

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

March 2024

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

Hours
8:00am-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.



Did you know you can get the newsletter emailed to you earlier than receiving it in the mail? Give us your email address and we will make sure you receive it every month automatically. Let us know if you want to be taken off the postal mailing once you receive your newsletter via email.



Spring Fling Celebration

Monday, March 18
1:00-2:30

Join us as Rob Tomaro plays a mixture of Irish songs and some of your other favorites. Rob Tomaro is currently in his twenty fourth year as Music Director and Conductor of the Beloit Janesville Symphony. He is also a performing jazz guitarist

Kick off spring with music, dancing, refreshments and friends. Wear a spring outfit or colorful hat to welcome spring as March 19th is the first day of spring. The event is open to everyone so invite some friends and family. Light refreshments will be served.

Chili Dinner Tuesday, March 19 2:30-4:00

Chili is back!!! Larry White is going to cook up the fixins' with homemade cornbread, drink with some sides only \$5.

Larry will be making 2 chili's, one mild and one with a little "kick".

Please place and pay your order by Thursday, March 14th.

You can eat here or take it home.

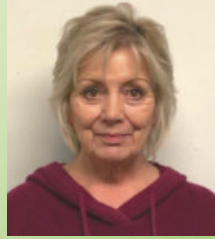


Thank you volunteers

Advisory Board of Grinnell Senior Center

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

Volunteer Spotlight Pauline Bauer



Pauline is a recent member and came to Grinnell Hall to keep busy after retiring. Pauline enjoys meeting new people and being helpful.

She volunteers at the front desk and with the Rock County Nutrition program.

Pauline is a retired physical therapist assistant, worked 20 years in the medical field. She enjoys playing pool, walking her dog and spending time with friends.

Thank you Pauline for all you do.

Update on Euchre results

Last month I accidently listed the cribbage results as the Euchre results.

Below are the Euchre results for 2023

First Ron Patton

Second Sherry Westbrook

Third Randy Westbrook

Beloit International Film Festival Presentation

Wednesday, March 6 1:00pm

Greg Gerard, Executive Director of the Beloit International Film Festival (BIFF), will be at Grinnell to share information on BIFF's history, news about the upcoming 2024 festival and showing some films (Titles are To Be Determined), followed by a discussion of each film. The films are not long but very interesting and there are a variety of subjects. Mr. Gerard will also provide guests with information about the 2024 festival, which runs Friday, April 5 thru Sunday, April 14.

Light refreshments will be served. Open to everyone. Please invite friends.

	Jamie	Ackley
	Roselyne	Ackley
H	Ruby	Bach
A	Sandy	Berg
	Renee	Brewster
P	Deb	Brigham
	Diane	Chasser
P	Linda	Duff
Y	Pearl	Friedley
	Kathleen	Fry
	Yoshi	Glos
B	Julie	Gram
	Leana	Hanson
I	Theresa	Horton
R	Floyd	Johnson
	Robert	Kasbohm
T	Gary	Kline
H	Nancy	Koopman
	Duane	Loehrl
D	Sandra	Markley
	James	Meyer
A	Daniel	Moyer
Y	Karen	Neuendorf
	Sharon	Place
	Leslie	Regenold
	Kenneth	Studinski
	Bob	Sveom
	Diane	Tracy
	Thomas	Trichinotis
	Jean	Warn
	Kathy	Woods
	Julie	Wuthrich

Lunch Bunch at Jessica's Restaurant Friday, March 8 11:00am



Jessica's has great home cooking and a very pleasant atmosphere. Located at 5091 Edgemere Ct. Roscoe, IL 61073 behind Walgreens and Burger King. Please sign up and we will meet you there. If you want to carpool please make your own arrangements. Each person pays for their own lunch.

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



**UKES WELCOMES ALL STRING INSTRUMENTS
SO JOIN IN ON THE FUN
2ND & 4TH MONDAYS MARCH 11 & 25 2:00 PM**

Universal Yums Monday, March 25 2:30pm

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford as you will read about this month's selected country sample savory and sweet snacks and eat some too. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. We end the fun with a trip on the Trivia Train! Please pre-register as space is limited to 12.

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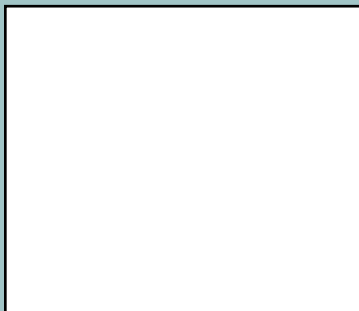
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www.eplatinumhealth.com/jlinos

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

All in the Family Tuesday, March 12 at 1:00pm

Come and meet to visit.

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.

Chair Massage Tuesdays, March 12 & 19, April 9 & 23

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.

Healthy Eating - Using your Air Fryer for Snacks and Meals Friday, March 22 10:00am

Welcome UW Extension FoodWise team as they present information on healthy eating

habits, active lifestyles, and healthy community environments through nutrition education. A recipe demonstration and tasting will be provided. Please call Grinnell to register.



TOENAIL TRIMMERS APPOINTMENTS TUESDAYS, March 19 & April 16



WE ARE CONTRACTING WITH TOENAIL TRIMMERS WHO HAVE BEEN IN THE BUSINESS SINCE 2006. THEY WILL PROVIDE A REGISTERED NURSE.

APPOINTMENTS WILL BE 30 MINUTES AND COST IS \$35.00 NO INSURANCE IS TAKEN. SOAKING OF THE FEET WILL NOT BE DONE BUT DREMELING IS AVAILABLE FOR NO ADDITIONAL FEE.

YOU CAN GET YOUR FINGERNAILS CUT FOR AN ADDITIONAL FEE OF \$15.00 AT THE SAME APPOINTMENT OR YOU CAN MAKE AN APPOINTMENT FOR FINGERNAIL TRIMMING ONLY. PAYMENT WILL BE BY CASH OR CHECK ONLY TO THE RN. SORRY NO INSURANCE IS ACCEPTED YOU WILL SET UP APPOINTMENTS WITH TOENAIL TRIMMERS DIRECTLY BY CALLING 262-719-0336. THEY WILL ALSO MAKE REMINDER CALLS SO PLEASE PUT THEIR PHONE NUMBER IN YOUR CONTACTS.

What The Tech
Thursdays March 21 & April 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 it. Or, you are so frustrated you are ready to throw the device out the door? **What The Tech**, led by Mark Preuschl will be at Grinnell and you can drop in for some help. What the Tech is free and open to everyone. Bring your cell phones, your tablets or your laptop with a list of questions.

**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.



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 14
12:00-4:00

Thursday, March 28
8:00-12:00



Pinochle Wednesdays 1:00pm

Pinochle group is going well so come and join us. All levels of players are welcome and if you don't know how to play they will teach you.

Make the Smart Choice



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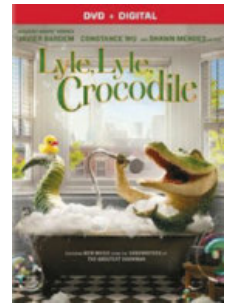
Visit www.beloithealthsystem.org



MOVIE MATINEE

“Lyle, Lyle Crocodile” Friday, March 1 10:00am

When the Primm family moves to New York City, their young son Josh struggles to adapt to his new school and new friends. All of that changes when he discovers Lyle, a singing crocodile who loves baths, caviar and great music, living in the attic of his new home. The two become fast friends, but when Lyle’s existence is threatened by evil neighbor Mr. Grumps, the Primms must band together with Lyle’s charismatic owner, Hector P. Valenti, to show the world that family can come from the most unexpected places and there’s nothing wrong with a big singing crocodile with an even bigger personality.



“The Holdovers” Friday, April 5 10:00am

It follows a curmudgeonly instructor at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually, he forms an unlikely bond with one of them a damaged, brainy troublemaker, and with the school's head cook, who has just lost a son in Vietnam.

Crazy 4 Crafts

Explore color in various mediums. Each week we will have adult coloring pages, greeting card kits and a craft. Each month we will also have a special craft such as painting, diamond art, floral arrangements, etc.

Projects will be displayed at the front desk.

Please register, all supplies are provided at no cost. Tuesdays March 5 & 26 9:30am

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Preventing Medicare Fraud



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DHS Approved 4/22/2021

THRIVE
LOCALLY



**LEARN THE GAME OF MAJONG AND CHALLENGE YOURSELF.
LESSONS WILL BE HELD ON WEDNESDAYS AT 1:00PM .**



Grinnell Family Feud Monday, March 11 12:30pm

Join in on this fun game as “Family versus Family” compete. We will make two teams out of those who attend. Your host is David Sowl who will read the questions and provide the answers to the top responses. This will be a fun and entertaining game that we will have once a month. Please register if you are interested in playing on a team. If you would like to be a spectator you do not have to register. Winning team will be given individual prizes.

BINGO Wednesday, March 20 1:00-2:30pm



Join us as we play bingo with a variety of prizes. There is no cost for bingo. Open to anyone so bring a friend or two.

You do not have to pre-register.

THANK YOU SPONSOR



**ALDEN
MEADOW PARK**

Notorious Crimes Tuesday, March 12 1:00pm

Kathi Kresol, local historian and author will share stories of strange and ghastly crimes from Southern Wisconsin and Northern Illinois. Kathi has been researching Rockford’s history for 20 years for Haunted Rockford Tours and her local newspaper column, “Voices from the Grave.” Her first book, Murder and Mayhem in Rockford was published in November 2015. Kathi will share some of the most unusual stories she has collected that portray the dark side of human nature. This presentation will focus on Beloit.



Security Awareness Tuesday, March 5 10:00am

Join Beloit Sergeant Ryan Flanagan as he shares important information on how to be more aware of your surroundings, identifying danger, what to do if danger is encountered, how to talk to difficult people, how to be a good witness, calling 911 appropriately and more.

Drum and Music Circle 10:00-11:00am

Friday, March 15

Get involved it’s great for the soul!

Make music to grow your brain! Beating to drums in unison and rhythmic patterns is therapeutic. Sing-along, play-along or bop along with an array of percussion, drums, ukuleles and fun sounds as Castle Music Director Johnny leads the group’s creativity. Open to everyone.



**The Benefits of Volunteering
Thursday, March 14 10:00am Grinnell Hall**



Learn why volunteering really is a vital resource for our communities. What health benefits does volunteering bring a volunteer? What types of opportunities are out there for volunteering? Space is limited to the first 20 people.

Reservations are required. Call us at 608- 362-9593 or email us at lchmielewski@rsvp-rock.org.



2024 Trip Information

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

Please note we take credit and debit cards for trips. Registration must be done in person and waivers signed. Payments due at time of registration. Please note registration deadline to ensure we have enough to go. Full refunds will be given if Grinnell cancels the trip. If you need to cancel, you may find someone to take your place, however, the office **MUST** be notified of the changes and the new person **MUST** fill out a registration form, pay for the trip and sign a waiver.

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

There will be a \$10 administration fee if someone cannot take your place.

Trips leave on time and we are not able to wait for anyone who is not there at time of departure.

We ask that you bring your cell phone with you.

Beautiful – Carole King Story Friday, April 19, 2024 Fireside Theater in Fort Atkinson, WI

Grinnell Members \$88 Non-members \$98

Price includes meal and show. Transportation is on your own

Before she was hit-maker Carole King she was Carole Klein, a spunky, young songwriter from Brooklyn with a unique voice. From the chart-topping hits she wrote for the biggest acts in music to her own life-changing, trailblazing success with Tapestry. BEAUTIFUL: The Carole King Musical takes you back to where it all began. Featuring such unforgettable classics as “You’ve Got a Friend,” “One Fine Day,” “Take Good Care of My Baby,” “You’ve Lost That Lovin’ Feeling,” and “Natural Woman,” this Tony® and Grammy® Award-winning musical phenomenon is filled with the songs you remember and a story you’ll never forget.

Meet at Telfer Park at 9:45am and depart at 10:00am. Please let us know if you would like to drive with a group or on your own. Return approximately 4:00pm. Please register by March 29 and make your meal choice of Supreme Chicken, Hanger Steak, Rainbow Trout or Vegetarian.

Jersey Boys Wednesday, May 15, 2024 Circa ‘21 Dinner Playhouse, Rock Island, IL

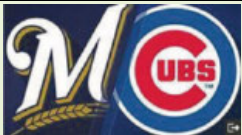
Members \$88 Non-Members \$98

Price includes meal, show and transportation on coach bus.

Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest success in pop-music history. Go behind the scenes and music of Frankie Valli and the Four Seasons to learn the secrets of a 40 year friendship as they work their way to stardom.

Board bus at Telfer Park at 8:30am, depart time 8:45am. Return at approximately 6:00pm.

Please register by April 15, 2024. Space may be available after April 15.



Brewers versus Cubs Thursday, May 30, 2024 AmFam Stadium, Milwaukee 12:10pm game

Member \$73 Non-Members \$83

Price includes ticket and transportation on coach bus.

Take me out to the ball game... Join us and cheer on your favorite team in this battle of the National League Central Division. This trip involves a large amount of walking and is not recommended for someone who has difficulty with mobility. Please let us know if you will need special assistance, such as a wheelchair at AmFam Stadium. Board bus at Telfer Park at 9:00am and depart at 9:15am. Return to Telfer Park 6:00-6:30pm.

Please register by April 30. Space may be available after April 30.

March 2024 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>INTERESTED IN PLAYING BUNCO OR LEARNING HOW TO PLAY? WE ARE LOOKING FOR INDIVIDUALS INTERESTED IN PLAYING ON TUESDAYS AT 1:00PM TO BEGIN IN APRIL/MAY. PLEASE SIGN UP AT THE FRONT DESK IF INTERESTED. WATCH FOR MORE INFO IN FUTURE NEWSLETTERS.</p>				<p>1 8:00 Billiards 8:30 Stretch Class 9:00 Tai Chi 10:00 Movie 12:30 Mexican</p>
<p>4 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>5 AARP Taxes 8:00 Billiards 9:30 Crazy 4 Crafts 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Security Awareness 12:00 Bridge 12:30 Cribbage</p>	<p>6 AARP Taxes 8:00 Billiards 8:30 Morning Stretch 9:45 No Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 No Theater 1:00 BIFF Presentation</p>	<p>7 8:00 Billiards 8:00 Open Sewing 9:00 Advisory Board Meeting 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre</p>	<p>8 8:00 Billiards 8:30 Stretch Class 11:00 Lunch Bunch 12:30 Mexican Train 12:00 Bridge</p>
<p>11 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Family Feud 1:00 Mahjong 1:00 Gentle Yoga 2:00 Ukes</p>	<p>12 AARP Taxes 8:00 Billiards 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:00 Bridge 12:30 Cribbage 1:00 All in the Family 1:00 Notorious Crimes</p>	<p>13 AARP Taxes 8:00 Billiards 8:30 Morning Stretch 9:45 No Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 No Theater</p>	<p>14 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 10:00 RSVP Benefits of Volunteering 12-4 Benefit Spec. 12:30 Euchre 1:00 RSVP Drivers Meeting 1:00 Pickleball</p>	<p>15 8:00 Billiards 8:30 Stretch Class 10:00 Drum and Music Circle 12:30 Mexican Train</p>
<p>18 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 1:00 Spring Fling 1:00 Mahjong 1:00 Gentle Yoga</p>	<p>19 AARP Taxes 8:00 Billiards 8:30 Toenail Care 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Chair Massage 12:00 St. Judes Bridge 12:30 Cribbage 2:30-4:00 Chili</p>	<p>20 AARP Taxes 8:00 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group 1:00 Bingo</p>	<p>21 8:00 Billiards 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 What the Tech</p>	<p>22 8:00 Billiards 8:30 Stretch Class 10:00 Healthy Eating /Air Fryer 12:30 Mexican Train</p>
<p>25 AARP Taxes 8:00 Billiards 8:30 Chair Exercise 10:00 Goldenaires 12:30 Game Day 12:30 Card Making 1:00 Mahjong 1:00 Gentle Yoga 1:00 Book Club 2:00 Ukes 2:30 Universal Yums</p>	<p>26 AARP Taxes 8:00 Billiards 9:30 Crazy 4 Crafts 9:30 Line Dancing Beginner 10:00 Line Dancing 12:00 Bridge 12:30 Cribbage</p>	<p>27 AARP Taxes 8:00Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Pinochle 1:00 Theater Group</p>	<p>28 8:00 Billiards 8-12 Benefit Spec. 8:00 Open Sewing 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball</p>	<p>29 <i>Spring Holiday Closed</i></p> 

Rock County Nutrition 608-757-5474

LUNCHES SERVED IN PERSON ONLY AT 11:30AM

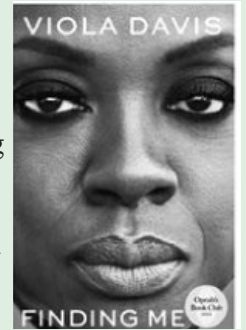
Eligibility: Any person age 60 or older regardless of income, residency and spouse of any age.
Dining Centers: Reservations are required and must be made no later than noon of the prior business day. **Home Delivered:** Must also be homebound.
Suggested donation: \$5.00 All donations are appreciated.
Funding provided by Title III (Older Americans Act) and donations.
Rock County ADRC is an equal opportunity provider.
No eligible person will be denied a meal because of inability to make a donation.

March
2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center; font-weight: bold; margin: 0;">Confidential Wisconsin Elder Abuse Hotline 1-833-586-0107</p>	<p style="margin: 0;">Why do people wear shamrocks on St. Patrick’s Day? Regular rocks are too heavy How can you tell if an Irishman is having a good time? He’s Dublin over with laughter. How did the Irish jig get started? Too much too drink and not enough restrooms.</p>			<p style="font-size: 24pt; font-weight: bold; margin: 0;">1</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 5px auto; width: 100px;"> <p style="background-color: red; color: white; padding: 2px; margin: 0; font-weight: bold;">SORRY</p> <p style="margin: 0; font-weight: bold;">TEMPORARILY CLOSED</p> </div>
<p style="font-weight: bold; margin: 0;">4</p> <p style="margin: 0;">Chicken Breast Carrots Green Beans Potato Salad Whole Wheat Bread Pumpkin Bar</p>	<p style="font-weight: bold; margin: 0;">5</p> <p style="margin: 0;">Baked Cod Rice Pilaf Cooked Spinach Winter Squash Whole Wheat Bread Melon Mix</p>	<p style="font-weight: bold; margin: 0;">6 <i>Chocolate Milk</i></p> <p style="margin: 0;">Spaghetti & Meatballs Romaine Lettuce w/ Dressing Broccoli Dinner Roll Warm Spiced Mixed Fruit</p>	<p style="font-weight: bold; margin: 0;">7</p> <p style="margin: 0;">Hot Shredded Pork Hamburger Bun Peas Zucchini Tomato Bake Mandarin Oranges Cookie</p>	<p style="font-weight: bold; margin: 0;">8 Meatless</p> <p style="margin: 0;">Broccoli Quiche Red Potatoes Asparagus Cottage Cheese Orange Juice Cinnamon Raisin Bread</p>
<p style="font-weight: bold; margin: 0;">11</p> <p style="margin: 0;">BBQ Chicken Breast Italian Blend Vegetables Stewed Tomatoes Whole Wheat Bread Fruited Applesauce Chocolate Mousse</p>	<p style="font-weight: bold; margin: 0;">12 <i>Chocolate Milk</i></p> <p style="margin: 0;">Beef & Rice Casserole w/ Green Peppers Peas Carrots Whole Wheat Bread Mandarin Oranges Lemon Bars</p>	<p style="font-weight: bold; margin: 0;">13</p> <p style="margin: 0;">Swedish Meatballs Noodles Cauliflower Beets Whole Wheat Bread Banana</p>	<p style="font-weight: bold; margin: 0;">14</p> <p style="margin: 0;"><u><i>St Patrick’s Day Menu</i></u> Corned Beef Cooked Cabbage Red Potatoes Carrots Rye Bread Mint Brownie</p>	<p style="font-weight: bold; margin: 0;">15 Meatless</p> <p style="margin: 0;">Lemon Parsley Cod Asparagus Carrots Rice Pilaf Applesauce Soft Oatmeal Cookie</p>
<p style="font-weight: bold; margin: 0;">18 <i>Chocolate Milk</i></p> <p style="margin: 0;">Turkey and Gravy Broccoli Mashed Potatoes/Gravy Whole Wheat Bread Mandarin Oranges Cake w/Berry Frosting</p>	<p style="font-weight: bold; margin: 0;">19</p> <p style="margin: 0;">Chopped Steak Winter Squash Corn Casserole Whole Wheat Bread Peaches Pudding</p>	<p style="font-weight: bold; margin: 0;">20</p> <p style="margin: 0;">American Goulash Green Beans Romaine Lettuce w/ Dressing Cheese Stick Dinner Roll Wrm. Cinn. Applesauce</p>	<p style="font-weight: bold; margin: 0;">21</p> <p style="margin: 0;">BBQ Pork Riblet Whole Wheat Hamburger Bun Baked Beans San Francisco Blend Vegetables Fruit Fluff</p>	<p style="font-weight: bold; margin: 0;">22 Meatless</p> <p style="margin: 0;">Tuna Casserole Carrots Winter Blend Vegetables Light Yogurt Banana</p>
<p style="font-weight: bold; margin: 0;">25</p> <p style="margin: 0;">Salisbury Steak Baked Bean Medley Peas Whole Wheat Bread Fruited Applesauce</p>	<p style="font-weight: bold; margin: 0;">26 <i>Chocolate Milk</i></p> <p style="margin: 0;">Southwest Chicken Casserole Zucchini Tomato Bake Carrots Yogurt Strawberries</p>	<p style="font-weight: bold; margin: 0;">27</p> <p style="margin: 0;">Shredded Pork/Gravy Egg Noodles Broccoli Winter Squash Watermelon Cookie</p>	<p style="font-weight: bold; margin: 0;">28 <i>Chocolate Milk</i></p> <p style="margin: 0;">Meatloaf Au Gratin Potatoes Green Beans Whole Wheat Bread Peaches</p>	<p style="font-weight: bold; margin: 0;">29 <i>Spring Holiday</i> <i>No Meals</i></p> <div style="text-align: center; margin-top: 10px;">  </div>

**Book Club “Finding Me: A Memoir” by Viola Davis
Monday, March 25 1:00-2:00pm**



Finding Me is Viola Davis’ story, in her own words, and spans her incredible, inspiring life, from her coming-of-age in Rhode Island to her present day. Hers is a story of overcoming, a true hero’s journey. Deeply personal, brutally honest, and riveting, *Finding Me* is a timeless and spellbinding memoir that will capture hearts and minds around the globe.

From Viola Davis: In my book, you will meet a little girl named Viola who ran from her past until she made a life-changing decision to stop running forever. This is my story, from a crumbling apartment in Central Falls, Rhode Island, to the stage in New York City, and beyond. This is the path I took to finding my purpose but also my voice in a world that didn’t always see me. *Finding Me* is a deep reflection, a promise, and a love letter of sorts to self. My hope is that my story will inspire you to light up your own life with creative expression and rediscover who you were before the world put a label on you.

Pickleball Play/Lessons Thursdays, March 14 & 28 1:00pm

Pickleball is similar to tennis but with a “wiffle ball” that does not move as fast, smaller racquets, shorter net and smaller court. Riley with Parks and Recreation Department, will be here to teach us the rules of the game and we will play non-competitively fun play. Pickleball is fun, social and friendly. Come play or come to watch. Open to everyone.

**ARE RECORD-HIGH ENERGY & WATER COSTS
SQUEEZING YOUR FIXED OR LIMITED INCOMES?**



ENERGY SERVICES FOR ROCK COUNTY and other local energy & water assistance providers are working together to **keep you safely in your home.**

LIHEAP Crisis Energy Assistance Funds may be available for those w/ special unmet needs additional LIHEAP crisis, KWW/CF, Heat and Housing For Heroes, or utility.
~ 800-506-5596 or www.heat.help

Low Income Household Water Assistance Program may be available to pay arrears preventing disconnection of water service & to help with bill reduction. You may also qualify for water conservation assistance: repairing leaky pipes, hot water heaters, & other measures to reduce monthly water usage.
~ 833-H2O-WISC (833-426-9472) or wisconsinwater.help

Low Income Weatherization/LIHEAP Emergency Furnace Assistance provides energy conservation services in eligible households to help reduce home energy costs and save energy, including insulation, sealing air leaks, installation of energy-saving products, and repair or replacement of inefficient furnaces or other appliances. Wisconsin’s Division of Energy Services oversees the Wisconsin Weatherization Assistance Program.

***** **FOR VETERANS** *****

Eligible households may receive rental assistance from **Veterans Rental Assistance Program** and energy assistance from the **Wisconsin Home Energy Assistance Program (WHEAP)** and **Heat & Housing For Heroes**.



Don't delay, call us today! 608-363-9200



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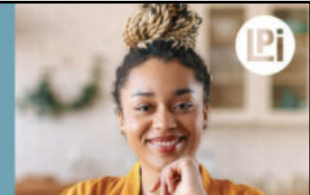
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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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



Frank Sinatra Tribute *Thursday, June 6, 2024* *White Pines Playhouse Mount Morris, IL*

Grinnell Members \$87 Mon-members \$97
Cost includes meal, show and transportation on coach bus.

Join us as we head to White Pines to enjoy nationally known Frank Sinatra Tribute artist Peter Onorato. In addition to "Ol Blue Eyes," Peter also pays tribute to icons from the 40's, 50's, & 60's artists including Bobby Darin, Nat King Cole, Doris Day, Bing Crosby, and many more! Just close your eyes and you will think they are in the room with you.

Board coach bus at Telfer Park at 9:30, depart at 9:45am. Return at approximately 6:00pm. Please register by May 6, space may be available at May 6.



Mind Over Matter: Healthy Bowels, Healthy Bladder

Mind over Matter is a workshop taught by a female for females. It is three sessions over five weeks. Designed to give older women learning strategies for preventing or lessening symptoms - researched and proven to improve bladder symptoms for 71% of participants and bowel symptoms for 55%. Attendance of all three sessions is required! Suggested donation is \$10.

A "MOM" Workshop series will be held at Grinnell Hall on (3) Wednesdays mornings: May 1, 15 & 29, 2024 from 10 am – 12 noon. Facilitator is Sherril Gilbertson.

For more information, or to register, please call Lisa Messer at the ADRC at: 608-757-5309 or email: [Li-sa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us). Space is limited, please register by April 17!