

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

# ALTERNATIVE TRANSPORTATION SYSTEM



Here is a quick overview of WHO is eligible to ride with ATS:

1. **ADA** - For individuals who qualify under the federal guidelines of the American with Disabilities Act criteria, there is no age limitation. Service is provided within three-quarters of a mile of any Metro fixed bus route or MetroLink during times of operation. ADA clients are the primary customers for ATS and take precedence.
2. **Senior Transportation** - Seniors may qualify for ATS ridership under the Senior Transportation program on a limited basis if space is available and if they are residents of the following areas: the city of Belleville, Stookey Township and St. Clair Township. You must meet the following criteria:
  - a. Minimum age of 60 years
  - b. Be ambulatory - using no more than a cane or foldable walker, **note:** ATS clients may not use the ramp or the lift.
  - c. The hours of operation are Monday through Friday, 6 a.m. to 6 p.m. for seniors.

Use of the Coupon Sales Home Delivery Program continues to grow. The program works as follows:

- Coupon books are \$28 for a book of 10 coupons, for a discounted cost of \$2.80 per ride versus a single ride cash fare rate of \$4.
- ATS will deliver coupons directly to the customer Monday through Saturday, 9 a.m. to 1:30 p.m.
- Customers may pay with cash (exact change ONLY) and/or a check at the time of delivery. Checks may be made payable to ATS.
- Contact ATS at 618-239-0749, if have any questions.

***First of all we'd like to wish  
all a Happy New Year!***

**ATS looks forward to  
serving you in 2019!**

## 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.**

## GIVING BAG

### SUPPORT PSOP SAVE OUR ENVIRONMENT!

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

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

## GIRLY GIRL SALE

### Freezer on The Fritz February Fundraiser

**Friday, Feb. 22, 9 a.m. - noon**

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, Jan. 14 • 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*



**Dr. Martin Luther King Jr. once said,  
"Life's most persistent and urgent  
question is:  
'What are you doing for others?'"**

*Start the year off right by making an  
impact in your community.*

## MLK Day of Service – Jan.21, 2019

Americans across the country, from all walks  
of life, come together to serve neighbors  
and communities to mark the MLK Day  
of Service. The president's national call to  
service is to make this a “day on, not a day  
off.” Help us move closer to Dr. King's vision  
of a “Beloved Community” by supporting  
the Senior Corps program's Warm Clothing  
and Food Drive. Join the RSVP, Foster  
Grandparent and Senior Companion  
Programs in the fight against hunger and cold  
temperatures. Participate in the MLK Day of  
Remembrance and Service by donating  
nonperishable food and gently used or new  
hats, gloves, scarves, coats and shoes for  
needy families right here in our community.  
You are welcomed to drop off your donations  
at PSOP during the month of January.

*Call 618-234-4410, ext. 7036 with any  
questions you may have.*



## 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. Any one 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 provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will utilize "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held 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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**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.

### **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 Services** 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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### **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.

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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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# JANUARY 2019

## 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

**DID YOU KNOW THAT YOU CAN  
ACCESS THIS NEWSLETTER  
ONLINE?**

**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

### COUNTRY WESTERN BAND

3rd – Okawville  
10th – Shiloh  
17th – Collinsville  
24th – Caseyville  
31st – O'Fallon

1

**CLOSED**  
New Year's Day

7

**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.

8

**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

14

**Chess**, 10-11:30 a.m.  
**Ballroom Dancing**, 11 a.m. - noon  
**Lunch Bunch, Joe's Pizza  
and Pasta**, 11:30 a.m.  
**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.

15

**Bridge**, 8:30-11:30 a.m.  
**Lunch and Table Games**,  
9 a.m. - 1:30 p.m.  
**Yoga**, 10-11 a.m.  
**Tai chi**, noon - 1 p.m.  
**Exercise**, noon - 1 p.m.  
**Pinochle**, 1:30-3:30 p.m.  
**Alzheimer's Caregiver Support**,  
2:30-4 p.m.  
**Bridge**, 5:45-8:30 p.m.  
at the Nichols Center

21

**CLOSED**  
Martin Luther King Jr. Day

22

**Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch with the Doc**,  
10 a.m. - 1:30 p.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

28

**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.  
**Travelogues**, 1:30 p.m.

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

29

**Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch and Table Games**,  
10 a.m. - 1:30 p.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**

<p><b>2</b> 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><b>3</b> Pinochle, 9-11:30 a.m. Lunch &amp; Table Games, 10-11:30 a.m. Exercise, noon - 1 p.m. Hand &amp; Foot, 1:30-3:30 p.m.</p>	<p><b>4</b> Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>
<p><b>9</b> Crochet/Basic Knitting, 9-11:30 a.m. Mindfulness Group, 10 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p><b>10</b> Pinochle, 9-11:30 a.m. Book Discussion, 10 a.m. Lunch &amp; Table Games, 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand &amp; Foot, 1:30-3:30 p.m. Brain Health, 2:30 p.m.</p> <p>SHILOH SENIOR CENTER Dance, "Winter Wonderland" 10:30 a.m. - 2 p.m.</p>	<p><b>11</b> Art, 9-11:30 a.m. Men's Club, 10 a.m. - 2 p.m. Canasta, 12:30-3:30 p.m.</p>
<p><b>16</b> Crochet/Basic Knitting, 9-11:30 a.m. Dance, "Pajama Party!" 10:30 a.m. - 2 p.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p><b>17</b> Pinochle, 9-11:30 a.m. Lunch &amp; Table Games, 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand &amp; Foot, 1:30-3:30 p.m. Dine Around, Outback Steakhouse, 5 p.m.</p>	<p><b>18</b> Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>
<p><b>23</b> Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p><b>24</b> Pinochle, 9-11:30 a.m. Lunch &amp; Table Games 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand &amp; Foot, 1:30-3:30 p.m.</p>	<p><b>25</b> Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>
<p><b>30</b> Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p><b>31</b> Pinochle, 9-11:30 a.m. Lunch &amp; Bunco &amp; Coloring 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand &amp; Foot, 1:30-3:30 p.m.</p>	<p><b>RSVP ORCHESTRA</b> 2nd – No Dance 9th – Okawville 16th – Belleville 23rd – Moose 30th – Collinsville</p>

## 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.*

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## 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.

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

Milly K. and Rose M.

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## DRIVER SERVICES MOBILE UNIT

**2019 Dates:** Feb. 13, April 10, June 12,  
Aug. 7, Oct. 9, Dec. 11

Services provided to seniors age 55 and older:

**Rules of the Road Class:** 9:30-11 a.m.

**Mobile Unit hours: 10 a.m. - 1:40 p.m.**

**Services available:** 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.**

**Call Melissa or Theresa at  
618-234-4410, ext. 7042 or 7043**

## RSVP

***Start the New Year with the gift  
that keeps on giving – yourself.***

- **Cahokia Mounds in Collinsville** is seeking volunteer support. Several opportunities: greeters, gallery guides and information desk. This is a World Heritage site. If you like history – you will love this museum! We are lucky to have this gem right here in Southern Illinois! Days and shifts vary.
- **St. Clair County Medical Reserve Corps** is in need of both medical and nonmedical volunteers to support their mission. In the event of a disaster, volunteers will be utilized for crowd control, clerical aides, registration and communications as well as a number of other tasks that may be needed during an emergency. Background check required but provided by SCCMRC.
- **Telephone Reservationists for AARP Tax Aide** are needed to take tax appointment reservations starting the last week in January 2019. Workstation in PSOP Auditorium - mornings shifts. Call or email for available dates.
- Volunteer opportunities abound at **BEACON of Belleville** – Volunteers are needed for both telephone intake and for occasional clerical tasks: mailings, copies, and data entry.
- The **Madison County Veterans' Commission** is seeking volunteer mentors to act in the role of a coach, guide, role model, advocate, and support for Justice Involved Veterans. The mentors will support individual veterans as the person goes through the court process. How about giving back to those who have given so much to our country? The cemetery project is another area where support is needed; consider restoring veterans' headstones as way to honor men and women who serviced in the military.
- Enjoy local history? If so, **Collinsville Historical Museum** is the dream assignment for you. Volunteers are needed to act as docents. This museum is located next to the Collinsville Library in a brand new facility! Step back in time while enjoying the pleasure in this lovely educational environment.

***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!***

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# 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**

**Jan. 8 - Lunch and Learn**

**Jan. 15 - Lunch & Table Games**

**Jan. 22 - Lunch with the Doc**

**Jan. 29 - Lunch and Table Games**

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

Come join this lively group who enjoy a good game of cards.

**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 • Dec. 14 • 10 a.m.**

**“The Nightingale” by Kristin Hannah** is this month’s book selection. The discussion leader is **June Wolz**.

**Thursday Lunch • 11:30 a.m., \$5**

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

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

**Thursday Activity • noon**

**Jan. 3- Welcome back with lunch**

**and re-gift and Table games**

**Jan. 10 - Lunch and Table Games & (Dance in Shiloh)**

**Jan. 17- Lunch and Table Games**

**Jan. 24- Lunch and Table Games**

**Jan. 31- 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.**

**Men’s Club- Friday, Jan. 11, 11 a.m.**

This month’s guest speaker is Chris Foster, first-year McKendree University men’s varsity basketball coach; former Truman State University coach (2014-18); former University of Northern Iowa player (2001-05) and assistant coach. Please make reservations for lunch. Lunch is \$6.

## DANCES

**“Winter Wonderland”**

**Thursday, Jan. 10, Klucker Hall in Shiloh**

There’s no better way to get warm than dancing close to someone on the dance floor with the wonderful Country Western Band. Call 618-234-4410 ext. 7015, then press 5 for reservation.

**“Pajama Party!”**

**Jan. 16, 10:30 a.m. - 2 p.m.**

So many of us like to stay in our cozy warm pajamas when it’s cold outside, but we also love to come to the dances! Now you can do both! Wear those cozy winter jammies as you dance to the tunes of the RSVP Orchestra. Have a hot meal for \$5 and yummy warm cocoa too. Call 618-234-4410, ext. 7015, then press 5 for reservation.

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

**“Winter Wonderland”**

**Dance January 10, Thursday, 10:30 a.m. - 2 p.m.**

Warm up dancing to the tunes of the RSVP Orchestra. Call 618-234-4410, ext. 7015 then press 5 for reservation.

**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! 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 – Cracker Barrel in Shiloh**

**Tuesday, Jan. 8**

Best place for blueberry pecan pancakes or fried biscuits with gravy. Come join me at the table. Call 618-234-4410, ext. 7016 to let me know you will be there.

**Lunch Bunch – Joe’s Pizza and Pasta**

**Monday, Jan. 14, 11:30 a.m.**

This has become our favorite new place. Joes has great spaghetti with homemade meatballs, Chicago-style deep-dish pizza, and more served in a cute little family-owned restaurant. Joe’s is located in the plaza with Bandanas, 4628 N. Illinois St., Fairview Heights.

## Dine Around – Outback Steakhouse Thursday, Jan. 17, 5 p.m.

Enjoy a great steak sitting around the table with friends. Try their roasted garlic filet medallions, or their bourbon-glazed ribeye, or their signature bloomin' onion. Call 618-234-4410, ext. 7016 so we know to expect you!

### SAVE THE DATE

## “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.

### TRIPS

## Travelogue • Monday, Jan. 28

Let me save you a seat for our travelogue showcasing the July/August 2019 trip to the Canadian Rockies and Glacier National Park and why this is considered one of the most beautiful areas in the world! We also will talk about our Danube River Cruise with stops for the Oktoberfest in Munich and for the Passion Play in Oberammergau. Program begins at 1:30 p.m. Call Nancy at 618-234-4410, ext. 7020 to reserve your spot! Cancelled if SWIC is closed for weather.

## 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. Pick-up at 8:20 a.m. at Schnuck's on North Belt West and return about 5 p.m.

## Scotland & Northern Ireland • June 18-28

Trip requires your passport to be good through Dec. 29, 2019. Visit castles, the Royal Yacht Britannia, search for Nelly in the Loch Ness, view weaving demonstrations, see china made in Belleek, see the Giant's Causeway, and much more! Price includes air from St. Louis, 17 meals, sightseeing, nine nights lodging, travel insurance, all gratuities and fees. Final payment is due on/before March 5, 2019. Cost is \$4,595 per person, double occupancy. Call for a flyer! **ONLY 5 SPOTS LEFT!**

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

## 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 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

Price is just being finalized. Highlights of this motor coach tour include: Amish Acres, two nights in the Grand Hotel, the Dunes, two world famous gardens, and the Gerald R. Ford Presidential Museum. Call Nancy for a flyer!

## The Passion Play and a River cruise! Sept. 20-29, 2020

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

Look for us on the web at [www.swic.edu/psop](http://www.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 \$270-\$464). **Call 618-277-3290, ext. 7064 (Gloria), or 7061 (Cutha).**

## 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.

# 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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# PSOP Newsletter Subscription Form

**Subscription: \$10 for 1 year; \$6 for 6 months**

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

Your expiration date is on your mailing label.

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

PSOP Newsletter  
201 N. Church St., Belleville, IL 62220

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ New Subscriber: Yes \_\_\_\_\_ No \_\_\_\_\_

PSOP programs you currently participate in: \_\_\_\_\_

Programs and Services for Older Persons



**PSOP staff, volunteers, and friends hope your holidays were filled with many special moments!**

*Mailing prepared by RSVP Volunteers*

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