

March



2017

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

HELPING SENIORS STAY CONNECTED



Many seniors are lonely and at risk of being isolated, which can negatively impact their health and well-being. People who feel secluded have higher rates of depression and chronic illness and shorter life spans.

For decades, the Senior Companion Program has helped homebound seniors stay connected by sending visitors to provide socialization and non-medical assistance so clients can remain in their homes. Both volunteers and clients treasure the life-giving effects of this time together!

Are you one of the millions who was looking forward to retirement only to now find yourself bored and needing to feel needed? Volunteering through SCP is a great way to enrich your life and provide assistance and support to others.

As a Senior Companion, you'll be matched with people in your community who need assistance with everyday tasks, such as shopping, making a light meal, going for a walk or just keeping them company. In some cases, it's the caregiver that needs the respite services so they can have some time off, which can refresh and restore them to continue their mission to keep their family member home.

Senior Companions receive modest tax-free stipends (those who qualify by income), transportation reimbursement, meals during service, annual medical examination and insurance while on duty.

SCP gives people the opportunity to join more than 15,000 older Americans who are strengthening communities across the country as part of Senior Corps. The rewards are limitless. **Call 618-234-4410, ext. 7036 for more information.**

SENIOR ART COMPETITION

LIFE EXPERIENCED 2017
Senior Art Competition

MARCH 3-6

Opening reception: March 2 • 6-7:30 p.m.

Schmidt Art Center • SWIC Belleville Campus

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

GRIEF SUPPORT GROUP

Monday, March 20 • 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*

PARKINSON'S DISEASE EDUCATIONAL SEMINAR

THURSDAY, MARCH 23 • 2:30 P.M.

PSOP and the American Parkinson Disease Association support group will host a presentation about **Deep Brain Stimulation** surgery, presented by Medtronic. Learn about the procedure, equipment and benefits of DBS, and how to talk to your doctor about what Parkinson's treatment options may be right for you. No reservation is necessary. For more information or for local Parkinson's disease resources, call Jodi at 618-234-4410, ext. 7031.

Alternative Transportation System (ATS)

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 from 6 a.m. to 6 p.m. Senior transportation service ridership criteria is established by the St. Clair County Transit District.

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

BEGINNING MEMOIRS

Mondays, March 6 - May 1 • 1 p.m.

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

Sponsored by the St. Clair County Office on Aging

Memorials

For: **Roger Grah**

From: Ted & Laurel Gaston, Joan Wilkens, Clara & Jim Noe, Larry & Kathy Moore, Diane Murphy, Beth Toberman, Janis Mease, Michelle & Dave Henke, Gene Neighbors, Karen Saylor, Rhonda Dori, Don & Betty Wykoff, Bob & Joyce Hood, Jeffrey Arndt

SPA DAY

Friday, March 31 • 10 a.m.-1 p.m.

Pamper yourself! Enjoy a manicure, facial, massage and other relaxing services! Enjoy lunch with your friends, shopping, silent auction and prizes.

This is a perfect day out with friends and family! Tickets are \$10 and must be purchased in advance.

**Space is limited! Purchase your tickets from
Susan (ext. 7032) or Theresa (ext. 7043).**

SPRING BOUTIQUE

**Tuesday, March 7 & Wednesday, March 8
10:30-1:30 p.m.**

As you are spring cleaning and decluttering, consider donating to this sale! We are accepting donations: jewelry, purses, accessories, knickknacks and spring holiday decorations.

Then, come and shop at our sale! This is a must for the bargain hunter! All proceeds benefit senior programs.

**For more information or to make a donation,
call 618-234-4410, ext. 7042.**

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

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.

MARCH 2017

*Meal sponsored by the
St. Clair County Office on Aging

**Meal co-sponsored by
St. Elizabeth's Hospital and the
St. Clair County Office on Aging

- 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.**

AARP Taxes at PSOP *By appointment only!*

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

Calls to make appointments
will be accepted:

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.

Monday

RSVP ORCHESTRA

1 - Caseyville-no meal

8 - Collinsville

15 - Swansea Moose-no meal

22 - Belleville

29 - Okawville

6

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.

SHILOH SENIOR CENTER

Games, 10 a.m.

13

CLOSED

20

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.

SHILOH SENIOR CENTER

Games, 10 a.m.

27

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.

SHILOH SENIOR CENTER

Games, 10 a.m.

Tuesday

COUNTRY WESTERN BAND

2 - Shiloh

9 - Okawville

16 - Caseyville-no meal

23 - Granite City

29 - Collinsville

7

Bridge, 8:30-11:30 a.m.

Yoga, 10-11 a.m.

Spring Boutique, 10:30 a.m.-1:30 p.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.

14

CLOSED

21

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.

28

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.

Wednesday		Thursday		Friday	
1	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.	2	Pinochle , 9 a.m. Lunch , 11:30 a.m. Group Exercise , noon-1 p.m. Hand & Foot , 1 p.m. SHILOH SENIOR CENTER “Moonshine Run Dance” with the RSVP Country Western Band, 10:30 a.m.-2 p.m. Lunch , 11:30 a.m.	3	Art , 9 a.m. Zumba/Gold , 10:30 a.m. Canasta , 12:30-3:30 p.m.
8	Crochet/Basic Knitting , 9-11:30 a.m. Zumba/Gold , 10:30 a.m. Spring Boutique , 10:30 a.m.-1:30 p.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	9	Breakfast Club , 9 a.m., The Egg and I 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.	10	Art , 9 a.m. Zumba/Gold , 10:30 a.m. Men’s Club , 11 a.m. Canasta , 12:30-3:30 p.m.
15	CLOSED	16	CLOSED	17	CLOSED
22	Crochet/Basic Knitting , 9-11:30 a.m. “Leap into Spring Dance” with the RSVP Orchestra, 10:30 a.m.-2 p.m. Lunch , 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.	23	Pinochle , 9 a.m. Lunch , 11:30 a.m. Coloring/Board Games , noon Group Exercise , noon-1 p.m. Hand & Foot , 1 p.m.	24	Art , 9 a.m. Zumba/Gold , 10:30 a.m. Lunch Bunch , 11:30 a.m., The Abbey Canasta , 12:30-3:30 p.m.
29	Crochet/Basic Knitting , 9-11:30 a.m. Zumba/Gold , 10:30 a.m. Line Dancing , 1:30 p.m. Dine Around , 5 p.m., Cheddar’s SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	30	Pinochle , 9 a.m. Lunch , 11:30 a.m. Table Games , noon Group Exercise , noon-1 p.m. Hand & Foot , 1 p.m.	31	Art , 9 a.m. Spa Day , 10 a.m.-1 p.m. Zumba/Gold , 10:30 a.m. Canasta , 12:30-3:30 p.m.

Wellness Activities for March

Simple Ways to Protect Your Joints

Arthritis relief doesn't always have to come from a bottle. Maintaining a healthy weight, exercising and using special devices to help you get around can also have a big impact on your symptoms.

Losing weight if you are overweight or obese can help take pressure off your joints.

People with gout should avoid alcohol and foods that are high in purines, which includes organ meats (liver, kidney), dried beans, sardines, anchovies, asparagus and mushrooms. When the body breaks down purines, it produces uric acid, and excess uric acid causes painful crystals to deposit in the joints.

Relieving Stiff Joints with Exercise

When you're in pain, the last thing you may want to do is exercise, but it's actually one of the best things you can do for your joints. Aerobic, strength-training and stretching exercises can all be helpful. Work with your doctor to learn what exercises are safe for you to do. Physical therapy is also a common part of treatment in people with arthritis. Regular exercise can also help you maintain a healthy weight.

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.

Retired Senior Volunteer Program

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

- Interested in teaching 7th grade students how to manage a budget? This fun one-day interactive workshop titled **"Welcome to the Real World"** will be held on Wednesday, April 26 and Thursday April 27 at the SWIC Belleville Campus.
- **Memorial Hospital** is hoping to recruit volunteers for both the main hospital in Belleville and the new Memorial East Hospital. Opportunities vary from from the waiting room areas to the gift shop.
- **Family Hospice Grief Support for Children** is seeking a clerical volunteer to help with their mission to help children and families through support services. Duties include organization of craft programs and staff support. Shifts are one to two days a week (3-4 hours per day).
- Want to be a part of the number one art show in the country and see artwork from the finest artists the nation has to offer? If so, **Art on the Square**, the premium art event, is looking for special people to help the weekend of May 12-14. Volunteers are needed in the souvenir booth and the High School Student Art Show. Morning, afternoon and evening shifts are available. This is an episodic experience you won't want to miss.
- Become a child's voice in court. **CASA (Court Appointed Special Advocate)** volunteers are desired to help with this important task. This is your opportunity to make a positive difference in a child's life. It takes a village to help a child!
- Interested in volunteering as a hospital aide, information desk attendant or help with transport of patients, if so the Auxiliary to **Anderson Hospital in Maryville** and the Auxiliary of **St. Elizabeth's Hospital in Belleville** are looking for you. The hospitals are open seven days a week could use your support in a variety of tasks.

Birthdays for March

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

MILDRED C., CLEMENTINE P., MARY W. and FERN W.

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.

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

March 7 - Table Games

March 21 - Lunch with a Doc

March 28 - Table Games - sponsored by St. Clair County Medical Alliance

Pinochle • Tuesdays, 1:30 p.m., and 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 • March 9 • 10 a.m.

This month's book will be "**Crooked Letter, Crooked Letter**" by Tom Franklin. This discussion leader will be Peggy Malec.

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

March 2 - Dance

March 9 - Table Games

March 23 - Coloring/Board Games

March 30 - 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

Moonshine Run

Thursday, March 2, 10:30 a.m.-2 p.m.

Wear your NASCAR shirts and caps and have fun dancing with the Country Western Band in Shiloh. Lunch is \$5. Call by noon on Wednesday: 618-234-4410, ext. 7015, then 5.

The dance is sponsored by Home Instead Senior Care.

Leap Into Spring

Wednesday, March 22, 10:30 a.m.-2 p.m.

We're leaping into spring with frog races! Pick out your favorite frog, place a bet and cheer it on! The RSVP Orchestra plays all the tunes you know and love. Call by noon on Tuesday: 618-234-4410, ext. 7015, then 5.

The dance is sponsored by Home Instead Senior Care.

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 fun, outgoing group is very welcoming to new players!

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

Thursday, March 9, 9 a.m., The Egg and I

We hope you'll join us for breakfast at The Egg and I in O'Fallon! Please call ahead so we can save a seat for you!

Men's Club • Friday, March 10, 11 a.m.

Guest speaker is Brian Muniz, first-year boys' varsity basketball coach at O'Fallon Township High School. Come join this great group of guys. Make your reservation by noon on Thursday the day before. Lunch is \$6.

Lunch Bunch • Friday, March 24, 11:30 a.m., The Abbey

The Abbey has delicious soups, salads, flats and gelato in a relaxing atmosphere. Come and make some new friends over a delicious lunch! Call so we can save a seat for you!

Dine Around • Wednesday, March 29, 5 p.m.,

The menu at Cheddar's is filled with many made-from-scratch entrees, so you're sure to find what you're craving. They are waiting to cook your meal and we can't wait to see you! Call ahead so we can have a seat for everyone!

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.

A Walk down Washington Avenue Thursday, April 20

Elaborate terra cotta, ornamental stonework and molded brick transform massive warehouses into works of art! These warehouses were home to St. Louis's garment industry, where generations of immigrants found jobs. Historian NiNi Harris will describe the architectural evolution of Washington Avenue and share stories of those who worked here and rebuilt their lives as Americans. Cost is \$63 and includes services of NiNi, a MetroLink day pass and lunch at Lucas Park Grill! Deadline for reservations is April 5. This trip starts and ends at the Fairview Heights MetroLink station. Times are 9 a.m. to 4 p.m. This is a leisure walking tour.

Public Art around St. Louis Wednesday, May 3

Search for sculptures, gardens and monuments - in plain sight or hidden from view. Linda Koenig takes us to see what public art can be found in St. Louis! Lunch is at St. Raymond's Maronite Catholic Church. Cost is \$85 per person. Deadline for reservations is April 3. Depart at 8:15 a.m. from the Belleville Schnucks on North Belt West with return at about 5:15 p.m.

"Dirty Dancing" at the Fabulous Fox Saturday, May 13

A limited number of tickets are still available to this live experience, exploding with heart-pounding music, passionate romance and sensational dancing. Cost is \$112 per person and includes the show, transportation and 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. If not sold out before, deadline for reservations is April 9.

Route 66 through St. Louis Wednesday, May 24

How many Route 66 spots do you know of in St. Louis? Historian Doug Schneider takes us back in time as you visit the Route 66 Exhibit, check out "Motel Row," walk the most famous bridge on the route, stop for the sweetest snacks and more! Cost is \$107 per person includes lunch at Bixby's. Deadline for reservations is April 14. Depart 9 a.m. from the Collinsville Walmart and return around 4:30 p.m.

Two Historic Homes (and shopping!) Saturday, June 17

Tour the 30-room Magic Chef Mansion built in 1908, the Chatillon-DeMenil House built in 1848, and shop the best farmers' market in the region in downtown Kirkwood. Cost is \$77 per person and includes the services of Linda Koenig. Lunch is on your own. Deadline for reservations is May 25. Depart at 8:20 a.m. from the Belleville Schnucks on North Belt West with a return at about 5:15 p.m.

EXTENDED TRAVEL

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

Albuquerque & Santa Fe • Sept. 25-Oct. 1

Join PSOP Activities for this wonderful trip which includes: motor coach transportation, 6 nights lodging (four consecutive nights in the Albuquerque area), 10 meals, guided tour of Santa Fe, New Mexico Veterans' Memorial, guided tour of Acoma Pueblo (also known as Sky City), a ride on the Sandia Peak Tramway and Old Town Albuquerque. Cost per person for double occupancy is \$629. For more information, contact Melissa at ext. 7042 for more information.

Pacific Coast Adventures • Sept. 14-22

Fly from St. Louis to Seattle and motor coach down the coast through Portland to Crater Lake, the Redwood Forests and end in San Francisco. There is LOTS to see and do! Cost is \$3,349 per person per double occupancy and includes flights, 11 meals, airport transfers and travel insurance. Call Nancy for a flier!

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 every town. 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!

**Interested in seeing the Cardinals
play in Kansas City in early August 2017?
Call Nancy for information!**

Visit us online! swic.edu/psop

SeniorLink Computer Classes

**Cabin fever setting in? Wanting to get out and active?
Struggling with the new technology on your
computer, phone or tablet?**

Let SeniorLink come to your rescue! Classes are low-stress with hands-on instruction and a lot of TLC!

We are recruiting volunteer instructors and assistants!

Call 618-234-4410, ext. 7018 for an easy and pain-free skills evaluation to get you into the appropriate class.

HAPPY CLICKING!



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

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

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COFFEE WITH A COP



PSOP worked with Belleville
Patrolman Giedeman to sponsor
its first Coffee with a Cop.

*Sixty citizens and 20 officers
from various police departments
participated in this successful event.*



Mailing prepared by RSVP Volunteers

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