

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

April 2022

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

608-364-2875
Hours
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.



Spring Fling Celebration

Wednesday, April 13 1:00-2:30pm

John Solis performing



Join in the fun as we welcome Spring! Enjoy some light refreshments, listening and singing to some great music and of course dancing.

Wear your favorite spring or fun hat for the event.

John performed at the 2019 Talent Show and all had a great time.

Open to members and non-members. Please call to reserve your seat!



Plant and Nellie's Nook Spring Sale

Open to Everyone

Thursday, May 19 thru Saturday, May 21 9:00am-3:00pm

We will have indoor, outdoor, cacti, vegetables, flowering, exotic, succulents, or whatever variety you like or want to give a try. We will have plant enthusiasts on hand to help you pick out the plants that will suit your needs and inform you of their care. If you don't have a green thumb, we still have a plant for you. Pick a plant that grows without too much work, attracts birds or keeps the bugs away.

Nellie's Nook offers new and gently used items for all ages. Browse purses, scarves, jewelry, house décor, scarves, greeting cards and more. You will definitely find something for yourself or a gift to give.

All plants and items are very affordable

We are reaching out for donations of plants and new or gently used items to add to our sale. If you have items to donate please call us to let us know what they are and when you would be dropping them off.

If you are interested in volunteering with set-up, during the event or both please contact us. Volunteers are needed to assist with putting prices on items, bagging items and keeping the area tidy.

We ask volunteers to commit for a 2 hour time span.



IMPORTANT.....IF YOU ARE NOT A MEMBER OF GRINNELL, THIS WILL BE YOUR LAST NEWSLETTER MAILED TO YOU. NOT SURE IF YOU RENEWED YOUR MEMBERSHIP, GIVE US A CALL.

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,

As I write this the sun is shining and I am hoping spring is just around the corner and baseball is on! As many of you know the city has lifted the mask mandate. It's a sign that things are getting better. But please continue to wear a mask if you feel more comfortable. There is absolutely nothing wrong with wearing a mask, we all have our own comfort level. A reminder if you are not feeling well to stay home and come another day.

I want to thank all the Advisory Board Members who served an extra two years due to the pandemic. Since May of 2021 we have been meeting in person and we did have a few phone meetings. In August we will have our elections and we are searching for five new board members. What does an Advisory Board Member do you ask...They review our offerings and discuss new activities to offer, review financials, listen to members comments and bring them up for discussion, assist with special events and projects and brings their knowledge and skills to enhance individuals' experiences at Grinnell. The Advisory board meets once a month for an hour. Sound interesting to you, contact me and we can set up a time to visit. This is your chance to make a difference.

If you have an interest in leading or getting an activity started, please let me know.
Thanks for making Grinnell your home away from home. Debbie Kraus, Senior Center Manager.



**In Loving Memory of friends of Grinnell who have recently passed.
Thoughts and prayers are with their family and friends.**

Judy Witzack 2/25/2022

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.



Thank You For Your Donations

**John Kalkirtz, Judy Robson, Beth Bausman, Vivian Stimzle, Illa Borgqardt,
Peggy Wellnitz, Bob Norder, Debra Marvin, Judy Finnigan.**



MAKE EVERY BITE COUNT

Make half your plate fruits and vegetables. Fruits and vegetables are a great source of vitamins, minerals, and fiber. Remember that fresh, frozen, canned and 100% juice all count. When choosing canned, go for "reduced sodium" or "no-salt-added" vegetables and fruits that are canned in water or 100% juice.

Make half your grains whole grains Incorporate oatmeal, popcorn, and brown rice, or breads, crackers, and pasta made with whole grains. How do you know if it is a whole grain food? Look for the word "whole grain" listed first on the ingredient list.

Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions). Switch to fat-free or low-fat milk, yogurt, and cheese to cut back on saturated fat. Include three servings of these foods daily. One serving equals 8 oz. milk or yogurt, 1.5 oz. hard cheese, 1/3 cup shredded cheese, or 1 ¼ cup cottage cheese.

Vary your protein choices. Proteins are found in more than just meat. Eat a variety of protein-packed foods such as nuts, seafood, beans, peas, lean meat, poultry, and eggs. Plan protein at each meal to ensure adequate intake. Incorporate meatless meals made with beans, and have seafood or fish twice per week.

Limit sodium, solid fats and added sugars. Cook at home more often so you can control the sodium, fat, and added sugar content in foods. Compare nutrition labels of similar foods. Add spices or herbs to season food (instead of salt). Limit foods which are higher in saturated fat such as pizza, baked goods, sausage, and hot dogs. Choose water instead of sugary drinks. **Adapted from Choosemyplate.gov and Eatright.org**



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

More trips listed throughout the newsletter. Sign up early so we know we have enough to make the trips a go!



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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, April 12 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, April 13 & 27

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)

April 19 and May 17 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 dremelling. 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.

Courtesy Hearing Aid Check

Jodie from Miracle Ear will be at Grinnell on **Thursday, April 21 from 1:00-2:30.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to both members and non-members.

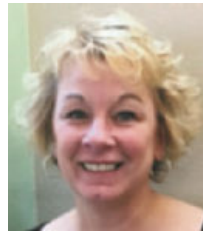
Alterations

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, April 14 12:00-4:00pm
Thursday, April 28 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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Visit www.beloithealthsystem.org



B	I	N	G	O

BINGO REMOTELY Thursday, April 7 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 - Plus with corners; Game, 2 - Kite; 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, April 20 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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Chicks with Sticks

Ever wonder what the heck chicks with sticks is? Well it's a group who enjoy knitting, crocheting and socializing. They meet on Wednesdays from 10:00am-12:00pm. No need to sign up, just bring your sticks and supplies and have fun.

Paper Crafting

Do you enjoy being creative? Meeting some new friends? Then paper crafting is something you should look into. Theresa Niles leads paper crafting and has all the supplies you will need. Make beautiful cards and more. Join them on Mondays starting at 9:00am, stay for one or more crafts.

Sewing Group every Thursday

Our sewing lab meets each Thursday in the Vet's/ Sewing room upstairs. Sew or quilt throughout the day, beginning at 8:00 am. Attendees work on items they give away (quilts for babies, fidget mats, etc) or on their own projects. Anyone who loves to sew or quilt is welcome to attend.

***What The Tech
Thursday, April 21***

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of 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 Preuschl and will give you the help you need. What the Tech is free. Appointments are every 15 minutes beginning at 1:00 pm so you will have some one on one time with Mark. Open to members and non-members

**Utah's Mighty National Parks
Trip Presentation by Premier World Discovery
Wednesday, April 6 12:00pm Grinnell Hall**

Visit Canyonlands National Park, Dead Horse Point State Park, Moab Monument Valley, Arches National Park, Colorado River Cruise, 6 nights first class hotels, professional tour director, 10 meals stay in Moab, Utah, and more. The presentation will give you a great insight on



a wonderful vacation and include time for questions. Trip will be September 2022. Informational brochures are available just ask at the front desk. Please pre-register.

Beloit Public Library Activities

**beloitlibrary.org
1-608-364-2905**

**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**

**FABL Film Series - "The Dry"
Weds. April 6 6:00pm**

**Classic Film Series
"Cash McCall"
Weds. April 20 6:00pm**

**Gardening Class
Thur. April 28 6:00pm**

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



beloit public library

**Philip Currie to Receive the
Distinguished Explorer Award
(DEA)**

**Roy Chapman Andrews Society
Celebrates 100 years**

The Distinguished Explorer Award event will celebrate the legacy of Andrews and honor one of today's modern explorers.

Philip Currie, an internationally renowned dinosaur paleontologist and science communicator, who will receive the 20th Distinguished Explorer Award on Friday April 29, 2022 at 4:30 pm at the Beloit Public Library.

For more information,
visit roychapmanandrewssociety.org
or

[https://www.facebook.com/
TheRoyChapmanAndrewsSociety/](https://www.facebook.com/TheRoyChapmanAndrewsSociety/).

**Elder Advisors Law Presentation
Tuesday, April 5 10:00am**

Join us for an in person educational workshop with Attorney Douglas Ley from Edler Advisor Law. "How to Protect your Stuff" from devastating Long-Term Care costs. Attorney Ley will discuss the reality of Long-Term Crisis as we age. There are exceptions to the rules and education is the key. There will be time to ask questions. Please pre-register by April 4 by calling Grinnell Hall.

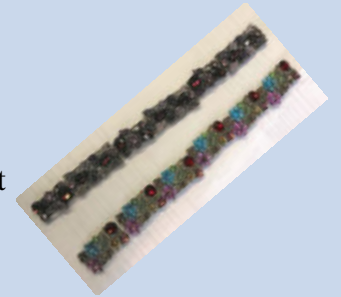
**Seed Starting "Let Them Grow"
Monday, April 11 1:00-2:30pm**

Masters Gardeners will be here to present information on Seed Starting for flowers and plants. There will be time for questions. Following the presentation participants will be involved with a hands-on planting of Sunflower Seeds to honor the people of Ukraine. Seeds, soil and pots are all provided. The planted seeds will be for the participants to take home with them. Please pre-register for the class.



**Bracelets with LeaAnn
Friday, April 22 1:00-2:00pm**

Back by popular demand!! Join LeaAnn Mattox for this fun and creative bracelet making project. You will be able to choose from a variety of designs for your 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 pre-register



**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

Please register by Friday, May 6 to ensure that the trip will go as we have to provide a 30 day notice to cancel. Space may be available after May 6.



**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.

April 2022 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Two older gentlemen, Jim and Tom, went to see a movie. Merely minutes into the movie, Tom heard Jim rustling around. It appeared that Jim was reaching under all of the seats. “What on earth are you doing Jim?” asked Tom. Jim indignantly responded, “I had a caramel in my mouth and it dropped out. I’m trying to find it!” Annoyed, Tom said “Don’t worry about it now, we can get you another caramel later since that was ruined by now.” “But I’ve got to, said Jim, exasperated. “My teeth are in it!”</p>				<p>1 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train</p>
<p>4 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)</p>	<p>5 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Elder Advisors Law Presentation 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>6 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Premier Travel Presentation 12:30 Bridge (closed) 1:00 Mahjong 1:00 Theater</p>	<p>7 7:30 8 Ball Pool 9:00 Hand & Foot Cards 9:00 Advisory Board 9:00 Open Sewing Lab 12:30 Euchre 12:00 Bingo Remote</p>	<p>8 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)</p>
<p>11 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed) 1:00 Seed Starting 2:00 Uke Jam</p>	<p>12 7:30 8 Ball Pool 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch 1:00 All in the Family</p>	<p>13 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) 1:00 Mahjong 1:00 Theater 1:00 Spring Fling</p>	<p>14 7:30 8 Ball Pool 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:00 RSVP Drivers Meeting 12-4 Benefit Specialist 12:30 Euchre 1:00-2:30 Hearing Aid Check</p>	<p>15 CLOSED HAPPY SPRING</p> 
<p>18 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Bridge (closed)</p>	<p>19 Toenail Care 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Saint Judes Bridge (closed) 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch</p>	<p>20 7:30 8 Ball Pool 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (closed) 2:00 Bingo Live 1:00 Mahjong 1:00 Theater</p>	<p>21 7:30 8 Ball Pool 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 1:00 What the Tech</p>	<p>22 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 10:00 Bracelets with LeaAnn 12:30 Mexican Train</p>
<p>25 26 7:30 8 Ball Pool 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Book Club 1:00 Bridge (closed) 2:00 Uke Jam</p>	<p>26 7:30 8 Ball Pool 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>27 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) 1:00 Mahjong 1:00 Theater</p>	<p>28 7:30 8 Ball Pool 8-12 Benefit Specialist 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre</p>	<p>29 7:30 8 Ball Pool 8:30 Yoshi Stretch 9:00 Tai Chi 12:30 Mexican Train</p>

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.

April 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><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>	<p>In 2021 Rock County Nutrition Program served nearly 92,000 meals, both curbside and delivered. Beloit Meals on Wheels delivered close to 36,400 and nearly 4,000 meals were picked up at Grinnell Hall. Make a difference and volunteer ! Call 608-757-5474 or Beloit Meals on Wheels 608-362-3683.</p>		<p>1 Meatless Macaroni & Cheese Green Beans Winter Blend - Vegetables Cottage Cheese Melon Mix</p>
<p>4 Chicken Fajita Casserole Carrots Green Beans Strawberries Vanilla Yogurt</p>	<p>5 Baked Salmon w/ Dill Whole Wheat Bread California Blend Au Gratin Potatoes Peaches Fudgy Fiber Bar</p>	<p>6 Chocolate Milk Spaghetti w/ Meatballs Italian Vegetables Romaine Salad w/ Dressing Warm Fruit Salad</p>	<p>7 Burgundy Tips Egg Noodles Stewed Tomatoes Peas Cake w/ Berry Frosting Pears</p>	<p>8 Meatless Hearty Vegetable Lasagna Green Beans Tossed Salad Italian Dressing Vanilla Yogurt</p>
<p>11 Lemon Pepper Chicken Red Cabbage Sweet Potatoes Whole Wheat Bread Peaches Pumpkin Bar</p>	<p>12 Chocolate Milk Roast Beef w/ Gravy Mashed Potatoes Broccoli Whole Wheat Bread Fresh Apple Slices Peanut Butter</p>	<p>13 Chicken Salad Baby Spinach Salad Dressing Potato Salad Whole Wheat Bread Mandarin Oranges</p>	<p>14 Brat Patty Whole Wheat Bun Baked Beans Carrots Pineapple Jello</p>	<p>15 <i>Spring Holiday</i> No Meals</p> 
<p>18 Chocolate Milk Sloppy Joe Whole Wheat Bun Baked Bean Medley Italian Vegetables Banana</p>	<p>19 Chicken and Broccoli Casserole Carrots Cauliflower Cheese Stick Mandarin Oranges Pudding</p>	<p>20 Sliced Turkey Breast w/ Gravy Mashed Potatoes Beets Whole Wheat Bread Applesauce Sugar Cookie</p>	<p>21 Meatloaf Au Gratin Potatoes Mediterranean Blend Vegetables Whole Wheat Bread Pears</p>	<p>22 Ham Slices Sweet Potato Broccoli Whole Wheat Bread Pineapple</p>
<p>25 Grilled Chicken Breast Broccoli Red Potatoes Whole Wheat Bread Pears Carrot Bar</p>	<p>26 Chocolate Milk Cold Tuna Pasta Salad Romaine Salad w/ Dressing Tomato Juice Cottage Cheese Banana</p>	<p>27 Polish Sausage Hot Dog Bun Baked Bean Medley Beets Peaches</p>	<p>28 Chocolate Milk Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Oatmeal Cookie</p>	<p>29 Swedish Meatballs Egg Noodles Stewed Tomatoes Peas and Carrots Whole Wheat Bread Fruited Applesauce</p>

A Little Chaos

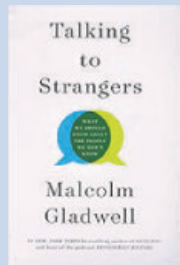


Movie Matinee “A Little Chaos” Friday, April 1 10:00am

A romantic drama following Sabine (Academy Award winner Kate Winslet), a strong-willed and talented landscape designer, who is chosen to build one of the main gardens at King Louis XIV’s new palace at Versailles. In her new position of power, she challenges gender and class barriers while also becoming professionally and romantically entangled with the court’s renowned landscape artist André Le Notre (Matthias Schoenaerts). Please pre-register.

**Book Club “Talking to Strangers” by Malcom Gladwell
Monday, April 25 1:00-2:00pm**

Why do our interactions with strangers so often go wrong? How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Do television sitcoms teach us something about the way we relate to one another that isn’t true? Talking to Strangers is a classic Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology and scandals taken straight from the news. Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don’t know. And because we don’t know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world. A New York Times Best Seller!



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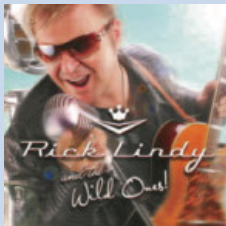
The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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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.

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

Grinnell Members \$89.00 Non-Members \$99.00

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

Grinnell Members \$76.00 Non-Members \$86.00