

PSOP MARCH NEWSLETTER



**PSOP WILL BE CLOSED MARCH 9 THROUGH THE 13
FOR SWIC'S SPRING BREAK.**



PSOP ACTIVITIES WITH MELISSA & THERESA

Feeling like a spring chicken and ready to dance in the clover? Come join PSOP Activities! Get that bounce back in your step with line dancing, Tai Chi, bingo and much more! PSOP has plenty of events for you to choose from!

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!

- **March 3** - *Going Green Bingo Sponsored by the Atrium*
- **March 10** Closed for Spring Break
- **March 17** - *Sponsored by Cedar Ridge*
- **March 24** - *Sponsored by Professional Case Management*
- **March 31** - *Sponsored By St. Clair County Office on Aging*



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.**

Rubber Duckie Dance - Thursday, March 26 in Shiloh. Join the Country Western Band for our first Rubber Duckie Dance. The band has some new members and they sound fantastic. Come squeak your way to Shiloh. Call for reservation for lunch please.

Senior Celebration – Be a Happy Camper at PSOP, Friday May 1, 10 a.m. to 2 p.m. Be adventurous and celebrate 53 years of SWIC/PSOP senior services. DOORS OPEN AT 9:30. Don't miss out on the COUNTRY WESTERN BAND, BINGO, ATTENDANCE PRIZES, CAR SHOW, RAFFLE, POT OF GOLD and so much more! Discover what's in store for you by attending this annual event sponsored by SWIC and the City of Belleville.

JOIN US FOR...

Flowers 101 - Wed., March 4, 10 a.m. Note that this is a week early because of Spring Break. Jeff and his crew from Grimm & Gorly will teach us to make a beautiful creation of flowers to take home and enjoy. Cost is \$35.00 and must make a reservation so we will have enough beautiful flowers for everyone.

Men's Club - Friday, Mar. 20, 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, April 20 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 device you need assistance with. Whether it's an Apple phone, Android, laptop, 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 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.

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



MARCH 2026

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, March 6, 9 a.m. Join us at The Round Table for their yummy stuffed French toast or homestyle biscuits and gravy. Located at 11 N 64th St., Belleville.

Lunch Bunch - Monday, March 30, 11:30 a.m. We love Bella Milano and their yummy Italian food, but we love it even more at lunch time! Join us for some great pasta! 455 Regency Park, O'Fallon.

Dine Around - Wednesday, March 18, 5 p.m. We are celebrating St. Patty's a little late and going to Danny's Irish Pub. Great place to get pizza, wings and of course, a Reuben or corned beef dinner. Find them next to the Skyview Drive-In, 5700 North Belt West, Belleville.

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 - Monday, March 23, 9 a.m.-2 p.m. Are you ready for a change in your kitchen décor? Looking for that one Tupperware bowl that you still have the lid for? Have grandkids or someone you know who is just starting out and need their kitchen stocked? Come to our kitchen Cottage! For a donation you can come shop for cookbooks, aprons, small appliances, dishes... and all the proceeds go to PSOP Activities! Have stuff you don't need any more in your kitchen? Bring it on in before the sale and help us out!

Belleville Main Street's Senior Day - Join area seniors 55+ as they shop + dine along Downtown Belleville's Main Street **Friday, April 24th, from 10 a.m. – 1 p.m.** Seniors will 'shop till you drop' along Main Street with an after-party at PSOP full of fun and giveaways provided by our Belleville Main Street merchants. Admission to this event is \$10. Registration is from 9:30-11 a.m. at PSOP where the participants will receive their Main Street Senior Day passports and \$5. in Downtown Dollars to spend during the event. A shuttle sponsored by Keystone at Richland Creek will be available to participants for transportation to/from PSOP and along Main Street. After completing the passport, join the wrap-up at 1 p.m. hosted by St. Clair County Office on Aging and PSOP.

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 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

Volunteering offers a range of benefits. Some of these benefits include volunteering is linked to slower age acceleration for both retirees and working people, personal fulfillment, community engagement and networking opportunities. Volunteering provides a sense of purpose and accomplishment, contributing to your overall well-being and happiness. It strengthens your local community by supporting essential services and initiatives. It connects you with like-minded individuals, opening up new opportunities to make social connections and form friendships.

Our Senior Companions provide the additional social support to homebound senior citizens struggling to safely remain in their home for as long as possible. The benefits of socialization among isolated seniors have shown to improve mental health, provide a sense of belonging and encourage purposeful living.

Most of the Senior Companions report getting more out of volunteering than they give. If you or someone you know are interested in giving back in your community and are 55 and older, contact us for more information at (618) 234-4410. Also, if you know someone who would benefit from having a Senior Companion contact the Senior Companion Program at (618) 234-4410, ext. 7023.



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



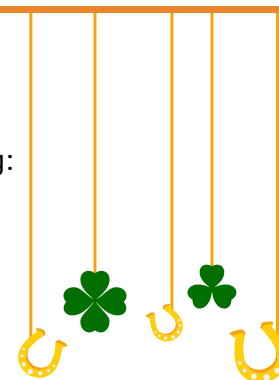
Are you unable to drive or thinking of giving up your license? ATS provides transportation to disabled individuals (any age) in St. Clair County and to residents of the city of Belleville, Stookey and St. Clair Townships who are 60 and older.

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.
- 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*

Spring Into the World of Social Security – The Benefit Basics of Retirement and Disability Income
Generally, a person becomes eligible for Social Security retirement when they reach retirement age and have earned at least 40 work “credits.” Retirement age depends on the year a person was born. To see your full retirement age: <https://www.ssa.gov/benefits/retirement/planner/agereduction.html>.

Work credits are earned by working and paying Social Security taxes. 40 work credits typically means a person must have worked for at least 10 years to be eligible. If a person reaches their full retirement age and has sufficient work credits, they are entitled to their full Social Security benefit.

A person can retire at 62 years of age if they have the requisite work credits, however, they will face a permanent reduction in their benefit amount. On the other hand, if a person works past their full retirement age, they will receive an increase to their benefit amount.

Social Security Disability Insurance (SSDI) is available to people who have 40 work credits and are disabled under Social Security guidelines. Social Security has a strict definition of disability, but generally, one must prove that they cannot work any job because of their condition and that the condition is severe and expected to last more than 12 months or result in death. <https://www.ssa.gov/benefits/disability/qualify.html> has a more detailed eligibility description.

In comparison to Retirement and SSDI, Supplemental Security Income (SSI) is available to people who are aged 65 or older, blind, or disabled. There are no work history requirements for SSI. Rather, SSI is a needs-based program. That means a person must have limited resources and limited income to qualify. The income limit changes every year; for 2026, the monthly income limits are \$994 for an individual and \$1,491 for a couple. If a person or couple makes more than this per month (from any source), they are categorically ineligible for SSI.

If a person receiving SSDI or SSI has sufficient work credits, they will be automatically switched to Social Security Retirement upon the attainment of retirement age (full retirement age for SSDI; SSI can be switched over once a person reaches early retirement age).

Your SSA.gov account provides instant access to your benefit information and is a great tool when you need information or answers quickly. You may also call your local Social Security branch to schedule an in-person appointment.

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.

- **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*
- **May 14 Brooklyn by Colm Toibin** • *Discussion Leader June Wolz*



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:

- 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 Mindfulness Education Group will meet on March 4th due to PSOP being closed for the Spring Break the following week. Stay tuned for information about the April meeting. 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 March 16th. 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 March 4th.

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)



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: 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: 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

MARCH 2026

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.

"A Day in The Country" Flowers are beginning to bloom. We are starting to see green grass and some color in the fields so we are ready to MOOOOVE into the country. We will board the bus at Schnucks at North Belt West at 9:00 and head to the country. First stop is in Nashville, Illinois. We are going to Rainbow Ranch to feed the lambs, pet the goats, rub the llamas and alpacas, nuzzle the horses...you get the idea. We will tour the 170 year old Rainbow Ranch, you might even spot the camel and kangaroo. Next stop is for lunch at the Scuttle Inn restaurant located in the Pyramid Oaks Golf Course in Percy Illinois. Settle down, we will not be playing golf but bellying up to the buffet for some scrumptious fried chicken. After you've eaten your fill, and enjoyed the cheesecake bar with all the toppings, it's time to get on the bus for our last stop. Ava Illinois is our destination for the Amish Grocery store. The Shawnee Country Store is a great place for Amish Style groceries, homemade baked goods. Amish spices, meats and cheeses. Grab an ice cream and check out the Amish crafts and lawn furniture.

Overnight Trips:

Boston, Cape Cod, Martha's Vineyard Trip: Sep 26- Oct 1, 2026. Our most requested trip! It includes: Historical tour of Boston including the Freedom Trail and JFK Museum, Cape Cod National Seashore, Harbor Cruise, private tour of Cranberry bog, Day trip to Martha's Vineyard, and whale watching in Cape Cod. Plan on 2 nights in Boston and 4 nights at the Margaritaville Resort in Cape Cod. Flights, hotel, entry fees and 10 meals are included for \$3199. per person double room. Single rate is \$3899. Call Melissa or Theresa 618-234-4410 ext. 7042 or 7043.

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.





201 N. Church St
Belleville, IL 62220

*Programs and Services
for Older Persons*

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