes.

Laurie Frankel's This Is How It Always Is: a novel about revelations, transformations, fairy tales, and family. And it’s about the ways this is how it always is: Change is always hard and miraculous and hard again, parenting is always a leap into the unknown with crossed fingers and full hearts, children grow but not always according to plan. And families with secrets don’t get to keep them forever.

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

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**.

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

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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



Grinnell Gives Back

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

How can you help? If you are able, bring in any of following items to help others.

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

We will start collecting at anytime and continue through Monday, December 11.

Snowman Craft Wednesday, November 8 1:00pm

Come paint a snowman, how easy is that? Beth Bausman will lead the class and provides all materials. Paint the snowman white, carrot nose, eyes and mouth, glue them on and you have a new decoration to hang in your home or give as a gift. Please pre-register by Monday, November 6 so we have all supplies ready.



Grinnell Hall Holiday Show Friday, December 8 1:00pm

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

Talent please sign up at the front desk.