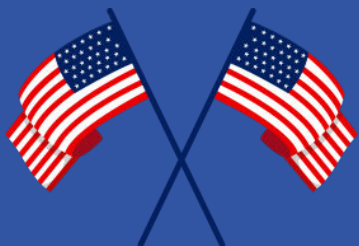


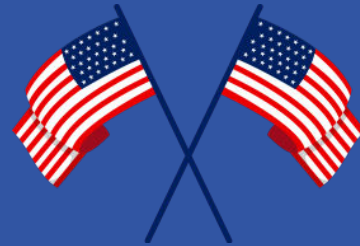
Programs and Services for Older Persons
201 N. Church Street
Belleville, IL 62220
618-234-4410

SEPTEMBER 2026

PSOP SEPTEMBER NEWSLETTER



PSOP will be closed Monday, September
7th for Labor Day



PSOP ACTIVITIES WITH MELISSA & THERESA

SEPTEMBER 2026

September is back-to-school for the grandkids and trying something new for us older folks! Have you done Chair Yoga, Pinochle, a new line dance or go out on your own on a day trip? September is a great time to do all of that.

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!

September 1 - Farm Bingo - Sponsored by Fordyce Insurance

September 8 - Sponsored by Residential Hospice

September 15 - Sponsored by Cambridge House

September 22 - Sponsored by Fordyce Insurance

September 29 - Sponsored by Hospice of Southern Illinois



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

Should a' Been a Cowboy Dance - 10:30 a.m. - 1:30 p.m., Thursday, September 24. Bring those cowboy boots to scoot across the dance floor with the fantastic Country Western Band! We will have music, dancing, and a great lunch. \$5.00 - reserve your spot before September 22nd so we have the right amount of lunch please.



JOIN US FOR...

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

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!

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 - Mondays and Fridays at 11 a.m. Chair yoga is an accessible, low-impact practice that adapts traditional yoga poses using a chair for support. It is excellent for all fitness levels, delivering increased flexibility, improved strength, reduced joint strain, and significant mental stress relief without requiring floor work or heavy impact. Join local instructor Edna Jeffries for this new offering, and leave feeling better in mind, body, and spirit. Investment is \$5 per class.

Flowers 101- Wednesday, September 9, 10:00 a.m. Let's embrace all the fall colors with a beautiful arrangement with Jeff and his staff from Grimm and Gorly. Please RSVP by September 7 so we have plenty of flowers for everyone! Cost is \$35.00

Men's Club - Friday, September 11, 11:30 a.m. Welcome back to all the coaches, athletes and sports fans! We missed you over summer break. With all the buzz from the World Cup Soccer Games, we thought we could start off with an award-winning Soccer Coach, Jamey Bridges. Jamey is the soccer coach for Columbia High School. Please call for reservation before September 9 for our caterer.

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.



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.

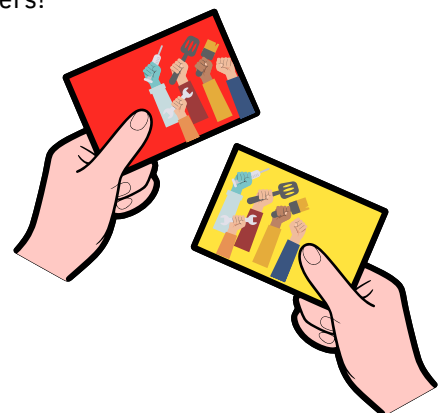
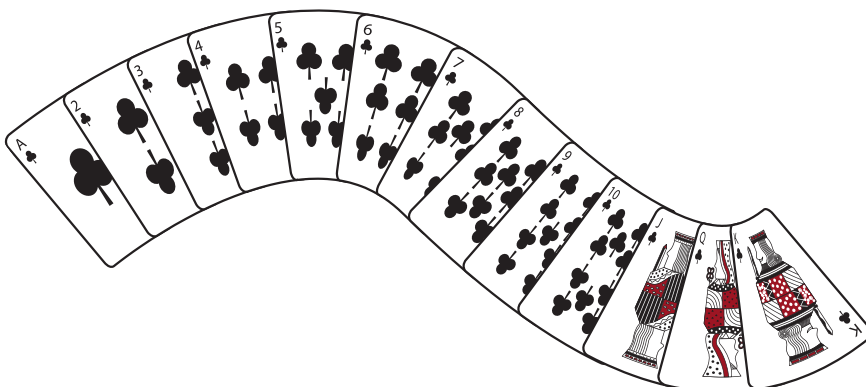
Bridge: Tuesday 9:00 am and Thursdays 12:30 p.m. This group is for players who already know how to play. New players are always welcome.

Pinochle: Tuesdays 1:30 pm and Thursdays 10:00 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? Come join them.

Canasta - Fridays 12:30 p.m. 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

Breakfast Club - Friday, September 18, 9:00 a.m. If you love the Round Table, you will love Spring Garden in Collinsville. It has an extensive breakfast menu, known for its delicious biscuits and gravy and homemade skilletts, and yummy Swedish pancakes. 921 Vandalia St. (just stay on 159)

Lunch Bunch - Wednesday, September 9, 11:30 a.m. When we are in the mood for really good pub food we like to head to No Jacks in Smithton. They have classic favorites with daily specials that are easy on the wallet. 4001 IL-159. Please call us so we can save a seat at the table for you.

Dine Around - Wednesday, September 2, 5:00 p.m. We are venturing out to Freeburg to go to one of our favorites for lunch, Reifschneider's Grill & Grape. Bring your appetite for menu items like the Gooey Louie (a burger that instead of a bun its between two grilled cheese sandwiches, award winning wings and House made stuffed jalapenos. 700 N State St. Freeburg, IL.

Travel Meeting - Tuesday, September 15, 1:00 p.m. If you are one of our travelers for our Boston, Cape Cod trip this meeting is for you. We will be handing out lots of information about the trip.

ACTIVITIES, ADVENTURES, & OUTINGS

Shiloh Picnic in the Park - Thursday, October 8, 10:30 a.m. - 1:30 p.m. 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, band, dancing, door prizes, music and of course, BINGO! You do not need to register for this one.

Fox shows - We have four 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, 2027, \$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.

Mama Mia - Thursday, April 1, 2027, \$148. Finish this sentence "Dancing Queen, feel the beat of the _____" Then you know Abba songs and the story of Mama Mia. Join us for the songs, the costumes and did I say the songs? So good! SOLD OUT. We can put your name on the wait list.

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.

BIG NEWS- This will be the first time we are having a PSOP Talent Show! We will be selling tickets for \$15 for the show and luncheon at a later date. 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 January 26-28, 2027 from 1-3pm. Sign up for an audition on one of the dates. The fantastic show will be Thursday, February 25, 2027. We can't wait to see what you can do!

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.**

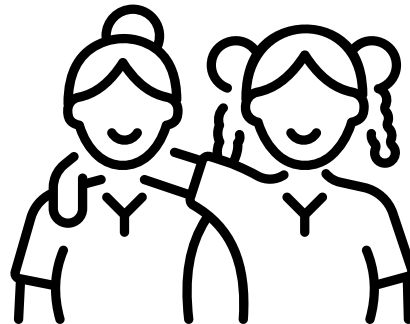
SENIOR COMPANION PROGRAM

“Your hands may give, but your heart is what truly changes the world.” Anonymous

PSOP wants to continue to recognize the Senior Companion volunteers for their time of service to their client's, families and community. The Senior Companion's ease the fears and concerns of their clients who cannot live by themselves without help.

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



If you know of someone that would benefit in having a Senior Companion or for more information about the Senior Companion Program, please call Stefanie at **618-234-4410, ext. 7023.**



ATS – ALTERNATIVE TRANSPORTATION SYSTEM



SEPTEMBER 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, 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.



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 through 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) for further information or details or to see if you qualify for these programs.

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!

Sept. 10, Remarkably Bright Creatures by Shelby Van Pelt-discussion leader-Donna Margiotta

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

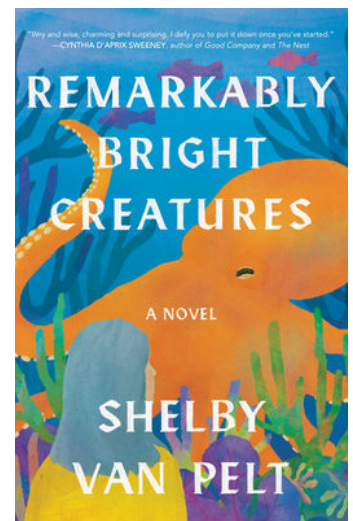
Jan. 14, 2027, Death in the Truffle Wood by Pierre Magnan-discussion leader-Marlyne Wilder

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

Free Options to Protect Your Credit and Identity

Credit Freezes: A credit freeze blocks access to your credit report. While a credit freeze is in place, no one—including you—can have a creditor review your credit report for the purpose of opening a new credit card, taking out a new loan, or other credit items that require access to your credit file.

Why use it? A credit freeze is one way to protect your identity and prevent fraudulent use of your credit. If your information has been released as part of a data breach or you are concerned about future data breaches, this is one way to prevent fraudsters from misusing your credit or identity.

How to set it up? To place a credit freeze, you must contact all three bureaus with separate credit freeze requests. A credit freeze does not expire; it stays in place until you remove it.

What if I need to have a lender check my credit? You can temporarily lift the credit freeze by contacting the credit bureau the lender plans to contact. You will then need to notify the credit bureau to reinstate the credit freeze.

Fraud Alerts: A fraud alert requires lenders to verify your identity before issuing new credit in your name.

Why use it? If you are concerned that your information may be compromised or believe you may become a victim of identity theft, fraud alerts can be an easy way to protect your credit and identity from misuse. Once the fraud alert is in place, you will be notified of any potential activity on your credit before it becomes a problem.

How to set it up? To place fraud alerts, contact one of the three credit bureaus. They are required to notify the other two credit bureaus of your request. Standard fraud alerts automatically expire after one year, requiring you to renew your request each year. You may also request an extended fraud alert, which lasts for seven years.

Credit Reports:

You are entitled to request your credit report for free annually. Additionally, the credit bureaus have extended a program to allow you to request your reports for free weekly.

Request Your Free Reports:

Online: www.annualcreditreport.com

Telephone: 1-877-322-8228

Mail: Annual Credit Report Service, P.O. Box 105281, Atlanta, GA 30348-5281 *This option requires completing and mailing the Annual Credit Report Request Form.

Credit Bureau Contact Information:

Equifax: 1-800-685-1111 or Equifax.com/personal/credit-report-services

Experian: 1-888-397-3742 or Experian.com/help

TransUnion: 1-888-909-8872 or TransUnion.com/credit-help



COUNSELING GROUP MEETING UPDATES

SEPTEMBER 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 (Lara) or 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 meeting will be held Wednesday, September 9th, 2026 from 10 a.m. to 11 a.m. This month's topic is about "rumination," and together we will learn to recognize it and manage it when it arises! No RSVP required, just an open mind! 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 September 21st, 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 September 2, 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

There will be no computer classes offered in August as we noticed many of our senior students enjoy a summer off just like the college kids! 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. September 30th 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.

Windows 11 Basics: Tuesdays, Sept. 1st, 8th, 15th, and 22nd 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.

iPhone Basics: Thursdays, Sept 3rd, 10th, 17th, and 24th at 1 pm. 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.

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, 22st, 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.



PSOP TRAVEL PROGRAM

SEPTEMBER 2026

Travel Meeting – Hey travelers! I have scheduled an information session on Tuesday, September 15 at 1:00 p.m. on the trips to the Canadian Maritimes and Coastal Wonders (Nova Scotia, September 3-13, 2027) and Magical Christmas Markets (Austria and Germany, December 1-8, 2027). Both trips are amazing and in beautiful locations for us to explore.

PSOP Travel on Facebook – Make sure to check out the PSOP Travel page on Facebook. I'll routinely post travel tips and information on the 2027 and 2028 trips.

Current trips open for reservations:

- Aloha Hawaii, March 3-11, 2027
- Discover the Pacific Northwest and California, June 13-20, 2027
 - Itinerary at a glance- Book now and save \$200 per person
 - Day 1: Warwick Hotel, Seattle, Washington
 - Days 2-3: Portland Marriott Downtown Waterfront, Portland, Oregon
 - Day 4: Ko-Kwel Casino Resort, North Bend, Oregon
 - Day 5: Best Western Plus Bayshore Inn, Eureka, California
 - Days 6-7: Westin St. Francis, San Francisco, California
- Canadian Maritimes and Coastal Wonders, September 3-13, 2027
- Magical Christmas Markets, December 1-8, 2027
- Tropical Costa Rica, February 2-10, 2028
- Reflections of Italy, April 18-27, 2028



Name: _____ Phone: _____

Address: _____ **City** _____ **State/Zip** _____

Trip #1 _____

Pick Up Point

Trip #2 _____

Pick Up Point

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

Going with _____

Name: _____

Address: _____

Phone #: _____

Email: _____

(Receive the newsletter by email for free!)



201 N. Church St
Belleville, IL 62220

*Programs and Services
for Older Persons*

**NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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