

PROGRAMS AND SERVICES FOR OLDER PERSONS
201 N. CHURCH STREET
BELLEVILLE, IL 62220
618-234-4410

NOVEMBER 2024



PSOP NOVEMBER, 2024 NEWSLETTER



PSOP will be closed on Nov. 5th for Election Day, Nov. 11th for Veterans Day, and Nov. 28th and 29th for Thanksgiving.



NOVEMBER 2024

PSOP ACTIVITIES WITH MELISSA AND THERESA

It's hard to think about ice and snow when it's 80 degrees out right now! But please be careful and remember our snow and ice schedule is the same as SWIC. So, if you see that they are closed, then PSOP is closed. Also, please always leave a reservation and your number especially with outside activities such as Dine Around. If we think weather conditions are bad we will call everyone who reserved to let them know of any changes. Thank you and be safe! Call Melissa or Theresa, 618-234-4410 ext. 7042 or 7043.

BINGO – We say it's "anything goes" Bingo. We don't know what the sponsor will bring for prizes or what games we will play. The only thing we know for sure is it's a great time. Bingo begins at 10 a.m.

Nov. 12 Sponsored by Chiro Med

Nov. 19 Sponsored by St. Clair County Office on Aging

Nov. 26 Sponsored by United Health Care

DANCES: 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. Dances open at 9:30 and Band starts at 10:30. We take a 30-minute break for lunch. Dances last until approx. 1:30 p.m. Reservations later than two days before the dance may not be guaranteed a lunch, so please make reservations early!
618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa)

Salute to Soldiers Dance Wed., Nov 6, Klucker Hall in Shiloh. Wear your Veterans hat, branch of service shirt, or if you just want to honor our vets, red, white and Blue works great too! Dance with the RSVP Orchestra and have a great lunch too!

Shake Your Tail Feather Dance Thurs. Nov 21, Belleville. Celebrate all you are thankful for and shake your feather on the dance floor! Not in to dancing? Don't worry, the band will have you toe tapping and singing along anyway. Great lunch too.

DONATIONS!!! If you are trying to trim down the clutter and get rid of things you no longer use, please consider donating to the Activities Girly Girl Sale! We are taking purses, jewelry, accessories, books, crafts and holiday items (no clothes). All proceeds go to our activity fund so we can continue to have great programs for free or low cost. Donations accepted now until Nov 14. Thank you for helping out Activities!!

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JOIN US FOR

Men's Club Friday, Nov. 8 at 11 a.m. Our guest speaker is William "Bill" Reynolds, Retired Dupo High School Principal and Air Force Veteran. In 1956, he entered the United States Air Force, flying F-86 Sabre jets and achieving Top Gun recognition in 1958. Come hear his amazing stories about his service, flying, coaching, teaching and the Honor Flight to Washington DC he was on in May of 2022.

Flowers 101 Wednesday, Nov. 13 10 a.m. Let Jeff from Grimm and Gorly and his staff help you make a beautiful Thanksgiving Centerpiece for your table. Cost is \$30. We will supply everything you need. Please make reservation so we have plenty of flowers.

Tech with Teens Monday, Nov. 18, 2 p.m. Who knows phones better than teenagers?? The bright students from Belleville West Student Council are here to help with anything you need on your cellphone or laptop. Trouble texting, editing photos, Facebook...? They can help! When making a reservation, please say what type of device you need assistance with so we will be sure to have you matched up with the correct expert!

Bunko and Dominoes Every Monday in Shiloh. They alternate Bunko and Dominoes, playing begins at 10 a.m., but they start coming in around 9:30 to have coffee and chat. We are not sure if our seniors come to play Bunko, or to chat with Ron Hilgedieck and hear his jokes! Held at Shiloh Community Center # 7 Park Drive.

Euchre We have had some interest in starting Euchre again. If you would like to play, please call Activities. Once we have a few of you we will begin again.

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 618-234-4410, 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. "Dance is an antidote to stress, a way to combat negative emotions, an elixir for the body, mind and brain". Another benefit of line dancing is that you do not need a partner to participate. Anyone can join the line and have fun dancing along with the group. And Donna Holcomb is great at keeping you in step! Cost is \$2/class.

Art Group Fridays at 9 a.m. These artists bring whatever they are working on to the group to be creative together. If you have a fun craft you like to make and are willing to show others, please call us and we'll have a craft day! We love to see what others are doing and learn how to make it.

Beginner Ukulele This is an ongoing class that began this past fall. If you are interested in joining the next session, please call Activities.

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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 – Thursdays, 12:15 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle – Tuesdays, 1:30 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

The restaurants and dates always change but the times never do! Breakfast Club is ALWAYS 9 a.m. Lunch Bunch is ALWAYS 11:30 a.m. and Dine Around is ALWAYS 5 p.m. 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: Wed. Nov 20, 9 a.m. We found a sweet little café called Good Morning Café. It's located in Millstadt at 725 W. Washington (it's in the plaza on the big curve by Dollar General). It has all our favorites and we love to give business to our locals.

Lunch Bunch: Tues., Nov 12, 11:30 a.m. We thought we would just walk over to Chaos Sushi Bar and Grill in Downtown Belleville after Bingo. It has great food with typical burgers and fries, but then it also does neat things with Ramen and sushi. Chaos is downtown Belleville 126 E Main.

Dine Around: Wed, Nov 6, 5 p.m. We love to go to Tim & Joes, especially on Wednesday nights for their special fried chicken meal. And you can always try your luck on their slots! Don't feel lucky? Then go next door to the Sweet Creamery for dessert! Tim And Joes 6500 West Main, Belleville.

ACTIVITIES, ADVENTURES, AND OUTINGS

HEROES IN OUR MIDST- Mon. Nov. 4, 10 a.m. This is a very special event honoring our Veterans! We will have an Honor Guard, fire trucks hanging the U.S. Flag, showing the movie "Honor Flight", pinning the veterans and giving all veterans microphone time to tell their story. Lunch is provided. Please make a reservation so we have plenty of seating. 618-234-4410.

DYNAMIC DUOS FASHION SHOW- Nov. 15. Show begins at 11 a.m. and doors open at 10 a.m. for shopping. First, buy your ticket ahead of time. We sell out fast! They can be purchased from the Activities office for \$18.00. Second, come early to shop. This is an activities fundraiser so we will have our Girlie Girls Sale with lots to buy for cheap prices. Next, get ready for a fantastic show with some faces you may recognize walking the catwalk for you! And last, have a fabulous catered meal by Pour and Grimm and Gorly! Its going to be a great day!!

Neil Diamond- A Beautiful Noise at the Fox Theater We sold out so quickly for our Thursday Matinee that we added another day. Tickets are available for Saturday, Nov. 9th. Hear the fabulous music and story of Neil Diamond and you will be singing along to Sweet Caroline all weekend! \$160 for a fabulous show and great seats, gorgeous dinner at the Fox after and motor coach transportation that drops us off and picks us up right there at the door. Only a few tickets left! Call Melissa or Theresa.

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. 14 The Rooster Bar by John Grisham Discussion leader – Jean Ebel

Dec. 12 Flowers for Algernon by Daniel Keyes Discussion leader – Peg Malec

Jan. 9 The Women by Kristin Hannah Discussion leader – Jean Nolan



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
- Those with cell phones are also eligible for a free amplifier
- Once every three years

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 60 and older.

Approved ATS customers may purchase coupon booklets for rides, 10 coupons for the \$28.00 fee. If you meet the guidelines set by the IL Dept. of Commerce & Economic, and are within the guidelines set forth, you may apply for the reduced fare reimbursement. When you are approved and you purchase a booklet of coupons you will receive a discount for the next order of coupons.

You can contact Sharon Lewis at 618 239-0749 Ext. 726 if you have any questions. If you wish to receive the application, please email sharon.lewis@swic.edu



RESOURCE CENTER

Staff are available to assist with:

- Medicare and Medicaid questions and enrollment.
- License plate sticker discount applications (Benefit Access) to qualify:
 - 65 years of age or older or disabled thru social security.
- Income must fall below \$33,562 for singles and \$44,533 for couples.
- Energy assistance applications (LIHEAP):
 - Household income below \$29,160 for single and \$39,440 for couples.

Our monthly senior food box program has increased the income eligibility amount. To apply, you must be at least 60 years old with monthly income below \$1,632 for individuals or \$2,215 a for couple.

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.

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

SUPPORTIVE SERVICES AVAILABLE AT PSOP: In the Older Adult and Caregiver Counseling Program, Tanya Koelker, LCPC, offers 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 Tanya (ext. 7039) for counseling appointments and to express any interest in support groups and educational programs.

COUNSELING GROUP MEETING UPDATES:

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the **SECOND WEDNESDAY** of most months. Our next meeting will be Wednesday, November 13th, 2024 at 9 a.m. and will be a ***FREE*** Chair Yoga class facilitated by Anna Roberson from the downtown Belleville YMCA! All levels and abilities welcome! PLEASE RSVP for this wonderful event to Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu.

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease, will continue to meet in person on the **THIRD MONDAY** of most months, at 1:30 p.m., in PSOP's Feurer Hall. However, our next meeting will be at a special time on Thursday, November 7th, 2024 at 2 p.m. with Johanna Hartlein, Nurse Practitioner in the Movement Disorder Clinical of Washington University/BJC for a "Fireside chat" question and answer session! Please also be aware of the great amount of information available from the American Parkinson Disease Association (APDA) Greater St. Louis Chapter, at www.apdaparkinson.org/community/st-louis.

The Parkinson's Caregiver Meeting is currently NOT meeting at this time and will be 'paused' for the foreseeable future. You may contact Tanya at 618-234-4410, ext. 7039, for any support and educational material related to Parkinson's Disease or caregiving for someone with Parkinson's Disease. Please be aware of the great amount of information available from the American Parkinson Disease Association (APDA) Greater St. Louis Chapter, at www.apdaparkinson.org/community/st-louis.

An Alzheimer's Association Caregiver Support Group is meeting at another location. Please contact Tanya at 618-234-4410, ext. 7039, for meeting information, and for any support and information about dementia education or caregiving.

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CRAZY CHARACTERS AT PSOP!



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 others safe.

When: Nov. 12th and 13th, 2024 from 12 - 4 p.m. You must attend both days.

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.

Nurse Available at PSOP!



Partnering with the St. Clair County Health Department's Medical Reserve Corps, PSOP will have a nurse available to check blood pressure, blood sugar and discuss health topics you are concerned about on the 1st, 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.



NOVEMBER 2024

SeniorLink ComputerClasses

Call 618-234-4410 Ext. 7036 to sign-up!

Beginning Computers: This one-afternoon class will cover the basics of how to use a computer. Cost: \$10
Classes below meet once/week for 4 weeks at a cost of \$40.

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Windows 11 Basics: This basic class will include explanations and hands-on usage of Windows 11 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 11 during this class. Applications installed after the purchase of the computer won't be covered.

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

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.

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets will be discussed.

iPhone and Android Basics: Join this basic level class for explanations and hands-on usage of cell phone applications and features. Applications installed after the purchase of the cell phone are not covered. Device must be CHARGED before class.

iPad Basics: This basic class includes 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. NOTE: Applications installed after the purchase of the iPad are not covered. Device must be fully charged before coming to each class.

Dates and times for classes will be determined once a class list of those desiring the class is established.



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PSOP TRAVEL PROGRAM

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. You MUST have payment, Reservation Form, and signed waiver in order to participate.

Name: _____ Phone: _____

Address: _____ City _____ State/Zip _____

Trip #1 _____
Trip Date Price Pick Up Point

Trip #2 _____
Trip Date Price Pick Up Point

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

Going with _____

PLEASE NOTE:

No refunds after day trip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.

A waiver must be signed and returned with deposit/payments if trip is overnight. One Waiver per person, per trip. No refunds after the set deadline unless a replacement is found and will incur a \$5 processing fee, per person. Nancy's contact info: 618-234-4410, ext. 7020, or email at Nancy.Bauer@swic.edu

NOVEMBER 2024

Cuba Discovery

February 24-29, 2025

Highlights include Classic Cars and unique architecture, walking tours and Hemingway. Sample rum, visit a tobacco farm, and enjoy a winery! And SO MUCH MORE! Price begins at \$5657 per person and includes air from STL, 12 meals, 5 nights hotel, entrance fees as per brochure, and more. Contact Nancy for a brochure.

Tulips and Rhine Castles River Cruise

March 26 to April 4, 2025

Begin your adventure in Zurich and finish in Amsterdam. Highlights include walking tours, UNESCO Heritage Sites, castles, wineries, and of course, MILLIONS OF TULIPS! Space is limited. Contact Nancy for a brochure. Pricing starts at \$6199 per person. These cruises sell quickly, so get your reservation in soon!

New Orleans & Cajun Country

November 2- 8, 2025

In conjunction with the SWIC Foundation Department. Highlights include the French Quarter and Café du Monde, a river cruise, the New Orleans School of Cooking, and see the Antebellum Mansions of Natchez. Also, experience the Acadian country and visit world famous Avery Island! Cost is \$4169 per person, double. Deadline for reservations is July 17, 2025. Contact Nancy for a brochure.

Montreal & Quebec City Christmas

December 1-6, 2025

Highlights include round trip air from STL; a train ride between Montreal and Quebec; Montmorency Falls (higher than Niagara Falls!); city tours; and, of course, the Christmas Markets! Also included are 5 nights in the 5-star Fairmont hotels! Pricing starts at \$4179 per person, double. Final payment is due August 19, 2025. This trip will fill early! Contact Nancy for a brochure.

No refunds after day-trip deadline unless a replacement is found and will incur a \$5 processing fee, per person. Overnight trip deadlines vary.

RSVP

RETIRED AND SENIOR VOLUNTEER PROGRAM

618-234-4410 EXT. 7012



Are you a senior (55+) looking for a way to give back to your community? Come join RSVP – Retired & Senior Volunteer Program to serve at food pantries, hospice, making blankets, libraries, museums, hospitals, tutoring, thrift stores, veteran assistance, senior transportation, crafts, senior centers and more. There is no cost to join RSVP and you even get some great benefits like extra insurance (if you should be injured while volunteering), Year of Service awards and periodic recognition! Give us a call at 618-234-4410 ext. 7012 to find just the right volunteer opportunity to fit your passion, talents and schedule!



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Belleville, IL 62220

Programs and Services
for Older Persons

**NON-PROFIT
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PSOP Newsletter Subscription Form

Call 618-234-4410, ext.7043 if you have subscription questions.

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**

Name: _____

Address: _____

Phone #: _____ Email: _____ (Receive the newsletter by email for free!)