

# Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

*Open to both Wisconsin and Illinois residents.*

**May 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 the 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](http://beloitrecreation.com) or [mycommunityonline.com](http://mycommunityonline.com). Come join in on the fun!

## Plant and Nellie's Nook Spring Sale

**Open to Everyone**

**Wednesday, May 24 thru Friday, May 26 9:00am-3:00pm**

**We are in need of plants. Please bring in by May 17th so we can pot them. We will accept them later but bringing them in early will help us get set up.**

We will have indoor, outdoor, cacti, vegetables, flowering, exotic, succulents, or whatever variety you like or want to give a try. We will have plant enthusiasts on hand to help you pick out the plants that will suit your needs and inform you of their care. If you don't have a green thumb, we still have a plant for you. Pick a plant that grows without too much work, attracts birds or keeps the bugs away.

Nellie's Nook offers new and gently used items for all ages. Browse purses, scarves, jewelry, house décor, greeting cards and more. You will definitely find something for yourself or a gift to give.

All plants and items are very affordable.

We are reaching out for donations of plants and new or gently used items to add to our sale. If you have items to donate please bring them in. Please no clothing or shoes.

**If you are interested in volunteering with set-up, during the event or both please contact us. Volunteers are needed to assist with putting prices on items, bagging items and keeping the area tidy.**

**We ask volunteers to commit for a 2 hour time span.**



## Garden Club - Wednesday, May 17. 1:00 pm

Our Garden Club is going to assist with the Grinnell Annual Plant Sale.

We will provide help with the following:

\*Repot if needed \*Trim or cut back \*Dehead spent blooms \*Identify plants \*Label plants

If you have plants to donate, please bring them to class.

Your assistance in this project will be very much appreciated.

Sue Tucker Pann & Wendy Swanson will lead the class.

Please bring some gardening tools with you and give a call if you are coming.



**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  
Sherry  
Westbrook**



Sherry joined the Advisory Board last August and has given great input and is the treasurer. She enjoys Grinnell Hall gatherings and the great people here which is why she wanted to become part of the Advisory Board. She has volunteered at the Holiday Bazaar and other special events. She recommends volunteering as you meet new people and be a part of a group. Sherry also volunteers at her church as a greeter. She enjoys cribbage, euchre and chicks with sticks. Sherry and her husband Randy like to play games, puzzles and family gatherings. Sherry also enjoys reading, crocheting & knitting, exercising, animals and studying her Bible.  
Thank you Sherry for all you do at Grinnell and the community.

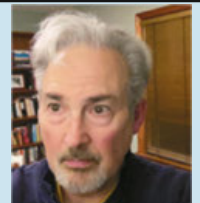


Jeanne	Ludeman	Richard	Harrar
Alan	Wilson	Margaret	Alexander
Judy	Haberman	Gary	Witzack
Dennis	Gearing	Duane	Bourgeois
Mardell	Jacobsen	Catherine	Phillips
Dave	Jacobsen	Loraine	Wells
Janice	Champion	Julie	Day
Peter	Gjerseth	Becky	Sayles
Penny	Hansen	Cheryl	Jackson
Kathy	Carr	Katherine	Swain
Ted	Schiltz	Bruce	Berger
Curt	Pizza	Jean	Bach
Teresa	Babcock	Beverly	Bliss
Roma	York	Gloria	Fourtounis
Janet	Webster	Carol	Larsen
John	Curatolo	Kenneth	Clouser
Laura	Brenton	Pamela	Roberts
Gloria	Fillion	Eva	Hoff
Donna	Hemmerling	Denice	Hanson
Lawrence	White	LaRay	Gustina
Judith	Wightman	Joanne	Hartley
		Carolyn	Weavel

Hello Grinnellers!

May is the time to begin some outdoor activities like enjoying your parks, walking the paths or your neighborhood, listening to birds chirping and children laughing, watching the Rock River flow and the boats on it. Neighbors are coming out of their homes more so make a connection if you have not done so already, it could be a new friend. One of my goals is to walk everyday, enjoy the surroundings and take it all in.  
May is ADRC month so take advantage of their walks and presentations. We are lucky to have Lachel, ADRC Benefit Specialist come to Grinnell Hall twice a month. Not all states/counties have an ADRC so we are fortunate. They are a great resource for many issues for seniors and individuals with disabilities.  
Come on out and enjoy the fun activities and make new friends at Grinnell.  
Thank you for making Grinnell your home away from home!  
Debbie Kraus, Senior Center Manager

I'm David Sowl, your new Grinnell Hall Office Assistant. I'm very happy to join our great team and look forward to getting to know everyone. I'm a native Beloit and have spent all but a few years of my life right here. My wife, Patricia and I met at U.W. Whitewater and just celebrated our 45<sup>th</sup> Anniversary. We have two sons and one beautiful granddaughter. I spent 35 years working for the Social Security Administration so feel free to ask me any questions you may have about the program. I enjoy reading, cooking and pairing the food with wine and cheering for the Packers, Badgers and Brewers. Thank you for the friendly smiles and greetings so many of you have already welcomed me with!



Create a "Stepping Stone" Monday, May 15 12:30-3:30

Join Linda from R & L Ceramics at Grinnell Hall to create a "Stepping Stone." She will provide guidance on technique and colors to help you create a masterpiece for your garden, flower pot or make for a friend. Size is approximately 6" x 10". All supplies are provided and there is a limited number of spaces available. Cost is \$20 (cash or check) and must be paid when registering.



Lunch at Artisan Restaurant Wednesday, May 31 11:15am 1322 Gardner St, South Beloit, IL 61080

Are you looking to make some new friends and see what interests you have in common? We are planning on a monthly 'Lunch Bunch' for fun and socialization. Artisan serves great sandwiches, salads and more. You can order off the menu and pay your own bill. We will meet you there. If you need a ride please let us know and we will try to work it out. Please let us know if you will be attending. You will pay at the restaurant individually.



THANK YOU FOR YOUR DONATIONS

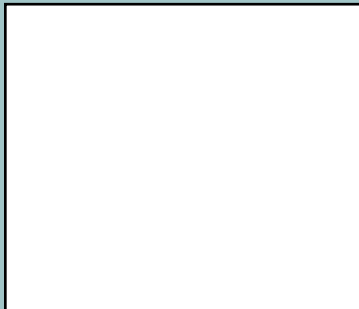
Illa Borgwardt, Bert Sadler, Linda Swanson, Lois Engen, Nancy Schmidt, Carol Logan, Marcy Beck, Watson Schoonover, Nancy Vance, Jeannie Rippl, Alice & Laura Kniskern, Susie O'Brien, Cindy MacNees, Beth Bausman, Debbie Marvin, JoEllen Smith

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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).

**Janesville Area Parkinson's Support Group Please contact Connie Udell 608-302-7088 [Connieudell1@gmail.com](mailto: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, May 9 at 1:00pm**

**Come and re-connect and visit with each other.**

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, May 9 & 23 June 13 & 27**

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)**

**Tuesdays May 16, Monday, June 12, Tuesday, July 18 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.

**Five Reasons to Exercise**

*\*Improved Heart Health*

*\*Improved Bone and Joint Health*

*\*Decreased Fall Risk*

*\*Improved Cognitive and Emotional Health*

*\*Connect with others and make New Friends!*



**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, May 11 12PM-4PM**

**THURSDAY, May 25 8AM-12PM**

**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.

**What The Tech**

**Thursday, May 18 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? **What The Tech**, led by Mark Prueschel and you can drop 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.

**Make the Smart Choice**



Assisted Living | 3055 S. Riverside Drive, Beloit, WI 608.365.7222



Assisted Living 5601 E. Rockton Road, Roscoe, IL 815.525.4800



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**Visit [www.beloithealthsystem.org](http://www.beloithealthsystem.org)**



**Movie “Now, Voyager” Friday, May 5 10:00am**

Bridled by an autocratic mother, Charlotte Vale (Bette Davis) borders on a nervous breakdown. But when a psychiatrist (Claude Rains) persuades Charlotte to drastically change her life, she blossoms into a confident, self-possessed woman. Charlotte then takes a voyage where she fall in love with unhappily married Jerry (Paul Henreid). Although their romance is doomed, she takes solace in helping his emotionally unhinged daughter.



**Movie “The Age of Adaline” Friday, June 2 10:00am**

Adaline, age 29 and born at the turn of the 20<sup>th</sup> century, recovers from a nearly lethal accident, and she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself, until she meets a man who changes her life. Cast: Ellen Burstyn, Harrison Ford, Michiel Huisman, Blake Lively and Kathy Baker



**BINGO Wednesday, May 17 2:00-3:30pm**

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



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**Caroline Rukin**  
Financial Advisor  
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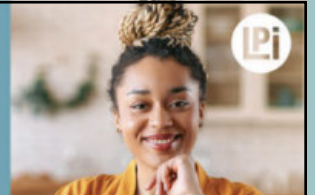
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***Trivia Wednesday May 3 12:30pm***



If you missed last month you missed some fun! 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 team. Open to everyone so bring a friend or two.

***May is Aging Disability Resource Center Month***



***Join Rock County Aging and Disability Resource Center and Grinnell Hall for educational presentations to celebrate ADRC month.***

***The below presentations will be held at Grinnell Hall and include dessert and coffee. You must make reservations by calling Grinnell Hall at 608-364-2875.***

***Tuesday, May 9 1:00pm Scams and How to Protect Yourself and Others***

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful factsheets from The Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

Presented by Jeff Kersten, Agency Liaison for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection.

***Tuesday, May 16 1:00pm Power of Attorney Documents***

Discussion will include health care and financial powers of attorney, Declaration to Physicians, HIPAA releases, and guardianships. In addition the importance of advance planning and what to do if it is too late to execute advance directives will be discussed.

Jennifer E. Annen is assistant corporation counsel for Rock County. Ms. Annen spent 20 years in private practice providing clients services in the areas of Estate Planning, Special Needs Trusts, Probate, Elder Law, Guardianships and Real Estate.

She has taught numerous seminars regarding Elder Law, Probate, Estate Planning and Real Estate for attorneys, financial advisors, nursing home employees, community members and other individuals.

***The below presentations will be held at Rock County Offices in Janesville and include pizza and pop. 1717 Center Ave. Janesville, WI 53546***

***You must make reservations by calling ADRC office at 608-741-3600***

***Tuesday, May 9 5:00pm Scams and How to Protect Yourself and Others***

***Tuesday, May 16 5:00pm Power of Attorney Documents***

***Tuesday, May 23 5:00pm Cooking for You or Two***



**Brain Health Informational Series**

Rock County ADRC is offering educational series in conjunction with the Beloit Public Library.

Memory Screening Friday, May 12 11am-4pm

Dementia Live Experience Friday, June 2 11am-4pm

Caring for Someone with Dementia: How to Survive the Holidays

Tuesday, November 14 10:00-11:30am

**All classes are held at the Beloit Public Library.**

**All sessions require reservations. Please contact Karen Tennyson at 608-741-3615**



## 2023 Trip Information

### Open to anyone and for all ages.

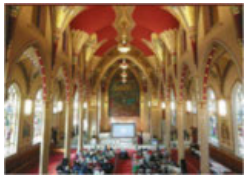
**Payments due at time of registration. Please note registration date to ensure we have enough to go.**

**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. You can find someone to fill your spot if you want.**

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 suggested 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.  
Call to see if there is space available.



### *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*

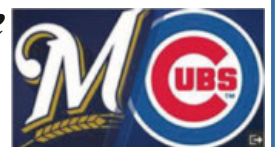
#### *Thursday, July 6 1:10pm game*

**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.





# May 2023 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day	<b>2</b> 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch <b>1:00 Journaling</b>	<b>3</b> 7:30 Billiards 8:30 Morning Stretch 10:00 Chicks with Sticks <b>12:30 Trivia</b> 1:00 Mahjong	<b>4</b> 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards <b>9:00 Advisory Board</b> 9:30 Line Dancing 12:30 Euchre	<b>5</b> 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi <b>10:00 Movie</b> 12:30 Mexican Train
<b>8</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day 2:00 Ukes	<b>9</b> 7:30 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage 12:30 Bridge (closed) 1:00 Bridge/Lynch <b>1:00 Journaling</b> <b>1:00 All in the Family</b> <b>1:00 Scams</b>	<b>10</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group	<b>11</b> 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing <b>12:00-4:00 Benefit                      Specialist</b> 12:30 Euchre	<b>12</b> 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train 12:30 Bridge (closed)
<b>15</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>12:30 Stepping                      Stone</b> <b>1:00 Gentle Yoga</b>	<b>16</b> 7:30 Billiards <b>9:00 Toenail Care</b> 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch <b>1:00 Power of                      Attorney</b>	<b>17</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group <b>2:00 Bingo</b>	<b>18</b> 7:30 Billiards 8:00 Open Sewing Lab 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre <b>1:00 What the Tech</b> <b>1:00 RSVP Meeting</b>	<b>19</b> 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
<b>22</b> 7:30 Billiards 8:30 Chair Exercise 9:00 Bridge (closed) 9:00 Paper Crafting 10:00 Goldenaires 12:30 Game Day <b>1:00 Book Club</b> 2:00 Ukes	<b>23</b> 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing <b>12:00 Chair Massage</b> 12:30 Cribbage 1:00 Bridge/Lynch	<b>24 PLANT SALE</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Theater Group	<b>25 PLANT SALE</b> 7:30 Billiards 8:00 Open Sewing Lab <b>8:00-12:00 Benefit                      Specialist</b> 9:00 Hand & Foot Cards 9:30 Line Dancing 12:30 Euchre	<b>26 PLANT SALE</b> 7:30 Billiards 8:30 Stretch Class 9:00 Tai Chi 12:30 Mexican Train
<b>29                      Closed                      Memorial Day</b>	<b>30</b> 7:30 Billiards 9:30 Line Dancing Beginner 10:00 Line Dancing 12:30 Cribbage 1:00 Bridge/Lynch	<b>31</b> 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks <b>11:15 Lunch Bunch</b> 1:00 Mahjong 1:00 Theater Group		

# Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

**Eligibility:** Any person age 60 or older regardless of income, residency and spouse of any age.

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

**Suggested donation: \$5.00** All donations are appreciated.

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

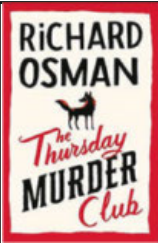
**Rock County COA is an equal opportunity provider.**

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

May  
2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Balsamic Shredded Beef Whole Wheat Bun Baked Beans Coleslaw Warm Mixed Fruit	<b>2</b> Salisbury Steak Au Gratin Potatoes Peas & Carrots Whole Wheat Bread Fruit Whip	<b>3 <i>Chocolate Milk</i></b> Chicken Parmesan Breast Carrots Cauliflower Applesauce Whole Wheat Bread Apple Cake	<b>4</b> Herbed Pork Loin Sweet Potatoes Cooked Spinach Melon Mix Whole Wheat Bread Pudding	<b>5</b> Broccoli Quiche Red Potatoes Asparagus Pears Cottage Cheese Cinnamon Raisin Bread
<b>8</b> Stuffed Pepper Casserole Squash Mixed Vegetables Light Yogurt Strawberries	<b>9 <i>Chocolate Milk</i></b> Chicken Pasta Salad Potato Salad Tomato Juice Peaches Cottage Cheese Lemon Bar	<b>10</b> Baked Parmesan Cod Red Cabbage Broccoli Salad Warm Cinnamon Applesauce Whole Wheat Bread Cookie	<b>11</b> Hamburger Whole Wheat Bun Baked Bean Medley Winter Blend Banana	<b>12</b> Roast Turkey Mediterranean Vegetables Corn Casserole Whole Wheat Bread Mandarin Oranges Chocolate Mousse
<b>15 <i>Chocolate Milk</i></b> BBQ Pork Hamburger Bun Baked Beans Peas Crushed Pineapple	<b>16</b> Chicken Salad Potato Salad Baby Spinach w/ Dressing Whole Wheat Bread Peaches	<b>17</b> Hamburger Stroganoff Brown Rice Stewed Tomatoes California Blend Veg. Pears	<b>18</b> Chicken Egg Roll in a Bowl Green Beans Carrots Applesauce Whole Wheat Bread Cake w/ Berry Frosting	<b>19</b> Spaghetti & Meatballs Italian Blend Veg. Romaine Lettuce w/ Dressing Warm Fruit Salad
<b>22</b> Lemon Pepper Chicken Red Cabbage Sweet Potatoes Fruited Applesauce Whole Wheat Bread Pumpkin Bar	<b>23 <i>Chocolate Milk</i></b> Taco Pasta Salad w/ Chix. Romaine Lettuce w/ Dressing Tomato Juice Light Yogurt w/ Strawberries	<b>24</b> Baked Parmesan Cod Rice Pilaf Zucchini Tomato Bake Broccoli Salad Warm Spiced Pears	<b>25</b> Roast Beef w/ Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Apple Slices Peanut Butter	<b>26</b> Brat Patty Hamburger Bun Mediterranean Beans Red Potatoes Melon Mix
<b>29</b> <i>Memorial Day</i> <b>No Meals</b> 	<b>30</b> Sloppy Joe Whole Wheat Bun Baked Bean Medley Corn Fruit Whip	<b>31 <i>Chocolate Milk</i></b> Sliced Turkey w/ Gravy Mashed Potatoes Beets Crushed Pineapple Whole Wheat Bread Fudgy Fiber Brownie		



**Book Club Monday, May 22 1:00pm**

Four septuagenarians (a person between 70-79) with a few tricks up their sleeves, a female cop with her first big case, a brutal murder.....**Welcome to The Thursday Murder Club**

In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves the Thursday Murder Club.

When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case. As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it's too late. Please return last month's book as they are borrowed from other libraries. Please check out book at front desk.

**Walk Wednesdays offered by Rock County ADRC Meet at 9:45am**

**Wednesday, May 3 Wildflower Hike**

1201 Big Hill Bill Hill Park Beloit

**Wednesday, May 17 Androne Woods**

7101 W. Cleophas Road Beloit

**Wednesday, May 31 Disc Golf at Racetrack Park**

900 Stoughton Road Edgerton

Meet at 9:45am. Walks last 60-90 minutes and if you need to leave early that is fine.

No registration required. For more information call 608-757-5408 or pick up a detailed brochure at

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**May 10 June 14 July 12 August 9**

**Tech Tuesdays at Beloit Public Library**

**Tuesdays 3:00-7:00pm**

**Take in your device and drop in for assistance with one-on-one tech support. Open to all ages**

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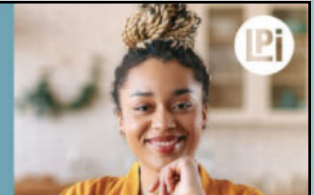
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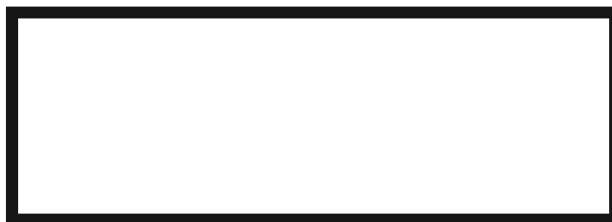
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# The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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## *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 register by Friday, August 11 to ensure that the trip will go. Space may be available after August 11.

**MORE TRIPS AVAILABLE  
STOP BY AND PICK UP A TRIP BOOKLET**