Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

January 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

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.

AMP Aging Mastery Program
National Council on Aging

New Year's Bash
Wednesday, January 8 1:00-3:00pm

Grinnell Hall is bringing in 2020 with friends, fun and music. Get ready to dance to the music of Kevin Schultz who entertained us at last year's Spring Fling. His playlist includes a variety of genres and he will take requests as well. Party hats and noise makers, photo opportunity and refreshments will be available.

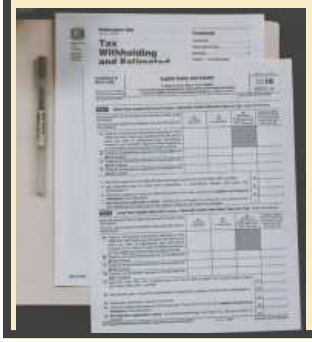
We will give a "toast" to a great 2019 and an exciting 2020
Come join in on the fun!

This is one day you can forget about your New Year's Resolution.
Please pre-register so we have enough supplies.

AARP Tax Preparing
Make your appointment beginning January 13.
Call Grinnell Hall at 608-364-2875,

The AARP tax consultants will provide tax preparation here at Grinnell Hall in the Library. Appointments must be made in advance by calling Grinnell Hall at 608-364-2875 beginning January 13.

Appointments are available on Mondays, Tuesdays and Wednesdays at 8:30am, 9:30am, 10:30am and 11:30am. Appointments will be taken from February 10th to April 8th. There will be no appointments after April 8th. Call early to make your appointment.
Please be on time for your appointment.



Please bring the following to your appointment: 2018 tax returns, photo ID, social security card, all 1099 statements (including pink form from social security), W-2 form, other evidence of income, health insurance premiums, rent certificate or property tax bill and other deductible items. Returns will be electronically filed.

Thank you to the individuals who volunteer their time to do taxes for AARP.

Advisory Board of Grinnell 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

Hello,

Wow 2020 is just around the corner and we can all celebrate together at the 2nd Annual New Year's Bash. Let's count our 2019 blessings and look forward to 2020. There are some activities that we are trying to revive from the past—Game Day and Book Club with Library staff. I am excited about our financial health workshops and dementia workshops throughout the year. All the summer "picnics" have been planned with new entertainers so save the dates June 17, July 17 and August 17.

I want to thank everyone for their patience on the construction project and we anticipate completion by the end of January.

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

Laughter the Best Medicine
These boys are trouble….

Jimmy, age 8, and Matty, age 4, were excessively mischievous. They were always getting into trouble and their parents knew if any mischief occurred in their town, the two boys were probably involved.

The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys. The preacher agreed, but he asked to see them individually. The mother sent younger Matty in the morning and planned to send Jimmy to see the preacher in the afternoon.

The preacher, a huge man with a deep booming voice, sat the younger boy down and asked him sternly, "Do you know where God is son?"

Matty's mouth dropped open, but he made no response, sitting there wide-eyed with he mouth hanging open. So the preacher repeated the question in an even sterner tone, "Where is God?"

Again, Matty made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and bellowed, "Where is God?!" The boy screamed and bolted from the room, ran directly home and dove into his closet, slamming the door behind him. When his older brother found him in the closet he asked, "What Happened?"

Matty, gasping for breath said, "We are in **BIG** trouble this time! God is missing and they think **WE** did it!"

Thanks to Fran Fruzen for putting a smile on our faces!

Thank you to our generous friends who donated to Grinnell Hall November 18-December 15. My apologies if I missed anyone.

Cookies and Snacks

Carol Fryar, Jo Schuett, Marilyn Fruzen, Debbie Martin, Linda Keenan and Nancy Appleby

Other

Kay Olmstead

Nellies Nook and Holiday Bazaar

Linda Keenan, Ione Van Den Elzen, Mary Frey, Virginia Doran, Marilyn Fruzen, Julaine Ober, Karla Kretsinger, Judy Cufr,
Cheryl Donovan, Shirley Von Allmen, Clifford Holmbeck, Dorothy Wensel, Dorothy Weeks, Roselyn Ackley, June Altoff, Illa Borgwardt, Diana Chasser, Sandi Davis, Carol Fryar, Elva Gallagher, Drucilla Gerke, Sherri Gilbertson, Judy Haberman, Donna Hemmerling, Sherry Huss, John Kalkirtz, Marilyn Kasten, Linda Keenan, Linda Kinder, Linda Kuhnle, Cyndy MacNees, Deb Marvin, LeaAnn Mattox, Bobbie Pann, Harold Pann, Sharon Roberts, Joan Rosenow, Grethcen Ruzeck, Bert Sadler, Judy Schwoch, Josephine Schuett, Vicki Seichter, Mary Lou Shaw, Lucile Smith, Linda Smith, Vic Stibbe, Linda Swanson, Shirley Von Alllman, Judy Wagner, Peggy Wellnitz, Sherry Westbrook, Joyce Williams and Judy Witzick.

A Special Thank You to all the volunteers who worked the Holiday Bazaar. Just over $1,400 was raised and plans are to purchase some new display cases for Nellie's Nook. Thank you everyone!

Searching for organ players !

Grinnell Hall received a donation of a GEM (General Electro Music) organ from a local family. We are happy to have it here at Grinnell and are searching for individuals who can play the organ and possibly provide some lessons. Give us a call here at Grinnell as we would love to listen and learn.

What The Tech

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door?
Don't give up, we can help! This month our popular class, **What The Tech,** led by Mark Prueschel, will be here on **Thursday, January 16 at 1:00 pm.**

This is one of our most popular programs and Mark will be glad to help answer your questions. What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have.
To pre-register for this class, please call Grinnell Hall at 608-364-2875.

Dining Dudes Breakfast

Due to low attendance, Dining Dudes will no longer be held.

Check this out!
Free billiards lessons
Thursdays 1:00-2:00pm

Dining Divas

The Dining Divas are heading to Little Mexico at 2787 Milwaukee Road on Thursday, January 16 at 12:45pm. Meet at Grinnell Hall at 12:30pm to carpool or at the restaurant at 12:45pm. The Dining Divas enjoy lunch in a relaxing atmosphere and great socialization. We would be happy to introduce you to some of the Dining Divas here at Grinnell and you make some new friends.
Please pre-register and indicate if you will be carpooling or meeting the group at the restaurant.

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Weekly Exercises and Dance Classes Offered at Grinnell

Chair Exercises…..Yoshi…..Mondays 8:30 am
Beginning Line Dancing…..Peggy…..Tuesdays 9:00 am
Line Dancing…..Peggy…..Tuesdays 10:00 am
Morning Stretch…..Yoshi…..Wednesdays 8:30 am
Easy Stretch Yoga…...Roselyne…..Wednesdays 9:45 am
Introduction to Line Dancing….Peggy….Thursdays 10:00am
Tai Chi…..Yoshi…..Fridays 8:30 am

Get healthy and make new friends.

Beloit Ukes For Fun (BUFF)

Join the BUFF group and play the Ukelele. BUFF meets every Monday at 2:30pm at Grinnell Hall. Haven't played a ukulele? Come visit, listen and learn, it's all for fun. BUFF performs for special events here at Grinnell.

Goldenaires Choir

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am.** They rehearse each week and sing for events here at Grinnell, as well as going out into the community to entertain groups at nursing homes and other organizations. You are welcome to come and listen as they always like an audience. The Goldenaires are always welcoming new members. Please note they will not meet in January

Grinnell Hall Theater Group

Grinnell Hall Theater Group meets on Wednesdays at 1:00pm. Come out and join us as you may find your hidden talents. For additional information contact Roselyne Ackley at 608-365-3442. Or better yet, come for a visit to meet her and the cast in person. We are always looking for new members and Grinnell membership is not required. Theater Group will not meet in January.

Watch Battery Repair

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, January 14 from 8:00-9:00 am.** The only charge for the service is the cost of the battery.

Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Monday January 6 and 20 from 1:30-2:00 pm** to pick up items. This is a walk in service and services are individually priced.

Jewelry Repair

Check your jewelry box for that necklace or bracelet clasp that needs to be repaired….Linda Keenan can take care of your problems. She will be here on **Monday, January 20 from 11:30 am-1:00 pm.** This is a walk in service and services are individually priced.

Dress Warm

Winter weather is here early and along with the construction, our indoor temperature is a little cooler. Please remember to dress in layers or bring a sweater with you so that you are comfortable. Also keep extra items such as boots, hats, gloves in your car.
Remember to have your cell phone with you while driving.

INTRODUCTION TO LINE DANCING CLASS

Not quite picking up the steps in the beginner's class and would like a little more help? Join Peggy on Thursdays at 10:00am. For men and women. Please give a call to let us know you will be attending.

Chair Massage

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenske will take appointments on **Wednesday, January 8 from 12:00-2:00pm.** Alicia also does chair massages at The Gathering Place, Milton Senior Center. A 15 minute chair massage is just $12.00 for members and $15.00 for non-members.
Call 608-364-2875 to pre-register.

Sewing and Quilting Group Thursdays 9:00am-2:00pm

Projects include quilts for babies, fidget mats, etc. or work on your own projects.
Anyone who loves to sew is welcome to attend the lab.
In November *20 children quilts given at Hackett School *20 children quilts given at Gaston School * Hero Quilt presented on 11/8 *Winner of donation quilt was Sharon Smith from Arkansas * Window valances made and hung in the Vets Room
Photo is of LeaAnn Mattox and Terry Babcock presenting quilts at Hackett School

All in the Family Fridays, January 3 and 17 at 1:00pm

What is All In the Family? It is a group of "strangers" coming together to become "good" friends and a support group for all. Come and join us , "you are only a stranger the first time". A comment from one of the Participants: "This group of wonderful people came into my life just in time. I had lost my husband and felt lonely and was in a dark place. This group of friends literally saved my life." Remember you can never have too many friends. We are working on getting to know each other and building friendships with each other and creating our own "family" right here at Grinnell. There are many reasons people might not have family around - widows or widowers, never had kids, siblings not in the area, etc. Don't be shy - you will be glad you joined us.

Think about doing things differently !

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BELOIT SENIOR LIVING

Dementia Care Specialist Service Offered

Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answers questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, January 13 from 12:30-2:00 pm.** 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 and there is no charge.

Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist will be at Grinnell on Thursdays, January 9 and 23 from 8:00am-12:00pm, no appointment necessary. 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 Rock County residents 60 and over regardless of financial status.
Please call 608-757-5414 for additional information.

Courtesy Hearing Aid Check

Miracle Ear staff will be at Grinnell on **Tuesday, January 28. Date is changed this month due to a conference.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to members and non-members.

Blood Sugar & Pressure Screening

Grinnell Hall offers free blood pressure/blood sugar screenings on **Thursday, January 9 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

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Daily Fun!

Cribbage……...Tuesdays 12:30 pm
Mahjong…….. Wednesdays 1:00 pm
Pinochle…….Wednesdays 12:30 pm
Euchre.....Thursdays 12:30 pm
Hand & Foot…. Thursdays 9:00am
Mexican Train…Fridays 12:30 pm

Bingo Wednesday, January 22 1:00-3:00pm

Join us as we have a fun time playing bingo and winning some prizes. November bingo is sponsored by Clear Captions and they will have some great prizes and snacks for our break.

ClearCaptions

Movie of the Month Phantom Thread Friday, January 10 1:00pm

Set in the glamour of the 1950's post-war London, renowned dressmaker Reynolds Woodcock (Daniel Day-Lewis) and his sister Cyril (Lesley Manville) are at the center of the British fashion, dressing royalty, movie stars, heiresses, socialites, debutants and dames with the distinct style of The House of Woodcock. Women come and go through Woodcock's life until he comes across a young, strong-willed woman, Alma (Vicky Krieps), who soon becomes a fixture in his life as his muse and lover. Once controlled and planned, he finds his carefully tailored life disrupted by the scariest curse of all…love.

Cast: Vicky Krieps, Richard Graham, Camilla Rutherford

Winter Wonderland Friday, January 24 1:00pm

Join us as we make our own snow globe, play a few games and win prizes during "winter" bingo. Please sign up by Tuesday, January 21 so we can have supplies ready.

Beloit Winter Fest Euchre Tournament Sunday, January 16 1:00pm

Krueger-Haskell Golf Course 1611 Hackett St.

Are you a Euchre-playing wizard? Join us for our annual tournament! *Cost is only $5.00.* Please pre-register by calling 608-364-2890 or stop in at 2351 Springbrook Court Beloit Monday-Friday 7:00am-4:00pm

I Love to Live

Today, dear Lord, I'm 80 and there's much I haven't done, I hope dear Lord you'll let me live until I'm 81.
But then, if I haven't finished all I want to do, would you please let me stay until I'm 82?
So many places I want to go, so very much to see, do you think that you could make it 83?
The world is changing so very fast, there is much in store, I'd like it very much to live until I'm 84.
And if by then I'm still alive, I'd like to stay until 85.
More planes in the air, so I'd really like to stick and see what happens to the world when I turn 86.
I know it's much to ask, and it must be nice in heaven, but I'd really like to stay until I'm 87.
I know by then I won't be fast and sometimes will be late, but it would be so pleasant to be around at 88.
I will have seen so many things and have had a wonderful time.
So I'm sure that I'll be willing to leave at the age of 89.
Maybe just one more thing I'd like to say dear Lord,
I thank you kindly, but if it's okay with you, I like to live past 90.

January 2020 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *Happy New Year Grinnell Hall is closed*	2 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab **9:00 Advisory Board Meeting** **10:00 Intro to Line Dancing** 12:30 Euchre 1:00 Billiard Lessons 1:00 Theater Group **5:30 Rock Steady Boxing**	3 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train **1:00 All in the Family**
6 7:30 Billiards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting **1:30 Alterations** 2:30 Uke Jam **4:30 Warrior Workout**	7 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage **5:30 Rock Steady Boxing**	8 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks **12:00 Chair Massage** 12:30 Pinochle 1:00 Mahjong ***1:00 New Year's Bash***	9 7:30 Billiards **8:00 Benefit Specialist** 9:00 Hand & Foot Cards 9:00 Open Sewing Lab **10:00 Intro to Line Dancing** **10:00 Blood Sugar/Press** 12:30 Euchre 1:00 Billiard Lessons **5:30 Rock Steady Boxing**	10 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (Closed) **1:00 Movie**
13 7:30 Billards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting **12:30 Game Day** **12:30 Dementia Specialist** 2:30 Uke Jam **4:30 Warrior Workout**	14 7:30 Billiards **8:00 Watch Battery Repair** 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage **1:00 Standing Guard** **5:30 Rock Steady Boxing**	15 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks **11:00 CBD Oil Presentation** 12:30 Pinochle 1:00 Mahjong	16 7:30 Billiards **8:00 Dining Dudes** 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing **12:30 Dining Divas** 12:30 Euchre **1:00 RSVP Meeting** 1:00 Billiard Lessons **1:00 What the Tech** **5:30 Rock Steady Boxing**	17 7:30 Billiards 8:30 Tai Chi **9:00 RSVP Board** 12:30 Mexican Train **1:00 All in the Family** **2:00 Brain Healthy Eating**
20 **Martin Luther King Day** 7:30 Billards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting **11:30 Jewelry Repair** **1:30 Alterations** 2:30 Uke Jam **4:30 Warrior Workout**	21 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Mahjong **12:30 St. Judes Bridge** **1:00 RSVP Drivers Meeting** **5:30 Rock Steady Boxing**	22 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong **1:00 Bingo**	23 7:30 Billiards **8:00 Benefit Specialist** 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Into to Line Dancing 12:30 Euchre 1:00 Billiard Lessons **5:30 Rock Steady Boxing**	24 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train **1:00 Winter Wonderland**
27 7:30 Billards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting **2:00 Book Club** 2:30 Uke Jam **4:30 Warrior Workout**	28 7:30 Billiards 9:00 Beg. Line Dancing **9:30 Hearing Aid Check** 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage **5:30 Rock Steady Boxing**	29 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (Closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong	30 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Into to Line Dancing 12:30 Euchre 1:00 Billiard Lessons **5:30 Rock Steady Boxing**	31 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train

Rock County Nutrition
Grinnell Hall Senior Center

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals require reservations which must be made by noon of the prior business day.	**Meals served Monday through Friday at 11:45am**	**1** **Grinnell Hall Closed** **Happy New Year**	**2** Baked Cod Red Potatoes Stewed Tomatoes Peaches Whole Wheat Roll Lemon Pudding	**3** Lasagna Casserole Cauliflower Broccoli Salad Garlic Bread Warm Cinnamon Applesauce
6 Seasoned chicken breast w/gravy Winter Squash Brussels Sprouts Dinner Roll Mandarin Oranges	**7** Beef Stew Peas Sweet Potatoes Whole Wheat Breadstick Apple Cake	**8** Chili Mac Refried Beans Carrots Tossed Salad Butterscotch Pudding	**9** Roast Turkey Mashed potatoes w/ gravy Broccoli Whole Wheat Dinner Roll Peaches	**10** Meatloaf Au Gratin Potatoes Broccoli Slaw Warm Pear Crisp Whole Wheat Bread
13 Macaroni & Cheese w/ Ham Peas Cauliflower Whole Wheat Breadstick Vanilla Yogurt Peache	**14** Hamburger Whole Wheat Bun Baked Beans Carrots Broccoli Slaw Apple Pie Bar	**15** Spaghetti & Meatballs Green Beans Broccoli Garlic Bread Carrot Spice Bar	**16** Creamy Chicken & Vegetables Mashed Potatoes Beets Whole Wheat Dinner Roll Chocolate Chip Cookie	**17** Burgundy Tips Egg Noodles Stewed Tomatoes Brussels Sprouts Whole Wheat Bread Pears
20 Sausage Breakfast Bake Breakfast Potatoes Mini Blueberry Muffin Warm Spiced Pears Tomato Juice	**21** Herbed Pork Loin Winter Squash Au Gratin Potatoes Whole Wheat Roll Fruit Cocktail Pumpkin Pie Pudding	**22** Sloppy Joe Hamburger Bun Baked Beans Coleslaw Warm Chunky Applesauce	**23** Meatloaf Mashed Potatoes w/ gravy Broccoli Whole Wheat Bread Mandarin Oranges M & M Cookie	**24** Chicken & Wild Rice Beets Romaine Salad w/ dressing Whole Grain Bread Warm Peaches w/ granola
27 Chicken Parmesan Cauliflower Sweet Potatoes Whole Wheat Breadstick Fruit Cocktail	**28** Tuna Casserole Broccoli Carrots Whole Wheat Bread Vanilla Yogurt Pineapple	**29** Roast Beef Red Potatoes Green Beans w/craisins Applesauce Garlic Bread Chocolate Cake	**30** Baked Chicken Breast w/gravy Steamed Spinach Mashed Potatoes Whole Wheat Roll Apricots Snickerdoodle Cookie	**31** Beef Chili Refried Beans Broccoli Slaw Cornbread Pears in Jello

Meals available to anyone 60 years of age or older. Milk, coffee and tea are 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. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

Rock Steady Boxing

Tuesdays and Thursdays 5:30-7:00 pm Big Hill Center in Big Hill Park

Parkinson's Disease has been given a challenge in Rock County, thanks to the **Rock Steady Boxing** program. Doug Anderson and Connie Udell are trained Rock Steady Coaches who know the ropes and can help you fight your way out of the corner.

Non-contact boxing classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Studies are proving that there are ways in which people with Parkinson's disease can enhance their quality of life, build strength, flexibility and speed! Anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

Punch cards for 11 classes for $105.50 or one class for $11.50 and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Beloit Recreation Department 608-364-2890. The Recreation Department office is located at 2351 Springbrook Court, Beloit.

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Game Day
Monday, January 13 12:30pm

New!

Join in the fun as we play a variety of board and other games on a monthly basis. We want to know what you are interested in playing so there is more fun. More than one type of game may be going on at the same time to provide players a variety of choices. Please sign up for game day and let us know what you are interested in playing and if you want bring your game to share. Snacks provided

Standing Guard: Protect What You've Worked For
Financial Health Workshop
Tuesday, January 14 1:00-2:00pm

You've worked hard your whole life and you want to ensure that you will have funds to meet your expenses and then some. Join financial advisor Holly Friel with Edward Jones to gain some insight on how to do just that. Holly will be presenting several Financial Health Workshops throughout the year. There will be time for questions and the presentation will last approximately 45 minutes. Please pre-register.

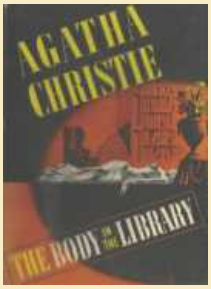
Think about doing things differently !

CBD Oils—The Real Story
Wednesday, January 15 11:00-11:40am

Joe McNamara, co-owner of Homecare Pharmacy, along with Pharmacist Evan McNamara will be presenting information on CBD Oils and its truths. A history of CBD Oils and its therapeutic benefits along with myths will be discussed. There will be a question/answer time following the 20 minute presentation. Cannabidiol (CBD) oil is a product that's derived from cannabis Please pre-register so we have enough handouts.

Brain Healthy Eating
Friday, January 17 2:00-3:00pm

Join Azura Memory Care for this presentation and learn more about how what you eat affects your brain's health. Discover delicious delicacies that will enhance your noodle and make you feel good too! Please pre-register.



Mondays can be Murder! Book Discussion
Monday, January 27 2:00-3:00pm

Book Club is back on a monthly basis if we have enough interest. Who doesn't like a great mystery? In January you will be discussing Agatha Christie's book THE BODY IN THE LIBRARY. Copies will be available at Grinnell to check out and bring back on the day of Book Club. Discussion will be led by Catharine Clark, Beloit Public Library's Head of Programming and Community Engagement. Check out your book at the receptionist desk.

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
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov

WASC
Wisconsin Association of Senior Centers

AMP Aging Mastery Program
National Council on Aging

Grinnell Hall 2020 Membership Drive

It's membership renewal time and we will begin taking memberships at any time.
Membership is for January-December 2020 and prices will remain the same!
Single Membership $25 Couple Membership $40
Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.

What are the benefits of a Grinnell Hall Membership?
Friendship, Fellowship, Fun
Special pricing for trips Participation incentive rewards

Door prizes will be available to win and the number of tickets you receive depends upon when you sign up for a new membership, renew your membership and if you recruit a new member.

Here's how it works
Renew now through December and receive 3 tickets
Renew in January and receive 2 tickets
Renew between February 1-14 and receive 1 ticket
Recruit a new member on or by February 14 and receive 10 additional tickets!
Front desk staff will track how many tickets you earn and we will begin distribution on February 1.
Photos of prizes will be displayed on February 1 for you to choose what prize you would like a chance to win.

Drawing will be held at the Chili Lunch on Friday, February 14 at 12:30pm.
Lunch will be served at 11:45am