

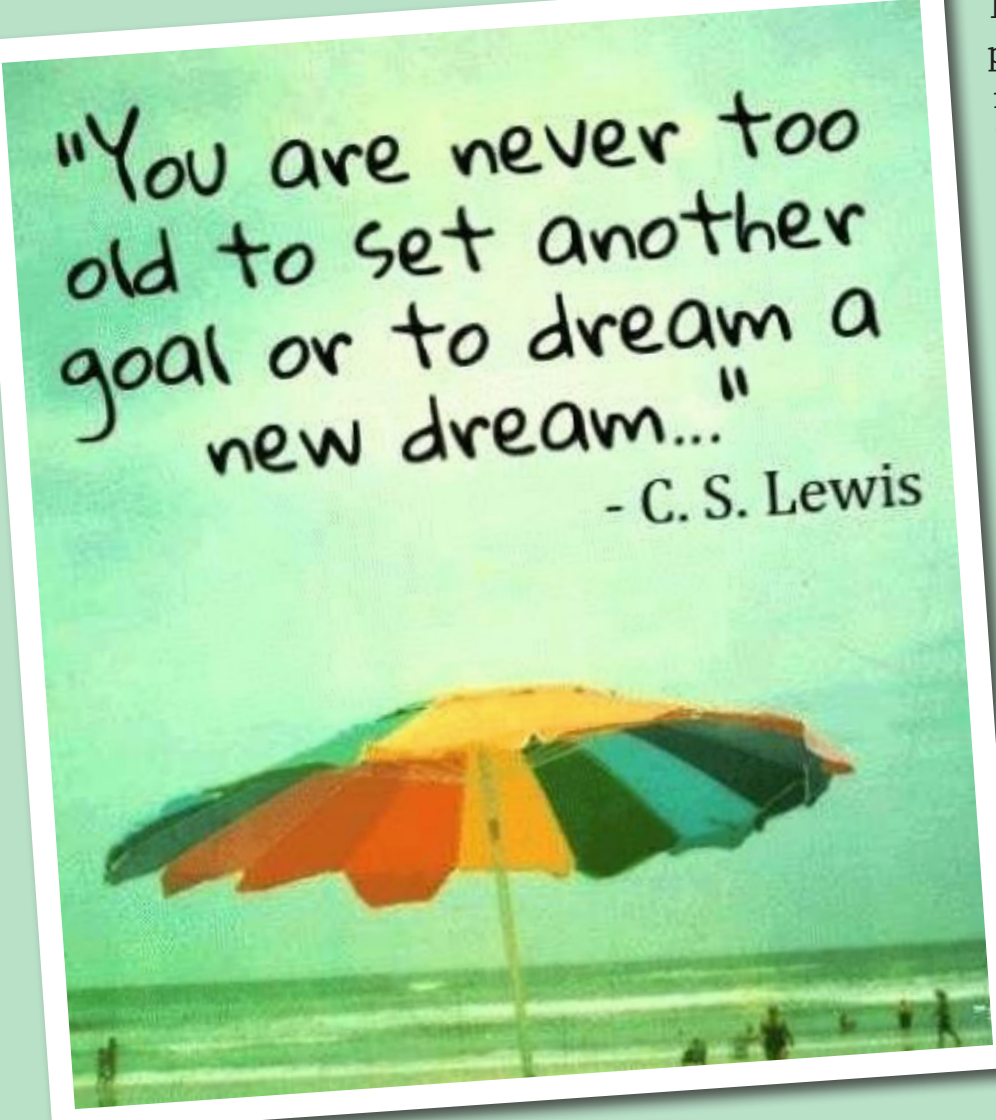
October



2019

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

## LET PSOP HELP YOU REALIZE YOUR HEALTH AND WELLNESS GOALS & DREAMS!



"You are never too old to set another goal or to dream a new dream..."  
- C. S. Lewis

Together, with our partners, we provide many opportunities to help you maintain your overall health (physical, emotional, social). Join one or more of these activities to help maintain YOUR health: Tai Chi, Yoga, Group Exercise, Ballroom or Line Dancing (*all are offered at a minimal fee/pay as you go*). Other opportunities include: Support Groups and Individualized Counseling, Matter of Balance, and endless other socialization activities.

**Take the next step to a healthier you! Join us!**  
**For more information, please call us at 618-234-4410!**



Everyone can help in the fight to end Alzheimer's. Join the cause by staying informed, making a donation, or becoming an advocate for those with Alzheimer's disease and their families.

- ALZHEIMER'S DISEASE IS THE SIXTH LEADING CAUSE OF DEATH IN THE UNITED STATES.
- 1 IN 3 SENIORS DIES WITH ALZHEIMER'S OR ANOTHER DEMENTIA. IT KILLS MORE THAN BREAST CANCER AND PROSTATE CANCER COMBINED.
- BETWEEN 2000 AND 2017 DEATHS FROM HEART DISEASE HAVE DECREASED 9 percent WHILE DEATHS FROM ALZHEIMER'S HAVE INCREASED 145 percent.

Don't just hope for a cure. Help us find one. Join the PSOP Team and raise funds for the fight against Alzheimer's disease during the Walk on Oct. 5, 2019.

**Where:** SWIC, 2500 Carlyle Ave., Belleville, IL 62221

**When:** Oct. 5, 2019 – Registration - 8 a.m.,  
Ceremony - 9 a.m., Walk - 9:30 a.m.

**Contact:** Carla Boswell, carla.boswell@swic.edu,  
618-234-4410, ext. 7036

**Let's Fundraise for HOPE! Every dollar makes a difference.**

Register by using the website below and clicking on 'join a team.' Enter - PSOP Team there. Encourage your family and friends to go to the Alzheimer's Walk website and make a donation to your page. It's easy!

**[http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?  
fr\\_id=11322&pg=entry](http://act.alz.org/site/TR/Walk2018/MO-GreaterMissouri?fr_id=11322&pg=entry)**

*Unable to sign-up on the internet? No problem.*

*Call Carla, and she will give you the information and details on how to accept donations.*

If you are busy that day and can't join us, please consider making the donation to one of our team members in honor or memory of a loved one!

**NOW IS THE TIME TO END ALZHEIMER'S!**

## AFFORDABLE SENIOR HOUSING

Rent-subsidized, affordable housing apartments available for qualified adults 62 and older.

- Onsite maintenance
- Diverse activity calendar
- Comfortable common areas
- Wellness program
- Controlled access
- Pastoral care

7245 Westfield Plaza Dr. <sup>®</sup>  
Belleville, IL 62223  
618-233-5506



**WESTFIELD  
MANOR**  
LUTHERAN SENIOR SERVICES

## COMPUTER CLASSES AT PSOP

**Introduction to Word:** This beginning class will provide a basic introduction to what you can do with Microsoft Word. **Tuesdays • Sept. 17 to Oct. 22, 2019 (six weeks) • 9-11 a.m. • Cost: \$40 WAITLISTED ONLY**

**Windows 10 Basics:** This basic class will include explanations and hands-on usage of Windows 10 applications and features developed by Microsoft. **Thursdays • Sept. 5 to Oct. 10, 2019 (6 weeks) 1-3 p.m. • Cost: \$40 WAITLISTED ONLY**

**iPad Basics:** This basic class will include explanations and hands-on usage of Apple iPad applications and features developed by Apple. **Wednesdays • Sept. 18 to Oct. 23, 2019 (6 weeks) • 1-3 p.m. Cost: \$40 WAITLISTED ONLY**

**iPhone Basics:** Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple. **Tuesdays • Oct. 8 to Nov. 12, 2019 (6 weeks) • 1-3 p.m. Cost: \$40 WAITLISTED ONLY**

**Ask Andy:** Have questions about your computer? Join Andy for drop-in opportunities to get your questions answered! Cost: FREE **Wednesdays, Sept. 4 & 18, Oct. 2 & 16, & Nov. 6, 2019 (five sessions) • 10-11 a.m.** Attend one or all five – no registration needed for these sessions only.

Please call or email Cheryl for more information or 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.*

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:  
**Oct. 9 • Dec. 11**

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.

## GRIEF SUPPORT GROUP

**Monday, Oct. 21, 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*

## 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.**

### 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

### 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.

### 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.

### 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.

### 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.

**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.

### 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.

**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 618-234-4410, ext. 7033 to make an appointment.

### 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. No nurse available Oct. 8.

### 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.

## AARP Driver Safety Class

**Tues. & Wed., Oct. 22 & 23  
9 a.m.-1 p.m.**

\$15 - AARP member • \$20 - non-AARP member  
(Completion of this class may entitle you to a reduction in your car insurance rate)

Call 618-234-4410, Melissa (ext. 7042)  
or Theresa (ext. 7043) to register.

# OCTOBER 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

3 – Belleville

10 – Collinsville

17- Caseyville –SCCOOA

24 – Okawville

31 – Granite City

**7 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.

**14 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.  
**Parkinson's Support**, 1:30-3:30 p.m.

**SHILOH SENIOR CENTER**  
**Games**, 10 a.m.

**21 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.

**28 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.

## Tuesday

**1 Bridge**, 8:30-11:30 a.m.  
**Breakfast Club**, Golden Oak Pancake  
House, 4519 N. Illinois St. in  
Swansea, 9 a.m.  
**Lunch & Learn**, 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

**8 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.  
**Alzheimer's Caregiver**  
**Support Group**, 2:30 p.m.  
**Bridge**, 5-8 p.m. at the Nichols Center

**15 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.  
**Bridge**, 5-8 p.m. at the  
Nichols Center

**22 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 p.m.  
**Bridge**, 5-8 p.m. at the  
Nichols Center

**29 Bridge**, 8:30-11:30 a.m.  
**Lunch & Table Games**,  
10 a.m. - 1:30 p.m.  
**Yoga**, 10-11 a.m.  
**Lunch Bunch**, Eckert's Restaurant,  
951 S. Green Mount Road  
in Belleville, 11:30 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

Wednesday		Thursday	Friday
<b>2 Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Line Dancing</b> , 1:30-3 p.m. <b>Basic Beginner Line Dance Class</b> , noon - 1 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.		<b>3 Pinochle</b> , 9-11:30 a.m. <b>Dance</b> , Candy Corn, 10:30 a.m. -2 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>4 Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>9 Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Mindfulness Strategies</b> , 10 a.m. <b>Line Dancing</b> , 1:30-3 p.m. <b>Dine Around</b> , The Weingarten, 1780 East, IL-15, in Belleville, 5 p.m. <b>Basic Beginner Line Dance Class</b> , noon - 1 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.		<b>10 Pinochle</b> , 9-11:30 a.m. <b>Book Discussion</b> , 10-11:30 a.m. <b>Virtual Flight of Honor &amp; Lunch</b> , 10 a.m. <b>Exercise</b> , noon -1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>11 Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m. <b>Men's Club</b> , 11:30 a.m.
<b>16 Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Line Dancing</b> , 1:30-3 p.m. <b>Basic Beginner Line Dance Class</b> , noon - 1 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m. <b>Dance, Goin Batty</b> , 10:30 a.m.-2 p.m.		<b>17 Pinochle</b> , 9-11:30 a.m. <b>Lunch &amp; Table Games</b> , 10 a.m. - 1:30 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>18 Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>23 Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Line Dancing</b> , 1:30-3 p.m. <b>Basic Beginner Line Dance Class</b> , noon - 1 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.		<b>24 Pinochle</b> , 9-11:30 a.m. <b>Lunch &amp; Table Games</b> 10 a.m. -1:30 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>25 Art</b> , 9-11:30 a.m. <b>Canasta</b> , 12:30-3:30 p.m.
<b>30 Crochet/Basic Knitting</b> , 9-11:30 a.m. <b>Social Security Fraud Forum</b> , 10 a.m. <b>Line Dancing</b> , 1:30-3 p.m. <b>Basic Beginner Line Dance Class</b> , noon - 1 p.m.  <b>SHILOH SENIOR CENTER</b> <b>Pinochle/Card Games</b> , 10 a.m.		<b>31 Pinochle</b> , 9-11:30 a.m. <b>Lunch &amp; Table Games</b> 10 a.m. -1:30 p.m. <b>Exercise</b> , noon - 1 p.m. <b>Hand &amp; Foot</b> , 1:30-3:30 p.m.	<b>RSVP ORCHESTRA</b> <b>2 – Caseyville--SCCOOA</b> <b>9 – Okawville</b> <b>16 – Shiloh</b> <b>23 – Moose</b> <b>30 - Collinsville</b>

## 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**

- **Willoughby Farm** in Collinsville is starting an Urban Ecologist Club, and mentors are needed. In addition other areas of need are Conservation Stewards – to maintain trails and the conservation reserve. Volunteers for Wednesday Workdays are needed for those with a positive attitude and a good heart. (Lunch is usually provided.)
- **King's Closet in Lebanon** – This is a new site for RSVP with exciting opportunities in their community thrift shop. Volunteers are needed in the Men's Room (Sorting, pricing and displaying men's attire. Ability to lift and use stairs required.) Also, the Toy Room (Sorting, pricing & displaying popular/gently used toys. Ability to lift and use stairs is required.) Both areas of need are on the second floor of the shop.
- **Community Inter-Faith Food Pantry – Belleville** – Volunteer Leadership prospects available include: An Assistant Operations Director (Voting member of the Board of Governors, responsible for day to day operations of the CIFP) and an Assistant Treasurer of the Board of Governors, who will be responsible for financial transactions of the Food Pantry.
- **The Shrine of Our Lady of the Snows** – Way of Lights hopes to find friendly folks to help in the Christmas tree room as docents and at the Children's Christmas Cove to assist with crafts. Starting in November through Dec. 31 with several shifts available.
- **Anderson Hospital in Maryville** is seeking outstanding volunteers to help in a variety of roles: Hospital Assistants, the Information Desk and the Gift Shop are some of the opportunities available. Training will be provided.
- **Family Hospice - Heartlinks Grief Program** is looking for volunteers for four hours per month to help children, teens and families who are dealing with grief and loss. Training and background checks provided. Several opportunities available.
- The **Greater St. Louis Air & Space Museum** in the historic Curtis Wright-Hangar Two at the St. Louis Downtown Airport located on the grounds of Parks Air College in Cahokia to serve as docents. Duties include but are not limited to greeting visitors and changing displays. Take pleasure in this aviation history environment, which is sure to be a fulfilling experience.
- The **Illinois Center for Autism** is hoping to find volunteer support to help at the center. Volunteers are needed as clerical support, mailers, skills trainers, and special events.

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

**A big "THANKS" to all of you who faithfully report your hours and give your time so generously. You make a huge impact in our community. Reminder to sign your timesheet.**

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

Marjorie B. and Ruth K.

# 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.**

**Golf League • Mondays & Wednesdays, 8:30 a.m.**

Yorktown Golf Course in Belleville

Arrive by 8:30 a.m. with tee time at 9 a.m.

Cost is \$8 to golf nine holes.

Carts are available – first come, first served.

Monday league – Carol Dunn at 618-210-7265

Wednesday league – Pat Hrasky at 618-781-0551

**Golf League Banquet • Monday, Oct. 28,  
11:30 a.m., PSOP**

**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**

**Oct. 1 – Lunch and Learn**

**Oct. 8 – Lunch and Table Games**

**Oct. 15 – Lunch with the Doc**

**Oct. 22 – Lunch and Table Games**

**Oct. 29 – 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, Oct. 10, 10 a.m.**

"When All is Said" by Ann Griffin is this month's book selection. The discussion leader is Marilyn Merwin.

**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**

**Oct. 3 – Country Western Band**

**Oct. 10 – Virtual Flight of Honor at 10 a.m.  
followed by Lunch**

**Oct. 17 – Table Games**

**Oct. 24 – Table Games**

**Oct. 31 – Halloween Table Games**

**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

**"Candy Corn" Dance**

**Thursday, Oct. 3, 10:30 a.m. – 2 p.m., PSOP**

It's starting to cool down and the leaves are turning beautiful colors. It's time for everything fall, including Candy Corn! Enjoy the music of the Country Western Band. Enjoy lunch for \$5. Please make your reservation by noon on Oct. 2. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Care Link.

**"Goin' Batty Dance" Dance**

**Wednesday, Oct. 16, 10:30 a.m. – 2 p.m.**

It's that time of year for ghouls, goblins, bats and ghosts. We'll celebrate Halloween a little early and dance with the RSVP Orchestra at PSOP in Shiloh at Klucker Hall. Remember to make a reservation! Enjoy lunch for \$5. Please make your reservation by noon on Oct. 15. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Memorial Hospital.

**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, Oct. 11, 11:30 a.m.**

Guest speaker is: Frank Colston, former minor league (Class A) catcher (1986-89), including Seattle Mariners (1988), has his autographed bat and team ball in Baseball Hall of Fame in Cooperstown; Clinton County League Hall of Famer. Please make reservations for lunch by noon the day before. Lunch is \$6.

**Breakfast Club • Tuesday, Oct. 1, 9 a.m.**

Join us at Golden Oak Pancake House, 4519 N. Illinois Street in Swansea for a delicious breakfast and great conversation. Please call Activities for reservations.

**Lunch Bunch • Monday, Oct. 29, 11:30 a.m.**

We're meeting at Eckert's Restaurant, 951 S. Green Mount Road in Belleville. After lunch, browse the Country Store for some fall goodies! Please call for reservations so we can have a seat saved just for you!

**Dine Around • Wednesday, Oct. 9, 5 p.m.**

Meet us at The Weingarten, 1780 East, IL-15, in Belleville. Please call Activities to let us know you are dining with us!

**The Virtual Flight of Honor • Thursday, Oct. 10, 10 a.m.**

This program, provided by Hospice of Southern Illinois, is a morning of honor, reflection and appreciation. Veterans, their families, and the community "Take off" at the Virtual Flight of Honor program. The PSOP Activities Program will join Hospice of Southern Illinois' own Veteran Marine, Kim Johnson, who will lead the patriotic ceremony honoring veterans, provide an educational virtual tour of a typical "Honor Flight" day, and everyone's favorite part, "Welcome" the veterans home! Those in attendance experience the excitement, from a Veterans point of view, of a typical "Honor Flight" day without leaving their hometown. For reservations, please call 618-234-4410, ext. 7016 by noon on Oct. 8.

**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, the cost is \$5 per person. To make a reservation, call 618-234-4410, ext. 7016 by noon on Friday, Nov. 22. Frohliche Weihnachten!

**TRIPS****Beer Barron****Wednesday, Nov. 6, 2019**

St. Louis and beer are natural companions. With more than 200 years of brewing by over 125 companies, St. Louis is known as the city where Beer is King. Following the Civil War we were the third largest producer in the U.S. Currently we have more than 60 breweries operating. Hear the history and the legacies left by the Coon, Lemp, Busch, Conrad, Anheuser, Schlafly, and Griesedieck families. Trip limited to 40 people. Lunch at Schlafly Tap Room using tall tables and bar stools. Please state if you wish to have chicken salad or hamburger or fish & chips. Cost is \$83 per person. Deadline for reservations is NOW. Depart at 8:15 a.m. from the Schnuck's on North Belt West, Belleville. Return about 4:45 p.m. Attn: Nancy

**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, see Viking ships, hot springs and mud pots. Perhaps take a swim in the world famous Blue Lagoon, known for its therapeutic waters. Cost is \$4739 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.

**SOCIAL SECURITY  
FRAUD FORUM**

*BE AWARE AND  
STAY VIGILANT!*



Scam artists go to great lengths to trick you out of your personal information or money. By educating yourself and knowing how to identify and report Social Security and Medicare fraud, you can stay several steps ahead of these thieves. PSOP, in partnership with the Social Security Administration and the St. Clair County Elder Justice Council, want to assist in informing seniors about how to avoid becoming a victim. We encourage all seniors, caregivers and family members to come to PSOP to attend the Oct. 30 meeting at 9 a.m. For more details and to RSVP, please contact Carla at 618-234-4410, ext. 7036.

**Memorials****For:****Fred Kern****From:****Cheryl & Mark Brunsmann, PSOP Staff****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).**

# 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 \_\_\_\_\_

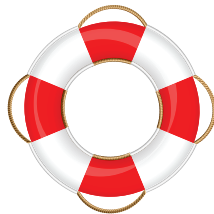
PSOP programs you currently participate in: \_\_\_\_\_

Programs and Services for Older Persons

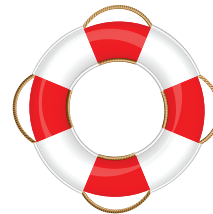
## The recent Project ReRunway: Bon Voyage was a HUGE SUCCESS!



• Sue Beelman



- Mary Ann Janet Joaquet
- Professor Johnny Garner
- Ginger Judy Loudon
- Mr. Howell Ed McCain
- Mrs. Howell Carolyn Fairies
- Skipper Ron Meyer
- Gilligan Frank Hagelstein



• Hattie Hayes

*Mailing prepared by RSVP Volunteers*

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