

November



2018

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



On Friday, Sept. 7 RSVP celebrated 45 years of volunteer spirit and service to the community.

Over 900 volunteers are committed to serving the SWIC College district at 109 stations.

In addition, we showed respect to The National Day of Service and Remembrance, with an annual food drive that supports 6 area food pantries, in Madison and St. Clair Counties. More than 80 volunteers were recognized for milestone years of service. Three volunteers received the Presidential Service Award, which is the Lifetime Achievement Award.



Foster Grandparents

Share Today. Shape Tomorrow

During this month of Thanks, we are especially thankful for our Foster Grandparent volunteers. Thank you for your outstanding, dedicated service to the children in our communities.

Kids in need, babies to feed.

Grandparents are here to help Indeed!

They take the time to show they care,

They believe in children who are feeling despair.

They see the struggle, they feel the fear:

But they reach out stronger, and wipe away tears.

They might feel down themselves someday,

Have so many struggles, in many ways.

Yet in the morning, they rise again,

to serve a Purpose that's higher than them.

Because they know themselves that the future is brighter

When you raise up the young, and lift them higher.

OPERATION COOKIE DROP:

Once again PSOP Activities will be baking cookies for our servicemen and women.

There are several ways to participate:

- Donate new and used tins to put the cookies in (plastic, tin, anything but the big popcorn tins)
- Donate baking ingredients such as brown sugar, baking soda, chocolate chips, oatmeal, butter, pecans...
- Donate a monetary gift to help purchase supplies for the cookies
- Or best of all, help bake cookies! Volunteers are needed to help bake the cookies in the PSOP kitchen. You might even be able to sample one warm from the oven.

Call Melissa at 618-234-4410, ext. 7042 for baking dates and times.

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 or 7040.

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!

SHARING STORIES ABOUT FAMILY HISTORY

Do you have stories you'd like to share about your life and family history: about growing up, your first car, special friends or pets and many more topics? Share your memories and reminisce with others at this guided story-sharing program hosted by The Family Historian Journal, published by One Legacy. Who knows, your story might be selected for a future issue of the journal! Group size is usually around 10 people. This is a great way to share with your friends and meet new people. Join us for one or all of these sessions to share YOUR story or to listen to other amazing stories: **Dec. 10 from 1-2:30 p.m.** at PSOP!

For more information about The Family Historian Journal, please visit www.onelegacy.com or call 618-960-7252

The last 2018 IL Secretary of State Mobile unit date will be:

Dec. 12, 2018

The 2019 IL Secretary of State Mobile unit dates have been set:

Feb. 13 • April 10 • June 12

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.

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 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.

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

The Older Adult & Caregiver Counseling program provides an 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.

Nurse Available at PSOP!

June Gavin, 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.

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 the month 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.

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 Monday, Tuesday and Wednesday 9 a.m. - noon

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.

By appointment only • Mondays from 9 a.m. - noon

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

NOVEMBER 2018



Monday

Tuesday

COUNTRY WESTERN BAND

1st – Shiloh
8th – Okawville
15th – Caseyville - SCCOOA
22nd – No Dance
29th - Collinsville

RSVP ORCHESTRA

7th – Moose
14th – Belleville
17th – Shiloh
21st – No Dance
28th – Okawville

METRO PASSES PERMANENT LOCATION MOVE

**Belleville Metro Station
718 Scheel St., Belleville**

Tuesdays & Thursdays
9 a.m. - noon

QUESTIONS?

Please call: 618-628-8090

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](http://swic.edu/community/senior-programs/psop).

PSOP RECYCLES:
Aluminum cans
(supports Advocacy Dept.)

Cellphones
*(supports Cellphones for
Soldiers)*

Old shoes
(Waterman Project)

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.
Yoga, 10-11 a.m.
Lunch & Learn, 10 a.m. - 1:30 p.m.
Breakfast Club, The Egg and I, 9 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

**12 PSOP CLOSED
FOR VETERAN'S DAY**

**SHILOH SENIOR CENTER
CLOSED FOR
VETERAN'S DAY**

13 **Bridge**, 8:30-11:30 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Lunch Bunch, Best Pizza Buffet,
11:30 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

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.
Lunch with a Doc
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, 5-8 p.m.
at the Nichols Center

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.
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

Wednesday**Thursday****Friday**

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

SHILOH SENIOR CENTER
Dance, We Love Our Veterans,
 10:30 a.m. - 2 p.m.
 at Klucker Hall

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.
Dine Around, TBD Restaurant in
 Fairview Heights, 5 p.m.

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

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

9 **Art**, 9-11:30 a.m.
Men's Club, 11 a.m. - 1 p.m.
Canasta, 12:30-3:30 p.m.

14 **Crochet/Basic Knitting**, 9-11:30 a.m.
Dance, Friendsgiving Feast,
 10:30 - 2 p.m.
Line Dancing, 1:30-3 p.m.

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

15 **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.

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

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

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

22

**PSOP CLOSED FOR
 THANKSGIVING**

23

**PSOP CLOSED FOR
 THANKSGIVING**

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

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

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.** 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 CLOSED during Tai Chi and Yoga.**

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

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.

SHARING STORIES ABOUT FAMILY HISTORY

Do you have stories you'd like to share about your life and family history: about growing up, your first car, special friends or pets and many more topics? Share your reminiscence with others at this guided story sharing program hosted by The Family Historian Journal, published by One Legacy. Your story might be selected for a future issue of the journal! Group size is about 10 people. The last session of the year is Dec. 10 from 1-2:30 p.m. at PSOP.

Visit www.onelegacy.com or call 618-960-7252.

GRIEF SUPPORT GROUP

Monday, Nov. 19, 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*

RSVP

Take a look at some of the assignments available this month!

- **SWIC – Internet Radio Station – Blue Storm Radio Program** – is offering a variety of volunteer positions to support this live and/or recorded radio service: Assignments such as: Program Director, Script Writers, Board Operators, Announcers, Producers, Social Media as well as a Coordinator for Social Media are needed. The volunteers will be helping create and produce “an eclectic mix of programming with an eye on St. Louis metropolitan regional arts, entertainment, news, sports and public affairs. (Think WKRP in Cincinnati and Frasier while building relationships with students and the community) Days and times vary.
- Enjoy the magic of the holidays by assisting with the **Lebanon’s Winter Wonderland!** You can be part of this enchanted community experience. Several opportunities available. Visit www.hornerparklights.com to see prior year displays.
- **AARP Tax Reservationists** are needed to help with the 2019 Tax Aide Program and 2018 tax returns. This assignment entails taking reservations for the open tax appointments or helping with the tax preparation. The season starts the last week of January with dates through April 15, 2019. (PSOP/Belleville)
- **Community Care Center in Granite City** is seeking volunteers to help with the Food Bank and Community Clothes Closet. This is a magnificent way to help those in the community who need a hand up. Days and times vary.
- **Collinsville Faith in Action** – A faith-based transportation program needs drivers to help transport seniors to the doctor and to run errands. Days and hours vary. The newly formed Elder Connection needs volunteers to help with social outings and trips on weekends.
- Did you know that **Cahokia Mounds Historic Museum** in Collinsville is a World Heritage Site? Visitors come from all over the world. You can be a part of this wonderful historic experience by volunteering. Four-hour shifts are available (mornings or afternoons). Open Tuesday through Sunday for the winter months. Several volunteers are needed.
- **Family Hospice** is looking for the support of mature adults to staff two-hour shifts at St. Clair Square during their annual “Tree of Memories” campaign. Be an Angel, volunteer by yourself or with a friend!

Call Pat Etling 618-234-4410, ext. 7012 for information on any of these opportunities.

*RSVP - 45 Years of Honoring our
Community through Volunteerism*

1973-2018

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

Nov. 6 – Lunch & Learn

Nov. 13 – Lunch & Table Games

Nov. 20 – Lunch with the Doc

Nov. 27 – Lunch & Table Games

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

This group usually has thirty people or more all playing together and having a good time. Come join us!

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

Do you love to dance but don't have a partner? Do you find yourself facing the wrong wall when trying to join in? Well, Carol and Bob will have you ready for "Dancing with the Stars" in no time. Lessons are \$2 and well worth it.

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

This month's selection is "**Soul Survivor: The reincarnation of a World War II Fighter Pilot**" by Bruce and Andrea Leininger. The discussion will be led by Nancy Joiner.

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

Nov 1 - Lunch and Table Games

Nov 8 - Lunch and Table Games

Nov 15 - Lunch and Table Games

Nov 22 - Closed- Happy Thanksgiving

Nov 29 - Lunch and Table Games

Men's Club • Friday, Nov. 9 • 11 a.m.

Kevin Bontemps, two-time boys all-state basketball player and member of the 1952 USA Olympic men's basketball championship team will be our guest speaker. Lunch is \$6. Please RSVP 618-234-4410, ext.7016.

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.

"We love our Veterans" • Thursday, Nov. 1

10:30 a.m. - 2 p.m. • Klucker Hall in Shiloh

Join us as we celebrate the Veterans we love so much. Lots of dancing and a few patriotic songs. If you have a picture of yourself or spouse in their uniform, please bring it for our special table at the dance. This dance is sponsored by Hospice of Southern Illinois. Call 618-234-4410, ext. 7015 then press 5 for reservations.

"Friendsgiving Feast" • Wednesday, Nov. 14

10:30 a.m. - 2 p.m. • Feurer Hall at PSOP

This is our big turkey dinner dance, so bring a big appetite and your dancing shoes. Turkey and all the trimmings plus music and dancing is a great way to start the holidays. This dance always sells out so please be sure to make your reservations early! 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! 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, Nov. 6 • 9 a.m.
The Egg and I**

Enjoy the patriotic waffle topped with fresh berries or the bacon avocado scramble with freshly squeezed juice. Whether you are adventurous, or stick with the classics, there is something here you are sure to love. Please call Activities to save your seat. Located at 455 D Regency Park, O'Fallon.

**Lunch Bunch • Tuesday, Nov. 13 • 11:30 a.m.
Best Pizza Buffet**

This place is a hidden gem. Located between Lowes and Cato fashions across from SWIC. Not only is there great specialty pizza but homemade soups such as Stuffed Green Pepper and Loaded Potato. You also get pastas and dessert. Please let Activities save a seat for you and maybe a little pasta.

**Dine Around • Wednesday, Nov. 7 • 5 p.m.
TBD in Fairview**

TBD is a great new restaurant with a casual patio that is indoors. You will feel like you are in your backyard with Jenga, corn holes and other patio games. Also on the tables you can play Scrabble, Monopoly and other board games. Join the fun! It is also Wine Wednesday, if you need a little courage. They have a full bar and a great menu with lots to choices. Please call Activities so we can save a spot for you! Located where Houlihans used to be in Fairview, 15 Ludwig Drive.

TRIPS

**Holiday Lights
Monday, Dec. 10, 2018**

Pick-up that last minute gift as Linda Koenig leads a tour of the decorated "Magic Chef" Mansion and the greenhouses of Walter Knoll Florist on Floral Row, browse Gringo Jones and the Bug Store and The Little Shop Around the Corner, and see marvelous light displays. A supper of chicken spiedini at Zia's is included. Cost is \$89 per person. Deadline for reservations is Nov. 16. Depart 12:15 p.m. from the Schnuck's on North Belt West, Belleville. Return about 8:15 p.m.

**Christmas at the Symphony
Friday, Dec. 21, 2018**

Same boxed seats and same restaurant you raved about last year, Lucas Park Grille! Seating is limited to 100 and this sells quickly. Cost is \$107 per person and includes a performance ticket and lunch. Please state if you want chicken pasta or grilled salmon or grilled steak. Deadline for reservations is Nov. 2. Depart 10:30 a.m. from the Schnuck's on North Belt West, Belleville and at 10 a.m. from the Caseyville Township Center in Fairview Heights. Return about 6 p.m. Please state with whom you wish to sit.

**Spectacular Yellowstone in Winter
Feb. 12-17, 2019**

When the tourists are away, the animals will play! This is the most spectacular time to see the wildlife (and the park!) at its finest. The cost includes air from St. Louis, 10 meals, sightseeing, six nights lodging (including a night just steps from Old Faithful), travel insurance, all gratuities and fees. Cost is \$2,749 per person, double occupancy. Call for a flyer. This trip is FULL of unique activities! Final payment is due on/before Nov. 5, 2018.

**Scotland & Northern Ireland
June 18-28, 2019**

Trip requires your passport to be good through Dec. 29, 2019. Visit castles, the Royal Yacht Britannia, search for Nelly in the Loch Ness, view a weaving demonstrations, see china made in Belleek, see the Giant's Causeway, and much more! Price includes airfare from St. Louis, 17 meals, sightseeing, nine nights lodging, travel insurance, all gratuities and fees. Final payment is due on/before March 5, 2019. Cost is \$4,595 per person, double occupancy. Call for a flyer!

**Canadian Rockies & Glacier National Park
July 31 to Aug. 6, 2019**

Trip requires a valid passport good through Feb. 7, 2020. See wildlife, spectacular scenery, glaciers, waterfalls, and three national Parks. Ride the Going-to-the-Sun Highway and stand on a 1,000-foot-thick glacier. Cost is \$3,879 per person, double occupancy, and \$4,823 for a single. Price includes round trip airfare, six nights lodging, nine meals, sightseeing, and travel insurance. Final payment is due on/before May 10, 2019.

Memorials

For: Marcia Reed
From: Jeanne Shelton

For: Linda Roschnafsky
From: Cheryl & Mark Brunsmann

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 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

PSOP Seniors visit Canada for the time of their lives!



27 seniors zip lined over Niagara Falls!



PSOP Seniors in the sky!



The Hornblower at Niagara Falls.

Mailing prepared by RSVP Volunteers

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