

July



2019

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

## PSOP'S ANNUAL CELEBRATION WAS A HUGE SUCCESS!



***Our Seniors Are Out of this World!***

## AFFORDABLE SENIOR HOUSING

Rent-subsidized, affordable housing apartments available for qualified adults 62 and older.

- Onsite maintenance
- Comfortable common areas
- Controlled access
- Diverse activity calendar
- Wellness program
- Pastoral care

7245 Westfield Plaza Dr.  
Belleville, IL 62223  
618-233-5506



**WESTFIELD  
MANOR**  
LUTHERAN SENIOR SERVICES

## WALK TO END ALZHEIMER'S



Everyone can help in the fight to end Alzheimer's. Join the PSOP Team and raise funds for the fight against Alzheimer's disease during the walk on Oct. 5, 2019.

**Where:** SWIC, 2500 Carlyle Ave., Belleville, IL 62221

**When:** Oct. 5, 2019 – Registration - 8 a.m.,  
Ceremony - 9 a.m., Walk - 9:30 a.m.

**Contact:** Carla Boswell, carla.boswell@swic.edu,  
618-234-4410, ext. 7036

To register, use the website below and click "join a team." Enter - PSOP Team there. Encourage family and friends to visit this website and make a donation to your page. It's easy!

[http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?fr\\_id=11322&pg=entry](http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?fr_id=11322&pg=entry)

*Unable to sign-up online?*

*Call Carla for information and details on how to accept donations.*

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

**Aug. 14 • Oct. 9 • Dec. 11**

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

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

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card.

Drivers age 75 and older are required to take a driving test to renew their driver's licenses.

All payments must be by checks or credit cards; cash will NOT be accepted.

Appointments required for all services.

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

**Mobile Unit Hours:** 10 a.m. - 1:30 p.m.

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



## SENIOR COMPANIONS

**Make Independence a Reality**

### CELEBRATING SENIOR INDEPENDENCE ON INDEPENDENCE DAY

Independence Day is a great time of year to think about how you will maintain your independence as you age. Much like our nation's history, senior care has evolved over the course of many years, and now, aging in place is the preferred way for older adults to spend their senior years, especially baby boomers.

Every day, many older adults in our community face health problems that reduce their quality of life. Many over the age of 65 need assistance to continue living in their own homes during their golden years. The Corporation for National and Community Service through the Senior Companion Program provides this assistance by assigning a volunteer one or more times a week to help them by transporting clients to doctor's appointments, making sure they've taken their medication and had a good meal. Caregivers in need of respite have peace of mind while they are out of the home because they know that the assigned companion is providing a safe and secure environment and caring for their loved one.

The companions also benefit from the program by the one-to-one relationships that are established and the opportunity to make new friends. They also enjoy the peer socialization and support from staff, which initiates training prior to placement with other individuals. Studies show that volunteering promotes a positive outlook on life and helps them to live longer. Maybe you have the time to help someone who needs a word of encouragement. If you are 55 years of age or older, are income eligible and have a heart for others, call 618-234-4410, ext. 7095. You can bring a smile to someone's face while earning a little extra money.

## AARP Driver Safety Class

**Mon. & Tues., Aug. 19 & 20**

**Tues. & Wed., Oct. 22 & 23**

**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.



## PSOP Resource Center Services

**PSOP/Resource Center accepts donations of gently used medical equipment (canes, walkers, wheel chairs, etc.) for our loaner program. Please call Marsha at ext. 7035 for more information.**

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### **Older Adult and Caregiver Counseling**

PSOP, in partnership with the St. Clair County Mental Health Board and Age Smart Community Resources, offers the Older Adult Counseling Program and Caregiver Counseling Program. Counseling assists with practical and emotional adjustments related to healthy aging, illness, life events or caregiving. To schedule an appointment, call 618-234-4410:

- Jodi Gardner, MSW, LCSW at ext. 7031
  - Tanya Koelker, MA, LCPC at ext. 7039
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### **Alzheimer's Association Caregiver Support Group**

Sponsored by the Alzheimer's Association, PSOP hosts a monthly support and education meeting for those who are caregiving for someone with Alzheimer's disease or a related dementia. Meetings are held the second Tuesday of most months at 2:30 pm, at PSOP. This meeting is intended for caregivers-only to attend. For more information about the meeting, or for an individual counseling and resourcing appointment related to dementia caregiving, please call Jodi at 618-234-4410, ext. 7031.

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### **Parkinson's Support Group**

This support and educational meeting, sponsored by the American Parkinson Disease Association, is held at PSOP on the second Monday of most months at 1:30 p.m. Anyone affected by Parkinson's Disease is welcome to attend.

For more information about the meeting, the APDA, or for an individual resourcing session, please call Jodi at 618-234-4410, ext. 7031.

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### **Mindfulness Group**

The Older Adult & Caregiver Counseling program now provides an anxiety education group for learning techniques to cope with stress and anxiety. Learn about "Mindfulness" techniques that increase focus and relaxation. The group will meet the second Wednesday of most months at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information.

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### **Brain Health**

PSOP and the Alzheimer's Association would like to invite everyone to participate in a monthly educational class to promote Brain Health. Whether you are a person with memory loss, or someone interested in maintaining as healthy of a brain as possible, this monthly meeting will feature brain exercises, activities, socialization and education. Classes will be held the second Thursday of most months at 2:30 p.m. No reservation is necessary, but you may call Jodi Gardner, MSW, LCSW, at 618-234-4410, ext. 7031 for information.

**PSOP 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.

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### **SENIOR FOOD BOXES**

PSOP partners with the St Louis Area Food Bank to provide monthly senior food boxes. Participants must be at least 60 years of age and lower income. For further details or see if you qualify, call Marsha at 618-234-4410, ext. 7035.

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**Land of Lincoln Legal Aid** will assist individuals of limited income, age 60 and above, with powers of attorney for property and health care and simple last wills.

**Wednesdays, 9 a.m. to noon • By appointment only**

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

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### **Nurse Available at PSOP!**

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

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### **SERVING VETERANS OF ST. CLAIR COUNTY**

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

**By appointment only • Mondays from 9 a.m. to noon**

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

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## **GRIEF SUPPORT GROUP**

**Monday, July 15, 2019**

**10-11:30 a.m.**

201 N. Church St. Belleville at PSOP

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

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

# JULY 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

• **RENEW YOUR NEWSLETTER  
SUBSCRIPTION AT LEAST  
ONE MONTH BEFORE YOUR  
EXPIRATION DATE  
(ON YOUR MAILING LABEL)**

• **CHANGE YOUR ADDRESS  
IF YOU MOVE**

• **YOU CAN ACCESS THIS  
NEWSLETTER BY GOING TO:  
SWIC.EDU/PSOP**

**PSOP RECYCLES:**  
**Aluminum cans**  
*(supports Advocacy Dept.)*  
**Cellphones**  
*(supports Cellphones  
for Soldiers)*  
**Old shoes**  
*(Waterman Project)*

## Monday

**1 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 Chess, 10-11:30 a.m.**  
**Ballroom Dancing, 11 a.m. - noon**  
**Tai chi (beginner), noon - 1 p.m.**  
**Euchre, 12:30-3 p.m.**  
**Parkinson's Support Group, 1:30 p.m.**

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

**15 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.**  
**Travelogue to Iceland, 2:30 p.m.**

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

**22 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.**

**29 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.**

## Tuesday

**2 Bridge, 8:30-11:30 a.m.**  
**Breakfast Club, Main Street Café,**  
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, 5-8 p.m. at the**  
Nichols Center

**9 Bridge, 8:30-11:30 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.**  
**Alzheimer's Caregiver Support**  
**Group, 2:30 p.m.**  
**Bridge, 5-8 p.m. at the**  
Nichols Center

**16 Bridge, 8:30-11:30 a.m.**  
**Lunch with a Doc,**  
10 a.m. - 1:30 p.m.  
**Yoga, 10-11 a.m.**  
**Tai Chi, noon - 1 p.m.**  
**Exercise, noon - 1 p.m.**  
**Pinochle, 1:30-3:30 p.m.**  
**Bridge, 5-8 p.m. at the**  
Nichols Center

**23 Bridge, 8:30-11:30 a.m.**  
**Lunch with a Doc,**  
10 a.m. - 1:30 p.m.  
**Yoga, 10-11 a.m.**  
**Tai Chi, noon - 1 p.m.**  
**Exercise, noon - 1 p.m.**  
**Pinochle, 1:30 p.m.**  
**Dine Around, Seven Shichi Sushi Bar,**  
5 p.m.  
**Bridge, 5-8 p.m. at the**  
Nichols Center

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



## 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 to 1 p.m.** 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. **The cost is \$5 per class.** Try out one session free to see if it fits your needs!\*\* Please call Delores at 618-580-0671 for more information.

**\*Fitness Room** is CLOSED **during Tai Chi and Yoga\***

*\*\* No advance registration is required for either activity; payment is due at time of activity directly to the instructor.*

## ALTERNATIVE

### TRANSPORTATION SYSTEM (ATS)

Are you unable to drive or thinking of giving up your license? ATS provides transportation to disabled individuals (any age) in St. Clair County and to residents of the city of Belleville, Stookey and St. Clair townships who are age 60 or older. You can inquire about the ATS program by calling 618-239-0749.

## 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 (ITAC) amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012 or ext. 7040

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

Elma B.

## RSVP

### What is RSVP?

The Retired and Senior Volunteer Program is a national program that recruits individuals 55 and older to help others through not-for-profit agencies, hospitals, libraries, hospices, schools, etc. The mission of the program is to match the talents of these individuals with one or more volunteer assignments that best suit them. Limited benefits are available. Started in 1973, RSVP has been committed to community service for 46 years.

### ***Look at some of the volunteer opportunities available!***

- The **St. Clair County Board of Review** is seeking volunteers to help with scanning exemptions and some sorting of documents. Computer skills necessary.
- **Harmony School Neighborhood Association** needs tutors for the 2019-2020 school years. Tutors meet with students on a weekly basis. Background check provided.
- **Habitat for Humanity ReStore in Collinsville** needs volunteers 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** needs 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.
- **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.
- **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.

***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!***

## The winners of this year's Senior Celebration Raffle were:

- \$500 Wal-Mart Gift Card: **Cynthia C.**
  - I-Pad: **Elizabeth B.**
- 4 Redbird Club Seats: **Judy F.**
- \$100 Andria's Gift Card: **Brittany H.**
- \$50 Schnucks' Gift Card: **Julia S.**

**Thank YOU to all who donated prizes and bought tickets to support PSOP; You are appreciated!**



# ACTIVITIES & TRAVEL

Unless otherwise noted, the following activities are held at PSOP, 201 N. Church St., Belleville.

For information about any activity, call  
618-234-4410, ext. 7042 (Melissa) or ext. 7021 (Jean Ellen).

## Chess • Mondays, 10-11:30 a.m.

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

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m. with tee time at 9 a.m.

Cost is \$8 to golf nine holes.

Carts are available – first come, first served.

Monday league – Carol Dunn at 618-210-7265

Wednesday league – Pat Hrasky at 618-781-0551

## Bridge • Tuesdays, 8:30-11:30 a.m.

Do you know what a Trump or a Dummy is? Have you played bridge but have not played for a while? Come join the Bridge Players on Tuesday mornings!

## Tuesday Lunch • 11:30 a.m. • \$5

For lunch reservations, call 618-234-4410, ext. 7015, then press 2 by Monday at noon.

## Tuesday Activity • Noon

### July 2 – Lunch & Learn

### July 9 – Lunch and Table Games

### July 16 – Lunch with the Doc

### July 23 – Lunch and Table Games

### July 30 – Lunch and Table Games

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

Whether you are a morning person or get out more in the afternoons, come join us for Pinochle!

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

Warm up with some line dancing. Great people and awesome instructors will have you doing a happy dance all over the dance floor. \$2 per session.

## Book Discussion Group • Thursday, July 11, 10 a.m.

"A Memory of Violets" by Hazel Gaynor is this month's book selection. The discussion leader is Jan Lugge.

## 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

### July 4 – CLOSED

### July 11 – No Lunch or Table Games at PSOP. Come join us in Shiloh for the dance!

### July 18 – Lunch and Table Games

### July 25 – 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 ideas and suggestions.

## Canasta • Fridays, 12:30-3:30 p.m.

## DANCES

### "Red, White and Beautiful" Dance

#### Thursday, July 11, 10:30 a.m. - 2 p.m., Shiloh

We're celebrating the good old U.S.A. so wear your red, white and blue and enjoy dancing to the tunes of the Country Western Band. Enjoy lunch for \$5. Please make your reservation by July 10. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Cambridge House.

### Battle of the Bands

#### Wednesday, July 17, 10:30 a.m. - 2 p.m. PSOP

This is the fundraiser for the 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 and pot-of-gold to support these amazing bands and keep the beat alive. Come dance, have a great time for a good cause! Please make your reservation by July 16. Call 618-234-4410, ext. 7015, then press 5 for reservations.

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

## Games • Mondays, 10-11:30 a.m.

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

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

This is a cozy building with comfortable chairs. No cost to play. They always welcome new players.

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

## Breakfast Club • Tuesday, July 2, 9 a.m.

Join us at Main Street Cafe, 1601 W. Main St. in Belleville for a delicious breakfast and great conversation. Please call Activities for reservations.

## Lunch Bunch • Wednesday, July 31, 11:30 a.m.

We're meeting at Sugar Fire, 1425 N. Green Mount Road in O'Fallon. Please call for reservations so we save a seat just for you!

## Dine Around • Tuesday, July 23, 5 p.m.

Meet us at Seven Shichi Sushi Bar, 28 E. Main St. in Belleville. Not a fan of sushi? They have other great entrees such as meatloaf, ribeye, pan-sautéed chicken, sandwiches, soups and salads. Please call Activities to let us know you are dining with us!

**Project Re-Runway Fashion Show and Luncheon • Friday, Aug. 16, 10 a.m. - 2 p.m.**

"Bon Voyage" is the theme this year. Watch as the beautiful male and female models strut down the runway in all their cruise finery. Browse the shops before the show, then relax as you view the fashion show. After the show, you will enjoy a delicious luncheon served to you. Tickets always sell out fast, so get yours early. Tickets are \$10 and can be bought in advance in the Activities Office. "SWIC Enhancement Grants help to fund this program."

**Cards vs. Phillies Game • Saturday, Sept. 14, 6:15 p.m.**

We're meeting at the Red Bird Express at St. Clair Square in Fairview Heights. We have great seats in Section 235! You'll also receive a Stan Musial and Red Schoendienst Double-Bobblehead when you enter the gate. We hope you will join us for a fun evening. Cost of event: \$44 per person, which includes your baseball ticket, hot dog, chips and drink. Cost of Red Bird Express is \$5 per person cash (not included in price of event).

**TRIPS**

**Travelogue • Monday, July 15, 2019**

Join us at 2:30 p.m. at PSOP to learn more about our June 2020 trip to ICELAND! Call Nancy at 618-234-4410, ext. 7020 to save a seat. Program is held at PSOP, 201 N. Church St, Belleville.

**And the Beat Goes On • Tuesday, Sept. 24, 2019**

St. Louis has played a strong role in the history of music. Come and learn from Joan Husinga as we visit the National Blues Museum, the Scott Joplin home, SaxQuest, and more! Lunch is at McGurk's. Trip is limited to 40 people. Cost is \$103 per person. Deadline for reservations is Aug. 20. Depart 9 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5:15 p.m.

**Kosher Konnection • Monday, Oct. 7, 2019**

Learn about the Jewish faith, customs, and foods. Linda Koenig takes us to a temple, the Holocaust Museum, and the smallest Jewish Cemetery in the U.S. A kosher lunch at a local deli will be served. Cost is \$85 per person. Deadline for reservations is Sept. 12. Depart at 9:15 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5 p.m.

**Western Caribbean Cruise • Feb. 15-23, 2020**

Say goodbye to the cold and head out to the Islands! Start with a hotel night in Tampa before boarding the Norwegian Dawn. Price has just been finalized and includes airport transfers, air, insurance, gratuities, pre-night hotel, and all meals on ship. This trip will sell out quick! Call Nancy for a flyer!

**Iceland Explorer • June 3-9, 2020**

Experience 24 hours of sun and be the envy of your friends! Tour the Golden Circle with its many waterfalls; see the Skogar Folk Museum; see Viking ships, hot springs and mud pots. Perhaps take a swim in the world famous Blue Lagoon, known for its therapeutic waters. Cost is \$4,739 per person, double. Included is air, airport transfers, travel insurance, eight meals, and five nights in one hotel. Call Nancy for a flyer.

**The Passion Play and a River Cruise! Trip is waitlisted! 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. Looking for a roommate? There may be others looking to share a room too.

**MARK THIS DATE ON YOUR CALENDAR:  
DECEMBER 13 – CHRISTMAS AT THE ST LOUIS SYMPHONY**

**A Matter of Balance "FREE" Workshop**

This free workshop will help you:

- Learn how to reduce fear of falling
  - Become less likely to have a fall by doing physical activity that increases your strength and balance
  - Have fun discussing useful strategies with your peers
- 8-week course: Fridays, Sept. 20 to Nov. 8, 2019  
10 a.m. - noon

To register, call 618-234-4410, ext. 7035.

**The Metro East Herb Club**

The Metro East Herb Club will be holding their first annual fundraiser on Aug. 7 at 6:30 p.m. The proceeds will help to fund our horticultural scholarship that is awarded to a SWIC student. Chris Benda "The Illinois Botanizer" will be the special guest speaker. Three baskets and a wheelbarrow will be raffled; a 50/50 drawing will also be held.

Meeting are held February through November on the first Wednesday of the month at 6:30 p.m. at PSOP. Public welcome.

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

**Memorials**

**For:** Velma Glock  
**From:** Thomas & Judith Hoff, Donald & Carmen Rigney, and Mary Lou Schwartztrauber

**For:** Bill Cummins  
**From:** Cynthia Cummins / Rebecca Patton

**For:** Richard L. Harrison  
**From:** Norma Woodley

**For:** Herschel Garrett  
**From:** Cheryl & Mark Brunsmann, and Nancy & Marty LeVault



**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**

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**PSOP staff and volunteers joined together to make an  
OUT OF THIS WORLD celebration for our seniors and partners!**

*Mailing prepared by RSVP Volunteers*

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