

November



2019

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

## 2019 RECORD YEAR FOR RSVP PRESIDENTIAL SERVICE AWARD WINNERS!



***Pictured above:*** Doris Adams, Charles Alexander, Mary Alexander, Howard Bateman, Marianne Buettner, Barbara Burstadt, Mary Anne Conrad, Shirley Cotton, Michael Foppe, Sharon Goff, Clara Hosler, Judy Huffman, Kathleen Steinberg, and Judy Thompson. Not pictured Dennis Hartman.

On Friday, Sept. 6, 15 Retired and Senior Volunteers received the highest honor achievable through volunteer service. To be eligible for this prestigious award a volunteer has to serve a minimum of 4,000 hours which is considered a Lifetime Achievement.

In 2003, the President's Council on Service and Civic participation founded the President's Volunteer Service Award to recognize the important role of volunteers in America's strength and national identity. This award

honors individuals whose service positively impacts communities inspiring others to take action also. These volunteers were celebrated at the 46th annual RSVP Banquet held at 4204 Banquet Center in Belleville.

You too can be an award winning volunteer....for opportunities in volunteering in your community call Pat Etling at 618-234-4410, ext. 7012..... your dream experience is waiting for you.

## 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 / Tuesday, (6 weeks) April 14 – May 19, 2020 / 1-3 p.m. (CLOSED – WAITLIST ONLY!)

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 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



## Foster Grandparent Program

*During this month of Thanks, we are especially thankful for our Foster Grandparent volunteers. Thank you for your outstanding, dedicated service to the children in our communities. Your ability to help children succeed is both incredible and inspirational!*

**Grandparents are as good as gold!**

**Reminding me of the days of old.**

**Always greets me with a hug.**

**Never stern or cold or smug.**

**Delighting in the words I say.**

**Proud of me in every way!**

**Always with me when I'm glad.**

**Rocking me when I am sad.**

**Every "boo-boo" given care.**

**Never ending love is there.**

**Telling tales both true and tall!**

**Super Special one and all!**

**Think you have what it takes to be a classroom grandparent? Contact our staff at 618-234-4410, ext. 7062 or 7024.**

***We would love to talk to you about our program!***

## GRIEF SUPPORT GROUP

**Monday, Nov. 18, 2019 • 10-11:30 a.m.**

201 N. Church St. Belleville at PSOP

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

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

## SAVE THE DATE FOR PARKINSON'S EVENT

SWIC/PSOP and the APDA will host speaker Johanna Hartlein, FNP, who will repeat her recent St. Louis presentation about Parkinson's and bladder and bowel continence issues. The presentation will be held during the regular monthly meeting Dec. 9, 2019, at 1:30 p.m., at PSOP. No reservation is needed, and anyone interested in Parkinson's disease support and education is welcome to attend.

*For information about the APDA or Parkinson's disease resources, please contact Jodi Gardner, LCSW, at 618-234-4410, ext. 7031.*

## 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.**

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### **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
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### **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 p.m. 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.

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### **Mindfulness Group**

The Older Adult & Caregiver Counseling program now provides an anxiety education group for learning techniques to cope with stress and anxiety. Learn about "Mindfulness" techniques that increase focus and relaxation. The group will meet 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.

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### **Brain Health and Alzheimer's Disease Information**

Watch the calendar and this newsletter section for future dates featuring brain health information and education. Instead of a monthly group meeting, Jodi Gardner, LCSW, will offer periodic education presentations for maintaining a healthy brain. If you would like information meanwhile, you are welcome to schedule an individual appointment to discuss healthy brain techniques, memory loss diagnosis, and caregiving support. Call 618-234-4410, ext. 7031 for a counseling appointment.

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### **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.

**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.

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### **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.

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**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.

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### **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.

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### **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. Anyone 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.

# NOVEMBER 2019

## 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:  
SWIC.EDU/PSOP**

## PSOP RECYCLES:

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

**Cellphones  
(supports Cellphones  
for Soldiers)**

**Old shoes  
(Waterman Project)**

## Monday

### COUNTRY WESTERN BAND

7 – Shiloh  
14 – O'Fallon  
21 – Moose  
28 – No Dance

**4** **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.

11

# CLOSED

**18** **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.

**25** **Chess**, 10-11:30 a.m.  
**German Christmas Dance & Lunch**,  
11 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

6 – Okawville  
13 – Collinsville  
20 – Belleville  
27 – No Dance

**5** **Bridge**, 8:30-11:30 a.m.  
**Lunch & Table Games**,  
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.  
**Dine Around**, Chevy's Fresh Mex,  
1305 Central Park Drive  
in O'Fallon, 5 p.m.  
**Bridge**, 5-8 p.m. at the Nichols Center

**12** **Bridge**, 8:30-11:30 a.m.  
**Lunch with the Doc**,  
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.  
**Alzheimer's Caregiver Support**  
**Group**, 2:30 p.m.  
**Bridge**, 5-8 p.m. at the  
Nichols Center

**19** **Bridge**, 8:30-11:30 a.m.  
**Lunch with the Doc**,  
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 p.m.  
**Bridge**, 5-8 p.m. at the  
Nichols Center

**26** **Bridge**, 8:30-11:30 a.m.  
**Lunch & Table Games**,  
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**, 5-8 p.m. at the  
Nichols Center



## Wednesday

## Thursday

## Friday

### **CANNABIS Q & A THURSDAY, NOV. 14, 11 A.M.**

Since **medical marijuana will be legal in 2020 in the state of Illinois**, we have invited Green Solution Illinois to talk about the health benefits of cannabis and the difference between hemp oil and CBD oil. The Q & A will begin at 11 a.m. with lunch following at 11:30 a.m. If you plan to stay for lunch (\$5 per person), call 618-234-4410, ext. 7015 and press 4.

***Lunch reservations required by Nov. 13.***

**1** **Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**6** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**7** **Lunch & Table Games**  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele Lessons**, 3-5 p.m., The Abbey

**SHILOH SENIOR CENTER**  
**DANCE**, Scarecrow Jamboree,  
10:30 a.m. - 2 p.m. Klucker Hall

**8** **Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.  
**Men's Club**, 11:30 a.m.

**13** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**Breakfast Club**, Denny's,  
1130 South Illinois St.,  
Belleville, 9 a.m.  
**Line Dancing**, 1:30-3 p.m.  
**Mindfulness Strategies**, 10 a.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**14** **Pinochle**, 9-11:30 a.m.  
**Book Discussion**, 10-11:30 a.m.  
**Cannabis Q & A and Lunch**,  
11 a.m. - 1:30 p.m.  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele Lessons**, 3-5 p.m., The Abbey

**15** **Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**20** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**DANCE, Turkey Tango**, 10:30-2 p.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**21** **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**, 3-5 p.m., The Abbey

**22** **Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**27** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**28**

**CLOSED**  
for Thanksgiving

**29**

**CLOSED**  
for Thanksgiving

## 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 to 1 p.m.** 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. **The cost is \$5 per class.** Try out one session free to see if it fits your needs!\*\* Please call Delores at 618-580-0671 for more information.

**\*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.

## 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 (ITAC) amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012 or ext. 7040

## RSVP

**A friendly reminder for all of our RSVP volunteers:**

*\*PLEASE sign your timesheet and have your supervisor sign when possible\**

**Take a look at some of the assignments available**

- **The Illinois Center for Autism, in Fairview Heights** is in quest of a volunteer or two to help in the office. This opening would cover lunch breaks for staff, answer phones and disperse information from classroom calls. Some computer knowledge helpful. Background check provided.
- **Belleville's Community Inter-Faith Food Pantry** needs grocery shoppers to fill client food requests. Two-hour assignments. Support needed on Mondays, Fridays and Saturdays. (Once per week or a couple times per month would be helpful)
- **SWIC – Internet Radio Station – Blue Storm Radio Program** – has a variety of volunteer positions available for this live and/or recorded radio service. Some opportunities are: script writers, board operators, announcers, producers, social media. Volunteers will be producing “an eclectic mix of programming with an eye on St. Louis metropolitan regional arts, entertainment, news, sports and public affairs. (Think Frasier or WKRP in Cincinnati) Shifts vary.
- **AARP Tax Reservationists** are needed to help with the 2020 Tax Aide Program. 2019 tax returns. This assignment entails taking reservations for the open tax appointments or helping with the tax preparation. The season starts the last week of January with dates through April 15, 2020. (PSOP/Belleville)
- **Community Care Center in Granite City** is seeking volunteers to help with the Food Bank and Community Clothes Closet. This is a magnificent way to help those in the community who need a hand up. Days and times vary.
- **Collinsville Faith in Action** – This faith-based transportation program needs drivers to help transporting seniors to the doctor and running errands. Days and hours vary. The Elder Connection also needs volunteers to help with social outings and trips on weekends.
- **Cahokia Mounds Historic Museum** (Collinsville) is a World Heritage Site, and visitors come from all over the world. You can be a part of this wonderful historic volunteer experience. Four-hour shifts (4) Tuesday through Sunday (mornings/afternoons.)
- **Family Hospice in Belleville** is looking for the support of mature adults for their annual “Tree of Memories” campaign. Be an Angel, volunteer individually or with a friend! (Shifts at St. Clair Square)

**Call Pat Etling 618-234-4410, ext 7012 for information on any of these opportunities.**

## HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN NOVEMBER

Alice K. and Trudy N.

# 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) or ext. 7021 (Jean Ellen).

**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 have not played for a while? Come join the 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**

**November 5 – Lunch and Learn**

**November 12 – Lunch and Table Games**

**November 19 – Lunch with the Doc**

**November 26 – Lunch and Table Games**

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

Whether you are a morning person or get out more in the afternoons, come join us for Pinochle!

**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.

**Beginning Line Dancing**

**Wednesdays Oct. 2 – Nov. 6, 12-1 p.m.**

This six-week class is \$20 per person. If you've always wanted to learn line dancing, this slower paced class will teach you the basic steps and have you line dancing to your favorite tunes.

**Book Discussion Group • Thursday, Nov. 14, 10 a.m.**

"Fever" by Mary Beth Keane is this month's book selection. The discussion leader is Jan Lugge.

**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**

**November 7 – Table Games**

**November 14 – Cannabis Q & A**

**November 21 – Table Games**

**November 28 – CLOSED**

**Art • Fridays, 9 a.m.**

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

**Canasta • Fridays, 12:30-3:30 p.m.**

## DANCES

**"Scarecrow Jamboree" Dance • Thursday, Nov. 7, 10:30 a.m. – 2 p.m. Shiloh Klucker Hall**

As the Scarecrow in the Wizard of Oz sang, you could "while away the hours, conferrin' with the flowers," or you could enjoy being with your friends, dancing, and listening to the music of the Country Western Band at Klucker Hall in Shiloh. Enjoy lunch for \$5. Please make your reservation by noon on Nov. 6. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by 1st National Bank of Waterloo.

**"Turkey Tango" Dance • Wednesday, Nov. 20, 10:30 a.m. – 2 p.m. Feurer Hall - PSOP**

We hope you'll join us for our Turkey Dinner Dance! Bring a big appetite and your dancing shoes. We'll have turkey with all the trimmings and the RSVP Orchestra will be playing all your favorite songs! This dance always sells out so please be sure to make your reservations early! Lunch is \$5 per person. Please make your reservation by noon on Nov. 19. Call 618-234-4410, 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! Come in and have some fun at the Shiloh Senior Center.

**Pinochle/Card Games • Wednesdays, 10-11:30 a.m.**

This is a cozy building with comfortable chairs. 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, Nov. 8, 11:30 a.m.**

Guest speaker is: James Kisgen, McKendree University Men's Wrestling Coach, who started the program in 2002. Two-time NAIA National Coach of the Year (2008, 2011), NCAA Division II Coach of the year (2018); former Bismarck ND State (Junior College) and North Dakota State University (NCAA) All-America; North Dakota High School Association Wrestling Hall of Famer. Please make reservations for lunch by noon the day before. Lunch is \$6.

**Breakfast Club • Wednesday, Nov. 13, 9 a.m.**

Join us at Denny's, 1130 South Illinois St. in Belleville for a delicious breakfast and great conversation. Please call Activities for reservations.

**Lunch Bunch • Monday, Nov. 25, 11:30 a.m.**

This month we're meeting at PSOP for the German Christmas Celebration. We'll have German Food and hear the Waterloo German Band. For more information, see the German Christmas article below. If you are coming for lunch, please call and make reservations.

### Dine Around • Tuesday, Nov. 5, 5 p.m.

Meet us at Chevy's Fresh Mex, 1305 Central Park Drive in O'Fallon. Call Activities to let us know you are dining with us!

### German Christmas • Monday, Nov. 25, 11 a.m.

We hope you'll join us as we kick off the holiday season with a German Christmas celebration. The Waterloo German Band will play at 11 a.m. followed by a delicious German meal! Event is free; however, if you would like a meal, cost is \$5 per person. Reservations required. Call 618-234-4410, ext. 7016 by noon on Friday, Nov. 22. Frohliche Weihnachten!

### TRIPS

### Christmas at the Symphony Friday, Dec. 13, 2019

Same box seats and same restaurant you raved about last year, Lucas Park Grille! Seating is limited to 100, and this sells quickly. Cost is \$111 per person and includes a performance ticket and lunch. Please state if you want Chicken Pasta or Grilled Salmon or Grilled Steak. Deadline for reservations is Nov. 5. Depart 11 a.m. from the Schnuck's on North Belt West, Belleville and at 10:30 a.m. from the Caseyville Township Center in Fairview Heights. Return about 5:30 p.m. to Belleville. Please state with whom you wish to sit. Attention: Nancy

### 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.

## Community Education

Community Education offers noncredit classes designed to meet community needs. Our focus is growth and well-being for people of all ages.

- Classes offered in November:
- Water Color Christmas Cards (held at PSOP)
- Chinese Cooking (Spring Onion Pancakes & Soup)
- Holiday Cookie Decorating
- Medicare Made Easy
- Basic Photo Touch up

For a complete list of classes and to register go to:  
**swic.edu/community-eduction.**



## 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).

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

**Dec. 11**

**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.

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.*

## OPERATION COOKIE DROP

Once again PSOP Activities will be baking cookies for our servicemen and women.

There are several ways to participate:

- Donate new and used tins to put the cookies in (plastic, tin, anything but the big popcorn tins)
- Donate baking ingredients such as brown sugar, baking soda, chocolate chips, oatmeal, butter, pecans...
- Donate a monetary gift to help purchase supplies for the cookies

• Or best of all, help bake cookies! Volunteers are needed to help bake the cookies in the PSOP kitchen. You might even be able to sample one warm from the oven.

Call Melissa at 618-234-4410, ext. 7042 for baking dates and times.

## ATTENTION ATS RIDERS

Experience Long wait times on the phone?

ATS has a new phone system. Please listen to the new prompts. For "Reservations" use Prompt 2.

Large Call Delays: Between 8:30-9 a.m. and 2-2:30 p.m.  
**Avoid calling during these times.**

## Memorials

- |              |   |
|--------------|---|
| <b>For:</b>  | <b>Fred Kern</b>                                  |
| <b>From:</b> | <b>Cheryl &amp; Mark Brunsmann, PSOP Staff</b>    |
| <b>For:</b>  | <b>Betty Nolte</b>                                |
| <b>From:</b> | <b>Evelyn Hammel</b>                              |
| <b>For:</b>  | <b>Sandy Biver (to the PSOP Scholarship Fund)</b> |
| <b>From:</b> | <b>PSOP Staff</b>                                 |



# Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.  
I understand that I will be required to sign a Travel Waiver & Release form.*

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/ZIP: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email: \_\_\_\_\_

In Case of Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Trip/Activity \_\_\_\_\_

Trip

Date

Price

Pick-Up Point

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

MAIL THIS FORM WITH CHECK TO: PSOP Attn: Activities/Travel, 201 N. Church St., Belleville, IL 62220

## Travel & Activities Reservation/Cancellation Policy

To make a reservation for a day trip, please dial the extension listed with the trip description. The recording will ask you to give your name and phone number, the date and name of the trip, and the names of people you are making reservations for. You will then be given seven days to complete the registration form and mail it or bring it to the Activities & Travel Office along with your payment. Any payment not received within 7 days will result in your reservation being cancelled.

If a cancellation is received before the reservation deadline, then a full refund will be given. If the cancellation is received after the reservation deadline and a replacement is found, then the full refund less a \$5 processing fee will be given. If no replacement is found, no refund will be given.

**\*\*Special cancellation policies may apply if the trip involves the purchase of nonrefundable tickets.**

# PSOP Newsletter Subscription Form

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

Your expiration date is on your mailing label.

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

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

PSOP Newsletter  
201 N. Church St., Belleville, IL 62220

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ New Subscriber: Yes \_\_\_\_\_ No \_\_\_\_\_

PSOP programs you currently participate in: \_\_\_\_\_

Programs and Services for Older Persons



25-year & 20-year RSVP Award winners for 2019 & 756 pounds of food collected for seven area food pantries in Madison and St. Clair counties.

*Mailing prepared by RSVP Volunteers*

**Southwestern Illinois College Board of Trustees:** Chair Robert G. Morton, O'Fallon; Vice Chair Richard E. Roehrkas, Red Bud; John S. Blumenkamp, Freeburg; Steve Campo, Belleville; Nick Raftopoulos, Granite City; Eugene Verdu, Belleville; Student Trustee Dajanae Thomas-Jackson, East St. Louis

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