
PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

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Grinnell Hall Senior Center Invites Community to September Events

August 31, 2023 -- Grinnell Hall Senior Center is holding several unique events this month! For additional information call Grinnell Hall at 608-364-2875. Grinnell Hall is located at 631 Bluff St. Beloit, WI 53511.

Drum and Music Circle, 10am-11:30 am Friday, September 8: Making music grows your brain! Drum circle sing-along led by Castle Music Director Johnny Wittnebel (who also plays with Nick & Friends).

Beating to drums in unison is therapeutic with rhythmic patterns and familiar songs. Sing-along, play-along or bop-along with an array of percussion, drums, ukuleles and fun sounds as Johnny leads the group's creativity. The music manifests and is created and dictated by the group. Feel free to bring your own instrument or we will have one for you to use! Johnny will also have his guitar and take requests.

This free event is open to everyone. Register by calling Grinnell Hall at 608-364-2875.

IronTek Tour, 2 pm, Friday, September 8: Tour this unique business incubator and co-working space. IronTek, 645 Third St., houses 160 members/tenants, including photographers, videographers, financial planners and other professionals. Register for this free event by calling 608-364-2875.

Journaling Workshop, 1-3 pm Tuesdays, September 12-October 31: Jo Ann Koltyk will lead Journaling for Well-Being/Memoir Writing. Participants will benefit from therapeutic aspects of journaling through expressive writing. The eight-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 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. Register for this free workshop by calling 608-364-2875.

Eat Well, Spend Less, 10-11 am Friday, September 15: Taste a healthy recipe, share shopping tips, and set goals for healthy eating! Grinnell Hall Senior Center and University

of Wisconsin Extension's FoodWise program are working together to offer healthy eating presentations. Register for this free event by calling 608-364-2875.

Great Grain Discoveries, 10-11 am Friday, September 22: Engage in a recipe demonstration and increase your knowledge of what whole grain foods are and their health benefits. Grinnell Hall Senior Center and University of Wisconsin Extension's FoodWise program are working together to offer healthy eating presentations. Register for this free event by calling 608-364-2875.

The BlockHeads, 1-2 pm, Friday, September 29: Join us for classic hits from the '60s and '70s! The group consists of native Beloiters: Richard Guelzow, Roger Kemman, and David Sowl and local guitar legend, Matt Goodwin. Light refreshments will be served. This free event is open to the public.

WeCOPE Class, 1-2 pm Wednesdays, October 4-November 15 (no class on November 1): WeCOPE (Connecting with Our Positive Emotions) is an evidence-based interactive program that helps adults to cope with both short- and long-term stress. This program has been shown to reduce stress and symptoms of depression, increase positive affect, and improve health behaviors. Through the 11 skills that are taught during the class adults learn to manage life's challenges in healthy ways in order to take better care of themselves and others. These sessions encourage practicing skills such as mindfulness, savoring, positive reappraisal, gratitude, and goal setting among others. Grinnell Hall Senior Center and University of Wisconsin Extension are working together to offer WeCOPE. Register for this free class by calling 608-364-2875; the deadline is Monday, September 11.

"Living Well" Workshop; 9-11:30 a.m. Wednesdays, October 18-November 22: Grinnell Hall is collaborating with Rock County Aging and Disability Resource Center (ASDRC) to offer "LIVING WELL" in 2023! This workshop helps older adults with chronic conditions feel better and get the support they need.

Registration deadline is October 5, 2023, and space is limited to 12 participants. For more information or to register call the ADRC of Rock County at: (608) 757-5309 or email: Lisa.Messer@co.rock.wi.us. You may also register online at: <https://www.co.rock.wi.us/aging> (click on classes/workshops.) There is a \$15 suggested donation. Program best suited for those ages 60+.

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