

PSOP AUGUST NEWSLETTER



PSOP ACTIVITIES WITH MELISSA & THERESA

AUGUST 2026

Did You Know: We have a free library – book exchange and a puzzle exchange table in the Activities Room. Come exchange your completed puzzles for a new one, bring the books you have read this summer and grab a new one.

BINGO –Bingo is free, with a different sponsor every week bringing the prizes. Our sponsors furnish the prizes, we furnish the fun. Come join us! Bingo begins at 10:00 a.m. The first Tuesday of each month is always a theme! Come dressed for the special day if you wish!

August 4- Dog Days of Summer- Sponsored by Family Hospice

August 11-Bring your Grandkids Bingo-Sponsored by Lakeview

August 18-Sponsored by St. Clair County Office on Aging

August 25-Sponsored by Professional Care Management



DANCES: Dances in Belleville and Shiloh are \$5.00. \$1.00 entry and \$4.00 for lunch. It is VERY important to make your reservation so we have enough lunch ordered. Dances open at 9:30, and the band starts at 10:30. We take a 30-minute break for lunch. Dances last until approx. 1:30 pm. Reservations later than two days before the dance may not be guaranteed a lunch so, so please make reservations early! 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa) for reservations.

Party at PSOP Dance-Thursday, August 27, 10:00 am. Come party with us and hear all about what PSOP has to offer. Entertainment, dancing, food and lots of information. If you are new to PSOP or just involved in one or two things, find out what we are all about! Please make a reservation for lunch. Lunch is \$5.

Shiloh! - Did you know we do activities and events in Shiloh, too?

Mondays- 10:00 am- Join us for Bunko and Dominoes. We alternate Bunko and Dominoes. This is a lively group with Ron, our famous volunteer, leading the group. No cost and everyone is welcome!

Wednesdays- If you don't get enough pinochle on Tuesdays and Thursdays at PSOP, they play in Shiloh on Wednesdays too! 10:00 am

JOIN US FOR...

Bunko and Dominoes-Every Monday in Shiloh. They alternate Bunko and Dominoes, playing begins at 10:00, but they start coming in around 9:30 to have coffee and chat. Held at Shiloh Community Center # 7 Park Drive.

Euchre- We have had some interest in starting Euchre again. If you would like to play, please call Activities. Once we have a few of you, we will begin again.

Tai Chi - Tuesday 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. Regular Tai Chi is on Tuesday, beginner is on Wednesday. Each class is an hour long and is \$5. Call 618-244-4410, ext. 7042.

Flowers 101- Wednesday, August 12, 10:00 am. If you like sunflowers like we do, you will love this flower class with Jeff and his gang from Grimm & Gorly. Cost is \$35. Please call and reserve your spot so we have enough flowers for everyone. 618-234-4410 ext. 7042 or 7043.

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!

Line Dancing - Wednesdays at 1:30 p.m. Line dancing gives you a full body workout! It improves heart health, balance, and cognitive function while building great friendships too. But because it doesn't require a partner, it provides an engaging way to relieve stress and stay active! Classes are \$2.

Chair Yoga-NEW! Mondays and Fridays at 11 a.m. Chair yoga is an accessible, low-impact practice that adapts traditional yoga poses using a chair for support. It is excellent for all fitness levels, delivering increased flexibility, improved strength, reduced joint strain, and significant mental stress relief without requiring floor work or heavy impact. Join local instructor Edna Jeffries for this new offering, and leave feeling better in mind, body, and spirit. Investment is \$5 per class.

Art Group - Fridays at 9 a.m. These artists bring whatever they are working on and bring it to the group to be creative together. If you are working on a painting or something at home and would like feedback from others or just want to paint with other artists, come on in. If you have a fun craft you like to make and are willing to show others, please call activities and we will 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.

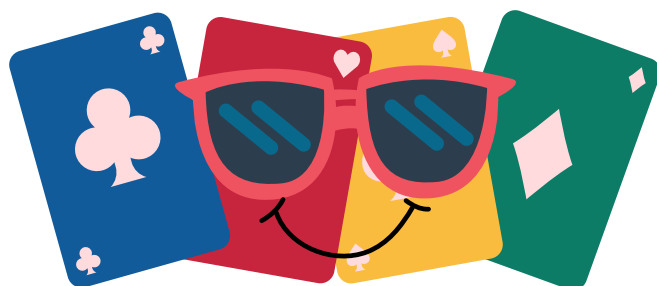
Bridge: Tuesday 9:00 am and Thursdays 12:30 pm. This group is for players who already know how to play. New players are always welcome.

Pinochle: Tuesdays 1:30 pm and Thursdays 10:00 am. 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. 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? Come join them.

Canasta- Fridays 12:30. Already know how to play? Come join them! Don't know how? They will teach you!

Euchre- Fridays, 10:00 am- Great new group! Always looking for more players



OUT AND ABOUT IN THE COMMUNITY WITH MELISSA & THERESA

Our places to eat and dates will change but the times we eat never does. Breakfast is always at 9am, lunch is at 11:30am, and dinner is always 5:00 pm.

Breakfast Club- Friday, August 28. We are trying a Freeburg staple since 1989. Gary's restaurant is known for its home cooking and family meals. It's right past Valentine's, 405 S State **St, Freeburg.**

Lunch Bunch- Thursday, August 13, we love German food and steak so what better place than Mascoutah Steak House. It is known for its beef tips and noodles and German dishes, alongside a full menu of steaks, sandwiches, and burgers. Located at 1415 McKinley St., Mascoutah, IL 62258

Dine Around- Wednesday, August 19. Royal Palm Mediterranean Cuisine. Trying something new with authentic Mediterranean and Middle Eastern foods, including charcoal grilled meats, brick oven pizzas and traditional Palestinian dishes. Located at 130 Ludwig Drive, across from Red Lobster in Fairview.

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!

PSOP at the SYMPHONY! Two buses filled so quickly we added a third!! Friday, December 18, 9:00 am We are once again going to one of our most popular outings, Christmas at the Symphony and Hotel St. Louis. After leaving Schnucks on North Belt West at 9:00 am, we are off to Powell Hall. Surround yourself with their beautiful Christmas music! Think it's too early? Don't worry, they will have coffee and donuts for us! We have great seats on the Orchestra floor. After we get in the Christmas spirit with all the festivities, we will have a gourmet plated lunch at Hotel St. Louis. Choose between Chardonnay chicken or St. Louis braised short ribs. Price will be: \$172.00 for charter bus, tickets to Powell Hall Christmas, and lunch.

Fox shows- We have four you can sign up for right now! All shows are fantastic seats with dinner after each show. If you've never done this before, we love dinners at the Fox. They coordinate the meals to reflect what show we are seeing, and the food is always top-notch. We leave from Schnucks by the drive-in on a charter bus.

Death Becomes Her- Thursday, October 22, \$136. A hilarious musical that is filled with "tuneful music to die for" and "a cheek-aching laughter roller coaster".

Beauty and the Beast- Thursday, March 11, \$140. Come see the classic tale as old as time. A spirited young woman named Belle who is imprisoned by a cursed monstrous prince in his enchanted castle. By looking past his exterior she uncovers his kind heart and falls in love with the Beast.

Mama Mia- Thursday, April 1, \$148. Finish this sentence "Dancing Queen, feel the beat of the _____" Then you know Abba songs and the story of Mama Mia. Join us for the songs, the costumes and did I say the songs? So good!

Wicked-Thursday May 13, \$135. We can all wear our pointy hats and see the story of the good witch and bad witch, who show us she really wasn't bad at all. Great story of friendship and acceptance. You will be green with envy if you don't go see this with us.

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 or income level
- Application certified by a Licensed Family Physician or Audiologist
- Those with cell phones are also eligible for a free amplifier
- An updated device is offered once every three years



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

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.**

SENIOR COMPANION PROGRAM

“Alone we can do so little, together we can do so much.” Helen Keller

Senior Companions:

- Answer a need
- Care for others
- Build lasting relationships
- Inspire others with their dedication
- Touch lives forever
- Spread smiles as they go
- Lift spirits



The Senior Companion Program provides companion services in Madison, Monroe, Randolph and St. Clair Counties. They recognize the importance of giving back and are making a positive impact one client at a time. We are so grateful for each one of our dedicated Senior Companions.

PSOP wants to continue to recognize the Senior Companion volunteers for their time of service to their clients, families and community. The Senior Companions ease the fears and concerns of their clients who cannot live by themselves without help.

If you know of someone that would benefit in having a Senior Companion or for more information about the Senior Companion Program, please call Stefanie at **618-234-4410, ext. 7023.**



ATS – ALTERNATIVE TRANSPORTATION SYSTEM



AUGUST 2026

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

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.



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 through 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.
- Our monthly senior food box program has increased the income eligibility amount. To apply, you must be at least 60 years old with monthly income below \$1,995 for individuals or \$2,705 a for couple.

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

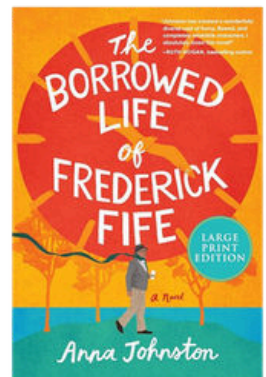


Please call 618-234-4410, ext. 7035 (Marsha) for further information or details or to see if you qualify for these programs.

PSOP BOOK CLUB

PSOP Book Club This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Check out this new lineup created by our very own PSOP Book Worms. Happy Reading Friends!

Aug 13, The Borrowed life of Frederick Fife by Anna Johnston-discussion leader-Donna Perkins
Sept. 10, Remarkably Bright Creatures by Shelby Van Pelt-discussion leader-Donna Margiotta
Oct. 8, Theo of Golden by Allen Levi-discussion leader-June Wolz
Nov. 12, Take Me To Your Leader by Neil Degrasse-discussion leader-Peter Will
Dec. 10, Thomas Jefferson and the Tripoli Pirates by Brian Kilmeade-discussion leader-Lynn Amos
Jan. 14, 2027, Death in the Truffle Wood by Pierre Magnan-discussion leader-Marlyne Wilder
Feb. 11, 2027, Arcadia by Lauren Groff- discussion leader Denise Sechrest
Mar. 18, 2027, Silence by Shusaku Endo-discussion leader-John Laker
Apr. 8, 2027, The Correspondent by Virginia Evans-discussion leader-Gloria Blaes
May 13, 2027, Louisiana Longshot by Jana Deleon-discussion leader-Marilyn Merwin



LEGAL LINGO WITH LAND OF LINCOLN LEGAL AID

Don't Be Fooled: Busting Power of Attorney Myths

Myth: I don't need Power of Attorney documents because I can still take care of everything myself. Completing these documents means I'm giving up that control.

Power of Attorney documents are planning tools, not something that takes your rights away. These documents allow you to choose whom you trust the most to handle your healthcare or financial affairs if you become unable to manage them yourself. You determine when those documents become effective. You also maintain the right to revoke the documents or update them if you change your mind in the future.

Myth: I don't need a Property Power of Attorney because I don't own anything.

Property Power of Attorney covers more than just physical possessions. It gives your chosen agent the ability to manage your financial responsibilities along with real and personal property. This means your agent could manage your monthly bills, any money or income received, taxes, lease agreements, claims, legal matters, investments accounts, and much more.

Myth: If something happens and I need a Power of Attorney, my family or friends can create one for me.

Power of Attorney documents can only be completed by you, and only while you have the capacity to understand your decisions. These documents cannot be completed by someone else on your behalf. If you are unable to communicate and understand your decisions and do not have these planning documents completed, the court may have to intervene and choose who will act on your behalf instead. If guardianship becomes necessary, your family or friends will go through the court process, which may be lengthy and expensive.

Power of Attorney documents are a great planning tool to protect your future self and ensure an easy transition when assistance becomes necessary.

If you have questions, you should consult with an attorney who is licensed to practice law in Illinois. Land of Lincoln Legal Aid is a free legal resource available to help you explore your options. Contact our office at (618)398-0958 for the possibility of assistance.



COUNSELING GROUP MEETING UPDATES

AUGUST 2026

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 (Lara) or 7031 (Marilyn).

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. The next meeting will be held Wednesday, August 12th, 2026 from 10am to 11am. This month's theme is "Take Time to Breathe" where we will utilize breathing techniques and guided meditation. No RSVP required, just an open mind! 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 August 17th, 2026. 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 August 5th, 2026.

PSOP SPONSORED DRIVER'S SERVICE MOBILE UNIT Call – 618-234-4410, ext. 7020

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/Debit card and check. Cash is no longer 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)





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

There will be no computer classes offered in August as we noticed many of our senior students enjoy a summer off just like the college kids! Sign up now for the upcoming classes – seats are limited so you are able to have more one on one attention and learning!

Beginning Computers: Wed. September 30th at 1 pm. 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: Tuesdays, Sept. 1st, 8th, 15th, and 22nd at 1 pm. 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.

iPhone Basics: Thursdays, Sept 3rd, 10th, 17th, and 24th at 1 pm. 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.

Computer Protection: The next class will be on **Tuesdays, Oct. 6th, 13th, 20th, and 27th at 1 pm.** Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

Word Basics: The next class will be on **Wednesdays, Oct. 7th, 14th, 21st, and 28th at 1 pm.** 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.

PowerPoint Basics: This NEW class will be on **Thursdays, Oct. 8th, 15th, 22st, and 29th at 1 pm.** Join this class for explanations and hands-on usage of PowerPoint features including techniques and practical uses for creating presentations. Advanced features are NOT covered.



PSOP TRAVEL PROGRAM

Hi PSOP travelers. If I haven't met you yet, I'm Tammy, your new Group Travel Specialist. I've spoken to many of you and have learned that there's great excitement for trips to Hawaii, Ireland, Scotland, and other wonderful destinations. I've also heard interest in river cruises and big cruises. I've been gathering information speaking to multiple tour partners, and have started to form preliminary outlines for several big trips. Please drop in to see me if you're at PSOP to let me know where you'd like to go! I'm typically here Tuesday, Wednesday, Thursday from 9:00 to 2:00. If you're not able to see me in person, you are welcome to email me at tammy.call@swic.edu or give me a call at 618-234-4410, ext 7021. I'm excited to get to know you and to start traveling together!

AUGUST 2026



Programs and Services for Older Persons (PSOP)
presents...
Aloha Hawaii
March 3 – 11, 2027



9 Days • 12 Meals: 6 Breakfasts, 1 Lunch, 3 Dinners

HIGHLIGHTS... Waimea Canyon, Waimea River Cruise & Fern Grotto, Haleakala National Park, Polynesian Luau, Sustainable Farm Tour & Lunch, Iao Valley

ITINERARY AT A GLANCE

Days 1 – 4 Outrigger Kauai Beach Resort & Spa, Kauai, HI
Days 5 – 8 Sheraton Maui Resort and Spa, Lahaina, Hawaii
On some dates alternate hotels may be used.



Day 1: Wednesday, March 3, 2027 Lihue, Kauai Welcome to the "Garden Isle," rich in natural Polynesian beauty. You're on a relaxing journey through the Hawaiian Islands of Kauai and Maui. With no scheduled tour activities today, you are free to explore your surroundings as you please.

Day 2: Thursday, March 4, 2027 Kauai: Waimea River Kick off your adventure with a cruise along the tranquil Waimea River. Take in the jungle landscapes from an open-air boat as your captain shares stories of Kauai's past. A short walk brings you to the Fern Grotto, where ancient Hawaiians once left offerings to the gods, and today is a popular wedding spot. After the boat ride, immerse yourself in the Hawaiian spirit as hula dancers demonstrate this ancient art form, traditionally performed in honor of Pele, the goddess of volcanoes and fire. This evening, toast to the start of your journey during a welcome dinner at the historic Kihuna plantation house, restored to its 1930s elegance. (B, D)

Day 3: Friday, March 5, 2027 Kauai Enjoy a leisurely morning to spend as you wish, perhaps strolling along the beach or taking advantage of resort activities. This afternoon, venture over to nearby Coconut Marketplace, where **it's your choice!** Connect with locals sharing authentic Hawaiian traditions with a lei making class **-OR-** learning about hula. (B)

Day 4: Saturday, March 6, 2027 Kauai: Waimea Canyon & Waimea Town This morning, discover the breathtaking Waimea Canyon. Often called the "Grand Canyon of the Pacific," the canyon stretches approximately 14 miles long and over 3600 feet deep with vibrant red and green cliffs. Visit Waimea Town, a seaport town known for the Cook Landing Site, where Europeans first came to the Hawaiian Islands. Take the afternoon back at the resort to relax as you please, then gather for a laid-back, local-style Hawaiian barbecue. (B, D)

Day 5: Sunday, March 7, 2027 Kauai - Maui Board an inter-island flight to the "Valley Isle" of Maui, one of the most beautiful and popular outer islands. Immerse yourself in the lush beauty of Iao Valley and marvel at the towering Iao Needle, one of Maui's famous natural landforms. Continue your journey to the sun-kissed shores of Ka'anapali, a premier resort area known for its pristine beaches. Check into your deluxe beachfront hotel, where you can unwind and soak in the ocean views. (B)

Day 6: Monday, March 8, 2027 Maui The day is yours to soak in paradise. Discover for yourself why locals say Maui no ka oi (Maui is the best)! Spend the day at leisure with time to wander along the beach, shop for souvenirs, or simply relax at your luxurious Maui resort. Perhaps you'll choose an early-morning start and join an optional full-day cliffside drive on the legendary Road to Hana. (B)

Day 7: Tuesday, March 9, 2027 Maui: Central Maui & Haleakala National Park Experience the beauty of Central Maui today, starting with a visit to a sugar museum. Learn about the sugarcane industry within Maui's unique cultural and geographical landscape. Then, continue through a residential town with stunning mountain views to explore a macadamia nut farm that champions local food production and sustainability. Tour the farm's hydroponic greenhouses, a fruit forest, and a macadamia orchard, and sample seasonal farm-fresh Hawaiian fruits. Then it's a casual, farm-to-table lunch, dining food-truck style on picnic benches, a true taste of Hawaiian culture. The afternoon is filled with unforgettable vistas in Haleakala, the scenic national park known as the "house of the sun." Soak in the island beauty from viewpoints throughout Haleakala, its rare and sacred landscapes ranging from volcanic desert near the summit to lush, coastal rainforest. (B, L)



For more information contact
Tammy Call

Programs and Services for Older Persons (PSOP)
(618) 234-4410
tammy.call@swic.edu

collette

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 _____

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