

PARKS AND RECREATION DIVISION

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Grinnell Hall Senior Center May Events

April 30, 2025 - Grinnell Hall Senior Center is proud to announce its upcoming events for May 2025.

Grinnell Hall and ADRC are collaborating to provide Good Drugs Gone Bad; 11am Friday May 2. Learn why it's important to dispose of unused and expired medication. Beloit PD will be onsite to collect expired medications and any sharps. Open to the public.

Tai Chi Classes; 9am Fridays (continuous) Celebrate Asian American & Pacific Islander Month by joining our instructor, Yoshi, for Tai Chi. Tai Chi is a practice that involves a series of slow gentle movements, a meditative state of mind, and controlled breathing. Free for members. Non-members age 50 & older can purchase a day pass and try the class.

COMING SOON: Clauson Family Music Show Trip; 9am departure Thursday June 12th. Join us for a trip to Coloma, WI to see The Clauson Family Music Show. Spots are limited, sign ups end May 21st. Trip costs \$100 and includes meal, gratuity, show, and transportation. Open to members, non-members age 50 & older must purchase a day pass on the day of the trip

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 <u>https://www.beloitwi.gov/seniors</u> or call us at 608-364-2875.