

April



2019

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

HELLO SPRING



It's a good day to be happy!



Call the Activities Department and start your spring off right!

NATIONAL SERVICE RECOGNITION DAY



Join Us
April 2nd, 2019
#NationalServiceWorks



On National Service Recognition Day, thousands of local leaders across the country honor AmeriCorps members and Senior Corps volunteers by participating in recognition events, issuing official proclamations, and taking to social media in a nationwide show of appreciation. This annual initiative takes place the first Tuesday in April and is led by the Corporation for National and Community Service, the National League of Cities, the National Association of Counties, and Cities of Service.

Mayors and city leaders, county officials, and tribal leaders across the country are using national service more and more to solve their community's toughest challenges. CNCS, America's leader in volunteering and service efforts, engages approximately 300,000 AmeriCorps members and Senior Corps volunteers in national service at more than 50,000 locations each year. Through partnerships with schools, faith-based groups, non-profits, and local agencies, national service members are embedded within the communities they serve, using their ingenuity and training to make a tangible, lasting impact. Whether responding to natural disasters, tackling the opioid epidemic, educating students for the 21st century workforce, or supporting veterans and military families, AmeriCorps members and Senior Corps volunteers help local leaders strengthen their communities.

It's important to take the time to honor individuals who take action and solve significant problems in their communities. Since our nation's founding, volunteers have been the source of action and change. Over two hundred years later, their energy continues to make our nation a better place. Join us in thanking those that give of their time, sharing of their time for their country. Sharing of the time and talent is immeasurable.

Perhaps you would like to experience the intangible benefits of volunteering—such as pride, satisfaction and accomplishment. Volunteering doesn't have to be complicated and advances in technology and social networking make it easier to find your place to get involved. You may find answers to the questions you have at <http://www.nationalservice.gov>. To receive more information about the Senior Corps programs please call 618-234-4410.

GIVING BAG

SUPPORT PSOP SAVE OUR ENVIRONMENT!

When you purchase a "Giving Bag" from **Fresh Thyme**, \$1 can be donated to PSOP. All you have to do is specify SWIC – Programs and Services for Older Persons upon following the instructions on the Giving Tag.

If after purchasing a bag (or two or three), you need assistance, please call Cheryl at 618-234-4410, ext. 7023 with the six-digit code from each bag!

THE SWIC-PSOP FAMILY HISTORIAN CLUB

Would you like to be part of a club that collects and shares historical stories from around the community? Join SWIC-PSOP Family Historian Club, along with One Legacy, for good times and good deeds. The club meets every month. Invite your friends and spread the word. Learn more by visiting www.onelegacy.com or call 618-960-7252.

**First meeting: Wednesday, April 10, 2019
10-11:30 a.m. at PSOP**

The SWIC-PSOP
FAMILY HISTORIAN Club

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

**April 10 • June 12
Aug. 14 • Oct. 9 • Dec. 11**

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.

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card.

Drivers age 75 and older are required to take a driving test to renew their driver's licenses.

All payments must be by checks or credit cards; cash will NOT be accepted.

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/Resource Center accepts donations of gently used medical equipment (canes, walkers, wheel chairs, etc.) for our loaner program. Please call Marsha at ext. 7035 for more information.

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, LCPC at ext. 7039

Alzheimer's Association Caregiver Support Group

Sponsored by the Alzheimer's Association, PSOP hosts a monthly support and education meeting for those who are caregiving for someone with Alzheimer's disease or a related dementia. Meetings are held the second Tuesday of most months at 2:30 pm, at PSOP. This meeting is intended for caregivers-only to attend. For more information about the meeting, or for an individual counseling and resourcing appointment related to dementia caregiving, please call Jodi at 618-234-4410, ext. 7031.

Parkinson's Support Group

This support and educational meeting, sponsored by the American Parkinson Disease Association, is held at PSOP on the second Monday of most months at 1:30 p.m. Anyone affected by Parkinson's Disease is welcome to attend.

For more information about the meeting, the APDA, or for an individual resourcing session, please call Jodi at 618-234-4410, ext. 7031.

Mindfulness Group

The Older Adult & Caregiver Counseling program now provides an anxiety education group for learning techniques to cope with stress and anxiety. Learn about "Mindfulness" techniques that increase focus and relaxation. The group will meet the second Wednesday of most months at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information.

Brain Health

PSOP and the Alzheimer's Association would like to invite everyone to participate in a monthly educational class to promote Brain Health. Whether you are a person with memory loss, or someone interested in maintaining as healthy of a brain as possible, this monthly meeting will feature brain exercises, activities, socialization and education. Classes will be held the second Thursday of most months at 2:30 p.m. No reservation is necessary, but you may call Jodi Gardner, MSW, LCSW, at 618-234-4410, ext. 7031 for information.

PSOP 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.

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 see if you qualify, call Marsha at 618-234-4410, ext. 7035.

Land of Lincoln Legal Aid will assist individuals of limited income, age 60 and above, with powers of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. - noon • By appointment only

Call 618-234-4410, ext. 7033 to make an appointment.

Nurse Available at PSOP!

June Gagen, RN, from Memorial Hospital will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on Tuesday mornings from 9 a.m. to noon in the Resource Center. No appointment needed.

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.

By appointment only • Mondays from 9 a.m. - noon

Call 618-234-4410, ext. 7033 to make an appointment.

PASSPORT TO WELLNESS

FRIDAY APRIL 26, 2019

9 a.m. - noon

201 N. Church St. Belleville at PSOP

Health Screening

Breakfast, Lunch and Prizes

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



APRIL 2019

Monday

Tuesday

Metro Pass Location

PERMANENT LOCATION

Belleville Metro Station,
718 Scheel St., Belleville.
Tuesdays & Thursdays,
9 a.m. to noon.

Questions? Please call:
618-628-8090

• **RENEW YOUR NEWSLETTER
SUBSCRIPTION AT LEAST
ONE MONTH BEFORE YOUR
EXPIRATION DATE
(ON YOUR MAILING LABEL)**

• **CHANGE YOUR ADDRESS
IF YOU MOVE**

• **YOU CAN ACCESS THIS
NEWSLETTER BY GOING TO:**

SWIC.EDU/PSOP

PSOP RECYCLES:

**Aluminum cans
(supports Advocacy Dept.)**

**Cellphones
(supports Cellphones
for Soldiers)**

**Old shoes
(Waterman Project)**

GRIEF SUPPORT GROUP

**Monday, April 15,
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.*

**1 Breakfast Club, Belleville Pancake
House, 3605 N. Belt West in
Belleville, 9 a.m.**
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.**

2 Bridge, 8:30-11:30 a.m.
Lunch & Learn,
10 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, 5-8 p.m.
at the Nichols Center

8 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 Bridge, 8:30-11:30 a.m.
Lunch & Table Games,
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, 5-8 p.m. at the
Nichols Center

15 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 Bridge, 8:30-11:30 a.m.
Lunch with the Doc,
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, 5-8 p.m. at the
Nichols Center

22 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 Bridge, 8:30-11:30 a.m.
Lunch & Tables Games,
10 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 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

29 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
**Lunch Bunch, Bandana's BBQ,
Fairview Heights, 11:30 a.m.**
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

**SHILOH SENIOR CENTER
Games, 10 a.m.**

30 Bridge, 8:30-11:30 a.m.
Lunch and Table Games,
10 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 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

Wednesday**Thursday****Friday**

3 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

4 Pinochle, 9-11:30 a.m.
DANCE, It's a Homerun,
9 a.m. - 2 p.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

5 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

10 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

11 Pinochle, 9-11:30 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Book Discussion 10-11:30 a.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

12 Art, 9-11:30 a.m.
Men's Club, 10 a.m. - 2 p.m.
Canasta, 12:30-3:30 p.m.

17 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.
Dance, "Peeps Party"
10:30 a.m. - 2 p.m.

18 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.

19

**PSOP Closed
for Easter Break**

24 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.
Dine Around, O'Charley's
Restaurant,
in O'Fallon, 5 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

25 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.

26 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

COUNTRY WESTERN BAND

4th - Belleville
11th - Granite City
18th - Moose- SCCOOA
25th - Okawville

RSVP ORCHESTRA

3rd- Caseyville - SCCOOA
10th - Okawville
17th - Shiloh
24th - Collinsville

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 to 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

*** No advance registration is required for either activity; payment is due at time of activity directly to the instructor.*

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 age 60 or older. You can inquire about the ATS program by calling 618-239-0749.

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 3 years*

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

PSOP is a selection/testing center for the Illinois Telecommunication Access Corporation (ITAC) amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012 or ext. 7040

RSVP

Please consider one or more of these nonprofit activities;

The life you inspire may be your own!!

- There is 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 17-19**. Volunteers are needed to help in souvenir booths and the student art show. Both morning and afternoon shifts available. This is an episodic experience you will thoroughly enjoy. This event is held at the Belleville Fountain Square.
- We are still accepting volunteers to help teach seventh grade students how to manage a budget? This fun two-day interactive workshop titled **"Welcome to the Real World"** will be held on **Thursday, April 25 and Friday, April 26**, at the **SWIC** Belleville Campus Intramural Gym.
- **Tapestry of Community Offerings (TOCO)** in Belleville is seeking friendly volunteer cashiers to help at the resale shop. Days and shifts vary. Training provided.
- **YOUR MISSION SHOULD YOU DECIDE TO ACCEPT IT: Help Our Troops Call Home!** One of our host sites – **Belleville VFW Post No. 1739** – is collecting old cell phones, Mp3 players and iPods 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 Transportation Driver – just two or three hours per week or a couple of times per month will make a huge difference in the life of a mature adult who needs a ride to doctors appointments or the grocery store. There are two "Faith in Action" programs seeking volunteer drivers in 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.

For information on any of the above-mentioned assignments please contact Pat Etling at 618-234-4410, ext. 7012. Your dream volunteer situation is waiting for you!

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

Rose Mary D., Luitgard F. 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) or ext. 7021 (Jean Ellen).*

Chess • Mondays, 10–11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

Do you know what a Trump or a Dummy is? Have you played bridge but have not played for a while? Come join the Bridge Players on Tuesday mornings!

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 2 – Lunch & Learn

April 9 – Lunch & Table Games

April 16 – Lunch with the Doc

April 23 – Lunch & Table Games

April 30 – Lunch & Table Games

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

Whether you are a morning person or get out more in the afternoons, come join us for Pinochle!

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

Warm up with some line dancing. Great people and awesome instructors will have you doing a happy dance all over the dance floor. \$2 per session.

**Beginning Line Dancing • Wednesdays,
March 20 – April 24, 12-1 p.m.**

This six-week class is \$20 per person. If you've always wanted to learn line dancing, this slower paced class will teach you the basic steps and have you line dancing to your favorite tunes.

Book Discussion Group • Thursday, April 11, 10 a.m.

This month's book selection is "The Tender Bar" by J. R. Moehring. The discussion leader is Marilyn Merwin.

Thursday Lunch • 11:30 a.m. • \$5

For just \$5 you will get a homemade lunch made by our very own volunteers. They are always coming up with something new. Stay for fitness or table games or cards. **For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.**

Thursday Activity • Noon

April 4 – Dance with Country Western Band

April 11– Lunch and Table Games

April 18– Lunch and Table Games

April 25– Lunch and Table Games

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

**"It's A Home Run" Dance • Thursday, April 4,
10:30 a.m. - 2 p.m., PSOP**

Celebrate the Cardinal's home opener with the Country Western Band at PSOP! Show your team spirit and wear your favorite Cardinal's t-shirt. Lunch is \$5. Please make your reservation before April 3. Call 618-234-4410, ext. 7015 then press 5 for reservations. Dance sponsored by Regency Manor.

**"Peep's Party" Dance • Wednesday, April 17,
10:30 a.m. - 2 p.m., Klucker Hall, Shiloh**

After the cold winter, we've got spring fever! We're ready to dance to the tunes of the RSVP Orchestra at Klucker Hall in Shiloh. Enjoy lunch for \$5. Please make your reservation by April 16. Call 618-234-4410, ext. 7015, then press 5 for reservations.

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

The Shiloh Senior Center will be closed on March 11, 13 and 27.

Games • Mondays, 10-11:30 a.m.

We are either playing Bunko or Dominoes each Monday. 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. No cost to play. They always welcome new players.

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

Men's Club • Friday, April 12, 11 a.m.

Guest speaker is Joe Bauer, varsity baseball coach for O'Fallon Township High School and former assistant coach for Althoff Catholic High School. Please make reservations for lunch. Lunch is \$6.

Breakfast Club • Monday, April 1, 9 a.m.

Join us at the Belleville Pancake House, 3605 N. Belt West in Belleville for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Monday, April 29, 11:30 a.m.

We're meeting at Bandana's BBQ, 4608 N. Illinois St. in Fairview Heights. Please call for reservations, so we can have a seat saved just for you!

Dine Around • Wednesday, April 24, 5 p.m.

Meet us at O'Charley's Restaurant, 1313 Central Park Drive in O'Fallon. Please call Activities to let us know you are dining with us!

Cards vs. Phillies Game • Tuesday, May 7, 6:45 p.m.

Meet at the Red Bird Express at St. Clair Square in Fairview Heights. We have great seats in Section 237! You'll also receive a Cardinal's t-shirt when you enter the gate. Cost of event: \$32 per person, which includes your baseball ticket, hot dog, chips and drink. Cost of Red Bird Express is \$5 per person cash (not included in price of event).

TRIPS

A Bosnian Experience Tuesday, May 21, 2019

Leave your passport at home! Joe DeGregorio takes us through the Bosnian area of St. Louis to learn customs, enjoy the food and insight into the history of these refugees coming to St. Louis. Experience a unique bazaar, a bakery, and the religion. Not recommended for people using walkers. Cost is \$85 and includes entertainment, services of Joe and lunch (please state if you want Stuffed Cabbage or Goulash or Chicken Schnitzel). Deadline for reservations is May 1. Pick-up at the Schnuck's on North Belt West at 8:30 a.m. and returning about 3:30 p.m.

Historic Jefferson Barracks Wednesday, June 5, 2019

Once the largest military base in the U.S., spend the day with Linda Koenig learning about its role in D-Day and other wars by visiting the park and museums (Ordnance Depot and Powder Magazine, Telephone Museum, and the Missouri Civil War Museum) and cemetery. Cost is \$93 and includes all entrance fees, services of Linda, and lunch at Café Telegraph. Deadline for reservations is May 16. Pick-up at the Schnuck's on North Belt West at 8:20 a.m. and return about 5 p.m.

Fireworks on the River!

Thursday, July 4, 2019 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 \$99 per person. Deadline for reservations is May 22. Depart 6 p.m. from the Schnuck's on North Belt West, Belleville, depart 5:15 p.m. from the Caseyville Township Center. Return about midnight. Note: components are weather dependent and may be a two-block walk. Please state with whom you wish to sit.

Magnificent Michigan Sept. 6-12, 2019

This motorcoach tour includes: Amish Acres, two nights in the Grand Hotel, the Dunes, two world-famous gardens, the Gerald R. Ford Presidential Museum, 12 meals, and so much more! Per person, costs are \$3,179 single, \$2,449 double or \$2,269 triple or quadruple occupancy. Lakeview rooms are available. Final payment due on or before May 28. Call Nancy for a flyer!

The Passion Play and a River Cruise! A ONCE IN A LIFETIME TRIP! Sept. 20-29, 2020

We start in Budapest and travel the Danube River. Along the way, we stop in Bratislava, Vienna, Durnstein, Passau, Oberammergau for the Passion Play (held every 10 years) and finish in Munich for the Oktoberfest! Prices begin at \$6,549 per person for Category E. This trip has strict deposit and cancellation dates. Please call Nancy for more pricing or for a brochure.

Look for us on the web by visiting swic.edu/psop.

SAVE THE DATE: This year's Senior Celebration is scheduled for May 10!

Raffle Tickets are available now! Prizes include:

- o 1st Prize: **\$500 Wal-Mart Gift Card** – donated by Belleville Wal-Mart
- o 2nd Prize: **I-Pad** – donated by Belleville Wal-Mart
- o 3rd Prize: **4 Redbird Club Seats** – donated by Steve Wolf
- o 4th Prize: **\$100 Andria's Gift Card** – donated by County Board Chairman Mark A. Kern
- o 5th Prize: **\$50 Schnucks Gift Card** – donated by Cheryl Biver Brunsmann

TICKETS: \$1 each or 6 for \$5

Call or visit any staff member to purchase YOURS today.
100 percent of funds directly benefit PSOP programs!



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
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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

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to:

Your expiration date is on your mailing label.

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

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



**“Life’s most persistent
and urgent question is,
‘What are you doing for others?’”
– Martin Luther King Jr.**

Foster Grandparents participated in the MLK Day of Remembrance program held at SWIC. They were moved and inspired by motivational speaker Rodney Walker who honored his civil rights hero by sharing his story. Walker thanked our Foster Grandparents for being part of a change for the better for the children they support. Having a mentor himself who was the “One Caring adult who refused to let him fail” had changed his path in life dramatically. Foster Grandparents left with a renewed commitment to service – truly honoring the legacy of Dr. King.

Mailing prepared by RSVP Volunteers

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