

April



2018

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

LOOKING GOOD!



You will find cool seniors every Monday and Wednesday at the PSOP Shiloh Senior Center. Join the fun with Bunko, Dominoes and Pinochle. Call Activities for more information at 618-234-4410, ext. 7042.



Foster Grandparents

Share Today. Shape Tomorrow

*Don't be "fooled" this April, Foster Grandparents are making a difference! We are a family of over 60 dedicated volunteers working with exceptional children at local schools, Head Starts, nonprofit daycares, and other community centers. Last year SWIC Foster Grandparents put in almost 60,000 hours working one-on-one with children to reach their personal goals. But don't take our word for it, let's hear from the kids how they feel about their Foster Grandparents! "I love signing my name with my Granny. She says funny things and makes me laugh," said Lamyra, age 4. "I like playing table toys with Granny. The rubber band game is the best! Granny always treats me nicely," said Jeremy, age 5. "I have fun playing outside with Granny. We play catch with balls and she always has a Kleenex," said Halayna, age 4. If you have hugs, love, or Kleenex to share, give the FGP program a call to find out more at 618-234-4410, ext. 7062 or 7024. *Extra Kleenex are not required to participate**

FREE AMPLIFIED PHONES

Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for an ITAC amplified phone are:

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

* once every three years

* those with cell phones are also eligible for a free amplifier

PSOP is a selection/testing center for the Illinois Telecommunication Access Corporation amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012.

Anxiety Education Group

April 11, 2018 at 10 a.m.

The Older Adult & Caregiver Counseling program is introducing a new support group for those of us struggling with the stress life can sometimes bring.

This group will utilize "Mindfulness", a technique that teaches focus and relaxation. The group will be held the second Wednesday of each month at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039

for more information.



PSOP is excited to serve as the kick-off point for Ladies' Night Out, April 19.

For \$5 you receive a passport to explore downtown retailers and businesses and win prizes along the way. Start at PSOP where you will learn about the exciting projects started by the members of the Belleville High Schools CEO program.

Then stroll to Belleville Main Street and check out all Belleville Main Street has to offer.

More details at BellevilleMainStreet.net.

AARP Driver Safety Class

Tues. & Wed., April 24 & 25

Thurs. & Fri., June 14 & 15

Mon. & Tues., Aug. 20 & 21

Tues. & Wed., Oct. 23 & 24

9 a.m. - 1 p.m.

\$15 - AARP member

\$20 - non-AARP member

(Completion of this class may entitle you to a reduction in your car insurance rate)

Call 618-234-4410, Melissa (ext. 7042) or Theresa (ext. 7043) to register.

The 2018 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

April 11 • June 13

Aug. 8 • Oct. 10 • Dec. 12

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.)

Other services include: state ID cards and vehicle registration renewals.

Appointments required for all services.

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

Mobile Unit Hours: 10 a.m. - 1:40 p.m.

Please call 618-234-4410: Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.

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

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.

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

Nurse Available at PSOP!

Barbara Bell, 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.

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

Opioid Epidemic Awareness

In the United States, overdose deaths have quadrupled since 1999, killing 91 people every day. St. Clair County State's Attorney Brendan Kelly will speak on this topic at PSOP, April 25 at 9 a.m. Learn about the impact this epidemic is having on our community and what measures are being taken to combat the opioid crisis. **Call Carla at 618-234-4410, ext. 7036 to reserve your seat.**

SENIOR FOOD BOXES

PSOP is partnering with the St. Louis Area Food Bank to provide monthly senior food boxes. Participants must be at least 60 years of age and lower income.

For further details or to see if you qualify, call Marsha at 618-234-4410, ext. 7035.

MEDICARE 101!

Getting ready to OR just recently turned 65?

FREE Workshop:

Tuesday, April 10 • 9:30-11 a.m.

Mildred Feurer Hall

PSOP, 201 N. Church St., Belleville

Join us for an important overview of NEED TO KNOW Medicare Do's & Don'ts that will maximize your benefits and keep you from paying unnecessary penalties down the road.

Topics to be covered include:

The A, B, C's & D's of Medicare
Medicare Supplements

How to Save Money on Prescriptions

This program is offered in partnership with
Senior Services Plus

For details, contact Marsha Roth at
618-234-4410, ext. 7035, or
marsha.roth@swic.edu.

AARP TAXES AT PSOP!

BY APPOINTMENT ONLY!

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

Calls to make appointments
will be accepted:

Feb. 2 - April 17

Tuesdays, Wednesday & Fridays
8:30 a.m. to 12:30 p.m.

MATTER OF BALANCE

**This FREE program will begin April 27
and run for eight weeks.**

Fridays • 10 a.m.-noon • PSOP • Auditorium

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

***Register by calling 618-234-4410, ext. 7035.
It is highly recommended that you attend
all eight sessions.**

APRIL 2018

Change of Metro Pass Location

The location where the Metro passes are issued has temporarily changed to 19 Public Square while renovation is being done at 27 N. Illinois St. in Belleville. Passes are issued the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking is available behind the building.

Renew your newsletter at least one month before the expiration date listed on your label.

Change your address if you move.

Access this newsletter at swic.edu/community/senior-programs/psop.

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

PSOP RECYCLES:

Aluminum cans
(*supports Advocacy Dept.*)

Cellphones
(*supports Cellphones for Soldiers*)

Old shoes
(*Waterman Project*)

Monday

2 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

9 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

16 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

23 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.
Red Hats, 1-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

30 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

Tuesday

3 Bridge, 8:30-11:30 a.m.
Lunch & Learn, 9 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

10 Bridge, 8:30-11:30 a.m.
Breakfast Club, at The Abbey, 9 a.m.
Yoga, 10-11 a.m.
Lunch & Tables Games, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

17 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with the Doc, 10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Dine Around, Chill and Grill, 5 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

24 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

GRIEF SUPPORT GROUP

Monday, April 16, 10-11:30 a.m.
201 N. Church St.

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

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

Wednesday		Thursday	Friday
4 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		5 Pinochle , 9-11:30 a.m. Dance, Crazy for Cardinals Dance with Country Western Band , 9 a.m. - 2 p.m. Exercise, noon-1 p.m. Hand & Foot , 1:30-3:30 p.m.	6 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
11 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		12 Pinochle , 9-11:30 a.m. Book Discussion , 10 a.m. Lunch & Table Games , 10 a.m. - 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	13 Art , 9-11:30 a.m. Men's Club , 11 a.m. - 2 p.m. Canasta , 12:30-3:30 p.m.
18 Crochet/Basic Knitting , 9-11:30 a.m. Intro to Your Computer/Device , 9-10:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		19 Pinochle , 9-11:30 a.m. Lunch & Table Games , 10 a.m. - 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	20 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
25 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		26 Pinochle , 9-11:30 a.m. Lunch & Table Games 10 a.m.- 1:30 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.	27 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
		<u>COUNTRY WESTERN BAND</u> 5th – Belleville 12th – Okawville 19th – Collinsville 26th – Caseyville	<u>RSVP ORCHESTRA</u> 4th – Moose 11th – Caseyville - SCCOOA 18th – Okawville 25th – No Dance

Wellness Activities

GENTLE YOGA* is held Tuesdays from **10-11 a.m.**

Instructor Joyce Herman has extensive experience in guiding you in this practice. The cost is \$5 per class. Please call Joyce at 618-980-2278 for information.

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!

Fitness Room is CLOSED during Tai Chi and Yoga

ALTERNATIVE TRANSPORTATION SYSTEM (ATS)

Are you unable to drive or thinking of giving up your license? ATS provides transportation to disabled individuals (any age) in St. Clair County and to residents of the city of Belleville, Stookey and St. Clair Townships who are 60 and older.

You can inquire about the ATS program
by calling 618-239-0749.

PSOP IS EXCITED TO ANNOUNCE A NEW PARTNERSHIP WITH LINC, INC. TO OFFER FREE COMPUTER / TECHNOLOGY TRAINING!

Advance Registration Required

All classes meet from 9-10:30 a.m.

**Additional drop-in time with YOUR questions are
available every class date from 10:30 a.m. – 12:30 p.m.**

- **Intro to your Computer/Device** (Wednesday, April 18): This class will teach the basics on how to start/shut down your device. Other topics include: basic keyboarding skills, how to use the mouse and touchscreen, and how to navigate the Desktop/Home screen.
- **Intro to Letter Writing** (Wednesday, May 2): Learn how to use a basic word processing tool like Word Pad or Microsoft Word to type letters or notes. Students will be taught how to save and retrieve documents and how to print.
- **Intro to the Internet** (Wednesday, May 16): Students will be taught how to use the Google Chrome web browser. Topics covered include how to type a web address, how to perform a Google search, and basic web navigation.

**For more information OR to register, please contact
Amy Engle at LINC, Inc. at 618-235-9988.**

RSVP

***Please consider one or more of these
nonprofit activities;***

The life you inspire may be your own!

- **The American Red Cross** is seeking support for future blood drives. Dates to be announced as needed.
- Still time to volunteer at the No. 1 Art Show in the country and see artwork from the finest artists the nation has to offer. **Art on the Square**, the premium art event of the year is looking for special people to help the weekend of May 18-20. Volunteers are needed to help in souvenir and the student art show. Both morning and afternoon shifts. This is an episodic experience you do not want to miss.
- **Tapestry of Community Offerings (TOCO)** is seeking volunteer cashiers to help at the resale shop on Tuesdays, Wednesdays and Fridays. Shifts vary, and training provided.
- **YOUR MISSION SHOULD YOU DECIDE TO ACCEPT IT: Help Our Troops Call Home!** One host site, **VFW Post No. 1739**, is collecting old cell phones, MP3 Players and iPod's for the **Cell Phones for Soldiers program**. RSVP will pass the donated items on to the veterans for processing. Proceeds from donated cell phones 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 – Just two or three hours once a week or a couple times per month will 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 that 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, 12-4 p.m.

**Contact Pat Etling @ 618-234-4410, ext. 7012 for
information on any of the above opportunities.**

HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN APRIL

Rose Mary D., Mary Lou W., and Shirley V.

ACTIVITIES & 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).

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 3 - Lunch and Learn

April 10 - Lunch and Table Games

April 17 - Lunch with the Doc

April 24 - Lunch and Table Games

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

If you are an old pro or a new beginner, this is a friendly group to play with. Join the fun and maybe have a hot lunch before you play!

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 • Thursday, April 12 • 10 a.m.

The Dovekeepers by Alice Hoffman is the title of our book this month. The discussion will be led by Barb Stephenson.

Thursday Lunch • 11:30 a.m., \$5

For just \$5 you get a delicious lunch and dessert. Whether you come early for fitness, stayed for card playing or interested in just lunch, it's a great hot meal.

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

Thursday Activity • noon

**April 5 - Crazy for Cardinals Dance
with Country Western Band**

April 12 - Table Games

April 19 - Table Games

April 26 - Table Games

Art • Fridays, 9 a.m.

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

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Crazy for Cardinals

Thursday, April 5, 10:30 a.m. - 2 p.m.

Let's celebrate opening week for the Cardinals! Wear your Cardinals gear and be ready to dance with the Country Western Band. We will have baseball hotdogs, sides and dessert. Go Cards! Call 618-234-4410, ext. 7015, then press 5 for reservation.

**The following activities are held at the
Shiloh Senior Center**

Games • Mondays, 10-11:30 a.m.

Play Bunko or Dominoes each Monday. This is a fun, outgoing group that is very welcoming to new players! 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**

Men's Club- Friday, April 13, 11 a.m.

Help the Men's Club welcome guest speaker, Lindenwood University-Belleville Men's Varsity Basketball Coach Vincent Meninno. Hear an interesting talk with a great group of guys. Make your reservation for lunch by noon on Thursday the day before. Lunch is \$6.

**Breakfast Club- The Abbey
Tuesday, April 10, 9 a.m.**

The Abbey is a locally owned restaurant at 5801 W. Main St. in Belleville, near Althoff. It's a cozy espresso bar and café which proudly offers Fair Trade coffees, teas, chocolates and crafts from around the globe. They make everything homemade and even have a bar if you want a Mimosa with your eggs.

**Dine Around • Chill and Grill
Tuesday, April 17, 5 p.m.**

Tuesday night is the best night at the Chill and Grill, deep fried tacos for 99 cents! It comes with chips and homemade salsa too. Located at 341 Centreville Ave. Call activities to save your seat, this is a popular one.

**Lunch Bunch • Rachel's Garden
Wednesday, April 18 11:30 a.m.**

Located by the new Belleville West, 3917 Frank Scott Parkway. They have amazing quiche and homemade items and a great little boutique to shop. Call Activities to let us know you are coming. You'll love this place!

Cardinals Games

Sunday, April 8 and Sunday, May 20

Get great tickets to two games this year from PSOP. Meet up at St. Clair Square to get your hot dog and snacks and ride the Red Bird Express. When you get off the bus head toward the first gate, then right down to your seats. Very short walk! Tickets are for Sunday, April 8, opening weekend against the Diamondbacks, and Sunday, May 20 against the Phillies. Tickets are \$38 and include lunch. If you choose to ride Red Bird Express, it's \$5 and pay at the bus. Call Melissa in Activities for tickets and information, 618-234-4410, ext. 7042.

TRIPS WITH ACTIVITIES

New Orleans

April 23-28, 6 days, 5 nights

\$595. The enduring city of New Orleans awaits you. With famous French-infused culture, the city is alive with the buzz of its music and the energy of its people. Catch a glimpse into Southern history on a Louisiana plantation. Tour the National World War II Museum and take in a 4-D cinematic experience in a 120-foot-wide screen theater. Experience the rolling waters of the Mississippi River on a riverboat cruise. Discover what makes New Orleans charm world-famous in the legendary French Quarter. Leave Shiloh at 8 a.m., Monday and return approximately 8 p.m., Saturday. Full payment is due upon signing up, \$595 is for double occupancy.

Niagara Falls and Toronto

Bus 1 - Aug. 19-25, Bus 2 - Sept. 23-29

\$659 double occupancy. Feel the power of the mighty Niagaras as you gaze at the Horseshoe, American and Bridal Veil Falls from the Canadian side. Then experience the power up close onboard a boat ride on a Hornblower Niagara Cruise that takes you right up to the base of the Horseshoe Falls. Tour Toronto, gamble at a beautiful casino overlooking the falls, and visit Casa Loma Castle, which is Canada's most magnificent castle.

Price includes charter bus, six breakfasts, four dinners, hotels, and all attractions. Full payment is due by June 30. A \$75 deposit is due upon signing. Must have passport.

DAY TRIP

Isle Casino Cape Girardeau

Wednesday, April 25, 2018

We head to one of our favorite casinos! Price includes \$5 cash from the casino and a meal voucher for the buffet. Must be 21 years of age and must present a valid driver's license, passport, or state issued non-drivers ID at casino check-in. Please put your Fan Club players number on the reservation form, if you have one, and birthdate. Cost is \$47 per person (note price!). Deadline for reservations is April 5. Depart 7:40 a.m. from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return about 6 p.m. to Belleville.

Shoes, Booze and Baseball

Friday, April 27, 2018

If you like baseball or Cardinal history, this is the trip for you! See where past stadiums were, find out where the first diamond was, visit the monument to James "Cool Papa" Bell, tour behind-the-scenes at Busch Stadium and visit the Cardinal Hall of Fame/Museum, among a few surprises Linda Koenig has found. Lunch is a turkey club sandwich, salad, soup of the day, and drink at Schlafly Bottleworks. Cost is \$89 per person. Deadline for reservations is April 9. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5 p.m. to Belleville.

A Culinary Tour of The Hill

Wednesday, May 2, 2018

We nibble our way through the Italian neighborhood with native Jo DeGregorio who knows all the history and "hot" spots! We will nibble our way through ravioli, salami, chocolate, baked goods, gelato; have a cooking demonstration; and lunch at Guido's. Cost is \$89 per person. Deadline for reservations is April 11. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return about 6 p.m. to Belleville.

The Founding of St Louis

Friday, May 4, 2018

Limited to 25 people. Learn about when St. Louis was a fur trading post founded by Frenchmen as part of the Spanish Colonial Empire, as we walk the cobblestone streets of Laclede's Landing and explore the 19th century buildings. Also learn about the Eads Bridge and the just finishing Arch grounds. Lunch is at the Old Spaghetti Factory. Author/historian NiNi Harris will present this walking tour based on her original research. Cost is \$67 per person if you have a Senior/Unlimited Metro pass (\$75 per person if you do not have a Senior/Unlimited Metro pass). Deadline for reservations is April 18. Meet at 9:30 a.m. at the Fairview Heights MetroLink station.

First Served Here!

Saturday, June 9, 2018

Eat your way through the 1904 World's Fair with expert Joan Huisinga. How many foods do you know were invented or first served here? Make nibble stops on The Hill, Soulard Market, Forest Park, Grand Center and more! From bakery goods to dessert, it's a dietician's nightmare but a junk food addict's delight. Cost is \$69 per person. There will be no lunch stop. Deadline for reservations is May 18. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville and return about 4:45 p.m.

Fireworks on the River!

Wednesday, July 4, 2018

Limited to 150 people. Our best-selling cruise is back! Sail the Mississippi as we enjoy a dinner buffet and have the best seat in the house for the best firework display in the country! Cost is \$97 per person. Deadline for reservations is May 25. Depart 6:15 p.m. from the Schnuck's on North Belt West, Belleville, depart 5:15 p.m. from the Caseyville Township Center. Return about midnight.

An American Legacy

October 9-15, 2018

Highlights include Colonial Williamsburg; the presidential homes of Monroe, Jefferson and Washington; the U.S. Naval Academy. Also have free time and tours of Washington, D.C. Cost is \$3,839 for a single, \$3,139 per person for a double, and \$2,879 per person for a triple. Cost includes air, insurance, gratuities, 13 meals and airport transfers. Final payment due on/before June 29, 2018. Pay total amount with a check and deduct \$75 from the cost! Call Nancy at 618-420-9994, ext. 7020 for a flyer or if you need a roommate.

HOLD THE DATE!

June 15 - "This used to be..." Multi-purpose uses for historic buildings

Sept. 24 - What's in Our Backyard?

LOOK FOR US ON THE WEB BY VISITING

swic.edu/community/senior-programs/psop/



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 \$270-\$464). **Call 618-277-3290, ext. 7064 (Gloria), or 7061 (Cutha).**

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

Subscription: \$10 for 1 year; \$6 for 6 months

Your expiration date is on your mailing label.

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John Pertzborn of KTVI Channel 2 with RSVP members of the VFW Post 1739 and the Civil War Living History Regiment. Honor guard at the 2017 - 44th RSVP banquet.

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