



## PSOP NEWS & UPDATES APRIL, 2022

Recently, Governor Pritzker announced a plan to lift the statewide indoor mask requirement on Monday, February 28. **Effective March 1** masks will be optional in most PSOP spaces like the fitness center, hallways, and common areas. Individuals should have a face covering available and are expected to wear one in a private office or meeting space when requested by the occupant. These mask guidelines are subject to change through guidance provided by CDC, IDPH, and respective local health departments. The college will continue to assess campus, regional, and statewide COVID-19 positivity rates.

### PSOP ACTIVITIES WITH MELISSA AND THERESA:

#### **BIG ANNOUNCEMENT!** We are Back!! **Pinochle, bridge, chess, domino's and...DANCES!!**

Chess - Mondays 10:00 a.m.

Pinochle - Tuesday afternoons at 1:30 p.m. and Thursday mornings at 9:00 a.m.

Bridge - Tuesday mornings at 9:00 a.m.

We are so very excited to announce our first dance in 2 years!

**"YELLOW RIBBON DANCE" with the Country Western Band 10:30 a.m. on Thursday, APRIL 21<sup>st</sup> !!**

Things will be a little different this year. For now, there will not be lunches at the dance. We will have a concession stand with plenty of items to fill you up. You can purchase a hot dog, chips and a soda for \$3.00. almost all snacks and drinks are 50 cents and complimentary coffee is always available. Dances will be just \$1.00 to get in and reservations are still required. We are so excited and can't wait to see you all out on the dance floor again! Boy, we have missed you!

**BINGO** - every Thursday morning at 10 a.m. Bingo is free with a different sponsor every week bringing the prizes. We never know what's going to happen! Please make a reservation.



April 7 Bunny Bingo Cambridge House  
April 14 Kim from Pain Solutions  
April 21 St. Paul's Senior Community  
April 28 Home Instead

May 3 Cinco Bingo! AgeSmart  
May 12 Home Instead  
May 19 Cambridge House  
May 26 Foster Grandparents

### Belleville Area Senior Men's Sports Group - Doubleheader scheduled for Friday, April 8, 2022

**Guest Speakers: Bob Kassebaum** and **Bob Vielweber**, longtime sports group members with ties to the St. Louis Cardinals as highly recognized ushers. Kassebaum began ushering in 2013 and is a two-time winner of the Cardinals Teamwork Award. Vielweber started in 2002 and retired in 2019 after missing just six games in 18 years.

**Meeting time** from 11 a.m. to 1 p.m.      **Attendance prizes** at 12:55 p.m..

Free admission, concessions available although attendees can bring their own drinks (soda, water) and snacks.  
Women are welcome. Reservations: 618-234-4410 Ext. 7042

**NEW PSOP SHILOH GOLF LEAGUE: Fridays** - Beginning April 1st, tee off at 9:00 a.m. Join us at Yorktown Golf Course, 300 Caballeros Blvd, Shiloh. Just \$10.00 to play and \$5.00 for a golf cart. Each golfer will receive a league t-shirt. Nice awards banquet at the end of the year. First Friday of each month will be special prizes and drawings. Register with PSOP Activities 618-234-4410 Ext. 7042 or 7043 and please indicate your shirt size when registering.

**Shiloh Dominos** - Mondays, 10 a.m. Shiloh Community Center #7 Park Drive. Ron is a great host for all the ladies that have a great time in Shiloh playing Dominos.

**Tai Chi** - Tuesday and Wednesday at noon, led by Tai Chi instructor Dolores Gordon. Tai Chi enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai Chi is said to boost mood, strengthen the immune system, improve health and it's cool too. Call Activities to reserve a space, class is limited. Regular Tai Chi is Tuesday, beginner is Wednesday. Each class is an hour long and is \$5. Call 618-244-4410, ext. 7042.

**Knitting and Crochet** - Wednesdays at 9:30 a.m. Bring what you are working on and sit with other knitters and crocheters. They talk and laugh more than they knit!

**Line Dancing** - Wednesdays at 1:30 p.m. Carol Schwartz and her husband, Bob, have been teaching us what wall to face and when to kick up our boots for almost 20 years here at PSOP. Come see why they have such loyal dancers. Cost is \$2.

**Art Group** - Fridays at 9 a.m. Sometimes we have something organized to work on as a group and other times each artist brings what they are working on. If you have a fun craft you like to make and are willing to show others, please call activities and we will have a craft day! We love to see what others are doing and learn how to make it.

**Crafts and Conversation** - Call to see what this month's craft will be and check out the sample by the receptionist desk. Please make sure to reserve a spot so we have enough supplies for everyone.

**Ukulele** - Starts April 1, Fridays, 1:00 p.m. If you had lessons here before, or never tried to play, this group will have you strumming in no time. If you own a ukulele already please bring it with you. If you want to come have a lesson first, we have a few available to learn on. Class size is limited, so please register with Activities: 618-234-4410 Ext. 7042 or 7043.

**Dulcimer** - Friday, May 3 and 10, 1:00 p.m. Class forming to build and play a dulcimer. Call the PSOP Activities office to learn more about this melodic project.

### **Out and About in the Community with Melissa and Theresa**

**Our seniors dining out together has been growing and growing! That's a good problem to have. We are so happy to see new faces joining us but this also makes making a reservation with us really important. Please remember to call Activities 618-234-4410 Ext. 7043 or 7043 to reserve your spot at the table.**

**Breakfast Club**      April 1, 9 a.m., Denny's, 1130 S. Illinois St., Belleville  
They have a great 55+ menu!  
May 17, 9 a.m., Joe and Onie's, 18 E. Main St., Belleville  
Quaint little coffee shop with wonderful biscuits and gravy.

**Lunch Bunch**      April 19, 11:30 a.m., Longhorn Steakhouse, 6115 N. Illinois St., Fairview Heights  
Who loves steak for lunch? We do!  
May 4, 11:30 a.m., Dewey's, 425 Regency Park, O'Fallon  
Join us for unique pizza with toppings such as shaved parmesan, toasted pine nuts and corn salsa.

## Dine Around

April 13, 5 p.m. Fredirico's, 114 N. Main St., Waterloo  
Wonderful dishes as Calamari Frittata, Cod Scampi, Pistachio Crusted tilapia. Bring your appetite!  
May 12, 5 p.m. The Weingarten, 1780 East IL-15, Belleville -  
Relax near the water and enjoy a pretty evening with a glass of wine and the Weingartens specialty items. Stay and enjoy extreme Bingo at 6:00 for free.



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**CARDINAL BASEBALL!!** We have tickets for two games: price includes snacks and charter bus.  
June 10, Friday 7:15 p.m. \$55 Bus leaves Shiloh at 6 p.m. Seats are right field loge playing the Milwaukee Brewers. Each fan receives a Cardinals Jersey. Handicap seats are available.  
August 12, Friday 7:15 PM. \$84 Bus leaves Shiloh at 5:45 p.m. This game is the 40<sup>th</sup> Anniversary of the Cardinals Winning the World Series. Our seats are Right Field Box Seats with handicap seats available. Special ceremony with players and 1982 World Series Jersey give-away! Only 50 tickets available.



**MEMPHIS TRIP LAST CHANCE TO SIGN UP!!** We are **All SHOOK UP** about our newest trip that we just added! If you are an Elvis fan, this trip will get you ready to **SHAKE, RATTLE AND ROLL!** The dates are May 23-27, 2022, Monday-Friday. It won't be **IN THE GHETTO**, but beautiful Memphis, Tennessee. We will tour Graceland, Elvis's Car and Airplane Museum, tour the famous Sun Studio and Memphis Rock and Soul Museum and more... **I CAN'T HELP FALLING IN LOVE** with this price of **\$655!** This will fill up fast so act soon. \$100 deposit and balance due on March 16. We get there on the same day so no enroute **HEARTBREAK HOTEL. DON'T BE CRUEL**, you need to be vaccinated to go on this trip. Your safety is **ALWAYS**

**ON MY MIND.** So, let's have a **LITTLE LESS CONVERSATION** and let's go to Graceland together! Call 618.234.4410, ext. 7042 (Melissa) or 7043 (Theresa) to sign up. Or run up here in your **BLUE SUEDE SHOES!**



Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for a Telecommunication Access Corporation 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 ITAC amplified phone program. For information, call 618-234-4410.

## PSOP BOOK CLUB



April 14 at 10:00 a.m. “The Little Friend”, by Donna Tartt. The discussion leader will be Denise Secret.

May 12 at 10:00 a.m. “The Unmentionable Victorian Lady’s Guide”, by Therese Oneille. The discussion leader will be Marilyn Edmiston.

June - book picks for the upcoming year.

July 14 at 10:00 a.m. “The Immortal Life of Henrietta Lacks”, by Rebecca Skloot. The discussion leader will be Jan Luge.

August 11 at 10:00 a.m. “Murder on the Orient Express”, by Agatha Christie. The discussion leader will be Peg Malec.

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### **IT’S TAX TIME!!**

PSOP will be partnering once again with the AARP Tax Aide Program. The process will be similar to last year at Shiloh. The number is listed below to make an appointment.

#### **TAXES DONE FOR FREE!**

The AARP Tax Aide Program will once again prepare your taxes.

Location: Shiloh Community Center 7 Park Drive

**You must schedule an appointment.**

*To schedule appointment call 618-304-1312 during the following days & times:  
Feb. 1 to April 12 on Tuesday and Thursday from 8:15 a.m. to noon.*

**You may not leave a message on this phone.** The phone will be answered only during the above days and times to schedule an appointment. Please note that demand is great so it may take multiple attempts to connect with scheduler.

### **RESOURCE CENTER**

Staff is available to assist with license plate sticker discount applications (Benefit Access), energy assistance applications (LIHEAP) and Medicare/Medicaid questions/enrollment.

Our monthly senior food box program has resumed. To apply you must be at least 60 years old with monthly income below \$1,396 for individuals or \$1,888 for couples.

Please call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for further information or details or to see if you qualify for these programs.

## **RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)**

Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other non-profit site? Give us a call and we can help match you with a program of interest. Call 618-234-4410 and select ext. 7026 (Connie) or 7036 (Carla).

*Currently, we are looking for volunteers with several organization including St. Clair County Disaster Corps, Collinsville Faith In Action, Anderson Hospital Auxiliary, Belleville Area Humane Society, Project Read (tutor/mentor literacy program – training provided). Let us know if you are interested.*

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## **SENIOR SUPPORT SERVICES AVAILABLE AT PSOP:**

### **Counseling News:**

In the Older Adult and Caregiver Counseling Program, Jodi Gardner, LCSW, and Tanya Koelker, LCPC, are conducting counseling sessions in person, by phone, and virtually. This solution-focused counseling is available for St. Clair County residents over the age of 60, or for caregivers of someone over the age of 60, and is free of charge. Topics include emotional adjustments to life events, aging, caregiving, and community resources. Support groups and programs related to Alzheimer's Disease, Parkinson's Disease, Anxiety, and Caregiving may be restarting soon, but locations and dates are in flux and may require a reservation. Please don't wait to discuss these topics with the counselors! Please contact 618-234-4410, Jodi (ext. 7031) or Tanya (ext. 7039) for counseling appointments and to express any interest in groups and educational programs.

### **New update for the Mindfulness Group:**

The Mindfulness Group, led by Tanya Koelker, LCPC, will plan to meet IN PERSON at PSOP on Wednesday, April 13, 2022! Please contact Tanya at 618-234-4410, ext. 7039 to make a reservation or to learn more about mindful techniques to reduce anxiety.

**ST. CLAIR COUNTY VETERAN'S COMMISSION** – Monday, 9 a.m. – noon, 618-277-0040, by appointment only, (NO AGE REQUIREMENT)

**LAND OF LINCOLN LEGAL ASSISTANCE** – Ages 60 and older - Call Felicia, 618-398-0958 to arrange for an appointment at PSOP on Wednesdays, 9 a.m. to noon

**AGESMART COMMUNITY RESOURCES** – Benefit Access services, along with Medicare assistance – alternating Thursday by appointment with AgeSmart representative April Hausmann. Call April at 618-222-2561 to schedule on alternating Thursday dates.

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## **ATS - ALTERNATIVE TRANSPORTATION SYSTEM**

**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 age 60 and older. You can inquire about the ATS program by calling **618-239-0749**.



# Scam Alert!

## FRAUD PREVENTION WORKSHOP

Wednesday, May 4

9 – 10 a.m. Check-In: 8:45 – 9 a.m.

Seniors have increasingly become the target of scammers! **Suzanne Phegley, Fraud Investigator for FCB Banks and Chairperson of the St. Clair County Elder Justice Council** will discuss: scams and how to spot them, skimming and what to look for and how to spot telephone fraud.

Reservations required and accepted April 18 - 29  
or until capacity reached.

Registered attendees will eligible for attendance prizes.

*This program is co-sponsored by FCB Banks, PSOP and the St. Clair County Office on Aging*





St. Clair County Office on Aging

# St. Clair County Office on Aging

The St. Clair County Office on Aging continues our program offerings while following current COVID protocols to ensure the safety of our clients. **Reservations are required.** To register for any event, call 618.234.4410, Mary (ext. 7034) or Susan (ext. 7044.) We look forward to having you join us!

**JEWELRY MAKING CLASS** – Get ready for Cardinal's Baseball and join us to make a baseball themed bracelet. This would make a great gift for another/yourself or to stick in an Easter basket! **April from Three Sisters Crafts** will teach the group how to make a bracelet using lead crystal and baseball beads. **Wednesday, March 23, 10:30 a.m.** Class cost is \$5 which includes materials. Call to reserve your space.

**TEN TOES REGISTRATION** – Mary Blaies leads this walking program which originates at different scenic locations throughout the county. Registration dates for the spring program: **Tuesdays, March 15 or March 29 from 11 a.m. to 1 p.m. at the Belleville Scheel Street Metrolink Station. Registration fee: \$10.**

**EXERCISE CLASSES** - Tracie Renschen, who has a Master's in Kinesiology, (the study of mechanics of body movement) leads this exercise class to focus on strengthening the various muscles of the body, helping with balance and arthritis. Classes will be held at 201 N. Church St. Belleville on **Tuesdays: from 10:45-11:45 a.m. Check in: 15 minutes before start of class.** Cost is \$3 per class.

**GRIEF SUPPORT GROUP**- Diana Cuddeback, LCSW, with Heartlinks Grief Support Center facilitates this peer grief support group for older adults who have lost a loved one. Grief is difficult. Learning about the grief process and being with others who understand helps! This group meets on the **third Monday of each month from 10-11:30 a.m.** at 201 N. Church St. Belleville.

**FAMILY TIES PROGRAM** - The St. Clair County Office on Aging and Family Hospice are partnering to host a Family Ties Program. We are seeking volunteers interested in making no-sew, tie blankets for patients and loved ones. We provide all materials and instructions. Both the patients and their loved ones find homemade blankets comforting, physically and emotionally. Knowing people care provides a sense of love during a difficult time. Gather a few of your friends or come and make some new ones while working on these blankets! Family Ties sessions are held on the **second and fourth Mondays of the month, from 9:30-11:30 a.m. (No meeting March 14)** at 201 N. Church St. Belleville

**ZUMBA GOLD** at the Swansea Moose, Mary Rose Grant leads this class that keeps you moving and grooving! **Mondays, Wednesdays & Fridays, from 10:30-11:30 a.m.** \$5 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

**BEGINNER LINE DANCING** – Mary Ann Boscarine will resume her class on **Mondays from 12:15-1:45 p.m.** \$3 per class. This Class is held at the Nichols Center, 515 E. D St. Belleville.

**PICKLEBALL** is the latest trend for seniors. This group meets on **Mondays from 9:30-11 a.m. and Wednesdays from 8:30-11 a.m.** at the Nichols Center, 515 E. D St.

**YOGA GOLD** - Certified Instructor Jessica Pollock leads her 60-minute class which offers traditional yoga poses (sitting and standing) and breath work. Sitting in a chair instead of using a yoga mat is an option. **Thursdays, from 10-11 a.m.** three classes for \$25 or \$10 drop in per class. This class is offered at the Nichols Community Center, 515 E. D St., Belleville.

**RIDE FREE METRO PASSES** – Seniors age 65 and above, who live in contributing townships, or are Benefit Access approved clients with approved paperwork can obtain their free metro passes on Tuesday and Thursday from 9 a.m. to noon at the Belleville Scheel Street Metrolink Station. If you need more information, call 618-234-4410, Mary (ext. 7034) or Susan (ext. 7044).

**SENIOR CONGREGATE MEAL PROGRAM** – While we have not received authorization to resume serving on-site meals, we are currently accepting applications for the 2022 congregate meal program. To qualify for a free lunch, you must provide the required documentation and be below the following income guidelines: (1 person - Less than \$2,120/30-day income, two people - less than \$2,873/30 day income). Contact our office to obtain an application.

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The Senior Companion Program seeks to improve lives, strengthens communities and fosters civic engagement through service and volunteering exclusively as caregivers for other older adults. In particular, the Senior Companion Program has been recognized as an important program that helps to “bridge the gaps of geriatric care,” by meeting the nonmedical needs of older adults through assistance provided by other older adult volunteers. This program has been designed to help older adults maintain independence and prevent feelings of loneliness and social isolation, through instrumental activities of daily living, companionship, and caregiver respite.

Senior Companions are carefully screened and receive on-going training to assure quality service and a rewarding volunteer experience. Each Senior Companion volunteer provides 15 - 40 hours of service each week and they typically serve two to four clients. The scheduled time spent with clients allows for one-on-one care while building strong, stabilizing bonds of friendship creating the opportunity for reciprocal benefits. Clients receive in-home friendly visits with planned daily activities including: emotional support, engaging in mental and physical stimulation (e.g., doing puzzles, arm chair exercises), meal preparation, light housekeeping, and escort to doctors’ appointments. Caregivers receive Senior Companion respite care providing time to run errands, take care of personal needs while aiding their frail loved one to age in place.

As you age friendships may become even more important. Good relationships keep us not only happy, but healthy. For those who are homebound and socially isolated, call the SWIC Senior Companion Office at 618-234-4410 to see how you can get started on improving your health by having a Companion.



## PSOP TRAVEL PROGRAM

The day trip registration form is on the last page.

### Travel & Activities Day Trip Reservation/Cancellation Policy

If a cancellation is received after the reservation deadline and a replacement is found, then a 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 non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control.

### Skyscraper Tour of Downtown STL

**Wednesday, June 8, 2022**

From Louis Sullivan's first skyscraper, that is lavish with terra cotta ornament, to the streamlined International style high-rises that soar into the clouds, this WALKING TOUR will explore the evolution of the American skyscraper as shown in the skyline of Downtown St. Louis. Highlighting Art Deco skyscrapers as well as Post-Modern design. There will be opportunities to enjoy streetscapes, views looking up from the sidewalk, and looking out from the top floors. Celebrate this extraordinary architectural heritage with historian and guide NiNi Harris, author of "*Downtown St. Louis.*" **Cost is \$79** and includes services of NiNi, lunch at Hotel St Louis, fees, and r/t Metro train tickets (cost is \$74 if you supply your own Metro pass). **Deadline for reservations is May 13<sup>th</sup>.**

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### What's New in St Lou #1

**Tuesday, August 30, 2022**

What is old is new again, and Joan Huisinga will show us what is New in the Lou! This mystery trip will surprise you and delight you. **Cost is \$81** per person and includes entrance fees and services of Joan. A lunch stop (on your own) will be made. **Deadline for reservations is August 5.**

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### Mount Rushmore, Yellowstone, and Western Frontiers, Aug. 3-11, 2022

We hit the highlights of north Wyoming and the western part of South Dakota. **Cost is \$4,349** per person, double. **Full payment due on/before May 10, 2022.** Price includes air from STL, 12 meals, travel insurance, sights as per itinerary, and hotel. Contact Nancy for a flyer.

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### The Cards play in Milwaukee

**September 27-29, 2022**

Included are 3 meals, 2 nights hotel, tour the Pabst Mansion, tour the Harley Davidson Museum, visit the Basilica of St. Josaphat, and tickets for 2 Cards vs Brewers games! **Cost is \$1139** for a single, \$989pp for a double, \$939pp for a triple, and \$945pp for a quad. **Full payment is due on/before 11 July 2022.** Call Nancy for a flyer!

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### **The American Riviera, Nov. 6-12, 2022**

The Reagan Library, Beverly Hills, Hearst Castle, winery, Rodeo Drive and the Pacific Coast Highway, Santa Barbara, Malibu, Santa Monica, the Queen Mary, and much more! **Cost is \$3999** per person, double. **Full payment due on/before** August 16, 2022. Price includes air from STL, 9 meals, travel insurance, sights as per itinerary, and hotels. Contact Nancy for a flyer.

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### **Treasure Island, Florida and beyond!**

#### **January 29 - February 5, 2023**

It may be snowy in St Louis, but the soft, white beach is calling! Spend 8 days enjoying the weather and excursions to Tarpon Springs, Clearwater Beach, Sarasota, and St Petersburg, for museums and historic houses, all included in the cost of your trip. Also included are 9 meals, air from St. Louis, resort with stunning beachfront views and great amenities. **Pricing begins at \$2249.** Full payment due in September 2022. Call Nancy for a flyer!

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**IN THE WORKS:** July 4<sup>th</sup> Fireworks Cruise  
Cruise in October/November 2023

Questions? Call Nancy at 618-234-4410, ext. 7020, or email [Nancy.Bauer@SWIC.edu](mailto:Nancy.Bauer@SWIC.edu)

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## **COMPUTER CLASSES AT PSOP**

**SPRING, 2022**



**Computer Protection:** Join this class for explanations and hands-on usage of applications to help protect your computer from hackers. Instructor: Gene Busekrus / Cost: \$30 / Thursdays, (four weeks), May 5-26, 1-3 p.m.

**Word Basics:** Join this class for explanations and hands-on usage of Microsoft Word basic features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus / Cost: \$30 / Tuesdays, (four weeks), May 3-24, 1-3 p.m.

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or [Carla.boswell@swic.edu](mailto:Carla.boswell@swic.edu). All classes MUST be registered for AND paid for in advance. Payment MUST be received at least two weeks prior to the start date of class. REGISTRATIONS WILL NOT BE CONSIDERED TO BE COMPLETE UNTIL PAYMENT IS RECEIVED. No refunds will be issued within one week of the class start date unless a wait list exists to fill the spot created by a cancellation. In the event a refund is issued, a \$5 processing fee will be held back from the amount paid. Please make checks payable to PSOP SeniorLink and mail to the attention of: Carla Boswell, PSOP, 201 N. Church St., Belleville, IL 62220

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NOTE: If you have questions about PSOP newsletter or 'Enews', please call 618-234-4410, ext. 7036.

To remove yourself from receiving the PSOP emails, send an email request to [carla.boswell@swic.edu](mailto:carla.boswell@swic.edu).



**Travel & Activities Day Trip Reservation/Cancellation Policy**

If a cancellation is received after the reservation deadline and a replacement is found, then a 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 non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control. Due to COVID 19, restrictions such as limiting the amount of people, the wearing of masks, or proof of vaccine, may be required. This is an on-going situation we are monitoring. You will be required to sign a waiver in order to participate. Failure to sign is not an excuse to refund the monies paid.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State/Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ e-mail \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**Trip #1** \_\_\_\_\_

Trip	Date	Price	Pick Up Point
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**Trip #2** \_\_\_\_\_

Trip	Date	Price	Pick Up Point
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Going with \_\_\_\_\_

MAKE CHECK PAYABLE TO: **SWIC** (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK TO: SWIC Travel Dept., 201 N. Church Street, Belleville, IL 62220

THIS FORM FOR DAY TRIPS ONLY



201 N. Church St.  
Belleville, IL 62220

Programs and Services  
for Older Persons

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# PSOP

## N e w s l e t t e r

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