Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Open to both Wisconsin and Illinois residents.

March 2020

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511
608-364-2875

Hours
Monday-Friday
7:30am- 4:00pm

Debbie Kraus
Senior Center Manager
krausd@beloitwi.gov

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.

AMP Aging Mastery Program
National Council on Aging

Grinnell Hall Membership is a great way to support the activities, events, staff and facility needs. Members also receive a $10 discount on all of the trips that we offer, up to a $80 savings on trips for an individual. Memberships are open to anyone age 50 and over no matter where you live. Individual membership is $25 and couple membership is $40.

Rock Steady Boxing
Tuesdays and Thursdays 5:30-7:00 pm
Big Hill Center in Big Hill Park

Parkinson's Disease has been given a challenge in Rock County, thanks to the **Rock Steady Boxing** program. Doug Anderson and Connie Udell are trained Rock Steady Coaches who know the ropes and can help you fight your way out of the corner. Non-contact boxing classes can reverse, reduce and even delay the symptoms of Parkinson's Disease.

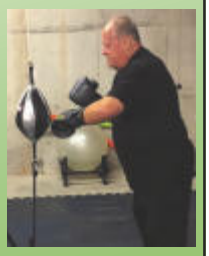
Studies are proving that there are ways in which people with Parkinson's disease can enhance their quality of life, build strength, flexibility and speed! Anyone, at any level of Parkinson's can actually lessen their symptoms and lead a healthier and happier life.

Punch cards for 11 classes for $105.50 or one class for $11.50 and can be purchased at Grinnell Hall, 631 Bluff Street, Beloit. To purchase by credit card call Beloit Recreation Department 608-364-2890.

The Recreation Department office is located at 2351 Springbrook Court, Beloit.

WORKOUT WARRIORS NON-CONTACT BOXING
FREE FOR VETERANS

***Fight Stress *Have Fun *Great Workout**
***Laugh *Talk With Other Vets**



Mondays 4:30-6:00 p.m.
Drop in at any time or come for the whole time
Big Hill Center in Big Hill Park 1101 Big Hill Road
For more information call Grinnell Hall

Advisory Board of Grinnell Senior Center
Opal Vance, Chair Pam Curatolo, Vice Chair Judy Witzack, Secretary Randy Westbrook, Treasurer
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Hello all,

It's mid February as I write this and we just finished up the Chili Fundraiser and membership door prizes. We served 85 individuals and several take outs.

After the lunch winners were drawn for the membership drive door prizes. Congratulations to those who won.

We also had Community Action young adults here at Grinnell painting the reception and library areas. It was wonderful to have them involved with the improvements. We are nearing the completion as the windows on Bluff Street side are currently being installed. There will be a few other items to complete in the spring to finish up the project.

Census 2020 is around the corner and I have included information in the newsletter and we have some fliers here at Grinnell. It is important to complete your census as federal funding to Beloit area is connected to the census. There are several ways to complete your census; by phone, on-line, paper or by census taker visiting your home. If you need assistance by computer please stop by the Beloit Library and they can assist you. "You Count, Beloit Counts."

Hopefully March brings a spring thaw and we can get outside a bit. And speaking of spring, we are collecting plastic plant pots that are 4" round and up for our May plant sale.

Thank you for making Grinnell your home away from home. **Debbie Kraus, Senior Center Manager**

Thank you to our generous friends who donated cookies and snacks funds, Nellie's Nook and more to Grinnell from January 16-February 17.

Karen Wisenand, Sherry Westbrook, Harriett Olson, Fran Fruzen, Judy Cufr, Jo Schuett Deborah Marvin, Beth Bausman, Donna Nelson, Gloria Fillion, Betty Hannon, Dennis Blunk, Debbie Martin, Phyllis Agate, Judy Witzack, Lois Engren, Dorothy Wensel, Judy Graham, Diane Chasser, Bev Bliss, Sonya Barnes, Mary Lou Shaw, Dave Bills, Judy Adams, Deborah Davis, Colleen Gill, Carol Logan, Pearl Fridley, Pam Curatolo, Kevin Atwood and Marilyn Fruzen.

Secret to a Long Marriage

Submitted by Fran Fruzen

A couple was celebrating their golden wedding anniversary. Their domestic tranquility had long been the talk of the town. A local newspaper reporter was inquiring as to the secret of their long and happy marriage. "Well, it dates back to our honeymoon," explained the man. "We visited the Grand Canyon and took a trip down to the bottom of the canyon by pack mule. We hadn't gone too far when my wife's mule stumbled. My wife quietly said, 'That's once.' We proceeded a little further and the mule stumbled again. Once more my wife quietly said, 'That's twice.' We hadn't gone half a mile when the mule stumbled a third time. My wife quietly removed a revolver from her pocket and shot the mule dead. I started to yell at her for her treatment of the mule when she looked at me and quietly said 'That's once."

Roy Chapman Andrews Award

Sarah Parcak has been named the recipient of the 2020 Roy Chapman Andrews Society Distinguished Explorer Award. Parcak is an internationally renowned Egyptologist, space archaeologist, and science communicator. Dr. Parcak will share stories about her archaeological expeditions and discoveries in her acceptance speech, "Towards an inclusive future of the past: how to make archaeology for everyone," during her award ceremony on Friday, April 17 at 4:30 p.m. in Wilson Theatre in Mayer Hall on the Beloit College campus. ***Public is welcome. Admission is FREE!*** **(Bring the kids!)**

A celebratory dinner to follow at the Stack in the Powerhouse. This is a ticketed event and registrations and payment must be made in advance. For additional information please visit www.roychapmanandrewssociety.org

What The Tech

You love the idea of a smart phone, new laptop or tablet, but you can't quite get the hang of just a few little tricks. Or, you are so frustrated you are ready to throw the device out the door? Don't give up, we can help! This month our popular class, **What The Tech,** led by Mark Prueschel, will be here on **Thursday, March 19 at 1:00 pm.**

This is one of our most popular programs and Mark will be glad to help answer your questions. What the Tech is a free class open to both members and non-members of Grinnell. Bring your cell phones, your tablets or your laptop with a list of the questions you have. To pre-register for this class, please call Grinnell

Game Day Every Monday 12:30pm

Join in the fun as we play a variety of board and other games on a monthly basis. We want to know what you are interested in playing so there is more fun. More than one type of game may be going on at the same time to provide players a variety of choices. Please feel free to bring your game.

Dining Divas

The Dining Divas are heading to **Dominicos 547 E. Grand St. on Thursday, March 19. We will meet at the restaurant at 11:15am**. Meet at Grinnell Hall at 11:00am to carpool. The Dining Divas enjoy lunch in a relaxing atmosphere and great socialization. We would be happy to introduce you to some of the Dining Divas here at Grinnell and you make some new friends.

Please pre-register and indicate if you will be carpooling or meeting the group at the restaurant.

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Weekly Exercises and Dance Classes Offered at Grinnell

Chair Exercises…..Yoshi…..Mondays 8:30 am
Beginning Line Dancing…..Peggy…..Tuesdays 9:00 am
Line Dancing…..Peggy…..Tuesdays 10:00 am
Morning Stretch…..Yoshi…..Wednesdays 8:30 am
Easy Stretch Yoga…...Roselyne…..Wednesdays 9:45 am
Introduction to Line Dancing….Peggy….Thursdays 10:00am
Tai Chi…..Yoshi…..Fridays 8:30 am

Get healthy and make new friends.

Beloit Ukes For Fun (BUFF)

Join the BUFF group and play the Ukelele. BUFF meets every Monday at 2:30pm at Grinnell Hall. Haven't played a ukulele? Come visit, listen and learn, it's all for fun. BUFF performs for special events here at Grinnell.

Goldenaires Choir

The Goldenaires are directed by Char Garner and meet each **Monday at 9:30 am.** They rehearse each week and sing for events here at Grinnell, as well as going out into the community to entertain groups at nursing homes and other organizations. You are welcome to come and listen as they always like an audience. The Goldenaires are always welcoming new members.

Chair Massage

Need to relax, get rid of some stress, or just treat yourself? Certified Massage Therapist Alicia Jenske will take appointments on **Wednesday, March 4 from 12:00-2:00pm.** Alicia also does chair massages at The Gathering Place, Milton Senior Center. A 15 minute chair massage is just $12.00 for members and $15.00 for non-members.

INTRODUCTION TO LINE DANCING CLASS

Not quite picking up the steps in the beginner's class and would like a little more help? Join Peggy on Thursdays at 10:00am. For men and women. Please give a call to let us know you will be attending.

Grinnell Hall Theater Group

Grinnell Hall Theater Group meets on Wednesdays at 1:00pm.

Come out and join us as you may find your hidden talents. For additional information contact Roselyne Ackley at 608-365-3442. Or better yet, come for a visit to meet her and the cast in person. We are always looking for new members and Grinnell membership is not required. Don't be shy, let your spirit show!

A few photos from the Holiday Show!

Watch Battery Repair

Has your watch stopped ticking....Judy can help you out. She will be here on **Tuesday, March 10 from 8:00-9:00 am.** **DATE MAY CHANGE, CALL IN ADVANCE.** The only charge for the service is the cost of the battery.

Alteration Service

Need that hem lengthened or a zipper replaced? Jo Ellen Smith of Sewfine Custom Sewing & Alterations will be here on **Mondays March 2 and 16 from 1:30-2:00 pm** to pick up items. This is a walk in service and services are individually priced.

Jewelry Repair

Check your jewelry box for that necklace or bracelet clasp that needs to be repaired….Linda Keenan can take care of your problems. She will be here on **Monday, March 16 from 11:30 am-1:00 pm.** This is a walk in service and services are individually priced.

All in the Family
Fridays, March 6 & 20 at 1:00pm

What is All In the Family? It is a group of "strangers" coming together to become "good" friends and a support group for all. Come and join us , "you are only a stranger the first time". A comment from one of the participants- "This group of wonderful people came into my life just in time. I had lost my husband and felt all alone and was in a "dark place." This group of "friends" literally saved my life." Remember you can never have too many friends. 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 or to make new friends. Don't be shy - you will be glad you joined us.

Collette Tours - Reflections of Italy Trip Presentation
Wednesday, March 4 1:00pm

The Reflections of Italy October 14-23, 2020 $3,999 double occupancy for a limited time.

Highlights of this trip include Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery & Cooking Class, Venice, Murano Island, Choice on Tour, Milan. Enjoy great food, wine and scenery. Please call to register.

Premier World- Irish Discovery Trip Presentation
Tuesday, March 17 2:30pm

Enjoy Dublin and Limerick and several excursions October 20-27, 2020. Tour includes round trip airfare from O'Hare, 6 nights hotel accommodations, 8 meals, deluxe motorcoach for tours, admissions and sightseeing per itinerary and baggage handling. Cost is $3,099 double occupancy for a limited time. Discovery.

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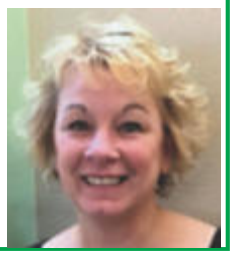
BELOIT SENIOR LIVING

Dementia Care Specialist Service Offered

Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answers questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. **Cori is here on Monday, March 9 from 12:30-2:00 pm.** This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service and there is no charge.

Elder Benefit Specialist

Lachel Fowler, Rock County Benefit Specialist will be at Grinnell on Thursday, March 12 from 8:00am-12:00pm, no appointment necessary. The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & 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.



Courtesy Hearing Aid Check

Miracle Ear staff will be at Grinnell on **Thursday, March 12 at 9:30am.** She will check and clean hearing aids. This is a walk in service and there is no charge. Open to members and non-members.

Blood Sugar & Pressure Screening

Grinnell Hall offers free blood pressure/blood sugar screenings on **Thursday, March 12 at 10:00 am.** This is a walk in service and there is no charge for this service. Open to members and non-members.

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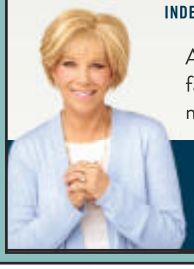

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Sunday Breakfast 10:30-2
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Beloit

March 2020 Calendar of Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 AARP Taxes 7:30 Billiards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Fun & Games **1:30 Alterations** **2:00 Assist to Rise** 2:30 Uke Jam **4:30 Warrior Workout**	**3 AARP Taxes** 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage **5:30 Rock Steady Boxing**	**4 AARP Taxes** 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks **12:00 Chair Massage** 12:30 Pinochle 12:30 Bridge (Closed) **1:00 Collette Tours Presentation** 1:00 Mahjong 1:00 Theater Group	**5** 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab **9:00 Advisory Board Meeting** 10:00 Intro to Line Dancing 12:30 Euchre 1:00 Billiard Lessons 1:00 Theater Group **5:30 Rock Steady Boxing**	**6** 7:30 Billiards 8:30 Tai Chi **9:00 Rod & Reel Club** 12:30 Mexican Train **1:00 All in the Family**
9 AARP Taxes 7:30 Billiards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Fun & Games **12:30 Dementia Specialist** 2:30 Uke Jam **4:30 Warrior Workout**	**10 AARP Taxes** 7:30 Billiards **8:00 Watch Battery Repair Please call in advance as schedule may change** 9:00 Sunny & Share Sewing 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage **5:30 Rock Steady Boxing**	**11 AARP Taxes** 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 12:30 Bridge (Closed) 1:00 Mahjong 1:00 Theater Group	**12** 7:30 Billiards **8:00 Benefit Specialist** 9:00 Hand & Foot Cards 9:00 Open Sewing Lab **9:30 Hearing Aid Check** **10:00 Blood Sugar/Press** 10:00 Intro to Line Dancing 12:30 Euchre 1:00 Billiard Lessons **5:30 Rock Steady Boxing**	**13** 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train 12:30 Bridge (Closed) **1:00 Movie**
16 AARP Taxes 7:30 Billards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires **11:30 Jewelry Repair** 12:30 Fun & Games **1:30 Alterations** 2:30 Uke Jam **4:30 Warrior Workout**	**17 AARP Taxes** 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 Mahjong **12:30 St. Judes Bridge** **1:00 RSVP Drivers Meeting** **2:30 Premier World Presentation** **5:30 Rock Steady Boxing**	**18 AARP Taxes** 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Pinochle 12:30 Bridge (Closed) **1:00 Census Information** 1:00 Mahjong 1:00 Theater Group	**19** 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Intro to Line Dancing **11:15 Dining Divas** 12:30 Euchre 1:00 Billiard Lessons **1:00 What the Tech** **5:30 Rock Steady Boxing**	**20** 7:30 Billiards 8:30 Tai Chi **9:00 RSVP Board** 12:30 Mexican Train **1:00 All in the Family**
23 AARP Taxes 7:30 Billards 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Fun & Games **1:00 Diabetes Management** 2:30 Uke Jam **4:30 Warrior Workout**	**24 AARP Taxes** 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing **11:00 CBD Oil Presentation** 12:30 Bridge (Closed) 12:30 Cribbage **5:30 Rock Steady Boxing**	**25 AARP Taxes** 7:30 Billiards 8:30 Morning Stretch 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 12:30 Bridge (Closed) 12:30 Pinochle 1:00 Mahjong 1:00 Theater Group **1:00 Bingo**	**26** 7:30 Billiards 9:00 Hand & Foot Cards 9:00 Open Sewing Lab 10:00 Into to Line Dancing 12:30 Euchre 1:00 Billiard Lessons **5:30 Rock Steady Boxing**	**27** 7:30 Billiards 8:30 Tai Chi 12:30 Mexican Train
30 AARP Taxes 8 30 Chair Exercise 9:00 Bridge (Closed) 9:00 Paper Crafting 9:30 Goldenaires 12:30 Fun & Games **2:00 Book Club** 2:30 Uke Jam **4:30 Warrior Workout**	**31 AARP Taxes** 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Bridge (Closed) 12:30 Cribbage **5:30 Rock Steady Boxing**			

SWEPT—Southern Wisconsin Emergency Preparedness Team
Culvers Fundraiser Night Tuesday, March 10 4:00-8:00pm
SWEPT is a 24/7 rapid emergency response team supporting Rock County fire, police, sheriff, emergency management and 911 during an emergency, disaster or time of need. Thank you Roselyne Ackley for your involvement with SWEPT. For additional information check out teamswept.com or call 608-752-3200.

Rock County Nutrition
Grinnell Hall Senior Center

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage Breakfast Bake Breakfast Potatoes Mini Blueberry Muffin Warm Spiced Pears Tomato Juice	**3** Meatloaf Mashed Pot./gravy Broccoli Whole Wheat Bread Mandarin Oranges M & M Cookie	**4** Sloppy Joe Hamburger Bun Baked Beans Coleslaw Warm Chunky Applesauce	**5** Herbed Pork Loin Winter Squash Au Gratin Potatoes Whole Wheat Roll Fruit Cocktail Pumpkin Pie Pudding	**6 Meatless** Baked Parmesan Cod Wax Beans Sliced Carrots Brown Rice Mandarin Oranges Chocolate pudding
9 Chicken Parmesan Cauliflower Sweet Potatoes Whole Wheat Breadstick Fruit Cocktail	**10** Tuna Casserole Broccoli Carrots Whole Wheat Bread Vanilla Yogurt Pineapple	**11** Roast Beef Red Potatoes Green Beans w/ Craisins Applesauce Garlic Bread Chocolate Cake	**12** Baked Chicken Breast w/gravy Steamed Spinach Mashed Potatoes Whole Wheat Roll Apricots Snickerdoodle Cookie	**13 Meatless** Macaroni and Cheese Green Beans Winter Blend Veggies Wheat Dinner Roll Melon Mixture
16 Swedish Meatballs Noodles Green Beans w/ Craisins San Francisco Blend Veggies Dinner Roll Fruit Cocktail	**17** *Special Menu* Corned Beef Cabbage Red Potatoes Carrots Rye Bread Mint Brownie	**18** Creamy Chicken and Broccoli Stewed Tomatoes Mashed Potatoes Whole Wheat Breadstick Applesauce	**19** Chopped Steak Scalloped Potatoes Baked Beans Carrot Raisin Salad Whole Wheat Roll Cherry Bar	**20 Meatless** Veg. Black Bean Chili Cali. Blend Veggies Tossed Salad Wheat Dinner Roll Diced Peaches Chocolate Chip Cookie
23 Broccoli Quiche Cottage Cheese Breakfast Potatoes Asparagus Whole Wheat Bread Orange Juice	**24** Baked Cod Stewed Tomatoes Red Potatoes Peaches Whole Wheat Roll Lemon Pudding	**25** Hot Pork Sandwich Whole Wheat Bun Baked Beans Green Beans Pineapple Sugar Cookie	**26** Beef Vegetable Soup Carrots Pears Cornbread Pumpkin Bar	**27 Meatless** Hearty Veg. Lasagna Romaine Salad w/Italian Dressing Green Beans Garlic Breadstick Cinnamon Applesauce
30 Seasoned Chicken Breast w/gravy Winter Squash Brussels Sprouts Dinner Roll Mandarin Oranges	**31** Beef Stew Sweet Potatoes Peas Whole Wheat Breadstick Apple Cake	**Please make March 17 reservation before March 10.**	**Meals require reservations which must be made by noon of the prior business day.**	**Meals served Monday through Friday at 11:45am**

Meals available to anyone 60 years of age or older. Milk, coffee and tea are served with meals. **Suggested donation for each meal is $4.00**. For reservations or additional information, please call the Rock County Nutrition Program at 608-757-5474 or Grinnell Hall at 608-364-2875. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

The Highwaymen
Palace Dinner Theater, Wisconsin Dells
Friday, May 1

Back by popular demand! The Greatest super group in country music history, the original Highwaymen, formed in 1985, consisted of Willie Nelson, Waylon Jennings and Johnny Cash. This recreation of the amazing, never to be seen again band continues the legacy. You will witness first-hand the friendship and camaraderie that existed between these legends, reliving one of the greatest moments in country music history. Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

This is a Level 1 trip with minimum walking.

Grinnell Members $78.00 Non-Members $88.00

Board Bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:00-5:30pm

No refunds after March 25. Registration deadline is April 8 unless space is available.

A Mighty Fortress
Fireside Dinner/Theater, Fort Atkinson, Wisconsin
Thursday, May 14

The year is 1960 and a reformation is underway. Beverly gets her first pair of high heels for confirmation. Mrs. Snustad wins top honors at the County Fair for her Grand Champion pickles. Mavis must find a way to deal with the new Super Highway that cuts through her farm. Karin finds freedom behind the wheel of her husband's pickup truck. Pastor has found new love and announces his impending nuptials. Against the changing tide, these "bulwarks never failing" stand strong in their faith and in their friendships with more crazy antics, more great songs, and more lessons reluctantly learned! **This trip is carpooling only.** Please let us know if you can drive when registering.

Please donate $3.00 to your driver the day of the event. Price includes lunch, taxes, tip, and performance.

This is a Level 1 trip with minimum walking.

Grinnell Members $75.00 Non-Members $85.00

Meet at Telfer Park at 9:15am and depart at 9:30am. Arrive at Fireside at 10:15am

Depart Fireside approximately 3:15pm, arrive at Telfer 4:00pm

No refunds after April 8. Registration deadline is May 1 unless space is available.

NEW TRIP

The Four C Notes Christmas Show
Palace Dinner Theater, Wisconsin Dells
Friday, December 4

The Four C Notes presents Seasons Greetings with the hits of Frankie Valli And the Four Seasons. Pioneered by Michael Coppola, best known for his appearance in Chicago's Broadway hit show "Jersey Boys", The Four C Notes are the midwest's only tribute dedicated to recreating the music of Frankie Valli and the Four Season. Don't miss out on this fantastic performance.

Price includes lunch, taxes, tip, performance and round trip on Van Galder coach bus.

This is a Level 1 trip with minimum walking.

Grinnell Members $78.00 Non-Members $88.00

Board Bus at Telfer Park at 9:15am and depart at 9:30am. Return to Telfer Park 5:00-5:30pm

No refunds after October 2. Registration deadline is November 2 unless space is available.

Congratulations to Carol Fryar, Beloit Daily News February Volunteer of the Month. We appreciate all Carol does at Grinnell Hall and for the community. Volunteer….it feels good.

Caretakers's Checklist for Assist to Rise
Monday, March 2 2:00-3:00pm

The function of a caretaker is to provide emotional and physical care to another. That function become harder when the individual of the care has mobility issues. Simply rising from a chair become a chore. Assisting an individual from a fall off the floor may seem impossible. This class will show how one or two people can safely assit another to their feet. Written checklists for step by step procedures for an assist to rise situations will be provided. Doug Anderson will lead this program. Please pre-register for this program.

Census Information
Wednesday, March 18 1:00pm

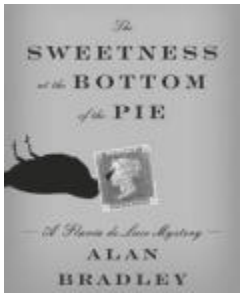
We will share some information on the census and check out their website for additional information and answer questions. Please note we will not be completing your census. Please pre-register.

Diabetes Management
Monday, March 23 1:00pm

Learn more about nutrition, exercise, support and proper blood glucose management. Additional information on signs and symptoms of diabetes. Presentation by The Alden Network. Please pre-register.

CBD Oils - The Real Story
Tuesday, March 24 11:00am-12:00pm

Joe McNamara, co-owner of Homecare Pharmacy, along with Pharmacist Evan McNamara will be presenting information on CBD Oils and its truths. A history of CBD Oils and its therapeutic benefits along with myths will be discussed. There will be a question/answer time following the presentation.



Mondays can be Murder! Book Discussion
Monday, March 30 2:00-3:00pm

Set in the English countryside in 1950, the story features Flavia de Luce, an 11 year old amateur sleuth who pulls herself away from her beloved chemistry lab in order to clear her father in a murder investigation. Copies will be available at Grinnell to check out and bring back on the day of Book Club. Discussion will be led by Katharine Clark, Beloit Public Library's Head of Programming and Community Engagement. Check out your book at the Grinnell receptionist desk or Beloit Library. Please pre-register for this program.

Stand Up & Move More
A free health education workshop for adults age 55+
Thursdays, May 7-June 4 10:00am-12:00pm Beloit Rotary Center

In cooperation with Rock County Council on Aging, this four week program involved assessments, providing feedback and attending a refresher meeting at 8 weeks. You will set goals with specific strategies for standing up and moving more, join in group discussions and learn from your peers and learn about the health benefits of sitting less. Receive up to a $60 gift certificate for completing the program and assessment. Stand Up & Move More is part of a research study being conducted by the University of Wisconsin-Madison. It is not a fitness program, but rather a health education program. For additional information and registration please call Rock County Council on Aging at 608-757-5309. You can also enroll on-line at www.co.rock.wi.us/aging (click on classes and workshops).

Daily Fun!

Game Day…....Mondays 12:30 pm
Cribbage……....Tuesdays 12:30 pm
Mahjong…….. Wednesdays 1:00 pm
Pinochle…….Wednesdays 12:30 pm
Euchre.....Thursdays 12:30 pm
Hand & Foot…. Thursdays 9:00am

Bingo
Wednesday, March 25
1:00-3:00pm

Join us as we have a fun time playing bingo and winning some prizes. This month bingo is sponsored by Alden Network. We will have some great prizes and snacks for our break.

THE ALDEN NETWORK
Providing Health Care Solutions for Seniors

Movie of the Month
Friday, March 13 1:00pm
"On The Basis of Sex"

Inspired by the powerful true story of a young **Ruth Bader Ginsburg,** On the Basis of Sex depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a ground-breaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time.

Rod & Reel Fishing Group

The first meetings of the year will be on Friday, March 6 and April 3 at 9:00am. We are hoping the fishing will be better this year. You do not need to be a Grinnell Member to join the group.

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The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

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Grinnell Hall Senior Center
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Beloit, WI 53511
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Email: krausd@beloitwi.gov
Website: www.beloitwi.gov

How the 2020 Census will invite you to respond

March 12-20 An invitation to respond online to the 2020 Census will be sent. Some households will also receive paper questionnaires.
March 16-24 A reminder letter to respond.
March 26-April 3 A reminder postcard if you haven't responded yet.
April 8-16 A reminder letter if you haven't responded yet and a paper questionnaire.
April 20-27 A final postcard before they follow up in person with all households that don't respond.

The 2020 Census will provide a snapshot of our nation - who we are, where we live, and so much more. Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.
The results will inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP.
The results of this once-a-decade count determine the number of seats each state has in the House of Representatives. They are also used to draw congressional and state legislative districts.

The Beloit Public Library computer lab volunteers will be available Mondays & Tuesdays 9:30am-7:00pm and Wednesdays 9:30am-2:30pm. If assistance is needed outside of these hours please go to the checkout desk. You do not have to have a library card to use the computer lab. Library hours are Monday-Thursday 9:30am-9:00pm and Friday & Saturday 9:30am-5:30pm. Phone 608-364-2905.

The Census Bureau will never ask for your social security number, bank account or credit cards, money or donations. If someone visits your home they will have a valid ID badge with photo.