

July



2017

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

PSOP ACTIVITIES PINOCHLE GROUP



“Save” the date and “Get Set” to “Run” to PSOP to “Try Your Hand” with the Activities “Pinochle” Group. Don’t be a “Lone Ace” - come join in the fun where there are “Aces Around.”

Check out the Activities section in this newsletter. There are no “Losers” in Activities. Don’t “Pass” on the opportunity to have a good “Deal” of fun!

For more information on any of the Activities offered contact Melissa Winkeler at 618-234-4410, ext. 7042.

SENSATIONAL SENIOR SATURDAY AT SWIC

SATURDAY, JULY 22 • 12:30-4 P.M.

SWIC Belleville Campus • LAC Theater

12:30 p.m. - Pre-movie snacks

1-2:45 p.m. - "Singing in the Rain" movie

2:45-4 p.m. - Crafts and dancing

Cost: \$5

To purchase a ticket, contact Melissa (ext. 7042)
or Cheryl (ext. 7023).

Co-sponsored by PSOP and SWIC Phi Theta Kappa

FARMERS MARKET COUPONS

**Starting July 10, \$25 coupons will be available
for use between July 10 and Oct. 31 for purchases
from an eligible vendor (red & white signs).**

To qualify for the coupons you must:

- Be 60 years or older
- Meet income guidelines (available at the market)

To receive these coupons, go to the market of your choice
with your ID and be ready to complete the application. You
will then receive the coupons to use at the following markets:

- **Belleville Old Town Market**, corner of 1st and Main,
Saturdays, 7:30 a.m.-noon
- **Swansea Farmers Market**, 2801 N. Illinois (Rural King
parking lot), Thursdays, 11 a.m.-3 p.m.
- **East Side PHD**, 638 N. 20th St., East St. Louis, Thursdays,
8 a.m.-1 p.m.
- **Fairview Heights**, location TBA

**Call AgeSmart Community Resources at
618-222-2561 for additional information.**

BATTLE OF THE BANDS

**RSVP Orchestra vs.
RSVP Country Western Band**

**Thursday, Aug. 3
10 a.m.-2 p.m.
PSOP**

Cost: \$10, includes lunch

50/50 raffles • silent auction • games

**Make your reservation by Aug. 1 at noon.
Call 618-234-4410, ext. 7015.**

PROJECT RE-RUNWAY FASHION SHOW & BOUTIQUE

FRIDAY, JULY 14 • 10 A.M.-2 P.M.

Spend the afternoon in style. Renew, reuse, refresh...all
lovely outfits are furnished by local thrift stores. Tickets
are \$10, which includes fashion show and a lunch of
chicken salad, spinach strawberry salad, raspberry tea
and cheesecake for dessert. There will be tables and
displays of items for sale, so bring along some extra
cash! **Purchase your tickets in Activities.** Attendance
is limited and this event sells out each year!

NEWSLETTER SUBSCRIPTIONS

During the past few years there have been dramatic
increases to the paper and production costs for our
newsletter. As a result, it is necessary to raise the
yearly cost of our newsletter to **\$6 for 6 months
or \$10 per year.** This increase will be effective for
any new or renewed subscriptions effective
July 1, 2017 or later. You can continue to access
our newsletter at no cost at www.swic.edu/psop.



Foster Grandparent Program

PSOP offers an excellent Foster Grandparent Program
that has been around for quite a while. Over the past
50-plus years, children and seniors have enriched
each other's lives just by being there for one another.
Here are a few quotes from seniors who are proud to
volunteer their time and are grateful for this successful
program.

**"The children I serve are just like family to me. I
love them and they love me."**

**"The Foster Grandparent Program has brought
me joy. I love children and it is a pleasure to be
able to assist in their learning experience."**

**"This program has been the best thing I could
have done for myself. It is the most gratifying
experience. The children are so wonderful, and
this has been the best decision I have ever made."**

**"The FGP is an excellent opportunity for seniors
to keep their minds alert and knowing you are
helping someone who appreciates you."**

If you would like more information, call 618-234-4410,
ext. 7062. You can enrich your life, too!

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 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.

Thank you to the **City of Belleville** and **Belleville Township** who co-sponsored the Senior Celebration with PSOP. Also thanks to the **Village of Shiloh** who co-sponsored the Shiloh Senior Picnic with us! Your support helps us continue programs for seniors.

Driver Services Mobile Unit 2017

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 618-234-4410, ext. 7032.



JULY 2017

Monday

Tuesday

Change of Metro Pass Location
The location where Metro passes are issued has moved to 27 N. Illinois St. in Belleville (former LIHEAP building) on the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking and the entrance is behind the building.

- Renew your newsletter subscription at least one month before your expiration date (on your label)

- Change your address if you move

**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:
Aluminum cans
(supports Advocacy Dept.)
Cellphones
(supports Cellphones for Soldiers)
Old shoes
(Waterman Project)
Clean plastic containers
(Activities Dept.)

3 **Golf at Yorktown**, 8:30 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.

4
CLOSED

10 **Golf at Yorktown**, 8:30 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.

11 **Breakfast Club**, 9 a.m.,
St. Louis Bread Co., Fairview Heights
Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.

17 **Golf at Yorktown**, 8:30 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.

18 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc, 11:30 a.m.
Lunch Bunch, 11:30 a.m., 4204 Brewery
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.

24 **Golf at Yorktown**, 8:30 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.

25 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.

31 **Golf at Yorktown**, 8:30 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.

Wednesday**Thursday****Friday**

5 **Golf at Yorktown**, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30 p.m.

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

6 **Pinochle**, 9 a.m.
"Beach Blanket Bingo" Dance with the RSVP Country Western Band, 10:30 a.m.-2 p.m.
Lunch, 11:30 a.m.
Hand & Foot, 1 p.m.

7 **Art Workshop**, 9 a.m.
Canasta, 12:30-3:30 p.m.

12 **Golf at Yorktown**, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30 p.m.

SHILOH SENIOR CENTER
Shiloh Senior Picnic, 10 a.m.-2 p.m.
Pinochle/Card Games, 10 a.m.

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

14 **Art Workshop**, 9 a.m.
Canasta, 12:30-3:30 p.m.

19 **Golf at Yorktown**, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
"Glow in the Dark" 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.

20 **Pinochle**, 9 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Hand & Foot, 1 p.m.

21 **Art Workshop**, 9 a.m.
Canasta, 12:30-3:30 p.m.

26 **Golf at Yorktown**, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30 p.m.

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

27 **Pinochle**, 9 a.m.
Lunch, 11:30 a.m.
Board Games, Dominoes and Coloring & Conversation, noon
Hand & Foot, 1 p.m.
Dine Around, 5 p.m., Smokin K's

28 **Art**, 9 a.m.
Canasta, 12:30-3:30 p.m.

RSVP ORCHESTRA

5 - Swansea- no meal/concessions open
12 - Swansea
19 - Belleville
26 - Okawville

COUNTRY WESTERN BAND

6 - Belleville
13 - Granite City
20 - Caseyville - no meal
27 - O'Fallon

Wellness Activities for July

MATTER OF BALANCE

This FREE program will begin Aug. 25 and run for eight weeks.

FRIDAYS • 10 A.M.-NOON • PSOP • ROOM 204

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

*Register by calling 234-4410 ext. 7030. It is highly recommended that you attend all 8 sessions.

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.

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

Memorials

For: **Clare Schmidt**

From: Cheryl Brunsmann, Mary Miller, Jodi Gardner, Carla Boswell, Kathy Anderson, Marsha Roth, Jennifer Friederich, Theresa Ackerman, Susan Pflug, Melissa Winkeler

For: **Frank Verdu**

From: Jerri Casson

For: **Dorothy Lepere**

From: Yuriko Erlinger

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 or 7012.

RSVP

These are just a few examples of the volunteer assignments available. For information, contact Pat Etling at 618-234-4410, ext. 7012.

- **Habitat for Humanity ReStore in Collinsville** needs volunteers in the area of home improvement/construction experience (handy man in the store) and help with loading/unloading.
- **RSVP** needs your help with our **Community Garden** here at PSOP. If you enjoy growing vegetables, weeding, etc., join us! The excess produce will be donated to a local food pantry.
- Do you like building things? Working with your hands and tools? If so, **Neighbors for Renewal** is looking for you. This nonprofit group rehabs neighborhood houses to help rebuild communities. Call for details.
- **Silver Creek/Trinity Services of Mascoutah** needs volunteers to help with the learning program and participate alongside clients with activities such as preparing meals and participating with independent learning activities. Bonus help is needed for special events and community outings.
- The **Madison County Veterans Assistance Commission** is looking for veteran volunteers to help transport veterans to doctor's appointments.
- **TOCO Shop in Belleville** is seeking a volunteer to staff the cash register on Thursdays. Training is provided.
- Do you have a special musical skill or talent? RSVP is always looking for volunteer entertainment for special events, senior centers, retirement communities and nursing homes.
- **Collinsville Food Pantry** is in need of community support. Shifts are Mondays, Wednesdays and Thursdays from 9 a.m. to noon; Tuesdays and Fridays from 9 a.m. to 1 p.m.; and Saturdays from 9-11 a.m. for pick-ups.
- **Good Samaritan House in Granite City** seeks volunteers to help clients with resumes and job searches.
- **Community Care in Granite City** needs volunteers for the meal program, clothing thrift area and sorting.
- The **Labor and Industry Museum in Belleville** needs visitor guides and clerical support. The museum is open by appointment, as well as for special events.

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

Doris D, Robert P. and Mary O.

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.

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).

Golf League • Mondays & Wednesdays, 8:30 a.m.

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m., tee time-9 a.m.; cost is \$7 to golf 9 holes

Monday league: Lovey Veath at 618-416-5825

Wednesday league: Pat Hrasky at 618-781-0551

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

July 4 – CLOSED

July 11 – Table Games

July 18 – Lunch with a Doc

July 25 – Table Games

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

If you are an old pro or a new beginner, this is a friendly group to play with. Come join us!

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

This is a large, fun, full of laughs and energetic group! They always welcome a new dancer.

Book Discussion Group • July 13 • 10 a.m.

This month's book will be **"Our Souls at Night" by Kent Haruf**. This discussion leader will be Cathy Ingersoll.

Thursday Lunch • 11:30 a.m., \$5

For just \$5, you get a delicious homemade lunch and dessert made by our amazing volunteers right here in the PSOP kitchen. Come after card playing, stay for games or fitness.

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

Thursday Activity • noon

July 6 – Dance

July 13 – Table Games

July 20 – Table Games

July 27 – Bunko/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

Beach Blanket Bingo

Thursday, July 6, 10:30 a.m.-2 p.m.

Get out your old Frankie and Annette "Beach Blanket Bingo" movies to refresh yourself on the jitterbug, swing and lindy hop. Head over to PSOP to dance to the hip tunes of the Country Western Band! Lunch is \$5. Call 618-234-4410, ext. 7015, then 5 by Wednesday at noon. **This dance is sponsored by Cambridge House in O'Fallon.**

Glow In the Dark Dance

Wednesday, July 19, 10:30 a.m.-2 p.m.

Glow, little glow worm and brighten up the dance floor at PSOP. We'll be sure to have on the AC as the RSVP Orchestra plays some hot tunes! Lunch is \$5. Call 618-234-4410, ext. 7015, then 5 by Tuesday at noon. **This dance sponsored by Home Instead Senior Care.**

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

Breakfast Club • St. Louis Bread Co.,

Tuesday, July 11, 9 a.m.

We hope you'll join us for breakfast at St. Louis Bread Co., 5917 N. Illinois St., in Fairview Heights. Call ahead so we can save a seat for you!

Lunch Bunch • 4204 Main Street Brewing Company, Tuesday, July 18, 11:30 a.m.

Join us at 4204 Main Street Brewing Company in Belleville for their delicious lunch buffet. Senior price is \$8 per person. Tuesday is "build your own burger." Call ahead so we can have a seat for everyone!

Dine Around • Smokin K's BBQ, Thursday, July 27, 5 p.m.

Join us at Smokin K's BBQ, 548 E. Washington St., in Millstadt for some great conversation. Call ahead so we can have a seat for everyone!

THE FOLLOWING ACTIVITIES ARE HELD AT THE SHILOH SENIOR CENTER, 7 PARK DR, SHILOH, 62269

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!

Thank to the following donors to our special events:

Walmart, Steve Wolf, St. Clair County Office on Aging, Cheryl Brunsmann, Hospice of Southern Illinois, Home Instead, Cambridge House, Visiting Angels, St. Paul's Senior Community, The Colonnade Senior Living

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.

Solar Eclipse Trip

Monday, Aug. 21, 9:30 a.m.

Enjoy a delicious all-you-can-eat lunch at the Pioneer's Cabin before you experience the first total solar eclipse to hit our state since 1869 from one of the best views in southern Illinois. After the eclipse, shop at the Shawnee Country Store for some homemade Amish goodies. Cost is \$74 per person, which includes transportation and lunch. **Thanks to Dr. Ritzel from Belleville Optometry for donating our solar eclipse glasses!**

Isle Casino Cape Girardeau

Saturday, Aug. 26

Head to one of our favorite casinos where we had winners of over \$800 and \$400 on our last trip! Price includes \$5 cash from the casino and a meal voucher for the buffet. You must be at least 21 and present a valid driver's license, passport, or state-issued ID at casino check-in. Put your Fan Club player's number on the reservation form, if you have one, and birth date. Cost is \$45 per person. Deadline for reservations is Aug. 7. Depart at 7:40 a.m. from the Belleville Schnucks on North Belt West, followed by a pick-up in Red Bud (if needed). Return at about 5:15 p.m. to Belleville.

Route 66 in Illinois

Thursday, Sept. 7

Route 66 historian/educator Dough Schneider takes us to Springfield to explore the Route 66 sites, have lunch at Doc's Soda Fountain, explore Carlinville and enjoy a surprise or two! Cost is \$103 per person. Deadline for reservations is Aug. 7. Depart at 9 a.m. from the Belleville Schnucks on North Belt West, then a second pick-up in the Maryville/Troy area (if needed). Return at about 5 p.m. to Belleville.

Discover Hermann, MO!

Wednesday, Sept. 20

This guided tour will highlight Hermann Farm (a mid-1800s living history farm and village including horses and farm machinery), a history/city tour, behind-the-scenes tours of an apparel factory and a meat market, as well as free time. Cost is \$97 per person. Deadline for reservations is Sept. 1. Depart at 7:30 a.m. from the Belleville Schnucks on North Belt West. Return at about 7 p.m. to Belleville.

AARP Driver Safety Class

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 618-234-4410 to register.

Historic Hotels of St. Louis

Thursday, Oct. 5

St. Louis is home to some of the finest hotels in America. Many no longer exist, but the stories remain. We have also witnessed the restoration of some landmark hotels. Linda Koenig takes us to the Cheshire Inn, Chase Park Plaza, Drury Union Station, Drury Plaza and Mayfair Hotels. Come and hear what makes them world famous! Cost is \$85 per person and includes lunch at Lorenzo's Trattoria. Deadline for reservations is Sept. 18. Depart at 8:15 a.m. from the Belleville Schnucks on North Belt West. Return at about 5 p.m. to Belleville.

EXTENDED TRAVEL

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

Branson

Nov. 8-10

This trips includes two nights lodging, motor coach transportation, four meals (two breakfasts and two dinners) and admission to five fabulous Branson shows: Dublin's Irish Tenors/Celtic Ladies, Million Dollar Quartet, Brett Family Show, Liverpool Legends and Showboat Branson Belle. Cost is \$389 per person based on double occupancy. Contact Melissa at ext. 7042.

Magical Christmas Markets

Nov. 25-Dec. 1

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. We tour the towns of Innsbruck, Seefeld, 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. Full payment is due on/before Sept. 15. Price includes all air, hotel, travel insurance, all gratuities, six meals and airport transfers to/from Lambert International Airport. Call for a flier!

Visit us online! swic.edu/psop

SAVE THE DATE!

**Dec. 15 – St. Louis Symphony
January 2018 - Mexico**



**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.

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 \$6 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

JUST TWO OF THE INTERESTING OFFERINGS AT PSOP!



Coffee with a Cop



Coloring & Conversation

Mailing prepared by RSVP Volunteers

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