

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

January 2024

*The Mission of the Beloit Senior Center is to strive to fulfill the diverse interests and needs of mature adults, enrich their quality of life, maintain their independence and offer educational and volunteer opportunities.*



Grinnell Hall  
Senior Center  
631 Bluff Street,  
Beloit, WI 53511  
608-364-2875

Hours  
8:00am-4:00pm

Debbie Kraus  
Senior Center Manager  
krausd@beloitwi.gov

**New Year  
Celebration  
Friday, January 5  
1:00-2:30pm**



Let's bring 2024 in with some great music and friends.



**Denny Diamond will return to entertain us with Neil Diamond and Barry Manilow tunes.**

Light refreshments will be served!

Party hats and noise makers will be available and fun photo opportunity!  
Open to everyone.

No need to register, just join in on the fun!  
Thank you to Oak Park for the refreshments



## Grinnell Hall 2024 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.

Memberships help offset the facility, utilities and staff costs. You will also save \$10 off each trip.

Door prizes will be available to win and the number of tickets you receive depends 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 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.**

If you cannot afford the cost we can assist you. All information is kept confidential.

**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 Shelby & Larry Ward



Larry and Shelby began singing with the Goldenaires in 2011. Shelby's sister got them involved and it gave them an opportunity to see her more. They enjoy singing for the residents and seeing them sing along and their smiling faces. The residents always thanked the Goldenaires for coming to sing. They also come in and organize the music for Golfendaires.

Larry served in the Army for 21 years and they have traveled around the world from Japan to Europe. They were stationed at seven different bases and only two were in the US. Their family went where Larry was stationed with the exception of Korea and a short tour in Germany. Larry was in Germany when the wall came down. Their first tour was in Okinawa Japan where their youngest son was born.

They encourage those who enjoy singing to join Goldenaires as it is a joy to sing with the group and meet new people.

Thank you Shelby & Larry for all you do at Grinnell and your community.



Sandra	Adamsky	Jeri	Larson
Janice	Albright	John	Larson
Harry	Anderson	Norman	Larson
Marvin	Bausman	Isabelle	Lee
Mary	Brown	Maribeth	Lindstrand
Sandra	Chamberlin	Ellen	Listing
Patricia	Clark	Kathleen	Loescher
Jean	Coppernoll	Pat	Mayfield
Lois	Engen	Linda	Midgett
Loretta	Evans	Julaine	Ober
Valerie	Fjalstad	Harold	Pann
Betty	Foerster	Ronald	Patten
Mary	Frey	Linda	Prebonich
Marilyn	Fruzen	Jeannie	Rippl
Francis	Fruzen	Monica	Saari
Sherril	Gilbertson	David	Sowl
Kay	Hafley	Stasia	Statum
Albert	Hughes	Eunice	Steinke
Mary	Hutchins	Nancy	Vance
Michael	Johnson	Jeanne	Wales
Nell	Johnson	Gary	Weinkauf
Patricia	Jolly	Randall	Westbrook
Pamela	Joy	Joyce	Williams
Betty	Kearns	Myrna	Wright
Michael	Keenan	Debra	Young
Elizabeth	Kitzman		

### Thank you for your donations

Lois Engen, Myra Franks, Judy Finely, Irma Murphy, Peggy Wahl, Michael Wirtz, Judy Cufu, Kathy Martens, Nancy Applebee, Deb Marvin, Sheryl Horvath, Eva Hoff, Bobbie Pann, Norma Green



### Grinnell Gives Back

Thank you to everyone who donated items for Caritas and Women's Shelter. We had over 350 items ranging from food to personal items.

## WINTERFEST BINGO

**Friday, January 26 1:00-2:30pm**

Join us as we play bingo on a special day as part of Winterfest! Bingo is open to everyone so bring a friend or two. There is no cost. You do not have to pre-register. We will return to Wednesday Bingos in February.



**Lunch Bunch at The Rock Thursday, January 11 11:30am**



Have you been to The Rock since it has been renovated? Well if you have let's go again and if you haven't why not? The Rock has a great menu of appetizers, sandwiches, burgers wraps and more. The Rock is located at 101 Maple Ave, Beloit, WI 53511 on the Rock River. Please sign up and we will meet you there. If you want to carpool please make your own arrangements.

**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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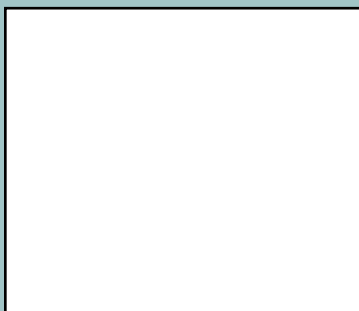
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I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options

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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](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).

## **All in the Family Tuesday, January 9 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, January 9 & 23 February 13 & 27**

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)**

### **TOENAIL TRIMMERS APPOINTMENTS—READ BELOW TUESDAYS, JANUARY 16, FEBRUARY 20**

**BEGINNING JANUARY 2024 THERE WILL BE A CHANGE IN FOOT CARE PROVIDER. WE WILL BE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. THEY WILL PROVIDE A REGISTERED NURSE. APPOINTMENTS WILL BE 30 MINUTES AND COST IS \$35.00 NO INSURANCE IS TAKEN. SOAKING OF THE FEET WILL NOT BE DONE BUT DREMELING IS AVAILABLE FOR NO ADDITIONAL FEE.**

**YOU CAN GET YOUR FINGERNAILS CUT FOR AN ADDITIONAL FEE OF \$15.00 AT THE SAME APPOINTMENT OR YOU CAN MAKE AN APPOINTMENT FOR FINGER-NAIL TRIMMING ONLY. PAYMENT WILL BE BY CASH OR CHECK ONLY TO THE RN. SORRY NO INSURANCE IS ACCEPTED**

**YOU WILL SET UP APPOINTMENTS WITH TOENAIL TRIMMERS DIRECTLY BY CALLING 262-719-0336. THEY WILL ALSO MAKE REMINDER CALLS SO PLEASE PUT THEIR PHONE NUMBER IN YOUR PHONE.**

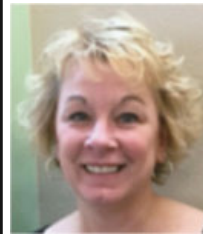
**What The Tech**

**Thursdays Jan. 18 & Feb. 15 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 Preuschl 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.



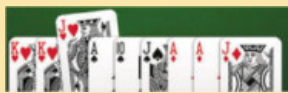
**Elder Benefit Specialist  
Lachel Fowler, Benefit  
Specialist**

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.

**Thursday, January 11  
8:00-12:00**

**Thursday, January 25  
12:00-4:00**



**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.

**Make the  
Smart Choice**



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**MOVIE MATINEE**

**“Magnificent Obsession” Friday, January 5 10:00 am**

Reckless playboy Bob Merrick crashes his speedboat, requiring emergency attention from a rescue team. They have to use the town's only resuscitator. At that same moment the beloved, local doctor has a heart attack and dies while waiting for the life-saving device. When Bob learns about the doctor's secret - to give selflessly and in secret - he decides to give it a try. He alienates the doctor's widow, Helen, with whom Bob has now fallen in love. His persistence causes another tragedy, and he must remake his life.



**“Greatest Showman” Friday, February 2**

An original musical screenplay brings to life the story of P.T. Barnum and his creation of "the greatest show on Earth". Rising from nothing, P.T. sets out to make a better life for his family. His creativity and drive take him on an fantastic journey beyond what he or anyone else could have imagined. In the end he creates a magical experience that will be enjoyed and celebrated by generations to come.

**My grandson asked me why my knees creak when I walk. I told him it’s just my bones applauding me for getting up.**

**Why did the senior citizen bring a ladder to the party? Because he heard the drinks were on the house.**

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DHS Approved 4/22/2021



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### ***Grinnell Family Feud Monday, January 8 12:30pm***

Join in on this fun game as “Family versus Family” compete. We will make two teams of 3-4 people out of those who attend. Your host is David Sowl who will read the questions and provide the answers to the top responses. This will be a fun and entertaining game that we will have once a month if enough interest. Please register if you are interested in playing on a team. If you would like to be a spectator you do not have to register. Winning team will be given indi-



### ***Universal Yums Monday, January 22 2:00pm***

Ready to taste an adventure? Join Maria from Heritage Woods of Belvidere as you will read about this month’s selected country sample savory and sweet snacks and eat some too. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. We end the fun with a trip on the Trivia Train! Please pre-register as space is limited to 12.

### ***Pickleball demonstration and play Wednesday, January 17 1:00pm***



If you have not heard about Pickleball you will want to check this out. Pickleball is similar to tennis but with a “wiffle ball” that does not move as fast, smaller racquets, shorter net and smaller court. Riley with Parks and Recreation Department, will be here to teach us the rules of the game and we will play non-competitively fun play. We won’t even have lines down. Pickleball is fun, social and friendly. Come play or come to watch. Open to everyone, please sign up.



### ***My New Year Garden By Lisbeth Ann Williams***

As we grow older, New Year’s Resolutions are apt to become more important to us. So we reflect on the previous year’s disappointments, consider those things that we have put off, and contemplate new possibilities – especially if we are “gardeners.” Indeed once the Christmas decorations have been stored away and the “seed” catalogs start to arrive, I find myself starting to ponder...

I planted too much *anger* and *resentment* last year, so this year I will replace them with *tolerance* and *patience*. I really could have used some more *enthusiasm*, too, so I will add a little extra this time and plant it next to *hope*. I have always wanted to cultivate *laughter*, and I have the perfect spot right next to the *lighthearted expressions*.

Perhaps I should thin out the *tears*. I really don’t need very many of those. And, you know, I never really liked the *frustrations*-it’s so invasive. I think I will replace it with *harmony*. I didn’t care for that variety of *judgement* either. It’s casting a shadow over the *kindness*. It does compliment the *blame*, but the other plants that are near it are not doing well. I will move them both, *judgement and blame*, to that far corner, and be sure to keep them pruned back. I should probably move the *criticism* back there as well.

A person could never have too much *peace*, so I will order twice as much this year. I will add a couple more varieties of *love* and put them right here in the front, so that I can smell their fragrance whenever I walk past them.

There, now I can place my orders. This catalog says that if I place of order of \$20 or more, they will send me a free *good will* bush. It would look so pretty tucked in between peace and harmony. Now if spring will just hurry up and arrive.

I’d better not wait though. I will start these seeds right away. I’ll begin them inside, to give them and myself a good start on the New Year.

### ***Breathing Techniques Wednesday, January 24 1:00pm***

Breathing is something that we all do without usually realizing it. We breathe in and out about 22,000 times a day. We are powered by breathing. Our lungs fuel us with oxygen, our body's life-sustaining gas. Our lungs breathe in air, then remove the oxygen and pass it through our bloodstream, where it's carried off to the tissues and organs that allow us to walk, talk, and move. Our lungs also take carbon dioxide from our blood and release it into the air when we breathe out. When we're sleeping or at rest, our lungs slow down. Our breathing and our lungs are precious. We need to protect them. Learn techniques that will help you keep your lungs strong, how to enhance your breathing techniques, and different methods of breathing to keep you healthy. Join Roselyne Ackley has 25 years of experience teaching Yoga which incorporates breathing techniques. Open to everyone, please register for this class.



### ***Drum and Music Circle 10:00-11:00am Friday, January 12 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.



### ***Winter Driving Techniques & AARP Driver Safety Programs Thursday, January 11 10:00am***



When you live in Wisconsin we have to deal with the winters and driving in the snow. Please check your car before heading out this winter! As such, please don't let winter driving conditions sneak up on you! It is nice to stay warm inside our homes, but there may be a time that we have to drive and we need to be prepared. A refresher on winter driving may be in order.

**Be Prepared \*Check the weather \*Plan your route \*Keep emergency kit in the car \*Vehicle Check  
\*Clear your car of snow COMPLETELY**

Join Neil D. McCallum, AARP Driver Safety Program volunteer, as he discusses important reminders. Open to everyone. Please call RSVP at 608-362-9593 or email Larisa Chmielewski at [LChmielewski@rsvp-rock.org](mailto:LChmielewski@rsvp-rock.org).

### ***Journaling and Memoir Writing Tuesdays January 16, 23, 30, February 6 & 13 1:00-3:00pm***


This workshop is for anyone who may benefit from therapeutic aspects of journaling through expressive writing. The six-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. 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. Jo Ann Kolyk has vast experience in leading Journaling classes and we have received many positive comments. She will teach a six-week workshop Tuesdays at 1:00-3:00pm on January 16, 23, 30, February 6 & 13. Register early as space is limited.

### ***Crazy 4 Crafts Mondays 9-1***

Join Pamela Joy and create some great crafts and paper cards. All supplies are provided and there is no cost. Just drop in between 9:00-1:00 and get creative! Class held in the Veteran's Room.



# January 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <b>CLOSED</b> <b>HAPPY NEW YEAR</b></p> 	<p><b>2</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Bridge</b></p>	<p><b>3</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle</p>	<p><b>4</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot <b>9:00 Advisory Board Meeting</b> 9:30 Line Dancing 12:30 Euchre</p>	<p><b>5</b> 8:00 Billiards 8:30 Stretch Class <b>10:00 Movie</b> 12:30 Mexican Train <b>1:00 New Year's Celebration</b></p>
<p><b>8</b> 8:00 Billiards 8:30 Chair Exercise 9-1 Crazy 4 Crafts 12:30 Game Day <b>12:30 Family Feud</b> 1:00 Mahjong 1:00 Gentle Yoga</p>	<p><b>9</b> 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage 12:30 Bridge <b>1:00 All in the Family</b></p>	<p><b>10</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle</p>	<p><b>11</b> 8:00 Billiards 8:00 Open Sewing <b>8-12 Benefit Spec.</b> 9:00 Hand &amp; Foot 9:30 Line Dancing <b>10:00 RSVP/AARP Presentation</b> <b>11:30 Lunch Bunch</b> 12:30 Euchre <b>1:00 RSVP Drivers</b></p>	<p><b>12</b> 8:00 Billiards 8:30 Stretch Class <b>10:00 Drum and Music Circle</b> 12:30 Mexican Train <b>12:00 Bridge</b> <b>Deadline for Murder on Orient Express Trip</b></p>
<p><b>15</b> <b>CLOSED</b> <b>IN HONOR OF</b></p> 	<p><b>16</b> 8:00 Billiards <b>8:30 Toenail Care</b> 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage <b>12:00 St. Judes Bridge</b> <b>1:00 Journaling</b></p>	<p><b>17</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle <b>1:00 Pickleball Demonstration</b></p>	<p><b>18</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 What the Tech</b></p>	<p><b>19</b> 8:00 Billiards 8:30 Stretch Class 12:00 Bridge 12:30 Mexican Train</p>
<p><b>22</b> 8:00 Billiards 8:30 Chair Exercise 9-1 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Universal Yums</b></p>	<p><b>23</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage <b>1:00 Journaling</b></p>	<p><b>24</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle <b>1:00 Breathing Techniques</b></p>	<p><b>25</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand &amp; Foot 9:30 Line Dancing <b>12-4 Benefit Spec.</b> 12:30 Euchre</p>	<p><b>26</b> 8:00 Billiards 8:30 Stretch Class 12:30 Mexican Train <b>1:00 Winterfest Bingo</b></p>
<p><b>29</b> 8:00 Billiards 8:30 Chair Exercise 9-1 Crazy 4 Crafts 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga <b>1:00 Book Club</b></p>	<p><b>30</b> 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Bridge</b> 12:30 Cribbage <b>1:00 Journaling</b></p>	<p><b>31</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle</p>	<p>Miss Yoshi will be taking a break in January. Her classes will still be held with the exception of Tai Chi. We will work together on leading the classes so please plan to attend.</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.

January  
2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1 NO MEALS GRINNELL CLOSED HAPPY NEW YEAR</b></p> 	<p><b>2</b> Broccoli Quiche Red Potatoes Asparagus Cottage Cheese Tomato Juice Cinnamon Raisin Bread</p>	<p><b>3</b> Ham and Bean Stew Cauliflower Warm Cornbread String Cheese Pears</p>	<p><b>4 Chocolate Milk</b> Roast Beef/Gravy Mashed Potatoes Cooked Spinach Whole Wheat Bread Pineapple Fudgy Fiber Brownie</p>	<p><b>5</b> Beef Vegetable Stew Corn Stewed Tomatoes Whole Wheat Bread Flavored Yogurt Strawberries</p>
<p><b>8</b> Salisbury Steak Baked Bean Medley Peas Whole Wheat Bread Fruited Applesauce</p>	<p><b>9</b> Southwest Chicken Casserole Zucchini Tomato Bake Carrots Yogurt Strawberries</p>	<p><b>10 Chocolate Milk</b> Shredded Pork/Gravy Egg Noodles Winter Squash Broccoli Watermelon Cookie</p>	<p><b>11</b> Meatloaf Au gratin Potatoes Green Beans Whole Wheat Bread Peaches</p>	<p><b>12</b> Baked Cod Italian Blend Veg. Coleslaw Warm Spiced Fruit Whole Wheat Bread Apple Cake</p>
<p><b>15 NO MEALS GRINNELL CLOSED IN ONOR OF MARTIN LUTHER KING</b></p> 	<p><b>16 Chocolate Milk</b> Roast Beef Stewed Tomatoes Broccoli Salad Warm Cinnamon Applesauce Hamburger bun Carrot Cake</p>	<p><b>17</b> Chili w/ Beans Warm Cornbread Cauliflower Light Yogurt Apple Cranberry Crisp</p>	<p><b>18</b> Roast Turkey and Gravy Mashed Potatoes w/ Gravy Peas &amp; Carrots Whole Wheat Bread Banana</p>	<p><b>19</b> Parmesan Chicken Breast Sweet Potatoes San Francisco Blend Vegetables Dinner Roll Fruit Fluff</p>
<p><b>22 Chocolate Milk</b> Hot Shredded Pork Hamburger Bun Peas Zucchini Tomato Bake Mandarin Oranges Cookie</p>	<p><b>23</b> Baked Cod Rice Pilaf Cooked Spinach Winter Squash Whole Wheat Bread Melon Mix</p>	<p><b>24</b> Spaghetti &amp; Meatballs Romaine Lettuce w/ Dressing Broccoli Warm Spiced Pears Dinner Roll</p>	<p><b>25</b> Chicken Breast Carrots Green Beans Potato Salad Whole Wheat Bun Pumpkin Bar</p>	<p><b>26</b> Sloppy Joe Whole Wheat Bun Mediterranean Beans Winter Blend Veg. Apple Slices Peanut Butter</p>
<p><b>29</b> Ham Breakfast Bake Asparagus Red Potatoes Cottage Cheese Pineapple Cinnamon Raisin Bread</p>	<p><b>30 Chocolate Milk</b> Beef &amp; Rice Casserole w/Green Peppers Carrots Peas Whole Wheat Bread Mandarin Oranges Lemon Bar</p>	<p><b>31</b> Ranch Chicken Whole Wheat Bun Italian Blend Veggies Stewed Tomatoes Fruited Applesauce Chocolate Mousse</p>	<p><b>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</b></p>	

**Book Club “The Children’s Blizzard”**  
**Monday, January 29 1:00-2:00pm**




The morning of January 12, 1888, was unusually mild, following a punishing cold spell. It was warm enough for the homesteaders of the Dakota Territory to venture out again, and for their children to return to school without their heavy coats, leaving them unprepared when disaster struck. At the hour when most prairie schools were letting out for the day, a terrifying, fast-moving blizzard blew in without warning. Schoolteachers as young as sixteen were suddenly faced with life and death decisions: Keep the children inside, to risk freezing to death when fuel ran out, or send them home, praying they wouldn’t get lost in the storm?

Based on actual oral histories of survivors, this gripping novel follows the stories of Raina and Gerda Olsen, two sisters, both schoolteachers, one becomes a hero of the storm and the other finds herself ostracized in the aftermath. It’s also the story of Anette Pedersen, a servant girl whose miraculous survival serves as a turning point in her life and touches the heart of Gavin Woodson, a newspaperman seeking redemption. It was Woodson and others like him who wrote the embellished news stories that lured northern European immigrants across the sea to settle a pitiless land. Boosters needed them to settle territories into states, and they didn’t care what lies they told these families to get them there, or whose land it originally was. At its heart, this is a story of courage, of children forced to grow up too soon, tied to the land because of their parents’ choices. It is a story of love taking root in the hard prairie ground, and of families being torn asunder by a ferocious storm that is little remembered today, because so many of its victims were immigrants to this country.



**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**.



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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**  
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Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## **AARP Foundation Tax-Aide**

**Appointments are required.**

We will start accepting phone calls for appointments Tuesday, January 16 between 8:30am-3:30pm.

Please provide us with your name(s), cell phone number and address.

Appointments will be Monday, Tuesday and Wednesday beginning Monday, February 5 through Wednesday, April 10. Appointments will be held in the morning 8:30am -12:00pm.

For individuals who have Brokerage Statements, appointments should be made for March or later.

Prior to your appointment you will be required to complete an Intake Form. You can receive an Intake Form by stopping by Grinnell Hall M-F 8:00am-3:30pm (please call first) or you can request one be mailed to you.

**Please bring the following on your appointment. It would be helpful if these items were in a large envelope.**

**2022 tax return**

**Social Security Card**

**W-2 form**

**Health Insurance Premium costs**

**Other deductible items**

**Social Security statement with the pink box if applicable**

**Photo ID**

**All 1099 statements**

**Other evidence of income (bank interest, etc.)**

**Rent certificate or property tax bill**

**Completed Intake Form**

AARP will attempt to finish your tax return within an hour. If they find that they will be unable to finish the return on that day, a second appointment will be made.

Please do not bring any other family members unless required and inform us of the reason why they need to accompany you. Please note that all taxes are filed electronically. Copies will be provided to you.

AARP tax services are free of charge.

**Please note that AARP, Grinnell Hall and the City of Beloit reserve the right to cancel or re-schedule appointments or change the process.**