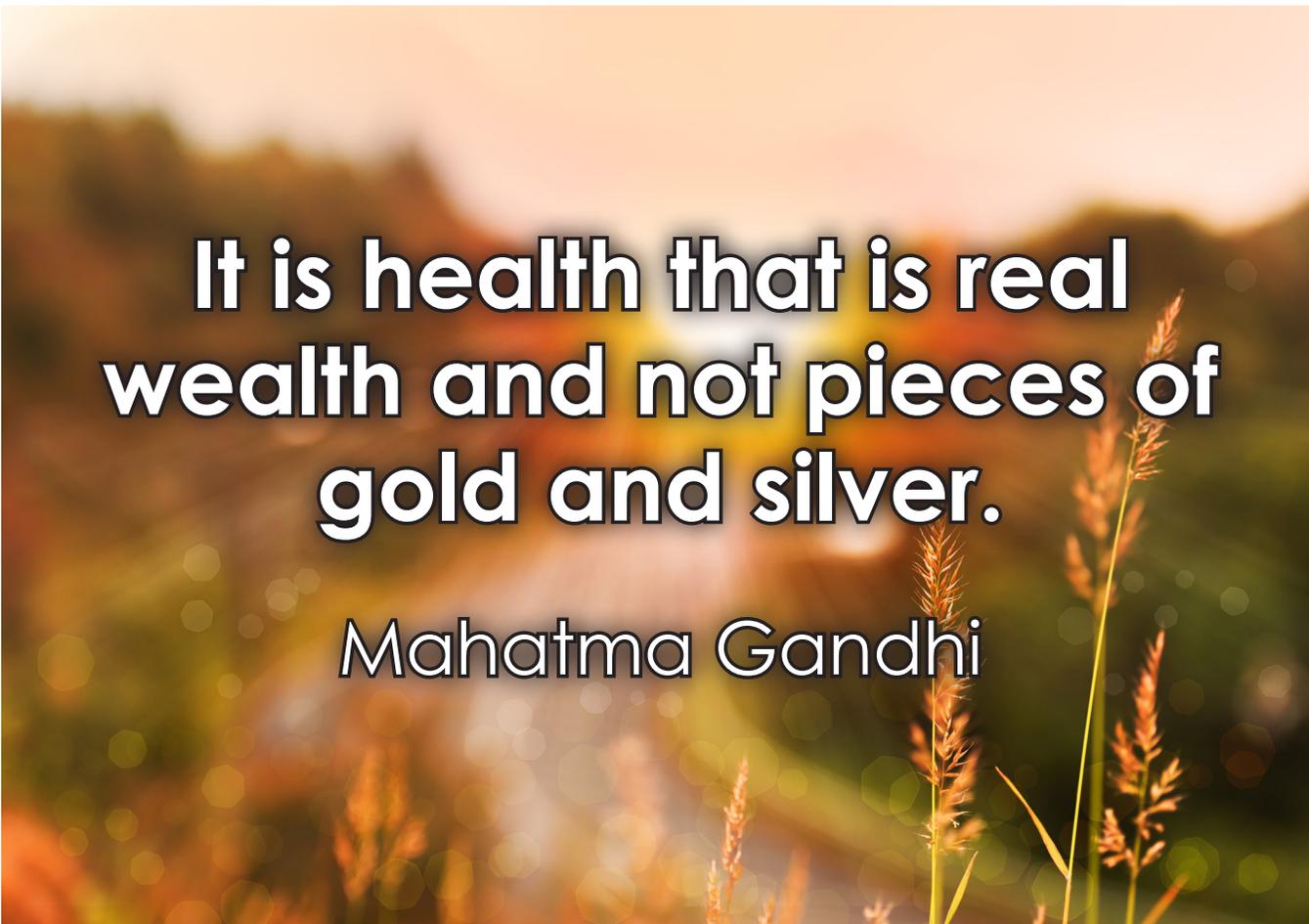


October



2018

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



**It is health that is real  
wealth and not pieces of  
gold and silver.**

**Mahatma Gandhi**

**PSOP offers a wealth of opportunities to  
maintain your health (physical, emotional, social).**

Please consider joining for one or more of these nuggets of golden  
chances to take care of YOU: Tai Chi, Yoga, Group Exercise,  
(all are offered at a minimal fee / pay as you go).

Other possibilities include: Matter of Balance, Support Groups,  
Individualized Counseling, and many Socialization Opportunities.

***The possibilities are endless!***

**For an appointment/information call 618-234-4410, ext. 7033.**



# SENIOR COMPANIONS

**Make Independence a Reality**

*Serving Madison, Monroe, Randolph and St. Clair Counties*

## UNDERCOVER HEROES

Caregivers are the undercover heroes who give of themselves for the call of others in need. They often push themselves to the side in order to see that their loved one is fed, warm and safe. Caring for someone with Alzheimer's or dementia is nothing short of a marathon and requires a team of support. Support and respite is what the Senior Companion Program provides. The volunteers give of their time to make sure that the caregiver becomes the care-receiver. If they need to attend to their own appointments or shopping, the Senior Companion is there to step in for a few hours to give this undercover hero a chance to catch up on errands or even a much-needed nap. Becoming a care-receiver once in a while allows for a renewed sense of strength to face another day. Before the demands of caregiving become too overwhelming, call the Senior Companion office and allow the volunteers to lend a helping hand. They are there to lighten the load and bring balance back to the life of the undercover hero. For more information about the Senior Companion Program, please contact Carla at 618-234-4410, ext. 7036.

## AARP Driver Safety Class

**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.

## 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.

## MEDICARE SEMINAR

### FREE MEDICARE SEMINAR

If you are new to Medicare or not, this is a great opportunity to have your Medicare questions answered and benefits clarified. Attend this important overview of the A, B, C's & D's of Medicare, Medicare supplements and how to save money on prescriptions.

**Thursday, Oct. 11**

**9:30 – 11 a.m.**

**Mildred Feurer Hall**

**PSOP, 210 N. Church St., Belleville**

For details, contact Marsha Roth at 618-234-4410, ext. 7035

If you would like to stay for lunch after the program, cost is \$5 and reservations must be made by Wednesday, Oct. 10. Call 618-234-441, ext. 7015 to reserve a seat.

## 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!

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

**Oct. 10 • Dec. 12**

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.) Other services include: state ID cards and vehicle registration renewals.

Appointments required for all services.

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

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

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

## PSOP Resource Center Services

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

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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. 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.

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### **Mindfulness Group • October • 10 a.m.**

The Older Adult & Caregiver Counseling program provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will use "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held the second Wednesday of each month at 10 a.m.; this month's session will be held on Oct. 10. Contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

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**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.

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**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.

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

Barbara Bell, RN, from Memorial Hospital will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on Tuesday mornings from 9 a.m. - noon in the Resource Center.

No appointment needed. **We will NOT have a nurse on either October 2 or 16 at PSOP.**

*Please join us in extending a sincere **THANK YOU** to **Barb Bell**, our nurse from Memorial Hospital who has served us well over the past five years. Congratulations to Barb on a well-deserved retirement. We welcome June Gagen as our new nurse from Memorial Hospital. June will maintain the same schedule as Barb. Thank you sincerely to MEMORIAL HOSPITAL for providing us with these services over the years; your commitment to our community is noticed and appreciated!*

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### **Living with Memory Loss**

The Older Adult Counseling Program and the Alzheimer's Association provide education and support programs for those diagnosed with memory loss or a dementia. Brain health, independence, safety, and life satisfaction are our topics of discussion. For information about upcoming programs, or for an individual counseling and resourcing appointment, please call Jodi at 618-234-4410, ext. 7031.

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### **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 Mon., Tues. and Wed. • 9 a.m. - noon  
Call 618-234-4410, ext. 7033 to make an appointment.

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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. - noon**

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



# OCTOBER 2018

## Monday

## Tuesday

### Change of Metro Pass Location

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

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

**Change your address**  
if you move.

**Access this newsletter**  
at [swic.edu/community/  
senior-programs/psop](http://swic.edu/community/senior-programs/psop).

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

**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.

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

**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.  
**Guided Story Sharing**, 1-2:30 p.m.

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

**9** **Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch & Table Games**,  
10 a.m. - 1:30 p.m.  
**Lunch Bunch, Eckert's**, 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

**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.

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

**16** **Bridge**, 8:30-11:30 a.m.  
**Yoga**, 10-11 a.m.  
**Lunch & Doc**,  
9 a.m. - 2 p.m.  
**Tai Chi**, noon - 1 p.m.  
**Exercise**, noon - 1 p.m.  
**Pinochle**, 1:30-3:30 p.m.  
**Bridge**, 5-8 p.m.  
at the Nichols Center

**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.  
**Red Hats**, 1-3 p.m.

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

**23** **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

**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.

**30** **Bridge**, 8:30-11:30 a.m.  
**Breakfast Club**,  
Bob Evans Restaurant, 9 a.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**

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

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

**4 Pinochle**, 9-11:30 a.m.  
**Dance, Country Bumpkin with Country Western Band**,  
 9 a.m. - 2 p.m.  
**Lunch & Tables Games**,  
 10 a.m. - 1:30 p.m.  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.

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

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

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

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

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

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

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.  
**Dance, Witches & Wizards**  
 10:30 a.m. - 2 p.m.

**18 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.

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

**24 Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.  
**Dine Around, Reifschneider's Restaurant**, 5 p.m.

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

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

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

**31 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.

**COUNTRY WESTERN BAND**

4th - Belleville  
 11th - Granite City  
 18th - Collinsville  
 25th - Caseyville

**RSVP ORCHESTRA**

3rd - No Dance  
 10th - Caseyville - SCCOOA  
 17th - Shiloh  
 24th - Moose  
 31st - Okawville

## Wellness Activities

**GENTLE YOGA\*** is held Tuesdays from **10-11 a.m.** Instructor Joyce Herman has extensive experience in guiding you in this practice. The cost is \$5 per class. Please call Joyce at 618-980-2278 for information.

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

**\*Fitness Room 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.

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## 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. Join us for one or all of these sessions: Sept. 10, Oct. 8, and Dec. 10 from 1-2:30 p.m. at PSOP. Visit [www.onelegacy.com](http://www.onelegacy.com) or call 618-960-7252.

## GRIEF SUPPORT GROUP

**Monday, Oct. 15, 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!**

- **Willoughby Farm in Collinsville** is starting an Urban Ecologist Club and mentors are needed. In addition, other areas of need are Conservation Stewards to maintain trails and the conservation reserve. Volunteers for Wednesday Workdays are needed for those with a positive attitude and a good heart. (Lunch is usually provided)
- **Ellis School** is seeking mentor/tutor for second and third grade students for the 2017-18 school year. The group will meet on Tuesdays and Thursdays from 8-8:45 a.m. Training, background check and fingerprinting provided at no cost to the volunteers.
- **The Shrine of Our Lady of the Snows** – Way of Lights hopes to find friendly folks to help in the Christmas tree room as docents and at the Children's Christmas Cove to assist with crafts. Starting in November through the end of December – several shifts available.
- **Anderson Hospital in Maryville** is seeking outstanding volunteers to help in a variety of roles: Hospital Assistants, Information Desk and the Gift Shop are a few of the opportunities available. Training will be provided.
- **Family Hospice** - Heartlinks Grief Program is looking for volunteers for four hours per month to help children, teens and families who are dealing with grief and loss. Training and background checks provided. Several opportunities available. They are also seeking volunteers to serve two-hour shifts at the annual "Tree of Memories" ornament booth at St. Clair Square beginning the end of November through the middle of December.
- The **Greater St. Louis Air & Space Museum** in the historic Curtis Wright-Hangar Two at the St. Louis Downtown Airport located, on the grounds of Parks Air College in Cahokia is in need of volunteers to serve as docents. Duties include, but are not limited to, greeting visitors and changing displays. Come take pleasure in this aviation history environment, which is sure to be a fulfilling experience.
- The **Illinois Center for Autism** is hoping to find volunteer support to help at the center. Volunteers are needed as clerical support, mailers, library aides, and skills trainers.
- The **Madison County Veteran's Assistance Commission** is seeking veterans to help with the Veteran's Grave Marker Program. This is a wonderful opportunity to help those men and women who have assisted us all with their service to our country. Training, background checks provided.

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

*A big "THANKS" to all of you who faithfully report your hours and give your time so generously. You make a huge impact in our community. Reminder to sign your timesheet.*

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

Marjorie B., Ruth K., and Fern S.

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# 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**

**Oct. 2 – Lunch and Learn**

**Oct. 9 – Lunch & Table Games**

**Oct. 16 – Lunch with the Doc**

**Oct. 23- Lunch & Table Games**

**Oct. 28 - 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, Oct. 11 • 10 a.m.**

This month's selection is "**The General's Women**" by **Susan Wittig Albert**. The discussion leader is **Peggy Malec**.

**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**

**Oct. 4 - "Country Bumpkin Dance"**

**with Country Western Band**

**Oct. 11 - Lunch and Bingo**

**Oct. 18 - Lunch and Bingo**

**Oct. 25 -Lunch and Halloween Bingo**

**(wear costume for special prizes)**

**Men's Club • Friday, Oct. 12 • 11 a.m.**

Join the retired coaches, athletes and all around sport's fans for this lively group each month. Enjoy a great homemade lunch and listen to guest speakers talk about their beloved sport. Matt Laur, all-time leading scorer (2,874 points) and blocked shots (560) in men's basketball at McKendree University; Freeburg High School athletic director and boys' basketball coach; former pro player in Europe and NBA Developmental League will be the special guest. You'll not want to miss this one! Please call for reservation.

**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.*

**"Country Bumpkin" Dance**

**Thursday, Oct. 4, 10:30 a.m. - 2 p.m.**

Hopefully there won't be any frost out on the pumpkin yet.

Dance and have a great lunch. This dance is sponsored by Liberty Village, Visiting Angels and Crescent Home health Care. Call 618-234-4410, ext. 7015 then press 5 for reservations.

**"Witches and Wizards" Dance**

**Wednesday, Oct. 17, 10:30 a.m. - 2 p.m.**

**Klucker Hall in Shiloh**

Wear your witch hat, dress like a wizard and cast your spell at the Shiloh dance. The RSVP Orchestra will play your favorites dancing tunes. Lunch is \$5. Call 618-234-4410, ext. 7015 then press 5 for reservations.

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

**Games**

**Mon., 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**

**Wed., 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 - Bob Evans**

**Tuesday, Oct. 30, 9 a.m.**

Try the Fruitful Farmer entrée with Strawberry banana pancakes or the Everything dish with basically everything you would eat for breakfast on one plate. The restaurant is located at 10 Ludwig Drive, Fairview Heights. Call Activities for a seat at the table

**Lunch Bunch - Eckert's**

**Tuesday, Oct. 9, 11:30 a.m.**

Have you ever wondered how Eckert's became such a big part of Belleville? Have lunch and sit with a speaker from Eckert's who will talk about the history of the farm and how it is today. Please make a reservation to save your seat.

**Dine Around – Reifschneider’s Restaurant,  
Tuesday, Oct. 24, 5 p.m.**

Enjoy a pretty fall drive to Freeburg and then be delighted with this eclectic menu. Choices include Reuben Bites, Fried Portabellas, Irish Nachos, Brick Oven Pizza, and a fan favorite - the Goopy Louie! Goopy Louie is a big cheeseburger served between two grilled cheese sandwiches! Reifschneider’s is located at 700 N. State St., Freeburg. Call Activities for reservation.

**Jeanne Robertson Concert  
Friday, Oct. 12, 3 p.m.**

If you have ever been on one of our bus trips, then you have surely enjoyed Jeanne Robertson’s Comedy. She is good, clean fun that will have you laughing all evening. She has stories such as, “Don’t send a man to the grocery store” and “Don’t line dance in the Ladies Room.” Spend some time in St. Charles for dinner and shopping and then enjoy the concert at the Family Arena. Cost is \$84 and includes great seats to the concert and motor coach transportation. Tickets will go fast! Call Activities: 618-234-4410, ext. 7042

**A Day in Amish Country  
Thursday, Oct. 18, 8 a.m.**

This is our most requested trip in the fall. We are heading to Arthur, Illinois for a day with the Amish. We will spend some time taking a tour with Marvin, our Amish friend and then head back to his home where we will have a wonderful home-cooked meal made by his wife, Sarah. After, we will spend some time in Arthur browsing their quaint little shops with awesome quilts and delicious fudge. The cost is \$68. Make your reservation quickly!

**TRIPS**

**What goes Bump in the Night?  
Tuesday, Oct. 23, 2018**

Hear stories at the Payne-Gentry House before heading to St. Charles to hear haunting stories, walk among some of the buildings, and drive through Lindenwood University. There will be time to shop! This is an easy walking and driving trip. Cost is \$75 per person and includes lunch, service of Joan Huisinga, and entrance fees. Deadline for reservations is Oct. 3. Depart 8:15 a.m. from the Schnuck’s on North Belt West, Belleville. Return about 5:30 p.m.

**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 everyone 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, 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. Price has just been finalized so call for a flier. This trip is FULL of unique activities! Final payment is due on/before November 5, 2018.

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

This trip requires your passport to be good through Dec. 29, 2019. Visit castles, the Royal Yacht Britannia, search for Nessy in the Loch Ness, view a weaving demonstrations, watch china made in Belleek, see the Giant’s Causeway, and much more! Price includes air from St. Louis, 17 meals, sightseeing, nine nights lodging, travel insurance, all gratuities and fees. Final payment is due on/before March 5, 2019. Price has just been finalized so call for a flyer.

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

This 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 1000-foot-thick glacier. Cost is \$3,879 per person, double occupancy, and \$4,823 single occupancy. Price includes round trip airfare, six nights lodging, nine meals, sightseeing, and travel insurance. Final payment is due on/before May 10, 2019.

**LOOK FOR US ON THE WEB BY VISITING**

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

**LUNCH AND LEARN**

**Tuesday, Oct. 2, 11:30 a.m.**

Memorial Network

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



**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).

**LUNCH WITH THE DOC**

**Tuesday, Oct. 16 11:30 a.m.**

St. Elizabeth Hospital

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

# 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.

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# 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

## Hurray for Hollywood, our annual Project ReRunway, was very successful. A sold-out crowd enjoyed the fashion show, delicious luncheon, and shopping!



*Rella Neal*



*Finale*



*Jeanette Gully*

*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