

PSOP APRIL NEWSLETTER

HAPPY EASTER



PSOP WILL BE CLOSED ON FRIDAY, APRIL 3, 2026.



PSOP ACTIVITIES WITH MELISSA & THERESA

Flowers are blooming, days are getting warmer...it's time to try something new! How about learning new skills on your cellphone, a new dance or a flower arrangement? Your adventure awaits. **Call Melissa or Theresa, 618-234-4410 ext. 7042 or 7043.**

BINGO – Bingo is free with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. For those 50 and older, come ready for fun! Bingo begins at 10 a.m. The first Tuesday of each month is always a theme! Come dressed for the special day if you wish!

- **April 7 - Butterfly Bingo Sponsored by Hospice of Southern Illinois**
- **April 14 - Sponsored by Addington Senior Living**
- **April 21 - Sponsored By Family Hospice**
- **April 28 TBD**



DANCES: Dances are on THURSDAYS in Belleville and Shiloh. Both the Orchestra and the Country Western Band will be playing on Thursdays from now on. Dances are \$5. The entry fee is \$1 and \$4 for lunch. It is **VERY** important to make your reservation so we have enough lunch ordered. Doors open at 9:30 a.m. and Band starts at 10:30 a.m. We take a 30-minute break for lunch. Dances last until approximately 1:30 p.m.. Reservations later than two days before the dance may not be guaranteed a lunch, so please make reservations early! **618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa) for reservations.**

Hangin' With My Peeps Dance - Thursday, April 23, 10:30 am-1:30 pm at PSOP. Join the SVS Orchestra for a good time of music and merriment. We just love to celebrate spring with music, daisies, and little baby ducks. Orchestra will be playing our favorite tunes. The band has some new members and they sound fantastic. Please leave us a reservation for our lunch count!

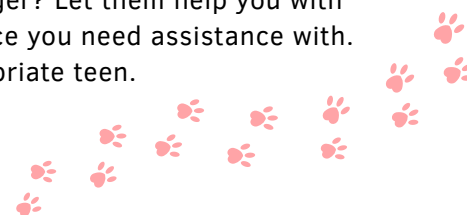
Senior Celebration – Be a Happy Camper at PSOP, Friday May 1, 10 a.m. to 2 p.m. Be adventurous and celebrate 53 years of SWIC/PSOP senior services. DOORS OPEN AT 9:30. Don't miss out on the COUNTRY WESTERN BAND, BINGO, ATTENDANCE PRIZES, CAR SHOW, RAFFLE, POT OF GOLD and so much more! Discover what's in store for you by attending this annual event sponsored by SWIC and the City of Belleville.

JOIN US FOR...

Flowers 101 - Wed., April 8, 10 a.m. Note that this is a week early because of Spring Break. Jeff and his crew from Grimm & Gorly will teach us to make a beautiful creation of flowers to take home and enjoy. Cost is \$35.00 and must make a reservation so we will have enough beautiful flowers for everyone.

Men's Club - Friday, April 10, at 11 a.m. This group of coaches, athletes and sports fans get together with Art Voellinger and a monthly speaker. RSVP if we can count on your attendance. \$5 for catered lunch.

Tech with Teens - Monday, April 20 at 1 p.m. This has been a very successful and useful program. Teens from Belleville West come here to help with our phones one on one. Texting, editing, emails, social media, anything you need for your phone, laptop or kindle. Who else is better on the phone than a teenager? Let them help you with whatever you need. When calling to reserve your spot, please let us know what device you need assistance with. Whether it's an Apple phone, Android, laptop, so we can partner you with the appropriate teen.



Bunko and Dominoes - Every Monday in Shiloh. They alternate Bunko and Dominoes, playing begins at 10 a.m. but they start coming in around 9:30 to have coffee and chat. Held at Shiloh Community Center # 7 Park Drive.

Knitting and Crochet - Wednesdays at 9:30 a.m. Bring what you are working on and sit with other knitters and crocheters. They talk and laugh more than they knit!

Tai Chi - Tuesdays and Wednesday at noon, led by Tai Chi instructor Dolores Gordon. Tai Chi enhances physical and mental health, as well as improves posture, balance, flexibility, and strength. Tai Chi is said to boost mood, strengthen the immune system, improve health and it's cool too. Call Activities to reserve a space, class is limited. The class is an hour long and \$5. Call 618-234-4410, ext. 7042.

Beginner Line Dance - Wednesdays, March 28 through May 20, 2026 at 12:30. Did you know line dancing has many benefits including heart health, improved coordination and balance, bone density, endurance, cognitive health and mental health? Plan ahead and join us!! This 8 week class will have you ready to step-out in confidence. The cost is \$35.

Line Dancing - Wednesdays at 1:30 p.m. "Dance is an antidote to stress, a way to combat negative emotions, an elixir for the body, mind and brain". Another benefit of line dancing is that you do not need a partner to participate. Anyone can join the line and have fun dancing along with the group. And Donna Holcomb is great at keeping you in step! Cost is \$2/class.

Art Group - Fridays at 9 a.m. These artists bring whatever they are working on to the group to be creative together. If you have a fun craft you like to make and are willing to show others, please call us and we'll have a craft day! We love to see what others are doing and learn how to make it.



CARDS

Here at PSOP we love playing cards. We have different groups playing almost every day. Please remember when you come in, there is a binder on the table to sign-in. Please always leave your name and phone number so if there are ever any changes we can contact you.

Bridge - Thursdays, 12:15 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle - Tuesdays, 1:30 p.m. and Thursdays, 10 a.m. This group is for pinochle players who already know how to play and new players are always welcome. Although, we do have a few people who are willing to teach if you are interested in learning to play.

Hand and Foot - Thursdays, 12:30 p.m. This little group is willing to teach new people interested in how to play hand and foot. Already know how? What are you waiting for? Join the fun.

Canasta - Fridays, 12:30 p.m. Know how to play? Join the game! Don't know how? They will teach you!

Euchre - Fridays, 10 a.m. Come and join this crew of card players! Beginners welcome!

Shiloh Pinochle - Wednesday at 10 a.m. If you don't get enough Pinochle at PSOP - come to Shiloh on Wednesdays and play! Everyone is welcome!

OUT AND ABOUT IN THE COMMUNITY WITH MELISSA & THERESA

The restaurants and dates always change but the times never do! Breakfast Club is ALWAYS 9 a.m. Lunch Bunch is ALWAYS 11:30 a.m. and Dine Around is ALWAYS 5 p.m. Call us with your reservation and we will happily save a seat for you at the table! Activities: 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa).

Breakfast Club - Friday, April 17th, 9 a.m. We love all the fresh omelets and juices, great coffee and blueberry pancakes at First Watch. Call us to save you a seat at the table. 455-D Regency Park O'Fallon

Lunch Bunch - Wednesday, April 8, 11:30am. Have a little Chinese lunch (or a lot) with us at Easy Buffet. Known for its traditional dishes, Mongolian barbecue, and fresh sushi, but we love their soft serve ice cream machine! Call us to save you a seat with PSOP. Located across from SWIC, 2524 Green Mount Commons. Please let us know to expect you!

Dine Around - Tuesday, April 28th, 5 p.m. -We are going to Collinsville! It used to be the Old Herald, but now it's called the Press House. We love their appetizers like barrel proof wings, red shrimp in hot honey, and scallops. And we are not even at the entrée yet! Call us to reserve a seat. 113 E. Clary St. Collinsville.

ACTIVITIES, ADVENTURES, & OUTINGS

If you feel like you're out of the loop there are several ways to find out about Activities and things happening. First, get the newsletter either by email or mailed to your home. Second, when you are in the building, check the bulletin boards in the Activities Room and in Mildred Feurer Hall. Also, if you do social media, check us out on Facebook for plenty of fun pictures and last-minute announcements. Check out PSOP Adventures. Or Southwestern Illinois College PSOP Facebook page. We don't want you to miss a thing!

Belleville Main Street's Senior Day - Join area seniors 55+ as they shop + dine along Downtown Belleville's Main Street **Friday, April 24th, from 10 a.m. - 1 p.m.** Seniors will 'shop till you drop' along Main Street with an after-party at PSOP full of fun and giveaways provided by our Belleville Main Street merchants. Admission to this event is \$10. Registration is from 9:30-11 a.m. at PSOP where the participants will receive their Main Street Senior Day passports and \$5. in Downtown Dollars to spend during the event. A shuttle sponsored by Keystone at Richland Creek will be available to participants for transportation to/from PSOP and along Main Street. After completing the passport, join the wrap-up at 1 p.m. hosted by St. Clair County Office on Aging and PSOP.



MATTER OF BALANCE

APRIL 2026

“FREE” Workshop This free workshop will help you:

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- 8 week course: Mondays at 10 a.m. starting on June 1st.

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



PSOP is a US flag collection site. Do you have a United States flag that is torn, tattered or otherwise unserviceable? Bring it to PSOP for disposal/retirement. All flags collected will be respectfully retired by Belleville's VFW Post 1739 at a later date.



Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for a Telecommunication Access Corporation amplified phone are:

- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or Audiologist
- Those with cell phones are also eligible for a free amplifier
- Once every three years



PSOP is a selection/testing center for the ITAC amplified phone program. Call 618-234-4410.

SENIOR VOLUNTEER SERVICES (SVS)

Did you know that studies show that seniors who are active in volunteering improve their physical activity & social interaction and also benefit their overall mental health? **SVS (Senior Volunteer Services)** is available to offer senior volunteer placement services at over 40 locations throughout Madison and St Clair Counties.

If you have an interest in plugging into your community, give us a call so we can help find just the right volunteer opportunity to fit your passion, talents and schedule! Call Lynn at 618-234-4410 ext. 7012.

SENIOR COMPANION PROGRAM



Volunteering offers a range of benefits. Some of the benefits of volunteering include; slowing age acceleration for both retirees and working people, personal fulfillment, community engagement and networking opportunities. Volunteering provides a sense of purpose and accomplishment, contributing to your overall well-being and happiness. It strengthens your local community by supporting essential services and initiatives. It connects you with like-minded individuals, opening up new opportunities to make social connections and form friendships.

Our Senior Companions provide the additional social support to homebound senior citizens struggling to safely remain in their home for as long as possible. The benefits of socialization among isolated seniors have shown to improve mental health, provide a sense of belonging and encourage purposeful living.

Most of the Senior Companions report getting more out of volunteering than they give. If you or someone you know are interested in giving back in your community and are 55 and older, contact us for more information at (618) 234-4410. Also, if you know someone who would benefit from having a Senior Companion contact the Senior Companion Program at (618) 234-4410, ext. 7023.

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. Wait lists vary by location. Residents pay 30 percent of monthly income (after deductions) toward rent, up to a maximum rent established by location. **Call 618-277-3290.**



ATS – ALTERNATIVE TRANSPORTATION SYSTEM



Are you unable to drive or thinking of giving up your license? ATS provides transportation to disabled individuals (any age) in St. Clair County and to residents of the city of Belleville, Stookey and St. Clair Townships who are 60 and older.

Approved ATS customers may purchase coupon booklets for rides, 10 coupons for the \$28.00 fee. If you meet the guidelines set by the IL Dept. of Commerce & Economic, and are within the guidelines set forth, you may apply for the reduced fare reimbursement. When you are approved and you purchase a booklet of coupons you will receive a discount for the next order of coupons. You can contact Sharon Lewis at 618 239-0749 Ext. 726 if you have any questions. If you wish to receive the application, please email sharon.lewis@swic.edu.

RESOURCE CENTER

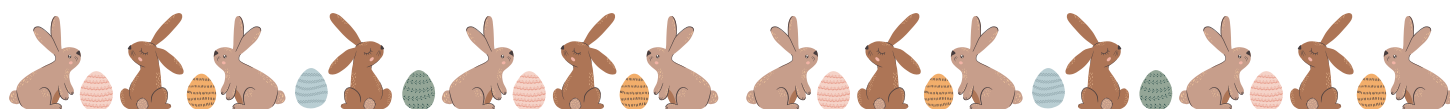
PSOP has staff available to assist individuals with various benefit programs including:

- Medicare and Medicaid - questions and enrollment.
- **License plate sticker discount applications (Benefit Access) to qualify:**
 - 65 years of age or older or disabled thru social security.
 - Income must fall below **\$33,562** for singles and **\$44,533** for couples.
- **Energy assistance applications (LIHEAP)**
 - Household income below **\$39,979** a for single and **\$52,281** for couples.
- Food box program has increased the income eligibility amount. To apply, you must be at least 60 years old with monthly income below **\$1,997** for individuals or **\$2,705** a for couple.



The CSFP program is an equal opportunity provider. <https://www.usda.gov/non-discrimination-statement>

Please call 618-234-4410, ext. 7035 (Marsha) for further information or details or to see if you qualify for these programs.



LAND OF LINCOLN LEGAL ASSISTANCE – AGES 60 AND OLDER – CALL 618-398-0958 FOR AN APPOINTMENT

Legal Lingo with *Land of Lincoln Legal Aid*

Starting February 1, 2026, individuals receiving Supplemental Nutrition Assistance Program (SNAP) benefits must work or volunteer 80 hours each month unless they qualify for an exemption.

Do I qualify for an exemption? If you qualify for exempt status, you do not have to meet the work or volunteer requirements. Examples of groups of people that are exempt:

- Under 18 years or older than 64 years
- Medical certification you cannot work due to physical or mental unfitness
- Pregnant or you are a parent or household member responsible for the care of a child under 14, or a parent or household member responsible for the care of an incapacitated individual
- Participating in a substance abuse treatment and rehabilitation program (this does not include AA or NA)
- Enrolled at least half time in school, college, or training program
- Chronically homeless
- Some Native Americans, members of a tribe, band, or other organized group, those residing in an Urban center and California Indians (defined by federal law)

An assessment tool is available online to determine your status at: <https://aberp.illinois.gov/screener/ABAWD?lang=EN>

Do I need to prove I am exempt? Some SNAP recipients received a letter confirming they are exempt and do not have to meet work requirements. If you meet one of the listed exemptions and have not received a letter or if you meet one of the listed exemptions later, you will need to call or visit your local DHS office or call the IDHS Help Line at 800-843-6154. You may be required to complete an exemption request form.

I'm not exempt! How do I prove I completed the required hours? If you are working, you should submit to DHS copies of pay stubs or other employee verification paperwork. If you are volunteering, your supervisor at the volunteer site should complete a SNAP Activity Report form for you to submit to DHS. This form is available online at <https://www.dhs.state.il.us/onenetlibrary/12/documents/Forms/IL444-2610.pdf> or from your local DHS office.

Submit completed documentation by using your MY ABE account, mailing to Central Scanning Processing Unit, PO Box 19138, Springfield, IL 62763, or to your local DHS office.

What if I don't meet the requirements? If you do not have exempt status and you fail to meet the requirements for 3 months, your SNAP benefits will be terminated.

PSOP BOOK CLUB

This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Take a look at what they're reading.

- **April 9 - The Blue Shoe by Anne Lamott - Discussion leader John Laker**
- **May 14 - Brooklyn by Colm Toibin - Discussion leader June Wolz**
- **June 11 - Book Selections**



AARP SMART DRIVER CLASS

The safer you drive, the more money you can save.

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and others safe.

When: May 4th and 5th from 12 - 4 p.m. You must attend both days.

Where: PSOP – 201 N. Church St., Belleville, IL 62220

Cost: \$20 for AARP members and \$25 for Non-members

Call 618-234-4410, ext. 7036 to sign-up and receive additional information. Class space is limited.



COUNSELING GROUP MEETING UPDATES

Counseling Services continue to be available at no cost to residents of St. Clair County over the age of 60, or for those who are caregivers for individual over the age of 60. This program is designed to assist individuals with emotional adjustments related (but not limited) to aging, illness, grief, and stress. The counselor is able to meet at PSOP, through Telehealth, or at the home of the individual. For any questions, or to schedule an appointment, please call (618)234-4410 ext. 7039.

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. The Mindfulness Education Group will meet on April 8. For questions, please contact **Tanya Koelker** at TanyaKoelker@gmail.com or 618-722-9616. *This group is sponsored by the St. Clair County Mental Health Board.*

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease or caring for someone affected by Parkinson's Disease, will continue to meet in person on the THIRD MONDAY of most months, at 1:00 p.m., at PSOP. The next meeting will be April 20. Please also be aware of the great amount of information available from the American Parkinson Disease Association (APDA) Greater St. Louis Chapter, at www.apdaparkinson.org/community/st-louis.

The Caregiver Support Group, which is designed to provide support and community to individuals in the caregiving role, meets on the FIRST WEDNESDAY of each month at 6:30 p.m. at PSOP. The next meeting will be April 3.

PSOP SPONSORED DRIVER'S SERVICE MOBILE UNIT

Call – 618-234-4410, ext. 7036

Wed. April 15, 2026 Shiloh Community Center, 7 Park Dr. Shiloh

Wed. July 15, 2026 PSOP, 201 N. Church St. Belleville

Wed. Oct. 21, 2026 Shiloh Community Center, 7 Park Dr. Shiloh

Wed. Dec. 9, 2026 PSOP, 201 N. Church St. Belleville



Services provided to seniors 55 and older by appointment only. **PAYMENT: Credit card, debit and check. Cash is not accepted.** **Mobile Unit hours:** 10 a.m. to 1:40 p.m. Services available: Driver's License Renewals, State ID cards and Vehicle Registration Renewals (including REAL ID's, vision test, road test and written exam if required)



NURSE AVAILABLE AT PSOP

Partnering with the St. Clair County Health Department's Medical Reserve Corps, PSOP will have a nurse available to check blood pressure, blood sugar and discuss health topics you are concerned about on the 2nd and 4th Tuesday of the month from 9 a.m. to noon. No appointment is needed.



SENIORLINK COMPUTER CLASSES

As a reminder, Windows 10 has reached the end of support on October 14, 2025. At this point the technical assistance feature updates and security will no longer be provided. If you have devices running on Windows 10, we encourage you to consider upgrading to Windows 11. There are classes at PSOP that will help you navigate Windows 11 to get the most out of this new system.

Beginning Computers: This one-afternoon class will cover the basics of how to use a computer.
Cost: \$10

Classes below meet once/week for 4 weeks at a cost of \$40.

Windows 11 Basics: This basic class will include explanations and hands-on usage of Windows 11 applications and features developed by Microsoft. Explore techniques and best practices for working with Windows 11 during this class. Applications installed after the purchase of the computer won't be covered.

Computer Protection: Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

Word Basics: Join this class for explanations and hands-on usage of Microsoft Word features including techniques and practical uses of Word documents. Advanced features are NOT covered.

Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets will be discussed.

iPhone Basics: Join this basic level class for explanations and hands-on usage of cell phone applications and features. Applications installed after the purchase of the cell phone are not covered. Device must be CHARGED before class.

iPad Basics: This basic class includes explanations and hands-on usage of Apple iPad applications and features developed by Apple. Techniques and best practices for working with the iPad will also be explored.

NOTE: Applications installed after the purchase of the iPad are not covered. Device must be fully charged before coming to each class.

Dates and times for classes will be determined once a class list of those desiring the class is established. Call 618-234-4410 Ext. 7036 to sign-up!

PSOP TRAVEL PROGRAM

Day Trips:

Let's Go Cards! Friday, April 24, 7:00 p.m. game - Cardinals against the Mariners. Charter bus that leaves from PSOP at 5:00p.m. Come into PSOP to get your hotdog, chips, peanuts and Crackerjack. Then off to Busch Stadium to cheer on our team from our seats in the 1st Base Field Box, Section 138 Rows 11-18. Price is \$99 for meal, transportation and ticket to the game.

Meet Me At the Munny! "We're gonna wash that man right out of our hair" and head over to the Munny to see the classic South Pacific. We know you love the songs like "Some Enchanted Evening" and "There is Nothing Like a Dame" ! We have excellent seats in the first section by the stage to see this classic musical. The show is Wednesday, July 8th at 8:15 p.m. Price is \$125 for bus and great seats! We accept checks or card. This will sell fast so don't delay.

Fabulous Fox Trips The price behind each one includes motorcoach transportation (not having to walk far and pay \$20 to park) tickets on Orchestra floor (no elevator line or climbing stairs to get to your seat) and a wonderful meal right there at the Fox (it has scrumptious food that is geared to the theme of the play). So, if it seems like a big price, see what it would be if you did it all on your own. Come join us! All of the shows always sell very quickly. Please pay by card or check - No holds.

Harry Potter and the Cursed Child Saturday matinee, April 11, 1 p.m. When Harry Potter's son, Albus, befriends the son of Harry's fiercest rival, Draco Malfoy, it sparks an unbelievable journey for them all. Prepare for a mind-blowing race through time, spectacular spells, and an epic battle, all brought to life with the most astonishing theatrical magic ever seen on stage. For this play, any age is welcome. \$184 gets you a great seat on the orchestra floor so you can't miss any of the amazing theatrics. Spectacular dinner downstairs at the Fox and motorcoach transportation. Leave Schnucks on North Belt West at 11:30 a.m.

Overnight Trips:

Veterans' Day in Branson November 9-12, 2026 We have always wanted to do this trip with our Veterans and families, so here we are! We will visit the Military Wall with 1000's of patches, walk through the military museum and dine in the mess hall. We will also see several shows including the Sight and Sound Theater with the Miracle of Christmas. We also upgraded our hotel to a Hilton in Downtown Branson. \$998. per person, double room. Come into the Activities Office for more info.

Travel & Activities Day Trip Reservation/Cancellation Policy

If a cancellation is received after the reservation deadline and a replacement is found, then a full refund less a \$5 processing fee will be given. If no replacement is found no refund will be given. Special cancellation policies may apply if the trip involves the purchase of non-refundable components or have special cancellation policies. Itinerary changes may be made for unforeseen reasons and for reasons beyond our control. You MUST have payment, Reservation Form, and signed waiver in order to participate.

Name: _____ **Phone:** _____

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

Trip #1	Trip	Date	Price	Pick Up Point

Trip #2	Trip	Date	Price	Pick Up Point

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

MAIL THIS FORM WITH CHECK AND WAIVER TO: SWIC Travel Dept., 201 N. Church Street, Belleville, IL 62220

Going with _____

PSOP Newsletter Subscription Form • Call 618-234-4410, ext.7043 if you have subscription questions. Subscription: \$10 for 1 year; \$6 for 6 months to cover printing and postage. Your expiration date is on your mailing label. To continue receiving the PSOP newsletter fill out the attached subscription form and mail with your payment to: **PSOP Newsletter, 201 N. Church St., Belleville, IL 62220**

Name: _____

Address: _____

Phone #: _____

Email: _____

(Receive the newsletter by email for free!)