



Programs and Services for Older Persons
201 N. Church St.
Belleville, IL 62220
618-234-4410
October 2023



PSOP ACTIVITIES WITH MELISSA AND THERESA: Autumn is in the air and beautiful days to have fun together. Day trips, long trips, eating outside, playing inside... whatever you join us for, please remember to let us know you are attending. Leave a message on our phone. Thanks so much. 618-234-4410 ext.7042 (Melissa) or 7043 (Theresa).



DANCES are at PSOP in Belleville and Klucker Hall in Shiloh. Dances are \$5, \$4 for lunch and \$1 entry. Remember to call so we have enough meals ordered.

Shiloh Senior Picnic- Oct. 11, Wednesday at 10:30 a.m. We usually have this big picnic in June but we thought October sounded perfect! Come out to the Old-Fashioned State Fair! Free dance in Klucker Hall with RSVP Orchestra, free Bingo outside with prizes, free funnel cakes, corn dogs, jumbo hot dogs and more! Just like an old State Fair we will have a pie contest. Bring your pies by 11 a.m. to be entered in the best baker contest. Blue ribbons will be awarded. Enter the "Something in a Jar" contest. We will have judges to pick the winner of best salsa, jam, jelly, pickles...whatever you make in a jar (no moonshine please!). No reservations necessary. Just put your party pants on and join us for a great day celebrating YOU!

Masquerade Jamboree Oct. 26, Thursday, 10:30 a.m. – 1:30 p.m. At PSOP you might see some witches doing a waltz, a tyrannosaurus doing a two-step or a clown standing on his head. Whatever you would like to dress up as, you are sure to have some scary fun at the dance. Please reserve your spot so we have plenty of treats!

JOIN US FOR:

Men's Club Oct. 13 at 11:00 a.m. This sports group is hosted by Art Voellinger. Make your reservation for lunch. \$5.

Flowers 101 with Grimm & Gorly. Wednesday, Oct. 18, at 10:00 a.m. We've made fresh bouquets, summer wreaths, swags...and have learned so much from Grimm & Gorly! This month is a fresh fall arrangement in a live pumpkin! Cost is \$20 to bring this beautiful arrangement home with you.

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 a.m. to have coffee and chat. Held at Shiloh Community Center # 7 Park Drive.

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. No class on Oct. 10th.

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. Donna Holcomb is our new instructor and has studied with Carol for years. You'll be two-stepping in no time. Come learn the latest dance with this fun, social group. Cost is \$2.

Beginner's Line Dancing 4-week class to start Oct. 4 on Wednesdays at noon. Come and start boot-scootin. Cost \$20.

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 have a fun craft you like to make and are willing to show others, please call us and we'll have a craft day!

Beginner Ukulele Oct. 6 – Jan. 11 each Friday at noon. This is a special progressive class for beginner ukulele. It's as close to private lessons as you can get. Once the class starts it will be closed for enrollment so the class can progress together. Class size is limited. Call to reserve your spot.

Fingerstyle Ukulele Noon on Fridays. This group is for advanced Ukulele players

Ukulele Jam Session Fridays at 1 p.m. This group is with both instructors combining the talents of the advanced ukulele players and the confident beginners (can play 12 chords or more).

BINGO is free with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. Come join us! Bingo begins at 10 a.m.



- Oct. 3 Superhero Bingo – sponsored by Aetna Calling all superheroes – come and ‘save the day’!
- Oct. 10 Sponsored by Knollwood
- Oct. 17 Sponsored by Chiro Med with Dr. Chad Weber
- Oct. 24 Sponsored by Cedar Ridge
- Oct. 31 Halloween Bingo - whether you are a good witch or a bad one, come play Bingo with us. Special treats for costumes, sponsored by United Health Care



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 at 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, 1:30 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!

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.

Out and About in the Community with Melissa and Theresa

Whether we are at a fancy dinner or a fast food restaurant we want to know if you are joining us (especially if anything changes in time and place). 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: Wednesday, Oct. 25, 9:00 a.m. Trying **Reinhardt’s** again in Millstadt. We are after their homemade country fried steak, hot cakes, biscuits and gravy and breakfast burritos. 201 West Madison St. Millstadt.

Lunch Bunch: Friday, Oct. 6, 11:30 a.m. Join us downtown Belleville as we walk around main Street and get lunch from the **Belleville Chili Cook Off**. We will have two tables reserved for us (look for the orange table cloth and PSOP sign at the picnic tables by the clock. Then come on a food adventure with us while we try the many different kinds of chili.

Dine Around: Monday, Oct. 23 at 5 p.m. **Kyoto** in Edwardsville brings Japanese food straight to our table as they chop up and light on fire all kinds of goodies for us. Great drinks and good fish too. Kyoto is located on 441 South State St. (157) Edwardsville.

Road Trippin with Activities

Fox Theater - We have tickets to two exciting shows for 2024! Both shows are seats on the Orchestra floor and a delicious dinner at the Fox after the show. Charter bus included.

Mama Mia - Thursday, Feb. 15. Leave Schnucks at Noon for a 1 p.m. matinee to hear all of our favorite Abba tunes in this hit Broadway Show! \$148 for package which includes ticket, dinner and transportation.

Moulin Rouge - May 11. This is a Saturday matinee, bus leaves at noon from Schnucks. See the fabulous musical Moulin Rouge with dinner after. \$144 for package which includes ticket, dinner and transportation.

Niagara Falls and Canada September 15-21, 2024. Come with Melissa and Theresa as we stay in Canada, have dinner at the Skylon Tower, tour Niagara and Toronto, ride the famous Hornblower and tour the falls, visit Welland Canal, go on a Harbor Cruise in Toronto, visit a local winery and surprise along the way! If you missed ziplining over the falls the last time we were here we are ready to do it again! Are you? 7 days, 6 nights is \$1349.00 per person double occupancy. Trip is already half filled up so don’t wait!

Belleville Main Street's Senior Day - Join area seniors 55+ as they shop + dine along Downtown Belleville's Main Street Oct. 20, from 10 a.m. – 1 p.m. Dress in your Halloween best! Seniors will "trick-or-treat" along Main Street with an after-party at PSOP full of fun and giveaways provided by our Belleville Main Street. merchants. Admission to this event is \$10. Registration is from 10-11 a.m. at PSOP where the participants will receive their Main Street Senior Day passports and \$5. in Downtown Dollars to spend during the event. A shuttle, kindly provided by Keystone at Richland Creek, will be available to participants for transportation to/from PSOP and along Main Street. After completing the passport, join the after party at 1 p.m. hosted by St. Clair County Office on Aging and PSOP.

RSVP - Retired and Senior Volunteer Program (55+)



Belleville

Friends of Belleville Public Library - fundraising to support the library
Community Interfaith Food Pantry - collect, assemble, distribute food to the needy
Beacon Ministries - assistance with intake calls, driving folks to appointments
Family Hospice - assistance sewing fidget blankets or sewing lap blankets
Memorial Hospital Auxiliary - visitor assistance, fundraising, gift shop
Shelter Shop - pricer/sorter or cashier
Senior Services Plus - Meals on Wheels drivers
Lions Club - cashier for monthly vendor booth
Labor & Industry Museum - Saturday visitor assistance, accession and computer work
Hospice of Southern IL - patient care visitor (within 10 miles of your home)
Salvation Army - collect, assemble, distribute food to the needy
St Clair County Court House - scanning documents
St Elizabeth's Hospital Auxiliary - front desk assistance
St Paul United Church of Christ - making mats for homeless, Sept. 28 & 30 rummage sale
Tapestry of Community Offerings - pricer/sorter or cashier
VFW Post 1739 - veteran assistance, post meetings, one-time clear out of storage area

Collinsville

Collinsville Faith in Action - senior transportation
Collinsville Food Pantry - collect, assemble, distribute food to the needy
Cahokia Mounds - interpretive guide

Freeburg

Freeburg Food and Clothing Bank - collect, assemble, distribute food to the needy

Highland

Highland Area Christian Service Ministry - collect, assemble, distribute food to the needy

Maryville

Anderson Hospital Auxiliary - front desk assistance, gift shop

O'Fallon

AgeSmart - front desk assistance
O'Fallon Township - quilters
O'Fallon Food Pantry - collect, assemble, distribute food to the needy

Fairview Heights

Fairview Heights Food Pantry - collect assemble, distribute food to the needy
Illinois Center for Autism - front desk assistance

Granite City

Granite City Senior Social Club - assistance with senior events

Lebanon

Lebanon Visitors Center - visitor assistance

Millstadt

Millstadt Township Senior Services - food prep for senior meals, senior meal delivery, quilter

2023 RSVP Volunteer of the Week!

*Virginia Ganschietz *Michael Cannon,
 *David Cugier * Ann Bussing
 *Prize (\$20 Cracker Barrel gift card) can be collected at the RSVP office (Rm 103 at PSOP).

If you are a non-profit in need of volunteers, give us a call to sign up as an RSVP Station.



Consider becoming a Foster Grandparent Volunteer!



Experience every day *the love and wonder of children* eager to hear your special stories! At **local** schools and daycares, Foster Grandparents become friends and mentors with children. Connect with children by sharing experiences, supporting learning, and offering encouragement. Join with other caring people working together with children to make a lasting mark on **your community**.

•Receive **tax-free income** that does not affect Social Security, housing subsidies, or any other assistance. •**Generous benefits** and more! For more information 618-234-4410 ext. 7062.



Senior Companions are making a difference in the community!

Senior Companions provide companionship to homebound and isolated Seniors! Help make a difference in your community. Become a Senior Companion Today!

Senior Companions must be:

55 years of age or older
Meet Income Guidelines
Willing to help older adults in your community
Willing to volunteer 10-20 hours of time a week

Senior Companions receive:

Non-taxable stipend of \$4 per hour
Meal and Mileage reimbursement
Monthly in-service education
Community Service Recognition



Thank you to VFW Post 1739 for the very moving and informative Patriots' Day/Flag Ceremony.



PSOP is now a US flag collection site. Do you have a United States flag that is torn, tattered or otherwise unserviceable? Bring it to PSOP for disposal/retirement. All flags collected will be respectfully retired by Belleville's VFW Post 1739 at a later date.



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.



Join the PSOP Team in the fight against Alzheimer's.

The Alzheimer's Walk will be Oct. 7, 2023 and starts at 9:30 a.m. Sign-up by going to the link at: https://act.alz.org/site/TR/Walk2023/MO-reaterMissouri?pg=entry&fr_id=16676

Add yourself to the PSOP Team, or ask a staff person to help out. Together – we are Fighting for a Different Future!



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

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. We will **NOT** have a regular meeting in October in lieu of the Yoga Event on Oct. 20. Please contact Tanya at 618-234-4410, ext. 7039, or by email at Tanya.Koelker@swic.edu, for future meeting details and to make a required reservation for the months going forward.

Mark your calendars for an upcoming **Mindfulness Yoga event** on Friday, Oct. 20, 2023, here at PSOP with Jessica Pollock, RYT-200 leading us through a yoga class. Jessica has advanced training as a FLEX instructor for Silver Sneakers and hosts yoga classes for seniors weekly in the community. **Reservation for this event is required.** Please contact Tanya Koelker, LCPC at ext. 7039 for more information.

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. The next meeting will be held Monday, Oct. 16, 2023. Every meeting has new educational topics as well as good discussion among attendees! Also watch for upcoming presentations and topics that you don't want to miss!

In addition, a **Parkinson's Caregiver Meeting** will be held in person on the THIRD TUESDAY of most months, and next on Tuesday, Oct. 17, at 11 a.m., at Belleville Health and Sports Center, 1001 S. 74th St, Belleville. No reservations are required, but you may contact Tanya at 618-234-4410, ext. 7039, for meeting details and 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.

RESOURCE CENTER

Staff are 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 increased the income eligibility amount. To apply, you must be at least 60 years old with monthly income below \$1,580 for individuals or \$2,137 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.

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

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



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 2nd and 4th Tuesdays of the month from 9 a.m. to noon. No appointment is needed.



Living a Healthy Life with Chronic Conditions Oasis Health in partnership with PSOP will provide a free 7 session, discussion- based, self-management workshop designed to empower adults living with chronic conditions. All participants will receive a free informational book and CD. Light refreshments will be provided.

Thursdays, Oct. 5-Nov. 16, 2023 from 1-3:30 p.m. at PSOP

[Call 618-234-4410 Ext. 7036 to register.](tel:618-234-4410)

PSOP sponsored Driver's Service Mobile Unit

[Call 618-234-4410, ext. 7036](tel:618-234-4410)

Date:

Location:

Oct. 11, 2023 201 N. Church St., Belleville, IL

Nov. 15, 2023 7 Park Dr. Shiloh, IL

Dec. 13, 2023 201 N. Church St., Belleville, IL



Services provided to seniors 55 and older by appointment only

PAYMENT: Credit card or check; NO CASH

Mobile Unit hours: 10 a.m. to 1:40 p.m. Services available: Driver's License Renewals, State ID cards and Vehicle Registration Renewals (including REAL ID's, vision test, road test and written exam if required)

SeniorLink Computer Classes

[Call 618-234-4410 Ext. 7036 to sign-up!](tel:618-234-4410)

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.

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. Applications installed after the purchase of the computer won't be covered.

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.

iPhone Basics: Join this basic level class for explanations and hands-on usage of Apple iPhone applications and features developed by Apple Techniques. NOTE: Applications installed after the purchase of the iPhone 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.



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.

- Oct. 12 *The Girl from the Channel Islands* by Jenny LeCoat Discussion leader – Gretchen Tinkle
 Nov. 9 *Death of a Traitor* by M. C. Beaton Discussion leader – Peggy Malec
 Dec. 14 *The End of the Affair* by Graham Greene Discussion leader – Denise Sechrest
 Jan. 11 *Carolina Moon Set* by Matt Goldmann Discussion leader – Marilyn Merwin

PSOP TRAVEL PROGRAM



Yanks and Confederates - Wednesday, Oct. 25, 2023

Joan Huisinga tells us the stories behind the stories and what roll St Louis played. Hear stories about the Armory and Jefferson Barracks, visit White Haven and learn about the romance between Grant and Julia, discover the Civil War Museum, and more! Cost is \$111 per person and includes admissions, lunch, and more! Deadline for reservations is Now.

St. Louis Symphony Holiday Celebration at Lindenwood, Dec. 13, 2023

It's the most wonderful time of the Year! Our most popular trip! We start with a prime rib dinner at Schlafly's and end with the St. Louis Symphony playing at the J. Scheidegger Center of the Arts. **Cost is \$177 per person**, with a maximum of 50 going. **Deadline for reservations is Nov. 2.** Departing around 4 p.m. from PSOP. **MAKE SURE TO LIST WHOM YOU WISH TO SIT WITH!**

Alpine Swiss Villages & Rails July 2-10, 2024

In conjunction with the SWIC Foundation Department. Considered to be one of the most beautiful countries in the world! Highlights include: 6 nights at one hotel, small cities and parks, glaciers and waterfalls, several train rides, a cruise, a cable car ride, a walking tour of Lucerne, and much more. Price begins at \$5369 per person. Air from STL and 12 meals are included. Call or e-mail Nancy for a brochure.

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

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 |
|------|------|-------|---------------|
|------|------|-------|---------------|

62220

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

Going with _____

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!)



Programs and Services
for Older Persons

201 N. Church St.
Belleville, IL
62220

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

PSOP

N e w s l e t t e r

Southwestern Illinois College Board of Trustees: Chair Nick Raftopoulos, Granite City; Vice Chair Steve Campo, Belleville; Matthew Burke, Swansea; Sean McPeak, Freeburg; Mark Morton, O'Fallon; Dane Tippet, Troy; Tracy Vallett, Red Bud

College President: Nick J. Mance