

March



2018

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



Are you one of the millions of Americans who has worked all your life looking forward to the day when you can retire only to find yourself bored now that the time has finally come? Look to volunteerism as a way of enriching your life while, at the same time, assisting others who need a bit of help. As a senior companion you can help others continue making independence a reality. You don't need specialized skills to be a volunteer. All you need to know is how to be a friend. Senior companions offer adults contact with the world outside of their homes and make their lives less lonely. Senior companions find out that few things feel as good as knowing you're needed.

A senior companion can do as little as keeping a homebound senior company, to running errands, or completing a few

simple chores. Some of these people are alone and have no other support. In some cases, the companion is there to give the caregiver some time off. It doesn't take much to show someone you care, and knowing that they are valued goes a long way.

There are many benefits to becoming a companion such as receiving a small stipend, paid time off, travel and meal reimbursement and an annual physical. Companions must be 55 or older and meet certain income guidelines. The SWIC Senior Companion Program covers the counties of Madison, Monroe, Randolph and St. Clair. For more information on becoming a senior companion, receiving respite or to refer yourself or someone to the program call Carla Boswell at 618-234-4410, ext. 7036.

Foster Grandparents

Share Today. Shape Tomorrow



Are you over 55 & want to make a difference in the life of a child? If you are interested in improving our community by helping youth get a good scholastic start, the Foster Grandparent Program could be the perfect fit for you! Volunteers receive a tax-free hourly stipend of \$2.65 per hour. This stipend will not affect income taxes, Social Security, Food Stamps, housing, or Supplemental Security Income. Volunteers also receive mileage reimbursements or bus transportation, paid leave and paid holidays. If you can commit to at least 15 hours a week, call 618-234-4410, ext. 7062 or 7024 to learn more!

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 or 7012.

AARP Driver Safety Class

Tues. & Wed., April 24 & 25

Thurs. & Fri., June 14 & 15

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.

UPCOMING SUPPORT GROUP

**Are you experiencing anxiety?
Has an illness, caring for a loved one, an unforeseen event or stress causing you to feel uneasy, overwhelmed and discouraged?**

The Older Adult & Caregiver Counseling program is introducing a new support group for those of us who are struggling to cope with the stress life can bring. This group will utilize "Mindfulness," a technique that teaches us to focus, de-stress and relax. If you are interested in joining the group, contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039.

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

**April 11 • June 13
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 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

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 • 9 a.m. to 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 and cholesterol; review medication; or discuss any other health topic you are concerned about.

Tuesday mornings • 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

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 to see if you qualify, call Marsha at 618-234-4410, ext. 7035.

MEDICARE 101!

Getting ready to OR just recently turned 65?

FREE Workshop:
Tuesday, April 10
9:30-11 a.m.

Mildred Feurer Hall
PSOP, 210 N. Church St., Belleville

Join us for an important overview of NEED TO KNOW Medicare Do's & Don'ts that will maximize your benefits and keep you from paying unnecessary penalties down the road.

Topics to be covered include:

The A, B, C's & D's of Medicare
Medicare Supplements

How to Save Money on Prescriptions

This program is offered in partnership with
Senior Services Plus

For details, contact Marsha Roth at
618-234-4410, ext. 7035, or
marsha.roth@swic.edu.

GEORGE PORTZ AND THE FRIENDS OF BLUEGRASS

"ROOTS OF BLUEGRASS SHOW"

Sponsored by College Activities
Friday, March 23, 7 p.m.
SWIC Belleville Campus
Main Complex Theatre
Tickets: \$10

618-235-2700, ext. 5205

Memorials

- For:** Gary Keplar
From: Congressman Jerry & Dr. Georgia Costello,
Frances G. Casson, Mark Becker
- For:** Jack Stokes
From: Cheryl & Mark Brunsmann



MARCH 2018

Monday

Tuesday

COUNTRY WESTERN BAND

1st – Shiloh
8th – Granite City
15th – Collinsville
22nd – Moose-SCCOOA
29 - Okawville

RSVP ORCHESTRA

7th – Moose
14th – Okawville
21st – Belleville
28th – No Dance

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.

5 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.

6 Bridge, 8:30-11:30 a.m.
Breakfast Club, at The Round Table,
9 a.m.
Lunch & Learn,
9 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, 5:45-8:30 p.m.
at the Nichols Center

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.

**12 SWIC CLOSED
for Spring Break**

**SHILOH SENIOR
CENTER
CLOSED**

**13 SWIC CLOSED
for Spring Break**

**PLEASE REMEMBER TO
MENTION PSOP #62
WHENEVER YOU SHOP
AT A FARMER'S MARKET
STORE IN BELLEVILLE.**

19 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.

20 Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Dine Around at Fairview Lounge, 5 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

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

26 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.

27 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, 5:45-8:30 p.m.
at the Nichols Center

Wednesday**Thursday****Friday**

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

SHILOH SENIOR CENTER
Dance "Academy Awards"
in Shiloh Country Western Band,
 10:30 a.m.-2 p.m.

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

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

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

8 **Pinochle, 9-11:30 a.m.**
Book Discussion, 10 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.

9 **Art, 9-11:30 a.m.**
Men's Club, 11 a.m. - 2 p.m.
Canasta, 12:30-3:30 p.m.

14

SWIC CLOSED
for Spring Break

15

SWIC CLOSED
for Spring Break

16

SWIC CLOSED
for Spring Break

21 **Crochet/Basic Knitting, 9-11:30 a.m.**
Late Leprechaun Dance with RSVP
Orchestra, 10:30 a.m. - 2 p.m.
Line Dancing, 1:30-3 p.m.

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

22 **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.

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

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

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

29 **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.

30

SWIC CLOSED
Good Friday

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.

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

Mildred C., Clementine P., Mary W., and Betty Z.

Lunch and Learn

Tuesday, March 6
11:30 a.m.

RSVP 618-234-4410, ext. 7015

Lunch with the Doc

Tuesday, March 20
11:30 a.m.

RSVP 618-234-4410, ext. 7015

RSVP

Look at some of the volunteer opportunities available!

Please remember to send in your hours for holiday volunteering: The services you offered to neighbors and friends; shopping for groceries, shoveling a sidewalk, running to the post office, all count as RSVP hours.

- **Cahokia Mounds** needs support in the way of Greeters, Gallery Guides and the Information Desk. Days and Shifts vary.
 - Interested in teaching seventh grade students how to manage a budget? This fun two day interactive workshop titled "**Welcome to the Real World**" will be held on Thursday, April 26 and Friday, April 27, (9:45 a.m.-1:30 p.m.) at the SWIC Belleville Campus Intramural Gym.
 - **Memorial Hospital** is hoping to recruit volunteers for both the main Hospital in Belleville and the new Memorial East Hospital. Opportunities vary from everything from the waiting room areas to the gift shop.
 - **Family Hospice Grief Support for Children** is in 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. One to days a week (3-4 hours per day).
 - Want to be a part of the **No. 1 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 18, 19 and 20**. Volunteers are needed in souvenir booth, and the High School Student Art Show. Morning, afternoon and evening shifts 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.
- Contact Pat Etling @ 618-234-4410, ext. 7012 for information on any of the above opportunities.**

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

March 6 – Lunch & Learn

March 13 – Closed for Spring Break

March 20 – Lunch with the Doc

March 27 – 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 and maybe have a hot lunch with us before or after you play!

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

Dance your winter boredom away! This is a very welcoming, fun group. It's great for your physical and mental health. Join us!

Book Discussion Group • Thursday, Feb. 8 • 10 a.m.

This month's book is "**Death in Holy Orders**" by P.D. James. Our discussion leader is Bonnie Gundlach.

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

March 8 - Lunch and Table Games

March 15 - Closed for Spring Break

March 22 - Lunch and Table Games

March 30 - 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 your ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

DANCE, "Academy Awards"

Thurs., March 1, 10:30 a.m.-1:30 p.m., Shiloh

And the winner is...You! Let's get all glammed up and have fun with the music of the Western Band. We will have a photo opportunity with the paparazzi. Be movie stars! Call 618-234-4410, ext. 7015 and Press 5 for reservation.

"Late Leprechaun"

Wed., March 21, 10:30 a.m.-1:30 p.m., PSOP

It's the wearing of the green dance, just a little late. Clovers, leprechauns and lots of good luck at this dance. Dance and have a great meal with talented musicians. Make your reservation today. 618-234-4410, ext. 7015 then press 5.

**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!

DANCE, "Academy Awards"

Thurs., March 1, 10:30 a.m.-1:30 p.m., Shiloh

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

Men's Club

Friday, March 9, 11 a.m.-2 p.m.

Enjoy a hot lunch as you listen to the guest speaker, Clayton Fisher, girls' varsity basketball and boys varsity gold coach at Belleville West. If you are into sports this is a great group for you. Whether you were the star athlete, a coach or just watched sports on TV this is a welcoming, interesting group. Call 618-234-4410, ext. 7016 for reservation.

Breakfast Club-the Round Table

Tuesday, March 6, 9 a.m.

You will be impressed by their HUGE menu with crepes, omelets, Greek food and more. Come sit at the table with us. Call Activities so we can save a seat for you.

Dine Around • Fairview Lounge

Tuesday, March 20, 5 p.m.

This is our favorite spot! Have you ever had a wonderful dinner sitting in a gas station? Go through the doors, and you will be surprised. They have the freshest food, Peruvian, American, and over 200 beers and an extensive bar collection. They even have slot machines. Join us at my favorite place. Please call Activities with your reservation so we have plenty of room.

Lunch Bunch • Bandanas
Wednesday, March 28, 11:30 a.m.

We love the country cooking and great barbeque. Really good lunch menu, you have to try it. Smell that smoke at Bandanas. Please call Activities to reserve your spot.

Save the Date!
We will have Cardinals tickets once again for opening weekend. Saturday, April 7, call Activities for details.

DAY TRIP

Chicago! At the Fox Theater
Sunday, March 4, 11 a.m.

There's never been a better time to experience CHICAGO. Broadway's razzle-dazzle smash. This triumphant hit musicals the recipient of 6 Tony Awards, a Grammy, thousands of standing ovations and now the #1 longest running American Musical in Broadway history! We will have a wonderful, elegant dinner at the Fox before the show. It never disappoints. Cost for charter bus, luncheon at the Fox and orchestra seats to the show is \$120. Checks made payable to PSOP Activities. Pick up Schnuck's on North Belt West at 11 a.m. return approx. 4 p.m.

Isle Casino Cape Girardeau
Wednesday, April 25, 2018

We head to one of our favorite casinos! 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 \$47 per person (note price!). Deadline for reservations is April 5. Depart 7:40 a.m. from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return about 6 p.m. to Belleville.

Shoes, Booze and Baseball
Friday, April 27, 2018

If you like baseball or Cardinal history, this is the trip for you! See where past stadiums were, find out where the first diamond was, visit the monument to James "Cool Papa" Bell, tour behind-the-scenes at Busch Stadium and visit the Cardinal Hall of Fame/Museum, among a few surprises Linda Koenig has found. Lunch is a turkey club sandwich, salad, soup of the day, and drink at Schlafly Bottleworks. Cost is \$89 per person. Deadline for reservations is April 9. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5 p.m. to Belleville.

A Culinary Tour of The Hill
Wednesday, May 2, 2018

We nibble our way through the Italian neighborhood with native Jo DeGregorio who knows all the history and "hot" spots! We will nibble our way through ravioli, salami, chocolate, baked goods, gelato; have a cooking demonstration; and lunch at Guido's. Cost is \$89 per person. Deadline for reservations is April 11. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return about 6 p.m. to Belleville.

The Founding of St Louis
Friday, May 4, 2018

Limited to 25 people

Learn about when St. Louis was a fur trading post founded by Frenchmen as part of the Spanish Colonial Empire, as we walk the cobblestone streets of Laclede's Landing and explore the 19th century buildings. Also learn about the Eads Bridge and the just finishing Arch grounds. Lunch is at the Old Spaghetti Factory. Author/historian NiNi Harris will present this walking tour based on her original research. Cost is \$67 per person if you have a Senior/Unlimited Metro pass (\$75 per person if you do not have a Senior/Unlimited Metro pass). Deadline for reservations is April 18. Meet at 9:30 a.m. at the Fairview Heights MetroLink station.

Fireworks on the River!
Wednesday, July 4, 2018

Limited to 150 people

Our best-selling cruise is back! Sail the Mississippi as we enjoy a dinner buffet and have the best seat in the house for the best firework display in the country! Cost is \$97 per person. Deadline for reservations is May 25. Depart 6:15 p.m. from the Schnuck's on North Belt West, Belleville, depart 5:15 p.m. from the Caseyville Township Center. Return about midnight.

An American Legacy
October 9-15, 2018

The itinerary and price should be finalized by the time you receive this newsletter! Highlights include Colonial Williamsburg; homes of presidents Monroe, Jefferson and Washington; and the US Naval Academy. Also, free time to our Washington, D.C. Call Nancy at 618-234-4410, ext. 7020 for a flyer or if you need a roommate.

HOLD THE DATE!

- June 9** - A culinary tour of St. Louis featuring 1904 World's Fair food debuts!
- June 15** - "This used to be..." Multi-purpose uses for historic buildings
- Sept. 24** - What's in Our Backyard?

LOOK FOR US ON THE WEB BY VISITING

swic.edu/community/senior-programs/psop/



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

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



PSOP recently enjoyed having Althoff Catholic High School Students on hand to help with activities and programs, from mailings to line dancing, they brought much joy to our seniors. Pictured here are seniors Colin Forham and Nicholas Gaubatz and junior Ireland Keen.

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 Oscar Rodriguez, Collinsville

College President: Georgia Costello, Ph.D.