

August



2019

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

**BUTTERFLY EFFECT: “Every single thing you do matters. You have been created as one of a kind. You have been created in order to make a difference. You have within you the power to change the world”
- Andy Andrews**



A special group of Senior Corps Foster Grandparent volunteers who are dedicated to positive change were honored and recognized Thursday, April 18, at Bellecourt Manor in Belleville. We hope they know that the service they provide to their communities makes a remarkable impact on the children, staff, and families they support.

Thank you Foster Grandparents for another remarkable year!



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

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

7245 Westfield Plaza Dr.
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**

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**

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

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**

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:
Aug. 14 • 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: Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.

GRIEF SUPPORT GROUP

Monday, Aug. 9, 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

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

HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN AUGUST

Frank B., Luan B., Laverne K., and Constance S.

RSVP

What is RSVP?

The Retired and Senior Volunteer Program is a national program that recruits individuals 55 and older to help others through not-for-profit agencies, hospitals, libraries, hospices, schools, etc. The mission of the program is to match the talents of these individuals with one or more volunteer assignments that best suit them. Limited benefits are available. Started in 1973, RSVP has been committed to community service for 46 years.

Take a look at some of the prospects available this month

- **SWIC's Blue Storm Radio** – The college's award-winning internet station is on a quest for volunteers to help support station operations. Positions include: writers, announcers and social media promotions. Days and hours vary and are flexible.
- **The Mascoutah Weekend Meals program** for school children is seeking volunteers to help sort and count food items for packaging and filling bags with designated items for each month. Bags are then counted and sorted by school for delivery. Program starts Aug. 22 and then third Thursday of each month thereafter until May. Packing time: 3:30 pm each month.
- **The Community Inter-Faith Food Pantry in Belleville** needs food pantry volunteers for some weekdays and Saturdays (two-hour shifts). Once or twice a month would be great. In addition, other Food Pantries in both Madison and St. Clair counties are seeking support. Call for Information.
- **Area Schools** will once again need your help because children are this country's greatest natural resource. Tutors and Mentors are needed for the new school year; several schools have some in-class and after-school study sessions. You can make an impact by offering a couple of hours per week. You can make a difference in the life of a child. Background checks required.
- **Cahokia Mounds** in Collinsville needs friendly, history-loving volunteers to help in several areas: docents, tour/gallery guides, and the information desk. If you enjoy meeting people from around the world, this is the assignment for you.
- **Lebanon Visitors Center** is in search of volunteers to welcome guests as greeters and to support the information desk. Days and times vary – call for details.

For information on any of the above-mentioned assignments please contact Pat Etling at 618-234-4410, ext. 7012.

Your dream volunteer situation is waiting for you!

SUPPORT PSOP – SAVE OUR ENVIRONMENT!

When you purchase a "Giving Bag" from Fresh Thyme, \$1 can be donated to PSOP. All you have to do is specify SWIC – Programs and Services for Older Persons upon following the instructions on the Giving Tag.

If after purchasing a bag (or two or three), you need assistance, please call Cheryl at 618-234-4410, ext. 7023 with the six-digit code from each bag!

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

PSOP and the Alzheimer's Association would like to invite everyone to participate in a monthly educational class to promote Brain Health. Whether you are a person with memory loss, or someone interested in maintaining as healthy of a brain as possible, this monthly meeting will feature brain exercises, activities, socialization and education. Classes will be held the second Thursday of most months at 2:30 p.m. No reservation is necessary, but you may call Jodi Gardner, MSW, LCSW, at 618-234-4410, ext. 7031 for information.

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.

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

Mon. & Tues., Aug. 19 & 20

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.

AUGUST 2019



Monday

Tuesday

COUNTRY WESTERN BAND

1 – Belleville
8 – Moose
15 – Okawville
22 – Caseyville
29 – Granite City

RSVP ORCHESTRA

7 – Okawville
14 – Moose
21 – Shiloh
28 – Collinsville

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-NEWSLETTER**

PSOP RECYCLES:

**Aluminum cans
(supports Advocacy Dept.)**

**Cellphones
(supports Cellphones
for Soldiers)**

**Old shoes
(Waterman Project)**

5 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.

12 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 Group, 1:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

19 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.

26 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.

6 Bridge, 8:30-11:30 a.m.
Breakfast Club, The Egg & I, 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

13 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

20 Bridge, 8:30-11:30 a.m.
Lunch with a 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 p.m.
Bridge, 5-8 p.m. at the
Nichols Center

27 Bridge, 8:30-11:30 a.m.
Lunch and 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

Wednesday

Thursday

Friday

	<p>1 Pinochle, 9-11:30 a.m. Dance, Flower Power, 10:30 a.m. - 2 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m.</p>	<p>2 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>
<p>7 Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>8 Pinochle, 9-11:30 a.m. Book Discussion, 10-11:30 a.m. Lunch & Table Games, 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m. Brain Health, 2:30 p.m.</p>	<p>9 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>
<p>14 Crochet/Basic Knitting, 9-11:30 a.m. Mindfulness Strategies, 10 a.m. Lunch Bunch, Freddy's Frozen Custard & Steakburgers, 11:30 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>15 Pinochle, 9-11:30 a.m. Lunch & Table Games, 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m.</p>	<p>16 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m. Project ReRunway, 10 a.m. - 2 p.m.</p>
<p>21 Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m. Dance, August Moon, 10:30 a.m. - 2 p.m.</p>	<p>22 Pinochle, 9-11:30 a.m. Lunch & Table Games 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m. Dine Around, The Edge, 5 p.m.</p>	<p>23 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>
<p>28 Crochet/Basic Knitting, 9-11:30 a.m. Line Dancing, 1:30-3 p.m.</p> <p>SHILOH SENIOR CENTER Pinochle/Card Games, 10 a.m.</p>	<p>29 Pinochle, 9-11:30 a.m. Lunch & Table Games 10 a.m. - 1:30 p.m. Exercise, noon - 1 p.m. Hand & Foot, 1:30-3:30 p.m.</p>	<p>30 Art, 9-11:30 a.m. Canasta, 12:30-3:30 p.m.</p>

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

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

Aug. 6 – Lunch & Learn

Aug. 13 – Lunch & Table Games

Aug. 20 – Lunch with the Doc

Aug. 27 – Lunch & 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.

Book Discussion Group • Thursday, Aug. 8, 10 a.m.

“Emily Alone” by Stewart O’Nan is this month’s book selection. The discussion leader is Denise Sechrest.

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

Aug. 1 – Flower Power Dance at PSOP

Aug. 8 – Table Games

Aug. 15 – Table Games

Aug. 22 – Table Games

Aug. 29 – 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

“Flower Power” Dance

Thursday, Aug. 1, 10:30 a.m.-2 p.m. PSOP

This dance will be groovy, man! Wear your 1970’s hip bell bottoms and flowered shirts and enjoy the music of the Country Western Band at PSOP in Belleville. Enjoy lunch for \$5. Please make your reservation by July 31. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Caseyville Rehab.

“August Moon” Dance

Wednesday, Aug. 21, 10:30 a.m.-2 p.m.

Come to the cool, air-conditioned Klucker Hall in Shiloh and dance to the tunes of the RSVP Orchestra.

Enjoy lunch for \$5. Please make your reservation by Aug. 20. Call 618-234-4410, ext. 7015, then press 5 for reservations.

Dance sponsored by CareLink.

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**

Breakfast Club • Tuesday, Aug. 6, 9 a.m.

Join us at The Egg & I, 455-D Regency Park in O’Fallon for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Wednesday, Aug. 14, 11:30 a.m.

We are meeting at Freddy’s Frozen Custard & Steakhamburgers, 3320 Green Mount Crossing Drive in O’Fallon. Please call for reservations so we can have a seat saved just for you!

Dine Around • Thursday, Aug. 22, 5 p.m.

Meet us at The Edge, 701 S. Belt West in Belleville. After dinner, stay for Go-Kart Riding at a reduced rate for seniors. Please call Activities to let us know you are dining with us!

Project Re-Runway Fashion Show and Luncheon

Friday, Aug. 16, 10 a.m. – 2 p.m.

“Bon Voyage” is our theme this year. Come join us as our beautiful male and female models strut down the runway in all their cruise finery. Browse the shops before the show, then relax as you view the fashion show.

After the show, you will enjoy a delicious luncheon served to you. Tickets always sell out fast, so get yours early. Tickets are \$10 and can be bought in advance in the Activities Office. SWIC Enhancement Grants help fund this program.

Lumiere Casino Trip

Tuesday, Aug. 27, 10 a.m. - 2:30 p.m.

This is a great deal! Cost is \$24 per person, which includes a wonderful buffet, \$15 back in play and transportation! Not a gambler? Come eat the buffet and walk over to the Arch. Bus leaves from Belleville Schnuck's or Shiloh Senior Center, both at 10 a.m. Please indicate on your check your pick up choice.

Cards vs. Phillies Game

Saturday, Sept. 14, 6:15 p.m.

We are meeting at the Red Bird Express at St. Clair Square in Fairview Heights. We have great seats in Section 235! You will also receive a Stan Musial and Red Schoendienst Double Bobblehead when you enter the gate. We hope you will join us for a fun evening. Cost of event: \$44 per person, which includes your baseball ticket, hot dog, chips and drink. Cost of Red Bird Express is \$5 per person cash (not included in price of event).

TRIPS

And the Beat Goes On • Tuesday, Sept. 24, 2019

St. Louis has played a strong role in the history of music. Come and learn from Joan Husinga as we visit the National Blues Museum, the Scott Joplin home, SaxQuest, and more! Lunch is at McGurk's. Trip is limited to 40 people. Cost is \$103 per person. Deadline for reservations is Aug. 20. Depart 9 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5:15 p.m.

Kosher Konection • Monday, Oct. 7, 2019

Learn about the Jewish faith, customs, and foods. Linda Koenig takes us to a temple, the Holocaust Museum, and the smallest Jewish Cemetery in the U.S. A kosher lunch at a local deli will be served. Cost is \$85 per person. Deadline for reservations is Sept. 12. Depart at 9:15 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5 p.m.

Western Caribbean Cruise • Feb. 15-23, 2020

Say goodbye to the cold and head out to the Islands! Start with a hotel night in Tampa before boarding the Norwegian Dawn. Visit Mexico, Belize, and Honduras. Price begins at \$2,349 per person and includes airport transfers, air, insurance, gratuities, pre-night hotel, and all meals on ship. You also get two Bonus Features! Final payment due on/before Sept. 26. Call Nancy for a flyer!

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 \$4,739 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.

The Passion Play and a River Cruise! Trip is waitlisted! Sept. 20-29, 2020

We start in Budapest and travel the Danube River. Along the way we stop in Bratislava, Vienna, Durnstein, Passau, Oberammergau

for the Passion Play (held every 10 years) and finish in Munich for the Oktoberfest! Prices begin at \$6,549 per person for Category E. This trip has strict deposit and cancellation dates. Please call Nancy for more pricing or for a brochure. Looking for a roommate? I may have one!

Mark this date on your calendar:

Nov. 6 - Beer Barons

Dec. 13 – Christmas at the St Louis Symphony

**Look for PSOP on the web by visiting
swic.edu/psop.**

A Matter of Balance "FREE" Workshop

This free workshop will help you:

- Learn how to reduce fear of falling
 - Become less likely to have a fall by doing physical activity that increases your strength and balance
 - Have fun discussing useful strategies with your peers
- 8-week course: Fridays, Sept. 20 to Nov. 8, 2019
10 a.m. - noon

To register, call 618-234-4410, ext. 7035.

The Metro East Herb Club

The Metro East Herb Club will be holding their first annual fundraiser on Aug. 7 at 6:30 p.m. The proceeds will help to fund our horticultural scholarship that is awarded to a SWIC student. Chris Benda "The Illinois Botanizer" will be the special guest speaker. Three baskets and a wheelbarrow will be raffled; a 50/50 drawing will also be held.

Meetings are held February through November on the first Wednesday of the month at 6:30 p.m. at PSOP. Public welcome.

Memorials

For: Bill Cummins
From: Linda Gass

**For: In honor of Clay Baitman's
Retirement to the PSOP
Scholarship Fund**

**From: The PSOP Staff, Nancy & Marty
LeVault, and Cheryl &
Mark Brunsmann**



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
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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

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to:

Your expiration date is on your mailing label.

If you have any questions about your subscription, please call 618-234-4410, ext. 7032.

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



**We're excited to welcome our newest volunteers to two of our volunteer programs:
the Foster Grandparent & Senior Companion Programs.
Welcome to the PSOP team!**

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Robert G. Morton, O'Fallon; Vice Chair Richard E. Roehrkasse, Red Bud; John S. Blomenkamp, Freeburg; Steve Campo, Belleville; Nick Raftopoulos, Granite City; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Dajanae Thomas-Jackson, East St. Louis

College President: Nick J. Mance