

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

January 2025

Grinnell Hall  
Senior Center  
631 Bluff Street  
Beloit, WI 53511

608-364-2875  
Hours  
Mon-Fri  
8:00am-4:00pm

*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 fee is only \$25 for an individual and \$40 for a couple. Memberships are from January - December.

## AARP Foundation Tax-Aide

**Appointments are required.**

We will start accepting phone calls for appointments for **Grinnell Hall Members only** from Tuesday, January 7—January 21 between 8:30am-3:30pm. Following January 21 we will accept phone calls for appointments for non-members.

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

Appointments will be Monday, Tuesday and Wednesday beginning Monday, February 3 through Wednesday, April 9. Appointments will be held in the morning 8:30am -12:00pm.

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 bring the following to your appointment. It would be helpful if these items were in a large envelope.**

**2023 tax return**

**Social Security Card**

**W-2 form**

**Health Insurance Premium costs**

**Other deductible items**

**Social Security statement with the pink box if applicable**

**Photo ID**

**All 1099 statements**

**Other evidence of income (bank interest, etc.)**

**Rent certificate or property tax bill**

**Completed Intake Form**

AARP will attempt to finish your tax return within an hour. If they find that they will be unable to finish the return on that day, a second appointment will be made.

Please do not bring any other family members unless required and inform us of the reason why they need to accompany you. Please note that all taxes are filed electronically. Copies will be provided to you.

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

### Advisory Board of Grinnell Senior Center

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

## Grinnell Hall Quilters

**April**—8 baby quilts given to Caritas

**May**—8 quilts given to the Domestic Violence Shelter

2 quilts given to Housing 4 Our Vets

2 quilts given to 1649 for teenage girls

**July**—31 fidget mats to RSVP

5 quilts to Family Promise

66 placements to Meals on Wheels

**October**—78 quilts and 39 pillow-cases for N. Carolina hurricane victims dropped at Shopiere Tap for inclusion in a semi-load of community donations delivered to NC 10/19/24

**November**—Hero quilt presented at Veterans Program

*Thank you for all you do for our community!!*

### The Grinnell Theater Troupe is Looking for you!

Are you passionate about the stage? Do you dream of captivating audiences and bringing stories to life? The Grinnell Hall Theater Troupe is looking for talented, enthusiastic actors to join our vibrant community of performers!

Sandra	Adamsky
Janice	Albright
Veronica	Bauling
Marvin	Bausman
Mary	Brown
Sandra	Chamberlin
Jean	Coppernoll
Gary	Cox
Jeanne	Engelson
Lois	Engen
Jeanne	Engleson
Valerie	Fjalstad
Betty	Foerster
Mary	Frey
Marilyn	Fruzen
Francis	Fruzen
Sherril	Gilbertson
Kay	Hafley
Albert	Hughes
Mary	Hutchins
Nell	Johnson
Patricia	Jolly
Pamela	Joy
Betty	Kearns
Michael	Keenan
Elizabeth	Kitzman
Linda	Klebsdel
Norman	Larson
Isabelle	Lee
Maribeth	Lindstrand
Kathleen	Loescher
Christopher	Maggio
Danette	McKearn
Nancy	Miller
Nancy	Nelson
Harold	Pann
Ronald	Patten
Doreen	Peterson
Jeannie	Rippl
Victoria	Rouse-Marzette
Stasia	Statum
Rev. Ian	Stirrat
Nancy	Vance
Jeanne	Wales
Randall	Westbrook
Joyce	Williams
Myrna	Wright
Debra	Young

**Lunch Bunch Friday, January 10 at Neli's Restaurant at 11:30am**



Enjoy great food, conversation and meet some new friends. burgers and a wide variety menu to choose from. Neli's is located at 1055 Gardner St, South Beloit, IL. **Please register.**

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



**Universal Yums Monday, January 27 2:30pm**

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford as you will read about this month's selected country and sample savory and sweet snacks. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. We end the fun with a trip on the Trivia Train! Please pre-register as space is limited to 20.

**RSVP Monthly Educational Program: Triple H Ranch & Therapeutic Horsemanship**  
Thursday, January 9 at 10:00am. Learn about the benefits of Therapeutic Riding and Equine Assisted Activities Programs offered by Triple H Ranch to our community. Space is limited to the first 20 people Reservations are required. Call 608-362-9593 or email [Ichmielewski@rsvp-rock.org](mailto:Ichmielewski@rsvp-rock.org)

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**I work by referral. Please don't keep me a secret**

We do not offer every plan available in your area. Currently we represent 6 organizations which offer 55 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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## 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](mailto: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](http://www.rocksteadyboxing.org).

## Strong Bodies Tuesdays & Thursdays January 7th-March 13th 8:15am

StrongBodies™ is a national evidence-based strength training program developed at Tufts University and is aimed at mid-life and older men and women. The benefits of strength training have been studied extensively and include increased muscle mass, strength and improved bone density, as well as additional physical and emotional benefits.

The StrongBodies™ program includes progressive strength training and balance and flexibility exercises. These exercises are safe and effective for all ages, including those who are not in perfect health. You do not need to be a Grinnell Member to participate. Suggested participant contribution of \$30 (cash or check) per session helps offset program costs. You can register on the first day of class or contact Sara Ennocenti at [sara.ennocenti@wisc.edu](mailto:sara.ennocenti@wisc.edu) or call 608-757-5059 or register on-line at <https://rock.extension.wisc.edu/strong-women/strongwomen-of-rock-county-wi/>.

Please note that after you register on-line you must send in payment. Make checks payable to UW-Extension Rock Co. with Strong Bodies in the memo line.

## Pickleball Play/Lessons Thursdays January 2 & 16 1:00pm

Pickleball is similar to tennis but with a "wiffle ball" that does not move as fast, smaller racquets, shorter net and smaller court. Parks and Recreation Department staff will be here to teach 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. We will be inside at Grinnell Hall. Please let us know if you are interested.

## Chair Massage Tuesdays, January 14 & 28

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

## TOENAIL TRIMMERS APPOINTMENTS

### Tuesdays January 21 & February 18

A registered nurse is available to trim your toes and dremell if necessary. Appointments are 30 minutes and cost is \$35. You can get your fingernails trimmed for an additional \$15 at the same appointment or make a separate appointment. Payment will be by cash or check only. Sorry no insurance is accepted. Appointments can be made by calling Toenail Trimmers at 262-719-0336. You will receive a reminder phone call so please put their number in your contacts.



**What The Tech with Mark Preuschl  
Thursday, January 16 1:00-3:00  
No appointment necessary**

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.

***Beloit Disabled American Veterans (DAV)***

If you are a veteran or know a veteran and want to find out about benefits you are invited to attend a DAV meeting at Grinnell Hall. Please note this is not insurance issues. Meetings are on the 4<sup>th</sup> Thursday at 6:00pm with the exception of December. You do not have to be a DAV member to attend the meeting.



**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, January 9 8a-12p  
Thursday, January 23 12p-4p**

**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.

**Make the  
Smart Choice**



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Assisted Living  
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Member of Beloit Health System

608.363.7421



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*“Fly Me to the Moon” Friday, January 3 10am*

Scarlett Johansson and Channing Tatum star as a marketing maven and a by-the-book launch director who team up for a mission set against the high-stakes backdrop of NASA's historic Apollo 11 moon landing.

*“Enchanted” Friday, February 10am*

The beautiful princess Giselle is banished from the animated land of Andalasia by the evil queen. She finds herself in the gritty streets of the real, modern-day Manhattan. Shocked by this strange new environment that does not operate on a "happily ever after" basis, Giselle finds herself adrift in a chaotic world that is badly in need of enchantment. Giselle begins to fall in love with the cynical, no-nonsense divorce lawyer who has come to her aid.

**Crazy 4 Crafts Mondays 9:45**

Explore color in various mediums. Each week we will have adult coloring pages, greeting card kits and a craft. Each month we will also have a special craft such as painting, diamond art, floral arrangements, etc. Projects will be displayed at the front desk. Most supplies are provided at no cost. Check out front desk for some samples.

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DHS Approved 4/22/2021

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***Grinnell Family Feud Monday, January 13 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.



***Bingo Wednesday, January 15 1:00-2:30pm***

Join us as we play bingo with a variety of prizes. There is no cost for bingo and it is open to anyone so bring some friends.

***Memory Screenings, Thursday, February 6th 11am-3pm***

The Aging & Disability Resource Center will be conducting memory screenings. 30 minute appointments, call 608-364-2875 or stop into Grinnell to make your appointment!

**AARP Foundation Tax Aide  
Appointments are required.**

**Grinnell Members will be given a two-week priority to schedule appointments. See cover page for more info!!**



**Uke It Up Beloit**

A seven week Ukulele instruction class with inter-generational participation. Several individuals are Grinnell members. Opal Vance, Roselyne Ackley, Jamie Ackley, JoAnn Martin, Patty Behl, Betsy Schmiechen

# New Year's Eve

## WORD SEARCH

O C D A D C D Z I P Q H K H P Q K U R B  
 K H G D F T U N A H J H O R N S U Q P G  
 P E T A F J F O X N I A B R B A N F E Z  
 A E W W Y J D I J K Z J V M L B V N O Z  
 U R C F C G T S W S O O T M H M R E R P  
 G S Y U H F E E R C A L E N D A R F W A  
 P K Q U Q I F M M E B V A W C A E T J K  
 R I O O D R Q A F I S U Q P Y Q T B Z S  
 M S H H V E F K P I D O B L Y S R J S K  
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 A F X P M L L I W G M U C O I N O W Y D

Noisemaker  
 Countdown  
 Cheers  
 Horns

Resolution  
 Calendar  
 Party  
 Ball

Celebrate  
 Midnight  
 Cheer  
 Kiss

Fireworks  
 Bubbles  
 Clock  
 Time



# January 2025 Calendar of Activities

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong	<b>2</b> 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre <b>1:00 Pickleball</b>	<b>3</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie—Fly Me to the Moon</b> 12:30 Mexican Train
<b>6</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards “500” 1:00 Mahjong 1:00 Gentle Yoga	<b>7</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage	<b>8</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle 1:00 Theater	<b>9</b> 8:00 Billiards 8:00 Open Sewing 8:00 Benefit Spec. 8:15 Strong Bodies <b>9:00 Advisory Board Meeting</b> 9:00 Hand & Foot 9:30 Line Dancing <b>10:00 RSVP Program</b> 12:30 Euchre 1:00 Pool With Hal	<b>10</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>11:30 Lunch Bunch</b> 12:30 Mexican Train 12:30 Bridge
<b>13</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards “500” 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b>	<b>14</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Judes Bridge 12:00 Chair Massage 12:30 Cribbage	<b>15</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>1:00 Bingo</b> 1:00 Mahjong 12:30 Pinochle 1:00 Theater	<b>16</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech <b>1:00 Pickleball</b>	<b>17</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
<b>20</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards “500” 1:00 Mahjong 1:00 Gentle Yoga	<b>21</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Toenail Trimmers 12:00 St. Judes Bridge 12:30 Cribbage	<b>22</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle	<b>23</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:00 Benefit Specialist 12:30 Euchre 1:00 Pool With Hal	<b>24</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
<b>27</b> 8:00 Billiards 8:30 Chair Exercise 9:45 Crazy 4 Crafts 10:00 Goldenaires 12:30 Game Day 12:30 Cards “500” 1:00 Book Club 1:00 Mahjong 1:00 Gentle Yoga <b>2:00 Ukes</b> <b>2:30 Universal Yums</b>	<b>28</b> 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage	<b>29</b> 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 12:30 Pinochle	<b>30</b> 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre	<b>31</b> 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train

# 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. **Home Delivered:** Must also be homebound.

**Dining Centers:** Reservations are required and must be made no later than noon of the prior business day.

**Suggested contribution: \$5.00** All contributions are appreciated.

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

Funding provided by Title III (Older Americans Act) and contributions.

Rock County ADRC is an equal opportunity provider.

January  
2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>NO MEALS 1</b></p> 	<p><b>2</b></p> <p>Taco Casserole Mexican Pinto Beans Spanish Rice Lettuce &amp; Tomatoes Cornbread Apple Kettle Crisp Sugar-Free Pudding</p> <p style="text-align: right;">D</p>	<p><b>3</b></p> <p>Chicken Parmesan Pasta Irish Blend Vegetables Broccoli Whole Grain Roll Pears Oatmeal Raisin Cookie</p> <p style="text-align: right;">CH D</p>
<p><b>6</b></p> <p>Spaghetti w/meat sauce (Turkey) Brussel Sprouts Broccoli Whole Grain Roll Mixed Fruit Chocolate Chip Cookie</p> <p style="text-align: right;">D</p>	<p><b>7</b></p> <p>Pork Chop Suey Fried Rice Peas Cabbage Whole Grain Roll Gelatin w/Oranges</p> <p style="text-align: right;">D</p>	<p><b>8</b></p> <p>Chicken Pot Pie Filling Garlic Mashed Potatoes Carrots Whole Grain Biscuit Banana</p>	<p><b>9</b></p> <p>Chili Macaroni Baked Potatoes Mexican Pinto Beans Romaine w/Italian Cornbread Peaches</p> <p style="text-align: right;">CH</p>	<p><b>10</b></p> <p>Roast Turkey w/Gravy Mashed Potatoes Green Beans WG Sliced Bread Pineapple Tidbits Spiced Apple Square</p> <p style="text-align: right;">D</p>
<p><b>13</b></p> <p>Italian Sausage w/Peppers &amp; Onions Hot Dog Bun Baked Beans Corn Peaches</p>	<p><b>14</b></p> <p>Tuna &amp; Noodles Irish Blend Vegetables Cabbage Whole Grain Roll Mandarin Oranges Sugar-Free Pudding</p>	<p><b>15</b></p> <p>Roast Beef w/ Au Jus Ranch Pinto Beans Zucchini Tomato Bake Whole Grain Bread Banana</p> <p style="text-align: right;">CH</p>	<p><b>16</b></p> <p>BBQ Chicken Breast Sweet Potatoes Spinach Dinner Roll Fruity Oatmeal Bar</p> <p style="text-align: right;">D</p>	<p><b>17</b></p> <p>Meatloaf Mashed Potatoes Gravy Carrots Whole Grain Bread Apple Kettle Crisp</p> <p style="text-align: right;">D</p>
<p><b>NO MEALS 20</b></p> 	<p><b>21</b></p> <p>Sloppy Joe Hamburger Bun Baked Beans German Potato Salad Banana Chocolate Chip Cookie</p> <p style="text-align: right;">CH D</p>	<p><b>22</b></p> <p>Chicken w/Gravy Mashed Potatoes Cauliflower Green Beans Romaine w/French Whole Grain Bread Pumpkin Bar</p> <p style="text-align: right;">D</p>	<p><b>23</b></p> <p>Beef Roast w/Gravy Noodles Butternut Squash Cucumber Salad Whole Grain Roll Choc. Chip Brownie Pineapple</p> <p style="text-align: right;">D</p>	<p><b>24</b></p> <p>Oven Baked Cod Tartar Sauce Roast Garlic Potatoes Beets Rye Bread Gelatin w/ Pears</p> <p style="text-align: right;">D</p>
<p><b>27</b></p> <p>Chicken Alfredo w/Pasta Carrots Spinach Whole Grain Roll Peaches</p>	<p><b>28</b></p> <p>Beef Stew Peas Baked Potato Wedges WG Dinner Roll Banana Frosted Lemon Cake</p>	<p><b>29</b></p> <p>Chicken Cordon Bleu Confetti Brown Rice Stewed Tomatoes Apple Coleslaw Whole Grain Roll Carrot Cake</p>	<p><b>30</b></p> <p>Roasted Pork Loin Sauerkraut BBQ Pinto Beans Whole Grain Bread Apple Kettle Crisp</p>	<p><b>31</b></p> <p>Spaghetti &amp; Meatballs Mixed Vegetables Broccoli Whole Grain Roll Gelatin w/Pears</p>



## Book Club "Winter Garden"

By Kristin Hannah

Monday, January 27 1:00-2:00pm

Meredith and Nina Whitson are as different as sisters can be. One stayed at home to raise her children and manage the family apple orchard.; the other followed a dream and traveled the world to become a famous photojournalist. But when their beloved father falls ill, these two estranged women will find themselves together again, standing alongside their cold, disapproving mother, Anya, who even now, offers no comfort to her daughters. On his deathbed, their father extracts one last promise from the women in his life.

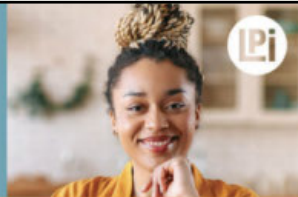
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**Card Game "500"**

Join in on the fun with card game "500". You don't have to know how to play, they will show you how. Come learn a new game, socialize and make new friends. Mondays 12:30pm



Do you know that we have DVDs that you can borrow to enjoy at home? They are available in the library.

"Pool with Hal" 1:00pm January 9 & 23. Join Hal and friends for various billiard games every other Thursday at 1:00pm!



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# LET'S GROW YOUR BUSINESS

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**CONTACT ME**  
**Nick Palasini**

[npalasini@lpicommunities.com](mailto:npalasini@lpicommunities.com)

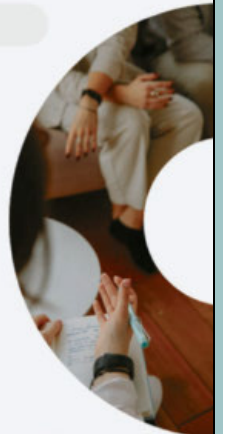
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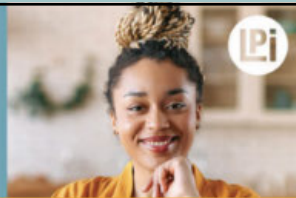
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Grinnell Hall, Beloit, WI

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## Are you 55 and over?

Join us for a New Fun, Educational Monthly Program:

### *Do You Know?*

*Thursday, January 9th at 10:00 a.m.*

*Grinnell Hall, Beloit*

### *Triple H Ranch & Therapeutic Horsemanship*



*Led by Sheila Martin,  
Owner/Director of Triple H*

### Learn about:

*The benefits of Therapeutic Riding and  
Equine Assisted Activities  
Programs offered by Triple H Ranch to  
our community*

*How volunteers can assist their  
programs*

Space is limited to the first 20 people.  
Reservations are required. Call us at 608-  
362-9593 or email us at  
[lchmielewski@rsvp-rock.org](mailto:lchmielewski@rsvp-rock.org)



## Laughter is the best medicine

What do you call a sheep who can sing and dance?

*Lady Ba Ba.*

I gave my handyman a to-do list, but he only did jobs 1, 3, and 5.

*Turns out he only does odd jobs.*

Dogs can't operate MRI machines.

*But catscan.*

I found a book called How to Solve 50% of Your Problems.

*So I bought 2.*

How much does a chimney cost?

*Nothing, it's on the house.*

Why is sausage bad for you?

*It brings out the Wurst in people.*

What is Santa's favorite state to visit?

*Ida Ho Ho Ho*



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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  
Website: [www.beloitwi.gov](http://www.beloitwi.gov)



## Grinnell Hall 2024 Membership Drive

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

**Membership is for January-December 2025 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.**

**What are the benefits of a Grinnell Hall Membership?  
Friendship, Fellowship, Fun, Special pricing for trips.**

**Door prizes will be available to win and the number of tickets you receive depends upon 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 or joined new you will receive 3 tickets.**

**Renew or join through December and receive 3 tickets**

**Renew or join in January and receive 2 tickets**

**Renew or join between February 1-7 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 January 27.**

**Prize bags will be displayed on January 27 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 7 at 12:00pm.**

**You do not need to be present to win.**

**Additional information will be available in upcoming newsletters.**

**If you cannot afford the cost of the membership, we can assist you with that.**