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PARKS AND RECREATION DIVISION

FOR IMMEDIATE RELEASE

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**April 2025 Grinnell Hall Senior Center Events**

**March 24, 2025** - Grinnell Hall Senior Center is proud to announce its upcoming events for April 2025.

**Grinnell Hall Public Information Meeting/Q&A; 12pm Wednesday, April 2.** Learn about recent changes regarding the advisory board, fees, Nellie's Nook and trip procedures. Meet new Senior Center Coordinator Ashley Cooper, who will be available for a question-and-answer session after a brief overview of recent changes. Free and open to everyone.

**StrongBodies; 8:15am Tuesdays & Thursdays, April 1-June 5.** 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 10-week session helps offset program costs. Open to all Grinnell Hall members.

**Diamond Art; 9:45am Mondays & Fridays (continuous program).** Join us for Diamond Art classes. Simple art pieces are provided; complex or custom pieces are available for purchase. Open to all Grinnell Hall members.

**Cooking with Herbs & Spices; 1:30pm Wednesday, April 23.** Join FoodWise Nutrition Educator Amelia to discuss healthy ways to enhance your cooking. A food demonstration with samples will be provided. Open to all Grinnell Hall members.

**Book Club; 1pm Monday, April 28.** Join fellow book lovers as we read and discuss Shelterwood by Lisa Wingate. Book discussion is led by a member of the Beloit Public Library. Open to all Grinnell Hall members.

Grinnell Hall Senior Center is located at 631 Bluff St., in Beloit, WI, serving stateline area seniors age 50 and older. Learn more about our programs and affordable memberships at <https://www.beloitwi.gov/seniors>.

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