

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Volume 4, Issue 2

**August
2016**

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

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608-364-2875
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schuttp@beloitwi.gov

Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

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Pg. 2 Grinnell Theatre to Present Play

Join us on August 12 at 1:00 p.m. for two plays by our very own theatre group. See page 2 for the information.

Pg. 4 Baseball Fans!!

Don't miss getting the info on this upcoming trip to Arizona Training Camp!! See page four.

Pg. 9 New COA Workshops

See page nine for several new health workshops being conducted by the Rock County Council on Aging.

Pg. 12 Living Will Class

Popular speaker Attorney Doug Ley returns with information on POA's and Living Wills. Don't miss this class. See page twelve.

Annual Meeting and Board Elections

All paid members in good standing of Grinnell are eligible to vote in the 2016 board elections. An information board showing all the candidates will be available in the lobby of Grinnell beginning Monday, August 1. An informational packet will also be mailed to all paid members in August. You may vote at the Annual Meeting on **Wednesday, August 25**. The meeting begins at 11:00 a.m. in the dining room of Grinnell. Absentee voting is available at the front desk beginning Monday, August 23. If you have any questions, please call Grinnell at 608-364-2875.



Western Picnic and Dance Party Planned for August

With the strains of the Twist still ringing in our memory from the 50's dance, we are excitedly preparing for our annual **Western Picnic and Dance**. The event will be held on **Friday, August 19**, beginning at 11:30. Lunch will be a Brat on a Bun with Baked Beans, Coleslaw and a Cowboy Cookie. Reservations must be made by Tues August 16 by 12 noon. The dance, which starts at 12:30, will feature the music of the very popular local DJ, Chuck Wilson.



You won't want to miss our **LASSO CONTEST!** You will have to come to the dance to find out exactly what it is we will be lassoing. Anyone participating in the contest will receive a certificate for a free ice cream treat from Culvers. Don't miss this final themed party of the year! Sign up for lunch by August 16 and get ready to have some fun!

Annual Meeting and Advisory Board Nominations

Each year, The Grinnell Hall Advisory board holds their Annual Meeting. The meeting will be held on **Wednesday, August 24 at 11:00**. During the meeting elections will be held for new board members for the 2016 - 2017 year. This is also a time members can vote on items brought before them. This year we are proposing a few changes to the by-laws of the board.

Members will be receiving an election packet in the mail that will list all the members who are leaving the board and a small write up on those who are running for the board.

Those leaving the board are Art Graham, Gloria Meyer and Jean Warn. Those up for election are Linda Kinder, Kurt Pizza, Bob Norder, Peggy Wellnitz and Jerry Kinder. A board will be displayed in the lobby of Grinnell Hall beginning in August with pictures and write ups on each candidate.



Grinnell Hall Senior Center



A Word From the Coordinator Paula Schutt

Greetings! July was a whirlwind of fun and activity. Our 50's dance was well attended and not one person left without a smile on their face! Thanks to local

DJ Chuck Wilson, everyone had a great time! We had our first 90 year celebration for anyone turning 90 in 2016. We had 50 people for lunch and honored 12 people that day. We enjoyed the music of violinist Zachary Peterson. You will most likely see a whole array of new (but familiar) friendly faces at the front desk this month. Because we have grown and seriously need a volunteer co-ordinator, front desk staff Beth Bausman has moved into that position and we are once again staffing the desk with our friendly and efficient volunteers. Remember to thank them when you check in!

Our Grinnell Theater Group has been working hard and perfecting two plays for you. They will present them on **Friday, August 12 at 1:00 p.m.** in the auditorium. Don't miss this free show!

Our Annual Meeting is coming up in August and it is time to vote for new Advisory Board members. The board meets once a month and monitors the daily activities of Grinnell. Any member in good standing is eligible to vote in the election that will be held on **Wednesday, August 24 at 11:00 a.m.**

If you missed Attorney Doug Ley last time he was here, you have another chance to learn about power of attorney and living wills. Attorney Ley will be here on **Monday, August 29 at 9:00 a.m.** Check out page twelve for all the details!

Enjoy the month as summer winds down—before you know it we will be decorating for Christmas! They say time flies when you are having fun and things are certainly moving quickly here at Grinnell. Paula

Advisory Board of Grinnell Senior Center

Linda Smith, Roselyne Ackley, Wally Mattelig
Gloria Meyer, Jean Warn

Theresa Niles - Chair
Carol Fryar - Secretary
Dave Zimdars - Vice Chair
Art Graham - Treasurer



The Last man On Earth

by Eitan Loewenstein

Humorous science fiction, about love
life, and the end of the world.

AUGUST 12, 2016 AT 1:00 P.M.

Grinnell Theatre Productions

Bank Robbery

BY Eitan Loewenstein

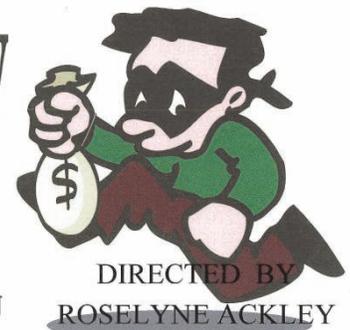
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FREE ADMISSION



Book Review

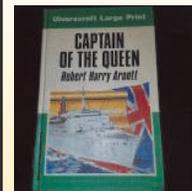
By Alice Kniskernm, Grinnell Librarian

Captain of the Queen

by Robert H. Arnott

My curiosity finally made me take this book off the shelf. On a trip to England in the mid 70's my mother and I were walking in Bournemouth one sunny day and spotted a Yorkshire Terrier on a leash. Since we had left our Yorkie at my brother's in Illinois, we scurried to catch up to the lady at the end of the leash and ask if we might talk with her dog. She was friendly, perhaps a bit surprised, but said yes, of course. We chatted for awhile and learned that her husband was the Captain of the Queen Mary! Now that I have read this book, I am very certain that we indeed did meet the wife of the author of this book.

The book is fascinating and covers the Captain's career which began at the beginning of WWII when he joined the Merchant Marine at the age of 16. His experiences in the war years are vividly described, as are the many years he spent following the war working on passenger ships. I strongly urge people who love the idea of travel or "the sea" take a look at this book. It is located on the autobiography shelf in the Grinnell Library



This and That

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.

Wednesday, August 17, the group will tour the beautiful Beloit College Campus and enjoy a guided tour of the Logan Museum of Anthropology and the Effigy Mounds. Lunch will be at Grinnell Hall after the tour. Lunch will be Pork Loin w/ Dijon Sauce, Dinner Roll, Au Gratin Potatoes, Stewed Tomatoes, Melon Mix. There is a suggested donation of \$3.25 for lunch and transportation is free.

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.

Cribbage Scores for the Second Quarter

Cribbage is played each **Tuesday** at Grinnell at 12:30 p.m. Following are the scores from the second quarter of 2016.

Perfect Score..... 8 Games968

April

Week 1.....Marty	954
Week 2.....Ron	951
Week 3.....Mary	961
Week 4.....Madilyn	944

May

Week 1.....Jim.....	956
Week 2.....Gloria.....	968
Week 3.....Wendell.....	935
Week 4.....Wally	935

June

Week 1.....Ginger.....	947
Week 2.....Bob.....	961
Week 3.....Greg.....	956
Week 4.....Bernie	960
Week 5.....Mary Lou.....	946

Perfect Score

May 12	Gloria had a perfect game.....	968
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Trips

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

Million Dollar Quartet
Palace Dinner Theatre
Wisconsin Dells
Sunday, August 14

Maggie Mae Dinner Show
Oxford, WI
Thursday, September 1, 2016

Canal Boat & Trolley Tour
Oglesby, IL
Wednesday, October 12

Branson on the Road
White Pines Theatre
Thursday, November 17

Tips For Travelers

Packing for a trip can be a chore! Did you know there is an efficient and easy way to get as much as possible in a small space?

Join us here at Grinnell on **Wednesday, August 17** at

1:00 p.m. and learn some valuable trip packing hints! The presentation is **FREE** and sponsored by Premiere World Discovery.

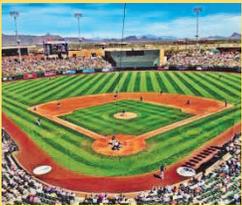
After the packing demonstration, Mike Campbell from Premiere Travel will be presenting a travel show featuring



our brand new trip for 2017. Come and learn how you can be on the road to Arizona in March of next year for Spring Training!! Tour the City of Phoenix, the Tucson area, attend two spring training baseball games, participate in an Old West Farewell Dinner and much, much more!

Grinnell and Premiere World Discovery are teaming up to give baseball fans a trip they won't soon forget!

Join us on August 17th for some yummy snacks, some great packing trips and all the info on this fun and affordable trip. The presentation is open to the public but pre-registration is required. **Please reserve your spot by calling Grinnell at 608-364-2875.**



Arizona Spring Training Getaway

March 19—March 24, 2017

Presented by Beloit Senior Center and Premiere World Discovery

\$1895 pp double (booking discount) **\$1995 pp double** (regular rate)

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, August 8**. 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 August 4 and 11. On August 25, she will be here from noon until 4 p.m.** 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 July, she will be here **Monday, August 1** and **Monday, August 15**, from 11:30 a.m. - 3:00 p.m. No sign up is neces-

Watch Battery Replacement

Judy S. will be at Grinnell on **Tuesday, August 9**, 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, August 1** and **August 15**. For more information call Grinnell at 608-364-2875

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Ladies Must Dine

Men's Breakfast

Ladies Lunch Trip Scheduled

The Ladies Lunch Trip is a huge hit and a very special trip is being planned for September. Read more about that in the September newsletter. On **Wednesday, August 24**, the group will travel to **The China Palace** in Rockton. The group will meet at Grinnell Hall on **Aug 24th at 12:30** and car pool to the restaurant, arriving approximately at 1:00 p.m.

Reservations ARE REQUIRED, even if you are meeting the group on site. Please call Grinnell at 608-364-2875 to make your reservation by Monday, August 22 at 12 noon. At the time of your reservation, please indicate if you will be driving & taking passengers, or if you need a ride.



Join Us For Our Men's Breakfast

The Grinnell men have a delicious trip planned for their August breakfast. On **Thursday, August 25**, they will be meeting at Grinnell at 7:30 a.m. and making a short trip to

The Short Stack on Cranston Road. Breakfast is on your own and reservations are required so that we can let the restaurant know how many people to expect.

Please call Grinnell at 608-364-2875 to make your reservation and indicate if you will be driving and taking passengers or if you will need a ride.



Attention East and West Historic District Residents

Spruce up your front yard gardens. The Landmarks Commission of Beloit is sponsoring a contest for front yard gardens in east and west side Historic Districts. No entry necessary. Gardens will be judged last week of August and winners announced first week of September. Two winners will receive a banner, garden ornament, and gift card. Good luck and have a blooming good time.

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HOME SECURITY TEAM

August Calendar of Activities

2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 1:30 Alterations	2 7:30 Billiards 9:00 Beg Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed)	3 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Vet's Coffee 1:00 Mahjong 1:30 Theatre Group	4 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 9:00 Board Meeting 9:30 Memory Cafe 12:30 Euchre	5 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 9:30 Raisin-ettes 12:30 Mexican Train
8 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 12:30 Bridge Lessons 12:30 Dementia Specialist 1:00 Bunco	9 7:30 Billiards 8:00 Watch Battery Replacement 9:00 Beg. Line Dancing 9:00 Sunny & Share Stitchers 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed)	10 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 1:30 Theatre Group	11 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 10:00 Blood Sugar 10:00 Hearing Aid Check 12:00 Reflexology 12:30 Euchre	12 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train
15 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 11:30 Jewelry Repair 12:30 Bridge Lessons 1:00 Movie 1:30 Alterations	16 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed) 1:00 Mahjong	17 7:30 Billiards 8:30 Morning Stretch 8:30 Wed. Walk COA 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Tips for Travelers 1:30 Theatre Group	18 7:30 Billiards 8:15 Walking w/ Yoshi 10:00 Piano Lessons 12:30 Euchre	19 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 11:45 Picnic 12:30 Mexican Train 12:30 Western Dance
22 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Sewing Lab 11:15 Tai Chi 12:30 Bridge Lessons	23 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (Closed) 1:00 Grinnell Bookies	24 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Annual Meeting 12:30 Ladies Lunch 1:00 Mahjong 1:30 Theatre Group	25 7:30 Billiards 7:30 Men's Breakfast 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 9:30 Living Well 12:00 Ben Spec 12:30 Euchre	26 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:00 Reflexology 12:30 Mexican Train
29 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Living Will Program 11:15 Tai Chi 12:30 Bridge Lessons	30 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge			

Rock County Nutrition Grinnell Hall Senior News and Chews

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Yankee Pot Roast Rye Bread Peas Tossed Salad Hot Peaches w/ Granola	2 Polish Sausage w/ Bun Rosemary Red Potatoes San Francisco Veg Vanilla Pudding	3 Turkey Tetrizzini w/ Penne Pasta Wheat Bread Beets Carrots Chocolate Chip Cookie	4 Swiss Steak & Gravy Mashed Potatoes Mixed Vegetables Wheat Roll Applesauce	5 Pasta Caesar Salad w/ Chicken Dinner Roll Melon Mix Sugar Cookie
8 Green Pepper Casserole w/Rice Wheat Bread Garden Blend Veg Watermelon Jell-O	9 Ham Salad w/ Pasta Dinner Roll Tossed Salad & Dressing Pineapple & Grape Mix Lemon Chiffon Dessert	10 Italian Wedding Soup Wheat Bread Mediterranean Veg Sliced Peaches M & M Cookie	11 Grilled Pork Chop Wheat Bread Twice Baked Potato Casserole Red Cabbage Pears	12 BBQ Chicken Leg & Thigh Wheat Bread Wisconsin Blend Veg Sweet Potatoes Fruit Mix
15 Turkey Mashed Potatoes & Gravy Wheat Bread Coleslaw Tropical Fruit	16 Chicken Cobb Salad Wheat Bread Mandarin Oranges Pineapple Tidbits Cherry Crisp Last day to reserve meals for picnic	17 Pork Loin w/ Dijon Sauce Dinner Roll Au Gratin Potatoes Stewed Tomatoes Melon Mix	18 Beef Goulash Wheat Bread Garden Blend Vegetables Squash Fruit Cocktail	19 Picnic - Special Menu Brat w/ Bun Baked Beans Coleslaw Cowboy Cookie Reservations must be made by Tues 8/16
22 Beef Stew w/ Potatoes Baking Powder Biscuit Cauliflower Tossed Salad Hot Applesauce w/ Cinnamon	23 Penned Pasta w/ Tomato Herb Meat Sauce Breadstick Peas Chocolate Chip Cookie	24 Chicken Waldorf Salad Wheat Bread Carrot Raisin Apple Salad Pineapple Tidbits Angel Food Cake w/ Berries	25 Roast Beef w/ Gravy Mashed Potatoes Dinner Roll Three Bean Salad Fruit Jell-O	26 Quiche w/ Broccoli and Cheese Wheat Roll Peaches w/ Granola California Mix Veg Strawberry Cake
29 Salisbury Steak Dinner Roll Sweet Potato Broccoli Fruit Cocktail	30 Scalloped Potatoes & Ham Wheat Bread Green Beans Melon Mix Brownie	31 Spaghetti & Meatballs Garlic Bread San Francisco Veg Tossed Salad & Dressing Pears		

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

Stepping On Workshops Help Prevent Falls

One in every three adults over age 65 falls every year. But falling is not normal for older adults and older adults can learn how to take steps to prevent falls. *Stepping On*, a workshop offered in Rock County, teaches older adults do just that. Research shows that adults who take the workshop gain confidence, reduce falls by over 30% and have fewer hospitalizations and emergency department visits. The next seven week workshop begins **Monday, September 12 to and goes until October 24 from 1:30 pm to 3:30 pm at Grinnell Hall.** *Stepping On* workshops are delivered in 2-hour weekly sessions for seven weeks. During the seven-week sessions, participants receive support from trained leaders and other workshop participants, learning strength and balance exercises, medications' impact on falls, vision, safe footwear, home modifications, and community safety. Falls can be physically, financially, and emotionally devastating. Fear of falling often limits older adults and results in reduced mobility and isolation. The *Stepping On* workshops equip older adults to take control of their lives and make the changes in their home and lifestyle to reduce their falls risk." For more information or to pre-register, call (608) 757-5472. Pre-registration is required. Or register online at www.co.rock.wi.us/aging. A \$10 fee for the class is suggested. Transportation may be available to the classes.

Help for Chronic Conditions

Rock County Council on Aging will be offering a **Living Well** workshop series beginning **Thursdays, August 25 through September 29** at Grinnell Senior Center, Beloit from 9:30 am to Noon.



Living Well is a six-week program for people with chronic diseases and their caregivers. Chronic diseases are ongoing health conditions and include diabetes, arthritis, anxiety, HIV/AIDS, high blood pressure, depression, heart disease, chronic pain, multiple sclerosis, fibromyalgia, and others. During the workshop, participants receive support from trained leaders and other workshop participants, learn practical ways to manage their pain and fatigue, learn about nutrition and exercise options, understand new treatment choices and learn better ways to communicate about their conditions with doctors and family members.

The goal is to help people better manage their health conditions and deal with the frustration, fatigue and pain that can accompany a chronic disease.

For more information or to pre-register, call **The Rock County Council on Aging at (608) 757-5472.** Pre-registration is required. You may also register online at www.co.rock.wi.us/aging. A \$15 fee for the class is suggested.

Art & Relaxation for Caregivers

The Rock County Caregiver Resource Network in conjunction with Grinnell Hall will host the Second Annual **“Art and Relaxation for Family Caregivers** event on **Thursday August 25, 2016** at Welty Environmental Center at Big Hill Park in Beloit. Caregivers will be able to



put their cares aside for a short time as they enjoy the outdoors and then complete a guided painting project while enjoying refreshments and time away. We will be offering day and evening sessions. Cost is \$10 per person. Pre-registration will be required. **Contact Julie Seeman at the Council on Aging for more information at 608-758-8455.**

Feeling Stressed?

Our Certified Massage Therapist Kathy Pann is at Grinnell on **Wednesday, August 10.** A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call Grinnell Hall at 608-364-2875 for your appointment today!

Stay Healthy with Reflexology

Maureen Birchfield, TDC, Certified Reflexologist is at Grinnell on **Thursday, August 11 and Friday, August 26.** Cost is just \$18.00 for 30 minutes for Grinnell members and \$20.00 for non-members. Call Grinnell Senior Center at 608-364-2875 to reserve your spot as they fill up quickly.

Free Blood Sugar & Pressure Screening

Mary H. and Lynn M., retired nurses, take turns at Grinnell offering free blood pressure and blood sugar screenings each month. They will be here on **Thursday, August 11, at 10:00 a.m.** This is on a walk in basis and there is no charge for this service.

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 available in April on **Thursday, August 11.** No sign up necessary

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.

This and That

Memory Café Relocates to Grinnell

Memory Café is moving for the remainder of the year and will now be 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 pre-register, call Cori at 608-741-3600. The class will be held on **Thursday, August 4th, at 9:30 a.m.** At Grinnell Senior Center, 631 Bluff Street.

At Home Health Cancels Foot Clinic

In July, At Home Health made the decision to cancel all future foot clinics here at Grinnell. We realize this is a valuable and needed service for our members and friends.



FootClinic

The staff at Grinnell Hall is working as quickly as possible to find a replacement for this service. We are retaining all the names of those who are signed up in August and September and we will be contacting you as soon as possible with information on the new service. Until then, we appreciate your patience and understanding.

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.

The Future is Bright at Cedar Crest

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Movies and Books

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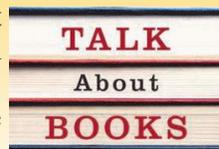
I'll See You in My Dreams is this month's movie choice. With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men. Cast Blythe Danner, Martin Starr, Sam Elliott, Malin Akerman, June Squibb, Rhea Perlman, Mary Kay Place, Mark Adair-Rios.



The movie will be shown in the auditorium on **Monday, August 15th at 1:00 p.m.** There is no charge for the movie and popcorn and a beverage will be served. Donations are appreciated to cover the cost of the movie and snacks.

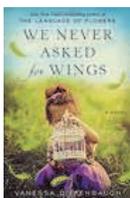
Booked For Dessert

Summer 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, August 10, at 1:00 p.m.** Call Grinnell Hall at 608-364-2875 to register.



BPL Grinnell Bookies

"We Never Asked For Wings" by Vanessa Diffenbaugh will be the topic of the BPL/Grinnell Bookies discussion being held on **Tuesday, August 23 at 1:00 p.m.** From the *New York Times* best-selling author of *The Language of Flowers* comes her much-anticipated new novel about young love, hard choices, and hope against all odds. For fourteen years, Letty Espinosa has worked three jobs around San Francisco to make ends meet while her mother raised her children—Alex, fifteen, and Luna, just six—in their tiny apartment on a forgotten spit of wetlands near the bay. But now Letty's parents are returning to Mexico, and Letty must step up and become a mother for the first time in her life. Vanessa Diffenbaugh blends gorgeous prose with compelling themes of motherhood, undocumented immigration, and the American Dream



Fun & Games

Fishing Club Meeting

The Grinnell fishing club will meet this month on **Friday, August 5 at , 9:00 a.m.**



The group will be fishing at 9:00 a.m. every Tuesday at Wooton Park, Wednesday at Armstrong-Eddy Park and Thursday at Preservation Park. Anyone who would like to join them is welcome to attend. There is no fee and no sign up necessary.

The club is attended by both ladies and gentleman. If you love fishing, your are eligible.

Monthly Bunco

Join us on **Monday, August 8** at 1:00 p.m. for an exciting afternoon of Bunco! This is simply recreational Bunco, no cost, no prizes, but a whole lot of FUN!! No need to sign up.

Vets' Coffee

Our monthly Vets' Coffee will be held this month on **Wednesday, August 3, 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 1:00 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 June, the game will be on **Aug 11 and 25 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. Aug. 16 at 1:00 p.m.
Cribbage.....	Each Tues. at 12:30 p.m.
Bingo.....	Thurs. Aug. 25 1:00 p.m.
Mexican Train.....	Fridays at 1:00 p.m.
Bunco.....	Mon. Aug. 8 at 1:00 p.m.
Hand & Foot.....	Aug 11 and Aug 25 at 9a.m.

Mark Your
Calendars

29th Annual Beloit Senior Fair

Tuesday, October 4th, 2016

9:00 a.m.—1:00 p.m.

Eclipse Center

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A Publication of the City of Beloit Senior Activity Center

City of Beloit

Grinnell Hall Senior Center

631 Bluff St.

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Complimentary Powers of Attorneys and Living Will Presentation

Elder Law & Estate Planning Attorney Douglas Ley will be presenting a complimentary workshop for persons 50 and older on how to protect yourself, your assets and your family at **9:00 AM on Monday August 29, 2016** at Grinnell Hall Senior Center in Beloit.

Following Attorney Ley's presentation, everyone attending will receive a complimentary Power of Attorney for Property & Personal Affairs, Power of Attorney for Health Care and also a Living Will on a first come, first served basis.

The complimentary Powers of Attorney and Living Will will be provided at Grinnell Hall Senior Center during a one-hour consultation with Attorney Ley on the afternoon of Monday, August 29th and continuing between 9:00 AM and 3:00 PM on Wednesday and Friday, August 31st and September 2nd. To reserve a complimentary consultation appointment in advance of the presentation, please call Grinnell Hall Senior Center at (608) 364-2875.

Attorney Ley knows the importance of protecting yourself and your assets – plus, protecting your family from the needless time and expense of probate. He has dedicated his career to educating, informing and helping people take the necessary steps now so they have peace of mind in the future.

This program will fill up fast and seating will be limited to just 40 persons. We encourage you to sign up today by calling Grinnell Hall Senior Center at (608) 364-2875.