

# PSOP FEBRUARY NEWSLETTER



**PSOP WILL BE CLOSED ON FEBRUARY 12 FOR LINCOLN'S BIRTHDAY.  
PSOP WILL BE OPEN ON PRESIDENT'S DAY ON FEBRUARY 16.**

## PSOP ACTIVITIES WITH MELISSA & THERESA

It's cold outside but always warm at PSOP. This month we are celebrating friends, old and new. The ones we've had for years and the new ones we have made going to Activities at PSOP. We cherish and celebrate both. Come join us, and remember we may cancel an activity for weather or attendance, so please always call with your reservation! 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!

- **Feb. 3 Sweetie Bingo** - Celebrate chocolate with Brightly Senior Living as our sponsor
- **Feb. 10** Sponsored by St. Clair County Office on Aging
- **Feb. 17** Sponsored by Cedar Ridge
- **Feb. 24** Sponsored by Charter Senior Living

**DANCES:** Dances in Belleville and Shiloh are \$5. \$1 entry and \$4 for lunch. It is VERY important to make your reservation so we have enough lunch ordered. Dances open at 9:30 and Band starts at 10:30. We take a 30-minute break for lunch. Dances last until approx. 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.**

**Winter Ball - Thursday, Feb. 26** Celebrate with us and dance the day away! And if you don't dance that's ok, the Orchestra plays wonderful music to just sit back and enjoy the talents of the Orchestra. Lunch is always good too! Please make a reservation!

## JOIN US FOR...

**Flowers 101 - Wednesday, Feb. 4, 10 a.m.** Note that this is a week early. Jeff and his crew from Grim & Gorly will teach us to make a beautiful creation of flowers to take home and enjoy. The cost is \$35 and must make a reservation so that we will have enough beautiful flowers for everyone.

**Men's Club - Friday, Feb. 13 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. The cost is \$5 for a catered lunch.

**Tech with Teens - Monday, Feb. 23 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 type of device you need assistance with, 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<sup>th</sup> 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.

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## 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!



## 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 - Monday, February 2, 9 a.m.** We love to eat at Main Street Café, especially for their Senior breakfast specials! 1601 West Main St. Belleville, IL.

**Lunch Bunch - Thursday, February 19, 11:30 a.m.** We are being adventurous and trying a new restaurant in O'Fallon, Yummy Bowl. Yummy Bowl offers all of your favorite dishes, including build-your-own-bowl Mongolian stir fry, crispy Korean fried chicken, authentic ramen and a full sushi bar. 1214 Central Park Dr, O'Fallon Call us so we know you are attending.

**Dine Around - Wednesday, February 25, 5 p.m.** Let's head to Freeburg for an old faithful, Valentines! This restaurant has been a staple for years, known for their great steaks and wonderful service. Please make sure you let us know you are coming. 205 S State St, Freeburg

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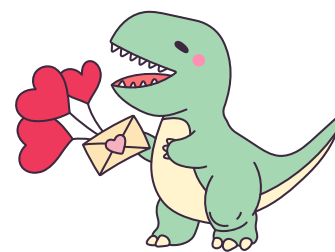
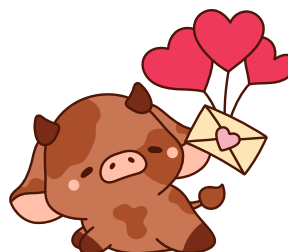
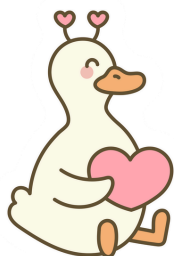
## ACTIVITIES, ADVENTURES, & OUTINGS

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!

**Kitchen Cottage** - When we asked if you all were downsizing and wanted to get rid of Christmas stuff so we could have a fundraiser sale, you answered in droves. We had a huge sale and made over \$1000 for PSOP Activities! Then we had the big idea to do a kitchen one! All of us seem to have unwanted cookbooks, dishes, small appliances, (how many crockpots does one person need), bakeware, dishtowels... anything kitchen related! So now you have an excuse to really downsize for a good cause! Bring it in anytime before the sale date. Kitchen sale will be March 23! Start clearing out those cabinets!

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**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.

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## FOSTER GRANDPARENT PROGRAM

Ah February, the month where we celebrate Black History month, Valentine's Day, Heart Health, and even have a day dedicated to completing random acts of kindness. We can celebrate all of these at once with a focus on AmeriCorps Seniors Foster Grandparent Program. Through this program, Nana Pat (pictured) both gives and receives love on a daily basis, pours out kindness in her role as a volunteer, and increases her heart health by daily physical activity as a Foster Grandparent. She supports a bright and powerful future for children of any background while honoring past persons of color whose journeys came before her. We are honored that she and other grandparents choose sharing LOVE to children in their communities and give us all hope for a bright and beautiful future.



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## 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.

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## SENIOR COMPANION PROGRAM

During the month of February, we are able to celebrate Black History Month, Valentine's Day and Heart Health. Isolated individuals are three (3) times as likely to die from heart disease, 5 years earlier than those who had strong relationships in their lives.

The Senior Companion 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. Companions are carefully screened and receive on-going training to assure quality service and a rewarding volunteer experience. Each Senior Companion volunteer provides 5-40 hours of service each week and they typically serve two or more clients. The companions provide one-on-one care while building friendships. Clients receive in-home friendly visits with planned daily activities including: emotional support, engaging in mental and physical stimulation,

escorting on outing's (doctor's visits, Wal-Mart, etc.). Caregivers receive respite care from the Senior Companion's providing them time to run errands and take care of their own personal needs. As you age, friendships become even more important. Good relationships keep us happy and healthy. For more information regarding the program, please call (618) 234-4410, ext. 7023. "Love, laughter, and patience – natures' triple therapy for the soul."

## 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.**



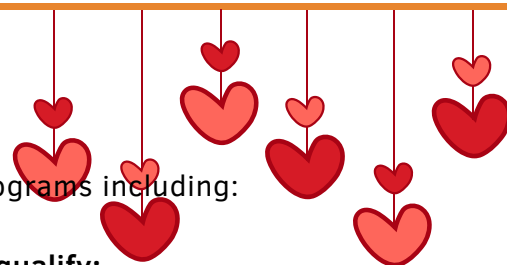
## ATS – ALTERNATIVE TRANSPORTATION SYSTEM



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](mailto: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 **\$1,957** for individuals or **\$2,644** 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*

Romance Scams - Online forums and dating services are a convenient way to meet people with common interests. Even if your online contacts seem as sweet as sugar, be on the lookout. Don't give scammers the chance to steal your money instead of your heart.

### Rotten Red Flags

- **Really? Me too!** Their life troubles and circumstances are eerily similar to your unique life factors, such as you both have the same health condition, recently widowed, or estranged from family members.
- **Shh... it's a secret:** They don't want you to share your relationship or conversations with anyone else and use excuses to keep you from sharing.
- **Ghosted (as the kids say):** You finally are going to meet- but they always cancel last-minute. Another warning sign: you've never met the person because they claim to live abroad or long-distance travel is required.
- **You're my only hope:** They start needing money for things that only you can help them with, and they cannot ask anyone else.

### Avoid a Broken Heart with Proactive Steps

- **Be careful who you trust:** Don't overshare with strangers. Scammers may use that information to exploit what makes you vulnerable.
- **Don't be afraid to do some research:** Check out their story. Online search engines also have a reverse image search that allows you to see if that new person's profile picture is unique or stolen from somewhere else.
- **Share your love story!** Talk about your new friend with your trusted friends and family members, and don't automatically disregard negative comments from them. Often, it is those who aren't involved in the new relationship that see potential problems first.
- **Save your pennies:** Don't invest or send money to individuals you have never met. Their story may pull on your heart strings, but it may not be true.

*If you think you may have been scammed, you can report it with the Federal Trade Commission (FTC) at [reportfraud.ftc.gov](http://reportfraud.ftc.gov) or by calling (877)382-4357.*



## 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.

- **February 19 - Stranger in the Lifeboat by Mitch Albom • Discussion Leader Gloria Blaies**
- **March 19 - The Hazelbourne Ladies Motorcycle and Flying Club by Helen Simonson • Discussion Leader Anne Krivilaies**
- **April 9 - The Blue Shoe by Anne Lamott • Discussion Leader John Laker**



## TAX SEASON IS DRAWING NEAR

PSOP is partnering once again with the AARP Tax Aide Program. The AARP Tax Aide Program will prepare your taxes for free. **Location:** PSOP 201 N. Church St. Belleville, IL 62220

### You must schedule an appointment

To schedule an appointment, call **618-277-5511** during the following days and times:

- January 26-30, 2026 on Monday-Friday from 8:15 to noon
- February 5 to April 15 on Mondays and Wednesdays from 8:15 to noon



### You may not leave a message on this phone

The phone will be answered only during the above days and times unless PSOP is closed. The demand for appointments is great, so please be patient as it may take multiple attempts to connect with the scheduler.

## 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 next meeting will be on Wednesday, Jan. 14<sup>th</sup>. The Mindfulness Education Group will be focusing on mindfulness and social media. RSVPs required to [TanyaKoelker@gmail.com](mailto: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, 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 January 26<sup>th</sup>, 2026 because PSOP will be closed on Jan. 19<sup>th</sup> for MLK Day.

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](http://www.apdaparkinson.org/community/st-louis).

## 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.

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## 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 and Android 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!

## ALTHOFF SENIOR SERVICE PROJECT 2026

We want to thank Carysse Turner and Christian Youngmeyer for the support and assistance they provided this past month through the Althoff Senior Service Project. Staff appreciate their help with many of the ongoing activities and the seniors enjoyed connecting with the students. PSOP wishes them well in their future endeavors!

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## PSOP TRAVEL PROGRAM

### Day Trips:

**Big News!!! We have SAVANNAH BANANA tickets!!!** Almost everyone has heard of this new exciting baseball craze! They sing, dance, do flips, pitch in stilts, interact with the crowd and have fans participate. It's something you just have to see. Since you have to be in a lottery to get tickets, we were very fortunate to be able to purchase tickets for PSOP. And even better, we are in an air-conditioned suite. Friday evening, August 21 we will have an all-inclusive suite with seats inside and out. If you went last year this suite is bigger and closer! Great food, Budweiser products and a bar. We have our own server and bartender to keep everything coming. Charter bus leaves from Schnucks on North Belt West at 5:30. Cost for bus, suite, food and drink and awesome game watching Savannah Bananas is \$259.00 per person. Because our suite serves alcohol, no one under 21. Tickets are selling fast!

**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 \$25 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!)