

March



2020

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

Friendship – Healing Therapy for the Body and Soul.

Research has found that friendship brings numerous health benefits, from boosting the immune system to decreasing the risk of heart disease, even reducing cortisol levels in the blood to increasing mental health. Strong social support networks increase immunity, making you more resilient to things like infectious disease. People with stronger social bonds have a 50 percent greater chance of survival over those who don't. Isolated individuals are three times as likely to die from heart disease, five years earlier than those who had strong relationships in their life.



The Senior Companion Program seeks to improve lives, strengthens communities and fosters civic engagement through service and volunteering exclusively as caregivers for other older adults. In particular, the Senior Companion Program has been recognized as an important program that helps to “bridge the gaps of geriatric care,” by meeting the nonmedical needs of older adults through assistance provided by other older adult volunteers. This program has been designed to help older adults maintain independence and prevent

feelings of loneliness and social isolation, through instrumental activities of daily living, companionship, and caregiver respite.



**SENIOR
COMPANIONS**

Make Independence a Reality

Companions are carefully screened and receive ongoing training to assure quality service and a rewarding volunteer experience. Each Senior Companion volunteer provides 15 - 40 hours of service each week and they typically serve two to four clients. The scheduled time spent with clients allows for one-on-one care while building strong, stabilizing bonds of friendship creating the opportunity for reciprocal benefits. Clients receive in-home friendly visits with planned daily activities including: emotional support, engaging in mental and physical stimulation (e.g., doing puzzles, arm chair exercises), meal preparation, light housekeeping, and escort to doctors' appointments. Caregivers receive Senior Companion respite care providing time to run errands, take care of personal needs while aiding their frail loved one to age in place.

As you age friendships may become even more important. Good relationships keep us not only happy, but healthy. For those who are homebound and socially isolated, call the SWIC Senior Companion Office at 618-234-4410 to see how you can get started on improving your health by having a Companion.

“One measure of friendship consists not in the number of things friends can discuss, but in the number of things they need no longer mention.”

– Clifton Fadiman

Seniors with Seniors: Special New Friendships at PSOP

For several years now, PSOP has been a location that the seniors at Althoff Catholic High School can choose for their service learning project. The students spend three weeks at PSOP, getting to know our programs, seniors, and staff, and the experience has an incredibly positive impact on all those involved. This year we welcomed Lauren and Katie to PSOP- they brought so much sunshine and warmth to PSOP, we didn't even realize it was winter outside! Please enjoy hearing from our newest friends of PSOP:

"We are Lauren Cerbin and Katie Wemhoener, and are so pleased to be the newest members of the PSOP family! I (Katie) first found out about PSOP in grade school when my baton teacher had us help serve lunch at PSOP two times a year with a group called "The Twirlin Tigers," and I have loved PSOP ever since. I (Lauren) knew that it would be a great place to work and my time would be filled with wonderful experiences- and I was absolutely correct! Being greeted with smiles from both the staff and members of PSOP, performing service has been a blast. From playing cards, to serving meals, to even participating in an exercise class, we have seen firsthand the importance of this amazing organization. It is a place where new friendships are formed, stories are shared, and support is given. We can't wait to see what the future holds and what new experiences we will have at PSOP in the days ahead!"



We are so thrilled that these amazing young women chose us as the location for their service: seniors working with seniors seemed to be the perfect fit. As the Beatles sing, "I get by with a little help from my friends"... Our new friends have brought joy and energy to all of us at PSOP and we know that the future is bright for both of them!

AARP Driver's Safety Class

WED. & THUR., APRIL 22 & 23*

THUR. & FRI., JUNE 18 & 19*

MON. & TUE., AUG. 24 & 25**

TUE. & WED., OCT. 27 & 28**

9 a.m. – 1 p.m.

*\$15 AARP member / \$20 non-AARP member

**20 AARP member / \$25 non-AARP member

(Completion of this class may entitle you to a reduction in your car insurance rate)

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

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

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 and older. You can inquire about the ATS program by calling **618-239-0749**.

CENSUS 2020



Census Day is April 1, 2020!
Questionnaires are mailed in March.



ALL information is kept **CONFIDENTIAL** by law!

No personal information is required (income, social security number, home value, legal status, etc.)

WHY Participate?

It determines how **billions of dollars** in federal funding is allocated to local communities like the City of Belleville to provide critical public services like police and fire protection!

Visit respond.census.gov/acs/#respond to submit your information!

GRIEF SUPPORT GROUP

Monday, March 16 • 10-11:30 a.m.

PSOP • 201 N. Church St.

Call 618-234-4410, ext. 7044 for more information.

Sponsored by St. Clair County Office on Aging and the St. Clair County 708 Mental Health Board

Savvy Senior Scam Summit

The St. Clair County Elder Justice Council will provide a presentation on protecting yourself from being a victim of scams from **9-10:30 a.m. on Wednesday, March 25**.

Please note that this event takes place at:
AgeSmart, 801 West State St., O'Fallon, IL 62269.

- Come learn about ways to:
- be vigilant and aware of scammers – FBC Bank
 - prevent Medicare fraud – AgeSmart
 - freeze your credit – Better Business Bureau
 - how to report fraud – O'Fallon Police Dept.



Protect yourself and your loved ones by doing your homework to avoid being scammed. Talk with the experts and become a Savvy Senior. To reserve your seat, or for more information, call Carla at 618-234-4410 Ext. 7036.

Power of Attorney Clinic - Two-part series

Offering FREE legal advice and preparation of Power of Attorney documents for seniors 60+ years old

April 21, 9 a.m. – 10:30 a.m.

April 29, 9 a.m. – 3 p.m. (walk-ins, first come / first serve basis)

PSOP, 201 N. Church St., Belleville

For more information call: Felicia at 618-398-0958, ext. 2224

Sponsored by: St. Clair County Elder Justice Council

"Friends are those rare people who ask how we are and then wait to hear the answer."

– Ed Cunningham

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 pm, 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. Any one 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 provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will utilize "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held 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!

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

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.

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.

Are you a caregiver for a loved one with Alzheimer's disease or Dementia? Beginning in May, PSOP will be holding a new **six-week Stress-Busting Program** which will incorporate stress management techniques, relaxation and coping strategies. Please contact Tanya Koelker, MA, LCPC at 618-234-4410 ext. 7039 for more information, as space is limited.

AARP TAXES AT PSOP! BY APPOINTMENT ONLY!

To make an appointment, call 618-277-5511.
Calls to make appointments will be accepted:

Feb. 4 – April 15

Most Tuesdays, Wednesday & Fridays
8:15 a.m. to noon

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 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.

For information, call 618-234-4410, ext. 7024, 7012 or 7040.

Proceeds from our aluminum cans recycling efforts will be added to the SWIC-PSOP Scholarship!
PLEASE RECYCLE. BE A FRIEND!



MARCH 2020

Monday

Tuesday

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:
WWW.SWIC.EDU/PSOP-NEWS
LETTER**

PSOP RECYCLES:

Aluminum cans
(supports SWIC-PSOP Scholarship)

Cellphones
(supports Cellphones
for Soldiers)

Old shoes
(Waterman Project)

2 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.
Lunch Bunch, Easy Buffet and Grill,
2524 Green Mt. Commons Dr.,
Belleville, 11:30 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
PSOP
CLOSED
for Spring Break

10
PSOP
CLOSED
for Spring Break

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 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.

24 Bridge, 8:30 - 11:30 a.m.
Yoga, 10 - 11 a.m.
Lunch and Table Games,
10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30 - 3:30 p.m.
Bridge, 5 - 8:00 p.m.
at the Nichols Center
Dine Around, Bella Milano, 455 Regency
Park, O'Fallon, 5 p.m.

30 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.

31 Bridge, 8:30 - 11:30 a.m.
Yoga, 10 - 11 a.m.
Breakfast Club, First Watch, 455-D
Regency Park, O'Fallon, 9 a.m.
Lunch and Table Games,
10 a.m. - 1:30 p.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

Wednesday**Thursday****Friday****4 Crochet/Basic Knitting**, 9 - 11:30 a.m.**SHILOH SENIOR CENTER**
Pinochle/Card Games, 10 a.m.**5 Pinochle**, 9 - 11:30 a.m.
Dance, Spring Fling,
10:30 a.m. - 2 p.m.**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.
Men's Club, 10 a.m. - 2 p.m.
Canasta, 12:30 - 3:30 p.m.
Mahjong, 12:30 - 3:30 p.m.**11****PSOP
CLOSED**

for Spring Break

12**PSOP
CLOSED**

for Spring Break

13**PSOP
CLOSED**

for Spring Break

18 Crochet/Basic Knitting, 9 - 11:30 a.m.
Dance, Late Leprechaun Dance, Klucker
Hall, Shiloh, 10:30 a.m. - 2 p.m.**SHILOH SENIOR CENTER**
Pinochle/Card Games, 10 a.m.**19 Pinochle**, 9 - 11:30 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Book Discussion, 10 a.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30 - 3:30 p.m.
Ukulele lessons, The Abbey, 3:30 p.m.**20 Art**, 9 - 11:30 a.m.
Men's Club, 12:30 - 3:30 p.m.
Canasta, 12:30 - 3:30 p.m.**25 Crochet/Basic Knitting**, 9 - 11:30 a.m.**SHILOH SENIOR CENTER**
Pinochle/Card Games, 10 a.m.**26 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.**27 Art**, 9 - 11:30 a.m.
Canasta, 12:30 - 3:30 p.m.
Mahjong, 12:30 - 3:30 p.m.**RSVP ORCHESTRA**

4 - Caseyville, call SCCOOA

11 - Okawville

18 - Shiloh

25 - Collinsville

COUNTRY WESTERN BAND

5 - Belleville

12 - Collinsville

20 - Moose, call SCCOOA

26 - 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 - 1 p.m.** The cost is **\$5 per class**. 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. Come and try out one session free to see if it fits your needs!

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.

Community Education

Check out Community Education's Spring 2020 Schedule of Classes at swic.edu/community

Community Education offers non-credit classes designed to meet community needs. Our focus is growth and well-being for people of all ages.

Classes offered in **March** and **April** include: Introduction to Watercolor, Tax-Free Investing, Advanced Cake Decorating, Basic Photo Touch Up, Build Your Own Website, Adobe Illustrator: How to Design Your Logo, Grant Writing, Medicare Made Easy and Rape Aggression Defense and Chinese Cooking.

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 6-digit code from each bag!

The 2020 Illinois Secretary of State Mobile Unit dates have been set:

**2020 Dates: 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.

RSVP

Look at some of the volunteer opportunities available!

Please remember to send in your hours for holiday volunteering: The services you offered to neighbors and friends; shopping for groceries, shoveling a sidewalk, running to the post office, all count as RSVP hours.

- Interested in teaching 7th grade students how to manage a budget? This fun one-two day interactive workshop titled **"Welcome to the Real World"** will be held on **Tuesday May 5th and Wednesday May 6th**, at the SWIC Belleville Campus Intramural Gym. (Note: day changes from previous years)
- **Memorial Hospital** is hoping to recruit volunteers for both the main hospital in Belleville and the new Memorial East Hospital in O'Fallon. Opportunities vary from everything from the waiting room areas to the gift shop.
- **Family Hospice Grief Support for Children** is in seeking a clerical volunteer to help with their mission to help children and families through support services. Duties include organization of craft programs and staff support. One or two days a week (3-4 hours per day).
- Want to be a part of the **#1 Art Show** in the country and see artwork from the finest artists the nation has to offer? If so, **Art on the Square**, the premium premier art event is looking for special people to help the weekend of **May 15th 16th and 17th**. Volunteers are needed in the Souvenir booth, and the High School Student Art Show. Morning, afternoon and evening shifts available. This is an episodic experience you won't want to miss.
- **Granite City Senior Social Club** is seeking volunteers to help call bingo and become board members to help plan and organize monthly dances and events.
- Interested in volunteering as a hospital aide, information desk attendant or help transport patients, if so the **Auxiliary to Anderson Hospital in Maryville**, the **Auxiliary to Gateway Regional Hospital** in Granite City and the **Auxiliary of St. Elizabeth's Hospital** in O'Fallon are looking for you. The hospitals are open seven days a week and could use support in a variety of tasks.

**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!**

Birthday Greetings to the following RSVP volunteers who will be 90 or older!

Bernice B., Kenneth H.,
Clementine P., and Betty Z.

Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.
I understand that I will be required to sign a Travel Waiver & Release form.*

Name: _____ Phone: _____

Address: _____ City: _____ State/ZIP: _____

Date of Birth: _____ Email: _____

In Case of Emergency Contact: _____ Phone: _____

Trip/Activity _____

Trip

Date

Price

Pick-Up Point

MAKE CHECK PAYABLE TO: **SWIC-PSOP** (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK TO: PSOP Attn: Activities/Travel, 201 N. Church St., Belleville, IL 62220

Travel & Activities Reservation/Cancellation Policy

To make a reservation for a day trip, please dial the extension listed with the trip description. The recording will ask you to give your name and phone number, the date and name of the trip, and the names of people you are making reservations for. You will then be given seven days to complete the registration form and mail it or bring it to the Activities & Travel Office along with your payment. Any payment not received within 7 days will result in your reservation being cancelled.

If a cancellation is received before the reservation deadline, then a full refund will be given. If the cancellation is received after the reservation deadline and a replacement is found, then the full refund less a \$5 processing fee will be given. If no replacement is found, no refund will be given.

**Special cancellation policies may apply if the trip involves the purchase of nonrefundable tickets.

PSOP Newsletter Subscription Form

Subscription: \$10 for 1 year; \$6 for 6 months

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: _____

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).

Chess • Mondays, 10-11:30 a.m.

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

Leagues start in April:

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 serve.

Monday league – Carol Dunn at 618-210-7265

Wednesday league – Pat Hraskey 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 haven't played for a while? Come join our 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

March 3 – Lunch & Learn

March 10 – CLOSED

March 17 – Lunch with the Doc

March 24 – Lunch & Table Games

March 31 – Lunch & Table Games

Pinochle • Tuesdays, 1:30 p.m. & Thursdays, 9 a.m.

Come join this lively group who enjoy a good game of cards.

Line Dancing • Wednesdays, 1:30-3 p.m.

NO CLASSES DURING MARCH

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, March 19, 10 a.m.

“The Girl Who Wrote in Silk” by Kelli Estesis this month's book selection. The discussion leader is **Sue Quinn**.

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

March 5 – Country Western Band

March 12 – CLOSED - Spring Break

March 19 – Lunch & Table Games

March 26 – Lunch & Table Games

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw, and share your ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

“Spring Fling” Dance • Thursday, March 5, 10:30 a.m. – 2 p.m. Feurer Hall – PSOP

The flowers are starting to come up, the days are getting longer and we are ready to celebrate Spring! We hope you'll join us and the Country Western Band for a fun day. Enjoy lunch for \$5.

Please make your reservation by noon on March 4.

Call 618-234-4410, ext. 7015, then press 5 for reservations.

“Late Leprechaun Dance” • Wednesday, March 18, 10:30 a.m. – 2 p.m. Klucker Hall – Shiloh

We might be one day late, but we say let the St. Patty's Day celebrations continue! Dance to the tunes of the RSVP Orchestra. Enjoy lunch for \$5.00. Please make your reservation by noon

on March 17. Call 234-4410, ext. 7015, then press 5 for reservations. Sponsored by Home Instead Senior Care.

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! 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, March 6, 11:30 a.m.

This month's speaker is Tim Funkouser, Edwardsville High School boys' varsity baseball coach of the 2019 Illinois State Class 4A champions, 700 career victories as coach at Triad 1996-98 and at Edwardsville 1999-2019; member of the Illinois High School Baseball Coaches Association and St. Louis Area Amateur Baseball Halls of Fame; and son of former Edwardsville High School varsity baseball coach Bill Funkhouser 1974-80. Please make reservations for lunch by noon the day before. Lunch is \$6.

Breakfast Club • Tuesday, March 31, 9 a.m.

Join us at First Watch, 455-D Regency Park in O'Fallon for a delicious breakfast and great conversation. Please call Activities for reservations.

Lunch Bunch • Tuesday, March 3, 11:30 a.m.

This month we're meeting at Easy Buffet and Grill, 2524 Green Mt. Commons Drive in Belleville. Please call for reservations so we can have a seat saved just for you!

Dine Around • Tuesday, March 24, 5 p.m.

Meet us at Bella Milano, 455 Regency Park in O'Fallon. Please call Activities to let us know you are dining with us!

Ukulele lessons at the Abbey • Thursdays, 3:30-5 p.m.

You're never too old to learn new tricks! 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. 7016 to reserve your spot. The Abbey is located at 5801 W. Main St. in Belleville.

Washington, DC – Our Nation's Capital • April 16-22, 2020 • \$779 per person (based on double occupancy)

Trip includes two guided tours of Washington, DC, including the WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, the Vietnam Veterans Memorial, the Smithsonian, the Martin Luther King, Jr. National Memorial, and the Lincoln Memorial. Enjoy an evening guided Memorial and Monuments Tour, admission to the Museum of the Bible, Admission to George Washington's Mount Vernon Estate & Garden, and a Tram Ride through Arlington National Cemetery. Also included in price: motorcoach transportation, six nights lodging, 10 meals (six breakfasts and four dinners). To sign up or for more information call 618-234-4410 (Theresa – ext. 7043 or Jean Ellen – ext. 7021).

Branson Holiday Show Extravaganza • Nov. 9-13, 2020 • \$589 per person (based on double occupancy)

Trip includes admission to six Fabulous Branson Shows including: two morning shows: Dublin Tenors Christmas Show & The Doug Gabriel Show, three evening shows: Presley's Country Christmas, The Hughes Brothers Christmas Show, &

Christmas Wonderland and a dinner show on Showboat Branson Belle. Visit historic downtown Branson with time to explore novelty shops and restaurants. Enjoy beautiful waterfront shopping and dining at Branson Landing located on Lake Taneycomo. Also included in price: motorcoach transportation, four nights' lodging, eight meals (four breakfasts and four dinners). To sign up or for more information call 618-234-4410 (Theresa - ext. 7043 or Jean Ellen - ext. 7021).

TRIPS

For information on any of these TRIPS below, please contact
Nancy Bauer @ 618-234-4410, Ext. 7020.
Look for us on the Web by visiting
www.SWIC.edu/psop

Travelogue • Wednesday, April 15, 2020

Come learn about our trips to the California Coast (Oct. 30 to Nov. 5) and our trip to the Rose Bowl Parade (Dec. 29 to Jan. 2). We begin at 10 a.m., at PSOP, 201 N. Church St, Belleville. Call Nancy at 618-234-4410, ext 7020, or e-mail at Nancy.Bauer@swic.edu to save a seat!

SLU Walking Tours

1: Wednesday, April 29, 2020

2: Thursday, April 30, 2020

Author/historian NiNi Harris walks us through this 201-year-old school with ties to the movie "The Exorcist." Learn about the treasures found in the college museum and MOCRA, the feud and history of the Cupples House, the library, and the historic College Church. We have lunch on campus with the students. Cost is \$75 per person and includes fees, lunch, all day Metro pass (subtract \$5 from the cost if supplying your own Metro pass). Reservation deadline is April 13. We will walk a 3-mile loop. Maximum 15 participants. Buildings may change.

The Orient Express • Wednesday, May 13, 2020

Sizeable communities of Chinese, Japanese, and Vietnamese call St. Louis home. Today, we explore some of their customs, beliefs and traditions. We visit a Buddhist temple, a cemetery, stroll through Chinese and Japanese Gardens, and enjoy the Asian Galleries at the Art Museum. A wonderful food smorgasbord awaits us at Wei Hong. Cost is \$95 per person and includes motorcoach, lunch, services of Linda Koenig, and entrance fees. **Reservation deadline** is April 20.

Carousing with Clydesdales • Thursday, July 23, 2020

After a delicious BBQ buffet at an award-winning winery overlooking the Missouri bluffs, we will head to Warm Springs Ranch to tour the world-famous Clydesdales facility. (This breed of horse originated in Clydesdale, a county in Scotland). The ranch is renowned for its breeding and initial training of these majestic animals. Guests will experience the opportunity to socialize, nuzzle, and enjoy photo opts. There are over 100 regal horses on the property. We may see a future Budweiser star! Cost is \$113 per person and includes motorcoach, lunch, fees, a post tour surprise, and the services of step-on guide Joan Huisinga. **Reservation deadline is April 9.** Reservations may not be available after deadline date.

Ecuador & Galapagos Islands Cruise Sept. 29 - 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 occupancy, 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. Have gentleman looking for a male roommate.

California Coast • Oct. 30 - Nov. 5, 2020

We follow the coast line San Francisco to Santa Barbara on a trip back by popular demand! Highlights include: Redwoods, the Presidio, a winery, Cannery Row, the Seventeen-Mile Drive and Pebble Beach, a Mission, and a Presidential Library. **Double per person \$3175.** Call Nancy for an itinerary.

Hold this date:

June 17 - Mystery trip
(I bet you have never done a trip like this!)

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 2: Monday, March 16 / 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 / 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 be covered. **Instructor:** Gene Busekrus / **Cost:** \$40 / SECTION 2: Tuesday, (6 weeks) April 14 - May 19 / 1-3 p.m. (CLOSED - WAITLIST ONLY!)

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 March 4, March 23, April 7, 2020 / 10 a.m. - noon (attend one or all four - no registration needed for these sessions only!)

Word Basics: Join this class for explanations and hands-on usage of Microsoft Word basic features including techniques and practical uses of Word documents. Advanced features are NOT covered. **Instructor:** Gene Busekrus / **Cost:** \$30 / **Thursday, (4 weeks), April 9-30 / 1-3 p.m.**

Please call or email Cheryl 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. 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 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).



**“Many people will walk
in and out of your life,
but only true friends
will leave footprints in
your heart.”**

– Eleanor Roosevelt

Mailing prepared by RSVP Volunteers

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