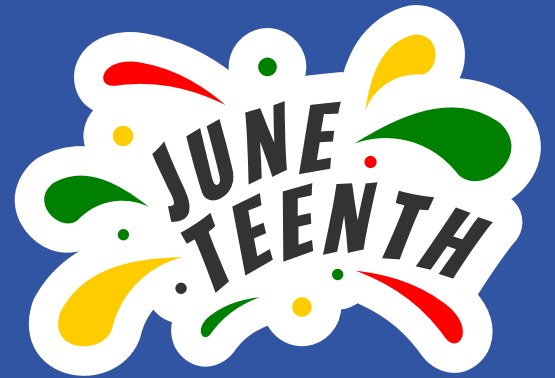


PSOP JUNE NEWSLETTER



**PSOP WILL BE CLOSED ON
FRIDAY, JUNE 19TH FOR JUNETEENTH.**



PSOP ACTIVITIES WITH MELISSA & THERESA

JUNE 2026

June! Time for staying outside longer, barbecues, 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 June 9, July 14 and August 11.** Bingo begins at 10 a.m. every Tuesday.

- **June 2 - Sponsored by Addington. Jimmy Buffet Bingo -Whether you are a Parrot-head or not, this will be a fun bingo! And don't forget to wear your Hawaiian shirts!**
- **June 9 - Sponsored by Family Hospice [Bring the grandkids to this one!](#)**
- **June 16 - Sponsored by St. Clair County Office on Aging**
- **June 23 - Sponsored by Clinton Manor**
- **June 30 - Sponsored by Dignity**



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. One dollar is for the entrance fee and four are 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.**

The June Bug Dance -Thursday, June 25. The orchestra plays fabulous big band music. Join us on the dance floor or just come have lunch and sing along with some wonderful tunes. Sponsored by Charter Senior Living.

JOIN US FOR...

Flowers 101 - Wednesday, June 10, 10 a.m. This class just keeps getting bigger and bigger. Is it the flowers, the creativity, or possibly Jeff and his talented instruction and fun personality? Whatever the reason, it's a fun place to be. Cost is \$35 for flowers and materials. Please reserve your spot by June 5

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

- **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.
- **Pinochle - 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, class is limited. The class is an hour long and \$5. Call 618-234-4410, ext. 7042.

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

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



CARDS

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

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

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

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

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

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

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

OUT AND ABOUT IN THE COMMUNITY WITH MELISSA & THERESA

The restaurants and dates always change but the times never do! Breakfast Club is ALWAYS 9 a.m. Lunch Bunch is ALWAYS 11:30 a.m. and Dine Around is ALWAYS 5 p.m. Call us with your reservation and we will happily save a seat for you at the table! Activities: 618-234-4410 ext. 7042 (Melissa) or 7020 (Kathy).

Breakfast Club - Friday, June 12, 9 a.m. The only time we have been to Bob Evans is when it's freezing out, so let's hit it up in the summer. The address is 10 Ludwig Drive in Fairview Heights.

Lunch Bunch - Monday, June 15, 11:30 a.m. One of the best places to get fried chicken for lunch and 6-layer carrot cake! We are going to one of our places we haven't been to for a long time, Ravanelli's! They have a great soup and entrée lunch special. We are getting their coconut pie! The address is 26 Collinsport Dr, Collinsville.

Dine Around - Wednesday, June 24, 5 p.m. Summer is a great time for barbeque so why not go to the best? We are heading to The Beast at 20 S Belt W, Belleville, known for its killer, no filler approach. Great place for smoked meats like brisket, pulled pork, and pork steak. We love their grilled brussels sprouts and candied bacon. After dinner, let's head over to White Cottage at 102 Lebanon Ave, Belleville for an ice cream!

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)

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

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

SENIOR COMPANION PROGRAM

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 individuals and **\$44,533** for couples.
- **Energy assistance applications (LIHEAP)**
 - Household income below **\$39,979** for individuals 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 **\$1,995** 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.

MATTER OF BALANCE FREE WORKSHOP

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- 8-week course: Mondays at 10 a.m. starting on June 1st.
- To register, call 618-234-4410, ext. 7035



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

Legal Lingo with *Land of Lincoln Legal Aid*

Did you know? June 15 is World Elder Abuse Awareness Day. According to the National Center on Elder Abuse (NCEA), 1 in 10 older adults experience abuse each year, and 1 in 3 older adults with cognitive impairment experience abuse every year.

What is elder abuse? Elder abuse is when an older adult is harmed through mistreatment, neglect, or from someone failing to step in to protect them. Forms of elder abuse or mistreatment can be physical, emotional or psychological, sexual, financial, or neglect. This also includes self-neglect that is unaddressed.

Recognize Known Warning Signs:

- Dehydration or excessive weight loss
- Missing daily items of assistance, such as glasses, cane, medication, or wallet
- Unattended medical needs or unexplained injuries
- Unusual changes in behavior or sudden loss of interest in normal activities
- Increased anxiety or paranoia
- Isolation or alienation from friends and family
- Unusual or sudden changes in spending or unpaid bills

Report Suspected Abuse! You should report suspected abuse as soon as possible to prevent further harm.

Emergency reporting: Call your local police department or 911 if there is imminent danger.

Non-emergency reporting: If the individual lives at home, call your local Adult Protective Services (APS) hotline. If the individual is in a long-term care facility, contact your Long-Term Care Ombudsman for assistance.

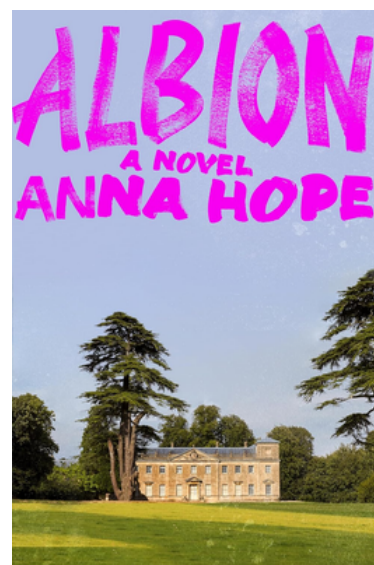
Local Contact Information:

Illinois Department of Aging 24-Hour Adult Protective Services Hotline: 1-866-800-1409
St. Clair County Long-Term Care Ombudsman: (855) 336-4778

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.

- **June 11 - Book Selections**
- **July 9 - Albion by Anne Hope - Discussion Leader: Cheryl Fercha**



COUNSELING GROUP MEETING UPDATES

JUNE 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, June 10, 2026. This month we will be coloring! We will spend the hour together practicing Mindfulness by focusing on utilizing our creativity. Materials will be provided, but feel free to bring anything to your preference! 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 June 15. 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 June 3.

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

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)





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

SENIORLINK COMPUTER CLASSES

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

Beginning Computers: This one-afternoon class will cover the basics of how to use a computer. Cost: \$10
Classes below meet once/week for 4 weeks at a cost of \$40.

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

Computer Protection: The next class will be **June 3, 10, 17 and 24**. Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

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

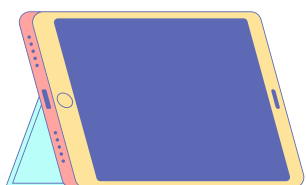
Excel Basics: Explanation and hands-on usage of Microsoft Excel basic features developed by Microsoft. Techniques and practical uses for spreadsheets will be discussed.

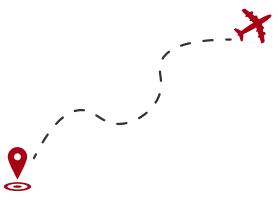
iPhone Basics: The next class will be **June 4, 11, 18 and 25**. Join this basic level class for explanations and hands-on usage of cell phone applications and features. Applications installed after the purchase of the cell phone are not covered. Device must be CHARGED before class.

iPad Basics: The next class will be **June 2, 9, 16 and 23**. 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.

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. 7062 to sign-up!





PSOP TRAVEL PROGRAM

Day Trips:

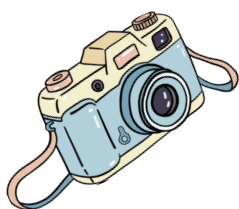
Meet Me At the Munny! “We’re gonna wash that man right out of our hair” and head over to the Munny to see the classic South Pacific. We know you love the songs like “Some Enchanted Evening” and” There is Nothing Like a Dame” ! We have excellent seats in the first section by the stage to see this classic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

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.

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.

**A waiver must be signed and returned with deposit/payments if trip is overnight. One Waiver per person, per trip. No refunds after the set deadline unless a replacement is found and will incur a \$25 processing fee, per person.*



Travel & Activities Day Trip Reservation/Cancellation Policy

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

Name: _____ Phone: _____

Address: _____ City _____ State/Zip _____

Trip #1	Trip	Date	Price	Pick Up Point

Trip #2	Trip	Date	Price	Pick Up Point

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

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

Going with _____

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

Name: _____

Address: _____

Phone #: _____

Email: _____

(Receive the newsletter by email for free!)