

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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September
2016

Grinnell Hall
Senior Center
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Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

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on FACEBOOK



Pg. 2 Social Security Reimagined

Find out what changes are being considered and discuss the pros and cons of the proposed options. See page 2! Don't miss this!



Pg. 4 A New Trip Planned!

Our trips are always fun and we have one final trip planned for the year and it will fill up quickly! See page four for details.

Pg. 9 Ladies Tea & Vintage Hat Program Planned

This special program will fill up fast and you won't want to miss it!



Pg. 12 NEA Big Read

Make sure you pick up a copy of this year's book and take part in all the activities planned around this great program. For all the details go to page 12.

"What the Tech!?"

Join us for this class in "Talking Tech" at Grinnell Hall facilitated by Mark Preuschl. "We may not have the answers, but we can find them together!" Weekly sessions will begin **Monday, September 26 at 1:00pm**. Bring your questions AND answers, and be prepared to learn! Let's put our heads together and explore the mysteries of everyday technology with friends and experts at Grinnell Hall. Mark spent over 15 years working as the Tech Supervisor at Staples in Beloit. He has been involved in technology for most of his life and is an avid photographer and active problem solver. Please pre-register at 364-2875. This is a FREE event.



Aging Mastery Program Begins This Month

The second class in Aging Mastery is scheduled to begin on **Tuesday, September 13 at 1:00 p.m.** The class runs for 10 weeks. The class, a \$99.00 value is FREE to the first 30 people who register, thanks to a grant Grinnell received from the National Council on Aging. The class content will center on the realities of aging - both challenges and opportunities we encounter as we go through life. Most importantly, the course emphasizes the concept of **mastery**. Mastery means taking learning and turning it into behavior. Getting there means using the fourth distinguishing feature of the program - daily practices. You **MUST** pre-register for this class by calling 608-364-2875.

Medicare Open Enrollment Information Available

Medicare Open Enrollment begins on October 15 and ends on December 7. During Open Enrollment, those enrolled in Medicare are able to compare their current health care needs and plan options and decide to either keep what they currently have or to enroll in a plan that better meets their needs.



Current and accurate information is vital to making a well-informed decision. Obtaining this information in a clear and concise manner can be challenging. The Rock County Benefit Specialists are available to provide enrollees with the information and resources that will guide them through the decision making process. **Plan to get a head start on the open enrollment process by attending a presentation by Lachel Fowler, Benefit Specialist, at Grinnell Hall, 631 Bluff Street, Beloit, on Monday, September 26 at 11:15 AM.** For those who would like to stay for lunch following the presentation, the menu will be: Grilled Pork Chop, Twice Baked Potato Casserole, Wheat Bread, Red Cabbage and Pears. The suggested donation for lunch is \$3.25. Reservations are required and must be made by noon, Wednesday, September 21. **For more information or to make a lunch reservation, please call (608) 364-2875**

Grinnell Hall Senior Center



A Word From the Coordinator Paula Schutt

Greetings! Fall is here and we are all ramped up at Grinnell to make it a great season! Before we completely give up summer, I must say what a wonderful time we had with all the various activities. The picnics were well attended and everyone loved the music and food. We had a great turnout for our celebration of our 90 year olds. I was with 12 wonderful ladies when we discovered the delights of working on a pottery wheel, courtesy of artist Sue Swedlund at the Fine Arts Incubator. Our theatre group had an excellent turnout for their play—what talent! We had a fantastic turnout for our Ukulele Circle. These events just touched on all that happened here this summer.

September is **National Senior Center** month and the theme this year is "**Find Your Balance at your Center**". Balance is what we are all about at Grinnell. Friendships are made, hobbies and talents are discovered, friends enjoy trips, music, good food, and so much more! There is so much here that proves the second half of life can be just as exciting (if not more) exciting than the first half. This is the place to learn how to cope and deal with the challengers of aging, as well as enjoy the benefits.

Many times I hear people say they can't go to a senior center with all the "old people". They are missing out on so much. Aging should not be something to be avoided—it should be embraced and celebrated—and Grinnell is the perfect place to begin that adventure.

On September 13 we begin a second session of The Aging Mastery Program. There is still time to take part in this amazing 10 week program. Challenge yourself this fall to grow, meet a new friend, try a new hobby and live life to the fullest! See you at Grinnell.

Paula

Advisory Board of Grinnell Senior Center

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Social Security Reimagined

You've paid into Social Security with every paycheck and you deserve to know what changes are being considered, and how they could affect you, your kids, and generations to come.



Doing nothing is not an option. The world has changed a lot since Social Security was signed into law, and it needs to be updated for the 21st century. You deserve real answers before our leaders kick the can down the road again. Finding a solution just gets more difficult as time passes.

Come to Grinnell on **Thursday, September 15 at 10:00 a.m.** and hear Judith Joslin Crary discuss the pros and cons of the proposed options." This is a **FREE** presentation, but please pre-register so we can adequately prepare. Pre- Register by calling Grinnell Senior Center at 608-364-2875

Calling All Chess Players

We are looking for anyone interested in beginning a chess group here at Grinnell. All it takes is two people, but the more the merrier! If you are interested in being a part of a recreational chess group here at Grinnell, please call and let us know. We will compile a list of people and set a time that will work for everyone interested. To sign up, call Grinnell at 608-364-2875.



Do You Know Me?

We are holding a contest in September that is sure to spark many a conversation! We are asking anyone who cares to participate to bring in a photo of themselves when they were a baby or a child. We are going to display them and find out just how many people can guess who is in every picture! We will have a numbered sheet that you can write all of your guesses on and submit it! The person with the most correct



will win a prize! **Bring in your pictures anytime up until Friday, September 9.** Please bring them to Paula's office. The display will go up on Monday, September 12 and we will display them through Friday, September 23. The answers will be revealed and posted during the week of September 26.

This and That

Quilting 101

Fall is a great time to start a new hobby. Join us for this interesting and fun class. This is a beginners quilting class, taught by our resident quilting instructor Jeanne Smith. Don't let the beautiful picture fool you—it looks complicated but it is actually much easier than it looks and the “Let's Play Lap Quilt” is perfect for beginners. The class will be held on **Friday, September 30 from 9 a.m. until 12 noon** in our sewing lab. There is no charge for this class, however, you will be supplied with a supply list upon registration. Because space is limited in the sewing lab, the class is limited to the **FIRST SIX PEOPLE**. You **MUST** pre-register for this class by calling 608-364-2875.



Water Color Class

Join instructor M.L. Wright for this fun and informative water color class. The class is for **beginners** and there is a one time charge of just \$5.00 to participate in this four week session. The class begins on **Wednesday, September 7** and continues through **Wednesday, September 28** and it runs from **1:00 p.m. until 3:00 p.m.** This class is to help students become comfortable using art supplies. Remember: “It is not important if anyone likes what you create—it is important that you enjoy what you are doing.” To register, call Grinnell Hall at 608-364-2875.



September is National Senior Center Month
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Trips

Maggie Mae Dinner Show

Oxford, WI

Thursday, September 1, 2016

Just six seats left on 2nd bus !!

Hurry

Depart 9:30 Telfer park. Returns approx. 5:00 p.m.

**The following trips are currently full
Please inquire
about the waiting list**

Canal Boat & Trolley Tour

Oglesby, IL

Wednesday, October 12

Depart Telfer Park 10:00 a.m. Return approx. 4:30 p.m.

Branson on the Road

White Pines Theatre

Thursday, November 17

Depart Telfer Park 10:00 a.m. Return approx. 4:30 p.m.

The Oak Ridge Boys Christmas Crystal Grand Theatre

Enjoy one of the most distinctive and recognizable sounds in the music industry. The four-part harmonies and upbeat songs of The Oak Ridge Boys have spawned dozens of Country hits and a Number One Pop smash, earned them Grammy,



Dove, CMA, and ACM awards. The Oaks bring four decades of charted singles, and 50 years of tradition, to a stage show widely acknowledged as among the most exciting anywhere.

Join us on **Saturday, December 3** for this famous group. We leave Telfer Park at 11:00 a.m. and arrive at Sprecher's in the Dells for lunch (on your own) at 12:30. After lunch we head over to the Crystal Grand for the 3:00 p.m. show.

SATURDAY, DECEMBER 3, 2016

Members \$48.50

Non-Members \$58.50

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Highlights

- Phoenix City Tour
- 2 Spring Training Baseball Games
- Hall of Flame Fire Museum
- Old Town Scottsdale
- Heard Museum of Native American Culture
- Tucson Area •Mission San Xavier
- Arizona-Sonora Desert Museum
- Sabino Canyon Rec Area Tram Tour
- Old West Farewell Dinner
- 5 Nights at One Hotel - Phoenix Area

Inclusions

- Roundtrip Airfare
- Tour Director•
- 7 Meals: 5 Breakfasts 2-Dinners
- Motor coach Transportation
- Sightseeing per Itinerary
- Hotel Transfers
- Baggage Handling

Services

Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answer questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. Cori is here from **12:30-2:00 PM on Monday, September 12**. This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service.

Benefit Specialist Services

Lachel Fowler is at Grinnell Hall Senior Center on **Thursdays, from 8 a.m. until 12 noon on September 1, 8 and 15**. She **WILL NOT** be here on Sept 22 and 29. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and older, regardless of financial status.



Jewelry Repair

If you find broken jewelry in your jewelry box, don't throw it away! Linda Keenan is available for jewelry repair twice a month here at Grinnell. In Sept, she will be here **Monday, September 12 and September 26**, from 11:30 a.m. - 3:00 p.m.

Watch Battery Replacement

Judy S. will be at Grinnell on **Tuesday, September 13**, from **8:00 a.m. - 9:00 a.m.** This is a walk in service and no appointment is necessary. This service is offered to both members and non-members of Grinnell. Get the batteries on your watch replaced for the cost of the battery.

Alteration Service

Jo Ellen Smith of Sewfine Custom Sewing & Alterations of Beloit is at Grinnell on the first and third Monday of every month from 1:30 - 2:00 p.m. to pick up items that are in need of alterations. Stop in and see her on **Monday, September 12**. In September she will only be here on one day due to her schedule. For more information call Grinnell at 608-364-2875

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Ladies (And Gentleman) Must Dine

Ladies Lunch At Japanese Gardens

Our Ladies Lunch Group is becoming more popular each and every month. In September the group will be traveling to **The Anderson Japanese Gardens on Thursday, September 15.** The group will dine at **Fresco's** on the grounds and then tour the gardens. This is **FREE admission** day at the gardens. **They will be departing from Grinnell at 10:00 a.m..** You must pre-register for this trip by calling Grinnell Senior Center at 608-364-2875. The only cost will be for your lunch and a small donation to your driver. This is a carpool trip. Please let us know if you can drive or need a ride when you sign up.

Join Us For Our Men's Breakfast

Invite a friend and join our great group of men for the September Men's Breakfast. They will be meeting at **Dita's Family Restaurant** located at 1569 Madison Road in Beloit. The group leaves from Grinnell at **7:30 a.m. on September 22.** Please call Grinnell at 608-364-2875 and register for this event so advanced reservations can be arranged.



Ladies to Visit RoseWood in October

The Ladies Must Dine group is going for the gold in October! They will travel to the Rosewood Theatre in Delavan, WI for a wonderful show and a Chef prepared gourmet meal. **The trip is a carpool trip and is scheduled for Thursday, October 20.**



RADIO DAYS when swing was King! Take a nostalgic look back at life through the Golden

Age of Radio. With irreplaceable artists like the Andrews Sisters, Glen Miller Band, Duke Ellington, Vaughn Monroe, Rosemary Clooney, Tony Bennett, Louis Armstrong, Bobby Darin, Patti Page, Ray Price, and Peggy Lee, families gathered 'round the radio in post-war homes of America to hear the music and stories of the day.

Since this is a carpool trip the cost for meal and show is just \$39.95. You must pay when you register for the trip. Checks made out to City of Beloit. The group will meet at Grinnell at 10:30 and depart at 10:45.

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HOLIDAY SPECIAL



September Calendar of Activities

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 9:30 Memory Cafe 12:30 Euchre Maggie May Trip	2 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 9:30 Raisin-ettes 12:30 Mexican Train
5 Labor Day Grinnell Closed	6 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed) 1:00 Miniature Basket Class	7 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 11:00 Vet's Coffee 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Watercolor Class 1:30 Theatre Group	8 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 9:00 Board Meeting 10:00 Blood Sugar 10:00 Hearing Aid Check 12:00 Reflexology 12:30 Euchre 1:00 Movie	9 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train 12:30 Bridge Deadline for "Do You Know Me" pictures
12 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 11:30 Jewelry Repair 12:30 Bridge Lessons 12:30 Dementia Specialist 1:00 Meditation Class 1:30 Stepping On 1:30 Alterations	13 7:30 Billiards 7:30 Traveling Nails 8:00 Watch Battery Replacement 9:00 Beg. Line Dancing 9:00 Sunny & Share 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed) 1:00 Mahjong 1:00 AMP	14 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:30 Chair Massage 1:00 Mahjong 1:00 Booked for Dessert 1:00 Water Color Class 1:30 Theatre Group	15 7:30 Billiards 8:00 Ben Spec 8:15 Walking w/ Yoshi 10:00 Ladies Must Dine 10:00 Social Security Reimagined 12:30 Euchre	16 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train
19 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 12:30 Bridge Lessons 1:30 Stepping On	20 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed) 12:30 St. Jude's Bridge 1:00 AMP	21 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Water Color Class 1:30 Theatre Group	22 7:30 Billiards 7:30 Men's Breakfast 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 12:30 Euchre 1:00 Bingo	23 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train
26 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 11:15 Medicare Talk 11:30 Jewelry Repair 12:30 Bridge Lessons 1:00 How Do I Tech? 1:30 Stepping On	27 7:30 Billiards 7:30 Traveling Nails 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge 1:00 Grinnell Bookies 1:00 AMP	28 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Water Color Class 1:30 Theatre Group	29 7:30 Billiards 7:30 Men's Breakfast 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 12:30 Euchre	30 7:30 Billiards 8:30 Tai Chi 9:00 Beginning Quilting 9:30 Raisin-ettes 12:00 Reflexology 12:30 Mexican Train

Rock County Nutrition Grinnell Hall Senior News and Chews

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Salad Wheat Dinner Roll Marinated Vegetables Apricots w/Diced Peaches Cheesecake Bar	2 Chicken Drumsticks Mashed Potatoes & Gravy Dinner Roll California Mixed Veg. Carrot Bar
5 Closed Labor Day Holiday (Dining Centers Closed)	6 Hungarian Goulash Egg Noodles Wheat Bread Green & Gold Beans Carrots Cinnamon Applesauce	7 Sub Sandwich Tossed Salad & Dressing Pineapple Tidbits Carrot Cake	8 BBQ Pork Sandwich Baked Beans Broccoli Salad Hot Peaches w/ Granola	9 Western Meatloaf Mashed Potatoes Wheat Bread Garden Vegetables Tropical Fruit
12 Yankee Pot Roast Marble Rye Bread Peas Tossed Salad w/ Dressing Hot Peaches & Granola	13 Polish Sausage w/ Bun Rosemary Red Potatoes SF Blend Vegetables Vanilla Pudding	14 Turkey Tetraxini w/ Penne Pasta Wheat Bread Beets Carrots Chocolate Chip Cookie	15 Swiss Steak w/ Gravy Mashed Potatoes Wheat Roll Mixed Vegetables Applesauce	16 Caesar Salad w/ Chicken & Pasta Dinner Roll Melon Mix Sugar Cookie
19 Green Pepper Casserole w/Rice Wheat Bread Garden Blend Veg. Watermelon Jello-O	20 Ham Salad w/ Pasta Dinner Roll Tossed Salad w/ Dressing Pineapple & Grapes Lemon Chiffon Dessert	21 Italian Wedding Soup Wheat Bread Mediterranean Veg. Peaches M & M Cookie	22 Grilled Pork Chop Twice Baked Potato Casserole Wheat Bread Red Cabbage Pears	23 BBQ Chicken Leg & Thigh Wisconsin Blend Veg Wheat Bread Sweet Potatoes Fruit Mix
26 Turkey Mashed Potatoes & Gravy Coleslaw Tropical Fruit	27 Chicken Cobb Salad Wheat Bread Pineapple Tidbits Mandarin Oranges Cherry Crisp	28 Pork Loin w/ Dijon Sauce Au Gratin Potatoes Dinner Roll Stewed Tomatoes Melon Mix	29 Beef Goulash Wheat Bread Garden Blend Vegetables Squash Fruit Cocktail	30 Hot Dog w/ Bun California Vegetables Potato Salad Snickerdoodle Cookie

Meals served Monday through Friday. Milk served with all meals. Coffee & tea served with dining center meals. Suggested donation for each meal is \$3.25. **Meals require reservations which must be made by noon of the prior business day.** For reservations or additional information, please call the Rock County Nutrition Program at 757-5474. Meals available to anyone 60 years of age or older. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

Health and Wellness

Traveling Nails To Begin Service at Grinnell

A new service will be available at Grinnell Hall beginning in September. Pati DuCharme, C.M.A./L.N.T will be at Grinnell two days a month to clip nails and care for feet. Her service includes a **foot soak, scrubbing, removal of callouses and corns, nail cleaning and trimming, cuticle care and lotion application.** Each appointment takes approximately 45 minutes and the cost is \$35.00. The appointments will be scheduled on **Tuesday, September 13 and Tuesday, September 27** beginning at 7:45 a.m. and going until 3:15 p.m. This service will be replacing the monthly foot clinic that was held at Grinnell. That service was discontinued here at Grinnell by the provider.



Stay Healthy with Reflexology

Maureen Birchfield, TDC, Certified Reflexologist is at Grinnell on **Thursday, September 8.** Cost is just \$18.00 for 30 minutes for Grinnell members and \$20.00 for non-member. Call 608-364-2875 to reserve your spot .

Free Blood Sugar & Pressure Screening

Mary H. and Lynn M. , take turns at Grinnell offering free blood pressure and blood sugar screenings on **Thursday, September 8, at 10:00 a.m.** This is on a walk in basis and there is no charge for this service.

Chair Massage

Our Certified Massage Therapist Kathy Pann is at Grinnell on **Wednesday, Sept 14 .** A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register.

Introduction to the Art of Meditation

Join certified meditation instructor Maggie Story on **Monday, September 12 at 1:00 p.m.** for an informative class on meditation. Maggie will discuss the benefits of meditation and just how to get started. Maggie has received extensive training from Mindful Schools, and has gone to various retreats and classes in mindfulness and meditation. Please pre-register for this free one hour class by calling Grinnell at 608-364-2875.



Ladies Tea and Vintage Hat Program

Ladies sign up now to join us for what is sure to be a well attended program. On **Wednesday, October 5 at 1:30,** we will present a Fall ladies tea and vintage hat show. The cost is just \$5.00 and you will be served a delightful assortment of light refreshments and desserts, along with a selection of teas. The program that day is an informative and fun presentation on vintage hats. Our very own yoga instructor, Roselyne Ackley, has an amazing collection of vintage hats that she is going to display and she has many stories about them.

You **MUST** pre-register and seating is limited, so sign up now by phone (364-2875) or at the front desk.

September 2016 Issue | 9



Weekly Exercises Offered at Grinnell

Chair Exercises.....	Mon. 8:30 a.m.
Beginning Line Dancing.....	Tues. 9 a.m.
Line Dancing.....	Tues. 10 a.m.
Morning Stretch.....	Wed. 8:30 a.m.
Easy Stretch Yoga.....	Wed. 9:45 a.m.
Walking with Yoshi.....	Thurs. 8:15 a.m.
Tai Chi.....	Fri. 8:30 a.m.

Courtesy Hearing Aid Cleaning

Grinnell now offers a monthly hearing aid check and cleaning on the second Thursday of each month from 10:00 a.m. until 12 noon. The service is provided by Alicia Peterson HIS of Miracle Ear. Alicia will be here on **Thursday, September 8.** No sign up necessary.



Wednesday Walks with Council on Aging

Rock County Mobility Management is in their sixth year of Wednesday Walks, a program that offers a wonderful way to get fresh air, exercise and meet new people. Each trip includes group transportation, a walk, or tour and a meal at one of the County's dining centers. Reservations are required as transportation and meals need to be arranged ahead of time.

Wed. September 28 they will tour Beckman Mill Park and have lunch at Grinnell. Refer to page eight of this issue for the menu.

All groups meet at the Rock County Council on Aging office at 3328 N. Hwy 51 in Janesville. Departure is at 8:30 a.m. You may make your own travel arrangements or meet the group at the tour site, however, you **MUST PRE-REGISTER** for both by calling the Mobility Management Office at 757-5408.

This and That

Memory Café Relocates to Grinnell

Memory Café is now located at Grinnell Hall Senior Center. For those who have not experienced the benefits of what this unique event has to offer, a Memory Café is a



social gathering where those with memory loss, mild cognitive impairment, Alzheimer's or other dementia are able to gather together to socialize, learn more about themselves and the world around them in a safe, relaxed atmosphere.

There is no charge for the program and donations will be accepted to cover the cost of snacks at each meeting. Dementia Care Specialist Cori Marsh offers an ongoing, monthly **Memory Café**. Pre-registration is not required for this event, but an RSVP would be appreciated. To register, call Cori at 608-741-3600. The class will be held on **Thursday, September 1, at 9:30 a.m.** at Grinnell Senior Center, 631 Bluff Street.

Miniature Woven "Finger" Baskets

They are tiny, adorable and easy to make! Join instructor Beth Bausman on **Tuesday, September 6 at 1:00 p.m.** and learn

how to create this decorative basket using just some raffia and your fingers! All supplies will be provided and there is no charge for this class, but you must



pre-register by calling Grinnell at 608-364-2875.

Chicks With Sticks

Love to knit and /or crochet? Love to socialize and visit as well? Stop in any **Wednesday between 10:00 a.m. and 1:00 p.m.** and join "Chicks with Sticks". This is not a class, as everyone is working on their own project, however; there is always someone to help with questions. No sign up is necessary.

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Movies and Books

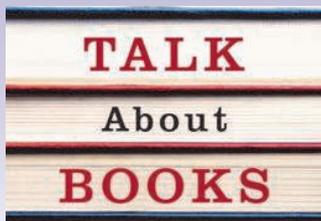
Fall Means Great Movies!

This month's movie comes highly recommended and promises to have great appeal. **Suffragette** is a drama that tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. These women were not primarily from the genteel educated classes, they were working women who had seen peaceful protest achieve nothing. Maud was one such foot soldier. The story of her fight for dignity is as gripping and visceral as any thriller, it is also heart-breaking and inspirational. The movie will be shown on **Thursday, September 8 at 1:00 p.m.** There is no charge for this event and popcorn and a beverage will be served. Donations are appreciated to cover costs of movie and snack.



Booked For Dessert

Fall is a great time to discover a new book to enjoy! We have just the thing to help you in your search. Attend Grinnell's popular Booked for Dessert and enjoy a home made dessert and beverage while listening to Tina Kakuske from the Beloit Public Library pre-view a wide variety of books. You can check out books that you want that day, as long as you bring your library card! You must pre-register for this special event. **Booked for Dessert will be held on Wednesday, September 14, at 1:00 p.m.** Call Grinnell Hall at 608-364-2875 to register.



Fun & Games

Fishing Club Meeting

The Grinnell fishing club will meet this month on **September 2 at 9:00 a.m.**

Fall fishing schedule is Tuesday and Wednesday 8:00 a.m. at Armstrong Eddy Park and Thursdays at 8:00 a.m. at Preservation Park. Everyone is welcome, no sign up necessary. The group travels on their own and meets at each location.

Vets' Coffee

Our monthly Vets' Coffee will be held this month on **Wednesday, Sept 7, at 11:00 a.m.** It is open to all vets and no sign up is necessary.

Mexican Train

Mexican Train is played each **Friday at 12:30 p.m.** It is a good brain exercise, besides being a lot of fun. No sign up necessary.

Hand & Foot Card Game

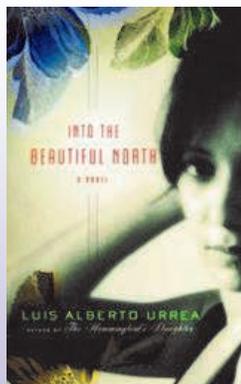
Hand and Foot is a North American card game related to Canasta. We will be playing it on the second and fourth Thursday of each Month. In Sept, the game will be on **Sept 8 and 22 from 9:00 a.m. - 12 noon.**

Cards and More.....Dates and Times

Euchre.....	Each Thurs. at 12:30 p.m.
Bridge Lessons.....	Each Monday at 12:30 p.m.
Mahjong.....	Each Wed. at 1:00 p.m. &
Mahjong.....	Tues. Sept 13 at 1:00 p.m.
Cribbage.....	Each Tues. at 12:30 p.m.
Bingo.....	Thurs. Sept. 22 1:00 p.m.
Mexican Train.....	..Fridays at 12:30 p.m.
Hand & Foot.....	..Sept. 8 and Sept 22 at 9 a.m.

Grinnell Bookies to Participate in NEA Big Read

The Beloit Public Library, School Districts of Beloit and South Beloit, South Beloit Public Library, Grinnell Senior Center and Beloit College are partnering this year to bring NEA Big Read - Stateline to Beloit area residents.



Events are planned from September 18 through October 15. Attend a fiesta, meet the author, participate in a book discussion, watch a movie and more! The fiesta will be held on Sunday, September 18 from 1 p.m. - 3:00 p.m in the parking lot of the Beloit Library. The book that is being read is **Into the Beautiful North by Luis Alberto Urrea.**

The Grinnell Bookies will discuss this book at Grinnell on **Tuesday, September 27 at 1:00 p.m.** You can obtain a copy of this book FREE at the library. *Nineteen-year-old Nayeli works at a taco shop in her Mexican village and dreams about her father, who journeyed to the US to find work. Recently, it has dawned on her that he isn't the only man who has left town. In fact, there are almost no men in the village--they've all gone north. While watching The Magnificent Seven, Nayeli decides to go north herself and recruit seven men--her own "Siete Magnificos"--to repopulate her hometown and protect it from the bandidos who plan on taking it over.*

There are two chances to meet the author. He will be speaking as a keynote on **Thursday, September 22** from 4 p.m. - 5 p.m. at the Beloit College Moore Lounge and again that evening from **7:00 p.m. - 8:30 p.m.** at the Beloit Public Library meeting room.

The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit

Grinnell Hall Senior Center

631 Bluff St.

Beloit, WI 53511

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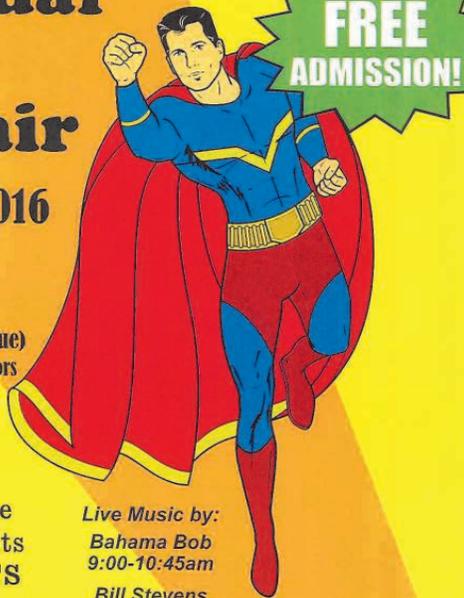
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Local Superhero Award Presentation 10:45-11:15AM

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Do You Know a Superhero?

Help us acknowledge local superhero's at the Beloit Senior Fair this year.

The Beloit Senior Fair Committee will be acknowledging local heroes at this years Beloit Senior Fair.

Nominees need to be over the age of 50, and they must exemplify community involvement, including but not limited to: community activity, volunteerism, and community support. Nominees should have strong character that sets them apart. Nominees must currently work, reside or be active in the Beloit community.

Official nomination forms may be picked up at Grinnell Hall , or you can find them at the city of Beloit website under Grinnell Hall.

Nominations must be received at Grinnell Hall by 3:00 p.m. on September 9th.

For more information call Grinnell Hall at 608-364-2875.