

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center
Open to all no matter where you live.



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.

MAY
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

Thank you to everyone who attended and participated in our informational meeting in April. Below are the "highlights" of the meeting. If you'd like more information, please stop by the front desk.

Fees

Changes were made in the 2025 fee schedule that effected memberships costs.
Those fees are inline with other Senior Centers in the area.

Advisory Board

The current Grinnell Advisory Board will undergo changes that will align with current city policies. This includes forgoing any fundraising activities. The Advisory Board will be renamed the Advisory Committee and will continue to host events and have insight into programs and events at Grinnell.

Nellie's Nook

Nellie's Nook will continue in it's current capacity for the time being. The City of Beloit will seek a partner agency to oversee operations of Nellie's Nook. The Advisory Board/Committee is not permitted to take funds

Trips

Trips are for members only. Guests may purchase a day passes (on the trip date) to attend trips. Additionally, no refunds will be issued for trips (unless canceled by the venue or the City of Beloit).

Volunteers

We look forward to revising how volunteers are utilized at Grinnell Hall. This will include an orientation that clearly defines roles and responsibilities and aligns with city policies.

Grinnell Hall is excited for these changes and hope that they will improve the experience provided to members at Grinnell Hall. Please reach out to Ashley (coopera@beloitwi.gov or 608-364-5855) if you'd like more clarification or have any questions/suggestions.

Senior Programs

Program Partners

Chair Massage
Alicia J.

Toenail Trimming
Toenail Trimmers LLC

Benefits Specialist
ADRC

Stepping Up Your Nutrition
ADRC

Bingo
Visiting Angels

Foodwise
UW Madison Extension

Book Club
Beloit Public Library

Celebrate Asian American &
Pacific Islander Month by
joining Yoshi for
Tai Chi
Fridays @ 9am

Tai chi is a practice that
involves a series of slow
gentle movements and
physical postures, a
meditative state of mind,
and controlled breathing

Euchre 1st Quarter Winners

1st Place
Ron P 66pts

2nd Place
Sherry W 59pts

3rd Place
Linda H 56pts

Diamond Art

Come and join Jack and
Marion for Diamond Art
Classes! Simple art pieces are
provided, complex or custom
selected pieces can be pur-
chased 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 12:30pm

Game Day (Players Choice)

Mondays at 12:30pm

Cribbage

Tuesdays at 12:30pm

Pinochle

Wednesdays at 12:30pm

Euchre

Thursdays at 12:30pm

Hand & Foot

Thursdays at 9:00am



Bridge Groups

Golfer Bridge
David's Bridge
Tuesday Bridge

Open Sewing

Thursdays at 8am-3pm

Mahjong

Mondays & Wednesdays at 1pm in the Library

Mexican Train Dominoes

Fridays at 12:30pm



Cribbage



Senior Events



Lunch Bunch – Thursday May 8th at 11:30am
Fiesta Cancun
5077 Rockrose Ct, Roscoe, IL 61073

Enjoy great food, conversation and meet some new friends.
Please register at the Front Desk



GOOD DRUGS GONE BAD

Learn why it's important to dispose of unused and expired medication properly. Also, bring your sharps for disposal.

Friday, May 2nd at 11:00 Am
Grinnell Hall Senior Center
631 Bluff St, Beloit WI

**TO RECEIVE LUNCH YOU MUST PRE-REGISTER
BY NOON ON MAY 1ST BY CALLING 608-757-5474**



**GIVE AWAYS- LOCK BOXES,
SHARPS RECEPTACLES,
DISPOSAL SYSTEMS**



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I work by referral. Please don't keep me a secret

We do not offer every plan available in your area. Currently we represent 6 organizations which offer 55 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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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 May 1st and 15th 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

Line Dancing

Join us for Line Dancing!
Tuesday's @ 10am
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, May 14th 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
Presented by Visiting Angels

Grinnell Family Feud – Monday, May 12th 12:30pm

Your host is David Sowl who will create 2 teams and read the questions and provide answers to the top responses. Please register at the front desk. Winning team will be given individual prizes.

Pool With Hal, Thursdays May 8th & 22nd

NEW TIME - 9:30 am

Join Hal for Pool in the billiard's room



EMERGENCY CARE

When an Emergency Happens

Know Where to Go

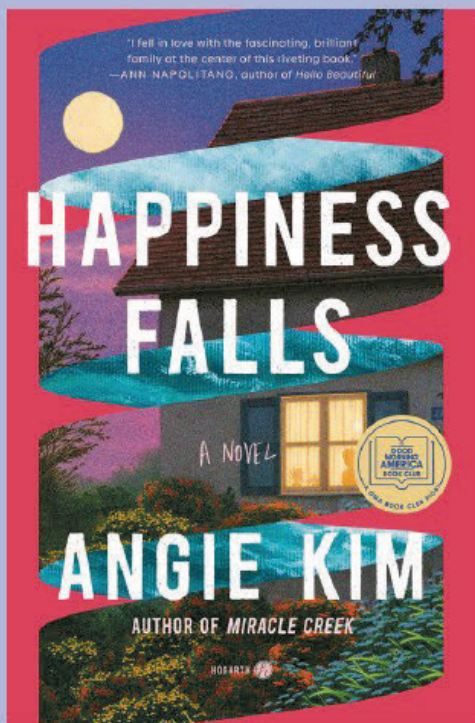
Beloit Health System is a Level III Trauma rating, the highest rating in Rock County.

From specialized training for our staff to advanced technology and equipment, we are equipped to handle a wide range of traumatic injuries.

When every second counts, trust Beloit Health System for the highest level of care possible. Your health and well-being are our top priority.



Committed to our Community.
Dedicated to your Health.



Grinnell Book Club

May 27, 2025

1-2

“We didn’t call the police right away.” Those are the electric first words of this extraordinary novel about a biracial Korean American family in Virginia whose lives are upended when their beloved father and husband goes missing.

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For more information on your long-term care
options, contact your local ADRC.

DHS Approved 4/22/2021

Resources



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



beloit public library

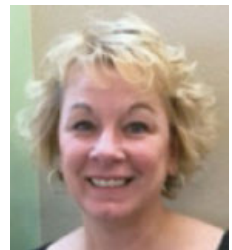
Beloit Public Library offers
Free Notary Services &
Tech Tuesdays
3p-6p

Watch Battery Replacement
Drop off your watch at the front desk
Repairs dropped off before the 10th of the month
will be available for pick up after the 20th.
Please have items in a Ziplock bag labeled with your
name, phone number, and requested services
Fees range between \$2-\$5

Elder Benefit Specialist
Lachel Fowler, Benefit Specialist

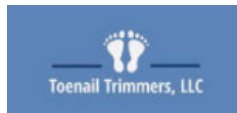
The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit and entitlement programs as well as other issues. Lachel works with Rock County residents 60 and over regardless of financial status. Please call 608-757-5414 for additional information.

Thursday, May 8th 8am-12pm



Toenail Trimmers - Tuesday May 20th

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 May 13th & 27th

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




Cinco De Mayo Word Search




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

Mexico

Fiesta

Sombrero

Guacamole

Salsa

Tradition

Flag

Parade

Music

Dance

Food

Tacos

Churros

Pinata

Maracas

Tortilla

Cactus

Dress

Blanket

Ole

Victory



May 2025 Calendar of Activities

Page 9





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROGRAM LOCATION Veterans Room Auditorium Rec Room Dining Hall Library Multi Purpose Room			1 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball	2 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train Dominos 1:00 Dave's Bridge 
5 8:30 Chair Exercise 9:45 Diamond Art 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	6 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Mind Over Matter 12:00 Golfer Bridge 12:30 Cribbage 1:00 All in the Family	7 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater	8 8:00 Benefits Specialist 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:00 Advisory Committee Mtg 9:30 Pool With Hal 9:30 Line Dancing 11:30 Lunch Bunch 12:30 Euchre	9 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train Dominos FIRESIDE TRIP
12 8:30 Chair Exercise 9:45 Diamond Art 10:00 Goldenaires 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 & Strings	13 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:30 Cribbage	14 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater 1:00 Bingo 	15 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:00 Pickleball	16 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train Dominos 1:00 Dave's Bridge
19 8:30 Chair Exercise 9:45 Diamond Art 10:00 Goldenaires 12:30 Game Day 12:30 Cards "500" 1:00 Mahjong 1:00 Gentle Yoga	20 8:15 Strong Bodies 8:30 Toenail Trimmers 9:30 Line Dancing Beginners 10:00 Line Dancing 10:00 Mind Over Matter 12:30 Cribbage	21 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater	22 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Pool With Hal 9:30 Line Dancing 12:30 Euchre	23 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train Dominos
26 	27 8:15 Strong Bodies 9:30 Line Dancing Beginners 10:00 Line Dancing 12:00 Chair Massage 12:00 Last Tues Bridge 12:30 Cribbage 1:00 Book Club	28 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks w/ Sticks 12:30 Pinochle 1:00 Mahjong 1:00 Theater	29 8:00 Open Sewing 8:15 Strong Bodies 9:00 Hand & Foot 9:30 Line Dancing 12:30 Euchre 1:30 All-Star Senior Snacks	30 8:30 Stretch Class 9:00 Tai Chi 9:45 Diamond Art 12:30 Mexican Train Dominos



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

**Regular Menu
April 2025**



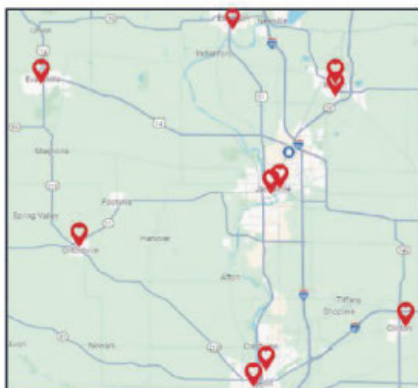
Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Chicken Breast Brown Rice Cauliflower Carrots Tropical Fruit Mix CH	2 Cheeseburger Casserole Spinach Peas Applesauce Sugar Cookie D	3 Roast Turkey w/Gravy Mashed Potatoes Beets Cottage Cheese Whole Grain Bread Peaches	(Meatless) 4 Parmesan Cod Tartar Sauce 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	10 Taco Meat (turkey) Spanish Brown Rice Stewed Tomatoes Mexican Pinto Beans Pears D	(Meatless) 11 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	NO MEALS 18 <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
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.
 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



Did you know? You can check out a blood pressure monitor from your local library or YMCA courtesy of Rock County Public Health.



Monitor Locations:

- Beloit Public Library
- Clinton Public Library
- Creekside Place (Evanville)
- Eager Free Public Library
- Edgerton Public Library
- Hedberg Public Library
- Milton Public Library
- Orfordville Public Library
- Parker YMCA (Milton)
- Stateline Family YMCA (Beloit)
- YMCA of Northern Rock County (Janesville)

Ask a staff person at any of these locations about checking out a Rock County Public Health blood pressure monitor today!



Healthy Snacking Made Easy

Join FoodWise and discover how to make delicious snacks that are both nutritious and satisfying.

Grinnell Hall
Thursday, May 29, 2025
1:30 - 2:30 pm

Register at the Front Desk



Community Care

Set your independence in motion. It starts with a community that cares.

Contact your local Aging and Disability Resource Center (ADRC) at 844-WIS-ADRC (844-947-2372) to learn more about long-term care options in your area.



Call 866-992-6600 for additional information



**DID YOU
KNOW?**

Grinnell Hall sells Yard Waste Stickers
and Bus Passes

Yard Waste Stickers
\$10 - Sheet of 5 stickers



Bus Passes
\$12 - 10 Ride Pass
\$6 - 10 Ride Pass (Senior/Disabled)

**Mind Over Matter**

Healthy Bowels, Healthy Bladder



Take steps to prevent or
improve your bladder and
bowel health.

In just one month, you can learn
strategies to prevent or improve
symptoms, so you can focus on doing
the things that matter to you.

Check It Out!

2025 Upcoming Mind Over Matter
workshop in Beloit, for ages 60+:

Grinnell Hall Senior Center

631 Bluff Street, Beloit, WI 53511

Workshop requires attendance on
(3) Tuesday mornings 10 am -12
noon on May 6, 20 & June 3, 2025.

Leader: Sherril Gilbertson

To inquire or to register by April 29,
2025, contact the ADRC of Rock
County at: 608 -757-5309 or email:
Lisa.Messer@co.rock.wi.us.

Suggested donation is \$10

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Orthopedic Surgery



David Nilsen, DO
Orthopedic Surgery,
Sports Medicine



Douglas Palmer, MD
Orthopedic Surgery



Margaret Porembski, MD
Hand Surgery



Pinak Shukla, MD
Orthopedic Surgery

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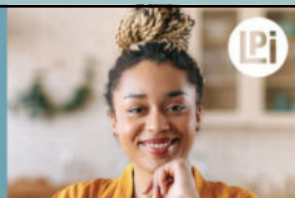
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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Grinnell Hall, Beloit, WI

F 4C 01-1352

Upcomming Summer Trips

Magnificent Summer Series – Clauson Family Music Shows

Cost \$100

June 12th, 2025

Registration opens 4/14/2025

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



4 C-Notes – White Pines Theater

Cost \$TBD

August 21st, 2025

Registration opens 6/23/2025

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**



Peggy W	May 01	Pamela W	May 08	Anthony B	May 15	Gloria F	May 22
Jeanne L	May 02	Katherine H	May 08	Charlotte L	May 16	Gary G	May 22
Alan W	May 02	John W	May 08	Gary W	May 16	Joseph D	May 23
Susan L	May 02	Tim R	May 09	Dennis M	May 16	Kenneth C	May 25
Gordon L	May 03	Donna H	May 11	Duane B	May 17	Eva H	May 26
Dennis G	May 03	Lawrence W	May 13	Julie D	May 19	Denice H	May 26
Dave J	May 03	Judith W	May 13	Becky S	May 19	Barbara V	May 26
Kathy C	May 05	John W	May 13	Cheryl J	May 21	LaRay G	May 27
Curt P	May 07	Claudia B	May 13	Bruce B	May 21	Joanne H	May 28
Teresa B	May 07	Winnie J	May 13	Rodger A	May 21	Deborah M	May 28
Roma Y	May 07	Richard H	May 14	Linda G	May 21	Carolyn W	May 31
Janet W	May 07	Margaret A	May 15	Jean B	May 22	Emery J	May 31
John C	May 07						



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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



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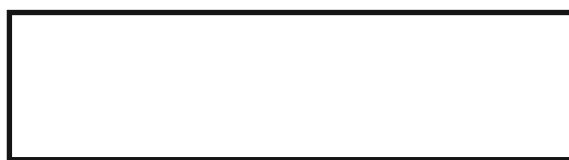
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Power of 50 Plus

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



The Grinnell Advisory Committee is hosting a
FREE Hot Dog Cookout!

Join us Friday May 2nd at 3pm
for hotdogs fresh off the grill

RSVP at the front desk by
Wednesday April 30th.

