

February



2018

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

PSOP RESOURCE CENTER At Your Service!



Land of Lincoln Legal Assistance employee, Felicia Voelkel, offers guidance to a consumer seeking advice.



Missy Schmidtke, I&A specialist with Senior Services Plus, reviews available resources with a consumer.



Senior Health Insurance Counselor volunteer, Darlene Beisiegel explains Medicare options to a consumer.

Did you know PSOP staff within the Resource Center are available to help with information and assistance in the following areas?

- Medicare Programs / Supplements / Part D and Extra Help applications
- Benefit Access (license plate sticker discounts) applications
- Energy Assistance applications from LIHEAP
- Tax Freeze applications from the St. Clair County Assessor's Office

Additional services provided by partner organizations include:

- Veterans Affairs Services (Monday mornings, by appointment only)
- Nurse from Memorial Hospital (Tuesday mornings, no appointment needed)
- Land of Lincoln Legal Services (Wednesday mornings, by appointment only)

For an appointment or more information call 618-234-4410, ext. 7033. Appointments are available on Monday, Tuesday, and Wednesday mornings from 9 a.m. to noon.

PSOP is also pleased to partner with Senior Services Plus. SSP provides information and assistance services throughout St. Clair County and is a great complement to the services PSOP proudly provides.

Foster Grandparents

Share Today. Shape Tomorrow

Little
Ones
Valued
Everyday

LOVE (Little Ones Valued Everyday) is a perfect theme for February, and connects right in line with the mission of the Foster Grandparent Program. Come share your LOVE for children by joining our wonderful program where you can give back at schools, daycares, or other community centers to exceptional needs children who might benefit from this intergenerational relationship. Have some LOVE to share? Please contact our office to learn more about joining our family at 618-234-4410, ext. 7062 or 7024.

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.

GRIEF SUPPORT GROUP

Monday, Feb. 19 • 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*

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

UPCOMING SUPPORT GROUP

**Are you experiencing anxiety?
Has an illness, caring for a loved
one, an unforeseen event or stress
causing you to feel uneasy,
overwhelmed and discouraged?**

The Older Adult & Caregiver Counseling program is introducing a new support group for those of us who are struggling to cope with the stress life can bring. This group will utilize "Mindfulness," a technique that teaches us to focus, de-stress and relax. If you are interested in joining the group, contact Tanya Koelker, MA, LPC, at 618-234-4410, ext. 7039.

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

**Feb. 14 • 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.

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 support and educational meeting is to be attended by 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

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.

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.

Memorials

For: Gary Keplar

From: Lila Vick, Judy & Norm Greenburg, Mary Ann Hatch, Valerie Thaxton, Sharon Ripplinger, Sergio & Janet Torres, Bob & Carla Boswell, Bill Grogan & Carol DeRossett, Dick & Mary Lou Schneider, Etta Melton, George & Sharon Torres, Cheryl & Mark Brunsmann, and Evelyn Hammel

For: Margaret Jean Thompson

From: Bob & Carla Boswell, and Cheryl & Mark Brunsmann

For: Anna Hampton

From: Peg Malec

For: Vernon Beaumont

From: Evelyn Hammel

FEBRUARY 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

Tuesday

5 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.

12

CLOSED
for
Lincoln's Birthday

19 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.

26 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.

6 Bridge, 8:30-11:30 a.m.
Breakfast Club, Steak 'n' Shake,
9 a.m.
Lunch & Learn,
6 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

13 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

20 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc,
9 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

27 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

Wednesday		Thursday		Friday	
		1 Pinochle , 9-11:30 a.m. Lunch , 11:30 a.m. Snow Ball Dance with Country Western Band , 9 a.m. – 2 p.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m.		2 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.	
7 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		8 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.		9 Art , 9-11:30 a.m. Men's Club , 11 a.m. – 2 p.m. Canasta , 12:30-3:30 p.m.	
14 Crochet/Basic Knitting , 9-11:30 a.m. Illinois Secretary of State Mobile Unit , 9 a.m. – 3 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		15 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. Dine Around, Dewey's , 5 p.m.		16 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.	
21 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m. Tardy Mardi Gras Dance , 10:30 a.m. – 1:30 p.m.		22 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.		23 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.	
28 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. Lunch Bunch, Beast Craft BBQ 11:30 a.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		<u>COUNTRY WESTERN BAND</u> 1st – Belleville 8th – Okawville 15th – Collinsville 22nd – Caseyville		<u>RSVP ORCHESTRA</u> 7th – Caseyville 14th – Moose, SCOOA 21st – Shiloh 28th – Okawville	

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.

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

Bernard L, Joyce M. and Mary W.

Lunch and Learn

Tuesday, Feb. 6
11:30 a.m.

RSVP 618-234-4410, ext. 7015

Lunch with the Doc

Tuesday, Feb. 20
11:30 a.m.

RSVP 618-234-4410, ext. 7015

RSVP

- Many seniors are no longer driving so these mature adults are in need of transportation to doctor's appointments. If you have a few hours a month, you can make a difference in the life of someone who requires support. Both **Collinsville and Tri-City Faith in Action** would be thrilled with your time and energy. Background check provided.
- Area Dining and Home Delivered meal sites are in need of volunteers to deliver meals to the home bound 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, Millstadt and O'Fallon Nutrition Sites**.
- **MindsEye** – Mailing assistants are needed seven months a year. Additionally callers are needed to contact the blind during the annual listener survey (July-September) either in the office or at home. Also seeking readers for the radio shows (8-11 a.m.) any weekday. Reading auditions required.
- Do you take pleasure in restoring older houses, working with your hands or seeing a home spring anew with landscaping? Consider joining the **Neighbors for Renewal** group of volunteers, as they bring dilapidated houses to life. This is a rewarding experience.
- **Gateway Regional Medical Center in Granite City** and Anderson Hospital in Maryville need volunteers to help with a variety of duties. Visiting patients, the gift shop, transport 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 is in need of volunteers to help with sorting, pricing, running the cash register for check outs as well as other supportive assignments. Come and check out this new not-for-profit 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, O'Fallon and Community Inter-faith in Belleville, just to name a few.

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!

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

Feb. 6 – Lunch and Learn

Feb. 13 – Table Games

Feb. 20 – Lunch with the Doc

Feb. 27 – 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 and maybe have a hot lunch with us before or after you play!

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

Dance your winter boredom away! This is a very welcoming, fun group. It's great for your physical and mental health. Join us!

Book Discussion Group • Thursday, Feb. 8 • 10 a.m.

"Empty Mansions" by Bill Dedman is the title of our book this month. The discussion will be led by **Jean Nolan**.

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. 1 - Snow Ball Dance with Country Western Band

Feb. 8 - Lunch and Table Games

Feb. 15 - Lunch and Table Games

Feb. 22 - 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 your ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Snow Ball Dance

Thursday, Feb. 1, 10:30 a.m.-1:30 p.m., Belleville

Come in from the cold and warm up dancing to the great music of the Country Western Band. Warm your tummy with a wonderful hot lunch. Call 618-234-4410, ext. 7015 and Press 5 to make your reservation!

Tardy Mardi Gras Dance

Wednesday, Feb 21, 10:30 a.m.-1:30 p.m., Shiloh

If you missed the Mardi Gras parade you can come throw your beads with us at the dance in Shiloh. Enjoy a hot lunch, beads and lots of fun at Klucker Hall. Make your reservation today. 618-234-4410, ext. 7015, then press 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. 9, 11 a.m. – 2 p.m.

Enjoy a hot lunch as you listen to the guest speaker, McKendree University Varsity Baseball Coach Dan Jackson. If you are into sports, this is a great group for you. Whether you were the star athlete, a coach, or just watched sports on TV this is a welcoming, interesting group. Please call 618-234-4410, ext. 7016 and make your reservation.

Breakfast Club-Steak 'n' Shake

Tuesday, Feb. 6, 9 a.m.

Join us at Steak 'n' Shake, 4320 W. Main St. We love their all-you-can-eat pancakes. And an egg on top of a burger is really good! Call Activities so we can save a seat for you.

Dine Around • Dewey's
Tuesday, Feb. 15, 5 p.m.

We are going to check out one of the newest local restaurants, Dewey's, at 425 Regency Park in O'Fallon. We can try unique pizzas such as the Porky Fig. Pizza with a fig jam base, mozzarella, fontina, prosciutto, caramelized red onions and gorgonzola. Plus they have a long list of craft beers. Please call Activities with your reservation so we have plenty of room.

Lunch Bunch • Beast Craft BBQ
Wednesday, Feb 28, 11:30 a.m.

We meet at the Beast, where they have award-winning BBQ. Known for their backyard BBQ and great sides such as bacon sautéed Brussel sprouts and candied bacon. Rustic environment that serves up Ski and craft beers. Please call Activities to reserve your spot.

DAY TRIP

Menopause the Musical
Wednesday, Feb 7.

Join our sisterhood! This hilarious musical parody staged to classic tunes from the 60s, 70s and 80s will have you cheering and dancing in the aisles. We have great seats too. Play is at Westport Playhouse. Cost is \$56 for show and charter bus. We will have lunch on our own in West County. Leave Schnucks on North Belt West at 10:45 a.m. and return approximately 3:30 p.m. Contact Melissa in PSOP Activities for more information 618-234-4410, ext. 7042.

AARP TAXES AT PSOP!
BY APPOINTMENT ONLY!

To make an appointment, call 618-277-5511.
Calls to make appointments will be accepted:
Jan. 29, 30 & 31 AND Feb. 1,
8:30 a.m. to 12:30 p.m.
AND
Feb. 2 - April 17
Tuesdays, Wednesday & Fridays
8:30 a.m. to 4 p.m.



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).**

Chicago! Fox Theater
Sunday, March 4, 11 a.m.

There's never been a better time to experience "Chicago," Broadway's razzle-dazzle smash. This triumphant hit musical is the recipient of six Tony Awards, a Grammy, thousands of standing ovations and now it's the No. 1 longest running American musical in Broadway history. We will have a wonderful, elegant dinner at the Fox before the show. It never disappoints. Cost for charter bus, lunch at the Fox and orchestra seats for the show is \$120. Checks made payable to PSOP Activities. Pick up at Schnuck's on North Belt West in Belleville at 11 a.m., return approximately 4 p.m.

Isle Casino Cape Girardeau
Tuesday, Feb. 20

We head to one of our favorite casinos where we had a winner of over \$1,000 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 Feb. 1. Depart 7:40 a.m. from the Schnuck's on North Belt West, followed by a pick-up in Red Bud (if needed). Return about 6 p.m. to Belleville.

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.

HOLD THE DATE!

May 2 for a Culinary Tour of The Hill!
July 4 for Fireworks on the Mississippi River

LOOK FOR US ON THE
WEB BY VISITING

**[swic.edu/community/
senior-programs/psop/](http://swic.edu/community/senior-programs/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

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



"This is what the result of a Foster Grandparent's love looks like!"

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 S. 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.