

February



2019

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

***Join the PSOP Travel Department on an adventure of a lifetime!***



“I’d rather look back at my life and say I can’t believe I did that instead of saying I wish I did that.”

– Richard Branson



“One’s destination is never a place, but a new way of seeing things.”

– Henry Miller



## SENIOR ART COMPETITION

### LIFE EXPERIENCED: A Senior Art Competition

Exhibition: **March 1-4, 2019**

Schmidt Art Center: **SWIC Belleville Campus**

Opening Reception: **Thursday, Feb. 28, 2019 –  
6-7:30 p.m.**

FREE AND OPEN TO THE PUBLIC  
For more information and exhibition hours:  
swic.edu/psop OR co.st.clair.il.us  
618-234-4410, ext. 7044



## GIRLY GIRL SALE

### Freezer on The Fritz February Fundraiser

**Friday, Feb. 22, 9 a.m. - noon**  
**8:30 a.m. Early Entry - \$2**

This is our annual Girlie Girl sale but with a specific goal in mind, to get a new freezer for the kitchen (no one likes runny ice cream)! So gather your unwanted purses, jewelry, and accessories and bring them to us so someone else can wear them! Unclutter those closets, clear your counter of cookbooks you done use anymore, and bring those boxes of craft projects you haven't crafted together yet. Donate it to the sale and then shop for more stuff you can bring back next year! See? It's a win - win. And if you would love to be a bright perky sales lady for the sale, give us a call. We will be taking donations up until the day before the sale.

## GRIEF SUPPORT GROUP

**Monday, Feb. 18 • 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



## Foster Grandparent Program

### *Did you know that Feb. 17 is Random Acts of Kindness Day?*

Looking for a way to spread kindness? Invest your time in the children in your own community by becoming a Foster Grandparent! Foster Grandparents promote kindness all year round by volunteering their time at schools, Head Starts, and other community centers working with children who have exceptional needs better reach their goals. Jean Jacques Rousseau once stated, "What wisdom can you find that is greater than kindness?" Choose to share both your wisdom and your kind heart today by becoming a Foster Grandparent.

**Call 618-234-4410, ext. 7062 or 7024  
for more information.**

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

**Feb. 13 • 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.

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### 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
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### 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.

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### 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.

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### 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.

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### 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 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 9 a.m. - noon.**

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

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### 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.

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**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.

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### Nurse Available at PSOP!

June Gavin, 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.

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### 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.

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## BRIDGE

If you know what dummy,  
Singleton, turkey, and Trump mean,  
**WE HAVE THE GROUP FOR YOU!**

The bridge group is always welcoming new  
players. Join the fun  
**Tuesdays at 9 a.m.**



# FEBRUARY 2019

Monday

Tuesday

COUNTRY WESTERN BAND

7th – Belleville

14th – Moose

21st – Okawville

28th – Granite City

## 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)**

**4 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.**

**5 Bridge, 8:30-11:30 a.m.**  
**Breakfast Club, Cracker Barrel, 9 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, 5:45-8:30 p.m.**  
at the Nichols Center

**11 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.**  
**Parkinson's Support Group, 1:30 p.m.**

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

**12**  
**SWIC Closed  
for Lincoln's  
birthday**

**18 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.**

**19 Bridge, 8:30-11:30 a.m.**  
**Lunch with the Doc,**  
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, 5:45-8:30 p.m.**  
at the Nichols Center

**25 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 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, 5:45-8:30 p.m.**  
at the Nichols Center

**Wednesday****Thursday****Friday**

		<b>1</b> <b>Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>6</b> <b>Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Line Dancing</b> , 1:30-3 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.	<b>7</b> <b>Pinochle</b> , 9-11:30 a.m. <b>Dance, "Mardi Gras Ball" 1</b> 10:30 a.m. - 2 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>8</b> <b>Art</b> , 9-11:30 a.m. <b>Men's Club</b> , 10 a.m. - 2 p.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>13</b> <b>Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Mindfulness Group</b> , 10 a.m. <b>Line Dancing</b> , 1:30-3 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.	<b>14</b> <b>Pinochle</b> , 9-11:30 a.m. <b>Book Discussion</b> , 10-11:30 a.m. <b>Lunch &amp; Table Games</b> , 10 a.m. - 1:30 p.m. <b>Lunch Bunch with Trip</b> <b>to Lumiere Casino</b> <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m. <b>Brain Health</b> , 2:30 p.m.	<b>15</b> <b>Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>20</b> <b>Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Line Dancing</b> , 1:30-3 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.  <b>Dance</b> , Crazy for Cocoa, 10:30 a.m. - 2:30 p.m.	<b>21</b> <b>Pinochle</b> , 9-11:30 a.m. <b>Lunch &amp; Table Games</b> 10 a.m. - 1:30 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m. <b>Dine Around, Hokaido in</b> <b>Fairview Heights</b> , 5 p.m.	<b>22</b> <b>Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>27</b> <b>Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Line Dancing</b> , 1:30-3 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.	<b>28</b> <b>Pinochle</b> , 9-11:30 a.m. <b>Lunch &amp; Table Games</b> , 10 a.m. - 1:30 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>RSVP ORCHESTRA</b> <b>6th – Caseyville - SCCOOA</b> <b>13th – Okawville</b> <b>20th – Shiloh</b> <b>27th – Collinsville</b>

## 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**\*

\*\* *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.

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

Joyce M. and Sr. Thomas K.

## 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 234-4410, ext. 7024 or 7012 or ext. 7040

## 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 each 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 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**.
- **MindsEye** – Callers are needed to contact the blind during the annual listener survey (July through September) either in the office or at home. Also seeking readers for the radio shows (8-11 a.m.) any weekday. Reading auditions required.
- **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, 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 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, O'Fallon and Community Inter-faith in Belleville.

**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) 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**

**Feb. 5** – Lunch and Learn

**Feb. 12** – SWIC Closed

**Feb. 19** – Lunch with the Doc

**Feb. 26** – 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.

**Book Discussion Group • Thursday, Feb. 14, • 10 a.m.**

“The Faith Club” by Ranya Idilby is this month’s book selection. The discussion leader is Eileen Cartwright.

**Thursday Lunch • 11:30 a.m. \$5**

For just \$5, you will get a homemade lunch prepared by our very own volunteers. They are always coming up with something new. Stay for fitness, table games or cards.

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

**Thursday Activity • Noon**

**Feb. 7** - “Mardi Gras Ball” Dance with *Country Western Band*

**Feb. 14** - Lunch and Table Games

**Feb. 21** - Lunch and Table Games

**Feb. 28** - Lunch and Table Games

**Men’s Club • Friday, Feb. 8, 11 a.m.**

Charlie Kennedy is the special guest. Charlie is a seven-year Lindenwood University softball coach with a 203-132-1 Lynx record, including United States Collegiate Athletic Association national championships in 2013 and 2014! Come hear stories from this awesome coach.

**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

**“Mardi Gras Ball” Thursday, Feb 7, 10:30 a.m. - 2 p.m.**

Celebrate Mardi Gras the New Orleans way. Beads, Beads, Beads! You can dress up or not; either way it’s a fun time for all. Lunch is \$5. Please make your reservation before Feb. 6. Please call 618-234-4410, ext. 7015 then press 5 for reservation.

**“Crazy for Cocoa” Dance Wednesday, Feb. 20, 10:30 a.m. - 2 p.m. Klucker Hall in Shiloh**

Let’s do a winter warm up with cookies and hot cocoa and dance with the RSVP Orchestra. Great way to keep away those winter blues. Enjoy the music of the RSVP Orchestra and have a great hot lunch for \$5. Please make your reservation by Feb. 19. Call 618-234-4410, ext. 7015 then press 5 for dance line.

## 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. No cost to play. They always welcome new players.

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

**Breakfast Club • Main Street Cafe**

**Tuesday, Feb. 5, 9:00 a.m.**

Main Street Café is where we are meeting to have all the classics! Great pancakes, French toast and omelettes! Please call Activities, so we can have the right size table for us! 1601 W. Main St. in Belleville.

**Lunch Bunch • Lumiere Casino**

**Thursday, Feb.14, 10 a.m. - 3 p.m.**

Our lunch bunch this month is combined with the day trip to Lumiere casino. We leave from Shiloh at 10 a.m. and travel by motor coach to Lumiere Casino where we will have a wonderful buffet and even get \$15 back in play! Great Valentine’s Day for \$22! Pay with check in activities office.

**Dine Around • Hokaido, 4580 N Illinois, Fairview Heights  
Thursday, Feb 21, 5 p.m.**

Enjoy a world culinary experience with traditional Japanese items mixed in with American favorites. Try the large variety of seafood and a whole area just for dessert. Please call Activities to let us know you are dining with us!

**DAY TRIP**

**“Lucky in Love” Thursday Feb. 14 - 10 a.m. - 2:30 p.m.**

Whether you are lucky in love or not so much, try your luck at the slots at the beautiful Lumiere Casino. Just \$22 and you will have their wonderful all-you-can-eat buffet and \$15 back to play! Take your special someone for a nice day out on Valentine’s Day. Bus Leaves from Shiloh Senior Center at 10 a.m. This will sell out fast. Pay with check in Activities Office.

**ACTIVITIES TRIPS**

**San Antonio, Padre Island and the Gulf of Mexico  
April 6-13, 8 days, 7 nights \$755**

This trip has seven night’s lodging including five consecutive days in San Antonio. There are 12 meals. See the Gulf of Mexico at Padre Island National Seashore, admission to the Texas State Aquarium in Corpus Christi, guided tour of San Antonio, lots of time on San Antonio River Walk, Institute of Texan Cultures, San Antonio Missions, tour the LBJ Ranch and visit the Wildflower farm. Full payment due upon signing. Call Melissa in Activities to see if there are any spots left!

**New York City & The Statue of Liberty, 2 trips  
Sept. 19-25 or Oct. 17-23**

Seven days, six nights, \$809. Six night’s lodging including four consecutive nights in the NYC area, 10 meals, tours of New York City! See Central Park, Rockefeller Center, Times Square, Wall Street and more. Visit the 9/11 Memorial and the New 9/11 museum. Be on the 102nd floor of the One World Observatory building. Take a ferry ride to Ellis Island and the Statue of Liberty. Call Melissa or Theresa in Activities to get on this amazing trip!

**TRIPS**

**Monuments & Memorials  
Wednesday, April 3**

Highlights include the renovated Arch grounds and museum. Learn how the arch was built and tour the new museum (sorry, no rides to the top!); visit the Old Courthouse; and enjoy a self-tour of the newly restored Soldiers’ Memorial. Cost is \$83 and includes services of Linda Koenig and a cafeteria-style lunch at St. Raymond’s Catholic Church. Deadline for reservations is March 15. Depart 8:20 a.m., pick-up at the Schnuck’s on North Belt West and return about 5 p.m.

**Canadian Rockies & Glacier National Park  
July 31 to Aug. 6**

Trip requires a valid passport good through Feb. 7, 2020. See wildlife, spectacular scenery, glaciers, waterfalls, and three national Parks. Ride the Going-to-the-Sun Highway and stand on a 1,000-foot-thick glacier. Cost is \$3,879 per person, double occupancy, and \$4,823 for a single. Price includes round trip air, six nights lodging, nine meals, sightseeing, and travel insurance. Final payment is due on/before May 10, 2019. Call for a flyer.

**Magnificent Michigan  
Sept. 6-12, 2019**

This motor coach 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. Costs are \$3,179 for a single; \$2,449 per person, double occupancy; or \$2,269 per person, triple and quad occupancy. Lakeview rooms are available. Final payment due on/before May 28. Call Nancy for a flyer!

**The Passion Play and a River cruise!  
September 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 cancelation dates. Please call Nancy for more pricing or for a brochure.

**SAVE THE DATE:  
May 21 - Bosnian Tour**

Look for us on the web by visiting [swic.edu/psop](http://swic.edu/psop).

**MEMORIALS**

- For: Robert ‘Bob’ Simpson
- From: Fit for Life Group Exercise Class, Cheryl & Mark Brunsmann, Charles & Deborah Suarez, and Norma Cotton
  
- For: PSOP Older Adult & Caregiver Counseling Program
- From: A friend
  
- For: Kathleen Greiman
- From: Patricia Noltkamper



**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.

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Programs and Services for Older Persons

### Gentle Reminder:

# NOTE TO SELF: You are not too old, and it is not too late!



# ENJOY LIFE!

*Mailing prepared by RSVP Volunteers*

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