

April



2017

201 N. Church St. • Belleville, IL • 62220 • 618-234-4410

“WHEN YOU WISH UPON A STAR”



“It Makes No Difference Who You Are” since the PSOP Activities department has numerous programs to enjoy: dances and dance classes, card groups, table games, board games, Lunch Bunch, Dine Around, Breakfast Club, day trips and more. We offer **“Anything Your Heart Desires”** and we’ll help **“Your Dreams Come True.”**

PASSPORT TO WELLNESS

FRIDAY, APRIL 28 • 9 A.M. TO NOON

Screening Stations to Assess your Health
Breakfast • Lunch • Prizes

For reservations, call 618-234-4410, ext. 7044.

Sponsored by St. Clair County Office on Aging

GRIEF SUPPORT GROUP

Monday, April 17 • 10-11:30 a.m.
PSOP • 201 N. Church St.

Call 618-234-4410, ext. 7044 for more information.

*Sponsored by St. Clair County Office on Aging
and the St. Clair County 708 Mental Health Board*

ATS

ALTERNATE TRANSPORTATION SYSTEM

ATS provides transportation to qualified Americans with Disabilities Act individuals of any age. Service is provided within $\frac{3}{4}$ of a mile of any Metro fixed bus route or MetroLink during times of operation.

There is also a senior transportation program for residents of the city of Belleville, Stookey Township and St. Clair Township. To qualify for this program, you must be a minimum of 60 years of age, ambulatory or use no more than a cane or foldable walker.

To find out more about ATS services, call **618-239-0749**.



AFFORDABLE HOUSING OPPORTUNITIES



The St. Clair County Housing Authority has one bedroom apartments for senior citizens (age 62 and older) in locations throughout St. Clair County. Waiting lists vary by location. Residents pay 30% of monthly income (after deductions) toward rent, up to a maximum rent established by location (ranges from \$267-\$435). **Call 618-277-3290, ext. 7064 (Gloria), or 7061 (Cutha).**

SENIORLINK

***Struggling with the new technology on your computer,
phone or tablet?***

Let SeniorLink come to your rescue! Classes are low stress with hands-on instruction and a lot of TLC!

Recruiting volunteer instructors and assistants!

Call 618-234-4410, ext. 7018 for an easy and pain-free skills evaluation to get you into the appropriate class.

ITAC Program

FREE AMPLIFIED PHONES

The Illinois Telecommunication Access Corporation is a program that provides a FREE amplified telephone to people who are hard of hearing, late deafened, deaf, deaf-blind or speech disabled.

Eligibility requirements for an ITAC amplified phone:

- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or audiologist

GREAT NEWS! RECENT NEW CHANGES NOW ALLOW FOR A NEW AMPLIFIED PHONE:

- once every three years
- those with cellphones are now eligible for a free amplifier

PSOP is a selection/testing center the Illinois Telecommunication Access Corporation program.

For information to receive a free amplified phone, call 618-234-4410, ext. 7024, 7012 or 7032.

COFFEE WITH A COP

TUESDAY, APRIL 25 • 6:30-8 P.M.

Join your neighbors and police officers for coffee and conversation! No agenda or speeches, just a chance to ask questions, voice concerns and get to know the officers in Belleville and surrounding communities.

Call Susan at 618-234-4410, ext. 7032 to save a seat.

*Sponsored by PSOP in cooperation with Patrolman Giedeman,
#75 Belleville Police*

FOSTER GRANDPARENT PROGRAM

Take a moment and think back to your childhood days. What comes to mind? Enjoying family vacations, having sleepovers with friends, playing catch with your dad, cooking with your mom and going to see grandma and grandpa! **Grandparents are truly gems to cherish.** Unfortunately, not every child remembers their grandparents or even had the opportunity to meet them.

You could fill that gap by volunteering to become a Foster Grandparent. How rewarding would that be to both you and a child? Volunteers can serve at local organizations within the community such as schools, Head Start centers, day cares or youth organizations. Just a few hours can make a difference of a lifetime. **Call 618-234-4410, ext. 7062 for more information and keep the memories alive.**

PSOP Resource Center Services

PSOP in cooperation with Senior Services Plus has staff available to assist individuals with various benefit programs including:

- Benefits Access Applications
- St. Clair County Tax Freeze Applications
- Medicare and Medicare Part D Enrollment
- Energy Assistance Applications
- Information and Assistance
- License Plate Discount *and more!*

Office hours are Mondays, Tuesdays and Wednesdays from 9 a.m. to noon. Call 618-234-4410, ext. 7033 to make an appointment.

Land of Lincoln Legal Services will assist individuals of limited income age 60 and older with power of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment.

SERVING VETERANS OF ST. CLAIR COUNTY

Mondays • 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment.

Information and assistance with claims to the Department of Veterans Affairs for benefits such as pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

Nurse Available at PSOP!

Barbara Bell, RN, or Maureen Bilski, RN, from Memorial Hospital will be available to check blood pressure, blood sugar and cholesterol; review medication; or discuss any other health topic you are concerned about.

Tuesdays • 9 a.m. to noon • Resource Center
No appointment is needed.

Older Adult and Caregiver Counseling

PSOP, in partnership with the St. Clair County Mental Health Board and Age Smart Community Resources, offers the **Older Adult Counseling Program and Caregiver Counseling Program**. Counseling assists with practical and emotional adjustments related to healthy aging, illness, life events or caregiving.

To schedule an appointment, call 618-234-4410:

- Jodi Gardner, MSW, LCSW at ext. 7031
- Tanya Koelker, MA, LPC at ext. 7039

Alzheimer's Caregiver Support Group

Sponsored by Memorial Hospital and PSOP

This group, linked with the Alzheimer's Association, is for family, friends and other caregivers of a loved one with Alzheimer's disease or a related dementia.

Meetings are held the second Tuesday of each month and alternate between locations.

2:30 p.m. • PSOP (even months)

201 N. Church St., Belleville

6 p.m. • Memorial's Senior Care (odd months)

4500 Memorial Drive, Belleville

For more information, call 618-257-5900 or 618-234-4410, ext. 7031.

Parkinson's Support Group

An informational support group is held monthly for anyone affected by **Parkinson's disease**. Meetings are held at PSOP the **second Monday of the month at 1:30 p.m.**

Call Jodi at 618-234-4410, ext. 7031 for information.

ST. CLAIR COUNTY TRANSIT DISTRICT HOURS FOR PASSES

Metro passes will be issued on the 1st and 3rd Wednesdays of the month from 9 a.m. to 3 p.m. on the first floor of the Grants Department Building, 19 Public Square, in Belleville.

If you have any questions, call the Transit District at 618-628-8090.

Driver Services Mobile Unit 2017

April 12 • June 14

Aug. 9 • Oct. 11 • Dec. 13

Services provided to seniors 55 and older:

Rules of the Road class: 9:30-11 a.m.

Mobile Unit hours: 10 a.m. to 1:40 p.m.

Services available: driver's license renewals (including vision test, road test and written exam if required)

Road tests by appointment only

Other walk-in services available:
state ID cards and vehicle registration renewals

Call Susan at 618-234-4410, ext. 7032.

APRIL 2017

*Meal sponsored by the
St. Clair County Office on Aging

**Meal co-sponsored by
St. Elizabeth's Hospital and the
St. Clair County Office on Aging

- Renew your newsletter subscription at least one month before your expiration date (on your label)

- Change your address if you move

**DID YOU KNOW THAT
YOU CAN ACCESS THIS
NEWSLETTER ONLINE?
WWW.SWIC.EDU/PSOP**

**PLEASE REMEMBER TO
MENTION PSOP #62
WHENEVER YOU SHOP
AT A FARMER'S MARKET
STORE IN BELLEVILLE.**

AARP Taxes at PSOP

By appointment only!

To make an appointment,
call 618-277-5511.

Calls to make appointments
will be accepted:

Feb. 1- April 15

Tuesdays • 8 a.m. to 2 p.m.

Wednesdays • 8 a.m. to 2 p.m.

Fridays • 8 a.m. to 2 p.m.

Monday

RSVP ORCHESTRA

5 - Caseyville-no meal

19 - Shiloh

26 - Okawville

3

Zumba/Gold, 9:30 a.m.

Chess, 10-11:30 a.m.

Tai chi (beginner), noon-1 p.m.

Euchre, 12:30-3 p.m.

Wii League, 2 p.m.

SHILOH SENIOR CENTER

Games, 10 a.m.

10

Zumba/Gold, 9:30 a.m.

Chess, 10-11:30 a.m.

Tai chi (beginner), noon-1 p.m.

Euchre, 12:30-3 p.m.

Parkinson's Support, 1:30 p.m.

Wii League, 2 p.m.

SHILOH SENIOR CENTER

Games, 10 a.m.

17

Zumba/Gold, 9:30 a.m.

Chess, 10-11:30 a.m.

Tai chi (beginner), noon-1 p.m.

Euchre, 12:30-3 p.m.

Wii League, 2 p.m.

SHILOH SENIOR CENTER

Games, 10 a.m.

24

Zumba/Gold, 9:30 a.m.

Chess, 10-11:30 a.m.

Tai chi (beginner), noon-1 p.m.

Euchre, 12:30-3 p.m.

Wii League, 2 p.m.

SHILOH SENIOR CENTER

Games, 10 a.m.

Tuesday

COUNTRY WESTERN BAND

6 - Shiloh

13 - Okawville

20 - Caseyville-no meal

28 - Collinsville

4

Bridge, 8:30-11:30 a.m.

Breakfast Club, 9 a.m.,

Denny's, Belleville

Yoga, 10-11 a.m.

Lunch*, 11:30 a.m.

Table Games, noon

Group Exercise, noon-1 p.m.

Tai Chi, noon-1 p.m.

Pinochle, 1:30 p.m.

Strong for Life, 1:30 p.m.

Bridge, 5:30-8:30 p.m.

11

Bridge, 8:30-11:30 a.m.

Yoga, 10-11 a.m.

Lunch*, 11:30 a.m.

Group Exercise, noon-1 p.m.

Table Games, noon

Tai Chi, noon-1 p.m.

Pinochle, 1:30 p.m.

Strong for Life, 1:30 p.m.

Alzheimer's Support, 2:30 p.m.

Bridge, 5:30-8:30 p.m.

18

Bridge, 8:30-11:30 a.m.

Yoga, 10-11 a.m.

Lunch with a Doc**, 11:30 a.m.

Group Exercise, noon-1 p.m.

Tai Chi, noon-1 p.m.

Pinochle, 1:30 p.m.

Strong for Life, 1:30 p.m.

Bridge, 5:30-8:30 p.m.

25

Bridge, 8:30-11:30 a.m.

Yoga, 10-11 a.m.

Lunch*, 11:30 a.m.

Table Games, noon

Group Exercise, noon-1 p.m.

Tai Chi, noon-1 p.m.

Pinochle, 1:30 p.m.

Strong for Life, 1:30 p.m.

Bridge, 5:30-8:30 p.m.

Wellness Activities for April

Falling Facts

Twenty to thirty percent of people who fall suffer moderate to severe injuries, such as lacerations, hip fractures or head traumas. These injuries can make it hard to get around or live independently, and it can increase the risk of early death.

Most fractures among older adults are caused by falls. Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which leads to reduced mobility and loss of physical fitness, and in turn increases their actual risk of falling.

Among older adults (65 or older), falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.

Older adults can remain independent and reduce their chances of falling by following these steps:

- Exercise regularly. It is important the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time.
- Ask their doctor or pharmacist to review their medicines—both prescription and over-the-counter—to identify medicines that may cause dizziness or drowsiness.
- Have their eyes checked by an eye doctor at least once a year and update their eyeglasses to maximize their vision. Consider getting a pair with single vision distance lenses.
- Make their homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding railings on both sides of stairways and improving the lighting in their homes.

Check out our programs to keep you active and healthy!

GENTLE YOGA is held Tuesdays from **10-11 a.m.** Instructor Liana Abel has extensive experience in guiding you in this practice. The cost is \$5 per class.

STRONG FOR LIFE is held Tuesdays from 1:30-2 p.m. and is designed for those who have been inactive for an extended time. Chair exercises using a resistance band will increase your strength and overall health. You will receive exercise instructions and a resistance band to use at home. **This is a FREE class, and you MUST call to register at 618-234-4410, ext. 7030.**

ZUMBA GOLD/TONE! Designed for the active older adult and individuals of all physical abilities, this program is a fun way to get moving. Latin-style dance and music is used at a lower intensity than Zumba Basic classes. Sessions are held **Mondays from 9:30-10:30 a.m., or Wednesdays and Fridays from 10:30-11:30 a.m.** Sheri O'Donnell is the instructor. The cost is **\$5 per class or \$20 for a five-class punch card.**

TAI CHI is offered **Mondays** (beginners) and **Tuesdays** (advanced) from **noon-1 p.m.** The cost is **\$5 per class.** Instructor Delores Gordon has been certified to lead Tai Chi for Arthritis, the Yang Ten Form, SHIBASHI, Tai Chi for wellness and other forms of this practice since 2002. Come and try out one session free to see if it fits your needs!

The cost to join the EXERCISE PROGRAM is **\$75 per year.** Included in your membership are the **Arthritis Foundation Exercise classes** at PSOP **Tuesdays and Thursdays at noon** and use of the **Roosevans Fitness Room** equipped with a treadmill, elliptical trainer, recumbent bike, dumbbells, exercise tapes and television.

Additional Group EXERCISE CLASSES:

- **Smithton Senior Center** meets Tuesdays and Thursdays at 9 a.m. **FREE!**
- **St. Paul United Church of Christ**, 115 W. "B" St., Belleville, meets Mondays at 10 a.m. in Heritage Hall. **FREE!**
- **PSOP** meets Tuesdays and Thursdays at noon. **MEMBERSHIP REQUIRED**

*Fitness Room is **CLOSED** during Tai Chi and Yoga*

Call Tracie, ext. 7030, to learn more about Wellness Programs.

Retired Senior Volunteer Program

These are just a few examples of the volunteer assignments available. For information, contact Pat Etling at 618-234-4410, ext. 7012.

- There is still time to volunteer at the number one art show in the country. **Art on the Square** is looking for special people to help the weekend of May 5-7. Volunteers are needed to help with souvenirs and the student art show. Both morning and afternoon shifts are available.
- **Tapestry of Community Offerings (TOCO)** is seeking volunteer cashiers to help at the resale shop on Tuesdays, Wednesdays and Fridays. Shifts vary and training is provided.
- Help our troops call home! One of our host sites, **VFW Post #1739**, is collecting old cellphones, mp3 players and iPods for the "Cell Phones for Soldiers" program. RSVP will pass the donated items on to the veterans for processing. Proceeds are used to purchase prepaid calling cards for American troops. This is a great way for the community and veterans to help current soldiers keep in touch with family and friends.
- **Faith in Action** needs you! Volunteer as a driver for a couple hours once a week or a couple of times a month and make a huge difference in the life of a mature adult who needs a ride to a doctor's appointment or grocery store. There are two Faith in Action programs seeking volunteer drivers – Collinsville and Granite City.
- Let others know you care by helping at the **Collinsville Historical Museum**. Sharing your talents and skills, for only a few hours each month, will enable you to make a meaningful contribution to this wonderful site and to the Collinsville community. Volunteers are especially needed on Saturdays from noon to 4 p.m.

Birthdays for April

Birthday greetings to the following RSVP volunteers who will be **90 or older in April!**

SHIRLEY V.

Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.
I understand that I will be required to sign a Travel Waiver & Release form.*

Name: _____ Phone: _____

Address: _____ City: _____ State/ZIP: _____

Date of Birth: _____ Email: _____

In Case of Emergency Contact: _____ Phone: _____

Trip/Activity _____

Trip

Date

Price

Pick-Up Point

MAKE CHECK PAYABLE TO: **SWIC-PSOP** (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK TO: PSOP Attn: Activities/Travel, 201 N. Church St., Belleville, IL 62220

Travel & Activities Reservation/Cancellation Policy

To make a reservation for a day trip, please dial the extension listed with the trip description. The recording will ask you to give your name and phone number, the date and name of the trip, and the names of people you are making reservations for. You will then be given seven days to complete the registration form and mail it or bring it to the Activities & Travel Office along with your payment. Any payment not received within 7 days will result in your reservation being cancelled.

If a cancellation is received before the reservation deadline, then a full refund will be given. If the cancellation is received after the reservation deadline and a replacement is found, then the full refund less a \$5 processing fee will be given. If no replacement is found, no refund will be given.

****Special cancellation policies may apply if the trip involves the purchase of nonrefundable tickets.**

PSOP Newsletter Subscription Form

One-Year Subscription: \$6

Your expiration date is on your mailing label.

If you have any questions about your subscription, please call 618-234-4410, ext. 7032.

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with \$6 to:

PSOP Newsletter
201 N. Church St., Belleville, IL 62220

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ New Subscriber: Yes _____ No _____

PSOP programs you currently participate in: _____

Programs and Services for Older Persons

IT'S IN THE CARDS



**Join us at PSOP or the Shiloh Senior Center
for pinochle, bridge, euchre or canasta!**

Check the Activities calendar for days and times.

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkas, Red Bud; Harry A. Briggs, Ph.D., Granite City; Kenneth R. Joseph, Belleville; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville ; Student Trustee Samuel Hart Morgan, Shiloh
College President: Georgia Costello, Ph.D.

ACTIVITIES AND TRAVEL

Unless otherwise noted, the following activities are held at PSOP, 201 N. Church St., Belleville.

For information about any activity, call 618-234-4410, ext. 7042 (Melissa).

Golf League • Mondays & Wednesdays, 8:30 a.m.

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m., tee time-9 a.m.; cost is \$7 to golf 9 holes

Monday league: Lovey Veath at 618-416-5825

Wednesday league: Pat Hrasky at 618-781-0551

Chess • Mondays, 10-11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

Tuesday Lunch • 11:30 a.m. • \$5

For lunch reservations, call 618-234-4410, ext. 7015, then press 2 by Monday at noon.

Tuesday Activity • noon

April 4 - Table Games

April 11 - Table Games

April 18 - Lunch with a Doc

April 25 - Table Games

Pinochle • Tuesdays, 1:30 p.m., and Thursdays, 9 a.m.

If you are an old pro or a new beginner, this is a friendly group to play with. Come join us!

Line Dancing • Wednesdays, 1:30-3 p.m.

This is a large, fun, full of laughs and energetic group! They always welcome a new dancer.

Book Discussion Group • April 13, 10 a.m.

This month's book will be "**Alibi**" by **Joseph Konen**. This discussion leader will be **Barb Stephenson**.

Thursday Lunch • 11:30 a.m., \$5

For just \$5, you get a delicious homemade lunch and dessert made by our amazing volunteers right here in the PSOP kitchen. Come after card playing, stay for games or fitness.

For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.

Thursday Activity • noon

April 6 - Table Games

April 13 - Table Games

April 20 - Tables Games

April 27 - Board Games and Coloring & Conversation

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw and share ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Dancing in the Rain

Thursday, April 6, 10:30 a.m.-2 p.m.

They say April showers bring May flowers, and we know the Country Western Band will bring lots of dancers to Shiloh for a fun day! Lunch is \$5. Call 618-234-4410, ext. 7015, then 5 by Wednesday at noon. **Sponsored by First Bank of Waterloo.**

50s Forever with Elvis

Wednesday, April 19, 10:30 a.m.-2 p.m.

We're having a good ol' fashioned sock hop and Elvis (Steve Davis) will be there to sing all our favorites! The RSVP Orchestra plays all the tunes you know and love in Shiloh. Call 618-234-4410, ext. 7015, then 5 by Tuesday at noon. **Sponsored by Liberty Village, Cambridge House and Visiting Angels.**

THE FOLLOWING ACTIVITIES ARE HELD AT THE SHILOH SENIOR CENTER.

Games • Mondays, 10-11:30 a.m.

We are either playing Bunko or Dominoes. This is a fun, outgoing group that is very welcoming to new players! Come in and have some fun at the Shiloh Senior Center.

Pinochle/Card Games • Wednesdays, 10-11:30 a.m.

This is a cozy building with comfortable chairs. Come play pinochle with us!

TO MAKE RESERVATIONS FOR THE FOLLOWING ACTIVITIES, CALL 618-234-4410, EXT. 7016.

Breakfast Club • Denny's, Tuesday, April 4, 9 a.m.

We hope you'll join us for breakfast at Denny's in Belleville! Call ahead so we can save a seat for you!

Dine Around • Peel Wood Fired Pizza, Wednesday, April 13, 5 p.m.

Peel has pizza, salads, soups, sandwiches, wings and much more! We can't wait to see you at their location at 104 S. Cherry in O'Fallon! Call ahead so we can have a seat for you!

Men's Club • Friday, April 7, 11 a.m.

Guest speaker is Kirk Rueter, former Major League Baseball pitcher Montreal (1993-96) and San Francisco (1996-2005). Come join this great group of guys. Make your reservation by noon on Thursday the day before. Lunch is \$6.

Lunch Bunch • Bella Milano, Friday, April 28, 11:30 a.m.

Join us at Bella Milano, 455 Regency Park, in O'Fallon. Come and make some new friends over a delicious lunch! Call so we can save a seat for you!

DAY TRIP RESERVATION LINE

MAKE A RESERVATION: 618-234-4410, EXT. 7059

NOTE: If a reservation deadline has passed and you are interested in attending, check with Travel & Activities; occasionally someone cancels and there may be a seat available.

Cardinals Opening Weekend • Sunday, April 9

Let us take you out to the ballgame! Enjoy great seats, plus it's Stephen Piscotty jersey giveaway day. Meet at St. Clair Square and ride the Red Bird Express. At the mall, we will meet you with a name tag, hot dog packed lunch and bottled water. You can board the Red Bird Express beginning at 11 a.m. (no waiting for the entire group to be together). The game begins at 1:15 p.m. We will all sit together at the game, then you can leave when you want to. Cost is \$36, which includes great seats and hot dog lunch. Tickets go fast, so sign up soon! Call 618-234-4410, ext. 7059.

A Walk down Washington Avenue Thursday, April 20

Elaborate terra cotta, ornamental stonework and molded brick transform massive warehouses into works of art on this St. Louis avenue. Historian NiNi Harris, author of *Downtown St. Louis*, will describe the architectural evolution of Washington Avenue and share stories of those who worked here and rebuilt their lives as Americans. Cost is \$63 and includes services of NiNi, a day pass for the MetroLink and lunch at the wonderful Lucas Park Grill! Deadline for reservations is April 5. This trip starts and ends at the Fairview Heights MetroLink Station. Times are 9 a.m. to 4 p.m. This is a leisure walking tour.

Public Art around St. Louis • Wednesday, May 3

Search for sculptures, gardens and monuments that could be in plain sight or hidden from view. Linda Koenig takes us to see what public art can be found in St. Louis! Lunch is at St. Raymond's Maronite Catholic Church. Cost is \$85 per person. Deadline for reservations is April 3. Depart at 8:15 a.m. from the Schnucks on North Belt West in Belleville with a return at about 5:15 p.m.

Amish Trip

Tuesday, May 23 • 7:30 a.m.-5:30 p.m.

We're heading to Arthur, Illinois and will take a guided tour of the town and farms. We will enjoy an all-you-can-eat family-style Amish lunch, then go to Beachy's Bulk Foods, which is filled with homemade Amish goodies. Our last stop is strolling through downtown Arthur to find more treasures in their quaint shops. Cost is \$68, which includes motor coach and Amish lunch.

Route 66 through St. Louis • Wednesday, May 24

How many Route 66 spots do you know of in St. Louis? Historian Doug Schneider takes us back in time as you visit the Route 66 Exhibit and "Motel Row," walk the most famous bridge on the route, stop for the sweetest snacks and more! Cost is \$107 per person includes lunch at Bixby's. Deadline for reservations is April 14. Depart 9 a.m. from the Collinsville Walmart and return around 4:30 p.m.

Churches of Soulard • Wednesday, June 7

Author, historian and church expert Joan Huisinga takes us to some wonderful churches in the Soulard neighborhood. Several we will go in and others we will pass and talk about them. Learn about the Polish, Czech, Maronite and Catholic faith churches, among others. Churches are subject to change. Cost is \$89 per person and includes lunch at St. Raymond's. Deadline for reservations is May 16. Depart 8:15 a.m. from the Belleville Schnucks on North Belt West with a return at about 5:15 p.m.

Two Historic Homes (and shopping!) Saturday, June 17

Tour the 30-room Magic Chef Mansion built in 1908 (doesn't every home have a bowling alley and central vacuum?), the Chatillon-DeMenil House built in 1848, and shop the best farmers' market in the region in downtown Kirkwood. Cost is \$77 per person and includes the services of Linda Koenig. Lunch is on your own. Deadline for reservations is May 25. Depart at 8:20 a.m. from the Belleville Schnucks on North Belt West with a return at about 5:15 p.m.

EXTENDED TRAVEL

Unless otherwise noted contact Nancy Bauer at ext. 7020 for more information about any of these exciting trips.

Cardinals vs. Royals in Kansas City • Aug. 6-9

It's "all aboard!" in downtown St. Louis for our Amtrak ride to Kansas City! We stay three nights and enjoy delicious food and The Million Dollar Quartet at New Theatre Restaurant, tours, shopping and two Royals games against the Cardinals. Cost is being finalized. Call Nancy for a flier!

Pacific Coast Adventures • Sept. 14-22

Fly from St. Louis to Seattle and motor coach down the coast through Portland to Crater Lake, the Redwood Forests and end in San Francisco. There is LOTS to see and do! Cost is \$3,349 per person per double occupancy and includes flights, 11 meals, airport transfers and travel insurance. Call Nancy for a flier!

Albuquerque & Santa Fe • Sept. 25-Oct. 1

Join PSOP Activities for this wonderful trip which includes: motor coach transportation, six nights lodging (four consecutive nights in the Albuquerque area), 10 meals (six breakfasts and four dinners), guided tours of Santa Fe New Mexico Veterans' Memorial and Acoma Pueblo (also known as Sky City), a ride on the Sandia Peak Tramway and Old Town Albuquerque. Cost per person for double occupancy is \$629. For more information, contact Melissa at ext. 7042.

Magical Christmas Markets • Nov. 25-Dec. 1

The German Christmas markets are iconic for their crafts and glass ornaments. Unpack once as we discover Germany and Austria from our base in Innsbruck. We tour the towns of Innsbruck, Seefeld, Munich, Salzburg and Oberammergau. Visit a filming location for *The Sound of Music* and have plenty of time to shop in the wonderful small shops in all the towns. Cost is \$3,299 a person (double occupancy) or \$3,649 (single) if deposit is made by May 16. Full payment is due on/before Sept. 15. Price includes all air, hotel, travel insurance, all gratuities, six meals and airport transfers to/from Lambert International Airport. Call for a flier!