

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

May 2019

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511

Phone
608-364-2875

Email
krausd@beloitwi.gov

Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

Check us out on
FACEBOOK

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.



facebook

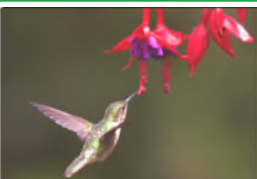


Weekly Exercises and Dance Classes Offered at Grinnell

Tai Chi

Chair Exercises.....Yoshi.....Mondays 8:30 am
Beginning Line Dancing.....Peggy.....Tuesdays 9:00 am
Line Dancing.....Peggy.....Tuesdays 10:00 am
Mighty Seniors..... Donna....Tuesdays 1:00 pm
Morning Stretch.....Yoshi.....Wednesdays 8:30 am
Easy Stretch Yoga.....Roselyne.....Wednesdays 9:45 am
Tai Chi.....Yoshi.....Fridays 8:30 am
Get healthy and make new friends.

Relax into Yoga



Spring Plant Sale
May 20-24
8:00am-3:30pm

We are searching for plants of all kinds for donation for the Spring Plant Sale. Indoor, outdoor, exotic, succulents, or whatever variety you have! We are seeking a wide selection of plants for those who will be searching for that special plant to take home with them. Pick a plant that grows without too much work, attracts birds or keeps the bugs away. Volunteers are needed to assist with picking up donations, repotting and helping individuals select their plants. If you are interested in volunteering please contact and the front desk with you contact information. Let's get green at Grinnell.

Name that Tune
Tuesday, May 28
2:30-3:30pm

Join Bobbie Pann & Hal Joyce as they try and trip you up on your knowledge of songs. Maybe you can win a



prize!! Come along and sing and laugh during this fun event. Light refreshments will be available. Please register for this event.

Advisory Board of Grinnell Senior Center

Robert Norder, Chair Curt Pizza, Vice Chair Judy Witzack, Secretary
Pam Curatolo, Linda Kinder, Yoshiko Glos, Bill Tierney, Tom Trichinotis, Opal Vance

Happy May

May is Older American Month so celebrate your age and your life. One way to receive some more information is to attend the 60plus Expo at the Holiday Inn in Janesville on Thursday, May 9 from 8:00am-2:00pm. But don't wait until May to celebrate your age, do it every day right here at Grinnell with activities, trips, events and socialize. Over the past several months I have danced, laughed, ate lunches, played pool and more here at Grinnell. We are fortunate to have had AARP tax volunteers, Lachel-Elder Benefit Specialist, Cori-Dementia specialist, hearing aid testing, blood sugar/pressure check, alterations, jewelry repair, tech support, watch battery repair and more at our fingertips. Spread the word, Grinnell is the place to be.



Thank You For Your Support

Thank you to our generous friends who donated items to Grinnell Hall from March 16th-April 15th.

Gift Shop

George Olson, Alice Kniskern, Sherril Gilbertson, Karen Whisenand, Barb Tunks, Marie Martin, Ellen Listing, Bob Norder, Rhonda Tierney, Darlene Prince, Eloise Manley, Magda Voysest, Ron Monk, Darlene Blunck, Phil White, Kathy Schroder, Isabelle Lee & Joan Pederson.



Cookies/Coffee

Ann Roth, Filomena, "Sarge", Jo Schuett, Nancy Appleby, Rhonda Tierney, Sonya & Cindy Barnes, Eloise Manley, Phyllis Olmstead, Sandi Davis, Bev Bliss, LaRae Theis & Marilyn Fruzen.

Additional Donations

Diane Chasser, Donna Nelson, Bob Eddy, Sonya Barnes, Darlene Prince, David Zimdars, Judy Haberman, Lois Taylor, Pam Hertel, Pam Pearson, Phil White, the Stewart Family & Sharon Drost.

Laughter, the Best Medicine—How an Aging Woman Thinks....Hmmm

I'm never lonely because I have four wonderful men in my life.
I get up with Charlie Horse. I spend the day with Arthur Itis.
I dine with Will Power and I go to bed with Ben Gay.
Thank you Ellie Lynch for sharing.

Ladies Tea

Wednesday, June 12 2:00-4:00pm

We will have a guest presenter modeling her elegant and vintage hats. Enjoy some finger foods, homemade scones, dessert and tea. Women are encouraged to wear a hat but not required. Cost is \$8.00 please pay when signing up.



Thank you AARP Tax Preparer Volunteers

Front row: Linda, Filomena, Randy, Vivian Back row: Roger, Marty, Marlene, Deb

Thank you for making a difference to those in need of taxes being completed. Approximately 327 individuals had their taxes done at Grinnell.



Stepping On Class "Graduates"

Front row: Sonya Barnes, Fred Hanson, Donna Hemmerling, Gayle Hemmerling.
Second row: Instructor

Kimberly Elsen, Judy Haberman, Kay Olmstead, Russell Scheibel, Leslie Regenold and Instructor Megan Lockwood. Congratulations!!!!

Congratulations to Judy and Don Stottmeister

For the past 19 years, The Beloit Daily News and the Volunteer of the Month Committee has been recognizing individuals who make a difference. Judy and Don were honored for their work at Beloit Hospital, North Love Baptist Church and Grinnell Hall as the 2018 October Volunteers of the month. Thank you for all you do!



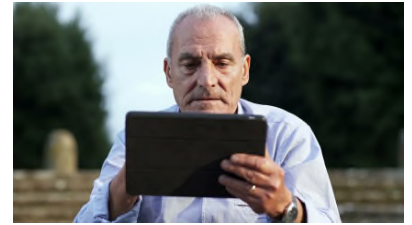
What The Tech - NEW DAY

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?

Don't give up, we can help! This month our popular class, **What The Tech**, led by Mark Prueschel, will be here on **THURSDAY, MAY 16 AT 1:00 pm.**

This is one of our most popular programs and Mark will be glad to help answer your questions.

What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have. To pre-register for this class, please call Grinnell Hall at 608-364-2875.



Dining Dudes—Lunch

The Grinnell men will be enjoying a meal at Jane's Café at 121 Dearborn in Beloit on Thursday, May 16. They will meet at the restaurant at 11:00 am. If you would like to ride with someone, please be at Grinnell at 10:45 am. We ask that you pre-register for this event each month so our coordinator can make proper reservations.

GOOD FOOD, GOOD TIMES



Dining Divas

The Dining Divas are heading to **Famous Dave's in Janesville at 3030 Milton Avenue on Thursday, May 16.**

The group will meet at Grinnell Hall at 12:30pm and at the restaurant at 12:45pm.

Please pre-register and indicate if you will be riding with the group or meeting the group at the restaurant.

Rod and Reel Fishing Group

At our previous meeting we voted to begin fishing in May, weather permitting. We have several locations we will try to catch the big one at: Tuesdays at Armstrong Eddy Park; Wednesdays at Preservation Park and Thursdays at Riverside Park. All fishing will begin at 9:00am and we will be fishing from the piers. Next meeting will be in June. You do not need to be a Grinnell Hall member to participate.



Coin Club



Next meeting will be Friday, May 31 at 9:00am at Grinnell Hall. We will be discussing the key coins for the dime. You do not need to be a Grinnell Hall member to participate.

Beloit Ukes For Fun (BUFF)

Join the BUFF group and play the Ukelele. BUFF meets every Monday at 2:30pm at Grinnell Hall. Haven't played a ukulele? Come visit, listen to some great music and ask questions. BUFF performs for special events here at Grinnell.

Do You Like To Sing? Goldenaires are searching for new members

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am**. They rehearse each week and sing for events here at Grinnell, as well as going out into the community to entertain groups at nursing homes and other organizations. You are welcome to come and listen as they always like an audience. The Goldenaires are always looking for new members and Grinnell

Let your talents shine

Grinnell Hall Theater Group

Grinnell Hall Theater Group meets on Wednesdays at 1:00pm. Come out and join us as you may find your hidden talents. For additional information contact Rose-lynn Ackley at 608-365-3442. Or better yet, come for a visit to meet her and the cast in person. We are always looking for new members and Grinnell membership is not

Watch Battery Repair

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, May 14 from 8:00-9:00 am**. The only charge for the service is the cost of the battery.



Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays May 6 & 20 from 1:30-2:00 pm** to pick up items. This is a walk in service and services are individually priced.

Jewelry Repair

Check your jewelry box for that necklace or bracelet clasp that needs to be repaired....Linda Keenan can take care of your problems. She will be here on **Mondays, May 6 & 20 from 11:30 am-1:00 pm**. This is a walk in service and services are individually priced.

Experience Reflexology

Certified Reflexologist, Maureen Birchfield will be at Grinnell on **Thursday, May 9 and Friday, May 24** beginning at noon. She will have half hour appointments available. Cost is **\$20.00 for a half hour** and **\$35.00 for an hour**. These sessions are by appointment only. To book your appointment, call Grinnell Hall at 608-364-2875.

Chair Massage

Certified Massage Therapist Kathy Pann will be at Grinnell on Wednesday, May 8 with appointments beginning at 11:30am. A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register. Please note that June will be the last month that Kathy will be available due to her business growing. We want to thank Kathy for all of her commitment to Grinnell Hall over the past years.

Sewing Group Each Thursday

Sewing lab meets each Thursday beginning at 9:00am in the Sewing/Vet's room upstairs. Projects include quilts for babies, fidget mats, etc. or work on your own projects. Anyone who loves to sew is welcome to attend the lab.



All in the Family

If you are in the percentage of people who have no family in the area, come and join this great group. 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. Join us on **Fridays, May 10 and 24 at 1:00 pm**. Don't be shy - you will be glad you joined us. Please pre-register by calling Grinnell at 608-364-2875.

Paper Crafters

Do you enjoy making cards or other crafts with paper? Then join the paper crafting group and get new ideas, share your inspirations, socialize and make new friends. They meet on Mondays at 9:00am in the Veterans/sewing room and are happy to have newcomers join in.



Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answer questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, May 13 from 12:30-2:00 pm.** This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service and there is no charge.

Benefit Specialist Service

Lachel Fowler, Rock County Benefit Specialist will be here on Thursdays, May 2 & 16 from 8:00am-12:00pm. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and over regardless of financial status. If you cannot make those dates, please call 608-757-5414 to make an appointment or if you have questions.



Courtesy Hearing Aid Check

Alicia Peterson from Miracle Ear will be at Grinnell on **Thursday, May 9 at 9:30.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to members and non-members.

Blood Sugar & Pressure Screening

Mary H. & Lynn M. take turns at Grinnell offering free blood pressure/blood sugar screenings on **Thursday, May 9 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members & non-members.

Movie of the Month “Notorious” Friday, May 17 1:00pm

In order to help bring Nazis to justice, U.S. government agent T.R. Devlin (Cary Grant) recruits Alicia Huberman (Ingrid Bergman), the American daughter of a convicted German war criminal, spy. As they begin to fall for one another, Alicia is instructed to win the affections of Alexander Sebastian (Claude Rains), a Nazi hiding out in Brazil. When Sebastian becomes serious about his relationship with Alicia, the stakes get higher, and Devlin must watch her slip further undercover.



Bingo!
Wednesday, May 22 1:00-3:00 pm



Join us as we have a fun time playing bingo and win some Bingo Bucks which can be spent at Nellie’s Nook gift shop. The gift shop has an array of great items from jewelry to home décor.

Daily Fun!

Cribbage.....Tuesdays 12:30 pm
Mahjong..... Wednesdays 1:00 pm
Pinochle.....Wednesdays 12:30 pm
Euchre.....Thursdays 12:30 pm
Hand & Foot.... Thursdays 9:00am
Mexican Train...Fridays 12:30 pm
We are searching for Bridge Players !!!!

We are reaching out to see if there is enough interest for the following activities:

Board Game Club—enjoy a variety of board games on a monthly basis.

Book Club - socialize, read a great book and discuss the good, the bad and the ugly!

Ping Pong - play for all levels, maybe lessons too!

Please leave your name, phone number and day/time that is best for you at front desk.

Euchre Scores First Quarter

Euchre is played each Thursday at Grinnell at 12:30 p.m. New Players are always welcome and you do not need to be a member of Grinnell to play.
High Score Bonnie Kroll 75

- January 3...1st Bonnie Knoll 74, 2nd Paige Stageman 60
3rd Kevin 56
- January 10...1st Carol Logan 58, 2nd Jeanie 57,
3rd Mary Lou S 56
- January 17...1st Marge Coll 68, 2nd Paige & Elaine
Stageman 59, 3rd Carl Creedy 56
- January 24...1st Sarge 55, 2nd MaryLou S 53,
3rd Beulah, Paige Stageman, Woody 51
- January 31...1st Sarge 62, 2nd Carl 57, 3rd Joyce 56
- February 7...1st Sarah 53, 2nd Chuck 50,
3rd Bob & Wendell 47
- February 14...1st Terry 63, 2nd Harriett 59, 3rd Marvin
& Sarge 57
- February 21...1st Jan 66, 2nd Beulah 63, 3rd Ruth 60
- February 28...1st Wendell 69, 2nd Elaine S. 57,
3rd Gerald 55
- March 7...1st Marvin 69, 2nd Ruth 61, 3rd Gerald 55
- March 14...1st Beulah 62, 2nd Jan G & Jean B 58,
3rd Bonnie & Randy 54
- March 21...1st Sarge 61, 2nd Jan 57, 3rd Beulah 56
- March 28...1st Jean B 64, 2nd Leroy 62, 3rd Bob N 60



Cribbage Scores for First Quarter

Cribbage is played at Grinnell each **Tuesday** at **12:30** p.m. New players are always welcome and you do not need to be a member of Grinnell to play.
Perfect Score 8 Games 968 Perfect Score 1 Game 121
Perfect Score Single Hand 29

- January 8....1st Carol B 946, 2nd Ron P 936, 3rd Judy W 923
- January 15....1st Tony W 962, 2nd Judy S 960,
3rd Ron P & Claire F 940
- January 22....1st Ron P 952, 2nd Karen W 943,
3rd Carl C 939
- January 29....1st Carol B 923, 2nd Ron P 919, 3rd Bob N 898
- February 5....1st Marti K 942, 2nd Marilyn K 895,
3rd Chuck S 879
- February 12....1st Ron P 921, 2nd Wendell A 895,
3rd Chuck S 879
- February 19...1st Mary F 957, 2nd Ron P 936,
3rd Wendell A 769
- February 26....1st Lois E 931, 2nd Marti K 926,
3rd Marilyn K 923
- March 5....1st Judy S 955, 2nd Ron P 951,
3rd Bob N & Wendell A 916
- March 12....1st Kevin A 941, 2nd Carol B 939,
3rd Chuck S 914
- March 19....1st Wendell A 957, 2nd Sue T 932,
3rd Marti K & Chuck S 907
- March 26....1st Ron P 942, 2nd Joanne H 929,
3rd Carol B 927

May Calendar of Activities

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	2 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing Menopause Trip	3 7:30 Billiards 8:30 Tai Chi 9:00 Fishing Club 12:30 Mexican Train
6 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	7 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 5:30 Rock Steady Boxing	8 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:30 Chair Massage 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group	9 7:30 Billiards 9:00 Grinnell Advisory Board Meeting 10:00 Frame Decorating 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 9:30 Hearing Aid Check 10:00 Blood Sugar/Press 12:00 Reflexology 12:30 Euchre 1:00 RSVP Vol. Advisory 5:30 Rock Steady Boxing	10 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 1:00 All in the Family
13 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Dementia Specialist 1:00 Fighting Back with Exercise 2:30 Uke Jam 4:30 Warrior Workout Lettermen Trip	14 7:30 Billiards 8:00 Watch Battery Repair 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Advanced Care Planning 1:00 Mighty Seniors 5:30 Rock Steady Boxing	15 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 12:30 Travel Training/ Beloit Transit System 1:00 Mahjong 1:00 Theater Group	16 7:30 Billiards 8:00-12:00 Benefit Spec. 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 11:00 Dining Dudes 12:30 Dining Divas 12:30 Euchre 1:00 What the Tech 5:30 Rock Steady Boxing	17 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 1:00 Movie
20 PLANT SALE 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 11:30 Jewelry Repair 1:30 Alterations 2:30 Uke Jam 4:30 Warrior Workout	21 PLANT SALE 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 12:30 Mahjong 1:00 Mighty Seniors 5:30 Rock Steady Boxing	22 PLANT SALE 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:00 Bingo	23 PLANT SALE 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing	24 PLANT SALE 7:30 Billiards 8:30 Tai Chi 12:00 Reflexology 12:30 Mexican Train 1:00 All in the Family
27  Memorial Day Grinnell Closed	28 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Mighty Seniors 2:30 Name that Tune 3:00 Senior Fair Meeting 5:30 Rock Steady Boxing	29 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group 1:30 Build Your Own Sundae	30 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 12:30 Euchre 5:30 Rock Steady Boxing	31 7:30 Billiards 8:30 Tai Chi 9:00 Coin Club 12:30 Mexican Train

Rock County Nutrition Grinnell Hall Senior Center

May
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals served Monday through Friday at 11:45 am	Meals require reservations which must be made by noon of the prior business day	1 Sub Sandwich on Whole Wheat Hamburger Bun Creamy Coleslaw Peaches Oatmeal Raisin Cookie	2 Spaghetti w/ meatballs Tossed Salad w/ dressing Green Beans Garlic Bread Tropical Fruit	3 Hamburger Whole Wheat Hamburger Bun Black Beans Corn Fruit Jello
6 Teriyaki Pork Brown Rice Broccoli Asian Blend Vegetables Cherry Crisp	7 Chicken Marsala Peas Cauliflower Wheat Bread Lemon Bar	8 Sausage & Gravy Biscuit Hash brown Casserole Tomato Juice Chunky Applesauce	9 Italian Casserole Carrots French Cut Green Beans Wheat Roll Pears	10 Grilled Chicken Breast Baked Beans Red Potatoes Wheat Bread Tropical Fruit
13 Grilled Chicken Breast Asparagus Corn Wheat Bread Carrot Bar	14 Tuna Salad Wheat Roll Potato Salad Carrot Raisin Salad Watermelon	15 BBQ Pulled Pork Whole Wheat Hamburger Bun Broccoli Cauliflower Apple Crisp	16 Salisbury Steak w/ mushroom gravy Garlic Mashed Potatoes Green Beans Wheat Bread Peaches Choc. Chip Cookie	17 Taco Salad Black Beans Shredded Lettuce Corn Tortilla Chips Cinnamon Applesauce
20 Roast Beef w/gravy Mashed Potatoes w/ gravy Mixed Vegetables Wheat Bread Brownie	21 Swedish Meatballs Egg Noodles Sweet Potatoes Brussels Sprouts Apricots	22 Baked Salmon w/ Dill Red Potatoes Asparagus Rye Bread Lemon Bar	23 Hawaiian Shredded Pork Baked Beans Creamy Coleslaw Whole Wheat Hamburger Bun Banana	24 Egg Salad Sandwich on Wheat Bread Romaine Salad w/ dressing Peaches Pumpkin Bar
27  Memorial Day No Meals	28 Broccoli Quiche Breakfast Sausage Links Asparagus Tomato Juice Wheat Bread Strawberries	29 Sausage Hot Dog Bun Calico Beans Red Potatoes Fruit Cocktail	30 Chicken Cobb Salad Cottage Cheese Peaches Wheat Bread Carrot Cake	31 Teriyaki Chicken Brown Rice Asian Blend Vegetables Oatmeal Raisin Cookie

Meals available to anyone 60 years of age or older. Milk, coffee and tea are served with meals. **Suggested donation for each meal is \$4.00.** For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

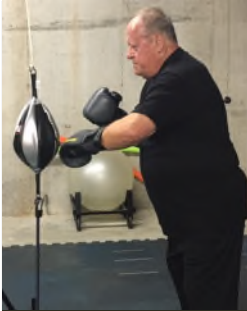
Rock Steady Boxing
Tuesdays and Thursdays 5:30-7:00 pm Big Hill Center in Big Hill Park

Parkinson's Disease has been given a challenge in Rock County, thanks to the **Rock Steady Boxing** program. Doug Anderson and Connie Udell are trained Rock Steady Coaches who know the ropes and can help you fight your way out of the corner.



Non-contact boxing classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Studies are proving that there are ways in which people with Parkinson's disease can enhance their quality of life, build strength, flexibility and speed! Anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

Punch cards for 11 classes for \$99.99 (plus tax) or one class for \$10.99 (plus tax) and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Paula Schutt at Beloit Recreation Department 362-6370 ext. 7023. The Recreation Department office is located at 2351 Springbrook Court, Beloit.



WORKOUT WARRIORS NON-CONTACT BOXING
FREE FOR VETERANS

***Fight Stress *Have Fun *Sweat *Laugh *Talk With Other Vets**
Mondays 4:30-6:00 p.m.

Drop in at any time or come for the whole time
Big Hill Center in Big Hill Park 1101 Big Hill Road
For more information call Beloit Parks and Recreation 362-6370 ext. 7023.

**Frame Decorating
Thursday, May 9 10:00am-12:00pm**

Theresa Niles will lead this fun and creative class. Make a frame for your favorite photo or give as a gift. Please bring a wooden frame as we may have limited availability. All materials are provided but if you want to can bring some of your own items to put on the frame – buttons, ribbons, flowers, etc. Check out the sample in the dining room. Please pre-register for this program.

**Fighting Back with Exercise
Monday, May 13 1:00-2:00pm**

Studies have shown that exercise slows the effects of many diseases and of age. Being able to function fluidly in our daily lives requires effort to retain flexibility, strength and balance. Doug Olson will instruct this class in a controlled, non-threatening environment that fosters fun and support. This program will enhance the quality of life and the ability to perform and enjoy activities of daily living. This class will include:

- 1) Recognize exercise enhances daily functions.
- 2) Work on improving posture.
- 3) Work on improving gait.
- 4) Demonstrate getting out of a chair and on/off the floor.
- 5) Demonstrate breathing techniques to reduce stress and enhance calm. Please pre-register for this program.

**Advanced Care Planning
Tuesday, May 14 1:00-2:00pm**

Advanced care planning is a process of considering values and wishes, and making decisions about the care we would like to receive towards the end of our life. Communicating our wishes with family, other loved ones and providers is one way to ensure your decisions are carried out. Join us as Dean HealthPlan, a member of SSM Health, presents important information and guides you on making your plans. Please pre-register for this program.

**Travel Training for the Beloit Transit System
Wednesday, May 15 12:30pm**

The Rock County Mobility Management Travel Training Program is designed to teach you all you need to know to safely and confidently navigate the Beloit public transit system. Did you know that the RED bus route stops right in front of Grinnell Hall, and travels directly to destinations such as: Piggly Wiggly, Walgreens and Walmart to name a few? The transit presentation and training will include: *Brief presentation regarding Beloit Public Transportation *Travel instruction *Planning your trip *Reading bus schedules

- *Paying fares, purchasing tickets and passes
- *Getting on and off the bus safely
- *Boarding with a mobility device
- *Free training ride
- *Travel independence

There will be an empty city bus provided to practice boarding with or without a mobility device. The bus will also be available to take participants for a ride after the presentation. Tailored trip planning to additional destinations provided upon request at no cost. This program is open to anyone who is interested.

Please pre-register for this program by calling Grinnell Hall at 608-364-2875.

**Build Your Own Sundae
Wednesday, May 29 1:30-2:30**

Autumn Lake Health Care & The Suites at Beloit would like invite you to join us for a “Build Your Own Ice Cream Sundae” and some fun to honor all service men and women this Memorial Day week. Please pre-register for this program.



**Grinnell Hall
Senior Center**
Beloit, WI
Established 1977

Grinnell Hall T-shirts for sale

Show your pride and support Grinnell Hall. T-shirts, long-sleeve t-shirt and sweatshirts orders will be taken through May. Sample sizes will be available. Choose your size, color

and type of shirt and make payment when ordering. Order forms available at the front desk.

Short sleeve t-shirt \$13.00, Long-sleeve t-shirt \$15.00, Sweatshirt \$18.00. XXL and up add \$3.00

Taking Seniors BACK
To a Whole NEW Level!
*Empower *Enlighten *Engage *Enrich

The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



Architectural Boat Trip and Shopping at Historic Navy Pier Thursday, June 27, 2019



Experience cruising down the Chicago River as we learn about the architecture of the buildings that line the beautiful Chicago river. Chicago is known around the world for its architectural feats, both inside and outside of the buildings. From the 100 year old Art Deco, Neo-Classical, and Gothic Towers, to some of the tallest modern-day skyscrapers. Detailed explanations of the construction and history of over 50 significant buildings will be shared. Following the boat trip we will visit Navy Pier located on the Chicago shoreline of Lake Michigan. Navy Pier was designed by Architect Charles Summer Frost, and opened to the public in 1916 as "Municipal Pier." It was the only pier to combine a shipping dock with public entertainment. In 1927, it was renamed "Navy Pier" as a tribute to the Navy personnel who served in the war. We will begin with a 75 minute boat tour at 11:45am followed by 2 hours of shopping and lunch (on your own) at Navy Pier. Price includes boat tour and round trip transportation on Van Galder Bus.

This is a level 2 trip, most of the walking is during the shopping after the boat tour.

Grinnell Members \$62.00 Non-Members \$72.00

Board bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:30pm
No refunds after May 13, 2019. Registration deadline is May 27, 2019 unless space is available.



That's What I call Rock 'N Roll Wednesday July 10, 2019 Fireside Dinner Theater Fort Atkinson, WI

The Fireside is thrilled to present a brand new, live musical celebration featuring the wildly popular Fireside Band led by Fireside favorite Steve Watts, with a cast of super talented singers. The Fireside will be rockin' with music of the 50's, 60's, 70's, and 80's and paying tribute to some of the biggest rock superstars of all time! Price includes luncheon, taxes, tip, and theater performance.

This is a Level 1 trip with minimum walking.

Grinnell Members \$72.00 Non-Members \$82.00

Carpooling (each participant pays driver \$3.00 for gas cost)

Meet at Telfer Park at 9:30am and depart at 9:45am. Depart Fireside at 4:15pm and arrive Telfer Park at 5:00pm
No refunds after May 27, 2019. Registration deadline is June 10, 2019 unless space is available.