

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

February 2025

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
Mon-Fri
8:00am-4:00pm

Grinnell Hall membership is open to Residents & Non-Residents of Beloit.

Membership fee for an individual is \$25 for Beloit Residents & \$30 for Non-Residents. Couples memberships are \$40 for Residents & \$45 for Non-Residents.

Memberships are valid from January 1 - December 31.

Aging & Disability Resource Center Presentations

Health & Wellness Program Info - February 5 from 10am-11am

Learn more about each of their 10 health and wellness programs, and which is the best fit for you. Learn when they are offered, what locations they are offered, and how to register for them. Presentation will be given at Grinnell Hall by ADRC Health Promotion Coordinator, Lisa Messer.

Stepping Up Your Nutrition - March 4 from 1pm-3:30pm

Determine your health risk and create a plan to improve your nutrition. Get some high protein recipe and meal ideas and sample some high protein foods. This class can help you better understand why you may be at risk and can provide practical tips to help you improve your nutrition and hydration status and reduce your risk of falls.

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

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! If interested, come to Wednesday meetings at 1:00pm.

4th Quarter Euchre 2024

1st Place - Randy - 64 Points

2nd Place - Terry - 58 Points

3rd Place - Dave - 58 Points

Victor	Adamsky
Sylvia	Arner
Kevin	Atwood
Carol	Bartram
Roger	Bills
Sherry	Blakeley
Carol	Bourgeois
Ricky	Butler
Eva	Davidson
Mary Ann	Donovan
Drucilla	Gerke
Norma	Green
Nora	Johnson
Glenda	Knutson
Janet	Kopp
Donna	Kremer
James	
William	Merriman
Barbara	Mitkusevitch
Mary	Murry
Doug	Nichols
Char	Obermark
Mary	Porter
Gwen	Richardt
Lynette	Rust
Tena	Sade Water
Mary	Santopoalo
Jeanine	Schmidt
Laurene	Schuman
Martha	Shea
David	Shenk
Dorothy	Stroud
Charles	Williams

Lunch Bunch

Friday, February 14 at Stateline Cafe at 11:30am



Enjoy great food, conversation and meet some new friends. Stateline Café offers a wide variety of breakfast and lunch menu items to choose from. Stateline Café is located at 121 Dearborn, Beloit, WI. **Please register.**

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



Universal Yums Monday, February 24 at 2:30pm

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford at Grinnell Hall 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: Legal Action in Wisconsin

Thursday, February 13 at 10:00am. This program will be led by Allsion Creekmur and will discuss legal action in Wisconsin. Space is limited to the first 20 people. Reservations are required. Call 608-362-9593 or email lchmielewski@rsvp-rock.org

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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 offers 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. For more information about the program and more of its benefits visit 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 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 February 6 & 20 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 - Wednesday, February 12 & 26

We have received many positive comments about Certified Massage Therapist Alicia Jensi 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 February 18 & March 4

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



**What The Tech with Mark Preuschl
Thursday, February 20 1:00 pm-3:00pm
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 for insurance issues. Meetings are on the 4th 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, February 13 12p-4p
Thursday, February 27 8a-12p**

**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.

EMERGENCY CARE

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Beloit Health System is a Level III Trauma rating, the highest rating in Rock County.

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LEAPFROG HOSPITAL SAFETY GRADE (Fall 2023, Spring 2024, Fall 2024)

Beloit Health System

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“Enchanted” Friday, February 7 at 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.

“Undercover Grandpa” Friday, March 7 at 10am

Jake Bouchard, a shy seventeen-year-old, has finally scored a date with the incredibly wonderful Angie. But plans quickly change when Angie gets kidnapped and the least likely person steps up to solve the case: Grandpa. In a last-ditch effort to rescue Angie from her captors, Grandpa re-enlists "The Devil's Scum", his old World War II intelligence unit, to band together with Jake to go on one last mission.

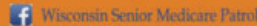
Diamond Art Classes Mondays & Fridays 9:45am-Noon

Come and join Jack and Marion for Diamond Art Classes!
Starting in February classes will begin Monday and Fridays from 9:45am to noon.

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DHS Approved 4/22/2021

Daley • Murphy • Wisch
& Associates

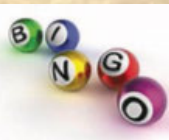
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Grinnell Family Feud Monday, February 10 12:30pm

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, February 19 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.***

Appointments will be held in the Grinnell Hall Library on Mondays, Tuesdays and Wednesdays from 8:30am-noon during the time period of February 3 through April 9. Please see the Grinnell Hall front desk for availability. Space is very limited.

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Learn more about each of their 10 health and wellness programs, and which is the best fit for you. Learn when they are offered, what locations they are offered, and how to register for them.

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Stepping Up Your Nutrition - March 4 from 1pm-3:30pm

Determine your health risk and create a plan to improve your nutrition. Get some high protein recipe and meal ideas and sample some high protein foods. This class can help you better understand why you may be at risk and can provide practical tips to help you improve your nutrition and hydration status and reduce your risk of falls.

Valentine's Day Word Search


c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v c h o c o l a t e k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses

February 2025 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 8:00 Billiards 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	4 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage	5 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 ADRC Presentation 1:00 Mahjong 12:30 Pinochle 1:00 Theater	6 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 11:00 Memory Screenings - By appt. 12:30 Euchre 1:00 Pickleball	7 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 10:00 Movie - "Enchanted" 12:00 Membership Drive Drawing 12:30 Mexican Train 12:30 Bridge
10 8:00 Billiards 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes	11 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Judes Bridge 12:30 Cribbage	12 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 1:00 Mahjong 12:30 Pinochle	13 8:00 Billiards 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:00 Advisory Board Meeting 9:30 Line Dancing 10:00 RSVP Program 12:00 Benefit Spec. 12:30 Euchre 1:00 Pool With Hal	14 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 11:30 Lunch Bunch 12:30 Mexican Train
17 8:00 Billiards 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	18 8:00 Billiards 8:15 Strong Bodies 9:00 Toenail Trimmers 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Judes Bridge 12:30 Cribbage	19 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 Bingo	20 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 1:00 Pickleball	21 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train
24 8:00 Billiards 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes 2:30 Universal Yums	25 8:00 Billiards 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage	26 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:00 Chair Massage 12:30 Pinochle 1:00 Mahjong	27 8:00 Billiards 8:00 Open Sewing 8:00 Benefit Spec. 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pool With Hal	28 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 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.

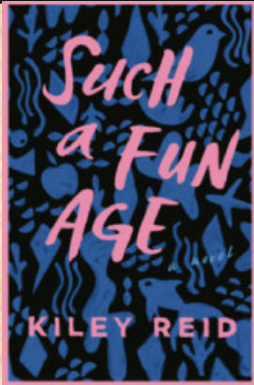
Funding provided by Title III (Older Americans Act) and contributions.

Rock County ADRC is an equal opportunity provider.

February
2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3	4	5	6	7
Parmesan Cod Roasted Garlic Potatoes Ital. Blend Vegetables Rye Bread Gelatin w/Pears D	Asian Beef Vegetable Fried Rice Carrots Whole Grain Roll Mandarin Oranges CH	BBQ Pork Rib Patty Ranch Pinto Beans Romaine w/Italian Cornbread Warm Spiced Peaches Lemon Cookie D	Chicken Bruschetta Lentils w/Lemon & Dill Romaine w/Italian Beets WG Bread Frosted Cake	Hamburger w/Swiss Mushrooms Whole Grain Bun Baked Potato Wedges Stewed Tomatoes Mixed Fruit
10	11	12	13	 14
Meatballs & Gravy Confetti Brown Rice Green Beans Peas Carrot Raisin Salad Whole Grain Roll Orange D	Chicken Parmesan Pasta Irish Blend Vegetables Broccoli Whole Grain Roll Pears Oatmeal Raisin Cookie D	Sloppy Joe (Turkey) Whole Grain Bun Carrots Baked Potato Wedges Romaine w/French Crispy Rice Treat CH	Parmesan Cod Mash. Sweet Potatoes Corn Whole Grain Bread Tropical Mixed Fruit Frosted Spice Cake D	Taco Casserole Mexican Pinto Beans Spanish Rice Lettuce & Tomatoes Cornbread Apple Kettle Crisp Sugar-Free Pudding  D
17	18	19	20	21
Spaghetti w/Meat Sauce (Turkey) Brussels Sprouts Broccoli Whole Grain Roll Mixed Fruit Chocolate Chip Cookie D	Chicken Pot Pie Filling Garlic Mash. Potatoes Carrots Whole Grain Biscuit Banana	Pork Chop Suey Fried Rice Peas Cabbage Whole Grain Roll Gelatin w/ Oranges D	Roast Turkey w/Gravy Mashed Potatoes Green Beans Whole Grain Bread Spiced Apple Square Pineapple CH	Chili con Carne Macaroni Mexican Pinto Beans Baked Potato Romaine w/Italian Homestyle Cornbread Peaches
24	25	26	27	28
Tuna & Noodles Irish Blend Vegetables Cabbage Whole Grain Roll Mandarin Oranges Sugar Free Pudding	Italian Sausage Peppers & Onion Hot Dog Bun Baked Beans Corn Peaches	Roast Beef w/ Au Jus Ranch Pinto Beans Zucchini Tomato Bake Whole Grain Bread Banana	BBQ Chicken Breast Mash. Sweet Potatoes Spinach Whole Grain Roll Coleslaw Fruity Oatmeal Bar D	Meatloaf Mashed Potatoes Gravy Carrots Whole Grain Bread Apple Kettle Crisp CH



Book Club "Such a Fun Age"

By Kiley Reid

Monday, March 31 1:00-2:00pm

Alix Chamberlain is a woman who gets what she wants and has made a living, with her confidence-driven brand, showing other women how to do the same. So she is shocked when her babysitter, Emira Tucker, is confronted while watching the Chamberlains' toddler one night, walking the aisles of their local high-end supermarket. The store's security guard, seeing a young black woman out late with a white child, accuses Emira of kidnapping two-year-old Briar. A small crowd gathers, a bystander films everything. Alix resolves to make things right. But Emira herself is aimless, broke, and wary of Alix's desire to help. At twenty-five, she is about to lose her health insurance and has no idea what to do with her life. When the video of Emira unearths someone from Alix's past, both women find themselves on a crash course that will upend everything they think they know about themselves, and each other.

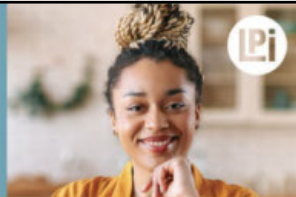
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Card Game “500”

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



Did 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 February 13 & 27. Join Hal and friends for various billiard games every other Thursday at 1:00pm!



Colon cancer screenings save lives

Did you know colon cancer is one of the most preventable cancers with regular screening? Early detection is key—screening can find precancerous polyps before they turn into cancer. It can also catch cancer in its earliest stages when treatment is most effective.

If you’re 45 or older, or have a family history, don’t wait to take this lifesaving step.

Talk to your doctor about to learn more. If you need help finding a doctor, call (888) 39-MERCY.



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CONTACT ME
Nick Palasini

npalasini@lpicommunities.com

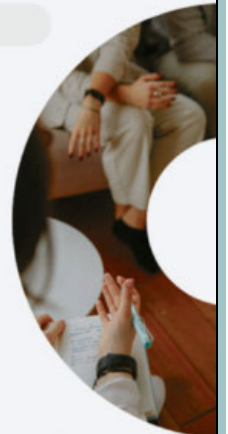
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Beloit, WI 53511

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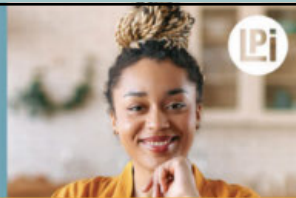
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Grinnell Hall, Beloit, WI

F 4C 01-1352



Are you 55 and over?

Join us for our Fun, Educational Monthly Program:

Do You Know?

Thursday, March 13th at 10:00 a.m.

Grinnell Hall, Beloit

Socialization Not Isolation



Loneliness and Isolation can impact one's overall health and wellness. Learn more about how to identify and utilize local resources to help.

Facilitated by Wendy Bianchetti, Community Health Worker, SSM Health St. Mary's - Janesville

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



Laughter is the best medicine

How do vampires know if they had a successful Valentine's Day?
If it's love at first bite.

Why shouldn't you fall in love with a pastry chef?
He'll dessert you.

What's Cupid's favorite band?
Kiss!

Did you hear about the two radios that got married?
The reception was amazing.

Why didn't the two dogs make serious Valentine's Day Plans?
It was just puppy love.



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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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Grinnell Hall 2025 Membership Drive

**It's membership renewal time and we will begin taking memberships at any time.
Membership is for January-December 2025 and prices are as follows
Single Membership \$25 for Residents of Beloit & \$30 for Non-Residents of Beloit.
Couple Membership \$40 for Residents of Beloit & \$45 for Non-Residents of Beloit.
Membership is open to anyone age 50 and older.**

**What are the benefits of a Grinnell Hall Membership?
Friendship, Fellowship, Fun, Exclusive Access to 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.