

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

*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.*



July 2020

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

Hours  
Monday-Friday  
7:30am- 4:00pm

Debbie Kraus  
Senior Center Manager  
krausd@beloitwi.gov



Hello all,

During this challenging time remember you are not alone. Reach out to friends and family or give us a call we are here 8:00am-4:00pm. Don't ever feel like you are intruding, we would love to hear from you. The weather has been cooperating so take your book, projects or lunch outside with you. Or just take in the sights and sounds. You can still social distance while walking. Check out the Wednesday Walks on the back page. The Beloit library services have restarted as well.

It is important to keep your mind and body busy and the Aging Mastery Program Kit is great for that. I have ordered one for myself and it has been fun and rewarding. Check out page 11 on how to receive one Free! Celebrate the 4th of July! Beginning June 29 we will have fireworks you can pick up here at Grinnell! JUST KIDDING. But we do have some 4th of July celebration items for members who call in to request 4th of July Fun. Some bags will also have an extra bonus in them.

Bingo has had an average of 31 players so join in on the fun. I am looking forward to seeing everyone when we can open. Enjoy your newsletter and stay healthy.

Thank you for making Grinnell Hall your home away from home. **Debbie Kraus, Senior Center Manager**



## PUZZLE EXCHANGE FRIDAYS 8:30-10:30am and 12:00-3:30pm

If you cannot make it on Friday, give a call and we can make arrangements for you to pick up. Please note the following from webmd: How long does Corona Virus live on surfaces: Cardboard / Examples: shipping boxes 24 hours. We will not give out any puzzles that have not been "quarantined" for 24 hours. They will be set aside for a week. Pull up to the first door and we will take puzzles and drive up to second door and receive your puzzles.

## Unfortunately Grinnell Hall is **NOT YET** open

Rock County is in their Phase Two, which means we are moving forward, but they recommend that Senior Centers remain closed at this time.

If you are a member you will receive a phone call from our "Voice Connect" program which is part of our "My Senior Center" software. The call will not be from Grinnell but rather from 508 area code / Massachusetts number and/or SPAM. You do not have to answer if you do not want to as a voicemail will be left.

Grinnell Hall will have staff available

Monday-Friday 8:00am-4:00pm to answer any questions and assist in any way possible.

**PLEASE NOTE WE ARE NOT TAKING DONATIONS UNTIL FURTHER NOTICE.**

**Advisory Board of Grinnell Hall Senior Center**

Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer  
Margaret Alexander, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Peggy Wellnitz



**Masks Available**

Beth Bausman, Sandy Buske, Paula Denson and Terry Babcock have made 140 cloth face coverings (masks) of 100% cotton as suggested by the CDC. We have distributed close to 100 cloth face coverings to dated. If you would like one please call Grinnell to see what we have available and we will set up a date and time for pick up.  
Thank you ladies for helping us stay healthy.



**LET'S PLAY BINGO - REMOTELY**

Back by popular demand...In your newsletter you will find a bingo sheet with 9 games. Each date we will use a different row for each date. You can cross out the numbers when called. We will play 3 games each date and it will last 30-45 minutes.



Thank You  
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Rockford

**Thursday, July 9 at 12:00pm Use first row of cards on bingo sheet**  
1st Game - Top 3 Rows 2nd Game - Letter K 3rd Game - Cover All

**Thursday, July 16 at 12:00pm Use second row of cards on bingo sheet**  
1st Game - 4 Corners 2nd Game - Letter T 3rd Game - Cover All

**Friday, July 24 at 12:00pm Use third row of cards on bingo sheet**  
1st Game - Rectangle 2nd Game - Plus Sign 3rd Game - Cover All

**The dial-in number is not subject to extra surcharges but normal long distance charges would apply for landline callers without unlimited long distance.**

**You can use your cell phone or land line.**

Have your cards ready and call 1-952-222-1750 to connect to play by 11:55am.

You will be prompted to enter a conference ID number 8123456# (be sure to enter the # sign)  
Wait for game to begin. You will be on mute as we do not want background noise to interfere. If you get a bingo press \*6 and say "BINGO" and your name. Please note we may call additional numbers to have more winners depending on the time.

We will play for 30-45 minutes each day. At the end of the games hang up your phone.

When we are done with all the dates, put your name and phone number on the back of the bingo card whether or not you are a winner, and mail it to Grinnell Hall. We will mail gift cards to the winners and have drawings for door prizes for all players.

**Top 3 Rows**

**Letter K**

**4 Corners**

**Letter T**

**Rectangle**

**Plus Sign**

B	I	N	G	O	B	I	N	G	O	B	I	N	G	O	B	I	N	G	O	B	I	N	G	O	B	I	N	G	O

***Laughter the Best Medicine***

An 82 year old gentleman likes to dress nicely whenever he goes out. One morning, he donned a new peach-hued golf shirt and navy-blue Bermuda shorts. While standing in line at the deli counter, an attractive young woman approached him and asked, "Do you mind if I take a picture?" Surprised and flattered he replied, "Of course not."

As he struck a casual pose and gave her a wide smile, she took a picture of his flashy four-wheel walker. "I've been looking for something like this for my grandfather," she said. "Thanks very much."

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off, and on your left side is an elephant traveling at the same speed as you. Directly in front of you is another galloping horse but your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the horse in front of you. What must you do to safely get out of this highly dangerous situation? Get off the merry-go-round!

A 92 year old man is walking through a park, picks up a frog and the frog says "If you kiss me I will turn into a beautiful princess and be yours for a week." The old man put the frog in his pocket and continues his walk. The frog screams loudly, "If you kiss me I will turn into a princess and be yours for a month." The man takes the frog out of his pocket, looks at it and says, "At my age I rather have a talking frog."

A doctor and a lawyer are talking at a party. Their conversation is constantly interrupted by people describing their ailments and asking the doctor for free medical advice. After an hour of this, the exasperated doctor asks the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?" "I give it to them," replies the lawyer, "and then I send them a bill." The doctor is shocked, but agrees to give it a try. The next day, still feeling slightly guilty, the doctor prepares the bills. When he goes to place them in his mailbox, he finds a bill from the lawyer.



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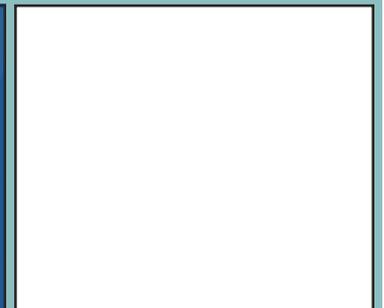
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# Baseball Word Scramble



1. aidnmod \_\_\_\_\_
2. ctrphie \_\_\_\_\_
3. ohstsrtop \_\_\_\_\_
4. omherun \_\_\_\_\_
5. ugduot \_\_\_\_\_
6. enidrfiel \_\_\_\_\_
7. sbae \_\_\_\_\_
8. doumn \_\_\_\_\_
9. hctearc \_\_\_\_\_
10. iteksr \_\_\_\_\_
11. laeug \_\_\_\_\_
12. knucklllbea \_\_\_\_\_
13. rwnoudn \_\_\_\_\_
14. dltoufei \_\_\_\_\_
15. iafirsce \_\_\_\_\_
16. astudim \_\_\_\_\_
17. rrero \_\_\_\_\_
18. kiofpcf \_\_\_\_\_
19. opbackts \_\_\_\_\_
20. odulberedhae \_\_\_\_\_

ANSWERS ON PAGE 7

## REBUS PUZZLES

Figure out the common phrase depicted in each box. Each box contains its own phrase. Answers on page 7.

line read line

play  
words

noon good

pants  
pants

SHgetAPE

ONL

G  
N  
I  
K  
C  
A  
B

March April  
\_\_\_\_\_  
ICU  
home

## Geography Trivia Questions Answers on page 7.

1. Which continent is the largest?
2. Which of the Seven Wonders is located in Egypt?
3. What is the name of the thin, but long country that spans more than half o the western coast of South America?
4. Which American state is the largest by area?
5. What is the capital of New Zealand?
6. What is the name of the world's longest river?
7. Which two countries share the longest (or largest) international border?
8. Which city in India would you find the Taj Mahal in?
9. What is the smallest country in the world?



**Animal Trivia Questions**

**Answers on Page 7**

1. How many hearts does an octopus have?
2. How long is the gestation period of an African elephant?
3. What is the scientific name of a wolf?
4. What name is used to refer to a group of frogs?
5. What is a female donkey called?
6. How many eyes does a bee have?
7. Which mammal has no vocal chord?
8. What's the fastest land animal in the world?
9. Which animals symbolizes good luck in Europe?
10. Do sponges have hearts?



**Enjoy your National Parks**

Check out virtual tours of beautiful and majestic National Parks. In addition there is trivia and great information about National Parks. Click on the various subjects to learn and enjoy. Check out the National Park Conservation Association website [parkit.npca.org](http://parkit.npca.org)



**San Diego Zoo** [zoo.sandiegozoo.org/live-cams](http://zoo.sandiegozoo.org/live-cams)

Select Animals and Planets and then select Live Cam, the Videos are good too.

**San Diego Safari Park** [www.sdzsafaripark.org](http://www.sdzsafaripark.org)

Select Video and Cams



**Georgia Aquarium** [www.georgiaaquarium.org](http://www.georgiaaquarium.org)

Select the webcam in the blue area on top and scroll down to select different locations.



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Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511



**Stand Up & Move More**  
**Wednesdays 1:00pm NEW DATES August 5-September 2**

Refresher class: Wednesday, September 30 1:00pm  
 Post assessment: Wednesday, October 28 1:00pm (please allow 2.5 hours)

The University of Wisconsin-Madison, is extending an invitation to adults older than 55 years of age to participate in a "Stand Up and Move More" Program and providing feedback. The purpose of this program is to examine whether a "Stand Up and Move More" workshop reduces prolonged sitting time in adults. This fun, interactive workshop will determine the health benefits of standing up and moving more throughout the day. Those eligible to participate are adults older than 55 years of age, who sit more than six hours a day, and are without major medical conditions.

If you signed up for the previous class they will reach out to you to see if you are available the new dates.

**Please call Rock County Council on Aging 608-757-5309 for additional questions and to register.**

**Please register by July 12. Please note there is limited enrollment.**

**Receive up to a \$60 gift card incentive to complete the program and assessment.**

**Classes will be held at Grinnell Hall. Please note due to COVID 19 schedule may change.**

**Agrace Zoom Engagement Session Friday, July 10 9:00am**

In this interactive presentation local seniors are invited to join our Zoom space to talk about what they have learned from their pandemic experience and share new ideas and skills with one another. The discussion is facilitated by Agrace's engagement team virtually. Please call Grinnell Hall with your phone number and email and once confirmed you will receive additional information. You do not have to have computer to join in on the Zoom meeting, you can also join the meeting via phone. It may be a long-distance number so you may want

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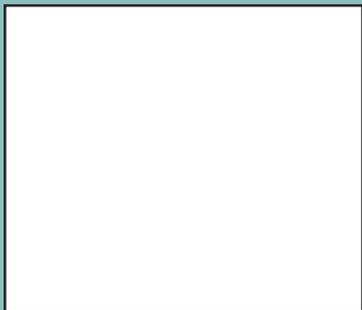
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 Sunday Breakfast 10:30-2

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***Independence Day Facts .....***

- \*On July 4, 1776, the American colonies were declared free and independent from Great Britain.
- \*On July 2, 1776, the Declaration of Independence began. It started with a letter to Britain's King George, to explain why the Continental Congress had voted to declare America's independence.
- \*On July 4, the final wording of the Declaration of Independence was agreed. Thomas Jefferson drafted the Declaration of Independence.
- \*Coincidentally, Jefferson died on July 4, 1826.
- \*Strangely, two other US Presidents, John Adams and James Monroe, have also died on July 4.
- \*Calvin Coolidge, the 30<sup>th</sup> US President, was born on July 4, 1872.
- \*The first Independence Day was celebrated on July 8, 1776, in Philadelphia; the official signing took place on August 2.
- \*Every July 4, the Liberty Bell in Philadelphia is tapped (although not actually rung) 13 times, in honor of the original 13 American colonies.
- \*The stars on the original American Flag were in a circle, so all 13 colonies would appear equal.
- \*The White House celebrated Independence Day for the first time in 1801.
- \*America's oldest continuous Independence Day celebration is the parade in Bristol, Rhode Island.
- \*Almost 100 years after the Declaration of Independence, July 4 was made an official holiday by Congress in 1870.
- \*Fireworks are a major part of the celebrations because the first Independence Day celebration, on July 4, 1777, saw Americans gathering to watch as the sky illuminated to celebrate the new nation



**AARP Smart Driver Course Available On-line**

AARP continues to offer the on-line version and is offering a 25% discount through July 31. Simply go to the website [www.aarpdriversafety.org](http://www.aarpdriversafety.org), sign-up for the on-line course and enter the Promotional Code **DRIVINGSKILLS** (all one word) to sign up for the class and get the discount.

**Baseball Word Scramble**

- |              |                  |
|--------------|------------------|
| 1. Diamond   | 11. League       |
| 2. Pitcher   | 12. Knuckleball  |
| 3. Shortstop | 13. Rundown      |
| 4. Homerun   | 14. Outfield     |
| 5. Dugout    | 15. Sacrifice    |
| 6. Infielder | 16. Stadium      |
| 7. Base      | 17. Error        |
| 8. Mound     | 18. Pickoff      |
| 9. Catcher   | 19. Pickoff      |
| 10. Strike   | 20. Doubleheader |

**Geography Trivia**

1. Asia
2. The Pyramids of Giza
3. Chile
4. Alaska
5. Wellington
6. The Nile
7. Canada and the USA
8. Agra
9. Vatican City

**Animal Trivia**

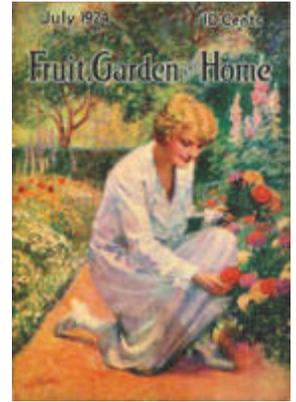
1. Three
2. 22 Months
3. Canis lupus
4. An army
5. A Jenny
6. Five
7. Giraffe
8. The cheetah
9. Ladybug
10. No

**Rebus Puzzles**

- Read Between  
the Lines  
Good afternoon  
Get in Shape  
Backing up  
Play on words  
Pair of pants  
Flipped Out  
May I see you  
home

## This Day in History in July

- July 1, 1979** Sony introduced the Walkman.
- July 2, 1962** Wal-Mart Discount City opened in Rogers, Arkansas. It was the first Walmart store in the country.
- July 3, 1922** "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."
- July 4, 2004** In New York, the cornerstone of the Freedom Tower (One World Trade Center) was laid on the former World Trade Center site.
- July 5, 1975** Arthur Ashe became the first black man to win a Wimbledon singles title when he defeated Jimmy Connors.
- July 6, 1948** Frieda Hennok became the first woman to serve as the commissioner of the Federal Communications Commission.
- July 7, 1981** Ronald Reagan appointed Sandra Day O'Connor to the U.S. Supreme Court, the first woman to be appointed to the highest court in the U.S.
- July 8, 2011** Space Shuttle Atlantis was launched for the last time.
- July 9, 1962** Andy Warhol's iconic Campbell's Soup Cans made their debut at the Ferus Gallery in Los Angeles, California.
- July 10, 1991** Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.
- July 11, 1914** Babe Ruth made his MLB debut with the Boston Red Sox.
- July 12, 1870** The first rotary can opener with a cutting wheel was patented by William W. Lyman.
- July 13, 1985** Held simultaneously in London and Philadelphia, the Live Aid concert raised millions in benefit of those affected by famine in Ethiopia.
- July 14, 1789** The fall of the Bastille occurred at the beginning of the French Revolution.
- July 15, 1973** Nolan Ryan of the California Angels became the first pitcher in two decades to win two no-hitters in a season.
- July 16, 1935** Oklahoma City became the first city in the U.S. to install parking meters.
- July 17, 1950** The television show "The Colgate Comedy Hour" debuted featuring Dean Martin and Jerry Lewis.
- July 18, 1985** At the age of 23, Jack Nicklaus II made his playing debut on the pro golf tour at the Quad Cities Open in Coal Valley, Illinois.
- July 19, 1946** Marilyn Monroe acted in her first screen test.
- July 20, 1969** A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon.
- July 21, 1899** Ernest Hemingway was born in Oak Park, Illinois.
- July 22, 1934** Bank robber John Dillinger was shot and killed by FBI agents in Chicago.
- July 23, 1952** Egyptian army officers launched a revolution changing Egypt from a monarchy to a republic.
- July 24, 1956** Dean Martin and Jerry Lewis ended their team after a decade together.
- July 25, 1943** Mussolini was deposed two weeks after the Allied attack on Sicily.
- July 26, 1856** Irish playwright George Bernard Shaw was born in Dublin, Ireland.
- July 27, 1953** The Korean War ended with the signing of an armistice by U.S. and North Korea.
- July 28, 1929** Jacqueline Kennedy Onassis was born in South Hampton, New York
- July 29, 2005** Astronomers announced that they had discovered a new planet, Xena, in orbit around the sun.
- July 30, 1956** The phrase "In God We Trust" was adopted as the U.S. national motto.
- July 31, 1928** MGM's Leo the lion roared for the first time.



# Rock County Nutrition Grinnell Hall Senior Center

## July

## 2020

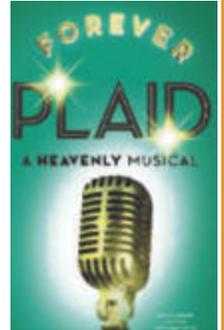
Page 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><i>While Dining Centers are Closed Due to COVID-19: Please arrive to pick up meals at 11:00 am.</i></b></p>		<p><b>1</b> Chicken Salad Baby Spinach w/drsng Potato Salad Whole Wheat Breadstick Mandarin Oranges Vanilla Yogurt</p>	<p><b>2 Chocolate Milk</b> Baked Salmon w/ Dill Red Potatoes Asparagus Rye Bread Cottage Cheese Peaches Lemon Bar</p>	<p><b>3</b> <i>Independence Day Observed</i> <b>NO MEALS</b></p> 
<p><b>6</b> BBQ Rib Patty Whole Grain Bun Peas Cauliflower Peaches w/ Graham Cracker Topping</p>	<p><b>7</b> Lemon Pepper Chicken Cooked Red Cabbage Scalloped Potatoes Whole Wheat Bread Applesauce</p>	<p><b>8</b> Broccoli Quiche Breakfast Sausage Links Asparagus Tomato Juice Wheat Bread Strawberries</p>	<p><b>9</b> Chicken Cordon Bleu Casserole Broccoli Carrots Pears Oatmeal Raisin Cookie</p>	<p><b>10 Chocolate Milk</b> Polish Sausage Hot Dog Bun Calico Beans Red Potatoes Fruit Cocktail</p>
<p><b>13</b> Ranch Pork Chops Baked Beans California Blend Whole Wheat Bread Fruited Applesauce Cherry Orchard Bar</p>	<p><b>14</b> Burgundy Tips Egg Noodles Stewed Tomatoes Cauliflower W Wheat Breadstick Jello Poke Cake Banana</p>	<p><b>15</b> Chicken &amp; Broccoli Casserole Carrots Peas Wheat Roll Lowfat Vanilla Yogurt w/Strawberries</p>	<p><b>16 Chocolate Milk</b> Sloppy Joe on Whole Wheat Bun Au Gratin Potatoes Beets Pears</p>	<p><b>17</b> Meatloaf Mashed Potatoes Green Beans Broccoli Salad Wheat Roll</p>
<p><b>20</b> Macaroni &amp; Cheese w/ Ham Asparagus Cauliflower Wheat Dinner Roll Lowfat Cottage Cheese Peaches</p>	<p><b>21</b> Hamburger on Wheat Bun Calico Beans Broccoli Mandarin Oranges</p>	<p><b>22 Chocolate Milk</b> Herbed Pork Loin Sweet Potato Cooked Red Cabbage Whole Wheat Bread Watermelon Pumpkin Bar</p>	<p><b>23</b> Chicken Parmesan Red Potatoes Brussels Sprouts Whole Wheat Breadstick Pineapple Butterscotch Pudding</p>	<p><b>24</b> Spaghetti with Meatballs Romaine Salad w/ dressing Peas Garlic Bread Pears in Jello</p>
<p><b>27</b> Chicken Marsala Peas, Beets Whole Wheat Bread Pears Lemon Bar</p>	<p><b>28 Chocolate Milk</b> Sausage &amp; Gravy Biscuit Red Potatoes Asparagus Tomato Juice Apple Cake</p>	<p><b>29</b> Italian Casserole Romaine Salad w/ dressing , Peas &amp; Carrots, Wheat Roll Warm Applesauce</p>	<p><b>30</b> Grilled Chicken Breast, Au Gratin Potatoes, Seasoned Black Beans Whole Wheat Bread Mandarin Oranges</p>	<p><b>31</b> Stuffed Pepper Casserole, Carrots Broccoli, Wheat Breadstick Vanilla Yogurt Strawberries</p>

Meals available to anyone 60 years of age or older. Milk is served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875 by 11:00am prior business day. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

WE ANTICIPATE THE ADDITIONAL UPCOMING TRIPS TO CONTINUE AS PLANNED. IF INTERESTED PLEASE SEND A CHECK WITH TRIP NAME, YOUR NAME, ADDRESS AND PHONE NUMBER TO GRINNELL HALL 631 BLUFF STREET BELOIT, WI 53511.

**“Forever Plaid” A Heavenly Musical**  
**Drury Lane Theater Oakbrook Terrace, Illinois**  
**Wednesday, September 16**



On the way to their first big gig, tragedy strikes Forever Plaid, a “guy group” specializing in barbershop quartet harmonies and pitch-perfect melodies. Forever Plaid begins when the guys are given the chance to perform from the afterlife. This smash hit musical is a nostalgic homage to the music of the '50s and includes hits such as “Three Coins in the Fountain” and “Love is a Many Splendored Thing.” You don't want to miss this phenomenal musical performance. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

**This is a Level 1 trip with minimum walking.**

Grinnell Members \$92.00 Non-Members \$102.00

Board bus at Telfer Park at 8:45 and depart 9:00am. Return Telfer Park approximately 5:30pm

**No refunds after August 1. Registration deadline August 21 unless space is available.**



**Dial M for Murder**  
**Palace Dinner Theater, Wisconsin Dells**  
**Thursday, October 1**

A retired tennis pro plots the murder of his wife, but when she turns the tables on her attempted assailant, she is convicted of murder. Can the police detective who brought her to trial now decipher the clues that will save her life? The play that inspired Hitchcock's suspense classic weaves an ever tightening web of danger and deception. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

**This is a Level 1 trip with minimum walking.**

Grinnell Members \$69.00 Non-Members \$79.00

Board bus at Telfer Park at 9:15am and depart at 9:30 am. Return to Telfer Park approximately 5:00-5:30pm

**No refunds after August 1. Registration deadline is August 28 unless space is available.**

<b>Forever Plaid</b>	<b>Wednesday, Sept. 16</b>	Drury Lane	\$92/\$102
<b>Dial M for Murder</b>	<b>Thursday, October 1</b>	Palace Theater	\$69/\$79
<b>The Four Cs Notes Christmas Show</b>	<b>Friday, December 4</b>	Palace Theater	\$78/\$88

**Please note that we need a minimum of 40 people for each trip so if you are interested please sign up at your earliest convenience. We check the performance location on a regular basis to see if they are open or closed. If you are uncomfortable due to COVID-19 please do not register.**

**AARP IS UNABLE TO CONDUCT TAX APPOINTMENTS  
PLEASE MAKE OTHER ARRANGEMENTS FOR YOUR TAXES.  
IF YOU NEED HOMESTEAD ONLY PLEASE CALL LACHEL FOWLER,  
ELDER BENEFIT SPECIALIST AT 608-757-5414.  
FEDERAL AND STATE TAX FILING DEADLINE IS JULY 15, 2020.**

### Ageing Mastery Program Starter Kits

The Rock County Council on Aging is very excited to be able to offer an exceptional and fun opportunity for individuals to take advantage of a self- directed version of the successful Aging Mastery Program. The starter kit can be yours free; it will open up a whole new world of education and growth for those who are homebound during this trying time. It offers real life tips and solutions for aging well, along with activities that encourage self-reflection and action steps. Included in this kit are the Aging Mastery Playbook, activity cards, a goal setting notepad, a progress chart and two specially developed exercise DVDs. The kits are made possible by a partnership with the National Council on Aging. Their goal is for all older adults to build their own playbook for aging well.



National Council on Aging

If you are interested in finding out more about this wonderful program and how you can receive a Aging Mastery Program Starter Kit absolutely FREE, call Rock County Council on Aging at 608-757-5416 or email your request to [paula.schutt@co.rock.wi.us](mailto:paula.schutt@co.rock.wi.us)

**Connect with friends and work on your  
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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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Monthly newsletters can be viewed online at [www.beloitrecreation.com/news-3/](http://www.beloitrecreation.com/news-3/)

## Wednesday Walks 2020 Tenth Year!

### Program provided by Rock County Council on Aging

The “Wednesday Walks” program offers a wonderful way to get fresh air, feel the sun, exercise, meet new people, and enjoy many unique attractions in Rock County. Walking can keep you healthier in many ways.

**Transportation is no longer provided for walks or meal sites. Meet at the walk location at 9:30am.**

Please call 608-757-5408 for walk reservation. Please call 608-757-5474 for your meal reservation. Walk and meal reservations must be made by the Monday prior to the walk. A suggested donation for those 60 and over is \$4.00, all others \$10.72. For menu go to [www.co.rock.wi.us/aging-nutritionmeals](http://www.co.rock.wi.us/aging-nutritionmeals).

Waiver is required and is good for all 2020 walks.

#### **July 1 Walking Tour of Rock County Courthouse Hill**

Join historian Rich Fletcher, who has been giving district tours for over 10 years, on a guided walking tour of Janesville's historic Court House Hill neighborhood. Address: Jefferson Park, corner of Atwood Ave. & East Van Buren St. (1 block north of Courthouse, then 2 blocks East) Meal Site: 930 N. Washington St., Janesville

#### **July 8 Rotary Botanical Gardens**

This is an award winning 20 acre, nonprofit showcase with over 26 different garden styles, and 4,000 varieties of plants. This is a “community Appreciation Day” so there is no cost, but donations are welcome. This is a self-guided walk. Address: 1455 Palmer Dr., Janesville Meal Site: 930 N. Washington St., Janesville

#### **July 15 Beckman Mill County Park Trails**

Guided Oak Savana Hike led by Rock County Park's lead nature and tree enthusiast Jim Hessenauer. Address: 11600 S. County Rd. H, Beloit Meal Site: Grinnell Hall 631 Bluff St., Beloit

**PLEASE NOTE LUNCH WILL BE A DRIVE THRU AS THERE IS NO COMMUNAL DINING DUE TO COVID 19.**