

PSOP MAY NEWSLETTER



**PSOP WILL BE CLOSED ON MONDAY, MAY 25, 2026
IN OBSERVANCE OF MEMORIAL DAY.**



PSOP ACTIVITIES WITH MELISSA & THERESA

MAY 2026

Spring has arrived and we are just blooming with Activities at PSOP! Please join us! **Call Melissa or Kathy, 618-234-4410 ext. 7042 or 7020**

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!

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**.

- **May 5 - Garden/flower Bingo Sponsored by St. Clair County Office on Aging**
- **May 12 - Sponsored by Cedar Ridge**
- **May 19 - Sponsored by Benedictine Living Community at the Shrine**
- **May 26 - Sponsored by Residential Hospice**



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. The entry fee is \$1 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 approximately 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.**

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., May 13, 10 a.m. Jeff from Grimm and Gorly will guide us in making a beautiful May arrangement. What will he have in store for us now? Whatever he comes up with it's always gorgeous. Cost is \$35. Please make a reservation by Monday, May 11 so he can order the right amount of flowers.

Men's Club - Friday, May 8, 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.

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.

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!

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 - Thursday, May 28, 9 a.m. Let's sit outside and enjoy the sunshine at June's in Shiloh. June's is a popular café known for its breakfast, coffee and extensive outdoor seating on a charming patio and porch. Located at the old train station on the corner, 430 South Main St. off of Lebanon road. Shiloh.

Lunch Bunch - Wednesday, May 13, 11:30 am. We are trying the new place in Belleville called The Roundabout, already known for their great authentic Filipino food! They also have a wonderful salad bar. Located near the roundabout of course, 104 West Main St. Belleville.

Dine Around - Monday, May 18, 5 p.m. We love to eat at family-owned local restaurants with authentic food, and this is one of the best. Let's celebrate Cinco De Mayo a little late and go to Frieda's Cocina. It's a wonderful Mexican restaurant in a shopping plaza, 823 Lincoln Hwy #105, 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!

MATTER OF BALANCE

"FREE" Workshop This free workshop will help you:

- 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



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

Conversation is food for the soul. - Mexican Proverb

A key ingredient in the recipe for healthy aging is the continuing ability to find meaning in life and relationships. Physicians agree that the more a person talks the healthier he or she is. Conversations promote health by boosting circulation of blood in the brain. Talking increases breathing which helps lung and heart health. The Senior Companion Program's mission is to assist older adults by promoting conversations, socialization and building relationships.

Having people you can turn to for company and support is a buffer against loneliness, depression, hardship and loss. It's important to find ways to reach out and connect to others. A Senior Companion can build that bridge of support by having a shoulder to lean on and someone to encourage new and interesting activities. They are there to help in small ways with daily tasks, shopping and transportation. Having a Senior Companion come and visit one or more days per week may create a healthy outlook on life and a zeal for trying something new.

Feed your soul with good conversation from a Senior Companion. Call the Senior Companion Program office at (618) 234-4410 Ext. 7040 and they will be glad to share with you how you might be able to find a new outlook on life and support for daily activities along the way.

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 **\$1,995** 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.

AARP SMART DRIVER CLASS

The safer you drive, the more money you can save.

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and others safe.

When: May 4th and 5th from 12 - 4 p.m. **You must attend both days.**

Where: PSOP – 201 N. Church St., Belleville, IL 62220

Cost: \$20 for AARP members and \$25 for Non-members

Call: 618-234-4410, ext. 7020 to sign-up and receive additional information. Class space is limited.



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

Legal Lingo with *Land of Lincoln Legal Aid*

Home Repair Scams

Springtime is a great season for home renovations and repairs, and sometimes spring storms cause damage to homes requiring repair work. Scammers know these renovation and repair projects are prioritized during this time, creating the perfect environment for home repair fraud to thrive. Don't get caught with your head in the clouds – the following are tips to help you avoid becoming a victim of home repair fraud.

Be wary of high-pressure sales tactics: Red flags may include door-to-door salespeople who offer amazing deals that are only good if you pay today, indicate they were just in the area for another home repair job, or offer a discount to use leftover supplies from another job. Reputable companies typically have a payment schedule asking for a deposit to start the work with additional payments due halfway and at the completion of the project.

Verify credentials: Make sure the company you hire is a reputable home repair service provider from the area. Verify that the company is licensed and insured/bonded and check their status with the Better Business Bureau at: <https://www.bbb.org>. You could also ask the contractor or company if they have references from former clients that you could call.

Request multiple estimates and a written contract: The Federal Trade Commission advises requesting three estimates before deciding on a service provider. Additionally, require a written contract that details the services, the payment schedule, and the complete contact information, including address, for the contractor providing the services. Review it carefully - make sure it is a written contract and not just an estimate!

Written contracts are required for services exceeding \$1,000 in Illinois. The Illinois Attorney General provides a Know Your Rights resource for home repairs and construction which provides critical information for protecting yourself and ensuring your contract meets legal requirements. You can review this helpful information here: https://illinoisattorneygeneral.gov/Page-Attachments/Home%20Repair_KnowYourRights.pdf

Slow down and be cautious: As with any scam, don't rush into a decision. A legitimate business should be willing to give you time to consider your options, provide full contact information and licensing, and provide all details in a written contract. Taking extra time now could save you from losing thousands of dollars.

If you think you may have encountered a possible scam, report it to the Federal Trade Commission at ReportFraud.ftc.gov or 1-877-382-4357.

PSOP BOOK CLUB

This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Take a look at what they're reading.

- **May 14 - Brooklyn by Colm Toibin - Discussion leader June Wolz**
- **June 11 - Book Selections**



COUNSELING GROUP MEETING UPDATES

MAY 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 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 May 13th. Looking ahead, the Mindfulness group will meet on Wednesday, June 10, 2026 and 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 May 18th. 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 May 6.

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: The next class will be April 22, 29, May 6 and 13. 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 Jun 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 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.

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.





201 N. Church St
Belleville, IL 62220

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