

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

February 2024

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 Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
8:00am-4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

Did you know you can get the newsletter emailed to you earlier than receiving it in the mail? Give us your email address and we will make sure you receive it every month automatically. Let us know if you want to be taken off the postal mailing once you receive your newsletter via email.

Even Start Dancers ***Friday, February 16 1:00pm***

The Beloit Even Start Dancers began in 1997 when a group of Even Start adult students asked if they could form a dance group for their children as a way to preserve their culture and to teach them authentic Mexican dances. We have grown and evolved since then. In the beginning, the parents made all of the dance outfits. Today our dance outfits come from Mexico or are made by a



professional seamstress. The dances are taught by volunteer dance instructors. Come and join us to watch them dance and learn some dance steps if interested.

Grinnell Hall **2024 Membership Drive**

It's membership renewal time and we will begin taking memberships at any time.

Membership is for January-December 2024 and prices will remain the same!

Single Membership \$25 Couple Membership \$40
Membership is open to anyone age 50 and older and you do not need to be a resident of Beloit.

Memberships help offset the facility, utilities and staff costs. You will also save \$10 off each trip.

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

How does it work???

If you have already renewed you will receive 3 tickets.

Renew in January and receive 2 tickets

Renew between February 2-10 and receive 1 ticket

Recruit a new member on or by February 1 and receive 10 additional tickets!

Front desk staff will track how many tickets you earn and we will begin distribution on February 5.

Prize bags will be displayed on February 5 in the Dining Room.

You put your ticket in the prize bag you would like to have a chance to win.

**Drawing will be held Friday,
February 16 at 12:00pm.**

You do not need to be present to win.

If you cannot afford the membership cost we can assist you. All information is kept confidential.

Advisory Board of Grinnell Senior Center

Larry White - Chair, Linda Kuhnle - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer
Margaret Alexander, Lois Engen, Geri Heim, Rhonda Tierney, Roselyne Ackley

Volunteer Spotlight Judy and Don Stottmeister

Judy and Don have volunteered at Grinnell Hall for several years. They saw what needed to be done and took great pride in organizing items for the gift shop, custodial, cleaning supplies and the sewing lab. Previous Senior Center Manager Paula Schutt spoke very highly of Judy and Don, "They are so giving. I do not know what I would do without them. They have the energy of four people half their age and are always willing to help out." Don would always take metals to recycling and returned the proceeds back to Grinnell. Judy also worked in the office at Grinnell and is a great organizer. Judy and Don recently moved to Michigan to live with their son. We will miss their smiling faces.



Victor	Adamsky
Kevin	Atwood
Carol	Bartram
Roger	Bills
Sherry	Blakeley
Carol	Bourgeois
Ricky	Butler
Dorothy	Conner-Davidson
Eva	Davidson
Mary Ann	Donovan
Drucilla	Gerke
Norma	Green
Ed	Hansen
Nora	Johnson
Glenda	Knutson
Janet	Kopp
Donna	Kremer
Eleanor	Lynch
James	Merriman
Mary	Murry
Doug	Nichols
Char	Obermark
Polly	Peterson
Mary	Porter
Gwen	Richardt
Lynette	Rust
Mary	Santopoalo
Charles	Williams
Judy	Wubben

Tinsell Winners

Congratulations to Barb Hopper and Jim Meyers! They found Tinsell at all of his locations. Each won a \$5 Culvers gift card.

BOOKS ON CDS

THERE ARE SOME CDS IN A YELLOW BAG IN THE LIBRARY THAT INDIVIDUALS CAN TAKE HOME AND LISTEN TO A BOOK AND BRING BACK. ALSO CHECK OUT THE GREAT BOOKS IN THE LIBRARY.

Thank you for your donations

Judy Cufu, Patti Manning, Sue Tucker-Pann, Sherrill Gilbertson, Karen Whisenand, Diane Chasser, Kenneth Studinski, Linda Swanson, Beth Bausman, Lois Engen



Please note that Grinnell Hall will close when Beloit School District closes. We may also close due to cold weather. We do our best to connect with individuals who may have an activity that day when closed but cannot always make the calls. Please call Grinnell Hall if you are unsure if we are open. Thank you

Lunch Bunch Friday, February 9 11:00am
NEW DATE WEDNESDAY, FEBRUARY 14
West Side Family Restaurant



A cosey little restaurant with delicious food and comfortable atmosphere. West Side Family Restaurant is located at 530 W. Grand Ave. Beloit. Please sign up and we will meet you there. If you want to carpool please make your own arrangements. Each person pays for their own lunch.

Beloit Public Library now offers Free Notary Services
Please call 608-364-5743 for more information.



USS Beloit launched in Marinette, WI.

USS Beloit Crew visits Grinnell Hall

NOTE NEW TIME

Meet with several members of the USS Beloit from 10:30-11:30am Friday, February 9, at Grinnell Hall Senior Center. This informal visit will allow our senior center guests to interact with the U.S. Navy sailors and help them impart the spirit of Beloit into their littoral combat ship.



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. If you are curious about the program and more of its benefits check out www.rocksteadyboxing.org.

All in the Family Tuesday, February 13 at 1:00pm

Come and meet to visit.

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.

Chair Massage Tuesdays, February 13 & 27, March 12 & 19

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.

Euchre Round up

2024 was a fun year for many euchre players.

Larry White led the players with 9- 1st place finishes, 3 - 2nd place finishes and 1 - 3rd place finish.

Ron Patten was close with 7 - 1st place finishes, 8 - 2nd place finishes and 6 - 3rd place finishes.

Lois Engen was third overall with 6—1st place finishes, 6 - 2nd place finishes and 3 - 3rd place finishes.

Come join in on the fun, as we are always looking for more players no matter your skill level.



TOENAIL TRIMMERS APPOINTMENTS TUESDAYS, FEBRUARY 20 & MARCH 19



WE ARE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. THEY WILL PROVIDE A REGISTERED NURSE.

APPOINTMENTS WILL BE 30 MINUTES AND COST IS \$35.00 NO INSURANCE IS TAKEN. SOAKING OF THE FEET WILL NOT BE DONE BUT DREMELING IS AVAILABLE FOR NO ADDITIONAL FEE.

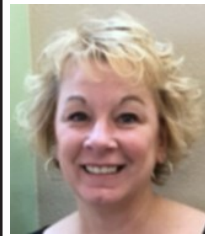
YOU CAN GET YOUR FINGERNAILS CUT FOR AN ADDITIONAL FEE OF \$15.00 AT THE SAME APPOINTMENT OR YOU CAN MAKE AN APPOINTMENT FOR FINGERNAIL TRIMMING ONLY. PAYMENT WILL BE BY CASH OR CHECK ONLY TO THE RN. SORRY NO INSURANCE IS ACCEPTED YOU WILL SET UP APPOINTMENTS WITH TOENAIL TRIMMERS DIRECTLY BY CALLING 262-719-0336. THEY WILL ALSO MAKE REMINDER CALLS SO PLEASE PUT THEIR PHONE NUMBER IN YOUR CONTACTS.

**What The Tech
Thursdays Feb. 15 & March 21 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 it. Or, you are so frustrated you are ready to throw the device out the door? **What The Tech**, led by Mark Preuschl will be at Grinnell and you can drop in 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.

**Watch Battery Replacement,
Jewelry Repair & Alterations**

Drop off your items and list what you need to have done with them. Please have items in some sort of bag with your name and phone number in the bag. Fees are charged for work.

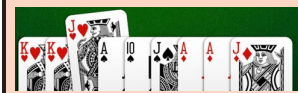


**Elder Benefit Specialist
Lachel Fowler, Benefit
Specialist**

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, February 8
12:00-4:00
Thursday, February 22
8:00-12:00**



Pinochle Wednesdays 1:00pm

Pinochle group is going well so come and join us. All levels of players are welcome and if you don't know how to play they will teach you.



MOVIE MATINEE

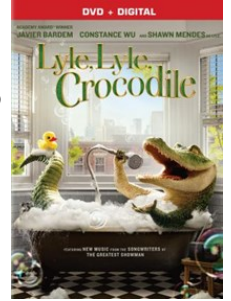
“Greatest Showman” Friday, February 2 10:00am

An original musical screenplay brings to life the story of P.T. Barnum and his creation of "The Greatest Show on Earth". Rising from nothing, P.T. sets out to make a better life for his family. His creativity and drive take him on an fantastic journey beyond what he or anyone else could have imagined. In the end he creates a magical experience that will be enjoyed and celebrated by generations to come.

“Lyle, Lyle Crocodile” Friday, March 1 10:00am

When the Primm family moves to New York City, their young son Josh struggles to adapt to his new school and new friends. All of that changes when he discovers Lyle, a singing crocodile who loves baths, caviar and great music, living in the attic of his new home. The two become fast friends, but when Lyle’s existence is threatened by evil neighbor Mr.

Grumps, the Primms must band together with Lyle’s charismatic owner, Hector P. Valenti, to show the world that family can come from the most unexpected places and there’s nothing wrong with a big singing crocodile with an even bigger personality.



Crazy 4 Crafts

Join Pamela Joy as you create some fun crafts for yourself or to give away as gifts.

Tuesday, February 6 9:00-11:00 Lunar New Year craft and valentine craft card making

Tuesday, February 13 9:00-11:00 Painting on tile, paper and canvas and exploring brush strokes.

All supplies are provided at no cost. No need to pre-register but please be at activity by 9:30am

**LEARN THE GAME OF MAJONG AND CHALLENGE YOURSELF.
LESSONS WILL BE HELD ON WEDNESDAYS AT 1:00PM.**



Grinnell Family Feud Monday, February 12 12:30pm

Join in on this fun game as “Family versus Family” compete. We will make two teams out of those who attend. Your host is David Sowl who will read the questions and provide the answers to the top responses. This will be a fun and entertaining game that we will have once a month. Please register if you are interested in playing on a team. If you would like to be a spectator you do not have to register. Winning team will be given individual prizes.

“Poker” Challenge Games Friday, February 23 10:00am

It’s not the World Series of Poker in Vegas, it’s more fun! Join “creative director” Hal Joyce as he shares four new games “Pineapple Hold’em”, “727”, “3 Square” and “Five Card Run”. Practice them and have some fun. See if you can keep a “poker face” and win some hands. We will use poker chips, no money involved and open to anyone with a limit of 10 people. If you have a game to share, Hal would love to learn it. Please register so we can get supplies ready.



Memory Screenings Tuesday, February 20 11:00am-3:00pm



Karen Tennyson with Rock County will be here to conduct Memory Screenings. There is no reason not to have it done and it can give you a peace of mind. Appointment must be made and last approximately 20 minutes. Feel free to bring along a family member or friend if you wish. There is no fee, please call Grinnell Hall to make an appointment.

Get Immediate Results Keep them for future comparison or share them with your physician. At your request we will fax them to your physician.

Early Detection is Important Memory screens are like screens for blood pressure, cancer, diabetes or stroke. They contribute to prevention and better treatments.

Treatment is Possible Some types of dementia are reversible, like those from nutritional & vitamin deficiencies, depression or thyroid issues.

Knowledge Means More Control Dementias that are not reversible can often be treated with medications that could slow down the process and preserve quality of life for a longer period of time.

Drum and Music Circle 10:00-11:00am

Friday, February 16

Get involved it’s great for the soul!



Make music to grow your brain! Beating to drums in unison and rhythmic patterns is therapeutic. Sing-along, play-along or bop along with an array of percussion, drums, ukuleles and fun sounds as Castle Music Director Johnny leads the group’s creativity. Open to everyone.



**Ageing Without Injury
Thursday, February 8 10:00am Grinnell Hall**

Falls are one of the leading causes of injury and death among aging adults. Learn more about fall prevent strategies, in addition to exercise that increase strength and balance. Facilitated by Wendy Bianchetti, Community Health Work, SSM Health St. Mary’s Janesville. Space is limited to 20 people and reservations are required. Please call RSVP at 608-362-9593 or email Larisa at lchmielewski@rsvp-rock.org.



2024 Trip Information

You do not need to be a Grinnell Member to enjoy the trips.

Please note we take credit and debit cards for trips. Registration must be done in person and waivers signed. Payments due at time of registration. Please note registration deadline to ensure we have enough to go. Full refunds will be given if Grinnell cancels the trip. If you need to cancel, you may find someone to take your place, however, the office **MUST** be notified of the changes and the new person **MUST** fill out a registration form, pay for the trip and sign a waiver.

When requesting a cancellation, an official cancellation form MUST be filled out by front desk personnel and submitted before any action is taken.

There will be a \$10 administration fee if someone cannot take your place.

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

We ask that you bring your cell phone with you.

Beautiful – Carole King Story Friday, April 19, 2024 Fireside Theater in Fort Atkinson, WI

Grinnell Members \$88 Non-members \$98

Price includes meal and show. Transportation is on your own

Before she was hit-maker Carole King she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry. BEAUTIFUL: The Carole King Musical takes you back to where it all began. Featuring such unforgettable classics as “You’ve Got a Friend,” “One Fine Day,” “Take Good Care of My Baby,” “You’ve Lost That Lovin’ Feeling,” and “Natural Woman,” this Tony® and Grammy® Award-winning musical phenomenon is filled with the songs you remember and a story you’ll never forget.

Meet at Telfer Park at 9:45am and depart at 10:00am. Please let us know if you would like to drive with a group or on your own. Return approximately 4:00pm. Please register by March 29 and make your meal choice of Supreme Chicken, Hanger Steak, Rainbow Trout or Vegetarian.

Jersey Boys Wednesday, May 15, 2024 Circa ‘21 Dinner Playhouse, Rock Island, IL

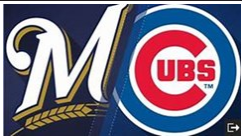
Members \$88 Non-Members \$98

Price includes meal, show and transportation on coach bus.

Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest success in pop-music history. Go behind the scenes and music of Frankie Valli and the Four Seasons to learn the secrets of a 40 year friendship as they work their way to stardom.

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

Please register by April 15, 2024. Space may be available after April 15.



Brewers versus Cubs Thursday, May 30, 2024 AmFam Stadium, Milwaukee 12:10pm game

Member \$73 Non-Members \$83

Price includes ticket and transportation on coach bus.

Take me out to the ball game... Join us and cheer on your favorite team in this battle of the National League Central Division. This trip involves a large amount of walking and is not recommended for someone who has difficulty with mobility. Please let us know if you will need special assistance, such as a wheelchair at AmFam Stadium. Board bus at Telfer Park at 9:00am and depart at 9:15am. Return to Telfer Park 6:00-6:30pm.

Please register by April 30. Space may be available after April 30.

February 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank you to the sewers and quilters have created and donated he following in December *24 kids quilts to Hackett Elementary *6 large quilts to Housing 4 Our Vets *7 placemats to Wheels on Meals</p>			<p>1 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>2 8:00 Billiards 8:30 Stretch Class 10:00 Movie 12:30 Mexican Train</p>
<p>5 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 9-1 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>6 AARP Taxes 8:00 Billiards 9:00-11:00 Crazy 4 Crafts 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage 12:30 Bridge 1:00 Journaling</p>	<p>7 AARP Taxes 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>8 8:00 Billiards 8:00 Open Sewing 9:00 Advisory Board Meeting 9:00 Hand & Foot 9:30 Line Dancing 10:00 Aging w/o Injury 12-4 Benefit Spec. 12:30 Euchre 1:00 Pickleball</p>	<p>9 8:00 Billiards 8:30 Stretch Class 11:00 Lunch Bunch 10:30 USS Beloit Crew Visit 12:30 Mexican Train 12:00 Bridge</p>
<p>12 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 10:00 Crystals and Rocks 12:30 Game Day 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes</p>	<p>13 AARP Taxes 8:00 Billiards 9:00-11:00 Crazy 4 Crafts 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 Journaling 1:00 All in the Family</p>	<p>14 AARP Taxes 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Lunch Bunch 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>15 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 RSVP Drivers Meeting</p>	<p>16 8:00 Billiards 8:30 Stretch Class 10:00 Drum and Music Circle 12:00 Bridge 12:30 Mexican Train 12:00 Membership Prize Drawing 1:00 Even Start Dancers</p>
<p>19 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 9-1 Crazy 4 Crafts 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>20 AARP Taxes 8:00 Billiards 8:30 Toenail Care 9:30 Line Dancing Beginner 10:00 Line Dancing 11:00-3:00 Memory Screening 12:00 St. Judes Bridge 12:30 Cribbage</p>	<p>21 AARP Taxes 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 BINGO</p>	<p>22 8:00 Billiards 8:00 Open Sewing 8-12 Benefit Spec. 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>23 8:00 Billiards 8:30 Stretch Class 10:00 Poker Challenge Games 12:30 Mexican Train</p>
<p>26 AARP Taxes 26 8:00 Billiards 8:30 Chair Exercise 9-1 Crazy 4 Crafts 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga 1:00 Book Club</p>	<p>27 AARP Taxes 8:00 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 10:00 Diamond Art Postponed 12:00 Chair Massage</p>	<p>28 AARP Taxes 8:00Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>29 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball</p>	<p><i>More donations from sewers and quilters to RSVP for local nursing homes</i> <i>*6 quilts</i> <i>*31 fidget mats</i> <i>*3 walker bags</i></p>

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 ADRC is an equal opportunity provider.

No eligible person will be denied a meal because of inability to make a donation.

**February
2024**

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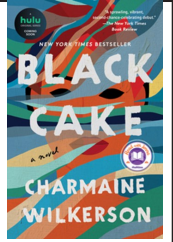
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</p>		<p><i>Happy Valentine's Day</i></p>	<p>1 BBQ Chicken Breast Baked Bean Medley Broccoli Salad Whole Wheat Bread Warm Mixed Fruit</p>	<p>2 Swedish Meatballs Noodles Beets Cauliflower Whole Wheat Bread Banana</p>
<p>5 Roast Beef & Gravy Mashed Potatoes Cooked Spinach Whole Wheat Bread Pineapple Fudgy Fiber Brownie</p>	<p>6 Ham & Bean Stew Cauliflower Warm Cornbread String Cheese Pears</p>	<p>7 <i>Chocolate Milk</i> Chicken & Rice Casserole California Blend Vegetables Beets Melon Mix Lemon Bar</p>	<p>8 Broccoli Quiche Red Potatoes Asparagus Cottage Cheese Tomato Juice Cinnamon Raisin Bread</p>	<p>9 Beef Vegetable Stew Corn Stewed Tomatoes Whole Wheat Bread Flavored Yogurt Strawberries</p>
<p>12 BBQ Pork Riblet Whole Wheat Bun Baked Beans San Francisco Blend Vegetables Fruit Fluff</p>	<p>13 Chopped Steak Winter Squash Corn Casserole Whole Wheat Bread Peaches Pudding</p>	<p>14 Lemon Parsley Cod Rice Pilaf Carrots Asparagus Applesauce Oatmeal Cookie</p>	<p>15 <i>Chocolate Milk</i> Turkey & Gravy Mashed Potatoes Whole Wheat Bread Mandarin Oranges Cake w/Berry Frosting</p>	<p>16 Tuna Casserole Winter Blend Vegetables Carrots Light Yogurt Banana</p>
<p>19 Salisbury Steak Baked Bean Medley Peas Whole Wheat Bread Fruited Applesauce</p>	<p>20 Meatloaf Au Gratin Potatoes Green Beans Whole Wheat Bread Peaches</p>	<p>21 Southwest Chicken Casserole Zucchini Tomato Bake Carrots Light Yogurt Strawberries</p>	<p>22 Shredded Pork/Gravy Noodles Winter Squash Broccoli Watermelon Cookie</p>	<p>23 <i>Chocolate Milk</i> Baked Cod Cole Slaw Italian Blend Veg. Whole Wheat Bread Warm Mixed Fruit Apple Cake</p>
<p>26 Parmesan Chicken Breast San Francisco Blend Sweet Potatoes Dinner Roll Fruit Fluff</p>	<p>27 Roast Beef Hamburger Bun Stewed Tomatoes Broccoli Salad Warm Cinn. Applesauce Carrot Cake</p>	<p>28 Roast Turkey & Gravy Mashed Potatoes Peas & Carrots Whole Wheat Bread Banana</p>	<p>29 <i>Chocolate Milk</i> Ham Slices Corn Casserole Cooked Red Cabbage Whole Wheat Bread Pineapple</p>	

Book Club “Black Cake Monday, February 26 1:00-2:00pm

We can’t choose what we inherit. But can we choose who we become?

In present-day California, Eleanor Bennett’s death leaves behind a puzzling inheritance for her two children, Byron and Benny: a black cake, made from a family recipe with a long history, and a voice recording. In her message, Eleanor shares a tumultuous story about a headstrong young swimmer who escapes her island home under suspicion of murder. The heartbreaking tale Eleanor unfolds, the secrets she still holds back, and the mystery of a long-lost child challenge everything the siblings thought they knew about their lineage and themselves.

Can Byron and Benny reclaim their once-close relationship, piece together Eleanor’s true history, and fulfill her final request to “share the black cake when the time is right”? Will their mother’s revelations bring them back together or leave them feeling more lost than ever?



Pickleball Play Thursdays, February 8 & 29 1:00pm

It was such a great time the first day that we are making it a monthly event. Pickleball is similar to tennis but with a “wiffle ball” that does not move as fast, smaller racquets, shorter net and smaller court. Riley with Parks and Recreation Department, will be here to teach us the rules of the game and we will play non-competitively fun play. Pickleball is fun, social and friendly. Come play or come to watch. Open to everyone.

Crystals and Rocks Monday, February 12 10:00am

Healing crystals are natural mineral formations believed to have metaphysical properties that promote physical, emotional and spiritual well being and imbue positive energy. Join Stella Rose-Goddess, owner of Dream Noción store, as she shares information on crystals and stones. Vivian is a Reiki Master and will share information on the subject as well. Please register for this class.

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



AARP Foundation Tax-Aide

Appointments are required.

Please call for appointments Monday-Friday between 8:30am-3:30pm. 608-0364-2875

Please provide us with your name(s), cell phone number and address.

Appointments are available Monday, Tuesday and Wednesday beginning Monday, February 5 through Wednesday, April 10. Appointments will be held in the morning 8:30am -11:30am.

For individuals who have Brokerage Statements, appointments should be made for March or later.

Prior to your appointment you will be required to complete an Intake Form. You can receive an Intake Form by stopping by Grinnell Hall M-F 8:00am-3:30pm (please call first) or you can request one be mailed to you.

Please note that AARP, Grinnell Hall and the City of Beloit reserve the right to cancel or re-schedule appointments or change the process.



Thank you Randy, Sherry and Char for the fun New Years photos

