

July



2018

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

"Bizarre travel plans are dancing lessons from God."

Kurt Vonnegut



MAKING RAVIOLI ON THE HILL



SYMPHONY



SYMPHONY



CHASE PARK PLAZA BALLROOM (HOTEL)



SENIOR COMPANIONS

Make Independence a Reality

This Independence Day we are thankful for our freedom as a nation. No matter how old we are, we strive for and enjoy independence. From the time we are born, our parents teach us how to care for ourselves until we reach adulthood. Independence is instilled in us throughout life - and the desire to be autonomous doesn't diminish with age. If anything, it becomes more important to seniors. Many older adults who are homebound seek a little help, socialization and possibly transportation that you might be able to provide.

Senior companions are volunteers age 55 and over who make a difference by providing assistance and friendship to adults who have difficulty with daily living tasks, such as shopping or paying bills. Senior companions give families or professional caregivers a much-needed time off from their duties, run errands, and often provide friendship for their clients.

Senior companions serve 20 to 40 hours per week helping an average of two to four adult clients who live independently in their own homes. Income eligible volunteers receive pre-service orientation, training from the organization where they serve, supplemental insurance while on duty, and earn a tax-free hourly stipend. When you volunteer, you're not just helping others - you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

Senior Companions make Independence a Reality for others.

Take the opportunity to see how much you'll receive by reaching out and helping someone else. For more information about the Senior Companion Program, please call 618-234-4410, ext. 7036.



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).**

AARP Driver Safety Class

Mon. & Tues., Aug. 20 & 21

Tues. & Wed., Oct. 23 & 24

9 a.m. - 1 p.m.

\$15 - AARP member

\$20 - non-AARP member

(Completion of this class may entitle you to a reduction in your car insurance rate)

Call 618-234-4410, Melissa (ext. 7042) or Theresa (ext. 7043) to register.

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

Aug. 8 • Oct. 10 • Dec. 12

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.)

Other services include: state ID cards and vehicle registration renewals.

Appointments required for all services.

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

Mobile Unit Hours: 10 a.m. - 1:40 p.m.

Please call 618-234-4410: Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.

PSOP Resource Center Services

PSOP/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.

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
-

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 2nd 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.

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.

Mindfulness Group • July 11, 2018 • 10 a.m.

The Older Adult & Caregiver Counseling program is introducing a new 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 each month at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

PSOP in cooperation with Senior Services Plus has staff available to assist individuals with various benefit programs including:

Benefits Access Applications
St Clair County Tax Freeze Applications
Medicare and Medicare Part D Enrollment
Energy Assistance Applications
Information and Assistance
License Plate Discount and more!

Office hours are Mondays, Tuesdays and Wednesdays 9 a.m. - noon

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

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.

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.

SERVING VETERANS OF ST. CLAIR COUNTY

Information and Assistance with claims to the Department of Veterans Affairs for benefits such as: pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

Mondays from 9 a.m. - noon

By appointment only

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

Nurse Available at PSOP!

Barbara Bell, RN, from Memorial Hospital will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on Tuesday mornings from 9 a.m. - noon in the Resource Center. No appointment needed.

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, 7012, 7032 or 7040.



JULY 2018

Monday

Tuesday

Change of Metro Pass Location

The location where the Metro passes are issued has temporarily changed to 19 Public Square while renovation is being done at 27 N. Illinois St. in Belleville. Passes are issued the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking is available behind the building.

Renew your newsletter at least one month before the expiration date listed on your label.

Change your address if you move.

Access this newsletter at swic.edu/community/senior-programs/psop.

PSOP RECYCLES:

Aluminum cans
(*supports Advocacy Dept.*)

Cellphones
(*supports Cellphones for Soldiers*)

Old shoes
(*Waterman Project*)

2 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.

3 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Learn, 9 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
at the Nichols Center

9 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.

10 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
at the Nichols Center

16 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.

17 Bridge, 8:30-11:30 a.m.
Breakfast Club, Denny's, 9 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc,
9 a.m. - 2 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
at the Nichols Center

23 Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Red Hats, 1-3 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

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

Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
at the Nichols Center

30 Chess, 10-11:30 a.m.
Ballroom Dancing,
11 a.m. - noon
Lunch Bunch, Olive Garden,
11:30 a.m.
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

31 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
at the Nichols Center

Wednesday

Thursday

Friday

4

**SWIC CLOSED
for Fourth of July**

**SHILOH SENIOR CENTER
Closed for Fourth of July**

5

Pinochle, 9-11:30 a.m.
Lunch, 10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

SHILOH SENIOR CENTER
Dance: Red, White and Bluegrass
Dance with the Country Western
Band, 9 a.m. - 2 p.m.

6

Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

11

Crochet/Basic Knitting, 9-11:30 a.m.
Lunch Bunch, Sugarfire 64, 11:30 a.m.
Line Dancing, 1:30-3 p.m.

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

12

Pinochle, 9-11:30 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

13

Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

18

Crochet/Basic Knitting, 9-11:30 a.m.
Dance, Battle of the Bands,
9 a.m. - 2 p.m.
Line Dancing, 1:30-3 p.m.

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

19

Pinochle, 9-11:30 a.m.
Dine Around, Papa Vito's, 5 p.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

20

Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

25

Crochet/Basic Knitting, 9-11:30 a.m.
Beginning Line Dancing, noon - 1 p.m.
Line Dancing, 1:30-3 p.m.

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

26

Pinochle, 9-11:30 a.m.
Lunch & Table Games
10 a.m.- 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

27

Art, 9-11:30 a.m.
PROJECT RE-RUNWAY,
Fashion Show and Luncheon,
10 a.m. - 2 p.m.
Canasta, 12:30-3:30 p.m.

COUNTRY WESTERN BAND

5th – Shiloh
12th – Okawville
19th – Granite City
26th – O'Fallon

RSVP ORCHESTRA

4th – no dance
11th – Moose - SCCOOA
18th – Belleville
25th - Okawville

Wellness Activities

GENTLE YOGA* is held Tuesdays from **10-11 a.m.**

Instructor Joyce Herman has extensive experience in guiding you in this practice. The cost is \$5 per class. Please call Joyce at 618-980-2278 for information.

TAI CHI* is offered **Mondays** (beginners) and **Tuesdays** (advanced) from **noon - 1 p.m.** The cost is **\$5 per class.** Instructor Delores Gordon has been certified to lead Tai Chi for Arthritis, the Yang Ten Form, SHIBASHI, Tai Chi for wellness and other forms of this practice since 2002. Come and try out one session free to see if it fits your needs!

Fitness Room is CLOSED during Tai Chi and Yoga

ALTERNATIVE TRANSPORTATION SYSTEM (ATS)

Are you unable to drive or thinking of giving up your license? ATS provides transportation to disabled individuals (any age) in St. Clair County and to residents of the city of Belleville, Stookey and St. Clair Townships who are 60 and older.

You can inquire about the ATS program by calling 618-239-0749.

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 6 digit code from each bag!

LUNCH AND LEARN

Tuesday, July 3, 11:30 a.m.

Sponsored by Memorial Network

To RSVP, call 618-234-4410, ext. 7015, press 2.

GRIEF SUPPORT GROUP

Monday, July 16, 10-11:30 a.m.

201 N. Church St.

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

Sponsored by the St. Clair County Office on Aging and the St. Clair County 708 Mental Health Board

LUNCH WITH THE DOC

Tuesday, July 17, 11:30 a.m.

Sponsored by St. Elizabeth Hospital

To RSVP, call 618-234-4410, ext. 7015, press 2.

What is RSVP?

Look at some of the volunteer opportunities available!

- **Harmony School Neighborhood Association** is in need of tutors for the 2018-2019 school years. Tutors meet with students on a weekly basis. Background check provided.
- **Habitat for Humanity ReStore in Collinsville** needs volunteers in the area as a sales clerk and as a handy person in the store.
- **TOCO Shop** in Belleville is seeking volunteers to staff the cash register. Background check and training provided.
- **Collinsville Food Pantry** is in need of community volunteer support. 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** is seeking volunteers to help clients with resumes and job searches. Training provided.
- **Community Care in Granite City** needs support in the areas of the meal program, clothing thrift area and sorting.
- The **Labor and Industry Museum in Belleville** is hoping for additional visitor guides and clerical support. The museum is open by appointment and special events.
- **VFW Post 1739 of Belleville** is seeking volunteers to help with “Poppy Days.” Volunteers will be needed in August – 2-3 hours shifts. Locations include Wal-Mart, Shop & Save, Walgreens and Schnucks. Proceeds from the Poppy Sales go to help veterans.
- **The Madison County Veterans Assistance Commission** is hoping for volunteers to help with the Cemetery Project and to be support as Veteran Court mentors. Also, if you would like to donate used tools, they are collecting tools for a future project to help veterans learn the building/construction trade.
- Do you have a special musical skill or talent? RSVP is always looking for volunteer entertainment for special events, nursing homes, senior centers or retirement communities.

For information on any of the above-mentioned assignments, please contact Pat Etling, 618-234-4410, ext. 7012. Your dream volunteer situation is waiting for you!

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

Elma B., Francoise C., and Rose K.

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

July 3 – Lunch & Learn

July 10 – Lunch & Tables Games

July 17 – Lunch with a Doc

July 24 – Lunch & Table Games

July 31 – Lunch & Tables Games

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

What better way to spend a hot, humid July day than to spend it in the cool air conditioning playing pinochle with friends. No charge to play.

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

The line dancers will have you laughing and enjoying yourself while you are actually learning to dance. Lessons are \$2 and well worth it. Carol and Bob Schwartz are fantastic instructors!

Book Discussion Group • Thursday, July 12 • 10 a.m.

This month our book selection is *Earthly Remains* by Donna Leon. The leader is Peggy Malec.

Thursday Lunch • 11:30 a.m., \$5

For just \$5 you get a delicious lunch and dessert. Whether you come early for fitness, stayed for card playing or interested in just lunch, it's a great hot meal.

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

Thursday Activity • noon

July 5 – Tables Games and Lunch

July 12 – Table Games and Lunch

July 19 – Table Games and lunch

July 26 – Table Games and lunch

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw, and share your ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Whether a dance is in Shiloh or at PSOP please call and make a reservation. It helps us keep an accurate count and keep our lunch price at \$5. Call 618-234-4410, ext. 7015 then press 5 and leave your name and number.

Red, White and Bluegrass

Thursday, July 5, in Shiloh.

Wear your patriotic, red, white and blue and dance to the music of the Country Western Band. Fried Chicken lunch is \$5. Please RSVP by calling 618-234-4401, ext. 7015, since this is a popular one!

Battle of the Bands

Wednesday, July 18, 10 a.m. – 2 p.m.

This is our fundraiser for our very talented RSVP bands. The entry fee to show your support of our bands is **\$10**. You will get the privilege of hearing both bands at the same event! There will also be a silent auction to support these amazing bands and keep the beat alive. Come dance, have a great time for a good cause!

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

Games • Mondays, 10-11:30 a.m.

We are either playing Bunko or Dominoes each Monday. This is a fun, outgoing group that is very welcoming to new players! Come in and have some fun at the Shiloh Senior Center.

Pinochle/Card Games • Wednesdays, 10-11:30 a.m.

This is a cozy building with comfortable chairs. Come play pinochle with us!

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

Breakfast Club • Denny's

Tuesday, July 17, 9 a.m.

When is the last time you had Moon over My Hammy, or a perfect Grand Slam? Join us for breakfast at Denny's by the Fairgrounds, 1130 S. Illinois St., Belleville. Please call Activities and reserve, so we have a spot for you!

**Dine Around • Papa Vito's
Thursday, July 19, 5 p.m.**

First, you will notice the architecture of the building. This restaurant was built in 1852 and is said to be haunted by the old stagecoach driver that used to live there. Next, you will want to order the toasted cannelloni for starters. Then, you will love their pizza and wonderful pasta, and of course their giant Philly sandwich and calzones. Call Activities to save a seat!

**Lunch Bunch • Sugarfire 64
Wednesday, July 11, 11:30 a.m.**

We have been anxiously awaiting the arrival of Sugarfire in O'Fallon. Who can resist pork belly, hush puppies, pulled pork piled high with Carolina Mustard BBQ sauce, or brisket with white horseradish BBQ sauce? And top it off with homemade pie or adult shakes like bourbon pecan or Moonshine Shake? Call Activities and reserve your spot!

**PROJECT RE-RUNWAY
Fashion Show and Luncheon
Friday, July 27, 10 a.m. – 2 p.m.**

“Hurray for Hollywood” is our theme this year. Come join us as our beautiful male and female models strut down the runway in all their finery. You can browse the shops before the show; and after you have OOOOHED and AHHHHED at the fashion show, you will enjoy a beautiful luncheon served to you. Tickets always sell out so get yours early. Tickets are \$10 and can be bought in advance in the Activities Office.

**Jeanne Robertson Concert
Friday, Oct. 12**

If you have been on any of the Activities bus trips, you have seen Jeanne's videos. She is clean, funny humor, that everyone can identify with. She has hilarious stories about ordering a vanilla milkshake, sending her husband to the grocery store, and left-brain. She makes you laugh about shopping for her size; she is 6-foot-2-inches tall, and you will love her stories told in her Southern drawl. The concert is at Family Arena in St. Charles. We are leaving early for shopping and dinner before the show. Cost is \$84 for motorcoach and GREAT seats on the floor. Dinner on your own. Depart West End Schnuck's at 3 p.m. Return approximately 10 p.m.

TRIPS FOR THE JULY 2018 NEWSLETTER

**This Used to Be St Louis
Tuesday, Sept. 18, 2018**

Author/Historian NiNi Harris introduces us to her newest book which is a fun trip through layers of Rivermen, French/German/Irish/Italian/Greek immigrants who settled in St. Louis. We will follow the stories of individual streets, buildings and parks. Examples are: a church, now a house; a WWII manufacturing plant, now lofts; and a cemetery, now a park. I don't know what surprises we will see, but it will be very interesting! Cost is \$77 per person and includes lunch at Stacked Burger Bar. There is limited walking. Deadline for reservations is Aug. 29. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return to Belleville about 5 p.m.

**What's in Our Backyard?
Monday, Sept. 24, 2018**

We travel the Old National Road stopping at unique places. Try the cheese at Marcot Jersey Creamery and meet the cows. Then to Greenup, the town of porches and antiques. Lunch will be in Casey at the Whittling Whimsy next to the world's largest wind chime. Main Street in Casey is lined with Guinness Book of Record's world's largest items. On the way home we stop for Mile High Pie! Cost is \$79 per person and includes lunch, pie and services of Joan Huisinga. There is limited walking. Deadline for reservations is Sept. 5. Depart 8 a.m. from the Schnuck's on North Belt West, Belleville. Return to Belleville about 5:30 p.m.

**Isle Casino Cape Girardeau
Wednesday, Oct. 3, 2018**

We head to one of our favorite casinos where we had 3 \$200+ winners on our last trip! Price includes \$5 cash from the casino and a meal voucher for the buffet. Must be 21 years of age and must present a valid driver's license, passport, or state issued non-drivers ID at casino check-in. Please put your Fan Club players number on the reservation form, if you have one, and birthdate. Cost is \$45 per person. Deadline for reservations is Sept. 11. Depart 7:45 a.m. from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return to Belleville about 6 p.m.

HOLD THE DATE!

Oct. 23 – Haunted St. Charles

Dec. 14 – St. Louis Symphony

LOOK FOR US ON THE WEB BY VISITING
swic.edu/community/senior-programs/psop/

Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.
I understand that I will be required to sign a Travel Waiver & Release form.*

Name: _____ Phone: _____

Address: _____ City: _____ State/ZIP: _____

Date of Birth: _____ Email: _____

In Case of Emergency Contact: _____ Phone: _____

Trip/Activity _____

Trip	Date	Price	Pick-Up Point
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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 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

TIME TO CELEBRATE!



Left, FGP Volunteer Darlene Clark, 2018 Recipient of the Eugene Verdu Volunteer Service Award and, right, SWIC Board of Trustee, Eugene Verdu.



Celebrating our volunteers at the 2018 Annual Foster Grandparent Recognition

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkasse, Red Bud; Harry A. Briggs, Ph.D., Granite City; John S. Blomenkamp, Freeburg; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Sonny Wilson, Sparta