

September



2017

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

ADVENTURE IS OUT THERE!



"Fear is only temporary. Regrets last forever."
-Unknown

Grab your BFF and join us for an adventure! You may even learn a thing or two!

Call Nancy in the Travel Department at 618/234-4410, ext. 7020 to sign-up for your next adventure!

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 3 years

* those with cell phones are also eligible for a free amplifier

PSOP is a selection/testing center for the Illinois Telecommunication Access Corporation (ITAC) amplified phone program. For information, call 234-4410, ext. 7024 or 7012

2ND ANNUAL 1K WINE WALK

THE WEINGARTEN • OCT. 1 • NOON

Five wine tasting stations

*Proceeds to benefit the programs sponsored by the
St. Clair County Office on Aging*

For more information, call 618-234-4410, ext. 7044.

SENIOR FRAUD PROTECTION

Studies have shown that con artists are more likely to target older adults than other group because they believe they are more susceptible to scams. Knowledge is power and PSOP, in partnership with the Belleville Chamber of Commerce, the Elder Justice Council and AgeSmart Community Resources, want to assist in informing seniors about how to avoid becoming a victim.

A few of the topics that will be covered are:

- Dumpster Diving • Skimming Devices • Phishing
- Imposter Scam • What To Do Once You've Been Scammed

Two separate events will be presented to the public at PSOP on Sept. 27 and Oct. 25 from 9-11a.m.

A light breakfast will be available. We encourage all seniors, caregivers and family members to attend both dates.

*For more details and to RSVP, please contact
Carla at 618-234-4410, ext. 7036.*

Ten Toes Trips

TRIPS WILL BE HELD FRIDAYS

Call Mary to register or for information at
618-234-4410, ext. 7034.

*Sponsored by the St. Clair County Office on Aging
and the St. Clair County Transit District*



**SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE**

HONOR OUR HEROES

In 2009, Congress designated Sept. 11 as a National Day of Service and Remembrance under bipartisan federal law, and charged the Corporation for National and Community Service with helping to support this effort across the country. For the anniversary, CNCS is working with numerous other organizations to implement one of the largest days of charitable service in U.S. history.

The September 11th National Day of Service and Remembrance is the culmination of an effort originally launched in 2002 by 9/11 family members and support groups who worked to establish the charitable service day as a forward-looking way to honor the sacrifice of those who were lost and those who united in response to the tragedy. People of all ages, backgrounds, and abilities are encouraged to serve, and to make the day the beginning of an ongoing commitment to a cause that is meaningful to them and addresses a need in their communities. On the days leading up to and including Sept. 11, Americans of all ages and backgrounds will participate in activities to pay tribute to 9/11 victims and heroes and honor their memory by joining together in service projects to meet community needs.

Here in our community we will support and honor veterans, soldiers, military families, and first responders, by holding a food drive. Throughout the month of September, PSOP, the Senior Corps Volunteer Programs, as well as SWIC AmeriCorps will partner to give you an opportunity to do for others by donating food items to local food pantries. PSOP welcomes non-perishable food items to be dropped off by the receptionist desk in the designated food container. If you have questions concerning the food drive, please call the Senior Companion Program at 618-234-4410, ext. 7036.

NEWSLETTER SUBSCRIPTIONS

During the past few years there have been dramatic increases to the paper and production costs for our newsletter. As a result, it is necessary to raise the yearly cost of our newsletter to **\$6 for 6 months or \$10 per year**. This increase will be effective for any new or renewed subscriptions effective **July 1, 2017** or later. You can continue to access our newsletter at no cost at swic.edu/community/senior-programs/psop/.

FLU SHOTS

Tuesday, Sept. 19 • 10 a.m.-12 p.m.

65 and older

Medicare/Medicaid Accepted

For more info or to RSVP, call 618-234-4410, ext. 7044.

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 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.

SENIOR TRANSIT EXPRESS PROGRAM II

Join us on an adventure and visit restaurants on the Metro-Link Route

Group meets at the Belleville Metro-Link Station on 2nd Wednesday of each month at 11 a.m.

Contact Mary at 234-4410, ext. 7034 for reservations

Sponsored by the St. Clair County Office on Aging and the St. Clair County Transit District

Driver Services Mobile Unit 2017

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 618-234-4410, ext. 7042 or 7043.

SEPTEMBER 2017

Change of Metro Pass Location

The location where Metro passes are issued has moved to 27 N. Illinois St. in Belleville (former LIHEAP building) on the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking and the entrance is behind the building.

- 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?

**SWIC.EDU/COMMUNITY/
SENIOR-PROGRAMS/PSOP/**

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

PSOP RECYCLES:

**Aluminum cans
(supports Advocacy Dept.)**

**Cellphones
(supports Cellphones for
Soldiers)**

**Old shoes
(Waterman Project)**

**Clean plastic containers
(Activities Dept.)**

Monday

COUNTRY WESTERN BAND

7 - Belleville
14 - Granite City
21 - Caseyville
28 - Collinsville

Tuesday

RSVP ORCHESTRA

6 - Caseyville
13 - Collinsville
20 - Belleville
27 - Okawville

4

CLOSED

5

Bridge, 8:30-11:30 a.m.
Yoga, 10 - 11 a.m.
Lunch, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Group Exercise, noon-1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:45 - 8:30 p.m.
at the Nichols Center

11

Golf at Yorktown, 8:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.
Parkinson's Support, 1:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

12

Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Group Exercise, noon-1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:45 - 8:30 p.m.
at the Nichols Center

18

Golf at Yorktown, 8:30 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.

19

Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc, 11:30 a.m.
Table Games, noon
Tai Chi, noon-1 p.m.
Group Exercise, noon-1 p.m.
Pinochle, 1:30 p.m.
Dine Around, 5 p.m., Cutters Bar & Grill
Bridge, 5:45 - 8:30 p.m.
at the Nichols Center

25

Golf at Yorktown, 8:30 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.

26

Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Tai Chi, noon-1 p.m.
Group Exercise, noon-1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:45 - 8:30 p.m.
at the Nichols Center

Wednesday		Thursday	Friday
			1 Art Workshop , 9 a.m. Lunch Bunch , 11:30 a.m., Eckert's Country Restaurant Canasta , 12:30-3:30 p.m.
6 Golf at Yorktown , 8:30 a.m. Breakfast Club , 9 a.m., Cracker Barrel, Shiloh Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	7 Pinochle , 9 a.m. "Be True to Your School" Dance with RSVP Country Western Band, 10:30 a.m. – 2p.m. Lunch , 11:30 a.m. Table Games , noon Group Exercise , noon-1 p.m. Hand & Foot , 1 p.m.	8 Art Workshop , 9 a.m. Men's Club , 11 a.m. Canasta , 12:30-3:30 p.m.	
13 Golf at Yorktown , 8:30 a.m. Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	14 Pinochle , 9 a.m. Book Club , 10 a.m. Lunch , 11:30 a.m. Table Games , noon Group Exercise , noon-1 p.m. Hand & Foot , 1 p.m.	15 Art Workshop , 9 a.m. Canasta , 12:30-3:30 p.m.	
20 Golf at Yorktown , 8:30 a.m. Crochet/Basic Knitting , 9-11:30 a.m. "Apple Blossom" Dance with the RSVP Orchestra, 10:30 a.m. – 2 p.m. Lunch , 11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	21 Pinochle , 9 a.m. Lunch , 11:30 a.m. Board Games, Dominoes and Coloring & Conversation , noon Hand & Foot , 1 p.m. Group Exercise , noon-1 p.m.	22 Art , 9 a.m. Canasta , 12:30-3:30 p.m.	
27 Golf at Yorktown , 8:30 a.m. Senior Fraud Protection Session , 9-11:00 a.m. Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.	28 Pinochle , 9 a.m. Lunch , 11:30 a.m. Bunko / Coloring & Conversation , noon Group Exercise , noon-1 p.m. Hand & Foot , 1 p.m.	29 Art , 9 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-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

GRIEF SUPPORT GROUP

MONDAY, SEPT. 18 • 10 -11:30 A.M.
201 N. CHURCH STREET

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*

LUNCH WITH THE DOC

TUESDAY, SEPT. 19 • 11:30 A.M.

Sleep Apnea

to RSVP as 618-234-4410, ext. 7015.

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.

AARP Driver Safety Class

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 618-234-4410 to register.

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

Betty E., Helen H., Doris J., Sylvia K., and Ila M.

RSVP

A friendly reminder for all of our OUTSTANDING RSVP volunteers:

Please sign your timesheets and have your supervisor sign when possible!

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

- **Tri City Faith in Action** in Granite City and Collinsville is seeking volunteers to transport seniors to doctors' appointments and to visit the elderly in their homes as "Friendly Visitors" or "Friendly Phone Callers" for one hour per week. (Background checks required and provided)
- **Arlington Wetlands** is a nature preserve located in Pontoon Beach. The preserve needs support in the areas of general maintenance, identification and removal of nonnative species and the placement of interpretive signs. Hours are flexible. This assignment has limitless opportunities for the environmentalist at heart.
- **Lebanon's Winter Wonderland** is seeking volunteers to help with the community winter holiday display. Several opportunities for volunteerism are available: setup, assembly of displays and greeting visitors. Visit www.hornerparklights.com for prior year displays.
- **Calling all Veterans** - Madison County veterans need the support of other veterans. When mature adults give up driving, transportation to doctor's appointments becomes necessary. Won't you help the people who have helped make this country great?
- **Willoughby Heritage Farm** in Collinsville is seeking farmhands. Opportunities include working around the farm and conservation reserve (3 miles of trails) Wednesdays, 9 a.m.-1 p.m. Lunch provided on Willoughby Workday Wednesdays. Other days available on an independent basis.
- **Habitat for Humanity** - ReStore in Collinsville is in need of Cashiers, Sales Assistants and Merchandisers. Any day (Tuesday- Saturday) 3-4 hour shifts available. The shop sells new and used building materials to the public at discounted prices. Experience with retail sales, home improvement or construction is helpful but not required. Training will be provided.
- Want to help with making school a positive experience? You can make a difference in the life of a child! **Harmony School Neighborhood Association** in Belleville needs help with mentoring, reading or tutoring children. This assignment requires a background check (paid for by agency). The group meets once a week. Children are our future!!
- **Habitat for Humanity** - Collinsville Chapter has a request for volunteers to help with the building projects. Saturdays from approximately 8:30 a.m.-2:00 p.m. Opportunities include: Construction Site Coordinator, Volunteer Coordinator and Building Site Volunteers. If you have dreams of being a "Ty Pennington" here is your chance to create and help those with the dream of having a home of their own.

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).

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

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m., tee time-9 a.m.; cost is \$7 to golf 9 holes

Monday league: Lovey Veath at 618-416-5825

Wednesday league: Pat Hrasky at 618-781-0551

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

Sept. 5 – Table Games

Sept. 12 – Table Games

Sept. 19 – Lunch with a Doc

Sept. 26 – 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.

This is a large, fun, full of laughs and energetic group! They always welcome a new dancer.

Book Discussion Group • September 14 • 10 a.m.

This month's selection book is **"There Your Heart Lies"** by **Mary Gordon**. The discussion leader is Rose Range.

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

September 7 – "Be True to Your School" Dance

September 14 – Table Games

September 21 – Table Games

September 28 – Bunko / Coloring & Conversation

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

Be True To Your School

Thursday, Sept. 7 • 10:30 a.m.- 2 p.m.

Do you still have your letterman jacket, your class ring, or your yearbook? Bring them with you to the dance and show your school spirit! Dance with your friends to the tunes of the Country Western Band! Lunch is \$5. Please call 618-234-4410, ext. 7015. Then press 5 by Wednesday at noon. Dance sponsored by Cambridge House in Swansea.

Apple Blossom Dance

Wednesday, Sept. 20 • 10:30 a.m. - 2 p.m.

Bring the Apple of your eye with you and enjoy the music by the RSVP Orchestra. Lunch is \$5. Please call 618-234-4410, ext. 7015. Then press 5 by Tuesday at noon. Dance sponsored by Home Instead Senior Care.

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

Men's Club

Friday, Sept. 8 • 11 a.m.

Guest Speaker is Darrin Plab, two time NCAA High Jump Champion at SIU Carbondale and USA Olympian 1992 Barcelona Spain. Come join this great group of guys. Make your reservation by noon on Thursday the day before. Lunch is \$6.

Lunch Bunch • Eckert's Country Restaurant

Friday, Sept. 1 • 11:30 a.m.

Join us at Eckert's Country Restaurant, 951 S. Green Mount Road in Belleville for lunch. Visit the Country Store after lunch. Call ahead so we can have a seat for everyone!

Breakfast Club • Cracker Barrel, Wednesday

Sept. 6 • 9 a.m.

We hope you'll join us for breakfast at Cracker Barrel, 3160 Green Mount Crossing Drive in Shiloh. Please call ahead so we can save a seat for you!

Dine Around • Cutters Bar & Grill, Tuesday

Sept. 19 • 5 p.m.

Join us at Cutters Bar & Grill, 239 Carlyle Ave., Belleville, IL for great conversation and a relaxing dinner. Call ahead so we can have a seat for everyone!

THE FOLLOWING ACTIVITIES ARE HELD AT THE SHILOH SENIOR CENTER, 7 PARK DR, SHILOH, 62269

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 and maybe have a hot lunch with us before or after you play.

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.

Produce Auction Tuesday, Sept. 19

We head to Shobonier, IL to visit the Central IL Produce Auction in full swing. You will be amazed at the quality of some of the fruit grown by the Amish. Many of the fruits and veggies end up in Chicago at the 4- and 5-star restaurants. Our guide for the day is Norm and he may even have a surprise or two for you! Lunch is included. Cost is \$55. Deadline for reservations is Sept. 5. Depart at 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return around 4 p.m.

Discover Hermann, MO! Wednesday, Sept. 20, 2017

This guided tour of the area will highlight the Living History Farm (a mid-1800's village including horses and farm machinery), a history/city tour, lunch, a "behind the scenes" tour of an apparel factory and one of a meat market, and free time. Cost is \$97 per person. Deadline for reservations is Sept. 1. Depart at 7:30am from the Schnuck's on North Belt West, Belleville. Return around 7 p.m.

Historic Hotels of St. Louis Thursday, Oct. 5, 2017

We have been home to some of the finest hotels in America. Many no longer exist, but the stories remain. We have also witnessed the restoration of some of the landmark hotels. Linda Koenig takes us to the Cheshire Inn, the Chase Park Plaza, the Drury Union Station, the Drury Plaza and the Mayfair Hotels. Come and hear Linda Koenig talk about what makes them world famous! Cost is \$85 per person and includes lunch at Lorenzo's Trattoria. Deadline for reservations is Sept. 18. Depart 8:15am from the Schnuck's on North Belt West, Belleville. Return around 5 p.m.

Christmas at the Symphony Friday, Dec. 15, 2017

One of the best symphonies in the world has a seat with your name on it! We start with lunch at Lucas Park Grill followed by the BEST seats in Powell Hall! Cost is \$115 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. 1. Depart 10:20am from the Schnuck's on North Belt West, Belleville and at 9:45am from the Caseyville Township Center in Fairview Heights. Return around 5:30 p.m. Please state with whom you wish to sit.

SAVE THE DATE!

Sept. 5 - Church Basement Ladies

Dec. 16 - It's a Christmas Mystery!

Visit us online!

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

Puerto Vallarta Jan. 15-22, 2018

Get away from the snow and cold for 8 glorious days! You can sit on the beach and do nothing, enjoy the spa, go sightseeing, play tennis or billiards or racquetball or even Bocce Ball! How about 18 holes at the famous El Tigre Golf Course and Country Club? This 5-star, All-Inclusive resort will keep you busy or let you chill. You decide! Passport must be valid through July 24. Cost is \$2425pp, double, and \$2925 for a single. Includes air from STL and airport transfers. A \$500 (plus insurance) deposit is due at time of reservation. Full due on/before Oct. 27, 2017. Make checks payable to Premier World Discovery. Call Nancy at 618-234-4410, ext. 7020 for a flyer.

Great Canadian Cities June 20-28, 2018

Visit Montreal, Quebec City, Ottawa, Toronto and Niagara Falls. Highlights include Notre Dame Cathedral, a train ride, the 1000 Islands, and Niagara Falls. Your passport must be valid through 30 December 2017. Cost is \$3499pp, double, and \$4349 for a single. Includes air from STL, airport transfers and 11 meals. A \$300 (plus insurance) deposit is due at time of reservations. Full due on/before March 25, 2018. Make checks payable to Premier World Discovery. Call Nancy at 618/234-4410, ext. 7020 for a flyer.

Spanish I & II

TUESDAY SEPT. 12

Beginning Spanish • 9-10 a.m. • Advance Spanish • 10-11 a.m.
\$5 per class

Please call 618-234-4410, ext. 7044 for reservations.

SENIOR TRANSIT EXPRESS PROGRAM

Learn how to use Metro-Link and Public Transit
Groups meet at the SWIC Metro-Link Station
Free box lunch is provided at the end of the trip
Sept. 21, 2017 Busch Stadium

Reservations are required

Call 618-234-4410, ext. 7034

*Sponsored by the St. Clair County Office on Aging
and the St. Clair County Transit District*



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

Your expiration date is on your mailing label.

If you have any questions about your subscription,
please call 618-234-4410, ext. 7032.

To continue receiving the PSOP newsletter, fill out the
attached subscription form and mail with \$6 to:

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

IT'S GREAT TO BE AN AMERICAN! PROJECT RE-RUNWAY'S GRAND FINALE



We'd like to thank our many volunteers who helped make this day a huge success but especially Hospice of Southern Illinois for their unending support and the Kiwanis Club of O'Fallon for sponsoring the musical entertainment for the day.

Mailing prepared by RSVP Volunteers

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