

PSOP NOVEMBER NEWSLETTER



**PSOP WILL BE CLOSED ON THE FOLLOWING DAYS IN NOVEMBER: 11/3
(GENERAL ELECTION DAY), 11/11 (VETERAN'S DAY), AND 11/26-11/27
(THANKSGIVING BREAK)**

PSOP ACTIVITIES WITH MELISSA & THERESA

NOVEMBER 2026

We love November! It's a time for gratitude, counting our blessings, and being thankful for the friends we have made here. But most of all, we love honoring our Veterans! We have the Veterans trip to Branson this month and our big party and celebration on November 19th. Freedom isn't free, but the party is!

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 10:00 a.m. The first Tuesday of each month is always a theme! Come dressed for the special day if you wish!

Nov.3- NO BINGO, PSOP IS CLOSED. You are free to practice your right to vote today!

Nov. 10-Warm and Cozy Bingo Sponsored by St. Clair County Office on Aging

Nov.17- Sponsored by Charter

Nov.24-Thanksgiving Blessings Bingo Sponsored by Dignity



DANCES: Dances in Belleville and Shiloh are \$5.00. \$1.00 entry and \$4.00 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 pm. Reservations made later than two days before the dance may not be guaranteed lunch, so please make reservations early! 618-234-4410 ext. 7042 (Melissa) or 7020 (Kathy)

This month our dance is a celebration of the Veterans we love so much:

Home of the Brave Dance–November 19, 10:30 am–1:30 pm. Join us as we celebrate our hometown heroes! We will have a catered lunch from Betty Ann Market in Mascoutah. If you are a veteran or spouse, please bring a photo to display on our table of Honor. When making your reservation, please let us know if you are a veteran or a grateful senior. Our very talented Orchestra will perform for us, plus other surprises. This isn't a day of listening to speeches; this is a Celebration!!

BIG NEWS- This will be the first time we are having a **PSOP Talent Show!** Right now we need your talent! Can you dance, sing, play an instrument, recite poetry, stand-up comic... the floor is yours! Tryouts will be Jan 26-28, 1- 3 p.m. Sign up for an audition on one of the dates. The fantastic show will be Thursday, Feb. 26. We can't wait to see what you can do!

JOIN US FOR...

Tai Chi - Tuesday 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. Regular Tai Chi is Tuesday; beginner is Wednesday. Each class is an hour long and is \$5. Call 618-244-4410, ext. 7042.

Knitting and Crochet - Wednesdays at 9:30 a.m. Bring what you are working on and sit with other knitters and crocheters. They talk and laugh more than they knit!

Line Dancing - Wednesdays at 1:30 p.m. Donna Holcomb is our new instructor. She has studied with Carol for years and knows all of the dances and teaches, so you will be two-stepping in no time. Come learn the latest dance with this fun, social group. Cost is \$2.

Art Group - Fridays at 9 a.m. These artists bring whatever they are working on and bring it to the group to be creative together. If you are working on a painting or something at home and would like feedback from others or just want to paint with other artists, come on in. If you have a fun craft you like to make and are willing to show others, please call Activities, and we will have a craft day! We love to see what others are doing and learn how to make it.

Flowers 101- Wednesday, November 4, 10:00 am. Every month, we walk out of the class with something beautiful and smelling wonderful that we created ourselves (with the help of Jeff from Grimm & Gorly).

Please call with your reservation by November 6 so Jeff has enough for everyone. Class is \$35.00

Author in the house! Thursday, Nov 5, 10:00 am. A lot of us have read the book "A Flag for K.B." Now we can discuss the book with the author. If you haven't read this wonderful story, we have copies in the Activities Office. We will have a meet-the-author and book discussion with author Gary Malaschak. Space is limited; please RSVP. 618-234-4410 ext 7042

Chair Yoga- Every Monday and Friday at 11:00, we have a wonderful instructor, Edna, who has built up quite a following with her smooth moves. Each class will help improve your mobility, strength, balance, and more! Each class is \$5.00, paid to the instructor.

Men's Sports Club- Friday, November 13, 11:00 am. This month our speaker is Jim Thomas. Jim was a sportswriter for the St.Louis Post-Dispatch for 48 years, so he will have some great stories. Please call Activities with your reservation for lunch.

Shiloh! - Did you know we do activities and events in Shiloh too? Held at Shiloh Community Center, # 7 Park Drive.

- 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.
- 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, even new players!



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 that, if there are ever any changes, we can contact you.

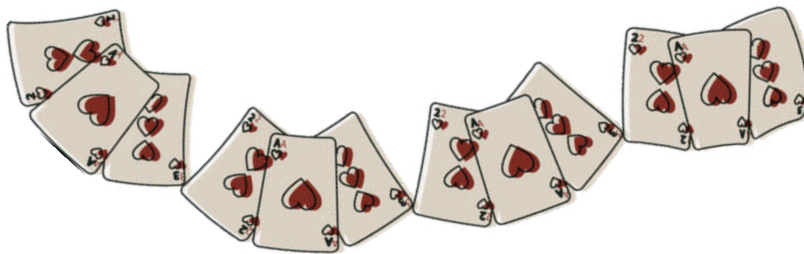
Bridge: Tuesday 9:00 am and Thursdays at 12:30 pm. This group is for players who already know how to play. New players are always welcome.

Pinochle: Tuesdays 1:30 pm and Thursdays at 10:00 am. This group is for pinochle players who already know how to play, and new players are always welcome. 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. 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? Come join them.

Canasta- Fridays, 12:30. Already know how to play? Come join them! Don't know how? They will teach you!

Euchre- Fridays, 10:00 a.m.- Great new group! Always looking for more players!





OUT AND ABOUT IN THE COMMUNITY WITH MELISSA & THERESA

The dates and restaurants will change monthly, but the time never does. Breakfast is always 9:00 am., Lunch Bunch is always 11:30 am., and Dine Around is always 5:00 pm. Always call in that you are joining us, in case there are any last-minute changes and we have to contact you. Activities ext's. 7042, 7043, or 7020.

Breakfast Club- Friday, Nov.6, 9:00am. Let's take a pretty country drive to Sunrise Pancake House in Millstadt. Located at 548 E Washington, across from the IGA in Millstadt. We love their fried potatoes and biscuits and gravy and so much more. Call Activities for reservations so we have enough seats around the table!

Lunch Bunch- Wednesday, Nov 18, 11:30 am. We are heading to Syberg's in O'Fallon. They have beautiful salads and a great lunch menu. Maybe we can even catch a movie together after lunch. 1310 Central Park Drive, near O'Fallon Cine.

Dine Around- Monday, Nov 23, 5:00 pm- Just in case you aren't doing a turkey dinner, let's meet at Cracker Barrel for some down-home country specials, like turkey and dressing. We will meet at the one in Shiloh, 3160 Green Mount Crossing Drive.

ACTIVITIES, ADVENTURES, & OUTINGS

Fox shows- we have two you can sign up for right now! All shows are fantastic seats, with dinner after each show. If you've never done this before, we love dinners at the Fox. They coordinate the meals to reflect what show we are seeing, and the food is always top-notch. We leave from Schnucks by the drive-in on a charter bus.

Beauty and the Beast- Thursday, March 11, 2027 \$140. Come see the classic tale as old as time. A spirited young woman named Belle is imprisoned by a cursed monstrous prince in his enchanted castle. By looking past his exterior, she uncovers his kind heart and falls in love with the Beast.

Wicked- Thursday, May 13, 2027 \$135. We can all wear our pointy hats and see the story of the good witch and bad witch, who show us she really wasn't bad at all. Great story of friendship and acceptance. You will be green with envy if you don't go see this with us.

Spring Trip- May 24-27, 2027- Have you ever seen the cute little towns in a Hallmark movie? Then you may have seen Galena! You will be looking for the handsome lumberjack who sways the girl to leave the big city. Highlights are a 3-night stay at DeSoto House Hotel on Historic Main Street and a visit to the Ulysses S. Grant National Historic Site. Local Winery tour and Tasting. Visit Galena Canning Company (the guys that come to Belleville once in a while with all the sauces, jellies, and rubs, so good). On the way home, we will go to the Abraham Lincoln Presidential Library and Museum. \$1329 double, \$1629 single. This trip is already more than half full. \$348.00 deposit is due upon signing.

Myrtle Beach Trip!! September 7-13, 2027. We are excited about our next bus trip! We will be heading to the beach; on the way, we will visit the beautiful Smoky Mountains with a tour of the Great Smoky Mountains National Park. Then we will head on down the highway and arrive at our oceanfront hotel for the next four nights. Settle in on your private balcony overlooking the ocean and direct beach access. And we can't be at Myrtle Beach without some shows and shopping. We will go to the famous Carolina Opry Theater and have a great swashbuckling dinner show at Pirates Voyage. We will visit Brookgreen Gardens, with sculptures amidst historic live oaks. We will have plenty of beach time!! On the way home, we will stay in Knoxville, Tennessee, for more fun on the way home. 7 days, 12 meals, hotel, shows, dinner cruises \$2299. Double: \$2995; single. Filling up fast!

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 or income level
- Application certified by a Licensed Family Physician or Audiologist
- Those with cell phones are also eligible for a free amplifier
- An updated device is offered once every three years



PSOP is a selection/testing center for the ITAC amplified phone program. Call 618-234-4410.

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

Have you heard??? SWIC/SVS (Senior Volunteer Services) program is once again SWIC/RSVP (Retired Senior Volunteer Program)! Recently, we were notified that our application for Federal Grant Funding (AmeriCorps Seniors-RSVP) was awarded, and we are making our transition back to RSVP. For many of our Partnered Stations and RSVP Volunteers in this program, the RSVP name is not new to you. We have a long history over many decades as the AmeriCorps Seniors (RSVP) Volunteer Program. We are excited to continue the legacy.

Seniors (55+) in St. Clair and Madison Counties who wish to contribute their time, giving back to their community, are welcome at many of our partnered stations. Volunteers from various talents, backgrounds, and vast work experience can find new friendships and meaningful self-worth as a volunteer. We can help you find the perfect fit.

Come meet our RSVP Director, Robin Pruitt, who started at PSOP on August 17th! She is excited to be part of the AmeriCorps brand and the mission. Dedicating her prior work and life experiences will help make our community strong and continue our great partnership with our partnered Stations and RSVP Volunteers.

Find out more about volunteer opportunities that match your time availability and talents by reaching out to our RSVP team at 618-234-4410 ext. 7012 (Lynn) or 7027 (Robin).

SENIOR COMPANION PROGRAM

The Senior Companion Program Companions and staff would like to take this opportunity to thank all of you who so generously donated to the canned-food drive in September in remembrance of Patriot's Day to honor those we lost or who served due to the 9/11 attacks. The food donated in remembrance of the 25th Anniversary of 9/11 was donated to local food banks that the Retired Senior Volunteer Program (RSVP) at PSOP works in conjunction with. All three AmeriCorps Senior programs (SCP, FGP and RSVP) participated in the food drive and are all grateful for those who donated. The Senior Companion Program provides companion services in Madison, Monroe, Randolph, and St. Clair Counties. They recognize the importance of giving back and are making a positive impact one client at a time. If you or someone you know is interested in giving back in your community and is 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 Stefanie Pratt, Senior Companion Program Director, at (618) 234-4410, ext. 7023. You may also reach out to Field Coordinator Gwen Kennedy for St. Clair/Randolph/Monroe Counties at (618) 234-4410, ext. 7095, or Deirdre Evans for East St. Louis, Cahokia Heights area, and Madison County at (618) 797-7369.

Have a safe and wonderful Thanksgiving with family, friends, and loved ones. The Senior Companion Program is eternally grateful to the companions who tirelessly give of their time to the program and their clients. We are also forever grateful to the clients and families for trusting us with your or your family member's care.



ATS – ALTERNATIVE TRANSPORTATION SYSTEM



NOVEMBER 2026

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 Development 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.

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.



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: Nov. 5th and 6th, 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.



PSOP BOOK CLUB

This group welcomes everyone to join them at 10 a.m. on the second Thursday of each month. Check out this new lineup created by our very own PSOP Book Worms. Happy Reading Friends!

Nov. 12, Take Me To Your Leader by Neil Degrasse-discussion leader- Peter Will

Dec. 10, Thomas Jefferson and the Tripoli Pirates by Brian Kilmeade-discussion leader-Lynn Amos

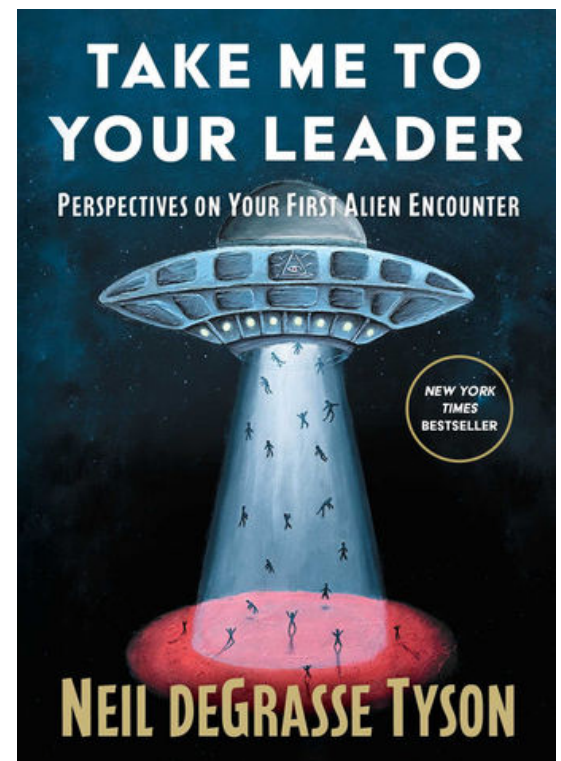
Jan. 14, 2027, Death in the Truffle Wood by Pierre Magnan- discussion leader: Marlyne Wilder

Feb. 11, 2027, Arcadia by Lauren Groff- discussion leader: Denise Sechrest

Mar. 11, 2027, Silence by Shusaku Endo- discussion leader: John Laker

Apr. 8, 2027, The Correspondent by Virginia Evans- discussion leader: Gloria Blaes

May 13, 2027, Louisiana Longshot by Jana Deleon- discussion leader: Marilyn Merwin



LEGAL LINGO WITH LAND OF LINCOLN LEGAL AID

Land of Lincoln Legal Aid provides free civil legal help for eligible individuals age 60 and older at PSOP on Wednesdays by appointment. To see if your legal issue qualifies for assistance, contact our Legal Advice and Referral Center at (618) 394-7300.

Thanksgiving and cooler weather bring comfort food and meals to mind, but what if you struggle to afford your basic food needs?

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a federal program administered by the states that provides financial assistance to low-income individuals to help pay for food. SNAP allows for food purchases of pantry staples, fresh produce, dairy products, and meats. SNAP cannot be used to purchase household supplies, medicine, pet items, or prepared hot meals.

What are the eligibility requirements?

Benefit Unit: When determining eligibility, the program requires you to identify who is part of your benefit unit. A benefit unit is made up of the people who buy and prepare meals together. It may be just one person, a married couple, or a family with dependent children.

Income & Asset Limitations: General benefit units are required to meet specific income and asset limitations. The benefit unit's total gross income must be at or below 165% of the federal poverty level. For 2026, a 1-person benefit unit must make at or below \$2,152 per month; a 2-person benefit unit must make at or below \$2,909 per month. The total amount of countable assets for the entire benefit unit must be less than \$3,000.

Qualifying member: A qualifying member is age 60 or older; receives SSI, SSDI, a government disability pension, or Railroad Retirement disability benefits; is enrolled in Medicaid; or meets certain criteria as a disabled veteran or a veteran's surviving spouse or child. Benefit units with a qualifying member may have a total gross income up to 200% of the federal poverty level. For 2026, a 1-person qualifying benefit unit must make at or below \$2,608 per month; a 2-person qualifying benefit unit must make at or below \$3,525 per month. The total amount of countable assets for the entire qualifying member benefit unit must be less than \$4,500.

Work requirements: Unless exempt, SNAP recipients are required to complete 80 hours per month of paid work, volunteer work, or job training. Common exemptions include being age 65 or older; primary caregiver for a disabled person or a child under 14; attending college; or being unable to work because of certain physical or mental limitations. For more detailed and complete information about the work requirements and exemptions, you can visit <https://www.illinoislegalaid.org/legal-information/snap-work-requirements>.

How do I apply for SNAP? Apply online at: <https://abe.illinois.gov/abe/access/>. To request a paper application, visit any Illinois Department of Human Services (DHS) office, or call (800)843-6154 to request one by mail.



COUNSELING GROUP MEETING UPDATES

NOVEMBER 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 individuals 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 counselors are 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 (Lara) or ext. 7031 (Marilyn).

The Mindfulness Class, which teaches techniques for reducing stress and anxiety, will meet in person on the SECOND WEDNESDAY of most months. There will be no class in November due to the Veterans Day holiday. The Mindfulness Education Group will resume in December. 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 November 16th, 2026. 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 6:00 p.m. at PSOP. The next meeting will be November 4th, 2026.

PSOP-SPONSORED DRIVER'S SERVICE MOBILE UNIT

Call - 618-234-4410, ext. 7020

Wed., Dec. 9, 2026, PSOP, 201 N. Church St., Belleville



Services provided to seniors 55 and older **by appointment only**

PAYMENT: Credit/Debit card and check. Cash is no longer 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 IDs, vision test, road test, and written exam if required)



NURSE AVAILABLE AT PSOP



NOVEMBER 2026

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

Call 618-234-4410 ext. 7020 to sign up!

Sign up now for the upcoming classes – seats are limited so you are able to have more one-on-one attention and learning!

Beginning Computers: Wed. November 4th at 1 pm. This one-afternoon class will cover the basics of how to use a computer. Cost: \$10

Windows 11 Basics: Thursdays, November 5, 12, 19 & December 3rd at 1 pm. 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. Cost: \$40



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.**



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) or 7045 (Debbie) for further information or details or to see if you qualify for these programs.

PSOP TRAVEL PROGRAM

We're busy preparing for amazing 2027 and 2028 trips with travel partner Collette and others. These guided group trips are a perfect way to explore destinations you have always wanted to visit and experience. Each trip is packed with fun and informative activities, and plenty of free time to explore on your own or just relax. On October 6th, we held the trip presentation for the September 2027 Canadian Maritimes (Nova Scotia) and the December 2027 Magical Christmas Markets (Austria and Germany). My sincerest thanks to all who participated. There's still plenty of time to sign up for these fantastic trips, and there's more to come! Destinations for 2028 include Costa Rica, Italy, and coming soon... Ireland! If you don't want to travel internationally, don't worry. There'll be plenty of trips within the United States to meet your travel wishes. Let me know where you'd like to go!

REMINDER: The \$200 discount for the June 2027 trip to the Pacific Northwest Coast is good until December 13, 2026. Sign up prior to ensure you lock in the reduced price of \$4,199 for a double or \$5,099 for a single. All that's required per person is the \$698 deposit and travel insurance if you choose. I highly recommend the Collette insurance. They offer a full cash refund up to 24 hours prior to departure, no questions asked, no documentation required. The final payment for this trip is due by March 15, 2027. This trip takes us to Seattle, down the Oregon coast, the redwood forest, and ends in San Francisco. A beautiful early summer adventure departing St. Louis on June 13, 2027, and returning on June 20, 2027.



(Receive the newsletter by email for free!)



201 N. Church St
Belleville, IL 62220

*Programs and Services
for Older Persons*

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