

August



2017

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

THANK YOU!



Here are pictured over 50 Foster Grandparents who give of themselves each and every day to make sure the children they serve are learning, growing and most of all loving one another. This year the annual Foster Grandparent Recognition was held at Belle Court in beautiful downtown Belleville. Each grandparent was recognized to show them how much they mean to not only the children, but also the parents, teachers and their community. Without these fine volunteers our children would not be able to succeed in the way they are capable of. The sense of security and love they provide is PRICELESS. We salute each one of them and cannot HONOR them enough. Thanks to the unending hours that are put in each day by these golden seniors our children will have a better today and tomorrow.

If you are interested in additional information please call 618-234-4410, ext. 7062.

KIDNEY MOBILE AT PSOP

FREE health screenings for hypertension, diabetes and kidney disease.

TUESDAY, AUGUST 29 • 10 A.M. - 2P.M.

Screenings will include: blood pressure, blood glucose, body mass index, waist circumference, urinalysis, blood draw, private consultation, and Kidney Mobile tours.

No appointment necessary.

This event is cosponsored by PSOP and Memorial Network

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 or 7012.

BATTLE OF THE BANDS

**RSVP Orchestra vs.
RSVP Country Western Band**

**Thursday, Aug. 3
10 a.m.-2 p.m.
PSOP**

Cost: \$10, includes lunch

50/50 raffles • silent auction • games

**Make your reservation by Aug. 1 at noon.
Call 618-234-4410, ext. 7015.**

Proceeds will help to fund both bands performances at dances in the community.



SENIOR COMPANIONS

Make Independence a Reality

Senior Companions are volunteers age 55 and over who make a difference by providing assistance and friendship to adults who have difficulty with daily living tasks, such as shopping or paying bills. We help these adults remain independent in their homes instead of having to move to more costly institutional care. Senior Companions give families or professional caregivers a much needed time off from their duties, run errands, and often provide friendship for their clients.

Senior Companions serve 15 to 40 hours per week helping an average of two to four adult clients live independently in their own homes.

Volunteers receive pre-service orientation, training from the organization where they serve, supplemental insurance while on duty, and may qualify to earn a tax-free hourly stipend.

And remember: When you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

Here's how your local SWIC Senior Companion Program serving Madison, Monroe, Randolph and St. Clair Counties, has impacted your community this past year:

- In 2016, **132** SCP volunteers served a total of **109,430** volunteer hours.
- **199** clients received independent living services such as socialization, meal preparation, medication reminders and transportation.
- **85** caregivers benefitted from respite provided by the Senior Companions.
- If the SCP volunteers' hours were valued on the current independent sector rate of \$23.56 per hour (Points of Light Foundation) in 2016, the SWIC/SCP volunteer effort is valued at **\$2,578,170.80**.
- Senior Companions assist in keeping elderly individuals from Illinois nursing homes at an average cost savings of **\$74,800/person/year** (private room).

Come and get involved by calling (618) 234-4410 Ext. 7036. Join Senior Companions today!

NEWSLETTER SUBSCRIPTIONS

During the past few years there have been dramatic increases to the paper and production costs for our newsletter. As a result, it was necessary to raise the yearly cost of our newsletter to **\$6 for 6 months or \$10 per year**. This increase will be effective for any new or renewed subscriptions effective **July 1, 2017** or later. You can continue to access our newsletter at no cost at www.swic.edu/psop.

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 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.

AARP Driver Safety Class

Aug. 21 & 22 • Oct. 24 & 25

8:30 a.m. - 12:30 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 to register.

Driver Services Mobile Unit 2017

Aug. 9 (waitlist)

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 618-234-4410, ext. 7032.

AUGUST 2017

Monday

Tuesday

COUNTRY WESTERN BAND

3 - Belleville
17 - Okawville
24 - Caseyville
31 - Collinsville

RSVP ORCHESTRA

9 - Collinsville
16 - Shiloh
23 - O'Fallon
30 - Okawville

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

7 **Golf at Yorktown**, 8:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

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

14 **Golf at Yorktown**, 8:30 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.

SHILOH SENIOR CENTER
Games, 10 a.m.

15 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:30 - 8:30 p.m.
at the Nichols Center

21 **Golf at Yorktown**, 8:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

22 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:30 - 8:30 p.m.
at the Nichols Center

28 **Golf at Yorktown**, 8:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

29 **Bridge**, 8:30-11:30 a.m.
Breakfast Club, 9 a.m.
Olympika in Swansea
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:30 - 8:30 p.m.
at the Nichols Center

Change of Metro Pass Location

The location where Metro passes are issued has moved to 27 N. Illinois St. in Belleville (former LIHEAP building) on the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking and the entrance is behind the building.

- 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.**

PSOP RECYCLES:
Aluminum cans
(*supports Advocacy Dept.*)
Cellphones
(*supports Cellphones for Soldiers*)
Old shoes
(*Waterman Project*)
Clean plastic containers
(*Activities Dept.*)

Wednesday**Thursday****Friday**

<p>2 Golf at Yorktown, 8:30 a.m. Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>3 Pinochle, 9 a.m. “Battle of the Bands” Dance 10:30 a.m.-2 p.m. Lunch, 11:30 a.m. Hand & Foot, 1 p.m.</p>	<p>4 Art Workshop, 9 a.m. Canasta, 12:30-3:30 p.m.</p>
<p>9 Golf at Yorktown, 8:30 a.m. Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>10 Pinochle, 9 a.m. Lunch, 11:30 a.m. Book Discussion, 10 a.m. Table Games, noon Hand & Foot, 1 p.m. Dine Around, Sybergs, 5 p.m.</p>	<p>11 Art Workshop, 9 a.m. Canasta, 12:30-3:30 p.m.</p>
<p>16 Golf at Yorktown, 8:30 a.m. Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m. “Blue Hawaii” Dance with the RSVP Orchestra, 10:30 a.m. – 2 p.m. Lunch, 11:30 a.m.</p>	<p>17 Pinochle, 9 a.m. Lunch, 11:30 a.m. Table Games, noon Hand & Foot, 1 p.m.</p>	<p>18 Art Workshop, 9 a.m. Canasta, 12:30-3:30 p.m.</p>
<p>23 Golf at Yorktown, 8:30 a.m. Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>24 Pinochle, 9 a.m. Lunch, 11:30 a.m. Board Games, Dominoes and Coloring & Conversation, noon Hand & Foot, 1 p.m. Group Exercise, noon-1 p.m.</p>	<p>25 Art, 9 a.m. Canasta, 12:30-3:30 p.m. Call it Art Workshop</p>
<p>30 Golf at Yorktown, 8:30 a.m. Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>31 Pinochle, 9 a.m. Lunch, 11:30 a.m. Table Games, noon Hand & Foot, 1 p.m.</p>	

Wellness Activities for AUGUST

MATTER OF BALANCE

This FREE program will begin Aug. 25 and run for eight weeks.

**FRIDAYS
10 A.M.-NOON
PSOP • ROOM 204**

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 234-4410 ext. 7030. It is highly recommended that you attend all 8 sessions.

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.

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!

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.

RSVP

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

- **The Community Inter-Faith Food Pantry in Belleville** is in need of food pantry volunteers for Saturdays – only two hours (9-11 a.m.) Once or twice a month would be great!! In addition, Food Pantries in both Madison and St. Clair County are seeking support. Two to three hours a week will help those in need. During these difficult economic times, you can help as families try to make ends meet.
- **Area Schools** need your help because children are this country's greatest natural resource. Tutors and Mentors are needed for the new school year, several schools have in class and after school study sessions. You can make a difference by offering a couple of hours a week. You can make an impact. Background checks required.
- **HeartLands Conservancy of Mascoutah** does important work for the natural resources in seven counties. They have dramatically improved the state of environmental resources in our area. This not-for-profit agency needs a strong core of volunteers to serve in the community. A wide variety of volunteer positions are available: Admin. Assistant, Agricultural Consultant, Web Master, Graphics Specialist, Photography Specialist, Grant Development Specialist, Public Relations Specialist, Environment & Resources Consultant, Networking and Computer Hardware Specialist, Education & Outreach Consultant, Outdoor Recreational Opportunity Consultant, Human Resources Specialist, Volunteer Coordinator, Legislative Coordinator. Your volunteer work will further promote the conservation of resources.
- **Lebanon Visitors Center** is seeking volunteers to welcome guests as greeters and support the information desk. Days and times vary. Call for details.
- **The Community Inter-Faith Food Pantry** in Belleville is in need of volunteers for two hours shifts. Once or twice a month would be great! Additionally, food pantries in Madison and St. Clair counties are seeking support. A few hours a month will help those in need.
- **TOCO and Shelter Shop of Belleville** are both in need of sales cashiers. This a great way to help a thrift store and find wonderful bargains at the same time. Days and hours vary.

**HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO
ARE 90 OR OLDER IN AUGUST**

Frank B. and Laverne K.

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).

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

August 1 – Table Games

August 8 – Table Games

August 15 – Lunch with a Doc

August 22 – Table Games

August 29 – 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. 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 • August 10 • 10 a.m.

This month's selection book is "**The Little Paris Book Shop**" by **Nina George**. The discussion leader is Marilyn Merwin.

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

August 3 – Battle of the Bands Dance

August 10 – Table Games

August 17– Table Games

August 24– – Coloring & Conversation.

We're also starting a Bunko group the 4th Thursday of every month. Come and join us for this fun game!

August 31– 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

Battle of the Bands

Thursday, August 3, 10:30 a.m. - 2 p.m.

This is a special fundraiser with performances by both the RSVP Orchestra and Country Western Band in Belleville.

There will be 50/50 raffles, silent auction and games to help fund band performances at dances throughout the year.

Lunch is \$10. Please call 234-4410 ext. 7015, then press 5 by Wednesday at Noon.

Blue Hawaii

Wednesday, August 16, 10:30 a.m. - 2 p.m.

The RSVP Orchestra will play tunes at Klucker Hall in Shiloh.

Lunch is \$5. Please call 234-4410 ext. 7015, then 5 by

Wednesday at Noon. Dance sponsored 1st National Bank of Waterloo.

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

Breakfast Club • Olympika in Swansea

Tuesday, August 29 • 9 a.m.

We hope you'll join us for breakfast at Olympika! Please call ahead so we can save a seat for you!

Dine Around • Sybergs, Thursday, August 10 • 5 p.m.

Join us at Sybergs in O'Fallon for some great conversation.

They have a Happy Hour with appetizer and drink specials and if it's a nice evening, we might even sit outside on the patio.

Call ahead so we can have a seat for everyone!

THE FOLLOWING ACTIVITIES ARE HELD AT THE SHILOH SENIOR CENTER, 7 PARK DR, SHILOH, 62269

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. Come play pinochle with us!

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.

Travelogue • Tuesday, August 15, 2017

Learn about what is so wonderful about our 8 day trip in

January 2018 to Puerto Vallarta and about our 9 day trip in

June 2018 to the Great Canadian cities of Montreal, Quebec,

Ottawa, Toronto and Niagara Falls. We start the presentation

at 11am. Call Nancy (618/234-4410, ext. 7020) and let us save you a seat!

Solar Eclipse Trip

Monday, August 21, 9:30 a.m.

Enjoy a delicious all-you-can-eat lunch at the Pioneer's Cabin before you experience the first total solar eclipse to hit our state since 1869 from one of the best views in southern Illinois. After the eclipse, shop at the Shawnee Country Store for some homemade Amish goodies. Cost is \$74 per person, which includes transportation and lunch. Thanks to Dr. William Ritzel for donating our solar eclipse glasses!

Isle Casino Cape Girardeau

Saturday, August 26, 2017

We head to one of our favorite casinos where we had a winner of over \$800 and a winner of \$400 on our last trip! 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 \$45 per person. Deadline for reservations is August 7. Depart 7:40am from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return about 5:15pm to Belleville.

Route 66 in Illinois

Thursday, September 7, 2017

Route 66 historian/educator Dough Schneider takes us to Springfield, IL to explore the Route 66 sites, have lunch at Doc's Soda Fountain, time to explore Carlinville, and a surprise or two! Cost is \$103 per person. Deadline for reservations is August 7. Depart at 9am from the Schnuck's on North Belt West, Belleville than a second pick-up in the Maryville/Troy area (if needed). Return about 5pm to Belleville.

Discover Hermann, MO!

Wednesday, September 20, 2017

This guided tour of the area will highlight the Living History Farm (a mid-1800's village including horses and farm machinery), a history/city tour, lunch, a "behind the scenes" tour of an apparel factory and one of a meat market, and free time. Cost is \$97 per person. Deadline for reservations is September 1. Depart at 7:30am from the Schnuck's on North Belt West, Belleville. Return about 7pm to Belleville.

Historic Hotels of St. Louis

Thursday, October 5, 2017

We have been home to some of the finest hotels in America. Many no longer exist, but the stories remain. We have also witnessed the restoration of some of the landmark hotels. Linda Koenig takes us to the Cheshire Inn, the Chase Park Plaza, the Drury Union Station, the Drury Plaza and the Mayfair Hotels. Come and hear Linda Koenig talk about what makes them world famous! Cost is \$85 per person and includes lunch at Lorenzo's Trattoria. Deadline for reservations is September 18. Depart 8:15am from the Schnuck's on North Belt West, Belleville. Return about 5pm to Belleville.

Christmas at the Symphony

Friday, December 15, 2017

One of the best symphonies in the world has a seat with your name on it! We start with lunch at Lucas Park Grill followed by the BEST seats in Powell Hall! Cost is \$115 per person and includes a performance ticket and lunch. Please state if you want Chicken Pasta or Grilled Salmon or Grilled Steak). Deadline for reservations is November 1. Depart 10:20am from the Schnuck's on North Belt West, Belleville and at 9:45am from the Caseyville Township Center in Fairview Heights. Return about 5:30pm. Please state with whom you wish to sit.

EXTENDED TRAVEL

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

Puerto Vallarta

January 15 – 22, 2018

Get away from the snow and cold for 8 glorious days! You can sit on the beach and do nothing, enjoy the spa, go sightseeing, play tennis or billiards or racquetball or even Bocce Ball! How about 18 holes at the famous El Tigre Golf Course and Country Club? This 5-star, all-inclusive resort will keep you busy or let you chill. You decide! Cost is \$2425 per person, double, and \$2925 for a single. Includes air from STL and airport transfers. A \$500 (plus insurance) deposit is due at time of reservation. Full cost is due on/before October 27, 2017. Make checks payable to Premier World Discovery. Call Nancy at 618/234-4410, ext. 7020 for a flyer.

SAVE THE DATE!

December 16 – It's a Christmas Mystery!

Change of Metropass Location

The location where Metropasses are issued has moved to 27 North Illinois St in Belleville. (The former LIHEAP building) on the 1st and 3rd Wednesdays of the month from 9 a.m. – 3 p.m. Parking and the entrance is behind the building.



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).**

Visit us online! swic.edu/psop

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

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

HAPPY 100TH BIRTHDAY SCOTT AIR FORCE BASE!



Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkasse, Red Bud; Harry A. Briggs, Ph.D., Granite City; John Blomenkamp, Freeburg; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Oscar Rodriguez, Collinsville

College President: Georgia Costello, Ph.D.