

January



2017

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

ALTERNATIVE TRANSPORTATION SYSTEM (ATS)

During the year, PSOP receives numerous phone calls from seniors wanting to know what transportation options they have if they no longer want to or can't continue to drive. As we begin the new year, we would like to provide some information about ATS, which is not a taxi, but rather a shared-ride paratransit bus service.



What are the qualification requirements?

For individuals who qualify for ATS service under the American with Disabilities Act (ADA) criteria, there is no age limitation. Service is provided within $\frac{3}{4}$ of a mile of any Metro fixed bus route or MetroLink during times of operation. The ADA guidelines are federal requirements.

There is also a Senior Transportation program for residents of the city of Belleville, Stookey Township and St. Clair Township. To qualify for this program, you must be a minimum of 60 years of age, ambulatory, or use no more than a cane or foldable walker. Hours of operation are Monday through Friday, 6 a.m. to 6 p.m. Senior transportation service ridership criteria is established by the St. Clair County Transit District.

Do I have to register with ATS?

Yes, you must register. For ADA eligibility, ATS will make arrangements for you to be evaluated by the Metro Assessment Center in St. Louis. ATS will provide you with complimentary transportation both to and from the evaluation. For Senior Transportation, you still must register, but it's merely ensuring your residence is within the service area.

What if I need a ride to St. Louis or Madison County?

ATS provides connecting service with both St. Louis and Madison counties. For St. Louis, ATS will transport you to the Call-A-Ride facility at Compton and Spruce for a connecting ride to complete your trip. For your return, Call-A-Ride will transport you to the Casino Queen for your return connection with ATS.

For Madison County service, the transfer connection point is Jack in the Box (I-255/Collinsville Road) in Collinsville. Madison County ACT provides the other portion of the service.

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COFFEE WITH A COP

Tuesday, Jan. 31 • 10-11 a.m.

PSOP • 201 N. Church St.

Join your neighbors and police officers for coffee and conversation! No agenda or speeches, just a chance to ask questions, voice concerns and get to know the officers in Belleville and surrounding communities.

**Call Susan at 618-234-4410,
ext. 7032 to save a seat.**

*Sponsored by PSOP in cooperation with
Patrolman Giedeman - #75 Belleville Police*

NEW YEAR'S DAY BRUNCH

Friday, Jan. 6 • 10 a.m.-2 p.m.

CATFISH AND THE BIG BOSS BLUES BAND

Swansea Moose Lodge

\$4 per person

For reservations: 618-234-4410, ext. 7034

Sponsored by St. Clair County Office on Aging

GRIEF SUPPORT GROUP

Monday, Jan. 23 • 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*

UPCOMING CLASSES

Beginning Spanish Class

Tuesdays, Jan. 10 - Feb. 28

10-11 a.m.

Spanish II

Tuesday, Jan. 10 - Feb. 28

11 a.m.-noon

\$5 for either class

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

Sponsored by St. Clair County Office on Aging

Memorials

For: **Theresa Gauch**

From: Jerri Casson

SENIOR ART COMPETITION

LIFE EXPERIENCED 2017

Senior Art Competition

SWIC and the St. Clair County Office on Aging will host this annual senior art competition.

Packets will be available Tuesday, Jan. 3.

Applications are due by Friday, Jan. 20.

Call 618-234-4410, ext. 7044 for more information or visit swic.edu/psop or co.st-clair.il.us for an application.

UPCOMING CLASSES

Memoirs

Mondays, Jan. 9 - March 13

1 p.m.

Continuing Memoirs

Tuesdays, Jan. 10 - March 14

1 p.m.

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

Sponsored by St. Clair County Office on Aging

UPCOMING CLASS

French Class

Thursdays, Jan. 12 - March 2

1 p.m.

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

Sponsored by St. Clair County Office on Aging

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.

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.

Wellness Activities for January

SENIOR FITNESS: WHY IT'S NEVER TOO LATE TO START

Everyone Benefits from Exercise

Today, new information is emerging from research: people of all ages and physical conditions benefit from exercise and physical activity. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including dementia.

- The National Institutes of Health report that even moderate exercise and physical activity can improve the health of seniors who are frail or have diseases that accompany aging.

Don't Be Afraid to Exercise

Exercise and physical activity are among the healthiest things you can do for yourself, but some older adults are reluctant to exercise. They may be afraid that exercise will be too strenuous, or that physical activity will harm them. Research from the NIH shows that actually the opposite is true:

- Exercise is safe for people of all age groups.
- Older adults hurt their health far more by not exercising than by exercising.
- An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility and endurance.

It's Never Too Late to Start Exercising

Even if you have had an inactive lifestyle, there is good news. It's never too late to improve your health.

- Research suggests that exercise and physical activity can help you maintain or partly restore your strength, balance, flexibility and endurance.
- Growing older doesn't mean you have to lose strength or your ability to do everyday tasks. Exercise can help older adults feel better and enjoy life more, even those who think they're too old or too out of shape.

**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.

MLK Day of Service

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. 16

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' **Warm Clothing and Food Drive.**

Join the Retired Senior Volunteer, 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 welcome to drop off your donations at PSOP during the month of January.

Call 618-234-4410, ext. 7036 with any questions.

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 Activities • noon

Table games cards are 25 cents each.

Jan. 3 - Table Games

Jan. 10 - Table Games

Jan. 17 - Lunch with a Doc

Jan. 24 - Table Games

Jan. 31 - Table Games - *Sponsored by the St. Clair County Medical Alliance Society*

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 you play!

Line Dancing • Wednesdays, 1:30-3 p.m., \$2

This is a large, fun, full-of-laughs and energetic group! They always welcome new dancers. Come join us and find out for yourself!

Book Discussion Group • Jan. 12 • 10 a.m.

This month's book will be "**Playing with Fire**" by **Tess Gerritsen**. This discussion leader will be Karen Roseberry.

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 Activities • noon

Jan. 5 - Snowflake Ball

Jan. 12 - Table Games

Jan. 19 - Table Games

Jan. 26 - 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

Snowflake Ball

Thursday, Jan. 5, 10:30 a.m.-2 p.m.

Come get out of the cold and warm up as we dance to Country & Western Band here at PSOP! We promise not to throw a snowball at you! We'll be sure to serve some comfort food. Lunch is \$5. Call by noon on Wednesday: 618-234-4410, ext. 7015, then 5.

Music-n-Mittens Dance

Wednesday, Jan. 18, 10:30 a.m.-2 p.m.

Bring your mittens and hot chocolate and tap your feet as we dance along to the RVSP Orchestra for this dance at PSOP! Bring a friend along and break out of the winter doldrums! Call by Tuesday at noon: 618-234-4410 ext. 7015, then 5

Due to space limitations at the Shiloh Senior Center, the following activities will be held at PSOP during the month of January.

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, Jan. 13, 11 a.m.

Guest speaker is Chris Braun, former all-state basketball player at Gibault High School, St. Louis University forward (1999-2003) and president of Winning Streak, a custom apparel/screen printing business in Dupu. Make your reservation by noon Thursday, Jan. 12. Lunch is \$6.

Breakfast Club

Tuesday, Jan. 10, 9 a.m. • Cracker Barrel, Shiloh,
Come enjoy Uncle Herschel's favorite or the Sunrise Sampler as we have coffee and a scrumptious breakfast with those famous cheesy potatoes! Meet us at the Cracker Barrel in Shiloh at 3160 Green Mount Crossing. Call ahead so we can save a seat for you!

JANUARY 2017

Monday

Tuesday

2

CLOSED

9

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.
Parkinson's Support, 1:30 p.m.
Wii League, 2 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m. (held at PSOP)

3

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.

10

Breakfast Club, 9 a.m.,
Cracker Barrel, Shiloh
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.

16

CLOSED

17

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.
Bridge, 5:30-8:30 p.m.
Dine Around, 5 p.m., Tim & Joe's

23

Zumba/Gold, 9:30 a.m.
Chess, 10-11:30 a.m.
Lunch Bunch, 11:30 a.m.,
Pizza Hut
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. (held at PSOP)

24

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.

30

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. (held at PSOP)

31

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
4 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. (held at PSOP)	11 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. (held at PSOP)	5 Pinochle , 9 a.m. "Snowflake Ball 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.	6 Art , 9 a.m. Zumba/Gold , 10:30 a.m. Canasta , 12:30-3:30 p.m.
		12 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.	13 Art , 9 a.m. Men's Club , 11 a.m. Zumba/Gold , 10:30 a.m. Canasta , 12:30-3:30 p.m.
		18 Crochet/Basic Knitting , 9-11:30 a.m. Zumba/Gold , 10:30 a.m. Music-n-Mittens Dance with the RSVP Orchestra, 10:30 a.m.-2 p.m. Lunch , 11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m. (held at PSOP)	20 Art , 9 a.m. Zumba/Gold , 10:30 a.m. Canasta , 12:30-3:30 p.m.
25 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. (held at PSOP)	26 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.	27 Art , 9 a.m. Zumba/Gold , 10:30 a.m. Canasta , 12:30-3:30 p.m.	
		<u>RSVP ORCHESTRA</u> 4 - Caseyville 11 - Collinsville 18 - Belleville 25 - Okawville <i>*Meal sponsored by the St. Clair County Office on Aging</i>	<u>COUNTRY WESTERN BAND</u> 5 - Belleville 12 - Moose 19 - Okawville 26 - Caseyville <i>**Meal co-sponsored by St. Elizabeth's Hospital and the St. Clair County Office on Aging</i>

Dine Around

Tim & Joe's Tavern, Tuesday, Jan. 17, 5 p.m.

Meet with friends and have a great steak at Tim & Joe's! Enjoy a steak, potato and salad for \$9.95. You'll find nothing but good conversation and good food here! Call ahead so we can have a comfy seat waiting for you.

Lunch Bunch

Pizza Hut, Monday Jan. 23, 11:30 a.m.

Let's try a little something different for lunch bunch. Come join us at Pizza Hut, 652 Carlyle Ave., for unlimited pizza, pasta and salad all for \$7.50. Call 618-234-4410, ext. 7016 to make your reservation.

DAY TRIP RESERVATION LINE

MAKE A RESERVATION: 618-234-4410, EXT. 7059

NOTE: If a reservation deadline has passed and you are interested in attending, check with Travel & Activities; occasionally someone cancels and there may be a seat available.

Travelogue – China!

Tuesday, Feb. 28 • 2 p.m.

Meet Chris & Lee Ping, the owners and tour directors for this GREAT trip! Learn about why this is the best and most comprehensive trip I have ever seen! The trip dates are Oct. 9-26, 2017 and the price includes all air from St. Louis, all gratuities, travel insurance, 33 meals, a Yangtze River cruise, a day cruise, and more! The Travelogue will be held at PSOP. To save a seat, call Nancy at 618-234-4410, ext. 7020. This trip is paced for seniors, but is open to all ages!

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 renown St. Anselm Catholic Church. Cost is \$83 per person. Deadline for reservations is Jan. 31. Depart at 8:15 a.m. from the Belleville Schnucks on North Belt West with a return at about 5:30 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.

Save The Date!
PSOP 2nd Annual Spa Day
Friday, March 31

EXTENDED TRAVEL

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

Best of China

Oct. 9-26, 2017

Woman looking for roommate

Take a trip of a lifetime on this very comprehensive tour! Highlights include the Great Wall, the Forbidden City, Xi'an, a Tang Dynasty show, pandas in Chongqing, the Grand Canal in Suzhou, Shanghai Museum, Hong Kong and a three-night cruise on the Yangtze River. Trip includes 33 meals, all flights, travel insurance and all gratuities. A double is \$7,599 per person; a single is \$9,155. Call Nancy at 618-234-4410, ext. 7020 for a brochure.

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!

SAVE THE DATE!

April 20

Walk down Washington Avenue with NiNi Harris

May 3

Public Art around St. Louis

July 21-23 (approximately)

Cards vs. Cubs in Chicago

Visit us online! swic.edu/psop

AARP Taxes at PSOP

By appointment only!

To make an appointment, call 618-277-5511.

Calls to make appointments
will be accepted:

Jan. 25, 26, 27 & 29 • 8 a.m. to noon

AND

Feb. 1- April 15

Tuesdays • 8 a.m. to 2 p.m.

Wednesdays • 8 a.m. to 2 p.m.

Fridays • 8 a.m. to 2 p.m.

continued from the cover

What are the costs?

The St. Clair County Transit District establishes the fare rate. A one-way ATS ride is \$4. A discounted rate of \$2.80 can be obtained by purchasing a book of 10 coupons. A customer then presents a coupon each time they ride. Over the years, the cost of a single fixed bus fare has gone up, but the SCCTD has held the line on fare increases for paratransit services. There has not been a fare increase for paratransit services in approximately nine years.

Recently, ATS rolled out an entirely new program where ATS will deliver coupons directly to a customer's house!

Here's how it works:

- Customers may purchase up to 4 books at any one time for delivery.
- Customers may pay by cash or check at the time of delivery.

OR

- They may prepay by credit or debit card by calling the SWIC Business Office (618-235-2700, ext. 5367) to complete the transaction. Again, the limit is 4 coupon books.
- ATS will deliver coupon books on Mondays, Wednesdays and Fridays.
- Customers will be given a date and a timeframe preference (morning or afternoon) for the delivery.
- Drivers are limited to 8 to 10 deliveries on any given day, depending on the delivery locations.
- If the customer is paying with cash, they **MUST HAVE EXACT CHANGE**. The driver **CANNOT** make change.
- The driver will call you in advance to let you know they are on the way.
- If the customer is not home, the driver will not return. You will have to rebook the delivery.

This service has been well received, so daily deliveries slots fill up fast. Monday deliveries must be booked no later than close of business the previous Friday. Even then, the daily delivery quota may have already been met. The initial feedback we're getting is that customers are pleased with the service. If usage continues at the current rate, ATS will consider offering Tuesday and Thursday service as well. However, ATS will not offer weekend delivery purchases, so plan your purchases in advance!

To find out more about ATS or to register, call 618-239-0749 or visit swic.edu/ats.

SAVE with Sapphire Cards!

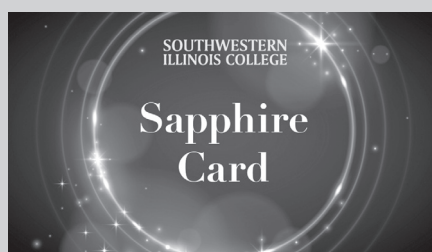
Looking for a great gift or a way to support PSOP? Consider buying a Sapphire Card from PSOP!

There are three different cards to choose from: Belleville, Granite City or Red Bud.

The cost of the card is **\$10** and for each card sold, \$5 of the proceeds support either the Retired Senior Volunteer Program (call Connie at ext. 7026) or the Senior Companion Program (call Lynette at ext. 7040).

Each card entitles you to discounts at the listed merchants through August 2017.

Consider buying a card and enjoy the savings while you help RSVP or SCP continue to provide vital services to the community!



BELLEVILLE					
BEL-AIR BOWL Buy 1 game, get 1 free	IMO'S 10% off total order	BEN'S 10% off all regular price items	TANCO \$5 any bed, any time	DOS GORRITOS \$1 off a \$10 or more purchase, excl. alcohol	
CURT SMITH SPORTING GOODS 20% off all Under Armour apparel/footwear	GRIMM & GORLY 10% off purchase, excl. wire orders and artisan work	SILVER CREEK SALOON 15% off total bill, excl. alcohol	BEAST CRAFT BBQ CO. Free soda w/ purchase of sandwich or hand-cutted meat entree	LINCOLN THEATRE Free med. soda w/ purchase of med. or larger popcorn	
MOTOMART (1930 Carlyle Ave., location only) Buy 1 roller grill item, get 1 free	TAVERN ON MAIN Half-price appetizer w/ purchase of entree	JAN'S HALLMARK Buy 3 greeting cards, get 1 free	SEVEN RESTAURANT AND LOUNGE 10% off total bill, excl. alcohol	THE ORCHARDS GOLF CLUB 2-for-1 Greens fee w/ cart rental, valid M-F	

Must present card at purchase. Not valid in other cities or with other offers. Discount applies to cardholder only. Limit one discount per use. Offers may change without notice. Expires Aug. 31, 2017

GRANITE CITY					
KOOL BEANZ CAFE Free cinnamon roll w/ purchase	JAN'S HALLMARK Buy 3 greeting cards, get 1 free	RAVANELLI'S Free toasted ravioli appetizer w/ entree purchase	IMO'S Free garlic cheese bread w/ L or XL pizza purchase	LASCCELLES GRANITE CITY 1 free appetizer w/ \$25 or more purchase	
THE GARDEN GATE TEA ROOM 1 free Broomie Slice w/ \$10 or more purchase	DUKE BAKERY 10% off any bakery item	LEGACY GOLF COURSE Buy 1 large bucket of range balls, get 1 free	REVIVE SALON SPA & STUDIO 10% off any service	HOLLYWOOD TAN 10% off total purchase	
BODIES KNEADED \$5 off any 30 min. or more massage	NAILS BY KATHLEEN \$2 off any service. By appt. 618-973-0038	MICHELLE BROADWATER PHOTOGRAPHY Free mounted \$610 w/ paid session fee	EL TORERO 15% off total purchase, excl. alcohol	TRI-CITY SPEEDWAY 50% off general admission, excl. special event nights	

Must present card at purchase. Not valid in other cities or with other offers. Discount applies to cardholder only. Limit one discount per use. Offers may change without notice. Expires Aug. 31, 2017

RED BUD					
MCDONALD'S Free pie w/ Extra Value Meal purchase	DAIRY QUEEN Buy 2 med. blizzards, get 1 free of equal or lesser value	IMO'S (Waterloo location) Free garlic cheese bread w/ L or XL pizza purchase	TWYLA'S 10% off regular priced items, excl. alcohol	THE HEALTHY NUT 10% off all supplements and gift items	
MILLER'S MEAT MARKET 30% off regular price entree, meat case items w/ \$25 min. purchase	SUBWAY \$1 off any footlong sub	FOREVER YOUNG PHOTOGRAPHY Free mounted \$610 w/ paid session fee	SECOND CHANCE CONSIGNMENT & BOUTIQUE 10% off total purchase	LEMONGRASS SPA 20% off 1" purchase	
YOGA FOCUS Buy 4 prepaid yoga classes, get 1 free	BLOSSOM CITY BOWL Free shoe rental w/ game purchase	THE KUTTING EDGE 10% off regular priced hair products	DETERDING DRUGS 10% off Hallmark cards	OPERA HOUSE BISTRO 1/2 off appetizer w/ 1 House Specialty drink (good Wed. only)	

Must present card at purchase. Not valid in other cities or with other offers. Discount applies to cardholder only. Limit one discount per use. Offers may change without notice. Expires Aug. 31, 2017

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

PSOP is a selection/testing center the Illinois Telecommunication Access Corporation program. For information to receive a free amplified phone, call 618-234-4410, ext. 7024, 7012 or 7032.

Retired Senior Volunteer Program

PLEASE sign your timesheet and have your supervisor sign when possible

Start the new year with the gift that keeps on giving – yourself.

- **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 communication, as well as a number of other tasks needed during an emergency. A background check is required and will be provided.
- **Linus Blankets of Belleville** is seeking support. Drivers are needed to deliver blankets to St. Louis hospitals and other children's groups four times a year – March, June, September and December.
- **Telephone reservationists for AARP Tax Aide** are needed to take tax appointment reservations starting the last week in January. The work station is in the PSOP auditorium. Call or email for available dates; shifts are in the morning.
- Volunteer opportunities abound at **BEACON of Belleville**. Office volunteers are needed for both telephone intake and for occasional clerical tasks, such as mailings, copies and data entry. Volunteers are needed to help sort, pick up and deliver furniture.
- The **Madison County Veterans' Commission** is seeking volunteer mentors to act in the role of a coach, guide, role model, advocate and support system for Justice Involved Veterans. The mentors will support individual veterans as they go through the court process. How about giving back to those who have given so much to our country? The cemetery project is another area that 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 environment. There are openings for Thursdays (11 a.m.-3 p.m.) and Saturdays (noon-4 p.m.).
- The **17th Street Neighborhood Association** is looking for receptionists to answer phones and do some light typing. Shifts are Monday-Friday; hours are flexible.
- **Fairview Heights Food Pantry** would welcome the support of mature adults to help at the food pantry. Intake, order fillers and stocker spots are available. Days and hours vary.

Call Pat Etling at 618-234-4410, ext. 7012 for information on any of these opportunities.

SENIORLINK Computer Training

What are your goals and resolutions for the new year? Please consider SeniorLink in 2017. Volunteers are always needed as instructors, classroom helpers and for other various projects.

SeniorLink welcomes you to broaden your horizons. Come join us...we have the class for you! SeniorLink computer training is designed to teach mature adults in small, nonthreatening peer-assisted groups with an emphasis on hands-on instruction.

Classes include: Microsoft Windows 7 & 10, Word, Excel, PowerPoint, Troubleshooting & Maintenance, Internet, Photos, Social Networking, Cellphones, iPhones & iPad, Mac, Chromebook, Kindle and Tablets

Email julie.hughes@swic.edu or call 618-234-4410, ext. 7018.

Birthdays for January

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

ROSE M. AND VI S.

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.



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: _____



201 N. Church St.
Belleville, IL 62220

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SOUTHWESTERN
ILLINOIS COLLEGE

Programs and Services for Older Persons

PSOP FOSTER GRANDPARENTS



This dedicated group of volunteers offers support and love to local children. They are rewarded in numerous ways – helping the future generations while at the same time fulfilling their days.

Wouldn't you like to join them and give back? If interested, call 618-234-4410, ext. 7062.

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkas, Red Bud; Harry A. Briggs, Ph.D., Granite City; Kenneth R. Joseph, Belleville; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Samuel Hart Morgan, Shiloh
College President: Georgia Costello, Ph.D.