



Programs and Services for Older Persons
201 N. Church Street
Belleville, IL 62220
618-234-4410

November, 2022



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). 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.

- Nov. 3 Pumpkin Bingo- you asked for it! Sponsored by Bria
- Nov. 10 Bingo- sponsored by UHC
- Nov. 17 No Bingo- Friendsgiving Dance in Shiloh with Country Western Band
- Nov. 24 Closed Happy Thanksgiving
- Dec. 1 Santa Bingo with Keystone
- Dec. 8 No Bingo Reindeer Roundup Dance with Country Western Band
- Dec. 15 Bingo with Cambridge



DANCES: in Belleville and Shiloh are \$5, \$1 entry and \$4 for lunch. It is VERY important to make your reservation so we have enough lunch ordered. Reservations later than two days before the dance may not be guaranteed a lunch, so make reservations early! Call 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa)

Nov. 9, Wednesday, 10:30 a.m. - 1:30 p.m. – in Shiloh with the RSVP Orchestra - Harvest Ball — Enjoy a hot meal and great music! The orchestra is wonderful, they will have you dancing or sitting and toe tapping to all of your favorites! Sponsored by Neuropathy and Pain Solutions.

Nov.17, Thursday, 10:30 a.m. - 1:30 p.m. Friendsgiving Dance in Shiloh with the Country Western Band — Have a great Thanksgiving meal and be thankful for your friends and dancing and the Country Western Band!

JOIN US FOR:

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 is an amazing teacher and has great assistants with her so everyone has a great view of what they are learning! Come learn the latest dance with this fun, social group. Cost is \$2.

Art Group - Fridays at 9 a.m. These artists bring whatever they are working on and bring it to the group to be creative together. If you are working on a painting or something at home and would like feedback from others or just want to paint with other artists, come on in. 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.

CARDS! Here at PSOP we love playing cards. We have different groups playing almost every day. Please remember when you come in, there is a binder on the table to sign in. Please always leave your name and phone number so if there are ever any changes we can contact you.

Bridge - Tuesdays 9 a.m. and Thursdays 12:30 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle - Tuesdays 1 p.m. and Thursdays 10 a.m. This group is for pinochle players who already know how to play and new players are always welcome. Although, we do have a few people who are willing to teach if you are interested in learning to play.

Hand and Foot - Thursdays 12:30 p.m. This little group is willing to teach new people interested in how to play hand and foot. Already know how? What are you waiting for? Join the fun.

Canasta - Fridays 12:30 p.m. Know how to play? Join the game! Don't know how? They will teach you!

Out and About in the Community with Melissa and Theresa

Please help our local restaurants be prepared for us. Call us with your reservation and we will happily save a seat for you at the table! Activities: 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club: Tues. Nov 22, 9 a.m. Belleville Pancake House - We love their giant breakfast menu plus every kind of pancake you can imagine. 3605 North Belt West in Belleville

Lunch Bunch: Fri. Nov 18, 11:30 a.m. Peel located in O'Fallon. 104 S. Cherry St., O'Fallon. Everyone knows they have great pizza, but have you tried their full pear raspberry salad, their wild mushroom soup or their pumpkin spiced blondie for dessert? Come join us!

Dine Around: Thurs. Nov. 3, 5 p.m. El Gordito Enjoy the Fiesta! 2630 Mascoutah Ave. and Green Mount Road

TRIPS!


Day trip to Perryville, Missouri - Wed. Nov. 2, 9 a.m.- 5 p.m. A beautiful day begins with a visit to St. Mary's of the Barrens - National Shrine of our Lady of the Miraculous Medal. Plenty of time to stroll through the Rosary Walk, the nearly one-mile walk features the same beads that are found on the Rosary. Absolutely beautiful to see in the fall. We will tour St. Mary's Roman Catholic Church and former seminary. St. Mary's is the historic seat of the American Vincentians and since has served as an educational institution and community residence. It was listed in the National Registry of Historic Places in 1955. Next is lunch on your own at Mary Jane's Burgers and Brew in Perryville where you will have the best burger you have ever had, some with peanut butter or bacon jam! Or if you are adventurous, try the fried gator or smoked pork Rangoon. Next, we will visit the Vietnam Memorial in Perryville. This memorial is full scale, identical to the one in Washington D.C. You will also see the Honor Flag Memorial and the Guardians of Freedom Monument, a large Military Museum and a store to purchase Military Memorabilia. This trip is just \$34, so reserve your spot soon. Also, if you aren't going, but you would like to pay for a veteran to go, please contact Melissa or Theresa.

FOX THEATER - We have tickets for three shows at the Fox this season. As always, a meal at the Fox and charter bus is included. This makes a great gift for someone too!

- **ELF - Dec. 22, Thursday, matinee 1 p.m.** What a great experience this would be to take a grandchild for the live musical performance of their favorite holiday movie Elf! Or gather a group of friends and have a great day together. Tickets are \$108 and includes transportation, show and wonderful holiday meal at the Fox.

- **TO KILL A MOCKINGBIRD** - March 9, Thursday matinee 1 p.m. See this famous story come alive with Richard Thomas. \$132 for this fabulous show, dinner at the Fox and transportation.
- **WICKED** - April 19, Thursday, matinee 1 p.m. The witches of Oz will entertain and delight you with this story. \$134 includes show, dinner at the Fox and transportation.

Fashion Show 2022! Tickets will be on sale soon for our Annual Fashion Show on MONDAY, DEC. 12. This year is "It's Raining Men" an all-male revue. Come see some of Belleville's most handsome and charming men grace our stage. Doors will open at 10 a.m. for some shopping and show begins at 11a.m. with a catered lunch to follow. Tickets are \$12 and we sell out quickly. Please be aware this is a date change from our original post of Nov. 15.

PSOP Book Club  This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Take a look at what they're reading.

Nov. 10 *The Guncle* by Steven Rowley. Discussion leader – Sue Quinn

Dec. 8 *Swiss Family Robinson* by J.D. Wyss. Discussion leader - Peggy Malec

Jan. 12 *Killers of the Flower Moon* by David Grann. Discussion leader – June Wolz

Feb. 9 *Four Winds* by Kristin Hannah. Discussion leader – Marilyn Edmiston



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: Dec. 5th and 6th, 2022 12 - 4 p.m. You must attend both days. (Note: Changed from Nov. 15th and 16th)

Where: 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.



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. Wait lists vary by location. Residents pay 30 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. Call 618-277-3290.

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**.



RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other nonprofit site? Give us a call and we can help match you with a program of interest.

Please consider one or more of these nonprofit activities;
"Alone we can do so little; together we can do so much." Helen Keller

- **Veterans helping Veterans**

The Assessor's office is looking for veteran volunteers who wish to assist with the processing of Veterans' homestead applications which include the following:

- 1) Returning Veterans Exemption – This is for Veterans returning from active duty in an armed conflict.
- 2) Standard Exemption for Veterans with Disabilities - This exemption is for a veteran with a disability or the veteran's surviving spouse.

- **Tree of Memories:** Family Hospice of Belleville is asking for volunteers to serve two-hour shifts at the annual "Tree of Memories" ornament booth at the St. Clair Square from the end of November through the middle of December.

- **Community Resource Volunteers:** Senior Services Plus, Inc. is ready to have you sign-on with them to help those in the community with technology, changing lightbulbs, replacing fire alarm batteries, medicine pick-up sharing resources, and other honey-do jobs. Basic training is available. Don't wait, give us a call for more information.

- **Help Our Troops Call Home!** One of our host sites – **Belleville VFW Post No. 1739** – is collecting old cell phones, Mp3 players and iPods for the **"Cell Phones for Soldiers"** program. RSVP will pass the donated items on to the veterans for processing. Proceeds from donated cell phones are used to purchase prepaid calling cards for American troops. This is a great way for the community and veterans to help current soldiers keep in touch with family and friends.

- **Faith in Action** Needs You! Volunteer as a Transportation Driver – just two or three hours per week or a couple of times per month will make a huge difference in the life of a mature adult who needs a ride to doctors' appointments or the grocery store.

For information on any of the above-mentioned assignments please contact 618-234-4410, ext. 7026.

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 \$1,473 for individuals or \$1,984 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.

We are now making appointments for those over 60 years of age for LIHEAP applications (energy assistance). This year you may also be eligible for water/sewer assistance. Monthly income must be below \$2,265 for individuals or \$3,052 for couples. Call 618-234-4410, ext. 7035 (Marsha) or ext. 7045 (Karen) for an appointment or further information or details to see if you qualify.

ST. CLAIR COUNTY VETERAN'S COMMISSION – Monday, 9 a.m. – noon, 618-277-0040, by appointment only.

LAND OF LINCOLN LEGAL ASSISTANCE – Ages 60 and older - Call 618-398-0958 for an appointment

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

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 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. In November, we will meet on Wednesday, November 9, at 10 a.m. with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, or by email, for meeting details and to make a required reservation for each month.

The American Parkinson Disease Association (APDA) 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. The next meeting will be held Monday, Nov. 21, at 1:30 p.m. There will be several speakers and specific presentation topics in the coming months. In addition, a **Parkinson's Caregiver Meeting** will be held in person on the THIRD TUESDAY of most months, and next on Tuesday, Nov. 15, at 11 a.m., at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may 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 Parkinson's Disease.

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 information about dementia education or caregiving.

SeniorLink Computer Classes



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. / (4 weeks)

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: \$40 / (6 weeks)

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)

Please call or email Carla to register for above classes: 618-234-4410, ext. 7036 or - carla.boswell@swic.edu. 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.

St. Clair County Office on Aging

To register for any program below, call 618-234-4410, ext. 7044 (Susan) or ext. 7034 (Mary)
mblaies.stclairaging@yahoo.com

HOLIDAY JEWELRY AND CRAFTS CLASS - April Barnes from Three Sisters Crafts returns to show us how to make new offerings perfect for holiday gift giving! Make something and/or buy some kits for fun family activities! We are finalizing our date.

We are finalizing details for some upcoming events: Charcuterie Class, Family Holiday Conversations Workshop and RomCom Movie Matinee! Call our office for more details!

RECREATIONAL BADMINTON – Tuesdays, 9 - 11 a.m., Nichols Center, 515 East D St, Belleville.

DRUM FITNESS – Thursdays, 12:30 - 1 p.m. Using drumsticks, an exercise ball and stand, this is one of the most fun workouts you'll ever do!

MAHJONG – Fridays at 12:30 p.m. Join our group and play this popular tile game! American version.

SENIOR BEGINNER PICKLEBALL - This group is for beginners and meets on **Wednesdays from 9 - 11 a.m. (9-10 a.m. instructional play, 10 - 11 a.m. scoring and rules)** at Nichols Center, 515 East D St., Belleville.

SENIOR RECREATIONAL PICKLEBALL – Mondays, Wednesdays and Fridays from 9 - 11 a.m. St. Paul UCC, 115 West B St., Belleville.

GRIEF SUPPORT GROUP - Third Monday of each month from 10 - 11:30 a.m.

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 - 11:45 a.m. Check in: 15 minutes before start of class. Cost is \$3 per class.

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 - 11:30 a.m. \$5 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

SLOW PACED BEGINNER LINE DANCING – Mondays from 12:15 - 1:45 p.m. \$3 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

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

YOGA GOLD – Is returning to the Belleville area on Mondays 10:30 - 11:30 a.m. beginning Oct. 31, 2022 at St. Paul's United Church of Christ in Heritage Hall, 115 W B Street, Belleville.

PSOP TRAVEL PROGRAM

St Louis Symphony Christmas Matinee - Friday, Dec. 16, 2022

Join us for our yearly pilgrimage with the best seats in the building! Afterwards we go to Hodak's for fried chicken and ham! Please note there is no elevator to take us to the second floor for dinner. You must climb the steps. **Cost is \$137 per person. Deadline is Nov. 9.** Please state if you wish to be picked-up from Schnuck's on North Belt West, or the Caseyville Township Center, and with whom you will sit, so I can put you together.

Spring Pilgrimage along the Natchez Trace, March 2023

Just finalizing this trip. Historic homes and Gettysburg history! Call or e-mail Nancy for a brochure!



Idaho Adventure, June 7-13, 2023

A Lewis & Clark Discovery. Highlights include a ranch visit, tour a silver mine, get your feet wet through Hells Canyon, visit the L&C Discovery Center, Sun Valley, and more. **Pricing begins at \$3,715 per person.** No quads available. Final payment due on/before March 3, 2023. Call 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/payments. No refunds after deadline unless a replacement is found and will incur a \$5 processing fee, per person.

Questions? Call Nancy at 618-234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu

Travel & Activities Day Trip Reservation/Cancellation Policy

If a cancellation is received after the reservation deadline and a replacement is found, then a full refund less a \$5 processing fee will be given. If no replacement is found no refund will be given. Special cancellation policies may apply if the trip involves the purchase of non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control. Due to Covid-19, restrictions such as limiting the amount of people, the wearing of masks, or proof of vaccine, may be required. This is an on-going monitoring situation. You **MUST** have payment, Reservation Form, and signed waiver in order to participate. You are not on the trip without these 3 things sent to PSOP.

Name: _____ Phone: _____

Address: _____ City: _____ State/Zip: _____

Trip #1 _____
Trip Date Price Pick Up Point

Trip #2 _____
Trip Date Price Pick Up Point

Going with _____

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

MAIL THIS FORM WITH CHECK AND WAIVER TO: SWIC Travel Dept., 201 N. Church Street, Belleville, IL 62220
THIS FORM FOR DAY TRIPS ONLY

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label. 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

If you have any questions about your subscription, please call 618-234-4410, ext. 7043.

Name: _____

Address: _____

Phone #: _____ Email: _____

(Receive the newsletter by email for free!!!)



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NON-PROFIT
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PSOP

N e w s l e t t e r

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