



## PSOP NEWS & UPDATES JUNE, 2022

Masks are 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 will be closed on June 20 in observance of Juneteenth, Emancipation Day.

**What is Juneteenth?** On June 19, 1865, two and a half years after Lincoln's Emancipation Proclamation on Jan. 1, 1863, Major General Gordon Granger and Union soldiers announced in Galveston, Texas that the war had ended and all Black Americans who were held in slavery were free. Juneteenth began as a celebration for freed Black Americans in Texas, but eventually grew to be a celebration for all freed Black Americans throughout the United States.

**Why is Juneteenth important?** Juneteenth marks a date of significance in American history and represents the ways in which freedom for Black people have been delayed. It is a reminder that "nobody is free until everybody is free". It should be celebrated as the day when all Americans were liberated and created equal. It should be a day to reflect, to learn, and to grow as a nation and as a people.



### **SENIOR DIVA DAY!**

Be a diva, grab your friends and spend the morning exploring, shopping and dining along East Main Street in Belleville!

Tickets are **\$10** and include:

A passport to get stamped at various stops to qualify for prizes.

Special prize for best dressed in rainbow theme!

Lunch - pizza and salad from Bennies Pizza.

A Discount Coupon book

Check in at 10 a.m. at Joe and Onies or Sugar High

(Both locations will be offering breakfast specials for purchase)

Lunch and prize drawings at Bennie's Pizza at Noon.

To purchase your tickets, call: 618-234-4410

Susan (ext. 7044) Mary (ext. 7034) Melissa (ext. 7042) or Theresa (ext.7043)

## PSOP ACTIVITIES WITH MELISSA AND THERESA:

Join, sign up, participate! We have so much going on, something for everyone. No matter what you are participating in, whether you are joining us for breakfast or out on the Golf Course, please register! 618-234-4410, ext.7042 (Melissa) or 7043 (Theresa). Thank you and see you soon!

**NEW PSOP SHILOH GOLF LEAGUE:** Tee off on Fridays at 9 a.m. You do not have to play every Friday to be in this league. Join us at Yorktown Golf Course, 300 Caballeros Blvd, Shiloh. Just \$10 to play and \$5 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.

**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! Concession stand available.

June 2	Theme Bingo-Cardinals Baseball Bingo (wear red and show your love for the Cardinals) sponsored by Hospice of Southern Illinois with Lisa
June 9	St. Clair County Office on Aging
June 16	Cambridge House
June 23	Neuropathy and Pain Solutions
June 30	No Bingo- Chattanooga Choo Choo Dance with Country Western Band
July 7	Themed Bingo- Red, White and Blue Bingo with Cambridge House
July 14	Knollwood
July 21	Essence
July 28	NO BINGO - Splish, Splash Dance in Shiloh with the Country Western Band

### Here at PSOP:

**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 crochets. 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.

**Ukulele**- Fridays, 1 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 has 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.

## Dances at PSOP:

Those were VERY happy tears you saw at our first dance. It made our hearts so happy to have music and dancing again!! Dances in Belleville and Shiloh are \$1 entrance fee and start at 10:30 a.m. Doors open at 9:30. In Belleville, a concession stand is available with the best hotdogs you have ever had and plenty of snacks to go with it. In Shiloh, it is VERY important to register for the dance because there will be a hot lunch provided for a donation. Call 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa) for reservations.

June 8 Shiloh- RSVP Orchestra- "Crazy for Cardinals" Dance  
Menu: Cheeseburger on pretzel bun, O'Brien potatoes, mac and cheese, fruit, milk

June 30 Belleville-Country Western Band- "Chattanooga Choo Choo" Dance (concession stand)

July 6 Belleville- RSVP Orchestra- "God Bless the USA" (concession stand)

July 28 Shiloh- Country Western Band- "Splish, Splash" Dance  
Menu: Seafood Tetrazzini, breadsticks, peas, carrots, watermelon, milk

August 3 Shiloh-Orchestra- "Flamingo Fling"  
Menu: Chicken breast, pasta with pink sauce, Scandinavian veggies, fruit, milk

August 25 Belleville Country Western Band- "Barn Dance" (Concession stand)

## 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. 7042 or 7043 to reserve your spot at the table.

**Breakfast Club** - June 22, Wednesday, 9 a.m. -**Sunrise Pancake House**- Join us in Millstadt for a real country breakfast and some awesome pancakes. Located just off of Illinois 158 at 548 E. Washington, Millstadt.

**Lunch Bunch** -June 14, Tuesday, 11:30 a.m. Take a little drive and join us at **Mascoutah Steak House** for a great ribeye sandwich and spinach bisque. They have unique sides and even some German dishes. They're located at 1415 McKinley St., Mascoutah, IL 62258. Make sure you are on the reservation list for this one!

**Dine Around** - June 6, Monday, 11:30 a.m. We are going to try this one again since we were so disappointed when we got cancelled for snow the first time. Join us at the **Horseshoe**. It's known for their signature Horseshoe sandwich-2 pieces of Texas toast, 2 quarter pound angus beef burgers, shoestring fries covered with Monterey Jack cheese sauce! Horseshoe is located off the service road 950 Talon Drive.

**Breakfast Club**- July 8, Friday, 9 a.m. **Bob Evans** is the place for breakfast this month. We will meet for coffee and a great senior breakfast or some banana berry pancakes. Located at 10 Ludwig Drive in Fairview Heights.

**Lunch Bunch**- July 19, Tuesday, 11:30 a.m. We discovered a great cowboy place! **Colton's** a Rustic restaurant with great steaks like the Hawaiian ribeye, smoked salmon dip appetizer and cowboy burgers. Located next to White Castle near Porters in Collinsville, 5 Eastport Plaza 62234.

**Dine Around**- July 27, Wednesday, 5 p.m. July has us in the mood for some barbeque ribs, frog legs, street tacos, and a wonderful pulled pork sandwich called the Big Swine! So of course, we need to go to **Smokin K's**. Located in the little strip mall on the left as you enter Millstadt from Belleville.

**Cardinals Baseball Game-** We sold out so quickly that we had to get another bus and 50 more tickets for this special Cardinals Game! For just \$84 you will ride a private motor coach to the stadium, have a hot dog, chips and drink and have a seat in Right Field Box seats. The game is Friday night, Aug. 12, at 7:15 p.m. Bus will leave at 5:30 p.m. This is a special Anniversary game of winning the World Series and attendants will receive a replica jersey. Call Activities so we can “take you out to the ballgame...” 618-234-4410, ext.7042 or 7043.

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**Fall Foliage Trip - Lancaster and Gettysburg- Oct. 23-29.** Enjoy the fall leaves and going through beautiful scenic Pennsylvania. Enjoy the simple things as we visit an Amish Community. Have you ever been to Branson for the Sight and Sound Theater? We are going to the original one to experience one of the most legendary Bible stories as it comes to life in this brand-new production of “David”. Civil war buffs will enjoy a tour through Gettysburg Park and the 22,000-square-foot visitors center and their amazing Cyclorama attraction. We will spend a day touring Philadelphia. Some of the highlights include: Independence Hall, Betsy Ross’s House, the Mint, the Federal Reserve, Penn’s Landing, the Liberty Bell and more. We will take a run up the “Rocky” steps and take a great photo at the top! And on the way home, of course we will stop at Hershey! Price is \$755 double occupancy. This trip is almost full.



### **BACK BY POPULAR DEMAND!!!**

**AARP Smart Driver Class** - Safer driving may save you \$\$\$.

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

When: **June 13 and 14, 2022 12 - 4 p.m.** You must attend both days.

Where: at PSOP - 201 N. Church St., Belleville, IL 62220

Cost: \$20 for AARP members and \$25 for non-members

Call 618-234-4410, ext. 7036 to sign-up and receive additional information. Class space is limited.



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. Call 618-234-4410.

## PSOP BOOK CLUB



June 9 at 10 a.m. “The Immortal Life of Henrietta Lacks,” by Rebecca Skloot. The discussion leader will be Jan Lugge.

July 14 at 10 a.m. Book selections for the upcoming year.

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

### 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.

### **A Matter of Balance “FREE” Workshop**

This free workshop will help you:

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers

8-week course: Mondays, June 13 – July 25, 2022 1-3 p.m.

To register, call 618-234-4410, ext. 7035

**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.

**SENIOR SUPPORT SERVICES AVAILABLE AT PSOP:** In the Older Adult and Caregiver Counseling Program, Jodi Gardner, LCSW, and Tanya Koelker, LCPC, offer counseling services 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 and changes, aging, caregiving, and community resources. Please don't wait to discuss these topics with a counselor! Please contact Jodi 618-234-4410 (ext. 7031) or Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

## **Counseling Group Meeting Updates:**

**The Mindfulness Group**, which teaches techniques for reducing stress and anxiety, will meet in person on the **SECOND WEDNESDAY** of most months, including June 8. Don't forget to save the special date of Friday, July 15 (no meeting on July 13) for *Yoga with Edna*. Please contact Tanya at 618-234-4410, ext. 7039, for all meeting details and to make a required reservation for either date.

**The Parkinson's Support Group**, for anyone affected by Parkinson's Disease, will meet in person on the **THIRD MONDAY** of most months, at 1:30 p.m., in PSOP's Feurer Hall. There will be **NO JUNE MEETING** due to the Juneteenth holiday celebrated on June 20, as PSOP is closed. The next meeting will be held Monday, July 19, at 1:30 p.m. In addition, a Parkinson's Caregiver Meeting will be held in person on the **THIRD TUESDAY** of most months, including on June 21, at Belleville Health and Sports Center, at 11 a.m. Please contact Jodi at 618-234-4410, ext. 7031, for meeting details and for any support and educational material related to Parkinson's disease or caregiving for someone with PD.

**An Alzheimer's Association Caregiver Support Group** is meeting at another location. Please contact Jodi at 618-234-4410, ext. 7031, for meeting information, and for any support and educational material related to Alzheimer's disease or caregiving for someone with AD.



## **COMPUTER CLASSES AT PSOP**

**Beginning Computers:** 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 (1 day)

**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: This class is highly encouraged as a prerequisite for the following computer classes. Applications installed after the purchase of the computer will not be covered. Instructor: Gene Busekrus / Cost: \$40 / (six weeks)

**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

**Word Basics:** Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered. Instructor: Gene Busekrus / Cost: \$30

**Excel Basics:** Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for Excel spreadsheets. Advanced features are not covered. Cost: \$30. (4 weeks)

**iPhone Basics:** Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple. Techniques and best practices for working with the iPhone will also be shown. NOTES: Applications installed after the purchase of the iPhone are not covered. Device must be **FULLY CHARGED** before coming to each class. Instructor: Gene Busekrus / Cost: \$40 (six weeks)

**iPad Basics:** This basic class will include explanations and hands-on usage of Apple iPad applications and features developed by Apple. Techniques and best practices for working with the iPad will also be explored. NOTES: Applications installed after the purchase of the iPad are not covered. Device must be fully charged before coming to each class. Instructor: Gene Busekrus / Cost: \$40. (6 weeks)

**St. Clair County Office on Aging**  
**201 North Church St., Belleville**  
**June 2022**

Unless otherwise noted, events are held at 201 North Church St. Belleville. Reservations are required to ensure social distancing needs. **To register for any event, call 618-234-4410, Mary (ext. 7034) or Susan (ext. 7044). We look forward to having you join us!**

**COFFEE, CARS & CONVERSATION – Monday, June 6, 10 a.m.** What was your first car or the one you dreamed of owning? Join us at Gateway Classic Cars, 1237 Central Park Dr. No. 1, O'Fallon where we will learn about all the classic cars they have to see! Refreshments will be provided. Reservations required. Call 618-234-4410, ext.7044 or 7034 to save a spot.



**“KEEPING YOU IN MOTION” - Wednesday, June 15, 10:30 – 11:30 a.m.** – HSHS Medical Group orthopedic surgeon **Dr. Travis Junge** will discuss prevention, diagnosis and treatments for hip/knee arthritis and some shoulder conditions. Reservations required and accepted until June 14 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

**MEMOIRS CLASS – Seeking Volunteer Memoirs Class Leader!** Our instructor, Dee Zopp has helped hundreds of seniors write their life stories and now it is time to pass the torch to another volunteer. All course outlines and materials will be available to the new instructor. Call Susan at 234-4410, ext. 7044 if you are interested in this volunteer opportunity.

**SENIOR MEAL PROGRAM** - We are still accepting applications for the 2022 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 \$2,265/30-day income), (2 people - less than \$3052/30-day income) Contact our office to obtain an application.

**If you are new to one of our ongoing activities or classes, call to verify when you plan on attending as sometimes classes are changed due to space availability or schedules of the instructors.**

**EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 – 11:45 a.m. Check in: 15 minutes before start of class.** Tracie Renschen, who has a Masters 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. Cost is \$3 per class.

**GRIEF SUPPORT GROUP- Third Monday of each month from 10 – 11:30 a.m. (The June meeting is June 13)** 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!

**FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 – 11:30 a.m.** 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!

**MAHJONG – Fridays at 12:30 p.m.** Mahjong is a game usually played by four people with 144 tiles that are drawn and discarded until one player secures the winning hand. Join our group and play this popular tile game! Fridays at 12:30 p.m. 201 N. Church St. Call 618-234-4410, ext. 7034 or 7044 for more information.

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

**BEGINNER LINE DANCING – Mondays from 12:15 –1:45 p.m.** Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226. Call 618-234-4410, ext. 7034.

**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.** Call 618-234-4410, ext. 7034 for summer location.

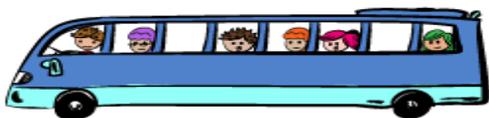
## RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

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. 7036.

*Currently, we are looking for volunteers with several organization including The Granite City Senior Social Club, 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.*

## 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**.



## **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.

## PSOP TRIPS

### **Fireworks**

**Monday, July 4, 2022**

*Only 120 spots available. Will sell quickly*

Should be finalized soon! Make sure Nancy has your e-mail!

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

**Tuesday, Aug. 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. Depart Schnucks N Belt W. **Deadline for reservations is Aug. 5.**

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### **The Cards play in Milwaukee**

**Sept. 27 to 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** \$1,139 for a single, \$989 per person for a double, \$939 per person for a triple, and \$915 per person for a quad. **Full payment is due on/before** 11 July 2022. Contact 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** \$3,999 per person, double. **Full payment due on/before** Aug. 16, 2022. Price includes air from St. Louis, 9 meals, travel insurance, sights as per itinerary, and hotels. Contact Nancy for a flyer.

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

**Jan. 29 to Feb. 5, 2023**

It may be snowy in St Louis, but the soft, white beach is calling! Spend eight 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 nine meals, air from St. Louis, resort with stunning beachfront views and great amenities. **Pricing begins at** \$2,249. Full payment due in Sept. 2022. Contact Nancy for a flyer!

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AS OF RIGHT NOW, SOME AIRLINES, SHIPS, TRAINS, MOTORCOACHES AND SITES MAY REQUIRE MASKS AND/OR VACCINATION AND/OR NEGATIVE COVID PROOF. Waiver *must* be signed and returned with deposit.

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







Programs and Services  
for Older Persons

201 N. Church St.  
Belleville, IL 62220

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# PSOP

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