



RSVP Newsletter - January 2026

Small Acts, Big Impact

Whether you have a little or a lot of time, there are many everyday tasks that YOU can do to strengthen our community



Find A Role That Fits:

Clerical & Administrative Volunteer Roles

We are excited to launch a new section of our newsletter! This section highlights volunteer opportunities designed to match different interests, skills, and schedules.

For January, we're featuring clerical and administrative roles that keep local nonprofits running smoothly.

Who this is great for:

Volunteers who prefer indoor or desk-based work

People with weekday availability

Detail-oriented or organized individuals

First-time volunteers

VOLUNTEER ROLES AVAILABLE NOW:



**Make a difference at Beloit
Meals on Wheels!**

Office Volunteer

Tasks: scanning, filing, writing cards, making bags, organizing supplies, inventorying supplies, data entry (*may be a volunteer driver, as needed for meal delivery)

Time: varies/depends on the day or the project

Contact: call Amy or Kat at (608) 362-3683 or click the "Make a Difference" button to the left now!

****Beloit Meals on Wheels is gearing up for one of their big fundraisers, the Heart of Gold Raffle! They will need help making calls, keeping spreadsheets, organizing prizes, packaging and wrapping gifts, and more.** Volunteers who can help in these areas for this special event would also be appreciated! (608) 362-3683



Make a difference at Family Services!

Front Desk Assistance Volunteer

Tasks: greet guests, answer phone calls, provide general information. *All volunteers must maintain confidentiality and follow agency policies.*

Time: one day per week, flexible options (2, 4, 8-hour shifts available)

Contact: call (608) 365-1244 or email Paige Allen at pallen@familyservices1.org or click the "Make a Difference" button to the left now!



Make a difference at HealthNet of Rock County!

Administrative Volunteer

Tasks: front desk and office support, scheduling, data entry, event assistance

Time: at least one half-day per month

Contact: email Melissa Reed at mreed@healthnet-rock.org or click the "Make a Difference" button to the left now!



**Make a difference at Beloit
Historical Society!**

Office Volunteer

Tasks: filing, support mailings, organizing supplies, inventory of books

Time: varies between Tuesday-Thursday, 9 AM - 5 PM

Contact: Donna Langford at dlangford@beloithistoricalsociety.com or click the "Make a Difference" button to the left now!

"Do You Know" FREE event: Functional Fitness

**Thursday, January 22nd, 1 PM
Janesville Senior Center
69 S Water St, Janesville, WI 53545**



**Curious how everyday movement can help you
feel stronger and move easier?**

**Join us at the Janesville Senior Center for an educational and
interactive session on functional fitness, led by local CrossFit
coach and owner of Ironside Fitness, Amy Barnstable.**

Learn what functional fitness really means and see demonstrations of movements that support everyday strength, endurance, balance, and mobility with plenty of modifications and substitutions for all ability levels. The session includes a gentle warm-up, a short optional workout (which can be done seated, modified, or simply observed), and a relaxing mobility and balance cool-down.

Register for this free, educational event by calling (608) 362-9593, emailing acrawford@rsvp-rock.org, or by using the button below.

Let us know you are coming on FB!

Is fitness one of your New Year's resolutions? Ironside Fitness offers a Legends class designed specifically for adults age 50 and older, focusing on safe, functional movements that support strength, balance, and everyday independence. Their coaches provide personalized guidance in a welcoming, supportive environment—no prior fitness experience required. The Legends class is about moving well, feeling confident, and staying active for

life, and Ironside Fitness offers fitness opportunities for all ages!
Check out their website by clicking on the button below.

[Ironside Fitness website](#)

Community Partner Spotlight: Beloit Historical Society (BHS) Volunteer Opportunities



The Beloit Historical Society (BHS), founded in 1910, is the oldest historical society in Rock County, Wisconsin. Headquartered on the west side of town at the Lincoln Center, located in the heart of the Beloit Community. Its location sits upon space once occupied by Lincoln Junior High School from 1921 to 1985. Programs and events of community interest are held throughout the year. See below volunteer opportunities available:

Cataloging Collections

Are you a hands-on type of person? Do you love antiques, old documents and historic photographs? Volunteers who work with the BHS collections catalog new artifact donations, improve

current artifact records, organize collections storage, and research more information on the artifacts. This volunteer opportunity is a great way to have fun working directly with artifacts and see visible results.

Clerical & Office

Do you have good communication skills and a friendly smile? Office volunteers help cover office between Tuesday to Thursday. BHS office volunteers answer the phone and greet visitors, provide information about BHS, and help with other duties such as filing, mailings, and more. If you have or wish to gain office experience, are organized, and want to help BHS in day-to-day operations, this volunteer role is for you.

Gardening & Maintenance

Do you have a green thumb? Do you like working outside, keeping a yard neat and tidy? BHS needs volunteers to help with light housekeeping, carpentry, landscaping, gardening, and other tasks to keep the Lincoln Center and office grounds looking good.

Newsletter

Do you love to write? Like to see your name in print? Volunteers are needed to create the stories about Beloit's history that you see featured in the Society's bi-monthly newsletter, Confluence. Volunteers can choose a topic of interest and learn more about it before creating your story. Volunteers are also needed to assist in preparing the newsletter for bulk mailing.

Research & Archives

The Society maintains a library to help patrons research local history. If you want to learn more about Beloit's history, and like to organize information, there are countless opportunities for you in the archives. Volunteers are always needed to help research and answer information requests or help develop an exhibit in the Society's galleries.

Photography

Volunteers with photography skills are needed to photograph artifact collection items and event activities.

Special Events

The Society hosts several events throughout the year. Volunteers are needed to greet visitors, take admission, set up or clean up, help plan events, and more. If you are outgoing, and like the action of an event, or if you have a couple of hours to give monthly, this is the volunteer opportunity for you!

Follow BHS on Facebook!

Check out BHS website!



RSVP Interest Form

**Interested in
volunteering
but don't
know where
to start?**

Volunteers who support our agency & community partners are eligible for benefits such as mileage reimbursement, recognition & more if registered through RSVP.

Click the "Make a Difference" button below to complete our interest form!

**Make a difference with
RSVP of Rock County!**



Donate today!

your donations make
a huge impact.

- \$25** provides a senior with a ride for groceries
- \$50** provides a student with a steady classroom mentor
- \$100** provides a senior with rides to the doctor



1201 Big Hill Ct.#2 Beloit, WI 53511

 www.rsvp-rock.org

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**Retired Senior Volunteer Program
(RSVP) of Rock County Inc.**

1201 Big Hill Ct. Suite 2 Beloit, WI 53511

608-362-9593

www.rsvp-rock.org

RSVP of Rock County Inc. is a proud funded partner of [United Way Blackhawk Region](#) and [AmeriCorps Seniors](#).

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