



PROGRAMS AND SERVICES
FOR OLDER PERSONS
 201 N. Church St.
 Belleville, IL 62220
 September, 2022



PSOP will be closed on Monday, Sept. 5th in honor of Labor Day.

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). Thank you, and 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.

- Sept. 1 Barnyard Bingo! Yes, we will have a live chicken participating! Sponsored by Aetna
- Sept. 12 Bingo sponsored by Bria
- Sept. 15 Bingo sponsored by Aetna
- Sept. 22 Bingo sponsored by Neuropathy and Pain Solutions
- Sept. 29 No Bingo - Denim and Diamonds Dance in Shiloh



Senior Golf League-Congratulations to Floyd Futz for getting a Hole in One! Floyd got a hole in one on hole #5. Come join the golfers at Yorktown every Friday! Tee-off at 9 a.m. You do not have to play every Friday to be in the league or even be a good golfer, just come have some fun. Register with PSOP Activities 618-234-4410, ext. 7042 or 7043 and please indicate your shirt size when registering.

Men's Club Fri. Sept. 9, 11 a.m. If you have played sports, coached sports or have been a fan of any sport come join the guys. Our Sept. guest speaker is General Manager of the Gateway Grizzlies, Kurt Ringkamp. Please call to make a reservation so we have plenty of lunch for you.



DANCES: Dances in Belleville and Shiloh are \$1 entrance fee. In Belleville, a concession stand is available with the best hotdogs you have ever had, and plenty of snacks to go with it. In Shiloh, it is VERY important to register for the dance because there will be a hot lunch provided for a donation. 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa) for reservations.

Sept. 7, 10:30 a.m.-1:30 p.m. Belleville - RSVP Orchestra "Black & White" Sponsored by the Atrium-wear your black and white and dance the day away. (concession stand)

Sept. 29, 10:30 a.m.-1:30 p.m. Shiloh - Country Western Band "Denim & Diamonds" Let's put on our glitter and sparkle and dance with the Western Band. Lunch is a donation. Menu is Roast Beef/garlic mashed potatoes/green beans/fruit.

Day trip to Perryville, MO Save the Date: Wednesday, Nov. 2, 2022, 9 a.m.-5 p.m. Join us on this emotional trip as we visit the famous Vietnam Memorial Wall in Perryville. This beautiful place has a museum and movie also. We will tour St. Mary's of the Barrens National Shrine of Our Lady of the Miraculous Medal and stroll through the Rosary Walk. Lunch is on your own at Mary Jane Burgers and Brew restaurant in Perryville. We are working on a few more details, so the price has yet to be confirmed.

Here at PSOP:

Cards - We have all kinds of card groups. Do you like to play something that's not listed? Call us, we will try and get a group together!

Pinochle Thursdays at 9 a.m. A great crowd of pinochle players who are always looking for more people to join them.

Bridge Tuesday mornings at 8:30 and Thursday afternoons at 12:30.

Hand and Foot Thursdays at 12:30.

Canasta Fridays at 12:30.

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!

Beginner Line Dancing- Noon every Wednesday in Sept. \$20. for the four weeks. Learn the basics of line dancing with our amazing instructor, Carol Schwartz. We keep this class small for maximum instruction. She will have you boot scooting in no time!

Line Dancing - Wednesdays at 1:30 p.m. Carol Schwartz and her husband, Bob, have been teaching us what wall to face and when to kick up our boots for almost 20 years here at PSOP. Come see why they have such loyal dancers. Cost is \$2.

Art Group - Fridays at 9 a.m. Sometimes we have something organized to work on as a group and other times each artist brings what they are working on. 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: 618-234-4410, ext. 7042 or 7043.

Beginner Ukulele Fridays at Noon. Our instructors are so fun and very good. They will have you playing like a pro (or at least enjoying yourself).

Out and About in the Community with Melissa and Theresa

Thank you so much for continuing to call us with your reservations! The restaurants are very appreciative also. Activities: 618-234-4410, ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club Wed. Sept. 21, 9 a.m. **Clara B's** Come see what all the fuss and awards are about. Cute little place right across from the Lincoln Theater.

Lunch Bunch Tues. Sept. 6, 11:30 a.m. **Red Robin** 6500 N. Illinois St., by the mall. Join us for great burgers and bottomless fries!

Dine Around- Fri. Sept.30, 5 p.m. **Soulcial Kitchen** 127 N. Belt East, Belleville off of 161. We are trying something new with the different food trucks and live entertainment. Choose your truck and then eat outside with music or inside the bar. Choose from tacos, fine swine bbq, gourmet chef specials and more.

Save the Date! Senior Diva Day- Friday, Oct. 21, 2022 from 10 a.m. to 1 p.m. Our first one was a huge success and we are ready to do it again. No tickets in advance this time, just \$10. at the door and you receive \$5. back in Belleville Bucks. Stroll around downtown Belleville and take advantage of the shops and samples on special just for you. More information to come. 10 a.m. -1 p.m.



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.

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.

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 Felicia, 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 don't wait to discuss these topics with a counselor! 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 September, we will meet on Wednesday, Sept. 14 at 10 a.m. with a reservation required. Please contact Tanya at 618-234-4410, ext. 7039, for all meeting details and to make a required reservation for each month.

The Parkinson's 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, Sept. 19, at 1:30 p.m., featuring a speech therapist on topics like swallowing, volume, and cognition. In addition, a Parkinson's Caregiver Meeting will be held in person on the THIRD TUESDAY of most months, and next on September 20, at Belleville Health and Sports Center, at 11 a.m. Please 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 educational material related to Alzheimer's disease or caregiving for someone with Alzheimer's Disease.

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**.



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 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. **Call 618-277-3290**



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

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: \$30

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. All 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.



RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Are you interested in volunteer service at an area museum, food pantry, library, hospital, hospice, or other non-profit site? Give us a call and we can help match you with a program of interest. Call 618-234-4410 and select ext. 7036.

Currently, we are looking for volunteers with several organization including The Granite City Senior Social Club, St. Clair County Disaster Corps, Collinsville Faith In Action, Anderson Hospital Auxiliary, Belleville Area Humane Society, Project Read (tutor/mentor literacy program – training provided). Let us know if you are interested.



Honor. Serve. Unite.

The September 11th National Day of Service and Remembrance (9/11 Day), is a chance to help others in tribute to those killed and injured on Sept. 11, 2001, first responders, and the countless others who serve to defend the nation's freedom at home and around the globe. Here in our community, we will support and honor veterans, soldiers, military families, and first responders by holding a food drive. Throughout the month of September PSOP, AmeriCorps Seniors volunteers and others will partner to give you an opportunity to do for others by donating food items to local food pantries. If you wish to donate to this event you may bring these non-perishable items to PSOP.

Sweats for Vets We are honoring our Veterans by helping out with a need in the community. While visiting the local VA hospital we found the veterans were cold because the hospitals combat germs with colder temperatures. Many of them are admitted with nothing more than shorts and a t-shirt, or just a hospital gown. They need comfortable sweats to wear when they go for treatment, lab work or just to relax. The Activities Department will be collecting any size, new sweatshirts and sweatpants (doesn't need to be same size set, just has to be new) for our Veterans to wear and keep. PSOP is a drop off location for Sweats for Vets. If you would like to write a hand-written card to include in the bag, that would be great.



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.

Sept. 8 "One Step Too Far," by Lisa Gardner. The discussion leader will be Judy Higgins.

Oct. 14 "The Sociopath Next Door" by Martha Stout. The discussion leader will be Jesse Arms

Nov. 10 "A Biography of Georgia O'Keeffe-Portrait of an Artist" by Laura Lisle. The discussion leader will be Jackie Lantz

Dec. 8 "Swiss Family Robinson" by J.D. Wyss. The discussion leader has yet to be determined.

ST. CLAIR COUNTY OFFICE ON AGING

Unless otherwise noted, events are held at 201 North Church St. Belleville. Reservations are required to ensure social distancing needs. **If you are new to one of our ongoing activities / classes, call to verify when you plan on attending as sometimes classes are changed due to space availability or schedules of the instructors.** To register for any event, call 618-234-4410, Mary (ext. 7034, mblaies.stclairaging@yahoo.com) or Susan (ext. 7044, spflug.stclairaging@yahoo.com)

1k Wine Walk

Oct. 16, 2022 11:30 a.m.

The Weingarten 1780 IL State Route 15, Belleville

Walk with us and enjoy 5 tasting stations
along the route!

Registration: \$30 in advance/ \$35 day of (t-shirt not guaranteed)

For more information contact 618-234-4410, ext.7044 (Susan) or ext.7034 (Mary)



JEWELRY & PAPER CRAFTS CLASS – Monday, September 26, 10:30 a.m. April Barnes from Three Sisters Crafts returns to show us how to make new offerings! Make a decorative notepad (\$3) or bracelet (\$5) for yourself or for a gift! Reserve your spot, 618-234-4410, ext. 7044 or 7034.

SAVE THE DATE!!! SENIOR DIVA DAY, FRIDAY, OCTOBER 21 from 10 a.m. to 1 p.m.
WE ARE ALSO FINALIZING DETAILS FOR SOME ADDITIONAL OFFERINGS!! BADMINTON AND POLICE ACADEMY, CALL OUR OFFICE AT 618-234-4410, EXT. 7044 AND 7034 TO GET AN UPDATE.

SENIOR PICKLEBALL – Mondays & Wednesdays, 9 - 11 a.m. St Paul's UCC, 115 West B St. Belleville

MAHJONG – Fridays at 12:30 p.m.

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 – 11:45 a.m. Check in: 15 minutes before start of class.

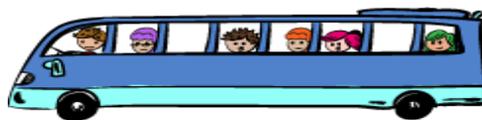
GRIEF SUPPORT GROUP - Third Monday of each month from 10 – 11:30 a.m.

FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 – 11:30 a.m.

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. (No class on August 22) Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

SLOW PACE LINE DANCING – Mondays from 12:15 –1:45 p.m. Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois St., Swansea, IL 62226

PSOP TRAVEL PROGRAM



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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.

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Treasure Island, Florida and beyond! – Jan. 29 to Feb. 5, 2023

It may be snowy in St Louis, but the soft, white beach is calling! Spend eight days enjoying the weather and excursions to Tarpon Springs, Clearwater Beach, Sarasota, and St Petersburg, for museums and historic houses, all included in the cost of your trip. Also included are nine meals, airfare from St. Louis, resort with stunning beachfront views and great amenities. **Pricing begins at \$2,249.** Full payment due on/before Oct. 12, 2022. Contact Nancy for a flyer!

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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 3/3/2023. Call Nancy for a flyer.

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 trip without these 3 things sent to PSOP.

Name: _____ **Phone:** _____

Address: _____ **City** _____ **State/Zip:** _____

Date of Birth: _____ **e-mail** _____

Emergency Contact: _____ **Phone:** _____

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!!!)



Programs and Services
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201 N. Church St.
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PSOP

N e w s l e t t e r

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