

February



2017

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

PSOP RESOURCE CENTER NEW FACES – SAME GREAT SERVICE



*From left, front row: receptionists Beverly Long and Lillie Brown;
back row: volunteer Darlene Beisiegel, Social Service Coordinator Marsha Roth
and Advocacy Representative Mariva Scherck*

With the retirement of Sisters Leona and Gabrielle, you may have seen a few new faces working in the Resource Center. Social Service Coordinator Marsha Roth and Advocacy Representative Mariva Scherck can help you access the social and economic services you need, including information about Medicare issues and enrollment, Benefit Access Certifications for license plate sticker fee reductions, power bill assistance, property tax freeze applications and housing possibilities across the area.

PSOP continues to partner with several area organizations:

- St. Clair County Veterans Assistance office for help with veterans' administration programs
- Land of Lincoln Legal Services for information on power of attorney for health and finances
- Memorial Hospital for Tuesday morning visits with a nurse
- Senior Services Plus for assistance with clients when PSOP appointments are full

**If you have any questions or would like to speak to our staff, call 618-234-4410, ext. 7033.
Appointments are available Mondays, Tuesdays and Wednesdays from 9 a.m. to noon.**

PICKLE BALL

COME JOIN THE FUN!

Thursdays • 9:30-10:30 a.m.

Nichols Center • 515 East D St.

**For more information,
call 618-234-4410, ext. 7034.**

Sponsored by the St. Clair County Office on Aging

GRIEF SUPPORT GROUP

**Monday, Feb. 20 • 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*

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 3 years
- those with cellphones are now eligible for a free amplifier

PSOP is a selection/testing center for ITAC.

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

2017 AARP Driver Safety Classes

**April 25 & 26 • June 15 & 16
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 Susan at 618-234-4410, ext. 7032 to register.

SENIOR ART COMPETITION

LIFE EXPERIENCED 2017
Senior Art Competition

MARCH 3-6

**Schmidt Art Center
SWIC Belleville Campus**

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



**FOSTER
GRANDPARENTS**

Share Today. Shape Tomorrow.

Love yourself.

Love your neighbor.

Love your community.

LOVE A FOSTER GRANDCHILD!

*Once you choose to become a foster grandparent,
you will wonder why you didn't volunteer sooner!*

Call 618-234-4410, ext. 7062
for further information.

**Above your name on your newsletter mailing label is
the date that your newsletter subscription expires.**

**It is best to renew your subscription at least
one month before that date to ensure
uninterrupted newsletter delivery.**

SeniorLink Computer Classes

Have a new machine not communicating well with you? Want to learn Windows 10? **We have the answers!**

Enjoy lifelong learning with SeniorLink! Computer classes are offered at all skill levels, providing low-stress, hands-on instruction with lots of TLC.

Classes include Windows 7, 8 & 10, Word, Excel, PowerPoint, Internet, social media, photos, troubleshooting & maintenance, cellphones, iPad, Kindle, NOOK and tablets.

Call Julie at **618-234-4410, ext. 7018** or email **julie.hughes@swic.edu** for an easy skills evaluation to get you into the appropriate class.

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

Feb. 8 • 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.

FEBRUARY 2017

Monday

Tuesday

RSVP ORCHESTRA

1 - Caseyville
8 - Collinsville
15 - Shiloh
22 - Okawville

COUNTRY WESTERN BAND

2 - Belleville
9 - Okawville
16 - Collinsville
23 - Caseyville

6 **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.

7 **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.

13

CLOSED

14 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch*, 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.
Alzheimer's Support, 2:30 p.m.
Bridge, 5:30-8:30 p.m.

20 **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.

21 **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.
Dine Around, 5 p.m., Fairview Lounge
Bridge, 5:30-8:30 p.m.

27 **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.

28 **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.

**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:

- **old prescription eyeglasses**
(given to the Lions Club)
- **old cellphones**
(given to the Cellphones for Soldiers)
- **aluminum cans**
(funds go to Advocacy Program)
- **old shoes** *(help build water wells)*

**Please bring any of these
items to PSOP.**

Wednesday

Thursday

Friday

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

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

2 Pinochle, 9 a.m.
"Shadow Dance" with the
 RSVP Country Western Band,
 10:30 a.m.-2 p.m.
Lunch, 11:30 a.m.
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

3 Art, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

8 Breakfast Club, 9 a.m., Bob Evans
Crochet/Basic Knitting, 9-11:30 a.m.
Zumba/Gold, 10:30 a.m.
Line Dancing, 1:30 p.m.

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

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

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

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

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.
Baubles, Bangles & Beads Dance
 with the RSVP Orchestra,
 10:30 a.m.-2 p.m.
Lunch, 11:30 a.m.

16 Pinochle, 9 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

17 Art, 9 a.m.
Zumba/Gold, 10:30 a.m.
Lunch Bunch, 11:30 a.m.,
 54th Street Grill
Canasta, 12:30-3:30 p.m.

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

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

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

23 Pinochle, 9 a.m.
Lunch, 11:30 a.m.
**Board Games, Dominoes, Coloring
 & Conversation**, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

24 Art, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

**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*

Save the Date!

March 31
PSOP's 2nd Annual
Spa Day

PSOP Spring Resale Shop
March 7-8 • 10:30 a.m.-1:30 p.m.

Trying to de-clutter? Bring
 your décor, cookbooks, crafts,
 collectibles and accessories out of
 the garage, basement or tubs and
 bring them in for someone else to
 love. Call 618-234-4410, ext. 7042
 for more information.

Wellness Activities for February

The American Heart Association recommends 30 minutes of moderate activity, but three 10-minute periods of activity are almost as beneficial to your overall fitness as one 30-minute session. This is achievable! Physical activity may also help encourage you to spend some time outdoors. Sunlight on your skin helps your body produce vitamin D, which brings many added health benefits.

The simplest positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

Something is always better than nothing! And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 minutes, set a reachable goal for today. You can work up toward your overall goal of 30 minutes by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

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, exciting 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 about volunteering, contact Pat Etling at 618-234-4410, ext. 7012.

- Mailing assistants are needed seven months a year at **MindsEye**. Additionally, callers are needed to contact the blind during the annual listener survey (July through September) either in the office or at home. They are also seeking readers for the radio shows any weekday from 8-11 a.m. Reading auditions are required.
- Area dining and home-delivered meal sites are in need of volunteers to deliver meals to the homebound elderly. Routes take about an hour. Volunteers can serve once a week or a couple of times a month. Sites asking for your support are **Belleville Home Delivered Site, Granite City Nutrition Site, Millstadt** and **O'Fallon Nutrition Site.**
- **Gateway Regional Medical Center** in Granite City and **Anderson Hospital** in Maryville desire volunteers to help with a variety of duties. Visiting patients, the gift shop, transportation and the information booth are just samples of the opportunities awaiting mature adults.
- **Shelter Shop in Belleville** is hoping to find willing volunteers to work as cashiers for several shifts. This is a place to find treasures!
- **The Tapestry of Community Offering Shop** of Belleville needs volunteers to help with sorting, pricing, running the cash register for checkouts as well as other supportive assignments. Come and check out this new nonprofit re-sale shop in the community.
- Consider volunteering at any of the **area food pantries**. Sites need stockers, intake clerks, packagers, etc. Sites in need include Collinsville, Granite City, Millstadt, O'Fallon and Community Inter-faith in Belleville, just to name a few.

Birthdays for February

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

BERNARD L. and JOYCE M.

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).

Chess • Mondays, 10-11:30 a.m.

Wii • Mondays • 2-4 p.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

Feb. 7 - Table Games

Feb. 14 - Table Games

Feb. 21 - Lunch with a Doc

Feb. 28 - Table Games sponsored by St. Clair County Medical Alliance Society

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 and maybe have a hot lunch with us 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. Come join us and find out for yourself!

Book Discussion Group • Feb. 9 • 10 a.m.

This month's book will be "The Secret Keeper" by Kate Morton. This discussion leader will be Nancy Joiner.

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

Feb. 2 - Shadow Dance

Feb. 9 - Table Games

Feb. 16 - Table Games

Feb. 23 - Board Games, 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

Shadow Dance

Thursday, Feb. 2, 10:30 a.m.-2 p.m.

Will the groundhog see its shadow this year? We will celebrate either way! Wear black and white and maybe do some shadow dancing! Enjoy great music with the Country Western Band! Lunch is \$5. Call by noon on Wednesday: 618-234-4410 ext. 7015, then 5

Baubles, Bangles and Beads

Wednesday, Feb. 15, 10:30 a.m.-2 p.m.

Get into that Mardi Gras spirit with lots of beads and great music. Bring a friend along and break out of the winter doldrums! The RSVP Orchestra plays all the tunes you know and love. This dance is in Shiloh. Call by noon on Tuesday: 618-234-4410, ext. 7015, then 5

THE FOLLOWING ACTIVITIES ARE HELD AT THE SHILOH SENIOR CENTER.

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!

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

Men's Club

Friday, Feb. 10, 11 a.m.

Guest speaker is Ryan Kaiser, athletic director at Lindenwood University-Belleville. Come join this great group of guys. Make your reservation by noon on Thursday the day before. Lunch is \$6.

Breakfast Club

Wednesday, Feb. 8, 9 a.m., Bob Evans

We are going with our old favorite, Bob Evans. Join us for a great breakfast in Fairview Heights. Call ahead so we can save a seat for you!

Dine Around

Tuesday, Feb. 21, 5 p.m., Fairview Lounge

Abraham has converted the gas station into a great little restaurant featuring over 200 different beers, both foreign and local. They are known for their Peruvian salad with fresh avocado; our favorite, kabobs; fried chicken; gyros; fried rice; authentic dishes from Peru; plus the best fried donuts you ever had. Meet us at 10616 Lincoln Trail (behind Conoco).

Lunch Bunch

Friday, Feb. 17, 11:30 a.m., 54th Street Grill

You will love their five-page menu with everything from their famous gringo cheese dip to chicken Marsala to homemade soup. It is located in the Dierbergs Plaza in Shiloh.

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.

World Religions • Friday, March 3

Due to several requests, this trip is back with Linda Koenig! Visit local religious sites and learn about the different religions in St. Louis. Tour a Hindu temple, a Buddhist temple, an Islamic mosque, a Greek Orthodox church (with included lunch), and the architecturally renowned St. Anselm Catholic Church. Cost is \$83 per person. Deadline for reservations is NOW. Depart 8:15 a.m. from the Schnucks on North Belt West in Belleville with a return at about 5:30 p.m.

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. These warehouses were home to St. Louis's garment industry, where generations of immigrants found jobs. 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.

"Dirty Dancing" at the Fabulous Fox

Saturday, May 13

This trip would make a great Mother's Day gift! The classic story on stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance and sensational dancing. Seen by millions across the globe, this worldwide smash hit features the hit songs "Hungry Eyes," "Hey Baby," "Do You Love Me?" and the heart-stopping "(I've Had) The Time of My Life." Cost is \$112 per person and includes the show, transportation and delicious dinner at The Fabulous Fox. Pick-up will be at Schnucks on North Belt West at 5 p.m. and will return around 10 p.m. We anticipate tickets to sell fast; deadline for reservations is April 21.

EXTENDED TRAVEL

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

Pacific Coast Adventures

Sept. 14-22, 2017

We are in the process of finalizing! This trip features the cities of Seattle, Portland and San Francisco. Fly from St. Louis and motor coach down the coast. Fliers should be available soon!

Magical Christmas Markets

Nov. 25-Dec. 1, 2017

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, Austria. We tour the towns of Innsbruck, Seefeld (one of the world's greatest ski resorts), 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, 2017. Full payment is due on/before Sept. 15, 2017. Price includes all air, hotel, travel insurance, all gratuities, six meals and airport transfers to/from Lambert International Airport. Call for a flier!

Visit us online! swic.edu/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 \$267-\$435). **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

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

♥ **SPREADING THE LOVE** ♥



Darrell and Marlene Lucas recently celebrated 50 months of marriage with their PSOP friends by surprising them and paying for everyone's lunch at a recent PSOP dance.

Congratulations to Darrell and Marlene and thank you for your generosity to others!

Mailing prepared by RSVP Volunteers