



PSOP NEWS & UPDATES MAY, 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.



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: May 16 and 17, 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.

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 dinner or hoping to yell Bingo! Please register! 618-234-4410, ext.7042 (Melissa) or 7043 (Theresa). Thank you and see you soon!

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.

May 5 CINCO BINGO-Fiesta or Siesta, who knows with Age Smart

May 12 Home Instead

May 19 Cambridge House

May 26 NO BINGO Come to the dance in Shiloh

June 2 Cardinals Baseball Bingo (wear your red and show your love for the Cardinals)

June 9 St. Clair County Office on Aging

June 16 Cambridge House

June 23 TBD

June 30 No Bingo- Chattanooga Choo Choo Dance with Country Western Band

NEW PSOP SHILOH GOLF LEAGUE: Fridays - Tee off at 9 a.m. 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. Please indicate your shirt size when registering.

Dances are Back and we are so excited to see you twirling around the dance floor or sitting tapping your toes to the music. It's very important to make a reservation so we can order enough food and set up enough chairs. Dances are just \$1! in Belleville. A concession stand will be available with hot dogs too! In Shiloh, lunch will be available for a donation and reservations are VERY important to continue meals there.

April 21	Belleville - Country Western Band - Yellow Ribbon Welcome Back Dance
May 11	Belleville - RSVP Orchestra
May 26	Shiloh - Country Western Band
June 8	Shiloh - RSVP Orchestra- Crazy for Cardinals Dance
June 30	Belleville -Country Western Band- Chattanooga Choo Choo Dance
July 6	Belleville - RSVP Orchestra-God Bless the USA
July 28	Shiloh - Country Western Band- Splish, Splash Dance
Aug. 3	Shiloh - Orchestra-Flamingo Fling
Aug. 25	Belleville - Country Western Band- Barn Dance

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 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.

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 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.

Canasta- Fridays 12:30 p.m.- Come join this small group of ladies as they play cards on Friday afternoons. New people and beginners are very welcome.

Hand and Foot- Thursdays 12:30 p.m.- Have you heard of Hand and Foot (no, its not a disease). Hand and Foot is a card game in which each player is dealt two sets of cards- the hand, which is played first, and the foot, which is played when the hand has been used up. Curious? Come let the ladies teach you.

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 Tuesday, May 17, 9 a.m. **Joe and Onie's** - Quaint little coffee shop located right by the square, 18 East Main St. maybe walk around downtown Belleville after breakfast.

Lunch Bunch Wednesday, May 4, 11:30 a.m. **Dewey's** 425 Regency Park in O'Fallon, across from St. Elizabeth's. Enjoy unique pizza made to order such as meatball, Ryan's Inferno, and Ballpark with brats and sauerkraut.

Dine Around Thursday, May 12, 5 p.m. **The Weingarten**- Enjoy a glass of wine on their patio by the lake, have their house specials that change daily. Their Fancy Farmer flatbread pizza is a local favorite. Located right off of 15 just past Eckert's on your right, 1780 East IL-15.

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

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

Dine Around Monday, June 6, 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**. 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 Dr.

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.

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**.



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



May 12 at 10 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 a.m. “The Immortal Life of Henrietta Lacks,” by Rebecca Skloot. The discussion leader will be Jan Luge.

August 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.

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.

SENIOR SUPPORT SERVICES AVAILABLE AT PSOP:

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 and changes, aging, caregiving, and community resources. Please don't wait to discuss these topics with the counselors! 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 will plan to meet in person on the **SECOND WEDNESDAY** of most months. Please contact Tanya at 618-234-4410, ext. 7039 for meeting details, to make a reservation, or to learn more about mindful techniques to reduce anxiety.

Save the date! The Mindfulness Group, led by Tanya Koelker, LCPC, will be welcoming Edna Jeffries from *Yoga with Edna* for a special event on Friday, July 15, 2022. Edna will share her story and teach us how to incorporate Yoga into our lives! To RSVP or for more information on this special event, please contact Tanya.

The Parkinson's Support Group will plan to meet in person on the **THIRD MONDAY** of most months, at 1:30 p.m., in Feurer Hall. The next meeting will be held on Monday, May 16. Please contact Jodi at 618-234-4410, ext. 7031 for any support and educational material related to Parkinson's disease. No reservation is required for the meeting.

An Alzheimer's Caregiver Support Group is starting 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.



St. Clair County Office on Aging

St. Clair County Office on Aging

201 North Church St., Belleville

May, 2022

The St. Clair County Office on Aging offers a variety of programs for varied interests. Unless otherwise noted, events are held at 201 North Church St. Belleville. **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 – Monday, May 9, 10:30 a.m. You asked if we could have her back! **April Barnes from Three Sisters Crafts** will teach the group how to make a bracelet using various types of beads. This month we are making a patriotic bracelet with red, white and blue; baseball and other types will also be available. Class cost is \$5 which includes materials. Call to reserve your space.

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 \$2265/30 day income, 2 people - less than \$3052/30 day income) Contact our office to obtain an application.

FRAUD PREVENTION - 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 for 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 through May 2 or until capacity received. Registered attendees will eligible for attendance prizes. *Sponsored by FCB Bank.*



THE IMPORTANCE OF MEDICARE WELLNESS CHECKS - Wednesday, May 18, 10:30 - 11:30 a.m. Check-in 10:15 - 10:30 a.m. – Teresa Woods, RN, with HSHS Medical Group will speak on the importance of getting an annual Medicare Wellness checkup. Reservations required and accepted until May 16 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

MEMOIRS CLASS – Tuesdays at 1p.m., June 7 through Aug. 30. We all have a life story to tell! Instructor Dee Zopp has helped hundreds of seniors tell their life stories, a treasured gift to your family and a bridge between past and present. Call 618-234-4410, ext. 7044 to register.

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. 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!

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10 - 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 a.m. - 1:45 p.m. Mary Ann Boscarine teaches this class. \$3 per class. This class is held at the Nichols Center, 515 East 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 East D St. **If there is enough interest, we may start a beginner's session. Call our office if interested.**

YOGA GOLD - Thursdays, from 10 – 11 a.m. Certified Instructor Jessica Pollock teaches 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. Three classes for \$25 or \$10 drop in per class. This class is offered at the Nichols Community Center, 515 East D St, Belleville.



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 basic 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 Tuesdays, (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)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or Carla.boswell@swic.edu. All classes MUST be registered for AND paid for in advance. Dates and times for classes will be determined once a class list of those desiring the class is established.

PSOP sponsored Driver's Service Mobile Unit

Date:	Location:
June 8, 2022	7 Park Dr. Shiloh, IL (limited spaces)
August 10, 2022	201 N. Church St. Belleville, IL
October 12, 2022	7 Park Dr. Shiloh, IL
December 14, 2022	201 N. Church St. Belleville, IL

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

Real ID's are not able to be completed through the Mobile DMV

PAYMENT: Credit card or check; NO CASH

Other walk-in services available:

State ID cards and Vehicle Registration Renewals

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



Foster Grandparents Share Today. Shape Tomorrow.

"Why I Volunteer"

It's not for the money, nor for the fame,
It's not for any personal gain.
It's just for the love of fellow man,
It's just to lend a helping hand.
It's just to give a tithe of self,
That's something you can't buy with wealth.
It's not for the medals worn with pride,
It's just for the feeling deep inside.
It's that reward deep in your heart,
It's the feeling that you've been a part
Of helping others far and near
That makes you a VOLUNTEER.

ANONOMOUS

If you are interested in lending a helping hand as a mentor to children who have exceptional needs, the Foster Grandparent Program could be a great fit for you! To find out more information, please contact our program staff at 618-234-4410 ext. 7062 or 7024.





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.**

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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.

* * * *

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. **Deadline for reservations is Aug. 5.**

* * * *

The Cards play in Milwaukee

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

* * * *

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. Call Nancy for a flyer!

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IN THE WORKS: July 4 Fireworks Cruise

AS OF RIGHT NOW, SOME AIRLINES, SHIPS, TRAINS, MOTORCOACHES AND SITES MAY REQUIRE MASKS AND/OR VACCINATION AND/OR NEGATIVE COVID PROOF.

Questions? Call Nancy at 618/234-4410, ext. 7020, or e-mail at Nancy.Bauer@SWIC.edu

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to:

Your expiration date is on your mailing label.

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

PSOP Newsletter

201 N. Church St., Belleville, IL 62220

Name _____

Address _____

City_State_ZIP _____

Phone New Subscriber: Yes No _____

PSOP programs you currently participate in: _____



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

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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SOUTHWESTERN
ILLINOIS COLLEGE

Programs and Services
for Older Persons

PSOP

N e w s l e t t e r

Southwestern Illinois College Board of Trustees: Chair Nick Raftopoulos, Granite City; Vice Chair Steve Campo, Belleville; John S. Blomenkamp, Freeburg; Charles Hannon, Swansea; Robert G. Morton, O'Fallon; Richard E. Roehrkaase, Red Bud; Sara Soehlke, Collinsville

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