

PSOP JANUARY NEWSLETTER



PSOP WILL BE CLOSED JANUARY 1ST AND 2ND FOR THE HOLIDAY BREAK, AND THEN ON MONDAY, JAN. 19TH IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY.

PSOP ACTIVITIES WITH MELISSA & THERESA

Baby it's cold outside, but it's warm here in PSOP! Come join us for our activities and events. Please make sure if you are joining us outside of PSOP, you make a reservation and leave your phone number. We wouldn't want you to show up to a restaurant and we cancelled the outing because of bad weather. So, call us and we will save you a seat at the table.

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!

- **Jan. 6 - Warm and Fuzzy Bingo Sponsored By Professional Case Management**
- **Jan. 13 - Sponsored by Charter Senior Living of Shiloh**
- **Jan. 20 - Sponsored by Benedictine Living Community at the Shrine**
- **Jan. 27 - Sponsored by Hospice of Southern Illinois**

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.**

Frozen Dance - Thurs., Jan 22 10 a.m. You might know Olaf, Elsa and Anna, but if you haven't, we are sure you have heard the song "Let it Go" sung by lots of kids. Come to our Frozen themed dance where we will celebrate everything SNOW!! Dance with the music of the SVS Country Western Band and enjoy a hot lunch with your friends.

JOIN US FOR...

Flowers 101 - Wed., Jan. 14, 10 a.m. Jeff from Grimm & Gorly has been doing our flower class for 2 years. We have done fresh flowers in a pumpkin, pine with a lantern, table centerpieces, smiley mums, wreaths with dried flowers... his creativity is endless. We not only create something beautiful with him but he teaches us about flowers, what they are and how to care for them. Join us for this one and see for yourself. Class fee is \$35.

Men's Club - Friday, Jan. 9 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, Feb. 23 at 1 p.m. Is your phone frustrating you? Are you unsure about texting, photos, emails, Facebook, editing...? Who knows phones better than a teenager? Sit one on one with an awesome teen from Belleville West Student Council. They will help you with whatever you need. When you register, please let us know what kind of device you need help with so we can match you with the right helper. Whether it's your kindle, iPhone, Android, laptop.... They are here to help. 618-234-4410 ext. 7042 or 7043

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.

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.

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. "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!



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, Jan 16, 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 - Wed. Jan 28, 11:30 a.m. We are enjoying a little bit of Belleville history and going to “Charlie’s Place” located in the heart of the Old Belleville Historic District. They have wonderful pick two lunches for \$13.99. Located at 200 Mascoutah Ave. Belleville, IL. Right behind Community Kindness Thrift Store.

Dine Around - Wed. Jan 14, 5 p.m. We are sticking with our favorites and hitting another popular spot, Papa Vito’s West. Have you had their toasted cannelloni, stuffed breadsticks or their pretty pizza (they have monster pizza too)? So good! But this time we are going to the other Papa Vito’s on North Belt West. Same delicious menu, but no steps to climb! Call us to have a seat at the table. 4205 N Belt West in front of where Shop N Save used to be.

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 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 COMPANION PROGRAM

On **December 22, 2025**, the Senior Companion Volunteers were able to have a fabulous time celebrating with our Foster Grandparents friends. There was fun, food, fellowship and friendship. We had food, music, fellowship, games and a time to reflect on how grateful we are to provide companionship to those who are alone at this time of year. This was a great way to bring 2025 to a close by serving those who rely on our program and celebrating with our awesome friends in the Foster Grandparent Program.

Wishing everyone a very Happy New Year!!!!



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.

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

Staff are available to assist with:

- 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**. 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 **\$1,883 for individuals or \$2,555 a for couples**.



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*

Every January, many of us set goals or New Year’s resolutions, to improve our lives – such as exercising more, decluttering our homes, or eating healthier. One important task often gets overlooked and put on the back burner: planning for the future. This year, we encourage you to make estate planning a priority to reduce stress and bring peace of mind to you and your loved ones.

Starting fresh? Here are a few items to start with:

- Complete your Last Will and Testament, Healthcare Power of Attorney, and Property Power of Attorney.
- Set up beneficiaries for your accounts and insurance policies.
- Talk to your loved ones about your wishes for final arrangements.

Already have an estate plan? As life progresses, you may need to update your documents to address recent changes.

- Review your estate planning documents to ensure your plan still meets your wishes.
- Confirm your beneficiary designations on your accounts and insurance policies. Complete any necessary updates now.

A little effort now to prioritize end-of-life planning will save time, energy and hardship later.



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.

- **Jan. 8 - The Boys of Riverside by Thomas Fuller •**
Discussion leader Judy Higgins
- **Feb. 19 - Stranger in the Lifeboat by Mitch Albom •**
Discussion leader Gloria Blaies
- **Mar. 19 The Hazelbourne Ladies Motorcycle and Flying Club by Helen Simonson •**
Discussion Leader Anne Krivilaies



COUNSELING GROUP MEETING UPDATES

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. 14th. The Mindfulness Education Group will be focusing on mindfulness and social media. RSVPs required to 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 26th, 2026 because PSOP will be closed on Jan. 19th 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.

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.

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, check and now cash.**
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)



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.

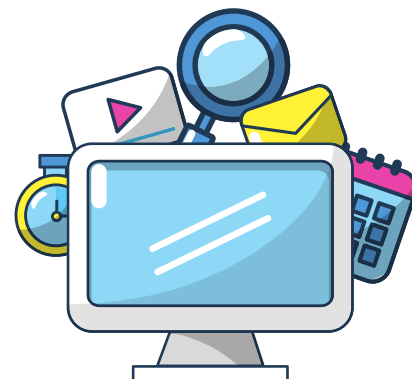
Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets will be discussed.

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!



PSOP TRAVEL PROGRAM



Day Trips:

Big News!!! We have SAVANNAH BANANA tickets!!! Last year was so much fun and we barely knew anything about them. Now they are exploding everywhere with their singing, dancing and amazing baseball talent! If you have only seen them on Netflix or social media, or got the chance to go with us last year, now is your chance! We have a party suite again, but bigger this year! The regular public must put their name in a lottery and maybe get chosen. But if you are one of our seniors (21 and over allowed in our suite) you can go with us! The cost of the tickets are \$259 and include bus transportation from Schnucks on North Belt West to the stadium. We have a suite that is all inclusive! Seats are outside the suite under cover and inside in the air conditioning (game is August 21, evening game). It's all you can eat and drink. They keep it coming until the game is almost over! To sign up, call Melissa or Theresa.

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.

