

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center
Open to both Wisconsin and Illinois residents.

March 2022

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.



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

Hours
7:30am-4:00pm

Debbie Kraus
Senior Center Manager



THE LETTERMEN

Circa '21 Dinner Playhouse, Rock Island, Illinois
Monday, May 9, 2022

For nearly 60 years, THE LETTERMEN have been entertaining audiences throughout the country, and these long-time favorites with Quad City audiences will be returning to Circa '21 for the 36th consecutive year!

To their credit, THE LETTERMEN have over 50 albums — nine certified gold as well as myriad hits including: “When I Fall In Love,” “Put Your Head On My Shoulder,” “Goin’ Out Of My Head,” “Can’t Take My Eyes Off Of You,” “Hurt So Bad,” and “Shangri-La.” THE LETTERMEN are truly universal entertainers whose music speaks louder than words.

Grinnell Members \$79.00 Non-members \$89.00

Price includes meal, show and transportation on coach bus.

Board coach bus at Telfer Park at 8:30am, depart time is 8:45am. Return at approximately 6:00pm.

Please register by Tuesday, April 8 to ensure that the trip will go as we have to provide a 30 day notice to

WHAT HAPPENS IN VEGAS **Fireside Theater, Fort Atkinson**
Thursday, June 9, 2022

For over 70 years Las Vegas has been the entertainment capital of the world. Just about every great entertainer has appeared in Las Vegas over the last seven decades. The world’s best singers, dancers, musicians, and comedians have flocked to this city where dreams become reality. From the early days with Frank Sinatra and the Rat Pack to the contemporary artists of today, we’ll feature the work of many Las Vegas favorites in the most spectacular band show yet.

Grinnell Members \$79.00 Guests \$89.00

Price includes meal and show. Transportation is on your own.

Meet at Telfer Park at 9:15am and depart at 9:30am if you would like to drive with the group or let us know you are going on your own. Return approximately 4:00pm



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 all,

It is good to be back and I missed everyone. Thank you for all the notes of get-well and cheer. I am sure that Becky, Nicole, Spencer and all of our key volunteers "held down the fort" and all went well. Just a reminder to thank those who volunteer to keep Grinnell activities, front desk, Nellie's Nook and decorating committee going smoothly.

As you know we have several trips planned for the year so sign up early so we can ensure that they are a success. Invite your friends along to show what great people we have here at Grinnell. Let's not keep Grinnell a secret. Hey all you Irish and non-Irish Leprechaun lovers, let's wear our green on Thursday, March 17th and have some fun! Maybe do an Irish Jig or two.

I was hoping to have some information about the survey we recently put out but I have not had a chance to review but will have the results in the April newsletter.

I am working on the summer "picnic" bands and if you have any suggestions for performers that you like please let me know. We can also change the themes if you like, just let me know.

Again if you have any suggestions for improvement please stop in the office or write me a note.

Thanks for making Grinnell your home away from home.

Debbie Kraus, Senior Center Manager.

Thank You For Your Donations

Beloit Senior Living, Beth Bausman, Carolyn Weavel, Sherry Blakeley, Lois Engen, Vickie Shelabarger, Kathleen Loutstaer



The Purple Tube Project assists families in providing important information to share with area first responders when there are concern about Alzheimer's disease or related dementia. For more information about the FREE Purple Tube Project contact the Aging and Disability Resource Center of Rock County at 608-741-3600.

**In Loving Memory of friends of Grinnell who have recently passed.
Thoughts and prayers are with their family and friends.
Beulah Knutson 2/3/2022**



Please know that every effort is made to include everyone who has recently passed. If we have inadvertently omitted a name or printed a name in error, please contact us.

Some Reminders

*If you feel ill please wait for another day to visit. *Masks must be worn at all times.

*Please have your card that you scan in with when you come so we can track activities.

*Dining will continue to be drive thru.

Grinnell will have hand sanitizer but feel free to bring your own as well. Wash your hands often.

Tables and chairs will be sanitized after each use. We will need your assistance with sanitizing.

Coffee, pop machine and water is available. Drinking fountains are closed. You can bring your own drink and snacks for yourself. Please do not bring in a platter of food to share with others.

Laughter the Best Medicine

Sean and Mary Kate, an elderly couple, went on a road trip and stopped for lunch. Back on the road, and after traveling about half an hour, Mary Kate realized that she left her glasses at the restaurant. To complicate matters, it was several miles before they could exit the interstate to turn around. All the way back, in a classic grouchy old man style, Sean complained about the loss of time and the waste of fuel. He continued to berate Mary Kate, he just couldn't believe that she could forget her glasses. Sean would not let up, but finally, to Mary Kate's relief, they reach the restaurant. As Mary Kate left the car to retrieve her glasses, Sean yelled to Mary Kate, "As long as you are going inside, you might as well get my hat and the credit card."

Old Monaghan was reminiscing and said, "When I was a little kid, my dad would swear and then say 'Excuse my French'. Then one day my 3rd grade teacher asked if anyone could speak a foreign language, so I raised my hand."

Casey and Flannagan were sitting on a bench under a tree when Casey turns to Flannagan and says, "I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?" Flannagan says, "I feel just like a newborn baby." "Really!?! Like a newborn baby!?" "Yep. No hair, no teeth, and I think I just wet my pants."

Maguire asked O'Carroll, his eighty-year old buddy, 'Is it true that you're getting married?' 'Yep!' 'Do I know her?' 'Nope!' 'This woman, is she good looking?' 'Not really.' 'Is she a good cook?' 'Naw, she can't cook too well.' 'Does she have lots of money?' 'Nope! Poor as a church mouse.' 'Why in the world do you want to marry her then?' 'Because she can still drive!'



ROCK STEADY BOXING

Rock Steady Boxing started back up at Big Hill Center in Big Hill Park– 1201 Big Hill Court Beloit. SOL Fitness and the City of Beloit are offering this program on Tuesday and Thursday evenings at 5:30pm. The class was designed for those with Parkinson's but has proven benefits for all! In addition to the power and benefits of boxing, the class works on strength and flexibility, balance, cognitive drills and so many more skills required for active daily living. Participants are various ages and work to their capacity and ability.

The program has a limit of 6 participants per evening class due to the COVID restrictions. Registration is a must and safety protocols will be enforced. We invite interested individuals to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any.

The cost is \$10 per class or purchase a punch card \$100 for 11 classes. Please contact Connie Udell at 608-302-7088 or connieudell1@gmail.com for information on this special and with any other questions about Rock Steady Boxing. Rock Steady is non-contact as you do not box against another person. If you are curious on the program and more of its benefits check out www.rocksteadyboxing.org.

Janesville Area Parkinson's Support Group

Please contact Pat Burhans 608-436-9277 or Burhans.pat@gmail.com

They meet the first Wednesday of each month at 2:00pm. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!

All in the Family Tuesday, March 8 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.

Chair Massage Wednesdays, March 9 & 23

We have received many positive comments about Certified Massage Therapist Alicia Jenski and how participants felt after their massage. Appointments begin at 12:00pm. Treat yourself to a relaxing and rejuvenating chair massage, it will make your day. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call to pre-register. Please pay by cash on the day of your appointment.

Joyful Toes & Feet (Toenail Care)

March 15 and April 19 by appointment only

Registered nurse Deb Scullin has been providing toenail care for seniors for four years. She is also a certified Diabetes Educator for six years and retired from Fort Health Care. The foot clinic will include soaking feet in warm water, rinse and dry, clip and file and lotion massage. **Please note there will not be any nail dremmeling. Appointments are set in advance and are open to members and non-members due to the necessity of toenail care for healthy toes and feet.** Appointments begin at 9:00am and are 20-30 minutes. Although there cannot be social distancing while completing the toenail care, every precaution will be taken. **Please bring your own towel.** There is a \$20 fee to be paid the day of your appointment. Payment is by cash only. You will be required to sign a waiver on the day of your first appointment. We have received many positive comments on Deb's care and education she provides to all who have participated.

Mother Nature has shown her winter face. Remember to dress in layers so you are comfortable at Grinnell.

Wear boots, gloves, hat or scarf and a warm coat or jacket.

Alterations

Jo Ellen is offering her services. Give us a call to drop off your items at Grinnell Hall.

Include your name, what you would like to have done and a phone number where she can reach you. Jo Ellen will call to let you know that your item is done and how much you owe her.

Payment is due when you pick up your items.

Jewelry Repair

Drop off your items and list what you need to have done with them. Please have items in a plastic baggie or some sort of bag with your name and phone number in the bag.



Elder Benefit Specialist

**Lachel Fowler,
Rock County Benefit Specialist**

The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit and entitlement programs as well as other issues. Lachel works with Rock County residents 60 and over

regardless of financial status. Please call 608-757-5414 for additional information. She will be here at Grinnell the following dates and times:

**Thursday, March 10 12:00-4:00pm
Thursday, March 24 8:00am-12:00pm**

Watch Battery Replacement

Did you do some cleaning and find a watch that needs a battery? Please have your items in a plastic baggie or some sort of bag with your name and phone number on. Payment, is due upon pick up. It may take some time to return your items.

Make the Smart Choice



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608.365.7222



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Visit www.beloithealthsystem.org



B	I	N	G	O

BINGO REMOTELY Thursday, March 10 12:00pm

We will send a bingo card to past players in their newsletter. If you want to play give a call or stop by and pick one up or we can mail you one. You can cross out the numbers when called. Game 1 - "17"; Game, 2 - Four Leaf Clover; Game 3- coverall.

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). **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.

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 3 games and it will last approximately 45-60 minutes. At the end of the games, hang up your phone.

Winners, put your name and phone number on the back of the bingo card and drop it off or mail it in.

B	I	N	G	O



BINGO LIVE! Wednesday, March 16 2:00pm

Please register as there is a limited number of seats available. Prizes vary! If you played in the past you are all registered. If you have not played before please give a call. Open to members and guests.

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Michael Santucci
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Why chair exercise is good for you.

**Reduced risk of falling.*

**Can be just as challenging as regular standing workouts, especially for upper body or abdominal muscles.*

**Puts less pressure on your lower body joints like knees and ankles.*

**You feel better once you are done.*

**Makes you smile!*

Courtesy Hearing Aid Check

Jodie from Miracle Ear will be at Grinnell on **Thursday, March 17 from 1:00-2:30.** She will check and clean hearing aids.

Beloit Public Library Activities

beloitlibrary.org

1-608-364-2905

Who Was Eleanor Roosevelt

Monday, March 7 6:00-7:00pm

Learn how an orphaned girl from a wealthy family became the leading advocate for women, African Americans, refugees and the down-trodden to become the most influential First Lady in our history. Presented by retired professor Gene Van Galder

FABL Film Series- "Queen Bees"

Weds. March 2 6:00pm

Home Cooking Comeback

Wednesday, March 9 6:00-7:00pm

Award winning journalist Jenifer Rude Klett shares her best recipes, kitchen tips and food advice garnered from her years as a food writer, home cook and baker.

Her latest book, "Home Cooking Comeback" will be available for sale and signing.

Classical Musical Series

"Will Success Spoil Rock Hunter"

Wed March 16 6:00pm

Book Discussion

"The Van Gogh Sisters"

Wed. March 23 6:00-8:00pm

**Stateline Writers Via Zoom
Every Wednesday 6:00-8:00pm**

Contact Jerry at
jerrypetersonbooks@gmail.com

Scrabble Club

Tuesdays 10:00am- 12:00pm

Chess Club

Saturdays 10:00am-12:00pm

Please call the Library to inquire about registration and the activity.



**Brewers versus Cubs at
AmFam Field**

Wednesday, July 6, 2022

1:10pm game

Grinnell Members \$72.00 Non-members \$82.00

Seating is located in shade area as in the past.

Price includes ticket and transportation on coach bus.

Board bus at Telfer Park at 9:45am and depart at 10:00am. Return to Telfer Park 6:00-6:30pm.

Please register by June 3 to ensure the trip will go as we have to provide a 30 day notice to cancel.

Space may be available after June 3.

RICK LINDY AND THE WILD ONES

White Pines Playhouse, Mount Morris Illinois

Wednesday, August 24, 2022



Back by popular demand, The Pines welcomes Rick Lindy and his band, an international touring group performing original roots rock as well as classic Retro Rock of the 50's, 60's & 70's.

A musical time machine that takes you back to the days when rock & Roll was young and the

radio waves were transmitting classic American Rock & Roll to the dash board of a 57 Chevy Bell Air. Relive the sounds of Elvis, Johnny Cash, Jerry Lee Lewis, The Beatles, Patsy Cline, The Platters, Tom Jones, Gary Puckett & many other legendary performers.

Grinnell Members \$73.00, Non-members \$83.00

Price includes meal, show and transportation on coach bus.

Board bus at Telfer Park at 9:45am (bus departs at 10:00am) Return to Telfer Park at approximately 6:00pm.

Please register by July 22 to ensure the trip will go as we have to provide a 30 day notice to cancel.

Space may be available after July 22.

Bracelets with LeaAnn
Wednesday, March 9 1:00-2:00pm

Join LeaAnn Mattox for this fun and creative bracelet making project. You will be able to choose from a variety of designs for you bracelet and put it together. Make one for yourself, a family member or friend. You will be amazed at what you can do. The photo is just a sample of link designs available. Please register by March 2.



CBD Oils—The Real Story
Thursday, March 10 12:00pm

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. He will also be discussion their new CBD formulation that utilizes cranberry seed oil in the formulation for better absorption. 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.

Painting with Katie
Monday, March 14 10:00am-12:00pm

Join Katie in a fun painting class. No painting experience is needed with this opportunity. Paint, brushes, and a 8" x 10" canvas will all be provided. Katie will lead you step by step on how to create a beautiful flower that you'll be proud to hang up in your home. Cost is \$20 and should be paid when you register. Please sign up at the receptionist desk by March 7 so supplies can be purchased.



Wednesday Walks Talk
Wednesday, March 23 12:30pm

Mobility Management of Rock County ADRC-Aging, will be discussing what is happening in 2022 with the "Wednesday Walks" program and an upcoming TCC/Transportation Coordinating Committee Transportation Survey.

The "Wednesday Walks" is a free walking program for Rock County residents 55+ provided by Mobility Management. It offers a wonderful way to get fresh air & sun, exercise, meet new people, and enjoy many unique attractions in Rock County. Additionally, Mobility Management, TCC and UW River Falls Research Center, are working together to conduct a Transportation Survey in 2022 that will provide a clear formal representation of the availability of medical transportation in Rock County. Presented by Jennifer McIlhone, Mobility Manager, ADRC/Council on Aging. Please pre-register.

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! **What The Tech**, led by Mark Prueschel, will be here on **Thursday, March 17 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. We will be taking appointments every 15 minutes so you will have some one on one time with Mark. Please call 608-364-2875. Open to members and non-members

March 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 7:30 8 Ball Pool 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	2 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	3 7:30 8 Ball Pool 9:00 Advisory Board 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	4 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train
7 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day	8 7:30 8 Ball Pool 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 All in the Family	9 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 12:00 Chair Massage 1:00 Mahjong 1:00 Theater 1:00 Bracelets with LeaAnn	10 7:30 8 Ball Pool 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 12-4 Benefit Specialist 12:00 Bingo Remote 12:00 CBD Oils	11 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)
14 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Painting with Katie 10:00 Goldenaires 12:30 Game Day 2:00 Uke Jam	15 7:30 8 Ball Pool 9:00 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Saint Judes Bridge (closed) 1:00 Bridge/Lynch	16 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater 2:00 Bingo Live	17 7:30 8 Ball Pool 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:00 RSVP Mting 12:30 Euchre 1:00 What the Tech 1:00-2:30 Hearing Aid Check	18 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train
21 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day	22 Toenail Care 7:30 8 Ball Pool 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	23 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Bridge (closed) 12:30 Wed. Walks 1:00 Mahjong 1:00 Theater	24 7:30 8 Ball Pool 8-12 Benefit Specialist 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	25 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train
28 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Book Club	29 7:30 8 Ball Pool 9:00 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch	30 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater	31 7:30 8 Ball Pool 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre	

Rock County Nutrition 608-757-5474

Eligibility: Any person age 60 or older, regardless of income and spouse of any age.
Dining Centers: Reservations are required and must be made no later than noon of the prior business day. **Home Delivered:** Must also be homebound.
Suggested donation: \$4.00 All donations are appreciated.
Funding provided by Title III (Older Americans Act) and donations.
Rock County COA is an equal opportunity provider.
No eligible person will be denied a meal because of inability to make a donation.

March 2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed</i></p>	<p>1 Chocolate Milk Chicken Fajita Casserole Broccoli Stewed Tomatoes Mandarin Oranges</p>	<p>2 Meatless Lemon Parsley Cod Asparagus Cooked Carrots Rice Pilaf Applesauce</p>	<p>3 Sloppy Joe Hamburger Bun Baked Bean Medley Peas Pumpkin Pudding</p>	<p>4 Meatless Hearty Vegetable Lasagna Green Beans Tossed Salad Italian Dressing Vanilla Yogurt</p>
<p>7 Tuna Casserole Carrots Winter Blend Strawberries Light Yogurt</p>	<p>8 Burgundy Tips Egg Noodles Peas Winter Squash Banana Jello</p>	<p>9 Chocolate Milk Roast Beef w/ Gravy Au Gratin Potatoes Brussels Sprouts Whole wheat Bread Mandarin Oranges Apple Cake</p>	<p>10 Baked Chicken Breast Baked Beans Broccoli Salad Whole Wheat Bread Warm Mixed Fruit</p>	<p>11 Meatless Baked Cod Cheesy Spinach Red Potatoes Whole Wheat Bread Pineapple Cottage Cheese</p>
<p>14 BBQ Pork Riblet Baked Beans San Francisco Blend Veg. Hamburger Bun Pears</p>	<p>15 Turkey and Gravy Green Beans Mashed Potatoes Whole Wheat Bread Mandarin Oranges Cake w/ Berry Frosting</p>	<p>16 Swedish Meatballs Noodles Beets Cauliflower Peaches</p>	<p>17 <u>St. Patrick's Menu</u> <i>Chocolate Milk</i> Corned Beef Cooked Cabbage Red Potatoes Carrots Rye Bread Mint Brownie </p>	<p>18 Meatless 3-Bean Vegetarian Chili Carrots Cauliflower Wheat Roll Mandarin Oranges</p>
<p>21 Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce</p>	<p>22 Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple</p>	<p>23 Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad</p>	<p>24 Chicken and Wild Rice Broccoli Carrots Apple Slices Peanut Butter Sugar Cookie</p>	<p>25 Meatless <i>Chocolate Milk</i> Cheese Ravioli Marinara Warm Spiced Pears Peas and Carrots Cottage Cheese Pumpkin Bar</p>
<p>28 Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinn. Raisin Bread</p>	<p>29 Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie</p>	<p>30 Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce</p>	<p>31 <i>Chocolate Milk</i> White Chicken Chili Carrots Corn Bread Light Yogurt Pears</p>	<p><i>Please arrive for curbside pick-up meals at 11 am. Meals will not be held for late pick up. Please do not arrive prior to 10:45am</i></p>

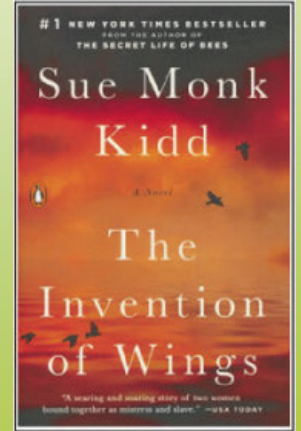


Movie Matinee “Here Today” Friday, March 4 10:00am

Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, and their friendship gets off to an extremely rocky start (think seafood allergy, a hospital visit, and an epi pen). Before long, each finds in the other a sort of soul mate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love, and trust. Cast: Billy Crystal, Tiffany Haddish, Penn Badgley, Laura Benanti, Louisa Krause, Anna Deavere Smith, Nyambi Nyambi, Alex Brightman, Sharon Stone, Barry Levinson, Kevin Kline, Joanna Adler, Susan Pourfar, Bob Costas

Book Club “The Invention of Wings” by Sue Monk Kidd Monday, March 28 1:00-2:00pm

The story follows Hetty “Handful” Grimke, a Charleston slave, and Sarah the daughter of the wealthy Grimke family. The novel begins on Sarah’s eleventh birthday, when she is given ownership over “Handful”, who is to be her handmaid. “The Invention of Wings” follows the next thirty-five years of their lives. Inspired in part by the historical figure of Sarah Grimke (a feminist, suffragist and importantly an abolitionist), Kidd allows herself to go beyond the record to flush out the inner lives of all the characters, both real and imagined.”



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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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Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



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To a Whole NEW Level!*
*Empower *Enlighten *Engage *Enrich



THE CHAIRMEN'S BOARD featuring Peter Oprisko **Starved Rock State Park Oglesby, Illinois** **Monday, October 17, 2022**



Join outstanding vocalist Peter Oprisko as he pays tribute to a variety of pop icons from the 40s, 50s and 60s. Enjoy hits from legendary artists including Bobby Darin, Nat King Cole, Doris Day, Frank Sinatra, Bing Crosby, and many more. Peter has extensive knowledge of the music of the era which he will share along the way with fun and interesting tales. It's a concert that will bring you back to the time when music was king and sensational voices filled the airwaves.

Grinnell Members \$76.00 Non-Members \$86.00

Price includes lunch, show and transportation on coach bus.

Board bus at Telfer Park at 8:45am (depart time is 9:00am) Return to Telfer Park at approximately 5:30pm.

Please register by Tuesday, September 13 to ensure that the trip will go as we have to provide a 30 day notice to cancel. Space may be available after September 13.



The Highwaymen **Palace Theater, Wisconsin Dells Friday, September 30, 2022**

The Greatest super group in country music history, the original Highwaymen, formed in 1985, consisted of Willie Nelson, Waylon Jennings and Johnny Cash. This re-creation of the amazing, never to be seen again band continues the legacy. You will witness first-hand the friendship and camaraderie that existed between these legends, reliving one of the greatest moments in country music history.

Grinnell Members \$89.00 Non-Members \$99.00

Price includes lunch, show and transportation on coach bus.

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

Please register by August 26 to ensure the trip will go as we have to provide a 30 day notice to cancel. Space may be available after August 26.