

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.



**APRIL
2025**

**Grinnell Hall
Senior Center**

**631 Bluff St
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



***Aging & Disability Resource
Center Presentations
(Rescheduled from March)***

***Stepping Up Your Nutrition -
Tuesday April 1st 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

We are sad to announce that after several years of "What the Tech" at Grinnell Hall Mark Preuschl's last workshop was held in March. If you still have tech needs or questions, please note that the Beloit Public Library hosts Tech Tuesdays from 3pm-6pm weekly

Thank you for all you did Mark!

New to Grinnell

Project Linus

Grinnell Hall now accepts blanket and supply donations for the Rock County Chapter of Project Linus

Don't have a sewing machine? Join our open sewing group on Thursdays from 8a-3p. We can provide all the materials needed to help you create a blanket for a good cause

Project ♥ Linus

*Providing Security
Through Blankets*

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

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. Jude's

Sadie's

Tuesday Bridge



Mahjong

Mondays & Wednesdays at 1pm

Mexican Train Dominoes

Fridays at 12:30pm

Open Sewing

Thursdays at 8am-3pm



Senior Events



Lunch Bunch – Friday April 11th at 11:30am
Enjoy great food, conversation and meet some new friends.

Pizza Ranch
4797 Bluestem Rd. Roscoe IL 61073

Please register at the Front Desk

Universal Yums Monday, April 21st 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 April 7th & 21st 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

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 April 3rd & 17th at 1:00pm

Pickleball is similar to tennis but with a “whiffle 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

Join us for Line Dancing!
Tuesday’s @ 10am
Thursday’s @ 9:30am

Line Dancing



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, April 16th 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
This month's Bingo is hosted by Comfort Keepers




Grinnell Family Feud - Monday, April 7th 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, April 10th & 24th 1:00pm

Join Hal for Pool in the billiard's room





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LEAPFROG HOSPITAL SAFETY GRADE
FALL 2024



Beloit Health System

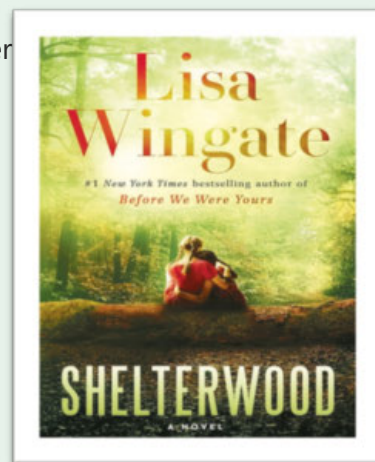
Committed to our Community.
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Book Club "Shelterwood" By Lisa Wingate

Monday, April 28th at 1pm

Oklahoma, 1909. Eleven-year-old Olive Augusta Radley knows that her stepfather doesn't have good intentions toward the two Choctaw girls boarded in their home as wards. When the older girl disappears, Ollie flees to the woods, taking six-year-old Nessa with her. Together they begin a perilous journey to the remote Winding Stair Mountains, the notorious territory of outlaws, treasure hunters, and desperate men. Along the way, Ollie and Nessa form an unlikely band with others like themselves, struggling to stay one step ahead of those who seek to exploit them . . . or worse.

Oklahoma, 1990. Law enforcement ranger Valerie Boren-Odell arrives at newly minted Horsethief Trail National Park seeking a quiet place to balance a career and single parenthood. But no sooner has Valerie reported for duty than she's faced with local controversy over the park's opening, a teenage hiker gone missing from one of the trails, and the long-hidden burial site of three children unearthed in a cave. Val's quest for the truth wins an ally among the neighboring Choctaw Tribal Police but soon collides with old secrets and the tragic and deadly history of the land itself.



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DHS Approved 4/22/2021

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, April 24th 8am-12pm



RSVP of Rock County Inc. has moved!
Visit us at our new office located at
Big Hill Center
1201 Big Hill Ct. Beloit, WI 53511
Office Hours: Monday-Friday 8am-4pm
(608) 362-9593



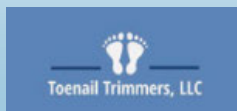
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for more information

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bag labeled with your name, phone number, and
requested services
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Toenail Trimmers - Tuesday April 1st & 15th

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 April 8th & 22nd

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



Volunteers

WORD SEARCH PUZZLE



Volunteers are amazing people! Find and circle the good qualities of volunteers in the puzzle below. Look down, across, up, backward, and diagonally. Then, give yourself a pat on the back!

I	N	V	O	L	V	E	D	U	R	T	A	I
R	R	N	O	M	U	G	V	S	U	G	T	R
E	N	C	O	U	R	A	G	I	N	G	T	Y
L	W	M	R	E	S	P	E	C	T	F	U	L
I	O	S	B	N	E	R	Y	M	O	C	D	U
A	N	L	T	W	T	S	H	I	N	E	A	F
B	D	Y	A	E	F	U	H	O	V	M	I	T
L	E	C	T	I	R	O	J	O	A	O	F	H
E	R	U	S	M	C	R	T	Z	W	S	A	G
N	F	Y	L	D	N	E	I	R	F	E	A	U
G	U	F	O	P	D	N	P	F	N	W	B	O
O	L	I	E	M	G	E	U	S	I	A	T	H
S	Y	T	M	L	O	G	O	F	T	C	I	T

WORD LIST

ACTIVE
AMAZING
AWESOME

DEVOTED
ENCOURAGING
FRIENDLY

FUN
GENEROUS
INVOLVED

RELIABLE
RESPECTFUL
SPECIAL

TERRIFIC
THOUGHTFUL
WONDERFUL

April 2025 Calendar of Activities

Page 9





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:15 Strong Bodies 9:00 Toenail Trimmers 9:30 Line Dancing 10:00 Line Dancing 12:30 Cribbage 12:30 Bridge-Golf 1:00 –Nutrition Presentation	2 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:00 Info Session 1:00 Mahjong 12:30 Pinochle 1:00 Theater	3 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball	4 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train
	7 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	8 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage 1:00 All in the Family	9 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 1:00 Mahjong 12:30 Pinochle 1:00 Theater	10 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pool With Hal
14 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	15 8:15 Strong Bodies 9:00 Toenail Trimmers 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 St. Jude's Bridge 12:30 Cribbage	16 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 1:00 Mahjong 12:30 Pinochle 1:00 Bingo	17 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball	18 <p>Center Closed City Holiday</p> 
21 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	22 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage	23 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:30 Pinochle 1:00 Mahjong 1:30 Cooking & Seasoning w/ herbs	24 8:00 Open Sewing 8:00 Benefits Specialist 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pool With Hal	25 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train
28 8:30 Chair Exercise 9:45 Diamond Art 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga 1:00 Book Club	29 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:30 Cribbage	30 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:30 Pinochle 1:00 Mahjong	<div> <p>PROGRAM PARTNERS</p> <p>Universal Yums - Heritage Woods Chair Massage - Alicia J. Toenail Trimming - Toenail Trimmers LLC ADRC - Benefits Specialist ADRC- Stepping Up Your Nutrition Bingo - Comfort Keepers Foodwise - UW Madison Extension Book Club- Beloit Public Library</p> </div>	



**ADRC Nutrition Program
Dining Centers and Home Delivered Meals**

**Regular Menu
April 2025**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Breast Brown Rice Cauliflower Carrots Tropical Fruit Mix CH	2 Cheeseburger Casserole Spinach Peas Applesauce Sugar Cookie D	3 Roast Turkey w/Gravy Mashed Potatoes Beets Cottage Cheese Whole Grain Bread Peaches	4 <u>(Meatless)</u> Parmesan Cod Tartar Sauce Savory Rice Pilaf Baked Beans Cabbage Pears
7 Rosemary Chicken w/Gravy Roasted Garlic Potatoes Peas Whole Grain Bread Applesauce Chocolate Chip Cookie D	8 Tuna Macaroni Salad Pea Salad Strawberries Vanilla Yogurt Fruity Oatmeal Bar D	9 Beef Roast w/Gravy Mashed Potatoes Beets Romaine Salad w/Ranch Dressing Rye Bread Chocolate Cake CH D	10 Taco Meat (turkey) Spanish Brown Rice Stewed Tomatoes Mexican Pinto Beans Pears	11 <u>(Meatless)</u> Cheese Stuffed Shells w/Red Sauce Green Beans Italian Vegetables Light Vanilla Yogurt
14 Bratwurst Whole Grain Bun Peppers & Onions Baked Beans Spinach Salad w/Ranch Cinnamon Apples	15 Chicken Stir Fry Brown Rice Stewed Tomatoes Melon Mix Sugar-Free Pudding	16 Beef Roast w/Gravy Mashed Potatoes Peas Whole Grain Bread Apple Slices Peanut Butter	17 Chicken Breast w/Mushroom Gravy Pasta Green Beans Broccoli Pears CH	18 NO MEALS <i>Spring Holiday</i> 
21 Parmesan Cod Au Gratin Potatoes Brussels Sprouts Carrot Raisin Salad Whole Grain Bread Strawb/Banana Yogurt	22 Turkey Salad Croissant Vegetable Pasta Salad Three Bean Salad Orange	23 Spaghetti & Meatballs Broccoli Romaine Salad w/Caesar Dressing Whole Grain Roll Cinnamon Apples	24 Salisbury Steak Mushroom Gravy Mashed Potatoes Green Beans Whole Grain Bread Power Brownie D	25 Chicken & Wild Rice Carrots Peas Cornbread Gelatin w/Pears Sugar Cookie CH D
28 BBQ Pork Rib Patty Baked Bean Medley Stewed Tomatoes Rye Bread Pears	29 Chicken & Mushroom Alfredo w/Pasta Broccoli Carrots Whole Grain Roll Tropical Fruit Pudding	30 Meatloaf w/Gravy Potato Wedges Carrots Whole Grain Bread Apple Kettle Crisp D		

Eligibility: Any person aged 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.
Home delivered: Must also be homebound. Suggested contribution: \$5.00.

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

Did you know?

It costs Grinnell Hall 97 cents to mail each newsletter and can take up to a week from mail date to get to your front door.

If you'd like to help Grinnell reduce costs and pick up your newsletter earlier, please let the front desk know and we will take you off our mailing list and add you to our in-person pick up.

If you enjoy having your newsletter delivered, nothing is required at this time.



Cooking Classes are Back!



Cooking and Seasoning with Herbs

Join FoodWise Nutrition Educator, Amelia to discuss healthy ways to enhance your cooking. A food demonstration with sample will be provided. Bon Appetit!

Wednesday, April 23, 2025
1:30 - 2:30 pm

Register at the Front Desk

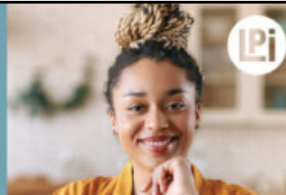
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Grinnell Hall is lucky to have a group of dedicated volunteers that keep the center busy and keep programs running.

Thank you to our dedicated volunteers, we are beyond grateful for the service you provide. We couldn't do it without you!



Year to date 2025 hours

AARP Volunteers- 284 hours
Instructors- 196 hours
Nutrition- 182 hours
Other Volunteer Duties- 237 hours

Total 2024 hours
4604 total hours

Volunteer Week is April 20-26



Thank you, Mercyhealth volunteers!

With sincere gratitude, we thank our wonderful Mercyhealth volunteers for their endless commitment and contributions to our hospitals and community. We are grateful for their willingness to share their time and talents with our patients, visitors, and staff.

*If you're interested in volunteering at Mercyhealth, visit mercyhealthsystem.org/volunteers.
Prefer to call? Dial (608) 756-6739 in Wisconsin or (815) 971-0674 in Illinois.*

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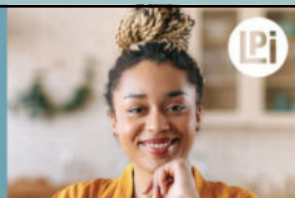
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Grinnell Hall, Beloit, WI

F 4C 01-1352

Upcomming Summer Trips

Murder on the Orient Express – Fireside Theater

Cost \$85

May 9th, 2025

Registration opens 3/10/2025

Carpool Event



Magnificent Summer Series – Clauson Family Music Shows

Cost \$100

June 12th, 2025

Registration opens 3/10/2025

Bus departs from Telfer Park



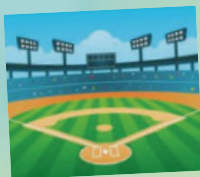
Brewers vs Cubs – American Family Stadium

Cost \$80

July 30th, 2025

Registration opens 6/2/2025

Bus departs from Telfer Park



Registration for trips begin approximately 8 weeks prior to trip date

Early registrations are not accepted

All participants must be a member of Grinnell Hall or purchase a day pass on the day of the trip

A NO REFUND policy will be strictly enforced

Refunds will only be issued if Grinnell Hall cancels the trip

Swing by Grinnell Hall to pick up a trip brochure for a complete list of trips for 2025

April Birthdays

Opal V.	Apr 01	Fred S.	Apr 12
Jane L.	Apr 01	Eileen B.	Apr 14
Shirley F.	Apr 02	Kathy M.	Apr 16
Betty A.	Apr 03	Richard H.	Apr 18
Nancy S.	Apr 05	Caroline B.	Apr 20
Shelley G.	Apr 05	Mike S.	Apr 20
Sharon W.	Apr 06	Roy H.	Apr 22
Pamela C.	Apr 07	Sandra M.	Apr 23
Rose D.	Apr 08	Larry J.	Apr 24
Karen W.	Apr 10	Linda W.	Apr 24
LeeAnn M.	Apr 10	Mary T.	Apr 25
Richard B.	Apr 10	Norma B.	Apr 28
Sheryl H.	Apr 12	Inez M.	Apr 29



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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



Public Input Session/Q&A Meeting

Have you heard about changes at Grinnell Hall?

Do you have questions about Grinnell Hall?

Grinnell Hall Senior Center will hold a public information meeting to discuss recent changes regarding the advisory board, fees, Nellie's Nook, and trip procedures.

The meeting is scheduled at 12:00 pm on Wednesday April 2, 2025, at Grinnell Hall, 631 Bluff Street, Beloit. The meeting will begin with an overview of recent changes, followed by a question-and-answer session with Senior Center Coordinator, Ashley Cooper.

If you are unable to attend the meeting but have questions, comments, or concerns, please contact Ashley Cooper at coopera@beloitwi.gov or (608)-364-5855.

This session is open to everyone, and participation is strongly encouraged.