

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

April 2023

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.



Grinnell Hall membership is open to anyone no matter where you reside. Membership fees have not changed for past several years, only \$25 for an individual and \$40 for a couple. Memberships are for January - December. Your newsletter will be mailed to you. If you would like we can sign you up to receive the newsletter via email. You can also view the newsletter at beloitrecreation.com or mycommunityonline.com. Come join in on the fun!

Plant and Nellie's Nook Spring Sale **Open to Everyone** **Thursday, May 24 thru Friday, May 26 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 bring them in. Please no clothing or shoes.

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.



Tips & Tricks to Seed Starting **Wednesday, April 19 1:00pm**

Welcome back to our Garden Club friends. We are looking forward to new members joining us. We are excited to start our sessions with Seed Starting Tips & Tricks. Bringing you ideas of proper seed starting soil, recycled containers, making seed tape, reading seed packets, determining seed viability and preparing to transplant. We will have vegetable, herbs and flowers seeds for you. Led by Sue Tucker-Pann.

Please call to sign up so we can have supplies available for all.

Advisory Board of Grinnell Senior Center

Pam Curatolo - Chair Larry White - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer
Margaret Alexander, Tom Trichinotis, Peggy Wellnitz, Pearl Friedley, Lois Engen

Volunteer spotlight Bill Tierney

Bill is currently on the Advisory Board and volunteered for special events, volunteer server and put storage shelves together. He feels that he does not volunteer enough but when he does he has a great sense of satisfaction. "Volunteering contributes to society, you meet new friends and it adds value not only to my life but to others as well." Bill also volunteers for the Roscoe Lions Club as well as other places. Bill is involved with bingo, special events, cards. Some things you may not know about Bill. He hitchhiked in Russa, met and talked to Country Star Allison Krauss before she became famous, he loves to read and enjoys music. He is still working diligently to invent a time travel machine.



Bill thank you for all you do. When you get the time machine done I am sure we will have a line of people here to give it a try!



- Opal Vance
- Linda Myers
- Shelley Gearing
- Jackie Riese
- Sharon Wynes
- Pamela Curatolo
- Gerald Wubbena
- Bud Eggleston
- Karen White
- LeaAnn Mattox
- Sheryl Horvath
- Fred Schubert
- Eileen Brehm
- Linda Kinder
- Kari Kirichkow
- June Althoff
- Caroline Bullard
- Mike Soravia
- Bernie Novy
- Roy Hahn
- Charlie Ricksecker
- Larry Jones
- Bonnie Brenton
- Joan Pederson
- Elaine Holleman
- Suzanne Preuschl
- Ronald Barton
- Sue Rush
- Inez Miller

Hello Grinnellers!

It's mid March as I write this and we still have some snow, but spring is here and I can't wait for the blooming buds on trees and flowers and the chirping of birds and seeing more people walking and enjoying the outdoors.. It seems winter has been here for way toooooo long. With the spring Sue Tucker-Pann is bringing back the Garden Club. Even if you are not an avid gardener still come to the monthly classes to learn and that may perk your interest Bobbie Pann has set up some great trips and we hope you will spread the word and join in on the trip presentation and ask questions and sign up for trips.

We continue to work with outside agencies to let you know about their activities that may be of interest to you. If you find something I hope that you attend.

We recently recognized our volunteers with an appreciation lunch. We have over 70 volunteers who teach classes, work front desk and special events and put in 3,847 hours in 2022. Thank you so much we could not do it without you. Thank you for making Grinnell your home away from home!

Debbie Kraus,
Senior Center Manager



Thank you for your donations

Sonya Barnes, Colleen Roberts, Caroline Weavel, Illa Borgwardt, Terri Kaye, Ruby Hay, Linda Swanson, LeaAnn Mattox, Erma Murphy, Bev Mulligan and Bert Sadler

Journaling and Memoir Writing Tuesdays 1:00pm



This workshop is for anyone who may benefit from therapeutic aspects of journaling through expressive writing. The six-week workshop will teach various writing techniques that may help participants to reduce their stress, learn to express their feelings and emotions on paper; find new ways to solve problems; discover their own creativity and wisdom from their life story; and promote well-being through the writing process. You do not have to be a writer to attend this workshop. You only need to bring paper, pen, and a willingness to write what's on your mind or in your heart, and to write some of the stories of your life. Jo Ann Koltyk has vast experience in leading Journaling classes and we have received many positive comments. She will teach a six-week workshop Tuesdays at 1:00-3:00pm on April 4, 11, 18, 25, May 2, 9. Register early space is limited.

Lunch Bunch at Fatt Cat Café Wednesday, April 26 911 North Blackhawk Rockton 11:00am

Are you looking to make some new friends? Fatt Cat Café has received rave reviews. Delicious food served at a charming farmhouse in Rockton. The house was supposedly built in the 1860's and was rumored to be part of the Underground Railroad. Included is a variety of delicious mini sandwiches, pasta salad, fresh fruit, chips, punch and coffee. For dessert enjoy one of their famous cupcakes. Cost is \$25 and includes lunch, one of their famous cupcakes, gratuity and tax. Registration and payment by cash or check to Grinnell must be made by April 13. We need to have 20 people registered so invite your friends and family. If you need a ride please let us know and we will try to work it out.

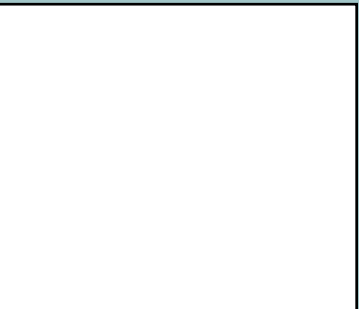


Advertisement for Cedar Crest featuring the slogan 'Less work. More life!' and listing services: Cottages, Apartments, Assisted Living, Memory Care, and Short-term Rehabilitation. Contact info: CedarCrestLife.com (608)756-0344.

Advertisement for Daley • Murphy • Wisch & Associates FUNERAL HOME AND CREMATORIUM. Address: 2355 Cranston Rd. • Beloit, WI 53511. Phone: 608-362-3444. Website: www.daleymurphywisch.com

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Advertisement with text: SUPPORT OUR ADVERTISERS!



ROCK STEADY NON CONTACT BOXING

Rock Steady is non-contact as you do not box against another person. Rock Steady Boxing is held 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! 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.

Registration is a must and safety protocols will be enforced. You are invited to come and observe a class. If you join, gloves must be purchased. We offer reasonably priced gloves if you don't have any.

Cost is \$10 per class or purchase a punch card for \$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 in the program and more of its benefits check out www.rocksteadyboxing.org.

Janesville Area Parkinson's Support Group Please contact Connie Udell 608-302-7088 Connieudell1@gmail.com. They meet the first Wednesday of each month at 2:00pm at Oak Park Place, 700 Myrtle Way Janesville. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!

All in the Family Tuesday, April 11 at 1:00pm Please see journaling class

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 Participant's: "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. Please register by calling Grinnell at 608-364-2875.

Chair Massage Tuesdays, April 11 & 25, May 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)

Tuesdays April 18 & May 16, Monday, June 12 by appointment only 9:00am-2:00pm

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.** Each appointment is 20-30 minutes. **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.

Watch Battery Replacement

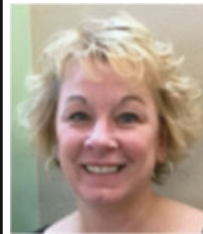
Please have your items in a plastic baggie or some sort of bag with your name and phone number on. Payment, is due upon pick up. It may take some time to return your items. Fee is cost of the battery.

Alterations

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 cost. 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, 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.

THURSDAY, APRIL 13 12PM-4PM

THURSDAY, APRIL 27 10AM-12PM

What The Tech

Thursday, April 20 1:00-3:30

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? **What The Tech**, led by Mark Prueschel and you can drop for some help. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of questions.

Make the Smart Choice



Assisted Living | 3055 S. Riverside Drive, Beloit, WI
608.365.7222



Assisted Living
5601 E. Rockton Road, Roscoe, IL
815.525.4800



At-Home Healthcare
608.363.5885



Member of Beloit Health System

608.363.7421



Visit www.beloithealthsystem.org





Movie "All Roads Lead Home" Friday, April 14 10:00am

Following a tragic automobile accident that claims her mother's life, rebellious 12 year old Belle Lawlor is sent to live with her cantankerous grandfather on his ranch. A heartwarming tale inspired by a true story.

Movie "Now, Voyager" Friday, May 5 10:00am

Bridled by an autocratic mother, Charlotte Vale (Bette Davis) borders on a nervous breakdown. But when a psychiatrist (Claude Rains) persuades Charlotte to drastically change her life, she blossoms into a confident, self-possessed woman. Charlotte then takes a voyage where she fall in love with unhappily married Jerry (Paul Henreid). Although their romance is doomed, she takes solace in helping his emotionally unhinged daughter.



BINGO Wednesday, April 19 2:00-3:30pm

Join us as we play bingo with a variety of prizes. There is no cost for bingo. Open to everyone so bring a friend or two. You do not have to pre-register.

**MEET NEW CITY MANAGER JERRY GABRIELATOS.
HE WILL BE HERE TO VISIT PRIOR TO BINGO!**

Edward Jones

> edwardjones.com | Member SIPC

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Caroline Rukin
Financial Advisor
200 W Grand Ave Suite A-100
Beloit, WI 53511-6109
608-362-1666

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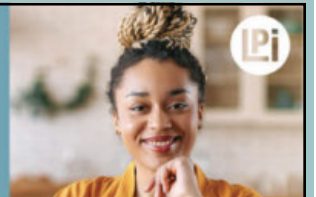
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LOCALLY**

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Contact us at
careers@4lpi.com or
www.4lpi.com/careers



Trivia Wednesday April 5 12:30pm



If you missed last month you missed some fun! Paul Agnello has been leading Trivia for the past few years with great reviews and he will be coming to Grinnell Hall with Trivia aimed at our age group. This is a great way to exercise your memory, meet some new people and learn some new facts. You can form your own team, play by yourself or we will create teams. There will be 20 questions on many subjects pertaining to our "days". The last question will be like "Jeopardy" so teams are never out of the game. Prizes will be given to the top team. Open to everyone so bring a friend or two.



**Beloit Bus System Informational Presentation
Wednesday, April 12 10:00-11:00am**

Did you know that a bus stops in front of Grinnell Hall? Have you ever wonder how to travel by Beloit Transit Bus System? Beloit Transit will have a bus at Grinnell Hall stop at 10am, we'll board the bus and take a ride over to the Transfer Center to see how you would transfer to get to your destination. We'll then return to Grinnell Hall and offer some training to familiarize with the routes, where they go and how to get around town. Open to everyone. Please give a call to register.

Painting with Katie Thursday, April 13, 10:00am-12:00pm



Join in on this fun painting class and no painting experience is needed. 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 daffodil that you'll be proud to hang up in your home. Cost is \$25 and should be paid when you register. Please sign up at the receptionist desk by Monday, April 10.

Medicare 101 Thursday, April 27 8:00-9:30am



Want easy to understand answers to all of these complex questions? By attending the presentation, you'll walk away with accurate and detailed information you need to make thoughtful choices. If you are turning age 64 this year, the Rock County ADRC wants to help you make informed choices about your Medicare options! Do you understand what Medicare is and isn't... how to avoid penalties for late enrollment in Medicare... and how to get the most out of your health and prescription benefit plans? Some decisions and actions about Medicare can take place 3-6 months before you turn 65. Don't wait until you are turning 65 to understand all you need to know about this important benefit. Led by Lachel Fowler, ADRC Benefit Specialist. Please call to sign up so we can have supplies available for all.



Handyman Service Solution by RSVP

Do you need help with minor tasks around the house and yard?
If you are 55 and over we have volunteers who can help!

- *Change lightbulbs *Home Weatherization *Painting *Replace Furnace filters *Carpentry
- *Fix/Build Safety Equipment *Yard work: Mowing, Mulching, Trimming, Raking, Shoveling, Spreading Salt

Interested in Being a Handy Helper?

Benefits: Meet other volunteers with similar interests *Enjoy a flexible schedule and make own appointments with clients *Assist seniors that may have limited contact with others *Small stipend for your help
What do you need? *A desire to help older adults *Experience in minor home repairs *Your own tools and transportation *A valid driver's license and proof of auto insurance *A clear criminal background check

Call RSVP for additional information
608-362-9593



This program is supported by

2023 Trip Information**You do not need to be a Grinnell Member to enjoy the trips.****Informational meeting Monday, April 24 10:00am****Come find out the details on trips and sign up!****Payments due at time of registration. Please note registration date to ensure we have enough to go.****Full refunds will be given if Grinnell cancels the trip.****If you need to cancel, you may fill your own cancellation, however, the office MUST be notified of the changes and the new person MUST fill out a registration form and pay for the trip.****When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken.**

Trips leave on time and we are not able to wait for anyone who is not there at time of departure.

A cell phone is required on trips and all numbers will be given to guides in case of emergency.

***Historic Dubuque Progressive Luncheon
Tuesday, May 23*****Grinnell Members \$93.00 Non-members \$103.00**

Price includes meal, show and transportation on coach bus.



You won't want to miss this trip as we travel to several historic sites and enjoy a delicious progressive lunch. A guide will join us as we go to 7 Hills, Steeple Square, (Steeple Square consists of the former St. Mary's Catholic Parish with beautiful stained glass windows) Fannie Stout House, St. Lukes Methodist Church with Tiffany windows. You will also have the opportunity to purchase the infamous Monastery's Caramels.

Board coach bus at Telfer Park at 8:45am, depart time is 9:00am. Return at approximately 6:00pm. Please register by Friday, April 27 to ensure that the trip will go. Space may be available after April 20.

***Iconic Songs of the 70s Fire & Rain - White Pines
Thursday, June 15*****Grinnell Members \$89.00 Non-members \$99.00**

Price includes meal, show and transportation on coach bus.

This show features the authentic and powerful vocals of Fire and Rain - Swearingen and Kelli, a Nashville based duo. They will energize you as they perform a collection of classics by James Taylor, Gordon Lightfoot, Joni Mitchell, Cat Stevens, America, Jim Croce, Carole King, Fleetwood Mac, and Neil Young. They have shared the stage with The Cleveland Orchestra, The Edmonton Symphony and more.

Board coach bus at Telfer Park at 9:45am, depart time is 10:00am. Return at approximately 6:00pm. Please register by Friday, May 12 to ensure that the trip will go. Space may be available after May 12.

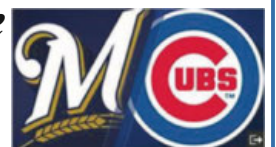
***Brewers versus Cubs American Family Stadium, Milwaukee
Thursday, July 6 1:10pm game*****Grinnell Members \$73.00 Non-members \$83.00**

Price includes ticket and transportation on coach bus.

Seats are in the outfield Loge area with shade and great views.

Board bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 6:00-6:30pm.

Please register by June 6 to ensure the trip will go. Space may be available after June 6.



April 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tax Prep 8-12 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day	4 Tax Prep 8-12 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch 1:00 Journaling	5 Tax Prep 8-12 7:30 Billiards 8:30 Morning Stretch 10:00 Chicks with Sticks 12:30 Trivia 1:00 Mahjong	6 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:00 Advisory Board 9:30 Line Dancing 12:30 Euchre	7 Spring Holiday Closed 
10 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day	11 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch 1:00 Journaling	12 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Transit Presentation 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group	13 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 10:00 Painting with Katie 12:00-4:00 Benefit Specialist 12:30 Euchre	14 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 12:30 Mexican Train 12:30 Bridge (closed)
137 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Ukes	18 7:30 Billiards 9:00 Toenail Care 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Saint Jude's Bridge (closed) 1:00 Bridge/Lynch 1:00 Journaling	19 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group 1:00 Seed Starting 2:00 Bingo	20 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 RSVP Meeting	21 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
24 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 10:00 Trip Presentation 12:30 Game Day 1:00 Book Club	25 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 Bridge/Lynch 1:00 Journaling	26 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Lunch Bunch 1:00 Mahjong 1:00 Theater Group	27 7:30 Billiards 8:00 Open Sewing Lab 8:00 Medicare 101 10:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre	28 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train

Gentleman: Doorman, call me a cab Doorman: You're a cab
My sister has three feet! I don't believe you! Then how come she wrote me saying she grown three feet.
What d you do when the ship sinks? Grab a cake of soap and wash yourself ashore!
Thank you Hal Joyce

Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

Eligibility: Any person age 60 or older regardless of income, residency 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: \$5.00 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
2023**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p> 				
<p>3 Hamburger Stroganoff Brown Rice Stewed Tomatoes California Blend Veg. Pears</p>	<p>4 Chicken Salad Whole Wheat Bread Potato Salad Baby Spinach w/ Dressing Peaches</p>	<p>5 <i>Chocolate Milk</i> Spaghetti & Meatballs Italian Blend Veg. Romaine Lettuce w/ Dressing Warm Fruit Salad</p>	<p>6 Chicken Egg Roll in a Bowl Whole Wheat Bread Green Beans Carrots Applesauce Cake w/ Berry Frosting</p>	<p>7 Spring Holiday No Meals</p> 
<p>10 Lemon Pepper Chicken Whole Wheat Bread Red Cabbage Sweet Potatoes Fruited Applesauce Pumpkin Bar</p>	<p>11 Taco Pasta Salad Romaine Lettuce w/ Dressing Tomato Juice Light Yogurt w/ Strawberries</p>	<p>12 Brat Patty Hamburger Bun Mediterranean Beans Red Potatoes Melon Mix</p>	<p>13 <i>Chocolate Milk</i> Roast Beef w/ Gravy Whole Wheat Bread Mashed Potatoes Brussel Sprouts Apple Slices Peanut Butter</p>	<p>14 Baked Parmesan Cod Rice Pilaf Zucchini Tomato Bake Broccoli Salad Warm Spiced Pears</p>
<p>17 Sliced Turkey Breast w/ Gravy Whole Wheat Bread Mashed Potatoes Beets Crushed Pineapple Fudgy Fiber Brownie</p>	<p>18 Creamy Chicken & Vegetables Biscuit Carrots Cauliflower Banana</p>	<p>19 Meatloaf Whole Wheat Bread Au Gratin Potatoes Mediterranean Veg. Pears</p>	<p>20 Sloppy Joe Whole Wheat Bun Baked Bean Medley Corn Fruit Whip</p>	<p>21 <i>Chocolate Milk</i> Ham Slices Whole Wheat Bread Squash Cooked Spinach Applesauce Pudding</p>
<p>24 BBQ Rib Patty Whole Wheat Bun Zucchini Tomato Bake Peas Mandarin Oranges Cookie</p>	<p>25 Swedish Meatballs Whole Wheat Bread Egg Noodles Stewed Tomatoes Winter Blend Fruited Applesauce</p>	<p>26 Tuna Pasta Salad Romaine Lettuce w/ Dressing Tomato Juice Cottage Cheese Banana</p>	<p>27 <i>Chocolate Milk</i> Baked Chicken w/ Gravy Whole Wheat Bread Broccoli Corn Casserole Peaches Carrot Bar</p>	<p>28 Polish Sausage Whole Wheat Bun Mediterranean Beans Potato Salad Warm Sliced Pears</p>

LESSONS
in
CHEMISTRY



Book Club Monday, April 24 1:00pm

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

Laugh-out-loud funny, shrewdly observant, and studded with a dazzling cast of supporting characters, *Lessons in Chemistry* is as original and vibrant as its protagonist. Sign up and pick up your book at the front desk. Limited copies available.

Beloit Library Activities

<https://beloitlibrary.org>

608-364-2905

Tech Tuesdays 3:00-7:00pm

Bring your device and drop in for assistance with one-on-one tech support. All ages

Smart Driving 101 Saturday, April 1 1:00-2:30

Tired of high gas prices? Do something and learn the proven Smart Driving skills that could improve your mileage by 10-30%

Electric Vehicles 101 Saturday, April 1 2:30-4:00

Learn about electric vehicles, history, technology,

Beware of Scams

The Rock County Sheriff's Office has been made aware of additional recent fraudulent telephone calls to citizens where a male caller identifies himself as Deputy Sam Billings with the Rock County Sheriff's Office Fraud Department. The caller asks to check accounts to make sure there is no fraudulent activity. These phone calls are obviously fraudulent in nature, and we want to continue to ensure the public at no time will the Rock County Sheriff's Office or any of its representatives call people asking to check their accounts.

Also please beware of "Romance Scams" as individuals will start a conversation and make you feel like

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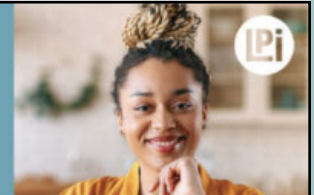
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit
Grinnell Hall Senior Activity Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875
Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



Legends in Concert – Fireside Thursday, July 13

Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show.

What makes a performer a legend? It's that certain something that makes them shine brighter than all the rest, that enduring talent that makes their popularity live on around the world. Join us for an exclusive Midwest engagement of a brand new Legends In Concert – Direct from London! It's all there – The Sound! The Look! The Glamour! The Magic! Featuring tributes to legendary British superstars of yesterday and today – Freddie Mercury, Adele, Rod Stewart, Elton John, and Dusty Springfield – with a four-piece band and performers so gifted, you'll swear the real thing is right before your very eyes. We will meet at Telfer Park at 9:15 and return at 4:00. Please let us know if you can drive or need a ride or if you will be driving there on your own.



Margaritaville CIRCA 21 Wednesday, September 6

Grinnell Members \$86.00 Non-members \$96.00

Price includes meal, show and transportation on coach bus.

Set your mind on island time and plan your escape to Margaritaville! This new musical comedy play is about choices we make and the people we become once we've had a change in 'latitude'. The play features classic Jimmy Buffett and original songs with a story that revolves around a part-time bartender/singer who falls for a career-minded tourist. Welcome to Margaritaville, where people come to get away from it all and stay to find something they never expected. Get ready for a hilarious and heartwarming musical with the most unforgettable songs from one of music's greatest storytellers.

Board coach bus at Telfer Park at 8:45am, depart time is 9:00am. Return at approximately 6:00pm. Please

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