

December



2019

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

# Happy Holidays!

Each year I designate a 'theme' for the staff at PSOP to focus on. The theme during 2019 was to simply **SMILE**.

Day after day, the staff at PSOP can be heard sharing wonderful stories, stories about YOU and the **SMILES** you bring to us and to one another. This time of year is the perfect time to remind you that we cherish you and to thank you for being a part of the PSOP family.

2019 was another fantastic year, and although many of us experienced loss and other hardships, we continue to be reminded of the joy of family, friends, and fellowship through our PSOP relationships.

I invite you to join me in sharing the love of PSOP. Find out how you can show your love and support our recently announced SWIC-PSOP Scholarship fund (more details inside). I promise you'll SMILE!

**We hope you have had numerous opportunities to smile because of PSOP during this past year!**

With appreciation for each of you,  
Cheryl Brunsmann



ACTIVITIES



SENIOR COMPANION PROGRAM



FOSTER GRANDPARENTS PROGRAM



HOUSING



PROJECT RERUNWAY



TRAVEL



RESOURCE CENTER



OPERATION COOKIE DROP 2018



RSVP



**DO YOU LOVE PSOP?**

**DO YOU WANT TO SHOW YOUR LOVE FOR PSOP?**

**YOU CAN DO THAT & SUPPORT PSOP'S RECENTLY ANNOUNCED SWIC-PSOP SCHOLARSHIP!**

*Here's how: Purchase one or more t-shirts!*

Please complete this form and return it with payment (check payable to PSOP), attention: Cheryl.

**Initial orders are due no later than Friday, Dec. 13.**

Name: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Short-sleeve: \_\_\_\_\_ (sizing is unisex); Cost per shirt: \$12.50 (small through XL); \$14.50 (XXL or larger)

Long-sleeve: \_\_\_\_\_ (sizing is unisex); Cost per shirt: \$16.50 (small through XL); \$18.50 (XXL or larger)

\_\_\_ Small \_\_\_ Medium \_\_\_ Large \_\_\_ XL \_\_\_ XXL \_\_\_ 3X  
\_\_\_ 4X \_\_\_ 5X

Color: \_\_\_ Jet Black \_\_\_ Light Blue \_\_\_ Jade Green \_\_\_ Gold  
(NOTE: Lettering will be in white.)

Amount due: Shirt(s): \_\_\_\_\_

Additional donation: \_\_\_\_\_

TOTAL payment: \_\_\_\_\_

Signature: \_\_\_\_\_

*NOTE: purchased shirts will be available in early 2020 & cannot be mailed; you must pick up your order.*

**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 HOUSING FAIR**

**Friday, Dec. 6 • 10 a.m. to 1 p.m.**

Learn more about senior housing in a no-pressure setting. Refreshments, giveaways, attendance prizes. Talk with representatives from:

- Assisted living facilities
- Home health agencies
- More

*No reservations required. Free and open to the public. For more information, call 618-234-4410, ext. 7042.*



**ANGELS AMONG US...**

During this festive season of gift giving, let us not forget the Senior Companion volunteers who give their time and energy throughout the year to others around them. These are the angels among us who hide their wings so very well. Many of them give more than 20 hours each week by lending a helpful hand to those who need it the most, those homebound and socially isolated older adults. A few of the gifts they share during their visits are encouragement, support, transportation and respite. These angels continue to make a difference in our communities by allowing others to remain in their own homes longer. If you would like to support the Senior Companion Program by becoming a volunteer or with a donation to help these angels and their effort to continue volunteering, please call the office at 618-234-4410, ext. 7036.

The 2019 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

**Dec. 11, 2019**

**2020 Dates: Feb. 11, April 8, June 10,  
Aug. 12, Oct. 14, Dec. 9.**

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. **Real ID's are not available at this site.**

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.*

## 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.

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### 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

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### 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.

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### 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.

### ANSWERS WITH ANDY:

**How do I turn this thing on? What is Facebook? What is Virtual Reality? Why should I protect my computer? Have questions about your computer?**

Join Andy for drop-in opportunities to get your questions answered!

Instructor: Andy Kniffin

Cost: FREE Feb. 20, March 4, March 23, April 7, 2020

10 a.m. – noon

(attend one or all four – no registration needed for these sessions only!)

### 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.

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.

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### 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.

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**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 Felicia at her Land of Lincoln Legal Aid office at 618-398-0958 to arrange for an appointment at PSOP.

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### 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.

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### SPECIAL PARKINSON'S EVENT

SWIC/PSOP and the APDA will host speaker Johanna Hartlein, FNP, who will repeat her recent St. Louis presentation about Parkinson's and bladder and bowel continence issues. The presentation will be held during our regular monthly meeting on Dec. 9 at 1:30 p.m. at PSOP. No reservation is needed, and anyone interested in Parkinson's disease support and education is welcome to attend. For information about the APDA or Parkinson's disease resources, please contact Jodi Gardner, LCSW, at 618-234-4410, ext. 7031.

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### 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.

## Monday

## Tuesday

# DECEMBER 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)**

**2 Breakfast Club**, Cracker Barrel,  
3160 Green Mount Crossing Drive in  
Shiloh, 9 a.m.  
**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.

**3 Bridge**, 8:30-11:30 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

**9 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 & Guest  
Speaker**, 1:30-3:30 p.m.

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

**10 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

**16 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.

**17 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

**23**

**24**

**PSOP CLOSED**



**Wednesday****Thursday****Friday**

**4** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**5** **Pinochle**, 9-11:30 a.m.  
**Dance, Peppermint Twist**,  
 10:30 a.m. - 2 p.m.  
**Lunch & Table Games**,  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele lessons**, The Abbey, 3:30 p.m.

**6** **Art**, 9-11:30 a.m.  
**Housing Fair**, 10 a.m. - 1 p.m.  
**Canasta**, 12:30-3:30 p.m.

**11** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**Mindfulness Strategies**, 10 a.m.  
**Lunch Bunch**, The Shrine  
 Restaurant, 442 S. Demazenod Drive in  
 Belleville  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.

**12** **Pinochle**, 9-11:30 a.m.  
**Book Discussion**, 10-11:30 a.m.  
**Christmas Carols and Cookies**,  
 10 a.m. - noon followed by lunch  
**Exercise**, noon - 1 p.m.  
**Hand & Foot**, 1:30-3:30 p.m.  
**Ukulele lessons**, The Abbey, 3:30 p.m.

**13** **Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.  
**Men's Club**, 11:30 a.m.

**18** **Crochet/Basic Knitting**, 9-11:30 a.m.  
**Line Dancing**, 1:30-3 p.m.

**SHILOH SENIOR CENTER**  
**Pinochle/Card Games**, 10 a.m.  
**Dance**, Rudolph, 10:30 a.m. - 2 p.m.  
 Klucker Hall

**19** **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.  
**Ukulele lessons**, The Abbey, 3:30 p.m.  
**Dine Around**, Tavern on Main,  
 301 E. Main St. in Belleville, 5 p.m.

**20** **Art**, 9-11:30 a.m.  
**Canasta**, 12:30-3:30 p.m.

**PSOP closed for rest of December**

**AARP DRIVER SAFETY CLASS  
 STAY TUNED FOR 2020 DATES**

\$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.

COUNTRY WESTERN BAND

5 – Belleville  
 12 – Collinsville  
 19 – Moose  
 26 – No Dance

RSVP ORCHESTRA

4 – Caseyville- SCCOOA  
 11 – Okawville  
 18 – Shiloh  
 25 – No Dance

## 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 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 DECEMBER

Rose H., Walter L., Opal R., and Mary Ellen S.

## RSVP

**A friendly reminder for all of our RSVP volunteers:**

*\*PLEASE sign your timesheet and have your supervisor sign when possible\**

***Make a New Year's Resolution that will make a difference in your community - Volunteer!!!***

- Interested in teaching conversational Spanish, French or German to mature adults, if so **St. Clair County Office on Aging** is searching for you. Classes will be one hour per week. SCCOA will give additional class details for interested volunteers.
- **Belleville's SWIC Internet Radio Station** is in quest of mature volunteers to fill positions with the college's award-winning radio station: Positions include but are not limited to Program Director Community Affairs, Script/Copy writers, Board Operators, Announcers/Voice talent, Produces and Social Media. This could be your chance to be a radio personality. Days, times and shifts vary.
- **The Veterans' Assistance Commission of Madison County** is seeking support with a new project called the Volunteer Veterans' Graves Restoration Program. The project is in the planning stage, so this is a great time to get involved.
- Several Hospitals in the area: **Memorial Hospital** in Belleville, **St. Elizabeth's Hospital & Memorial Hospital** in O'Fallon, **Anderson Hospital** in Maryville, and **Gateway Regional Hospital** in Granite City are hoping for volunteers to help with a variety of opportunities. The information desk, gift shop, waiting rooms, and volunteer office events are just a few examples of these popular volunteer stations.
- **Fairmont City Library Center** in Fairmont City is seeking mature volunteers to help with general library organization and filing. A volunteer to assist as a computer aide and a reader for story time would also be most appreciated.
- **Collinsville Food Pantry** is hoping for volunteers to help with their area food pantry. Days and hours vary. Most shifts are two hours.
- **Heartland Conservancy in Belleville** is looking for volunteers to help with several different environmental occupations. Clerical, out in the field, etc. Call for a list of opportunities available.
- **Tapestry of Community Offerings (TOCO)** a thrift shop in Belleville is seeking the aid of a volunteer handyman as well as other volunteers to help as sales clerks at the shop. Days and times vary.

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

# 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.**

**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**

**Dec. 3 – Lunch & Learn**

**Dec. 10 – Lunch & Table Games**

**Dec. 17 – Lunch with the Doc**

**Dec. 24 – Closed**

**Dec. 31 – Closed**

**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, Dec. 12, 10 a.m.**

“Lolita” by Vladimir Nabokov is this month’s book selection. The discussion leader is Gail Taylor.

**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**

**Dec. 5 – Peppermint Twist Dance – Country Western Band**

**Dec. 12 – Cookies & Carols 10 a.m. followed by Lunch**

**Dec. 19 – Lunch and Table Games**

**Dec. 26 – Closed**

**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

**“Peppermint Twist” Dance**

**Thurs., Dec. 5, 10:30 a.m. – 2 p.m. Feuer Hall - PSOP**

We’re starting the holiday season off right by dancing and listening to the music of the Country Western Band at PSOP in Belleville. Enjoy lunch for \$5. Please make your reservation by noon on Dec. 4. Call 618-234-4410, ext. 7015, then press 5 for reservations. Dance sponsored by Memorial Hospital.

**“Rudolph” Dance**

**Wed., Dec. 18, 10:30 a.m. – 2 p.m. Shiloh Klucker Hall**

Wear your favorite holiday sweater and join us for fun and dancing with the RSVP Orchestra at Klucker Hall in Shiloh.

Lunch is \$5 per person. Please make your reservation by noon on November 18. 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

**Men’s Club • Friday, Dec. 13, 11:30 a.m.**

Guest speaker is: Craig Heimbürger, former Belleville East High School All-State offensive lineman, University of Missouri (1998) All-Big 12 conference guard; 1999 fifth-round draft choice of the Green Bay Packers; 2000 All-NFL Europe center with champion Rhein Fire; NFL player with Cincinnati, Buffalo, Houston and Arena Football League with Colorado Crush (2006), Austin Wranglers (2007). Please make reservations for lunch by noon the day before. Lunch is \$6.

**Breakfast Club • Monday, Dec. 2, 9 a.m.**

Join us at Cracker Barrel, 3160 Green Mount Crossing Drive in Shiloh for a delicious breakfast and great conversation. Please call Activities for reservations.

**Lunch Bunch • Wednesday, Dec. 11, 11:30 a.m.**

This month we’re meeting at The Shrine Restaurant, 442 S. Demazenod Drive in Belleville. Bring a \$1 wrapped gift for gift exchange. Please call for reservations so we can have a seat saved just for you!

**Dine Around • Thursday, Dec. 19, 5 p.m.**

Meet us at Tavern on Main, 301 E. Main St. in Belleville. After dinner we’ll hop on the Trolley and do some shopping at the Christkindlmarkt together. Please call Activities to let us know you are dining with us!

**Cookies and Carols with Tommy Tune**

**Thursday, Dec. 10, 10 a.m. - 12 p.m.**

What better way to get in the Holiday spirit than by singing your favorite carols while eating homemade cookies and drinking hot chocolate! Tommy Tune will be here to entertain us and maybe have a few sing-alongs! Please call for reservations; we don’t want to run out of cookies!

**Ukulele lessons at The Abbey • Thursdays 3:30-5 p.m.**  
 Never too old to learn new tricks! We had such a good time sitting in the quaint coffee shop listening to the ukuleles play that we asked the group to teach us! Lessons are free. We just ask that you purchase a refreshment while you are there. Come sit by the fire and learn something new! Class is limited. Please call Activities ext. 7042 to reserve your spot. The Abbey is located at 5801 W. Main St. in Belleville.

**TRIPS**

**Travelogue  
 Thursday, Jan. 9, 2020**

Join us to learn more about the trip to Ecuador and the Galapagos. Presentation begins at 11 a.m. at PSOP. Call Nancy and let her save you a seat! In case of bad weather and/or the college is closed, presentation will be held at the same time on Monday, Jan. 13. We will also discuss the Iceland trip, if there is still space available.

**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, 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.

**Ecuador & Galapagos Islands Cruise  
 Sept. 29 to Oct. 6, 2020**

This once-in-a-lifetime trip is calling you! The itinerary, the animals, and the scenery are spectacular! This 4.5-star ship holds only 100 passengers, so get your deposit in ASAP. Prices start at \$7,555 per person, double, for a cabin with two portholes. For a Panoramic Window, cost is \$7,855 per person, double. A balcony room is \$8,355 per person, double. Not suggested for anyone using a walker or wheelchair. Call Nancy for a flyer.

**Look for us on the web by visiting [swic.edu/psop](http://swic.edu/psop)**

**Memorials**

**For: Tom Ohren  
 From: Cheryl & Mark Brunsmann**

**COMPUTER CLASSES AT PSOP  
 WINTER – SPRING 2020**

**Beginning Computer:** 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 SECTION 1: Wednesday, Jan. 22, 2020 / 1-3 p.m. / SECTION 2: Monday, March 16, 2020 / 1-3 p.m.

**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 / Thursday, (4 weeks), Jan. 23 – Feb. 13, 2020 / 1-3 p.m.

**Excel Basics:** Participation in this basic class will provide you with explanations and hands-on usage of Microsoft Excel basic features. Techniques and practical uses for Excel spreadsheets will also be covered. Advanced features will not be covered in this class. **Instructor:** Gene Busekrus / **Cost:** \$30 / Tuesday, (4 weeks), Feb. 11 – March 3, 2020 / 1-3 p.m.

**iMac Basics:** This class will provide explanations and hands-on usage of iMac or MacBook applications and features developed by Apple. Techniques and best practices for working with the computer will also be covered. Applications installed after the purchase of the iMac or MacBook will NOT be covered. **Instructor:** Gene Busekrus / **Cost:** \$30 / Wednesday, (4 weeks), March 18 – April 8, 2020 / 1-3 p.m.

**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: Applications installed after the purchase of the computer will not covered. **Instructor:** Gene Busekrus / **Cost:** \$40 / Tuesday, (6 weeks) April 14 – May 19, 2020 / 1-3 p.m. (CLOSED – WAITLIST ONLY!)

Please call or email Cheryl to register for above classes:  
 618-234-4410, ext. 7023 or [cheryl.brunsmann@swic.edu](mailto:cheryl.brunsmann@swic.edu).  
 All classes MUST be registered for AND paid for in advance.

*Payment MUST be received at least two weeks prior to the start date of class. REGISTRATIONS WILL NOT BE CONSIDERED TO BE COMPLETE UNTIL PAYMENT IS RECEIVED. No refunds will be issued within one week of the class start date unless a wait list exists to fill the spot created by a cancellation. In the event a refund is issued, a \$5 processing fee will be held back from the amount paid.*

Please make checks payable to PSOP SeniorLink and mail to the attention of:  
 Cheryl Brunsmann, PSOP, 201 N. Church St., Belleville, IL 62220

**AFFORDABLE  
 SENIOR HOUSING**

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

- Onsite maintenance
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- Controlled access
- Diverse activity calendar
- Wellness program
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**WESTFIELD  
 MANOR**

LUTHERAN SENIOR SERVICES



**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.

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# 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: \_\_\_\_\_



201 N. Church St.  
Belleville, IL 62220

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ILLINOIS COLLEGE

Programs and Services for Older Persons

Current & former PSOP staff wish everyone a happy holiday season and a wonderful 2020!



*Mailing prepared by RSVP Volunteers*

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