

PSOP JULY NEWSLETTER



PSOP WILL BE CLOSED ON
FRIDAY, JULY 3RD FOR THE 4TH OF JULY.

PSOP ACTIVITIES WITH MELISSA & THERESA

JULY 2026

July! Time for staying outside longer, barbeques, swimming pools and trying something new with us! No matter what the event, call and let us know to expect you. And if you are new, please let us know so we can welcome you!

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 a.m. The first Tuesday of each month is always a theme! Come dressed for the special day if you wish!

We love our Bingo and we want to share a special time with our grandkids. On special days during the summer, we welcome you to bring your grandchildren. This is just on certain days so we can have extra prizes tailored just for them. If you are not bringing grandkids, don't worry it's for you too. The dates are **July 14 and August 11**. Bingo begins at 10 a.m. every Tuesday.



July 7-Red, White and Blue Bingo Sponsored by Oak Hill

July 14- Sponsored by Cambridge House (Grandkids welcome!)

July 21- Sponsored by Benedictine Living Community at the Shrine

July 28- a new sponsor, Nexus!

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. \$1 entry fee 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 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 7020 (Kathy) for reservations.

Watermelon Crawl Dance-Thursday, July 23, at PSOP. Doors open at 9:30, dance begins at 10:30. Who doesn't love cold watermelon on a hot July day? Especially after dancing to great country music! Come join us even if you don't dance. It's a great time just watching and listening to their fantastic music! Please call by July 21 for your reservation.

JOIN US FOR...

Flowers 101 - Wed. July 8, 10:00am. Jeff always surprises us with his beautiful arrangements and creativity! Come learn with us! Cost is \$35. Please register in advance so we have enough flowers.

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

Mondays at 10 a.m. 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 welcome!

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

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. The class is an hour long with a cost of \$5. Call 618-234-4410, ext. 7042.

Chair yoga- NEW! Starting July 6th, 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.

Line Dancing - Wednesdays at 1:30 p.m. "Dance is an antidote to stress, a way to combat negative emotions, and 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, but new players are always welcome as we have a few people who are willing to teach, if you are interested in learning how to play.

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. Always looking for more players!

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

It might be hot outside but we always find a cool restaurant to gather in! Our places we eat change every month as well as the day we have it, but not the times. 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 or 7020.

Breakfast Club Wed, July 15, 9:00 am. We love to eat at Golden Oak, great breakfast and good service is a great combination, like bacon and eggs! 4519 N Illinois St. (or 159)

Lunch Bunch Friday, July 24, 11:30am- We haven't been to 54Th St Grill in a long time so we are ready for that Gringo Dip! They have great lunch specials like all you can eat soup and salad, or half sandwich and soup. But we love their burgers too! Located at 3140 Green Mt Crossing. And if we aren't full already, we can go to Cold Stone for dessert!

Dine Around Thursday, July 9, 5:00 pm. Join us at Red Robin for their awesome fish and chips with bottomless fries, or salmon with bottomless broccoli, or their 10 different kinds of cheeseburgers. And don't forget their freckled lemonade! 6500 N. IL St. Fairview Heights.

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!

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.

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.



SENIOR VOLUNTEER SERVICES (SVS)

JULY 2026

Did you miss the April 2026 SVS Volunteer events this year??? During National Volunteer Appreciation Month, SVS - St. Clair County & Madison County held celebrations to honor our SVS registered volunteers. This year's theme was "you make a living by what you get and you make a life by what you give"! **YOU HAVE THE HEART!** These events bring SVS volunteers together to have social time with volunteer friends, volunteer family members, and Station Representatives. Connecting with each other builds stronger communities and a sense of wellbeing! Our volunteer base is over 600 individuals strong, and whether you contribute to serve one hour or thousands of hours, **WE THANK YOU!** During this year's 250 anniversary of the United States, service is recognized globally, and you are a part of this year's history-2026! If you are interested in volunteering, please reach out to lynn.toorigian@swic.edu in St. Clair County or samuel.green@swic.edu in Madison County. Prefer a phone call? 618-234-4410, ext. 7012 or 618-797-7195. **WE WOULD LOVE YOU TO CELEBRATE WITH US NEXT YEAR IN APRIL!**

SENIOR COMPANION PROGRAM

Undercover Heroes

Caregivers are the undercover heroes who give of themselves for the call of others in need. They often push themselves to the side to see that their loved one is fed, warm and safe. Caring for someone with Alzheimer's or dementia is nothing short of a marathon and requires a team of support.

Support and respite are what the Senior Companion Program provides. The volunteers give of their time to make sure that the caregiver becomes the care-receiver. If they need to attend to their own appointments or shopping, the Senior Companion is there to step in for a few hours to give this undercover hero a chance to catch up on errands or even a much-needed nap. Becoming a care-receiver occasionally allows for a renewed sense of strength to face another day.

Before the demands of caregiving become too overwhelming, call the Senior Companion office and allow the volunteers to lend a helping hand. They are there to lighten the load and bring balance back to the life of the undercover hero. For more information about the Senior Companion Program please call (618) 234-4410 Ext. 7040.

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.
- 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>

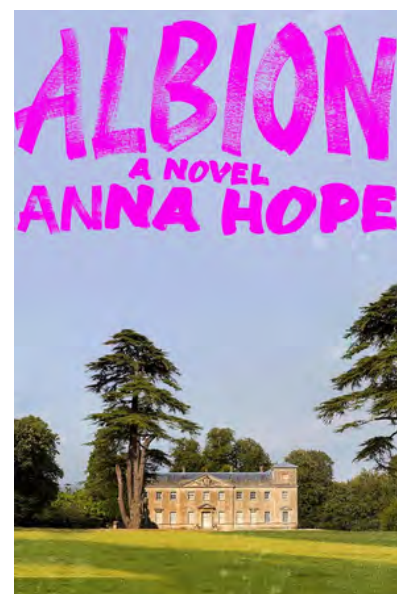


Please call 618-234-4410, ext. 7035 (Marsha) for further information or details or to see if you qualify for these programs.

PSOP BOOK CLUB

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.

- **July 9 - Albion by Anne Hope - Discussion Leader: Cheryl Fercha**



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

For some older homeowners, a reverse mortgage may help supplement retirement income, consolidate debt, or cover needed expenses. Unfortunately, scammers have figured out how to use this to swindle folks out of their hard-earned money, and even their homes.

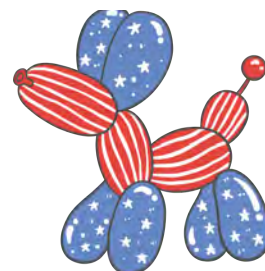
What is a “reverse” mortgage? A reverse mortgage is a type of loan for homeowners aged 62 or older who have equity in their homes. Borrowers receive regular payments or have access to a line of credit to use for home repair, maintenance, or living expenses. Borrowers stay in their homes if they continue to pay property taxes and homeowners’ insurance. The remainder of the loan is due when the homeowner moves, sells the home, enters a long-term care facility, or passes away.

How can I protect myself from reverse mortgage scams? Scammers try to pressure and trick older homeowners into signing one-sided contracts, with the goal of taking the home’s value and putting it in their own pockets.

- Do not respond to unsolicited advertisements! Scammers use unsolicited phone calls, home visits, or “investment” seminars to target older homeowners. Most reverse mortgages are Home Equity Conversion Mortgages (HECM), which are the only option insured by the federal government and only offered through lenders approved by the Federal Housing Administration (FHA). These loans are heavily regulated to protect borrowers. Other options include proprietary reverse mortgage loans or single purpose reserve mortgage loans.
- Do not pay for reverse mortgage information! Everything you need to know about reverse mortgages is provided for free by the U.S. Department of Housing and Urban Development (HUD). For free information, use the HECM Counselor Roster on the HUD website (hud.gov) or call (800) 569-4287.
- There is no such thing as a risk-free loan! Never trust someone who tells you a reverse mortgage is risk-free. It is not “free money.” All reverse mortgages eventually come due, and that could mean losing your home. These are loans with strict conditions that require thoughtful consideration. If the pitch sounds too good to be true...it probably is.
- Never sign anything you do not fully understand! Talk with a trusted advisor or attorney before signing. If the reverse mortgage is legitimate and insured by the federal government, you will be required by law to meet with an approved counselor. You should also talk to a trusted advisor or attorney about how a reverse mortgage might affect your estate plans.

If you think you have been scammed, act fast! Call the Illinois Attorney General Consumer Fraud Hotline (800) 243-0618, report it to the FBI through their electronic tip line or your local FBI Office, or file a complaint with HUD’s Inspector General by calling (800) 347-3735.

For more information regarding reverse mortgages and potential scams, check out: National Consumer Law Center (nclc.org), Illinois Chapter of the National Academy of Elder Law Attorneys (naela-il.org), and AARP (aarp.org).



COUNSELING GROUP MEETING UPDATES

JULY 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 can 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.

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 Mindfulness Education Group will meet on Wednesday, July 8th, 2026 at 10 am. 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 on July 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 July 1.

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 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)





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.

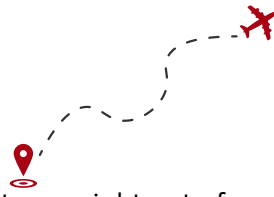
SENIORLINK COMPUTER CLASSES

There will be no computer classes offered in July/August as we noticed many of our senior students enjoy a summer off just like the college kids! Keep an eye on our newsletter to sign up for our classes when they resume in September. We wish you wonderful summer adventures- whether they include technology or not!



PSOP TRAVEL PROGRAM

JULY 2026



Meet Me At the Muny! “We’re gonna wash that man right out of our hair” and head over to the Muny 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.

PSOP at the SYMPHONY! Friday, December 18, 9 a.m. 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 a.m. 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 is: \$172 for charter bus, tickets to Powell Hall Christmas and lunch.

The Fabulous Fox is calling and we must go! We asked you to choose your favorites and here they are! This time we have four shows.

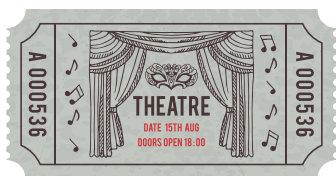
Death Becomes Her- Thursday, October 22, 2026 Matinee- A new musical about love and friendship and burying the hatchet again and again and again. A drop dead hilarious new musical comedy. Cost is \$136.

Beauty and the Beast- Thursday, March 11, 2027 Matinee- Disney’s Beauty and The Beast has returned to the stage, to bring this timeless and enchanting tale to life. Come “Be our Guest”!! Cost is \$140.

Mama Mia- Thursday, April 1, 2027 Matinee- Yes, we have seen it a bunch, but we just can’t get enough! Who doesn’t love the costumes, the story and oh my gosh, the songs!! We will be singing along to “Dancing Queen” and “Waterloo”!! Cost is \$148.

Wicked-Thursday, May 13, 2027 Matinee- You will be GREEN with envy if you miss out on this one! You may have seen the movie, but the Broadway show will just Wow you! Wicked tells the story of the witches of OZ, focusing on the unlikely friendship between the misunderstood green-skinned Elphaba and the popular Glinda. Cost is \$135.

As always, the price will include charter bus and a fantastic meal at the Fox after the show.



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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