

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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.



**December
2024**

**Grinnell Hall
Senior Center
631 Bluff Street
Beloit, WI 53511**

**608-364-2875
Hours
Mon-Fri
8:00am-4:00pm**

Grinnell Hall membership is open to anyone
no matter where you reside.

Membership fee is only \$25 for an individual and \$40 for a couple. Memberships are from January - December.



**Grinnell Hall
Holiday Show
Friday, December 6
1:00pm
Public is invited**

Kick the holiday season off right! The Grinnell Theater Troupe will be kicking off the show and you won't want to miss what they have in store for you! Stick around following the theater performance for some fantastic musical performances !



Advisory Board of Grinnell Senior Center

Larry White - Chair, Linda Kuhnle - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer
Lois Engen, Geri Heim, Rhonda Tierney, Roselyne Ackley, Anne Bua-Demus

Thank you to our Holiday Bazaar volunteers!

Roselyne Ackley, Beth Bausman,
Marianne Carlson, LeaAnn Mattox,
Linda Michalski, Sue Tucker-Pann,
Opal Vance, Judy Wagner, Kathy
Woods



Thank your for your donations

Nancy Vance, Bobbie Pann, Karen
Whenstead, Karen Nohr, Pam&John
Curatolo, LeaAnn Mattox, Jane Luetz,
Sharon Larson, Terri Kay, Judy Wagner,
Sue Kimpling, Kay Olmstead, Lois Taylor,
Sue Kimpling, Sherrill Gilbertson



**United Church of Beloit is in search of an
Office Secretary**

Would prefer to have someone with secretarial experience.
Prepare weekly bulletin, computer experience in word and
excel, prepare monthly newsletter, prepare slides for Sunday
services, handle phone calls. Schedule is flexible, 16-20
hours a week, not expected to work Sundays, may work from
home at times. If interested please call Tom Holmes at 608-
481-3387 or email holmesger@gmail.com

**H
A
P
P
Y**

Kenneth	Bach
Pauline	Bauer
Patty	Behl
Carroll	Brumfield
Lorna	Clark
Mary	Council
Deborah	Davis
Lou	Dominguez
Myra	Franks
Linda	Ganser
Anna	Gates
Joyce	Goode
Jack	Graham
Jeannie	Hansen
Pat	Kothe
Gail	Krause
Bonnie	Longmier
Andrea	Maggio
Doreen	Maxted
Linda	Michalski
Doneta	Miller
Gary	Mlsna
William	Moran
Irma	Murphy
Cindy	Nelson
Lola	Nelson
Susie	O'Brien
Jule	Popanz
Judy	Rasmussen
Doris	Reinert
Joann	Rizzo
Judy	Rosenow
Carole	Ruef
Rhonda	Schiessl
Judy	Schubert
Cathy	Skelnik
Sarah	Slye
DeeDee	Spahos
Elaine	Stageman
Sue	Tucker-Pann
Ella	White

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Lunch Bunch Friday, December 13 at Dita's at 11:30am



Enjoy great food, conversation and meet some new friends. burgers and a wide variety menu to choose from. Dita's is located at 1569 S Madison Rd, Beloit, WI 53511 **Please register.**

Beloit Public Library offers Free Notary Services
Please call 608-364-5743 for more information.



Universal Yums Monday, December 16 2:30pm

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford as you will read about this month's selected country and sample savory and sweet snacks. 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 20.

Beloit Turner's High School Acapella Friday, December 20 10:00am

Ring in the holiday season with a fabulous performance from Beloit Turner's Acapella group! The students will be performing holiday classics and spreading cheer before the holidays!

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I work by referral. Please don't keep me a secret

We do not offer every plan available in your area. Currently we represent 6 organizations which offer 55 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) 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.

Strong Bodies Tuesdays & Thursdays January 7th-March 13th 8:15am

StrongBodies™ is a national evidence-based strength training program developed at Tufts University and is aimed at mid-life and older men and women. The benefits of strength training have been studied extensively and include increased muscle mass, strength and improved bone density, as well as additional physical and emotional benefits.

The StrongBodies™ program includes progressive strength training and balance and flexibility exercises. These exercises are safe and effective for all ages, including those who are not in perfect health. You do not need to be a Grinnell Member to participate. Suggested participant contribution of \$30 (cash or check) per session helps offset program costs. You can register on the first day of class or contact Sara Ennocenti at sara.ennocenti@wisc.edu or call 608-757-5059 or register on-line at <https://rock.extension.wisc.edu/strong-women/strongwomen-of-rock-county-wi/>.

Please note that after you register on-line you must send in payment. Make checks payable to UW-Extension Rock Co. with Strong Bodies in the memo line.

Pickleball Play/Lessons Thursdays December 5 & 19 1:00pm

Pickleball is similar to tennis but with a "wiffle ball" that does not move as fast, smaller racquets, shorter net and smaller court. Parks and Recreation Department staff will be here to teach the rules of the game and we will play non-competitively fun play. Pickleball is fun, social and friendly. Come play or come to watch. Open to everyone. We will be inside at Grinnell Hall. Please let us know if you are interested.

Chair Massage Tuesdays, December 3 & 10

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

TOENAIL TRIMMERS APPOINTMENTS

Tuesdays December 17 & January 21

A registered nurse is available to trim your toes and dremell if necessary. Appointments are 30 minutes and cost is \$35. You can get your fingernails trimmed for an additional \$15 at the same appointment or make a separate appointment. Payment will be by cash or check only. Sorry no insurance is accepted. Appointments can be made by calling Toenail Trimmers at 262-719-0336. You will receive a reminder phone call so please put their number in your contacts.



**What The Tech with Mark Preuschl
Thursday, December 19 1:00-3:30
No appointment necessary**

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.

Beloit Disabled American Veterans (DAV)

If you are a veteran or know a veteran and want to find out about benefits you are invited to attend a DAV meeting at Grinnell Hall. Please note this is not insurance issues. Meetings are on the 4th Thursday at 6:00pm with the exception of December. You do not have to be a DAV member to attend the meeting.



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 October-December due to open enrollment. Please call Lachel for any needs.

**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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608.365.7222



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815.525.4800



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608.363.5885



Member of Beloit Health System

608.363.7421



Visit www.beloithealthsystem.org





“The Polar Express” Friday, December 6 10am

When a doubting young boy takes an extraordinary train ride to the North Pole, he embarks on a journey of self-discovery that shows him that the wonder of life never fades for those who believe.

“Fly Me to the Moon” Friday, January 3 10am

Scarlett Johansson and Channing Tatum star as a marketing maven and a by-the-book launch director who team up for a mission set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing.

Crazy 4 Crafts Mondays 9:45

Explore color in various mediums. Each week we will have adult coloring pages, greeting card kits and a craft. Each month we will also have a special craft such as painting, diamond art, floral arrangements, etc. Projects will be displayed at the front desk. Most supplies are provided at no cost. Check out front desk for some samples.

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options, contact your local ADRC.

DHS Approved 4/22/2021



Grinnell Family Feud Monday, December 9 12:30pm

Join in on this fun game as “Family versus Family” compete. We will make two teams 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. 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 individual prizes.



Bingo Wednesday, December 18 1:00-2:30pm

Join us as we play bingo with a variety of prizes. There is no cost for bingo and it is open to anyone so bring some friends.



Drum and Music Circle Tuesday, December 16 1:00-2:00pm

NEW DAY, NEW TIME, SAME FUN!

Get involved it’s great for the soul!

Make music to grow your brain! Youth Unite Music Director Johnny leads the group’s creativity. All instruments are provided. Open to everyone.



**MEDICARE OPEN ENROLLMENT
October 15 – December 7, 2024**



[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



Uke It Up Beloit

A seven week Ukulele instruction class with inter-generational participation. Several individuals are Grinnell members. Opal Vance, Roselyne Ackley, Jamie Ackley, JoAnn Martin, Patty Behl, Betsy Schmiechen



Christmas Word Search



B L M T Y W Y R D R V G L W H U T V B Y
 B J B W R M S P R E L F L Q V M S Y P N
 N D J C P H V V S T B P D Z R G R A B J
 F E C E H K L L U T R Q S C C R U D I W
 P I E K E I L D D C O C B A E M D C L P
 G R N A H E Q V I P G C H M N P V H T R
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 V Z P F B R E I N D E E R I P J A I V S
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 K V V S R U C S H S X U R H N O H A K S
 T C Q O U C C N P Z X O Z Z L G P S H U
 U F I Z E D J A K A Q A G O T S L C T M
 J F P S Q F O D N Q R W H I V Z O E A K
 I O R J G S Q B P D S T H G I L D I E Q
 Q M Q O M H X O R K Y B A G I F U N R U
 I K M M S Q V W K C P F U L P E R K W J
 J Q V H E T I F R Y Y I C H H E L F X I
 P K E S A L Y M W M I B O Z L O X S J P

Christmas
 Presents
 Frosty
 Jingle
 Ornament
 Elf
 Bow

Reindeer
 Tree
 Rudolph
 Snow
 Lights
 Stocking
 Sleigh

Santa
 Wreath
 Merry
 Candy
 Snowflake
 Bells



December 2024 Calendar of Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	3 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage	4 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater	5 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball	6 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train 1:00 Holiday Show
9 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga	10 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	11 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle 1:00 Theater	12 8:00 Billiards 8:00 Open Sewing 9:00 Advisory Board Meeting 9:00 Hand & Foot 9:30 Line Dancing 10:00 RSVP Holiday Traditions Party 12:30 Euchre	13 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Steal Rummy 11:30 Lunch Bunch 12:30 Mexican Train 12:30 Bridge
16 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 1:00 Book Club 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes 2:30 Universal Yums	17 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Judes Bridge 12:30 Cribbage	18 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Bingo 1:00 Mahjong 12:30 Pinochle 1:00 Theater	19 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 Pickleball	20 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00am Beloit Turner Acapella Group 12:30 Mexican Train
8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	24 CLOSED	25 CLOSED	26 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre	27 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
30 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes	31 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage	JAN 1 CLOSED		






Rock County Nutrition 608-757-5474

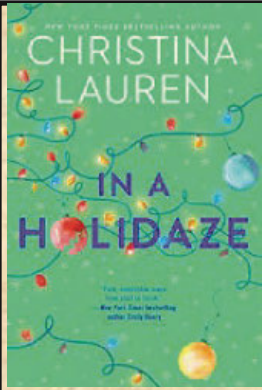
LUNCHES SERVED IN PERSON ONLY AT 11:30AM

Eligibility: Any person age 60 or older regardless of income, residency and spouse of any age. **Home Delivered:** Must also be homebound.
Dining Centers: Reservations are required and must be made no later than noon of the prior business day.
Suggested contribution: \$5.00 All contributions are appreciated.
No eligible person will be denied a meal because of inability to make a contribution.
Funding provided by Title III (Older Americans Act) and contributions.
Rock County ADRC is an equal opportunity provider.

December 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>Italian Sausage Peppers & Onions Whole Grain Bun Baked Beans Corn Warm Spiced Peaches</p> <p style="text-align: right;">CH</p>	<p style="text-align: right;">3</p> <p>Tuna & Noodles Irish Blend Vegetables Cabbage Whole Grain Roll Mandarin Oranges Sugar-Free Pudding</p>	<p style="text-align: right;">4</p> <p>Meatloaf Mashed Potatoes Gravy Carrots Whole Grain Bread Apple Kettle Crisp</p> <p style="text-align: right;">D</p>	<p style="text-align: right;">5</p> <p>BBQ Chicken Breast Mash. Sweet Potatoes Spinach Whole Grain Roll Coleslaw Fruity Oatmeal Bar</p> <p style="text-align: right;">D</p>	<p style="text-align: right;">6</p> <p>Roast Beef w/Au Jus Ranch Pinto Beans Zucchini Tomato Bake Whole Grain Bread Banana</p>
<p style="text-align: right;">9</p> <p>Oven Baked Cod Tartar Sauce Roasted Garlic Potatoes Beets Rye Bread Gelatin w/Pears</p> <p style="text-align: right;">D</p>	<p style="text-align: right;">10</p> <p>Chicken w/Gravy Mashed Potatoes Cauliflower Green Beans Romaine w/French Whole Grain Bread Pumpkin Bar</p> <p style="text-align: right;">CH D</p>	<p style="text-align: right;">11</p> <p>Beef Pot Roast w/Gravy Noodles Butternut Squash Cucumber Salad Whole Grain Roll Choc. Chip Brownie Pineapple</p> <p style="text-align: right;">D</p>	<p style="text-align: right;">12</p> <p>Chicken & Wild Rice Broccoli Peas Whole Grain Roll Peaches & Pears</p>	<p style="text-align: right;">13</p> <p>Sloppy Joe Whole Grain Bun Baked Beans Hot German Potato Salad Banana Chocolate Chip Cookie</p> <p style="text-align: right;">D</p>
<p style="text-align: right;">16</p> <p>Chicken Alfredo w/Pasta Carrots Spinach Whole Grain Roll Peaches</p>	<p style="text-align: right;">17</p> <p>Beef Stew Peas Baked Potato Wedges Whole Grain Roll Banana Frosted Lemon Cake</p> <p style="text-align: right;">D</p>	<p style="text-align: right;">18</p> <p style="text-align: center;"><u><i>Christmas Menu</i></u></p> <p>Ham Carrots Green Bean Casserole Romaine w/French Wheat Dinner Roll Apple Pie Bar</p> <p style="text-align: right;">CH</p>	<p style="text-align: right;">19</p> <p>Chicken Cordon Bleu Confetti Brown Rice Stewed Tomatoes Apple Coleslaw Whole Grain Roll Frosted Carrot Cake</p> <p style="text-align: right;">D</p>	<p style="text-align: right;">20</p> <p>Spaghetti & Meatballs Mixed Vegetables Broccoli Whole Grain Roll Gelatin w/Pears</p> <p style="text-align: right;">D</p>
<p style="text-align: right;">23</p> <p>Hamburger w/Swiss Mushrooms Whole Grain Bun Baked Potato Wedges Stewed Tomatoes Mixed Fruit</p>	<p style="text-align: right;">24</p> <p style="text-align: center;"><i>Closed</i></p>  <p style="text-align: center;"><i>Christmas Holiday</i></p>	<p style="text-align: right;">25</p> <p style="text-align: center;"><i>Closed</i></p>  <p style="text-align: center;"><i>Christmas Holiday</i></p>	<p style="text-align: right;">26</p> <p>Parmesan Cod Roasted Garlic Potatoes Ital. Blend Vegetables Rye Bread Gelatin w/Pears</p> <p style="text-align: right;">CH D</p>	<p style="text-align: right;">27</p> <p>Asian Beef Vegetable Fried Rice Carrots WG Dinner Roll Mandarin Oranges</p>
<p style="text-align: right;">30</p> <p>Sloppy Joe (turkey) Whole Grain Bun Baked Potato Wedges Carrots Romaine w/French Crispy Rice Treat</p>	<p style="text-align: right;">31</p> <p>Meatballs & Gravy Confetti Brown Rice Green Beans Peas Carrot Raisin Salad Whole Grain Roll Orange</p>			



Book Club "In a Holidayze"

By Christina Lauren

Monday, December 16 1:00-2:00pm

It's the most wonderful time of the year...but not for Maelyn Jones. She's living with her parents, hates her going-nowhere job, and has just made a romantic error of epic proportions. But perhaps worst of all, this is the last Christmas Mae will be at her favorite place in the world—the snowy Utah cabin where she and her family have spent every holiday since she was born. Mae throws out what she thinks is a simple plea to the universe: Please. Show me what will make me happy. The next thing she knows, tires screech and metal collides, everything goes black. But when Mae gasps awake...she's on an airplane bound for Utah, where she begins the same holiday all over again. With one hilarious disaster after another sending her back to the plane, Mae must figure out how to break free of the strange time loop—and finally get her true love under the mistletoe.

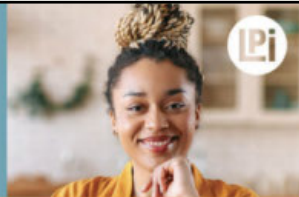
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Card Game "500"

Join in on the fun with card game "500". You don't have to know how to play, they will show you how. Come learn a new game, socialize and make new friends. Mondays 12:30pm



Do you know that we have DVDs that you can borrow to enjoy at home? They are available in the library.

Learn to play "Steal Rummy" with Hal Joyce. This game is a lot like rummy but is more fun. Play with 2 to 6 players. Join us on Friday, December 13 at 10:00am



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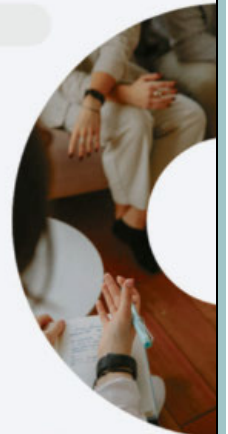
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Beloit, WI 53511

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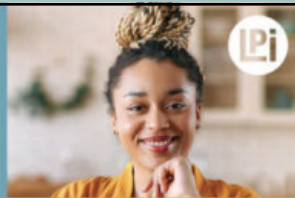
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Grinnell Hall, Beloit, WI

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do you know?
DECEMBER 12TH AT 10:00 AM
GRINNELL HALL, БЕЛОIT

PLEASE JOIN US FOR A



PRESENTED BY RSVP OF
ROCK COUNTY
FOR THOSE 55 AND OVER

holiday traditions Party

BRING 2 DOZEN OF YOUR FAVORITE HOLIDAY COOKIES, BARS
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Laughter the best medicine

Why did the Christmas turkey form a band?

It had the drumsticks!

What do snowmen eat for breakfast on Christmas morning?

Ice krispies!

What do gingerbread men have on their bed?

Cookie sheets!

What's red, white, and blue at Christmas?

A sad candy cane.

Who is never hungry on Christmas Day?

The turkey—it's stuffed.

What makes a candy cane a collector's item?

It's in mint condition.

How does a gingerbread man get around with a broken leg?

He uses a candy cane.

Where do you buy a Christmas gift for your pig?

Hamazon



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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
Website: www.beloitwi.gov



Grinnell Hall 2024 Membership Drive

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

Membership is for January-December 2025 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 or joined new you will receive 3 tickets.

Renew or join through December and receive 3 tickets

Renew or join in January and receive 2 tickets

Renew or join between February 1-7 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 January 27.

Prize bags will be displayed on January 27 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 7 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 of the membership, we can assist you with that.