

May



2018

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

STRATEGIES FOR ANXIETY RELIEF AND RELAXATION

The Older Adult and Caregiver Counseling Program staff has added a class to the PSOP monthly calendar. Counselor Tanya Koelker, MA, LCPC, is leading a monthly meeting during which attendees will learn about reducing stress, increasing calmness, and taking a break from everyday anxieties. Anxiety reducing strategies like deep breathing, visualization, and thought-stopping will be practiced quietly during the class under Tanya's direction. "The goal of the class," says Tanya, "is to take a break from the stresses of the day. Our quiet class environment will allow attendees to practice calming techniques to use on their own outside of class. I hope I can educate the group that even in stressful situations, we can remain calm and react in healthy ways."

In addition to this class, Jodi Gardner, MSW, LCSW, and Tanya Koelker, MA, LCPC, offer individual counseling services, in accordance with their grant funding, to older adults and caregivers residing in St. Clair County, Ill. Support groups, educational meetings, and individual counseling may be available free of charge, related to Alzheimer's Disease, Parkinson's Disease, caregiving, life adjustments, and mood disorders. Call Jodi at 618-234-4410, ext. 7031 or Tanya at ext. 7039 for further information about counseling options and dates of various upcoming educational and support-group meetings.





Senior Corps Week

Each year, elected officials and community leaders spotlight the impact of Senior Corps volunteers during Senior Corps Week, April 29 to May 5, 2018. Older Americans bring a lifetime of skills and experience as parents, workers, and citizens that can be tapped to meet challenges in our communities; and for more than four decades Senior Corps and its three programs – RSVP, Senior Companions, and Foster Grandparents – have proven to be a highly effective way to engage Americans ages 55 and over in meeting national and community needs.

Senior Corps programs benefit the community, the organization, and the volunteer. Think of what you can do when you give your time to help your community. Know that you are giving your time, talent, wisdom, and experience to your community and neighbors who need you.

- **Help yourself:** Through service, you can add to the quality and health of your life. Research indicates that volunteers enjoy better health, make new friendships, stay active and involved in the community, and learn new skills.
- **Make a difference:** Be part of a national movement to transform America through the involvement of its citizens.
- **Save money for the organizations you serve:** By donating your time and skills, you help make funds go farther for organizations that address critical needs in your community.

Senior Corps service provides tangible benefits for volunteers. The Foster Grandparent and Senior Companions programs offer modest stipends and other ways to help offset the costs of your involvement. Other benefits for all three programs include training and insurance. Join the more than 245,000 Americans by investing your time in a powerful way to make a difference in your community through one of the Senior Corps programs located at PSOP. Call 618-234-4410 to find out more or visit www.nationalservice.gov/programs/senior-corps/get-involved.

Summer Programs About Memory Loss.

Several programs are to be offered soon over the summer months. We are seeking participants in educational classes about early or moderate stages of memory loss. If you have memory loss, or are a loved one, family member, or caregiver of someone with memory loss, a dementia, or Alzheimer's Disease, please call for further information about the upcoming programs and resources in the area. Contact Jodi Gardner, MSW, LCSW, of the Older Adult and Caregiver Counseling Program, at 618-234-4410, ext. 7031.

PSOP
WHERE
SENIORS
ARE THE
HEROES

SENIOR CELEBRATION
Friday, May 11 • 10 a.m. - 2 p.m.
PSOP, 201 N. Church St. Belleville

Lunch is \$5
11:30 a.m. - 12:30 p.m.

Table games • Country Western Band
Attendance Prizes • car show outside

For more information, call PSOP at 618-234-4410
No reservation required.

AARP Driver Safety Class

Thurs. & Fri., June 14 & 15
Mon. & Tues., Aug. 20 & 21
Tues. & Wed., Oct. 23 & 24
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.

The 2018 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

June 13 • Aug. 8 • Oct. 10 • Dec. 12

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.

Appointments required for all services.

Rules of the Road class: 9:30-11 a.m.

Mobile Unit Hours: 10 a.m. - 1:40 p.m.

Please call 618-234-4410: 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.

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 Memorial Hospital and PSOP

This support and educational meeting is to be attended by family, friends, and other caregivers of a loved one with Alzheimer's disease or a related dementia.

Meetings are held the **second Tuesday of each month and alternate between locations.**

2:30 p.m. • PSOP (even months)

201 N. Church St., Belleville

6 p.m. • Memorial's Senior Care (odd months)

4500 Memorial Drive, Belleville

For more information, call 618-257-5900 or 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 • May 9, 2018 at 10 a.m.

The Older Adult & Caregiver Counseling program is introducing a new 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 each month at 10 a.m. Please contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

PSOP in cooperation with Senior Services Plus 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 9 a.m. - noon

Call 618-234-4410, ext. 7033 to make an appointment.

SENIOR FOOD BOXES

PSOP is partnering 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 Services 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. - noon

By appointment only

Call 618-234-4410, ext. 7033 to make an appointment.

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.

Mondays from 9 a.m. - noon

By appointment only

Call 618-234-4410, ext. 7033 to make an appointment.

Nurse Available at PSOP!

Barbara Bell, 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. - noon in the Resource Center. No appointment needed.

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 amplified phone program. For information, call 618-234-4410, ext. 7024 or 7012.

Lunch with the Doc

Tuesday May 15, 11:30

Sponsored by St. Elizabeth Hospital
RSVP call 618-234-4410, ext. 7015 press 2



MAY 2018

Monday

Tuesday

1 **Bridge**, 8:30-11:30 a.m.
Lunch & Learn, 9-1:30 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, 5:05-7:45 p.m.
at the Nichols Center

SHILOH SENIOR CENTER
Games, 10 a.m.

8 **Bridge**, 8:30-11:30 a.m.
Breakfast Club, Round Table, 9 a.m.
Yoga, 10-11 a.m.
Lunch & Tables Games, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:45-8:30 p.m.
at the Nichols Center

15 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with the Doc, 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, 5:45-8:30 p.m.
at the Nichols Center

22 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & 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, 5:45-8:30 p.m.
at the Nichols Center

29 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
10 a.m. - 1:30 p.m.
Lunch Bunch, Cutter's, 11:30 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5:05-7:45 p.m.
at the Nichols Center

7 **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.

14 **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.

21 **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.

28
SWIC Closed
Memorial Day

Shiloh Senior
Center Closed

Change of Metro Pass Location

The location where the Metro passes are issued has temporarily changed to 19 Public Square while renovation is being done at 27 N. Illinois St. in Belleville. Passes are issued the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking is available behind the building.

Renew your newsletter at least one month before the expiration date listed on your label.

Change your address if you move.

Access this newsletter at swic.edu/community/senior-programs/psop.

PLEASE REMEMBER TO MENTION PSOP #62 WHENEVER YOU SHOP AT A FARMER'S MARKET STORE IN BELLEVILLE.

PSOP RECYCLES:

Aluminum cans
(supports Advocacy Dept.)

Cellphones
(supports Cellphones for Soldiers)

Old shoes
(Waterman Project)

Wednesday**Thursday****Friday**

2 **Crochet/Basic Knitting**, 9-11:30 a.m.
Computer Intro to Letter Writing,
 9-10:30 a.m.
Beginning Line Dancing, noon - 1 p.m.
Line Dancing, 1:30-3 p.m.

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

3 **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.

4 **Art**, 9-11:30 a.m.
Men's Club, 11 a.m. - 2 p.m.
Canasta, 12:30-3:30 p.m.

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

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

10 **Pinochle**, 9-11:30 a.m.
Book Discussion, 10 a.m.
Lunch, noon
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

11 **Senior Celebration**, 10 a.m. - 2 p.m.

16 **Crochet/Basic Knitting**, 9-11:30 a.m.
Intro to the Internet,
 9-10:30 a.m.
Line Dancing, 1:30-3 p.m.

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

17 **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, Zapatas, 5 p.m.

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

23 **Crochet/Basic Knitting**, 9-11:30 a.m.
DANCE, Senior Prom,
 10:30 a.m. - 1:30 p.m.
Beginning Line Dancing, noon - 1 p.m.
Line Dancing, 1:30-3 p.m.

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

24 **Pinochle**, 9-11:30 a.m.
Lunch & Table Games
 10 a.m.- 1:30 p.m.
Lunch & Table Games
 10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

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

30 **Crochet/Basic Knitting**, 9-11:30 a.m.
Computer Basic Email, 9-10:30 a.m.
Beginning Line Dancing,
 noon - 1 p.m.
Line Dancing, 1:30-3 p.m.

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

COUNTRY WESTERN BAND

3rd – Shiloh
 10th – No Dance
 11th – Senior Celebration
 17th - Okawville
 24th – Caseyville - SCCOOA
 31th - Granite City

RSVP ORCHESTRA

2nd - O'Fallon
 9th – Moose
 11th - Senior Celebration (CWB)
 16th - Collinsville
 23rd – Belleville
 30th - Okawville

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

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 60 and older.

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

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!

Lunch and Learn

Tuesday May 1, 11:30 a.m.

Sponsored by Memorial Network

To RSVP, call 618-234-4410, ext. 7015, press 2.

GRIEF SUPPORT GROUP

Monday, May 21, 10-11:30 a.m.
201 N. Church St.

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

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

What is RSVP?

The Retired and Senior Volunteer Program is an 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 45 years.

Look at some of the volunteer opportunities available!

- **Habitat for Humanity Restore** in Collinsville has openings for volunteers to help as cashiers, donations and sales assistants, and merchandisers. Shop hours are Tuesday through Saturday, 10 a.m. to 4 p.m., three- to four-hour shifts once or twice per week. Call for job descriptions.
- **Cahokia Mounds** peak tourist season has arrived and the Interpretive Center needs mature volunteers to serve as docents to guide guests around the museum. Other volunteer opportunities available include greeters, information desk and leading short walking tours of the grounds.
- **Collinsville Faith in Action** needs community support for transporting clients to and from the doctor in Madison and St. Clair counties. Additionally, trips to St. Louis doctors are highly requested. This is a great way to fulfill the mission of serving others. Can you spare a minimum of three hours per month? Valid driver's license and insurance required.
- Enjoy the outdoors? **Willoughby Heritage Farm** in Collinsville is seeking farm hand support to assist in a variety of duties including the three-mile trails of the conservation reserve. Hours are: Wednesdays, 9 a.m. to 1 p.m. Bonus: lunch is provided. Many opportunities available.
- Interested in the earth and the environment? If so, **Heartland Conservancy** in Mascoutah has several opportunities offering a “green” experience.

For information on any of the above-mentioned assignments, please contact Pat Etling, 618-234-4410, ext. 7012. Your dream volunteer situation is waiting for you!

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

Marjorie 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).

Chess • Mondays, 10-11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

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

May 1 – Lunch & Learn

May 8 – Table Games

May 15 – Lunch with the Doc

May 22 – Table Games

May 29 – Table Games

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

If you are an old pro or a new beginner, this is a friendly group to play with. Join the fun and maybe have a hot lunch before you play!

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

This is a large, fun, full-of-laughs and energetic group. They always welcome a new dancer.

Book Discussion Group • Thursday, May 10 • 10 a.m.

This month, the book selection is “**A Man Called Ove**” by Fredrik Backman. The discussion will be led by Cathy Ingersoll.

Thursday Lunch • 11:30 a.m., \$5

For just \$5 you get a delicious lunch and dessert. Whether you come early for fitness, stayed for card playing or interested in just lunch, it's a great hot meal.

For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.

Thursday Activity • noon

May 3 - Table Games

May 10 - lunch, no activity

May 17 - Table Games

May 24 - Table Games

May 31 - 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

Whether a dance is in Shiloh or at PSOP please call and make a reservation. It helps us keep an accurate count and keep our lunch price at \$5. Call 618-234-4410, ext. 7015 then press 5 and leave your name and number.

Daisy Dance

Thursday, May 3, 10:30 a.m.-1:30 p.m.

Klucker Hall, Shiloh

Celebrate spring with daisies and great country music. Have a great lunch for \$5 and hear the talented RSVP Western Band play old and new songs.

Senior Prom

Wednesday, May 23, 10:30 a.m.-1:30 p.m.

Belleville

Remember your senior prom? With the pretty dresses, handsome men in their tuxedos and the wrist corsages? Dress up if you would like to, or go casual, anyway way you want, just come and dance and have a good time! This dance is sponsored by Cambridge House. Please call for reservation!

The following activities are held at the Shiloh Senior Center

Games • Mondays, 10-11:30 a.m.

Play 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. Come play pinochle with us!

TO MAKE RESERVATIONS FOR THE FOLLOWING ACTIVITIES, CALL 618-234-4410, EXT. 7016

Men's Club- Friday, May 4, 11 a.m.

This is our last meeting before we take a break for the summer, and we are ending it with a BANG! Former St. Louis Cardinals minor league pitcher Joe Silkwood will be our guest speaker. Hang out with this great group of guys, have a homemade lunch and listen to Joe talk about baseball, being a Mon-Clair Hall of Famer and being the mayor of East Alton. Make your reservation for lunch by noon on Thursday the day before. Lunch is \$6.

Breakfast Club- The Round Table

Tuesday, May 8, 9 a.m.

The Round Table has a huge menu which includes, skilletts, omelets, pancakes and special Greek items too. Located at 6401 W. Main St., Belleville. Please call Activities to save your seat at the table.

Dine Around • Zapatas

Thursday, May 17, 5 p.m.

Join us for great Mexican Cuisine. We love their shrimp nachos, steak enchiladas and ice cold margaritas. If it's a pretty evening, we will sit out on the patio. Zapatas is across from Target on Rte. 159, 4660 N. Illinois St. Please call for reservation so we can all sit together!

**Lunch Bunch • Cutters
Tuesday, May 29, 11:30 a.m.**

Cutters is a locally owned hot spot located at 239 Carlyle Ave. It's a relaxed gathering place known for its pizza, rib eye sandwiches, cheap burgers, and peel-and-eat shrimp. Tuesdays you can get any type of pizza for \$7. Bring a friend and share! Call Activities and let me know to look for you!

**Cardinals Games
Sunday, May 20**

This game is Cardinals vs Phillies. Buy your tickets at PSOP then meet the gang at St. Clair Square to get your hot dog and snacks, and ride the Red Bird Express. When you get off the bus, we are the first gate and then right down to your seats. Very short walk! Tickets are \$38 and include lunch. If you choose to ride Red Bird Express, it's \$5 and pay at the bus. Call Melissa in Activities for tickets and information at 618-234-4410, ext. 7042.

**SENIOR CELEBRATION
MAY 11, FRIDAY, 10 A.M.-2 P.M.
PSOP where seniors are our heroes!**

Don't miss PSOP's biggest celebration! This year YOU are our Super Hero! You don't have to leap tall buildings or shoot spider webs from your wrist, just come and enjoy the car show, attendance prizes, play table games and dance to the music of the Western Band. It's an event you don't want to miss! No reservations are taken. Capes and super hero costumes are highly recommended!

TRIPS WITH ACTIVITIES

**First Served Here!
Saturday, June 9, 2018**

We eat our way through the 1904 World's Fair with expert Joan Huisinga. How many foods do you know were invented or first served here? (No, iced tea was not one of them!) We make nibble stops on The Hill, at Souldard Market, Forest Park, Grand Center, and more! From bakery goods to dessert, it's a dietician's nightmare but a junk food addict's delight. Cost is \$69 per person. There will be no lunch served. Deadline for reservations is May 18. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville and return about 4:45 p.m.

**Fireworks on the River!
Wednesday, July 4, 2018
Call to see if we still have space**

Our best-selling cruise is back! Sail the Mississippi as we enjoy a dinner buffet and have the best seat in the house for the best firework display in the country! Cost is \$97 per person. Deadline for reservations is May 25. Depart 6:15 p.m. from the Schnuck's on North Belt West, Belleville, depart 5:15 p.m. from the Caseyville Township Center. Return about midnight.

**An American Legacy
October 9-15, 2018**

Highlights include Colonial Williamsburg; the presidential homes of Monroe, Jefferson and Washington; and the US Naval Academy. Also, have free time to tour Washington, D.C. Cost is \$3,139 per person, double occupancy, \$3,839 for a single, and \$2,879 per person for a triple. Cost includes air, insurance, gratuities, 13 meals and airport transfers. Final payment due on or before June 29, 2018. Pay total amount with a check and deduct \$75 from the cost! Call Nancy at 618-420-9994, ext. 7020 for a flyer or if you need a roommate.

HOLD THE DATE!

Sept. 18 - "This used to be..." Historic Buildings
Sept. 24 - What's in Our Backyard?

LOOK FOR US ON THE WEB BY VISITING

swic.edu/community/senior-programs/psop/

Memorials

For: Vera Renth
From: Jeneen Baker, Teresa Barkier, John & Joyce Beck, Kent & Margie Berry, Howard Boller, Cheryl & Mark Brunsmann, The Faley & Treece Family, Joan Funk, David & Michelle Gerstener, Harvey & Marlene Groennert, Bill Hettenhausen, Donald Hoor, Daniel & Joann Karpel, Collette & Bob Kehrer, Gordon Kehrer, Dan & Lisa Krausz, Marian Krausz & Clarence Richards, Laakko Family, Doris Lemkemeier, Madero/Caretenders Home Health, LaVerne Moll & Susan Perez, Peggy Naumann, Cyril & Janet Neff, Ralph & Nancy Rakers, Craig & Cynthia Renth, Thomas & Laura Renth, Ric & Diana Robben, Sheri & Brian Rudolph & Family, John & Carolyn Santel, Theresa Saunders, Danny & Pat Schrempp, Donald Semmler, JM & GM Shelley, Jim & Barbara Racer, Sandra Spirtas, Friedrich & Joyce Tatjenhorst, Don & Karen Willaredt, Mr. & Mrs. Richard Wolff, Mary Zabawa

For: Sam Flood
From: Jerri Casson

For: Mary Jean Ring
From: Jerri Casson

For: Dennis Korte, Jr.
From: 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

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Happy 100th Birthday Clarence!



Mailing prepared by RSVP Volunteers

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