

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center
Open to both Wisconsin and Illinois residents.

March 2023

Grinnell Hall
Senior Activity
Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
7:30am-4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

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 fees have not changed for past several years, only \$25 for an individual and \$40 for a couple. Memberships are for January - December.

Your newsletter will be mailed to you. If you would like we can sign you up to receive the newsletter via email. You can also view the newsletter at beloitrecreation.com or mycommunityonline.com. Come join in on the fun!

Trivia Wednesday March 1st 12:30pm



Paul Agnello has been leading Trivia for the past few years with great reviews and he will be coming to Grinnell Hall with Trivia aimed at our age group. This is a great way to exercise your memory, meet some new people and learn some new facts. You can form your own team, play by yourself or we will create teams. There will be 20 questions on many subjects pertaining to our "days". The last question will be like "Jeopardy" so teams are never out of the game. Prizes will be given to the top teams. Open to everyone. Please pre-register or if you decide at the last minute to join us, we will see you then.

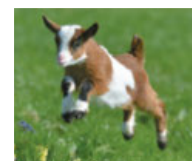


Create a Shadow Box **Wednesday, March 8 10:00am-12:00pm**

Be creative and make your own shadow box for the Easter Holiday. Join Pam Weiss, a retired Business Education teacher and a hobby Stamping Up demonstrator. She will take you through this project step by step. You are the creator of your artwork. Keep it for yourself or gift it to family or a friend. Shadow box is 9" x 9" and is brown wooden frame. All supplies are provided. You will also make a St. Patrick's Day Card. Open to everyone. Please register in advance as space is limited. Cost is \$12.00



Spring Fling with Rob Tomaro **Monday, March 20 1:00-2:30pm**



Kick off spring with music, dancing, refreshments and friends. Wear a spring outfit or colorful hat to welcome spring as March 20th is the first day of spring. The event is open to everyone so invite some friends and family. Please register in advance.

Advisory Board of Grinnell Senior Center

Pam Curatolo - Chair Larry White - Vice Chair, Bill Tierney - Secretary, Sherry Westbrook- Treasurer
Margaret Alexander, Tom Trichinotis, Peggy Wellnitz, Pearl Friedley, Lois Engen

Volunteer spotlight Kay Olmstead



Kay has been volunteering since 2012 in the nutrition program and more recently at the front desk. She works the front desk 4 hours a week and also fills in when needed. Kay first came to Grinnell in 2011 when her mother passed and she felt somewhat isolated. She said “Everyone was so welcoming and friendly and I knew I wanted to come back. When I did I started volunteering. I have made so many friends and we are an extended family.” Kay enjoys volunteering as she likes to be helpful and make a difference. She recommends volunteering as you can be active and involved in community activities and meet new people.

Kay enjoys special events and classes and just “hanging out” at Grinnell and chatting with everyone. She also volunteers at St. Thomas Church as a lector and communion minister. In the past she has also volunteered at RSVP.

Kay is a home body and enjoys reading, PBS TV and has been to many places in Europe via the Rick Stevens Travel Program. She enjoys crossword puzzles to keep her brain going and has learned many new words. Kay became a cat mom in 2012 and “Ginger” is her third cat. “I now know the meaning of “Dogs have masters, cats have servants.” And you can tell Kay has a sense of humor!

Thank you Kay for all you do here at Grinnell and in the community.



- | | |
|----------|-------------|
| Roselyne | Ackley |
| Jamie | Ackley |
| Ruby | Bach |
| Renee | Brewster |
| Diane | Chasser |
| Linda | Duff |
| Pearl | Friedley |
| Yoshi | Glos |
| Julie | Gram |
| Leana | Hanson |
| Floyd | Johnson |
| Gloria | Kaun |
| Nancy | Koopman |
| Duane | Loehrl |
| Sandra | Markley |
| James | Meyer |
| Daniel | Moyer |
| Karen | Neuendorf |
| Sharon | Place |
| Leslie | Regenold |
| Jeanette | Rochester |
| Terry | Sebero |
| Kenneth | Studinski |
| Bob | Sveom |
| Shirley | Thompson |
| Diane | Tracy |
| Thomas | Trichinotis |
| Jean | Warn |
| Julie | Wuthrich |

Hello Grinnellers!

Spring will finally be here on Monday, March 20 and we are going to celebrate with some music, friends and refreshments. I am sure we will have to be patient with Mother Nature but eventually we will be saying “it’s so hot out!” Bobbie has planned some great trips, come join in on the fun. Even if you are going alone you will make some new friends as many have before. I am excited about the Lunch Bunch to start for everyone, male, female and non-members. Please join us on our first Lunch Bunch at Boundaries on Wednesday, March 22. We can visit about other restaurants or maybe even decide to have a special lunch at Grinnell.

Check out the Shadow Box class, it is sure to be fun and creative!
A special thank you to Grinnell Hall Quilters who made 101 quilted placemats and donated them to Beloit Meals on Wheels. Sandy Buske organized it and said it is a great way to use the donated material as well as some scraps from other projects. So a thank you to those who donated. As always we appreciate feedback and suggestions for activities and events. Thank you for making Grinnell your home away from home!
Debbie Kraus, Senior Center Manager

Thank you for your donations

Sue Fisher, Judy Haberman, Myra Franks, Shirley Von Allmen, Karen White, Carol Logan, Lois Engen, Diane Chasser, Ralph/Tammy Heine, Sue Tucker-Pann, Joyce Plummer, Rose Schenck, Nicole Yost, Amy Franks



**Introduction to Journaling for Well Being/ Memoir Writing
Tuesday, March 14 1:00pm**

This introduction is for anyone who may benefit from therapeutic aspects of journaling through expressive writing. The six-week workshop will teach various writing techniques that may help participants to reduce their stress, learn to express their feelings and emotions on paper; find new ways to solve problems; discover their own creativity and wisdom from their life story; and promote well-being through the writing process. You do not have to be a writer to attend this workshop. You only need to bring paper, pen, and a willingness to write what's on your mind or in your heart, and to write some of the stories of your life. Jo Ann Kolyk has vast experience in leading Journaling classes and we have received many positive comments. She will teach as six-week workshop Tuesdays at 1:00-3:00pm on April 4, 11, 18, 25, May 2, 9. Please sign up for the Introduction class on March 14 and the six-week workshop if you are interested. Register early space is limited.

**“Lunch Bunch” at Boundaries Restaurant 3807 South Riverside Drive
Wednesday, March 22 11:00am, please arrive on time!**

Let's get together for some great food, social time, chit chat and make new friends. Boundaries has fantastic food with great service. Lunch Bunch is open to anyone so invite a friend along. At Boundaries you can select off the menu and pay your tab individually. Please note depending upon the number of people it may be a little wait for food. Please call to register by Monday, March 20 so we can let the restaurant know how many we anticipate. If you need a ride please let us know and we will try to arrange it. We may not all be able to sit at the same table but we will be near each other. If you have to cancel at the last minute just give us a call.



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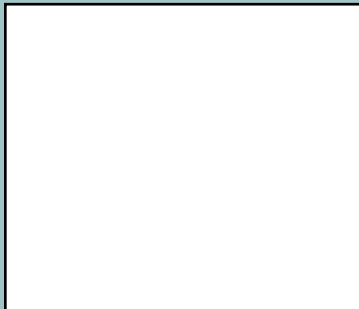
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I work by referral. Please don't keep me a secret
I do not offer every plan available in your area. Any information I provide is limited to the plans I do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of 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 for information on this special and with any other questions about Rock Steady Boxing. Rock Steady is non-contact as you do not box against another person.

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

Janesville Area Parkinson's Support Group Please contact Connie Udall 608-302-7088 Connieudell1@gmail.com. They meet the first Wednesday of each month at 2:00pm at Oak Park Place, 700 Myrtle Way Janesville. Check out their Facebook "Parkinson's Support of Rock County" You are not alone, there is help!

All in the Family Tuesday, March 14 at 1:00pm

Please see "Introduction to Journaling for Well Being/Memoir Writing"

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. Please register by calling Grinnell at 608-364-2875.

Chair Massage Tuesdays, March 14 & 28, April 11 & 25

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.

Joyful Toes & Feet (Toenail Care)

March 21, April 18, May 16 by appointment only 9:00am-2:00pm

Registered nurse Deb Scullin has been providing toenail care for seniors for four years. She is also a certified Diabetes Educator for six years and retired from Fort Health Care. The foot clinic will include soaking feet in warm water, rinse and dry, clip and file and lotion massage. **Please note there will not be any nail dremmelling. Appointments are set in advance and are open to members and non-members due to the necessity of toenail care for healthy toes and feet.** Each appointment is 20-30 minutes. **Please bring your own towel.** There is a \$20 fee to be paid the day of your appointment. Payment is by cash only. You will be required to sign a waiver on the day of your first appointment. We have received many positive comments on Deb's care and education she provides to all who have participated.

Watch Battery Replacement

Please have your items in a plastic baggie or some sort of bag with your name and phone number on. Payment, is due upon pick up. It may take some time to return your items. Fee is cost of the battery.

Alterations

Give us a call to drop off your items at Grinnell Hall. Include your name, what you would like to have done and a phone number where she can reach you. Jo Ellen will call to let you know that your item is done and cost. Payment is due when you pick up your items.

Jewelry Repair

Drop off your items and list what you need to have done with them. Please have items in a plastic baggie or some sort of bag with your name and phone number in the bag.



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, MARCH 9 12PM-4PM

THURSDAY, MARCH 23 8AM-12PM

When you are doing your spring cleaning remember Grinnell Hall will take gently used and new items to sell in Nellie's Nook. Home décor, kitchen gadgets, jewelry and more. Sorry no clothing, shoes, sheets (unless new in package) magazines or books. Thank you for your support

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Movie Matinee "The Father" Friday, March 3 10:00am

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality.

"The Father" warmly embraces real life, through loving reflection upon the vibrant human condition; heart-breaking and uncompromisingly poignant.

Cast Anthony Hopkins, Olivia Colman, Mark Gatiss, Imogen Poots, Rufus Sewell



BINGO LIVE!

Wednesday, March 15 2:00-3:30pm

Join us as we play bingo with great prizes. There is no cost for bingo. Prizes will vary. Open to everyone so bring a friend or two. You do not have to pre-register.



What The Tech Thursday, March 16 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 just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door?

Don't give up, Mark can help! What The Tech, led by Mark Prueschel and you can drop for some help. This is one of our most popular programs and Mark will be glad to help answer your questions. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of questions.

Edward Jones

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Caroline Rukin Financial Advisor 200 W Grand Ave Suite A-100 Beloit, WI 53511-6109 608-362-1666

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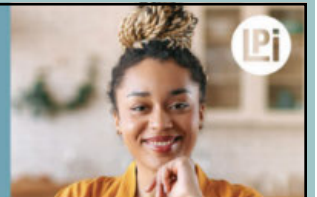
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Mind Over Matter (MOM)
Fridays, March 3, 17, 31 10:00-12:00pm



MOM is program designed to help older women build the skills and confidence they need to prevent or improve incontinence symptoms. Incontinence can be prevented, improved or even cured, without medicine or surgery, by making some simple changes. Limited to –12 women and led by a female facilitator who fosters trust and privacy. Participants set personalized goals incorporating social interaction, tasteful humor an fiber filed snacks. Join us to learn how you can have healthy bowels and healthy bladder. There is a suggested donation of \$10 for the workshop. For additional information and to register please contact Lisa Messer from ADRC at 608-757-5309 or lisa.messer@co.rock.wi.us. Class is at Grinnell.



School District of Beloit Superintendent Dr. Garrison invites you to meet with him and his team on Monday, March 6, 2023, at 1:00 p.m. at Grinnell Hall. Dr. Garrison will share highlights of his first 100 days with the school district and provide information on the upcoming referendum and plans for the 2023-2024 school year reconfiguration. Open to everyone and no registration required.

Join Beloit Health System providers at Stateline Family YMCA as they share information on healthy living and disease prevention! This lecture series is open to the whole community!


Held at the Stateline Family YMCA
 501 Third St.

No need to register.

For information call 608-365-2261



MAR 16 Dr. Jaime Gonzalez
 Infectious Disease
TOPIC: HANDWASHING & INFECTION PREVENTION
 12:00pm-1:00pm



BUSHEL & PECK'S NUTRITION TALK



Fermentation Demonstration Saturday, March 25 10:00am

Learn the principals of fermenting vegetables using lacto-fermentation. See a demonstration of kimchi making. Hear about the benefits of eating fermented food and learn how to easily create your own ferment combinations.

Held at Stateline Family YMCA 501 Third Street in the Kerry Room

No need to register. For more information call 608-365-2261

JOIN MISS YOSHI FOR SOME EXERCISE THAT YOU CAN DO AT ANY LEVEL, HAVE FUN AND MAKE NEW FRIENDS.

**MONDAYS 8:30 CHAIR EXERCISE
 WEDNESDAYS 8:30 EASY STRETCH
 FRIDAYS 8:30 EASY STRETCH
 FRIDAYS 9:00 TAI CHI**

CHICKS WITH STICKS IS LADIES WHO ENJOY CROCHETING, KNITTING AND CHATTING. THEY WILL HELP YOU LEARN TO KNIT OR CROCHET. IF YOU PREFER TO JUST JOIN IN ON THE CHATTER AND COFFEE. SEE YOU ON WEDNESDAYS AT 10AM

**JOIN ROSELYNE FOR A GREAT WORK OUT WITH EASY STRETCH YOGA. BRING A MAT AND EXERCISE ON THE FLOOR OR YOU CAN DO YOGA ON A CHAIR AND STILL RECEIVE GREAT EXERCISE. YOU WILL ALSO MAKE SOME NEW FRIENDS.
 WEDNESDAYS 9:45**

GOLDENAIRES ARE BACK AND PRACTICING ON MONDAYS AT 10:00AM. GOLDENAIRES IS A FUN CHOIR AND SINGS A VARIETY OF MUSIC AND PERFORM AT ASSISTED LIVING AND APARTMENTS. GET INVOLVED!

THEATRE TROUPE IS BACK PRACTICING AND YOU CAN BE INVOLVED. JOIN THEM ON WEDNESDAYS AT 1:00 AND BE ON STAGE! A GREAT GROUP TO HAVE FUN WITH AND USE YOUR TALENTS.

2023 Trip Information

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

Payments due at time of registration. Please note registration date to ensure we have enough to go.

Full refunds will be given if Grinnell cancels the trip.

If you need to cancel, you may fill your own cancellation, however, the office **MUST** be notified of the changes and the new person **MUST** fill out a registration form and pay for the trip.

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

Trips leave on time and we are not able to wait for anyone who is not there at time of departure.
A cell phone is required on trips and all numbers will be given to guides in case of emergency.



Historic Dubuque Progressive Luncheon *Tuesday, May 23*

Grinnell Members \$93.00 Non-members \$103.00
Price includes meal, show and transportation on coach bus.



You won't want to miss this trip as we travel to several historic sites and enjoy a delicious progressive lunch. A guide will join us as we go to 7 Hills, Steeple Square, (Steeple Square consists of the former St. Mary's Catholic Parish with beautiful stained glass windows) Fannie Stout House, St. Lukes Methodist Church with Tiffany windows. You will also have the opportunity to purchase the infamous Monastery's Caramels.

Board coach bus at Telfer Park at 8:45am, depart time is 9:00am. Return at approximately 6:00pm.
Please register by Friday, April 20 to ensure that the trip will go. Space may be available after April 20.



Iconic Songs of the 70s Fire & Rain - White Pines *Thursday, June 15*

Grinnell Members \$89.00 Non-members \$99.00
Price includes meal, show and transportation on coach bus.

This show features the authentic and powerful vocals of Fire and Rain - Swearingen and Kelli, a Nashville based duo. They will energize you as they perform a collection of classics by James Taylor, Gordon Lightfoot, Joni Mitchell, Cat Stevens, America, Jim Croce, Carole King, Fleetwood Mac, and Neil Young. They have shared the stage with The Cleveland Orchestra, The Edmonton Symphony and more.

Board coach bus at Telfer Park at 9:45am, depart time is 10:00am. Return at approximately 6:00pm.
Please register by Friday, May 12 to ensure that the trip will go. Space may be available after May 12.

Brewers versus Cubs American Family Stadium, Milwaukee *Thursday, July 6 1:10pm game*

Grinnell Members \$73.00 Non-members \$83.00

Price includes ticket and transportation on coach bus.

Seats are in the outfield Loge area with shade and great views.

Board bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 6:00-6:30pm.

Please register by June 6 to ensure the trip will go. Space may be available after June 6.



March 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The auditorium is available for walking when there is no program using it. The following programs are in the auditorium: Chair Exercise, Goldenaires Line Dancing, Saint Jude's Bridge Morning Stretch, Yoga, Theater Stretch Class and Tai Chi Special Events as noted</p>		<p>1 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Trivia 1:00 Mahjong</p>	<p>2 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p>3 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 10:00 Mind Over Matter 12:30 Mexican Train</p>
<p>6 Tax Prep 8-12 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 School District Presentation</p>	<p>7 Tax Prep 8-12 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch</p>	<p>8 Tax Prep 8-12 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 10:00 Shadow Box 1:00 Mahjong 1:00 Theater Group</p>	<p>9 7:30 Billiards 8:00 Open Sewing Lab 9:00 Advisory Board 9:00 Hand & Foot Cards 9:30 Line Dancing 12:00-4:00 Benefit Specialist 12:30 Euchre</p>	<p>10 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)</p>
<p>13 Tax Prep 8-12 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Ukes</p>	<p>14 Tax Prep 8-12 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:00 Chair Massage 1:00 Bridge/Lynch 1:00 All in the Family/ Journaling Presentation</p>	<p>15 Tax Prep 8-12 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group 2:00 Bingo Live</p>	<p>16 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech 1:00 RSVP Meeting</p>	<p>17 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Mind Over Matter 12:30 Mexican Train</p>
<p>20 Tax Prep 8-12 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 1:00 Spring Fling</p>	<p>21 Tax Prep 8-12 7:30 Billiards Toenail Care 9a-2p 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 12:30 Saint Jude's Bridge (closed) 1:00 Bridge/Lynch</p>	<p>22 Tax Prep 8-12 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Lunch Bunch 1:00 Mahjong 1:00 Theater Group</p>	<p>23 7:30 Billiards 8:00 Open Sewing Lab 8:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p>24 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train</p>
<p>27 Tax Prep 8-12 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 12:30 Game Day 10:00 Goldenaires 1:00 Book Club 2:00 Ukes</p>	<p>28 Tax Prep 8-12 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch</p>	<p>29 Tax Prep 8-12 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group</p>	<p>30 7:30 Billiards 8:00 Open Sewing Lab 8:00-12:00 Benefit Specialist 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre</p>	<p>31 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Mind Over Matter 12:30 Mexican Train</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: \$4.00 All donations are appreciated.

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

Rock County COA is an equal opportunity provider.

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

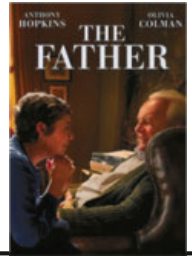
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rock County Nutrition Program cannot assume any liability for adverse reactions to food consumed.</p>		<p>1 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Whole Wheat Bread Peaches Apple Cake</p>	<p>2 <i>Chocolate Milk</i> Ham Slices Peas Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie</p>	<p>3 <i>Meatless</i> Three Bean Chili Carrots Cauliflower Wheat Roll Orange Fluff</p>
<p>6 Sloppy Joe Whole Wheat Bun Winter Blend Veg. Baked Beans Pineapple</p>	<p>7 Chicken Fajita Casserole Cauliflower Stewed Tomatoes Mandarin Oranges</p>	<p>8 <i>Chocolate Milk</i> Spaghetti w/ Meatballs Romaine Salad Dressing Broccoli Warm Fruit Salad</p>	<p>9 Hot Pork Hamburger Bun Cheesy Potato Casserole Cooked Cabbage Applesauce Vanilla Pudding</p>	<p>10 <i>Meatless</i> Macaroni & Cheese Green Beans Winter Blend Veg. Cottage Cheese Melon Mix</p>
<p>13 Baked Cod Cooked Spinach Red Potatoes Whole Wheat Bread Pineapple Sugar Cookie</p>	<p>14 <i>Chocolate Milk</i> BBQ Chicken Breast Baked Bean Medley Cole Slaw Whole Wheat Bread Warm Mixed Fruit</p>	<p>15 American Goulash Green Beans Romaine Salad w/dressing Cottage Cheese Warm Spiced Peaches</p>	<p>16 <i>Chocolate Milk</i> <u>St Patrick's Day Menu</u> Corned Beef Cooked Cabbage Red Potatoes Carrots, Rye Bread Mint Brownie</p>	<p>17 <i>Meatless</i> Tuna Casserole Carrots Winter Blend Strawberries Light Yogurt</p>
<p>20 <i>Chocolate Milk</i> BBQ Pork Riblet Baked Beans Whole Wheat Bun San Francisco Blend Vegetables Pears</p>	<p>21 Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp</p>	<p>22 Shredded Pork w/ Gravy Egg Noodles Sweet Potatoes Broccoli Salad Warm Cinnamon Applesauce</p>	<p>23 Turkey & Gravy Mashed Potatoes Green Beans Whole Wheat Bread Mandarin Oranges Cake w/berry frosting</p>	<p>24 <i>Meatless</i> Baked Parmesan Cod Cooked Cabbage Stewed Tomatoes Peaches Rye Bread Lemon Bar</p>
<p>27 Beef Vegetable Bake Stewed Tomatoes Whole Wheat Bread Cheese Stick Warm Peach Crisp</p>	<p>28 <i>Chocolate Milk</i> Ham and Bean Stew Green Beans Whole Wheat Bread Warm Spiced Pears Yogurt</p>	<p>29 Roast Beef w/Gravy Cooked Spinach Beets Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie</p>	<p>30 Ranch Chicken Whole Wheat Bun Peas Carrots Banana</p>	<p>31 <i>Meatless</i> Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinnamon Raisin Bread</p>

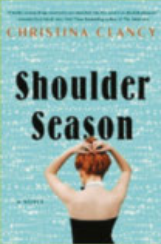
Movie Matinee "The Father" Friday, March 3 10:00am

A man refuses all assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality. Cast Anthony Hopkins, Olivia Colman, Mark Gatiss, Imogen Poots, Rufus Sewell, Olivia Williams, Evie Wray



Book Club "Shoulder Season" by Christina Clancy (Fiction) Monday, March 27 1:00-2:00pm

"Once in a Lifetime, you can have the time of your life."



The small town of Lake Geneva, Wisconsin is an unlikely location for a Playboy Resort, and nineteen-year old Sherri Taylor is an unlikely bunny. Growing up in neighboring East Troy, Sherri plays the organ at the local church and has never felt comfortable in her own skin. But when her parents die in quick succession, she leaves the only home she's ever known for the chance to be part of a glamorous slice of history. In the winter of 1981, in a costume two sizes too small, her toes pinched by stilettos, Sherri joins the daughters of dairy farmers and factory workers for the defining experience of her life.

From the Midwestern prairie to the California desert, from Wisconsin lakes to the Pacific Ocean, this is a story of what happens when small town life is sprinkled with stardust, and what we lose, and gain, when we leave home. With a heroine to root for and a narrative to get lost in, Christina Clancy's Shoulder Season is a sexy, evocative tale, drenched in longing and desire, that captures a fleeting moment in American history with nostalgia and heart.

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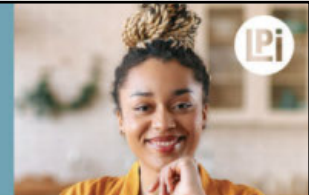
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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631 Bluff St.
Beloit, WI 53511
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Email: krausd@beloitwi.gov
Website: www.beloitwi.gov



National Council on Aging



Legends in Concert – Fireside Thursday, July 13

Grinnell Members \$88.00 Non-Members \$98.00

Price includes meal and show.

What makes a performer a legend? It's that certain something that makes them shine brighter than all the rest, that enduring talent that makes their popularity live on around the world. Join us for an exclusive Midwest engagement of a brand new Legends In Concert – Direct from London! It's all there – The Sound! The Look! The Glamour! The Magic! Featuring tributes to legendary British superstars of yesterday and today – Freddie Mercury, Adele, Rod Stewart, Elton John, and Dusty Springfield – with a four-piece band and performers so gifted, you'll swear the real thing is right before your very eyes. We will meet at Telfer Park at 9:15 and return at 4:00. Please let us know if you can drive or need a ride or if you will be driving there on your own.



Margaritaville CIRCA 21 Wednesday, September 6

Grinnell Members \$86.00 Non-members \$96.00

Price includes meal, show and transportation on coach bus.

Set your mind on island time and plan your escape to Margaritaville! This new musical comedy play is about choices we make and the people we become once we've had a change in 'latitude'. The play features classic Jimmy Buffett and original songs with a story that revolves around a part-time bartender/singer who falls for a career-minded tourist. Welcome to Margaritaville, where people come to get away from it all and stay to find something they never expected. Get ready for a hilarious and heartwarming musical with the most unforgettable songs from one of music's greatest storytellers.

Board coach bus at Telfer Park at 8:45am, depart time is 9:00am. Return at approximately 6:00pm. Please

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