

January



2020

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

ALTERNATIVE TRANSPORTATION SYSTEMS

YOUR transportation option!

**Call: 618-239-0749, Option 2,
for more information!**



**ADA passenger, James Morgan, enjoys the opportunities
afforded him through ATS.**

Elderly Riders:

60+ Years old and live in Belleville, Stookey, or St. Clair Township.

Must be Ambulatory, no wheelchairs or walkers, and able to walk without assistance.

American with Disability Act (ADA) Riders:

No age limitation but must live in the St Clair County Area & submit a application to Metro Assessment Center.

CHECK OUT OUR NEW SERVICES!

MidAmerica Shuttle

Bus service provides a link between Metrolink & MidAmerica St. Louis Airport.

Fares \$3 per passenger one-way trip (Cash Only)

Departs every top of the hour from Shiloh Scott Metrolink Station and bottom of the hour from the Mid America Airport.

SCCTD Flyer

Door to transit service or vice-versa with access to four Metrolink Stations (5th and Missouri, Emerson Park, Washington Park and JJK). Similar to ride-hailing services, riders are able to request a ride anywhere in East St. Louis City Limits to one of the four MetroLink Stations and connect with the rail or bus services.

Fares can be purchased at the following locations:

East St. Louis Township Building, 6755 State St.
East St. Louis, IL 62201

Gateway Market, 2511 State St.
East St. Louis IL, 62205

Neighbors Marketplace, 1001 N 15th St.
East St. Louis, IL 62205

A Quick Bite, Belleville MetroLink Station,
718 Scheel St. Belleville IL, 62220

• A NOTE FROM THE DIRECTOR •

Happy New Year!

I have just a few thoughts to share:

I wanted to ask for your assistance. Starting with this new year, there will be baskets in various locations around PSOP with blank name tags for your use. Please help us to address you by your name by taking advantage of wearing one when you visit for whatever reason. We love that you know and use our names (it's easy because we wear our nametags!) We'd love to address you by the name you'd like to be called, too; help us out by wearing a nametag, too!

In the December issue, I talked about my yearly theme and mentioned that the theme for 2019 was to simply SMILE!

For 2020, I'd like to invite you to be a part of our theme. This year's theme is **"Be a Friend!"** Please join us in reaching out to others, including those who may not be as easy, for whatever reason, to reach out to. YES, please Be a Friend to those you meet at PSOP! But I encourage you to go an extra step and Be a Friend to someone who has no one. Make a phone call. Stop by for a visit. Send a card.

Be a Friend!

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'"

~C.S. Lewis

With peace & friendship,
Cheryl

AFFORDABLE SENIOR HOUSING

Rent-subsidized, affordable housing apartments available for qualified adults 62 and older.

- Onsite maintenance
- Comfortable common areas
- Controlled access
- Diverse activity calendar
- Wellness program
- Pastoral care

7245 Westfield Plaza Dr. ®
Belleville, IL 62223
618-233-5506



**WESTFIELD
MANOR**
LUTHERAN SENIOR SERVICES



Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"

Start the year off right by making an impact in your community.

MLK Day of Service – Jan.20, 2020

Americans across the country, from all walks of life, come together to serve neighbors and communities to mark the MLK Day of Service. The president's national call to service is to make this a "day on, not a day off." Help us move closer to Dr. King's vision of a "Beloved Community" by supporting the Senior Corps program's Warm Clothing and Food Drive. Join the RSVP, Foster Grandparent and Senior Companion Programs in the fight against hunger and cold temperatures. Participate in the MLK Day of Remembrance and Service by donating

nonperishable food and gently used or new hats, gloves, scarves, coats and shoes for needy families right here in our community. You are welcomed to drop off your donations at PSOP during the month of January.

Call 618-234-4410, ext. 7036 with any questions you may have.



AARP Driver's Safety Class

WED. & THURS., APRIL 22 & 23*

THURS. & FRI., JUNE 18 & 19*

TUES. & WED., OCT. 27 & 28**

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.

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 most months at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

PSOP 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.

SENIOR FOOD BOXES

PSOP partners 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 Aid 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. to noon • By appointment only

Call Felicia at her Land of Lincoln Legal Aid office at 618-398-0958 to arrange for an appointment at PSOP.

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

Nurse Available at PSOP!

June Gagen, 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.

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.

GRIEF SUPPORT GROUP

Mondays, January • 10-11:30 a.m.

PSOP • 201 N. Church St.

Call 618-234-4410, ext. 7044 for more information.

*Sponsored by St. Clair County Office on Aging
and the St. Clair County 708 Mental Health Board*

**Proceeds from our aluminum cans
recycling efforts will be added to the
SWIC-PSOP Scholarship!**
PLEASE RECYCLE. BE A FRIEND!

JANUARY 2020

Metro Pass Location

PERMANENT LOCATION

Belleville Metro Station,
718 Scheel St., Belleville.
Tuesdays & Thursdays,
9 a.m. to noon.

Questions? Please call:
618-628-8090

- **RENEW YOUR NEWSLETTER SUBSCRIPTION AT LEAST ONE MONTH BEFORE YOUR EXPIRATION DATE (ON YOUR MAILING LABEL)**

- **CHANGE YOUR ADDRESS IF YOU MOVE**

- **YOU CAN ACCESS THIS NEWSLETTER BY GOING TO: WWW.SWIC.EDU/PSOP-NEWSLETTER**

PSOP RECYCLES:

Aluminum cans
(supports SWIC-PSOP Scholarship)

Cellphones
(supports Cellphones
for Soldiers)

Old shoes
(Waterman Project)

Monday

COUNTRY WESTERN BAND

2 – No Dance
9 – Moose
16 – Okawville
23 – Mascoutah
30 – Collinsville

6 **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.

13 **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.
Parkinson's Support Group, 1:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

20

CLOSED
Martin Luther King Jr. Day

27 **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.

Tuesday

RSVP ORCHESTRA

1 – No Dance
8 – Okawville
15 – Belleville
22 – Granite City
29 – Collinsville

7 **Bridge**, 8:30-11:30 a.m.
Lunch & Learn,
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, 5:45-8:30 p.m.
at the Nichols Center

14 **Bridge**, 8:30-11:30 a.m.
Lunch and Table Games,
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.
Alzheimer's Caregiver Support,
2:30-4 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

21 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with the Doc,
10 a.m. - 1:30 p.m.
Lunch Bunch, Zapata's, 4660 N. Illinois
St. in Fairview Heights, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

28 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch and Table Games,
10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
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 CLOSED New Year's Day		2 Pinochle , 9-11:30 a.m. Lunch & Table Games , 10-11:30 a.m. Exercise , noon - 1 p.m. Hand & Foot , 1:30-3:30 p.m. Ukulele lessons , The Abbey, 3:30 p.m.	3 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
8 Crochet/Basic Knitting , 9-11:30 a.m. Mindfulness Strategies , 10 a.m. Breakfast Club , St. Louis Bread Company, 5917 N. Illinois St. in Fairview Heights, 9 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		9 Pinochle , 9-11:30 a.m. Book Discussion , 10 a.m. Travelogue , 11 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. Ukulele lessons , The Abbey, 3:30 p.m.	10 Art , 9-11:30 a.m. Men's Club , 10 a.m. - 2 p.m. Canasta , 12:30-3:30 p.m.
15 Crochet/Basic Knitting , 9-11:30 a.m. Dance, "Wear My Hat" , 10:30 a.m. - 2 p.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		16 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. Ukulele lessons , The Abbey, 3:30 p.m.	17 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
22 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		23 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. Ukulele lessons , The Abbey, 3:30 p.m.	24 Art , 9-11:30 a.m. Canasta , 12:30-3:30 p.m.
29 Crochet/Basic Knitting , 9-11:30 a.m. Line Dancing , 1:30-3 p.m. Dine Around , 54th Street Grill and Bar, 3140 Green Mount Crossing Dr. in Shiloh, 5 p.m. SHILOH SENIOR CENTER Pinochle/Card Games , 10 a.m.		30 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. Ukulele lessons , The Abbey, 3:30 p.m.	31 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 - 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

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

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

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

Doris A., Frances D., Milly K. and Rose M.

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

Dec. 11, 2019

2020 Dates: Feb. 11, April 8, June 10, Aug. 12, Oct. 14, Dec. 9.

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. **Real ID's are not available at this site.**

An identification card can be obtained for \$20; however, if you are age 65 and older you may obtain a free, non-expiring State of Illinois photo ID card.

Drivers age 75 and older are required to take a driving test to renew their driver's licenses.

All payments must be by checks or credit cards; cash will NOT be accepted.

Appointments required for all services.

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

Mobile Unit Hours: 10 a.m. - 1:30 p.m.

Please call 618-234-4410: Jean Ellen (ext. 7021) Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.

RSVP

Start the New Year with the gift that keeps on giving – yourself.

- St. Clair County State's Attorney's Office is hoping to find a special advocate or two to help as Victims and Witness Assistants, as well as some other duties. Background check required but covered by SCCSAO.
- King's Closet Thrift Shop in Lebanon has a quest of helpers in all areas of the shop. There are several sectors: Women's, Men's, Children's, Toys and Household just to mention some of the areas that need support. Great place for wonderful treasures.
- Collinsville's Unity Hospice is reaching out for volunteers to help with patient visits and as clerical support. Days and hours vary. Background check required but covered by Unity.
- Belleville's Community Inter-Faith Food Pantry is searching for one or two volunteers to assist with data input for the pantry's guest visit tracking program. One and a half hours per day (for Mon., Tues., Thurs. & Sat.) Times and days are flexible.
- Cahokia Mounds in Collinsville is seeking additional volunteer support. Several opportunities: Greeters, Gallery Guides and Information Desk. This is a World Heritage site. Enjoy history – you will love this museum? We are lucky to have this gem right here in Southern Illinois! Days and Shifts vary. (Closed Mondays & Tuesdays for the winter)
- St. Clair County Medical Reserve Corps is in need of both medical and non-medical volunteers to support their mission. In the event of a disaster, volunteers will be utilized for crowd control, clerical aides, registration and communications, as well as a number of other tasks that may be needed during an emergency. Background check required but provided by SCCMRC.
- Tax Aide Preparers and Telephone Reservationists for AARP Tax Aide are needed to do taxes and take tax appointment reservations starting in late January, 2020. Work station at PSOP Auditorium - Mornings shifts. Call or email for available dates.
- Volunteer opportunities abound at BEACON of Belleville –Support is needed for both telephone client intake and occasional clerical tasks: mailings, copies, and data entry.
- The Madison County Veterans' Commission (VAC) is seeking volunteer mentors to act in the role of a coach, guide, role model, advocate, and support for Justice Involved Veterans. The mentors will support individual Veterans as the person goes through the court process. How about giving back to those who have given so much to our country? The cemetery project is another area that support is needed; consider restoring veterans' headstones as a way to honor men and women who serviced in the military.

For information on any of the above-mentioned assignments please contact Pat Etling at 618-234-4410, ext. 7012. Your dream volunteer situation is waiting for you!

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.

Do you know what a Trump or a Dummy is? Have you played bridge but haven't played for a while? Come join our Bridge Players on Tuesday mornings!

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

Jan 7 = Lunch & Learn 10 a.m. – 1:30 p.m.

Jan 14 = Lunch & Table Games, 10 a.m. – 1:30 p.m.

Jan 21 = Lunch with the Doc, 10 a.m. – 1:30 p.m.

Jan 28 = Lunch & Table Games, 10 a.m. – 1:30 p.m.

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

Come join this lively group who enjoy a good game of cards.

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

Warm up with some line dancing. Great people and awesome instructors will have you doing a happy dance all over the dance floor. \$2 per session.

Book Discussion Group • Jan. 9 • 10 a.m.

"Mrs. Everything" by Jennifer Weiner is this month's book selection. The discussion leader is **Gail Taylor**.

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

Jan. 2 – Lunch and Table Games

Jan. 9 – Lunch and Table Games

Jan. 16 – Lunch and Table Games

Jan. 23 – Lunch and Table Games

Jan. 30 – Lunch and Table Games

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw, and share your ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

"Wear My Hat" Dance • Wednesday, Jan. 15, 10:30 a.m. – 2 p.m. Feurer Hall - PSOP

Jan. 15 is National Hat Day so get out your favorite hat and wear it to the dance! We hope to see all kinds of hats: baseball, beanies, hard hats, sun bonnets, cowboy, fedora and silly hats! We'll dance to the music of the RSVP Orchestra in Belleville. Enjoy lunch for \$5. Please make your reservation by noon on Jan. 14. Call 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**

Men's Club • Friday, Jan. 10, 11:30 a.m.

Guest speaker will be Lyle Reuss, former baseball coach at Cahokia High School (1973-79) and St. Louis University (1979-83), and John Duncan, former Billikens' baseball player and minor league catcher-first baseman (1982-86) with the Seattle Mariners; inducted into the SLU Athletic Hall of Fame in 1995 and into the Belleville Hilgards American Legion Baseball Hall of Fame in 2004. Please make reservations for lunch by noon the day before. Lunch is \$6.

Breakfast Club • Wednesday, Jan. 8, 9 a.m.

Join us at the St. Louis Bread Company, 5917 N. Illinois St. in Fairview Heights for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Tuesday, Jan. 21, 11:30 a.m.

This month we're meeting at Zapata's, 4660 N. Illinois St. in Fairview Heights. Please call for reservations so we can have a seat saved just for you!

Dine Around • Wednesday, January 29, 5:00 p.m.

Meet us at 54th Street Grill and Bar, 3140 Green Mount Crossing Drive in Shiloh. Please call Activities to let us know you are dining with us!

*"There's not a word yet for old friends
who've just met."*

- Jim Henson

Ukulele lessons at the Abbey • Thursdays 3:30-5p.m.

Never too old to learn new tricks! We had such a good time sitting in the quaint coffee shop listening to the ukuleles play that we asked the group to teach us! Lessons are free. We just ask that you purchase a refreshment while you are there. Come sit by the fire and learn something new! Class is limited. Please call Activities ext. 7016 to reserve your spot. The Abbey is located at 5801 W. Main St. in Belleville.

TRIPS

Travelogue • Thursday, Jan. 9, 2020

Join us to learn more about the trip to Ecuador and the Galapagos. Presentation begins at 11 a.m. at PSOP. Call Nancy and let her save you a seat! In case of bad weather and/or the college is closed, presentation will be held at the same time on Monday, Jan. 13. We will also discuss the Iceland trip, if there is still space available.

Iceland Explorer • June 3-9, 2020

Experience 24 hours of sun and be the envy of your friends! Tour the Golden Circle with its many waterfalls. See the Skogar Folk Museum, Viking ships, hot springs and mud pots. Perhaps take a swim in the world-famous Blue Lagoon, known for its therapeutic waters. Cost is \$4,739 per person, double. Included is air, airport transfers, travel insurance, eight meals, and five nights in one hotel. Full payment due on/before March 5. Call Nancy for a flyer.

Carousing with Clydesdales • Thursday, July 23, 2020

After a delicious BBQ buffet at an award-winning winery overlooking the Missouri bluffs, we will head to Warm Springs Ranch to tour the world-famous Clydesdales facility. (This breed of horse originated in Clydesdale, a county in Scotland). The ranch is renowned for its breeding and initial training of these majestic animals. Guests will experience the opportunity to socialize, nuzzle, and enjoy photo opts. There are over 100 regal horses on the property. We may see a future Budweiser star! Cost is \$113 per person and includes motorcoach, lunch, fees, a post tour surprise, and the services of step-on guide Joan Huisinga. Reservation deadline is April 9. Reservations may not be available after deadline date.

Ecuador & Galapagos Islands Cruise Sept. 29 to Oct. 6, 2020

This once-in-a-lifetime trip is calling you! The itinerary, the animals, and the scenery are spectacular! This 4.5-star ship holds only 100 passengers so get your deposit in ASAP. Prices start at \$7,555 per person, double, for a cabin with two portholes. For a Panoramic Window, cost is \$7,855 per person, double. A balcony room is \$8,355 per person, double. Not suggested for anyone using a walker or wheelchair. Call Nancy for a flyer.

HOLD THESE DATES:

- April 29 and April 30 (same trip, 2 dates)
for a walking tour of SLU
- Fall 2020 for a California Coast tour

For information on any of these TRIPS below, please contact
Nancy Bauer @ 234-4410, Ext. 7020.

**Travelogue • Iceland Explorer
Carousing with Clydesdales
Ecuador & Galapagos Islands Cruise**

Look for us on the web at www.swic.edu/psop

COMPUTER CLASSES AT PSOP WINTER – SPRING 2020

Beginning Computer: This one-day class will cover the basics of how to use a computer and what you can do with it. **Instructor:** Gene Busekrus / **Cost:** \$10 **SECTION 1:** Wednesday, Jan. 22, 2020 / 1-3 p.m. / **SECTION 2:** Monday, March 16, 2020 / 1-3 p.m.

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 / Thursday, (4 weeks), Jan. 23 – Feb. 13, 2020 / 1-3 p.m.

Excel Basics: Participation in this basic class will provide you with explanations and hands-on usage of Microsoft Excel basic features. Techniques and practical uses for Excel spreadsheets will also be covered. Advanced features will not be covered in this class. **Instructor:** Gene Busekrus / **Cost:** \$30 / Tuesday, (4 weeks), Feb. 11 – March 3, 2020 / 1-3 p.m.

iMac Basics: This class will provide explanations and hands-on usage of iMac or MacBook applications and features developed by Apple. Techniques and best practices for working with the computer will also be covered. Applications installed after the purchase of the iMac or MacBook will NOT be covered. **Instructor:** Gene Busekrus / **Cost:** \$30 / Wednesday, (4 weeks), March 18 – April 8, 2020 / 1-3 p.m.

Windows 10 Basics: This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 10 during this class. NOTE: Applications installed after the purchase of the computer will not be covered. **Instructor:** Gene Busekrus / **Cost:** \$40 / **SECTION 1:** Monday, (6 weeks) Jan. 27 – March 2, 2020 / 1-3 p.m. / **SECTION 2:** Tuesday, (6 weeks) April 14 – May 19, 2020 / 1-3 p.m. (CLOSED – WAITLIST ONLY!)

Answers with Andy: How do I turn this thing on? What is Facebook? What is Virtual Reality? Why should I protect my computer? Have questions about your computer? Join Andy for drop-in opportunities to get your questions answered! **Instructor:** Andy Kniffin / **Cost:** FREE Feb. 20, March 4, March 23, April 7, 2020 / 10 a.m. – noon (attend one or all four – no registration needed for these sessions only!)

NEW CLASS! 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 / **Thursday, (4 weeks), April 9 – 30, 2020 / 1-3 p.m.**

Please call or email Cheryl to register for above classes:
618-234-4410, ext. 7023 or cheryl.brunsmann@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:

Cheryl Brunsmann, PSOP, 201 N. Church St., Belleville, IL 62220



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.**

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**If you go looking for a
friend, you're going to
find they're very scarce.
If you go out to be a
friend, you'll find them
everywhere."**

– Zig Ziglar

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