

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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.



MARCH 2025

**Grinnell Hall
Senior Center**

**631 Bluff
Street
Beloit WI
53511**

608-364-2875

**Monday-Friday
8am - 4pm**

Membership is for January-December 2025 and prices are as follows

Single Membership \$25 for Residents of Beloit &
\$30 for Non-Residents
Couple Membership \$40 for Residents of Beloit &
\$45 for Non-Residents

**This will be your last newsletter if you have not renewed
your membership for 2025**



*Aging & Disability Resource
Center Presentations*

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

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

Reservations required. Call Lisa Messer at (608)757-5309

The Grinnell Theater Troupe is Looking for you!

Are you passionate about the stage? Do you dream of captivating audiences and bringing stories to life? The Grinnell Hall Theater Troupe is looking for talented, enthusiastic actors to join our vibrant community of performers! If interested, come to Wednesday meetings at 1:00pm.



Meet the new Senior Center Coordinator!

Hello! My name is Ashley Cooper and I'm thrilled to be a part of Grinnell Hall. My family and I have relocated from Phoenix AZ to live the "small town" life. I look forward to everything Beloit and the state line area has to offer. I'm excited to see "seasons" for the first time in my life and getting acclimated to the cold.

I'm eager to bring new offerings to Grinnell Hall and to honor its history. Don't hesitate to stop by and say hello or offer a suggestion for a better Senior Center.

-Ashley

Senior Programs

Diamond Art

Come and join Jack and Marion for Diamond Art Classes! Simple art pieces are provided, complex or custom selected pieces can be purchased for additional funds.

Classes are held Monday's & Friday's from 9:45a-12p and are open to all members of Grinnell Hall

Open Sewing
Thursdays at 8am

Grinnell Card Games

500
Mondays at 12:30p



Game Day (Players Choice)
Mondays at 12:30p

Cribbage
Tuesdays at 12:30p

Pinochle
Wednesdays at 12:30p

Euchre
Thursdays at 12:30p

Hand & Foot
Thursdays at 12:30p

Bridge Groups
Golf
St. Judes
Sadies
Tuesday Bridge



Mahjong

Mondays & Wednesdays at 1pm

Mexican Train Dominoes
Fridays at 12:30pm

Open Sewing
Thursdays at 8am



Senior Events



Lunch Bunch – China House
 Friday, March 14 at China House at 11:30am
 Enjoy great food, conversation and meet some new friends.
 China House offers authentic and delicious tasting Chinese and Japanese cuisine
 2240 Prairie Ave Beloit, WI 53511
Please register at the Front Desk

Universal Yums Monday, March 24 at 2:30pm

Ready to taste an adventure? Join Heritage Woods of Belvidere and Rockford at Grinnell Hall as you will read about this month's selected country and sample savory and sweet snacks. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. We end the fun with a trip on the Trivia Train!
Please pre-register as space is limited to 20.

UKES Monday March 10th & 24th at 2:00pm

Join this Ukulele program and learn basic strumming and fingering techniques. Interested in expanding your skills? Arrive at **1:15pm** for Ukes Skills. Ukes Skills focusses on more intricate strumming, fingering and more modern songs



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Senior Fitness Programs

All individuals attending programs at Grinnell Hall must have a valid 2025 membership or purchase a day/weekly pass

Strong Bodies - Tuesdays & Thursdays April 1st-June 5th 8:15am



StrongBodies is a national evidence-based strength training program developed at Tufts University and is aimed at mid-life and older men and women. The benefits of strength training have been studied extensively and include increased muscle mass, strength and improved bone density, as well as additional physical and emotional benefits.

The StrongBodies program includes progressive strength training and balance and flexibility exercises. These exercises are safe and effective for all ages, including those who are not in perfect health. Suggested participant contribution of \$30 (cash or check) per session (10 weeks) helps offset program costs. You can register on the first day of class or contact Sara Ennocenti at sara.ennocenti@wisc.edu or call 608-757-5059 or register on-line at <https://rock.extension.wisc.edu/strong-women/strongwomen-of-rock-county-wi/>.

Please note that after you register on-line you must send in payment.
Make checks payable to UW-Extension Rock Co. with Strong Bodies in the memo line.

Pickleball Play/Lessons - Thursdays February 6th & 20th at 1:00pm

Pickleball is similar to tennis but with a "wiffle ball" that does not move as fast, smaller racquets, shorter net and smaller court. Parks and Recreation Department staff will teach the rules of the game and will include non-competitive fun play. Pickleball is fun, social and friendly. Open to everyone. We will be inside at Grinnell Hall. **Please let us know if you are interested.**

Yoga Classes

Yoga programs combine breathing, movement, and meditation to improve flexibility, strength, and balance.



Join us for Gentle Yoga Monday's at 1pm or Easy Stretch Yoga on Wednesday's at 9:45am



Low Impact Classes

Mondays - Chair Exercises
Wednesdays - Morning Stretch
Fridays - Stretch Class

All Classes are held weekly and begin at 8:30 am

Tai Chi

Tai Chi involve a series of slow, flowing movements, deep breathing, and meditation .
Join us for Tai Chi every Friday at 9:00am

Line Dancing

Join us for Line Dancing! Classes are Tuesday's @ 10am and Thursday's @ 9:30am.
New to dancing? Beginners can attend Tuesday's at 9:30am

Senior Programs

All individuals attending programs at Grinnell Hall must have a valid 2025 membership or purchase a day/weekly pass



Bingo Wednesday, March 19th 1:00-2:30pm

Join us as we play bingo with a variety of prizes. There is no cost for bingo and it is open to all members.

Grinnell Family Feud – Monday, March 10th 12:30pm

Join in on this fun game as "Family versus Family" compete. Your host is David Sowl who will create 2 teams and read the questions and provide answers to the top responses. Please register if you are interested in playing on a team. Winning team will be given individual prizes.

Pool With Hal, March 13th & 27th 1:00pm

Join Hal in Pool in the billiard's room



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Dedicated to your Health.



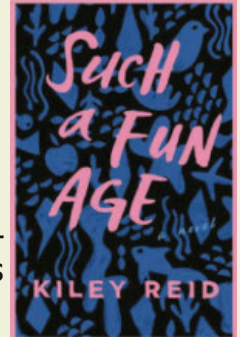
"Undercover Grandpa" Friday, March 7th at 10am

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

Book Club "Such a Fun Age" By Kiley Reid

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

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



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Resources



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 13th 12pm-4pm & Thursday, March 27th 8am-12pm

What The Tech with Mark Preuschl
Thursday, March 20th 1:00-3:00

Do you love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of it? Drop in for some help. Bring your cell phones, tablets or laptop with a list of questions. No appointment necessary
What the Tech is free.



beloit public library

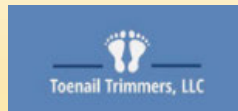
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Drop off your items. Please have items in a Ziplock bag labeled with your name, phone number, and requested services
Fees are charged for work

TOENAIL TRIMMERS APPOINTMENTS

Tuesday March 4th

A registered nurse is available to trim your toes and Dremel if necessary. Appointments are 30 minutes and **cost is \$35**. You can get your fingernails trimmed for an additional \$15 at the same appointment or make a separate appointment. Payment will be by cash/check only. Insurance not accepted. Appointments can be made by calling Toenail Trimmers at 262-719-0336



Beloit Disabled American Veterans (DAV)

If you are a veteran or know a veteran and want to find out about benefits you are invited to attend a DAV meeting at Grinnell Hall.

Please note this is not for insurance issues

Meetings are on the 4th Thursday at 6:00pm with the exception of December. You do not have to be a DAV member to attend the meeting. For more info call 608-290-1904.

Chair Massage - Tuesday March 11th & 25th

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. Please pay by cash on the day of your appointment.

Please register at the Front Desk



St. Patrick's Day Word Search



P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
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CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



March 2025 Calendar of Activities

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

Return of : All in the Family
Tuesday, March 11th at 1:00pm

A group of "strangers" coming together to become friends and a support group for all. Come and join us....you are only a stranger the first time. 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.

3 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga
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ADRC Nutrition Program
Dining Centers and Home Delivered Meals

Regular Menu
March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken & Wild Rice Broccoli Peas Dinner Roll Peaches & Pears	4 Beef Roast w/Gravy Noodles Butternut Squash Cucumber Salad Whole Grain Roll Choc. Chip Brownie Pineapple D	5 <i>(Meatless)</i> 3 Bean Vegetarian Chili Carrots Cauliflower Mandarin Oranges Whole Grain Roll	6 Chicken w/Gravy Mashed Potatoes Cauliflower Green Beans Romaine w/French Whole Grain Bread Pumpkin Bar CH D	7 <i>(Meatless)</i> Oven Baked Cod Tartar Sauce Roast Garlic Potatoes Beets Rye Bread Gelatin w/ Pears D
10 Chicken Alfredo w/Pasta Carrots Spinach Whole Grain Roll Peaches	11 Beef Tips Baked Potato Wedges Peas Whole Grain Roll Banana Frosted Lemon Cake D	12 Roasted Pork Loin Sauerkraut BBQ Pinto Beans Whole Grain Bread Apple Kettle Crisp CH D	13 Spaghetti & Meatballs Mixed Vegetables Broccoli Whole Grain Roll Gelatin w/Pears D	14 <i>(Meatless)</i> Egg & Cheese Bake Red Potatoes Asparagus Cottage Cheese Orange Juice Cinn. Raisin Bread
17 <u><i>St. Patrick's Menu</i></u> Corned Beef Cooked Cabbage Red Potatoes Carrots Rye Bread Mint Brownie D	18 BBQ Pork Rib Patty Ranch Pinto Beans Romaine w/Italian Cornbread Warm Spiced Peaches Lemon Cookie CH D	19 Hamburger w/Swiss Mushrooms Whole Grain Bun Baked Potato Wedges Stewed Tomatoes Mixed Fruit	20 Chicken Bruschetta Lentils w/Lemon & Dill Romaine w/Italian Beets WG Bread SF Vanilla Pudding CH	21 <i>(Meatless)</i> Parmesan Cod Roasted Garlic Potatoes Ital. Blend Vegetables Rye Bread Gelatin w/Pears D
24 Sloppy Joe (Turkey) Whole Grain Bun Carrots Baked Potato Wedges Romaine w/French Crispy Rice Treat CH D	25 Meatballs & Gravy Confetti Brown Rice Green Beans Peas Carrot Raisin Salad Whole Grain Roll Orange	26 Chicken Parmesan Pasta Irish Blend Vegetables Broccoli Whole Grain Roll Pears Oatmeal Raisin Cookie D	27 Taco Casserole Mexican Pinto Beans Spanish Rice Lettuce & Tomatoes Cornbread Apple Kettle Crisp Sugar-Free Pudding D	28 <i>(Meatless)</i> Parmesan Cod Sweet Potatoes Corn Whole Grain Bread Tropical Fruit Mix Frosted Spice Cake CH D
31 Spaghetti w/Meat Sauce (turkey) Brussels Sprouts Broccoli Whole Grain Roll Mixed Fruit Chocolate Chip Cookie D				

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

Dining centers: Reservations are required and must be made no later than noon of the prior business day
Suggested contribution: \$5.00. All contributions are appreciated.

Home delivered: Must also be homebound. Suggested contribution: \$5.00

Call 608-757-5474 for Reservations, Cancellations, & Home Delivered Meal Information



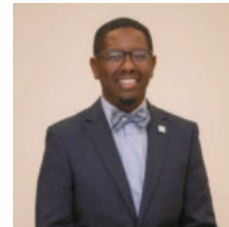
Glos, Yoshi	Mar 01
Smith, Mary	Mar 01
Kasbohm, Robert	Mar 02
Studinski, Kenneth	Mar 04
Place, Sharon	Mar 07
Loehrl, Duane	Mar 12
Woods, Kathy	Mar 12
Ackley, Roselyne	Mar 20
Ackley, Jamie	Mar 22
Regenold, Leslie	Mar 23
Aschim, Jan	Mar 23
Pysher, Carole	Mar 25
Kline, Gary	Mar 26



Guest Speaker

Join us on Wednesday March 19th at 12:45p. Dr Willie Garrison, Superintendent of Beloit Schools, will be available for a Q & A session.

Feel Free to come hear what Dr. Garrison has to say and ask some questions. Stick around for Bingo which will be held right after.



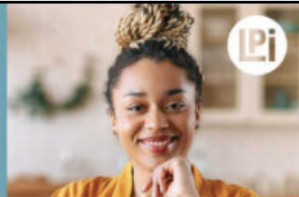
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Did You Know?

March is Women's History Month?

Check out these notable women with ties to Beloit

Marcia Anderson

In 2011, Anderson became the first African-American woman to achieve the federally recognized rank of major general in the US Army, US Army Reserve and the US Army National Guard

Judy Robson

Robson was the first female Democratic Senate majority leader in Wisconsin history

Danica Patrick

Patrick is the most successful woman in the history of American open-wheel car racing

Stephanie Klett

Klett is a graduate from Beloit College in 1989 and served as Miss Wisconsin in 1992. She is currently a TV personality

Did You Know?

St Patrick's Day Facts

The odds of finding a four-leaf clover are about 1 in 1,000.

Over 100 countries around the world celebrate St. Patrick's Day. This includes Japan, Singapore, New Zealand, and Russia.

The first St. Patrick's Day was celebrated in America. A St. Patrick's Day parade was held in America in 1601

The word "Leprechaun" means "small-bodied fellow."

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. St. Patrick was born in Roman Britain, and it is believed that he was kidnapped and brought to Ireland as a slave at 16. .

Colon cancer screenings save lives

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

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

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



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Nick Palasini

npalasini@lpicommunities.com

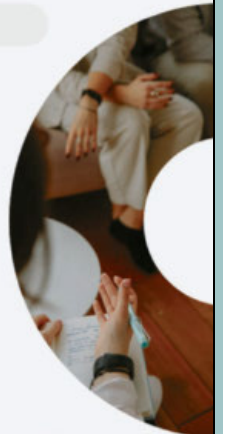
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Beloit, WI 53511

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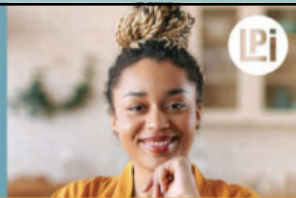
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Grinnell Hall, Beloit, WI

F 4C 01-1352



Are you 55 and over?

Join us for our Fun, Educational Monthly Program:

Do You Know?

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

Grinnell Hall, Beloit

Socialization Not Isolation



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

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

Space is limited to the first 20 people. Reservations are required. Call us at 608-362-9593 or email us at

lchmielewski@rsvp-rock.org



COMING SOON

Summer Trip Information

Thank you for your understanding as we finalize our Summer Trips for Grinnell Hall Members. Trip location and prices are still being confirmed and should be available by March 14th at the latest.

Information will be published in April's newsletter. Be sure to renew your membership to continue receiving your newsletter in the mail.



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- Bathing & Dressing Assistance
- Assistance with Walking
- Medication Reminders
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Companion Care
- Respite Care for Families
- Veterans Care
- Alzheimer's Care

815.977.3452
VisitingAngels.com/Rockford

PROUDLY CARING FOR VETERANS

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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
Website: www.beloitwi.gov



Grinnell Hall 2025 Membership

It's membership renewal time and we will begin taking memberships at any time.
Membership is for January-December 2025 and prices are as follows

Single Membership \$25 for Residents of Beloit & \$30 for Non-Residents of Beloit
Couple Membership \$40 for Residents of Beloit & \$45 for Non-Residents of Beloit

Membership is open to anyone age 50 and older

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

Membership Drive Raffle Winners

Randy W.
Dianne M
Marcia S
Gary B
Betty K
Yoshi G

Phyllis O
Katheryn H
Jean B
Kathy V
Julie P
Rose D
Laurie S

Karen W
Linda H
Nicki M
Diane M
Sherry W
Kay H