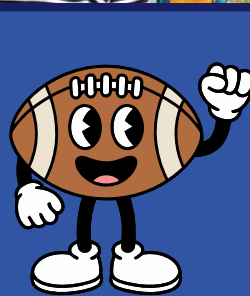
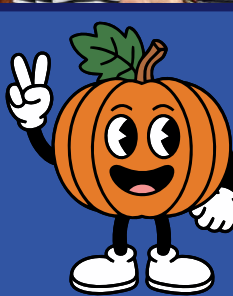


PSOP OCTOBER NEWSLETTER



PSOP ACTIVITIES WITH MELISSA & THERESA

OCTOBER 2026

Fall is here! We love sitting outside at restaurants, going to Shiloh picnic on a pretty autumn day, and playing bingo with pumpkin spice in our coffee! There's so much color to enjoy this month.

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!

Oct 6- Pumpkin Bingo- Wear your favorite pumpkin shirt and have fun with our sponsor

Oct. 13- Sponsored by LINC

Oct. 20-Sponsored by Parkway Gardens

Oct.27- Halloween party Bingo-Sponsored by Nexus



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 the band starts at 10:30. We take a 30-minute break for lunch. Dances last until approx. 1:30 pm. Reservations later than two days before the dance may not be guaranteed lunch, so please make reservations early! Call 618-234-4410 ext. 7042 (Melissa) or 7043 (Theresa) for reservations.

This month, the Country Western Band will be playing in Shiloh for our big “Picnic in the Park” on October 8th. 10:30-1:30. See information below.

Shiloh Picnic- “Picnic in the Park” Thursday, October 8, 10:30 am- 1:30 pm. A lot of you were asking what happened to the Shiloh Picnic we have in June. Well, it's here, only cooler! Please save the date to come to Shiloh for free lunch, country western band, dancing, door prizes, music, and of course, BINGO! You do not need to register for this one. The band will be inside Klucker Hall to take advantage of their awesome wooden dance floor. Bingo is outside in the pavilion.

Save the date! Thursday, November 19, 10:30-1:30. We love our veterans, and we are celebrating the men and women who fought for our freedom. Country Western Band will be playing, Mayor Jennifer Gaines will be honoring veterans, veterans will be talking, and all of us will be eating! Bring a picture of yourself in your uniform for our Table of Honor.

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! Try-outs will be Jan 26-28, 1-3 pm. 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...

Flowers 101- Wednesday, Oct 14, 10:00am- We love fall flowers with Jeff from Grimm & Gorly. This month we have our favorite flowers in a pumpkin! Cost is \$35.00 to be paid at the beginning of class. Please make a reservation before Oct 12, so you are not holding flowers without a pumpkin!

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.

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, October 9, 11:00 am. This month's speaker is retired principal and baseball coach Daren Depew. Come hear all about his glory days as a coach and hear from Art Voellinger as well. Please RSVP by October 7 to be guaranteed a lunch. Lunch is \$5.

Bunko and Dominoes- Every Monday in Shiloh. They alternate Bunko and Dominoes; playing begins at 10:00, but they start coming in around 9:30 to have coffee and chat. Held at Shiloh Community Center # 7, Park Drive.



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.

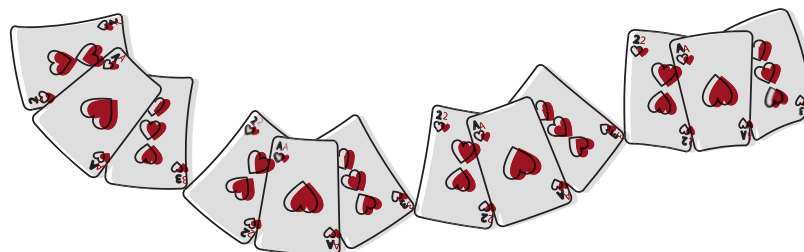
Bridge: Tuesday 9:00 am and Thursdays 12:30 pm. This group is for players who already know how to play. New players are always welcome.

Pinochle: Tuesdays 1:30 pm and Thursdays 10:00 am. 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, and if that's not enough pinochle, we also offer it in Shiloh on Wednesdays at 10:00 am.

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- We have had some interest in starting Euchre again. If you would like to play, please call Activities. Once we have a few of you, we will begin again.



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 11:30am., and Dine Around is always 5:00 pm. Call us with your reservation, and we will happily save a seat for you at the table! Activities: 618-234-4410 ext. 7042 or 7020.

Breakfast Club-Friday, Oct.23, 9:00 am. We knew it as Moores; now it is brand new and called Rockin Robin's. This little diner is a vibrant, veteran-owned 1950s-themed establishment. 7309 Old St.Louis Road, Belleville, across from the old K-Mart.

Lunch Bunch-Wednesday, Oct.14, 11:30am We are hoping it is a beautiful Fall Day while we sit outside at Tavern on Main. If we feel energetic, we can walk there after the flower class. 301 East Main St., Belleville. Let's eat at Tavern then walk across the street and buy something!

Dine Around-Monday, Oct 5th. We are taking a country drive and enjoying the fall fresh air to go to Spikes in Millstadt. Known for their pub fare, specialty tacos, and unique Cajun-inspired twist, I am sure there is something good for you! 4 E Washington St., Millstadt.

ACTIVITIES, ADVENTURES, & OUTINGS

Downtown Belleville Senior Day- Friday, October 16th, 10:00 am -1:00 pm. Start at PSOP and pay \$10 for your passport and receive \$5.00 back in Belleville Bucks to use towards your purchases in the shop or towards your lunch. Then you are off to explore Main Street, where the shops are waiting for us with coupons and giveaways. A shuttle will be available to seniors for transportation to/from PSOP all along Main Street. Then return to PSOP for drawings and giveaways. No reservations required.

Fox shows- We have three 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.

Death Becomes Her- Thursday, October 22, \$136. A hilarious musical that is filled with "tuneful music to die for" and "a cheek-aching laughter roller coaster".

Beauty and the Beast- Thursday, March 11, \$140. Come see the classic tale as old as time. A spirited young woman named Belle who 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, \$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.



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.

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.**

SENIOR COMPANION PROGRAM

Senior Companions:

Answer a need

Care for others

Build lasting relationships

Inspire others with their dedication

Touch lives forever

Spread smiles as they go

Lift spirits

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.

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. Most of the Senior Companion's 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 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 areas and Madison County at (618) 797-7369.



ATS – ALTERNATIVE TRANSPORTATION SYSTEM



OCTOBER 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.



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: Thursdays at 10 a.m. starting on October 1st.
- To register, call 618-234-4410, ext. 7035



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!

Oct. 8, Theo of Golden by Allen Levi-discussion leader-June Wolz

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

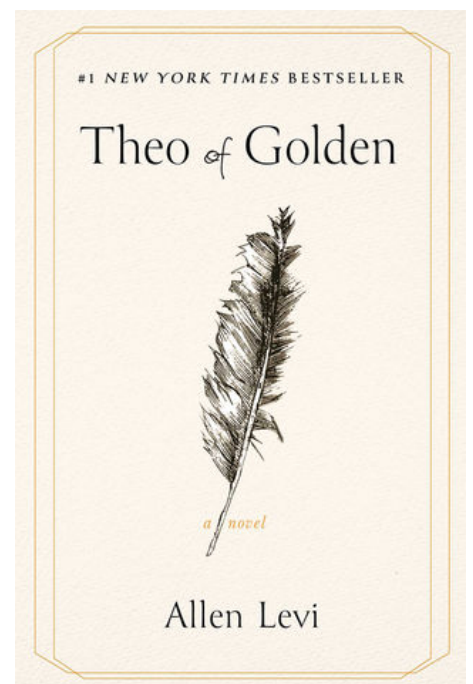
Jan. 14, 2027, Death in the Truffle Wood by Pierre Magnan-discussion leader-Marlyne Wilder

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

Mar. 18, 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

SCARY SCAMS

Scams are constantly evolving. Here are three increasingly common scams to recognize so you can protect yourself.

Criminal Investigation Scam: Your phone rings, and the caller claims to be a police officer investigating you for illegal activity. For example, the caller may say your account has been linked to funding a crime. The impersonator may interrogate you, threaten criminal charges or arrest if you do not cooperate, and call repeatedly to keep you anxious and unable to process what is happening.

Remember: Law enforcement will not investigate a crime by calling you over the telephone with threats of arrest or interrogation. When in doubt, hang up and call someone you trust.

Wrong Number Scam: You receive a message from a number you don't know: "How have you been lately?" or "Do you want to meet for dinner tomorrow?" Being a polite person, you kindly respond to let them know they have the wrong number. They apologize, but continue the conversation, acting friendly to build a connection.

Remember: Keep your guard up – the sender may be trying to create a connection to take advantage of you. We teach our little ones "stranger danger"– sometimes we need to remember those tips for ourselves! If something seems odd or off, trust that feeling. Before giving away money or personal information to someone you've never met, get a second opinion from a trusted person in your life.

Failure to Appear for Jury Duty Scam: You receive a call or email from someone posing as a law enforcement officer or a court official, accusing you of failing to appear for jury duty. They demand that you pay a fine immediately or a warrant will be issued for your arrest.

Remember: If you fail to appear in response to a legitimate jury duty summons, you will receive notice by mail to appear in court to explain why you did not complete your required civic duty. Court officials will not call or email you to threaten arrest or fines.

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



COUNSELING GROUP MEETING UPDATES

OCTOBER 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 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 (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. The next Mindfulness Education Group will meet on Wednesday, October 14, 2026, at 10 am. For questions, please contact Tanya Koelker at TanyaKoelker@gmail.com or 618-722-9616. *This group is sponsored by the St. Clair County Mental Health Board.*

The American Parkinson Disease Association (APDA) Support Group, for anyone affected by Parkinson's Disease or caring for someone affected by Parkinson's Disease, will continue to meet in person on the **THIRD MONDAY** of most months, at 1:00 p.m., at PSOP. The next meeting will be October 19th, 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 October 7th, 2026.

PSOP SPONSORED DRIVER'S SERVICE MOBILE UNIT

Call – 618-234-4410, ext. 7020

Wed. Oct. 21, 2026 Shiloh Community Center, 7 Park Dr. Shiloh

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



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

PAYMENT: Credit/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 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

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

Classes below meet once/week for 4 weeks at a cost of \$40.

Computer Protection: The next class will be on **Tuesdays, Oct. 6th, 13th, 20th, and 27th at 1 pm.** Join this class for explanations and hands-on usage of applications to help protect your computer from hackers.

Word Basics: The next class will be on **Wednesdays, Oct. 7th, 14th, 21st, and 28th at 1 pm.** 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.

PowerPoint Basics: This NEW class will be on **Thursdays, Oct. 8th, 15th, 22nd, and 29th at 1 pm.** Join this class for explanations and hands-on usage of PowerPoint features, including techniques and practical uses for creating presentations. Advanced features are NOT covered.

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.



PSOP TRAVEL PROGRAM

OCTOBER 2026

DATE CHANGE: The September 15th trip presentations for Canadian Maritimes & Coastal Wonders (Nova Scotia) and Magical Christmas Markets (Austria) have been rescheduled to Tuesday, October 6, 2026, at 1:00. See you there!

Looking for a fun two-day Fall getaway? Join me on an overnight trip to French Lick, Indiana, November 3-4, 2026. Enjoy hotel accommodations at the French Lick Springs Resort, casino fun, and a visit to the French Lick Winery with an optional distillery tour during our return to Belleville on Wednesday. Trip costs are \$255 per person for double occupancy or \$350 for single. Costs include your guestroom, breakfast at the Grand Colonnade on Wednesday morning, luggage in & out, service fees, tax, your coach bus, and the driver's gratuity. All other meals, including an optional group dinner at the German Café Tuesday evening, are on your own. Departure is 9:00 am from the SWIC Campus on Tuesday, arriving back in Belleville at approximately 5:00 pm on Wednesday. A deposit of \$100 is due at sign-up, with final payment in full no later than October 15th. Email me at tammy.call@swic.edu or call 618-234-4410/extension 7021 Tuesday through Thursday from 9:00-2:00.



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: _____

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