

June



2017

201 N. Church St. • Belleville, IL • 62220 • 618-234-4410

HOME SWEET HOME

SENIOR HOUSING

Access to services, activities, care and companionship right where you live

The Senior Services Coordination Program provides support services to seniors and disabled residents of public housing by helping them maintain their independent living status. The program addresses specific needs and situations, including assistance with heating and cooling; help with discounts for license plate renewals; public housing lease renewals; placement of chore keepers and nursing care; and intervention to solve individual problems.

Quarterly consultation meetings are held to alert residents as to things they should know that affect their standard of living, such as senior fraud and fire prevention. Residents also have an opportunity to attend arthritis exercise and other recreational and social activities where they can enjoy time with their neighbors.

If you are interested in senior housing, contact Service Coordinator Mary Miller at 618-257-0011.



SHILOH SENIOR PICNIC

WEDNESDAY, JUNE 7
10 A.M.-2 P.M.

7 PARK DRIVE, SHILOH

Dancing • Lunch • Table Games
No reservation necessary

ITAC Program

FREE AMPLIFIED PHONES

The Illinois Telecommunication Access Corporation is a program that provides a FREE amplified telephone to people who are hard of hearing, late deafened, deaf, deaf-blind or speech disabled.

Eligibility requirements for an ITAC amplified phone:

- Legal Illinois resident
- Any age/any income
- Certified by a Licensed Family Physician or audiologist

GREAT NEWS! RECENT NEW CHANGES NOW ALLOW FOR A NEW AMPLIFIED PHONE:

- once every three years
- those with cellphones are now eligible for a free amplifier

PSOP is a selection/testing center the Illinois Telecommunication Access Corporation program.

For information to receive a free amplified phone, call 618-234-4410, ext. 7024, 7012 or 7032.

ILLINOIS ASSISTIVE TECHNOLOGY SPEAKER

Lynette Strode, special projects coordinator for the Illinois Assistive Technology Program, will hold a demonstration meeting **at PSOP on June 12 at 1:30 p.m.** She will discuss gadgets, equipment and technology that assist with activities of daily living. Anyone with or without physical challenges is invited to attend this interesting demonstration and hear about IATP.

If you or someone you know has physical challenges with movement, vision or daily living tasks, there may be adaptive technology and equipment to help! No reservation is needed to attend, but contact Jodi Gardner at 618-234-4410, ext. 7031 for questions or further information about the program.

PROJECT RE-RUNWAY FASHION SHOW & BOUTIQUE

FRIDAY, JULY 14 • 10 A.M.-2 P.M.

Spend the afternoon in style. Renew, reuse, refresh... all lovely outfits are furnished by local thrift stores. Tickets are \$10, which includes fashion show and a lunch of chicken salad, spinach strawberry salad, raspberry tea and cheesecake for dessert. There will be tables and displays of items for sale, so bring along some extra cash! **Tickets go on sale June 1 in Activities.** Attendance is limited, this event sells out each year!

NEWSLETTER SUBSCRIPTIONS

During the past few years there have been dramatic increases to the paper and production costs for our newsletter. **As a result, it is necessary to raise the yearly cost of our newsletter to \$6 for 6 months or \$10 per year.** This increase will be effective for any new or renewed subscriptions effective July 1, 2017 or later. You can continue to access our newsletter at no cost at www.swic.edu/psop.

SENIOR COMPANIONS

Undercover Heroes

Caregivers are the undercover heroes who give of themselves for the call of others in need. They often push themselves to the side in order to see that their loved one is fed, warm and safe. Caring for someone with Alzheimer's or dementia is nothing short of a marathon and requires a team of support.

Support and respite is what the Senior Companion Program provides. The volunteers give of their time to make sure that the caregiver becomes the care-receiver. If they need to attend to their own appointments or shopping, the Senior Companion is there to step in for a few hours to give this undercover hero a chance to catch up on errands or even a much-needed nap. Becoming a care-receiver once in a while allows for a renewed sense of strength to face another day.

Before the demands of caregiving become too overwhelming, call the Senior Companion office and allow the volunteers to lend a helping hand. They are there to lighten the load and bring balance back to the life of the undercover hero. For more information about the Senior Companion Program, contact Carla at **618-234-4410, ext. 7036.**

PSOP Resource Center Services

PSOP in cooperation with Senior Services Plus has staff available to assist individuals with various benefit programs including:

- Benefits Access Applications
- St. Clair County Tax Freeze Applications
- Medicare and Medicare Part D Enrollment
- Energy Assistance Applications
- Information and Assistance
- License Plate Discount *and more!*

Office hours are Mondays, Tuesdays and Wednesdays from 9 a.m. to noon. Call 618-234-4410, ext. 7033 to make an appointment.

Land of Lincoln Legal Services will assist individuals of limited income age 60 and older with power of attorney for property and health care and simple last wills.

Wednesdays, 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment.

SERVING VETERANS OF ST. CLAIR COUNTY

Mondays • 9 a.m. to noon • By appointment only
Call 618-234-4410, ext. 7033 to make an appointment.

Information and assistance with claims to the Department of Veterans Affairs for benefits such as pension benefits (veterans & widows), service connected compensation, GI home loans, educational benefits, discharge upgrades and any other benefits sought by the veteran or family from the DVA.

Nurse Available at PSOP!

Barbara Bell, RN, or Maureen Bilski, RN, from Memorial Hospital will be available to check blood pressure, blood sugar and cholesterol; review medication; or discuss any other health topic you are concerned about.

Tuesdays • 9 a.m. to noon • Resource Center
No appointment is needed.

Older Adult and Caregiver Counseling

PSOP, in partnership with the St. Clair County Mental Health Board and Age Smart Community Resources, offers the **Older Adult Counseling Program and Caregiver Counseling Program.** Counseling assists with practical and emotional adjustments related to healthy aging, illness, life events or caregiving.

To schedule an appointment, call 618-234-4410:

- Jodi Gardner, MSW, LCSW at ext. 7031
- Tanya Koelker, MA, LPC at ext. 7039

Alzheimer's Caregiver Support Group

Sponsored by Memorial Hospital and PSOP

This group, linked with the Alzheimer's Association, is for family, friends and other caregivers of a loved one with Alzheimer's disease or a related dementia.

Meetings are held the second Tuesday of each month and alternate between locations.

2:30 p.m. • PSOP (even months)

201 N. Church St., Belleville

6 p.m. • Memorial's Senior Care (odd months)

4500 Memorial Drive, Belleville

For more information, call 618-257-5900 or 618-234-4410, ext. 7031.

Parkinson's Support Group

An informational support group is held monthly for anyone affected by **Parkinson's disease.** Meetings are held at PSOP the **second Monday of the month at 1:30 p.m.**

Call Jodi at 618-234-4410, ext. 7031 for information.

AARP DRIVER SAFETY CLASSES

June 15 & 16 • Aug. 21 & 22

Oct. 24 & 25

8:30 a.m.-12:30 p.m.

\$15 - AARP member • \$20 - non-AARP member
(Completion of this class may entitle you to a reduction in your car insurance rate)

Call Susan at 618-234-4410, ext. 7032 to register.

Driver Services Mobile Unit 2017

Aug. 9

Oct. 11 • Dec. 13

Services provided to seniors 55 and older:

Rules of the Road class: 9:30-11 a.m.

Mobile Unit hours: 10 a.m. to 1:40 p.m.

Services available: driver's license renewals (including vision test, road test and written exam if required)

Road tests by appointment only

Other walk-in services available:
state ID cards and vehicle registration renewals

Call Susan at 618-234-4410, ext. 7032.



JUNE 2017

Monday

Tuesday

**SAVE THE DATE!
SENSATIONAL SENIOR
SATURDAY**

**Saturday, July 22
12:30-4:30 p.m.**

**You don't want to miss out
on the fun!**

- Renew your newsletter subscription at least one month before your expiration date (on your label)
- Change your address if you move
- You can access this newsletter online: www.swic.edu/psop

**DID YOU KNOW THAT
YOU CAN ACCESS THIS
NEWSLETTER ONLINE?
WWW.SWIC.EDU/PSOP**

**PLEASE REMEMBER TO
MENTION PSOP #62
WHENEVER YOU SHOP
AT A FARMER'S MARKET
STORE IN BELLEVILLE.**

PSOP RECYCLES:
Aluminum cans
(supports Advocacy Dept.)
Cellphones
(supports Cellphones for Soldiers)
Old shoes
(Waterman Project)
Clean plastic containers
(Activities Dept.)

5 **Golf at Yorktown**, 8:30 a.m.
Zumba/Gold, 9:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.
Wii League, 2 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

6 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.
Strong for Life, 1:30 p.m.
Bridge, 5:30-8:30 p.m.

12 **Golf at Yorktown**, 8:30 a.m.
Zumba/Gold, 9:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.
Parkinson's Support, 1:30 p.m.
Wii League, 2 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

13 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.
Strong for Life, 1:30 p.m.
Alzheimer's Support, 2:30 p.m.
Bridge, 5:30-8:30 p.m.

19 **Golf at Yorktown**, 8:30 a.m.
Zumba/Gold, 9:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.
Wii League, 2 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

20 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch with a Doc, 11:30 a.m.
Group Exercise, noon-1 p.m.
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.
Strong for Life, 1:30 p.m.
Bridge, 5:30-8:30 p.m.

26 **Golf at Yorktown**, 8:30 a.m.
Zumba/Gold, 9:30 a.m.
Chess, 10-11:30 a.m.
Tai chi (beginner), noon-1 p.m.
Euchre, 12:30-3 p.m.
Wii League, 2 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

27 **Bridge**, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Tai Chi, noon-1 p.m.
Pinochle, 1:30 p.m.
Strong for Life, 1:30 p.m.
Dine Around, 5 p.m., Houlihan's
Bridge, 5:30-8:30 p.m.

Wednesday

Thursday

Friday

RSVP ORCHESTRA

7 - Shiloh Picnic
14 - Caseyville-no meal
21 - Shiloh
28 - Okawville

COUNTRY WESTERN BAND

1 - Swansea - no meal
4 - Okawville
18 - Caseyville
25 - Collinsville

1

Pinochle, 9 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.
Travelogue, 2 p.m.

2

Breakfast Club, 9 a.m.,
Steak 'n Shake, Belleville
Art Workshop, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

7

Golf at Yorktown, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Zumba/Gold, 10:30 a.m.
Line Dancing, 1:30 p.m.

SHILOH SENIOR CENTER

Shiloh Senior Picnic, 10 a.m.-2 p.m.
Pinochle/Card Games, 10 a.m.

8

Pinochle, 9 a.m.
Book Discussion, 11 a.m., Papa Vito's
on Washington Street
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

9

Art Workshop, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

SHILOH SENIOR CENTER

Scott Celebration & Air Show, noon

14

Golf at Yorktown, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Zumba/Gold, 10:30 a.m.
Line Dancing, 1:30 p.m.

SHILOH SENIOR CENTER

Pinochle/Card Games, 10 a.m.

15

Pinochle, 9 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

16

Art Workshop, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

21

Golf at Yorktown, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Zumba/Gold, 10:30 a.m.
Line Dancing, 1:30 p.m.

SHILOH SENIOR CENTER

Pinochle/Card Games, 10 a.m.

**"Dog Days of Summer" Dance with
the RSVP Orchestra**, 10:30 a.m.-2 p.m.
Lunch, 11:30 a.m.

22

Pinochle, 9 a.m.
Lunch, 11:30 a.m.
**Board Games, Dominoes and
Coloring & Conversation**, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

23

Streetwalkers, 9 a.m.-3:15 p.m.
Art, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

28

Golf at Yorktown, 8:30 a.m.
Crochet/Basic Knitting, 9-11:30 a.m.
Zumba/Gold, 10:30 a.m.
Line Dancing, 1:30 p.m.

SHILOH SENIOR CENTER

Pinochle/Card Games, 10 a.m.

29

Pinochle, 9 a.m.
Lunch, 11:30 a.m.
Table Games, noon
Group Exercise, noon-1 p.m.
Hand & Foot, 1 p.m.

30

Art Workshop, 9 a.m.
Zumba/Gold, 10:30 a.m.
Canasta, 12:30-3:30 p.m.

Wellness Activities for June

To find out more about any Wellness program, call Tracie at ext. 7030.

Physical Activity and Blood Pressure

Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure.

For some people, regular exercise is enough to reduce the dosage or need for blood pressure medication. If your blood pressure is at a desirable level, regular exercise may help keep it from rising as you age. Regular exercise also helps you maintain a healthy weight, another important way to control blood pressure.

But to keep your blood pressure low, you need to keep exercising. It takes about one to three months for regular exercise to have an impact on your blood pressure. The benefits last only as long as you continue to exercise.

Check out our programs to keep you active and healthy!

GENTLE YOGA is held Tuesdays from **10-11 a.m.** Instructor Liana Abel has extensive experience in guiding you in this practice. The cost is \$5 per class.

STRONG FOR LIFE is held Tuesdays from 1:30-2 p.m. and is designed for those who have been inactive for an extended time. Chair exercises using a resistance band will increase your strength and overall health. You will receive exercise instructions and a resistance band to use at home. **This is a FREE class, and you MUST call to register at 618-234-4410, ext. 7030.**

ZUMBA GOLD/TONE! Designed for the active older adult and individuals of all physical abilities, this program is a fun way to get moving. Latin-style dance and music is used at a lower intensity than Zumba Basic classes. Sessions are held **Mondays from 9:30-10:30 a.m.**, or **Wednesdays and Fridays from 10:30-11:30 a.m.** Sheri O'Donnell is the instructor. The cost is **\$5 per class** or **\$20 for a five-class punch card.**

TAI CHI is offered **Mondays** (beginners) and **Tuesdays** (advanced) from **noon-1 p.m.** The cost is **\$5 per class.** Instructor Delores Gordon has been certified to lead Tai Chi for Arthritis, the Yang Ten Form, SHIBASHI, Tai Chi for wellness and other forms of this practice since 2002. Come and try out one session free to see if it fits your needs!

The cost to join the EXERCISE PROGRAM is **\$75 per year.** Included in your membership are the **Arthritis Foundation Exercise classes** at PSOP **Tuesdays** and **Thursdays** at **noon** and use of the **Roosevans Fitness Room** equipped with a treadmill, elliptical trainer, recumbent bike, dumbbells, exercise tapes and television.

Additional Group EXERCISE CLASSES:

- Smithton Senior Center meets Tuesdays and Thursdays at 9 a.m. FREE!
- St. Paul United Church of Christ, 115 W. "B" St., Belleville, meets Mondays at 10 a.m. in Heritage Hall. FREE!
- PSOP meets Tuesdays and Thursdays at noon. MEMBERSHIP REQUIRED

Fitness Room** is CLOSED during **Tai Chi and Yoga

RSVP

These are just a few examples of the volunteer assignments available. For information, contact Pat Etling at 618-234-4410, ext. 7012.

- **Tri-Cities Faith in Action** in Madison County needs drivers to take mature adults to doctor's appointments in St. Louis, Maryville or Belleville. Remember - gas and mileage for volunteering may be deducted from income taxes.
- **Project Compassion** is seeking receptionists and clerical support. Duties include answering the phone, providing information regarding programs and directing calls to staff.
- Let others know you care by helping at the **Collinsville Historical Museum.** Sharing your talents and skills for only a few hours each month will enable you to make a meaningful contribution to this wonderful site and to the Collinsville community.
- The **Madison County and St. Clair County Veteran's Assistance** commissions need volunteers to drive veterans to and from appointments at the VA medical centers: John Cochran and Jefferson Barracks. You can be part of the support team to meet the critical needs of the veteran population in Madison County.
- **Mothers Against Drunk Drivers (MADD)** is looking for volunteers to help with the Court Monitor Program. Volunteers will be trained to observe the court system and collect information in drunken driving cases. The time commitment can be weekly, bi-weekly or monthly.
- **Collinsville Faith in Action** is seeking volunteer support to provide transportation for seniors and disabled adults to medical appointments, grocery shopping, banking, etc. All that's needed is a vehicle and a caring heart. Your efforts will touch the lives of the care receivers and make them feel safe.
- If you are interested in educating and helping the growing number of adults turning 65 with Medicare choices, consider becoming a volunteer trained in **SHIP (Senior Health Insurance Program)** at Collinsville Faith in Action. Training is provided.
- The **Greater St. Louis Air & Space Museum in the historic Curtis Wright-Hangar Two at the St. Louis Downtown Airport (Cahokia)** is in need of several volunteers to be docents at the museum. Duties include, but are not limited to, greeting visitors and changing displays. Come take pleasure in this aviation history environment, which is sure to be a fulfilling experience.

ALTERNATIVE TRANSPORTATION SYSTEM (ATS)

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. You can inquire about the ATS program by calling 618-239-0749.

ACTIVITIES & TRAVEL

Unless otherwise noted, the following activities are held at PSOP, 201 N. Church St., Belleville.

For information about any activity, call 618-234-4410, ext. 7042 (Melissa).

Golf League • Mondays & Wednesdays, 8:30 a.m.

Yorktown Golf Course in Belleville
Arrive by 8:30 a.m., tee time-9 a.m.; cost is \$7 to golf 9 holes
Monday league: Lovey Veath at 618-416-5825
Wednesday league: Pat Hrasky at 618-781-0551

Chess • Mondays, 10-11:30 a.m.

Bridge • Tuesdays, 8:30-11:30 a.m.

Tuesday Lunch • 11:30 a.m. • \$5

For lunch reservations, call 618-234-4410, ext. 7015, then press 2 by Monday at noon.

Tuesday Activity • noon

June 6 - Table Games

June 13 - Table Games

June 20 - Lunch with a Doc

June 27 - Table Games

Pinochle • Tuesdays, 1:30 p.m., & Thursdays, 9 a.m.

If you are an old pro or a new beginner, this is a friendly group to play with. Come join us!

Beginner Pinochle Lessons • Fridays, 1 p.m.

Would you like to learn to play pinochle? This beginner class starts Friday, June 2. Call Melissa at 618-234-4410, ext. 7042 so we can save you a seat.

Line Dancing • Wednesdays, 1:30-3 p.m.

This is a large, fun, full of laughs and energetic group! They always welcome a new dancer.

Book Discussion Group • June 8, 11 a.m.

Papa Vito's on Washington Street

This month we will make book selections for 2017-18.

Thursday Lunch • 11:30 a.m., \$5

For just \$5, you get a delicious homemade lunch and dessert made by our amazing volunteers right here in the PSOP kitchen. Come after card playing, stay for games or fitness.

For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.

Thursday Activity • noon

June 1 - Table Games

June 8 - Table Games

June 15 - Table Games

June 22 - Coloring & Conversation *We're also starting a*

Bunko group the 4th Thursday of every month. Come and join us for this fun game!

June 29 - Table Games

Art • Fridays, 9 a.m.

Bring your art supplies and join this group of artists who paint or draw and share ideas and suggestions.

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

All Aboard for Shiloh! – Shiloh Senior Picnic

Wednesday, June 7 • 10:30 a.m.-2 p.m.

Join us for dancing in Klucker Hall with the RSVP Orchestra, bingo in the pavilion, attendance prizes and fun! Lunch is \$5. Call 618-234-4410, ext. 7015, then 5 by Tuesday at noon.

Dog Days of Summer

Wednesday, June 21 • 10:30 a.m. - 2 p.m.

The RSVP Orchestra will play some red hot tunes at Klucker Hall in Shiloh. Lunch is \$5. Call 618-234-4410, ext. 7015, then 5 by Tuesday at noon. ***Dance is sponsored by Home Instead Senior Care.***

TO MAKE RESERVATIONS FOR THE FOLLOWING ACTIVITIES, CALL 618-234-4410, EXT. 7016.

Breakfast Club • Belleville Steak 'n Shake

Friday, June 2, 9 a.m.

We hope you'll join us for breakfast at Steak 'n Shake, 4320 W. Main St., in Belleville! Call ahead so we can save a seat for you!

Dine Around • Houlihan's • Tuesday, June 27, 5 p.m.

Join us at Houlihan's, 15 Ludwig Drive, in Fairview Heights, for some great conversation. If it's a nice evening, we might even sit outside on the patio. Call ahead so we can have a seat for everyone!

Streetwalkers: A Step Back in Time

Friday, June 23, 9 a.m.-3:15 p.m.

Our first stop will be at The Chirping Frog Antique Mall where you can find some vintage treasures. Then we'll enjoy lunch at the historic Ariston Café. Enjoy a family-style meal of pork loin, fried chicken, mashed potatoes and gravy, vegetable, salad, tea and coffee. After lunch, walk to the Route 66 Museum to view some interesting memorabilia. Then we'll stop at the Pink Elephant Antique Mall where you can look and shop for treasures and purchase a Twistee ice cream treat! Of course you'll have to have your picture taken by the Pink Elephant! Cost is \$58 per person and includes lunch at the Ariston Cafe and motor coach transportation. Deadline for reservations is June 9. Depart at 9 a.m. from the Shiloh Senior Center, 7 Park Drive, and return around 3:15 p.m.

Scott Field Centennial Celebration and Air Show

Friday, June 9, noon

We are celebrating the Centennial Celebration of Scott Field with a Preview Day at Scott Air Force Base. We'll see the Thunderbirds, Ariel Acrobatics of the U.S. Army Special Ops Black Daggers, Super Hornet Demo by the U.S. Navy TAC Demo Team and Tora Tora Tora. We will depart from the Shiloh Senior Center at noon. Cost is \$5 per person, which includes motor coach transportation and air show. Call Melissa at 618-234-4410, ext. 7042 for more information.

**THE FOLLOWING ACTIVITIES ARE HELD AT THE
SHILOH SENIOR CENTER, 7 PARK DRIVE.**

Games • Mondays, 10-11:30 a.m.

We are either playing Bunko or Dominoes. This is a fun, outgoing group that is very welcoming to new players! Come in and have some fun at the Shiloh Senior Center.

Pinochle/Card Games • Wednesdays, 10-11:30 a.m.

This is a cozy building with comfortable chairs. Come play pinochle with us!

DAY TRIP RESERVATION LINE

MAKE A RESERVATION: 618-234-4410, EXT. 7059

NOTE: If a reservation deadline has passed and you are interested in attending, check with Travel & Activities; occasionally someone cancels and there may be a seat available.

Travelogue • Thursday, June 1, 2 p.m.

Learn more about our September trip traveling down the Pacific Coast! This is a great trip so make sure you call to let me save you a seat! The session will be held at PSOP.

Route 66 in Illinois • Thursday, Sept. 7

Route 66 historian/educator Dough Schneider takes us to Springfield to explore the Route 66 sites, have lunch at Doc's Soda Fountain, explore Carlinville and enjoy a surprise or two! Cost is \$103 per person. Deadline for reservations is Aug. 7. Depart at 9 a.m. from the Belleville Schnucks on North Belt West, then a second pick-up in the Maryville/Troy area (if needed). Return at about 5 p.m. to Belleville.

Discover Hermann, MO! • Wednesday, Sept. 20

This guided tour will highlight Hermann Farm (a mid-1800s living history farm and village including horses and farm machinery), a history/city tour, behind-the-scenes tours of an apparel factory and a meat market, as well as free time. Cost is \$97 per person. Deadline for reservations is Sept. 1. Depart at 7:30 a.m. from the Belleville Schnucks on North Belt West. Return at about 7 p.m. to Belleville.

Memorials

For: **Pauline Danner**
From: Dr. Valerie Thaxton, SWIC Educational Employee
Council Local 6600

For: **Frank Verdu**
From: Dr. Valerie Thaxton

METRO PASSES - NEW LOCATION

The location where Metro passes are issued has moved to 27 N. Illinois St. in Belleville (the former LIHEAP building). Passes are issued the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking and the entrance is behind the building.

EXTENDED TRAVEL

Unless otherwise noted contact Nancy Bauer at ext. 7020 for more information about any of these exciting trips.

Cardinals vs. Royals in Kansas City • Aug. 6-9

It's "all aboard!" in downtown St. Louis for our Amtrak ride to Kansas City! We stay three nights and enjoy delicious food and The Million Dollar Quartet at New Theatre Restaurant, tours, shopping and two Royals games against the Cardinals. Cost is \$929 per person for double occupancy or \$1,095 for a single. Full payment due June 2. Call Nancy for a flier!

Pacific Coast Adventures • Sept. 14-22

Fly from St. Louis to Seattle and motor coach down the coast through Portland to Crater Lake, the Redwood Forests and end in San Francisco. There is LOTS to see and do! Cost is \$3,349 per person per double occupancy and includes flights, 11 meals, airport transfers and travel insurance. Call Nancy for a flier!

Branson • Nov. 8-10

This trips includes two nights lodging, motor coach transportation, four meals (two breakfasts & two dinners) and admission to five fabulous Branson shows: Dublin's Irish Tenors/Celtic Ladies, Million Dollar Quartet, Brett Family Show, Liverpool Legends and Showboat Branson Belle. Cost is \$389 per person, double occupancy. Contact Melissa at ext. 7042.

Magical Christmas Markets • Nov. 25-Dec. 1

The German Christmas markets are iconic for their crafts and glass ornaments. Unpack once as we discover Germany and Austria from our base in Innsbruck. We tour the towns of Innsbruck, Seefeld, Munich, Salzburg and Oberammergau. Visit a filming location for The Sound of Music and have plenty of time to shop in the wonderful small shops in all the towns. Cost is \$3,299 a person (double occupancy) or \$3,649 (single) if deposit is made by May 16. Full payment is due on/before Sept. 15. Price includes all air, hotel, travel insurance, all gratuities, six meals and airport transfers to/from Lambert International Airport. Call for a flier!

Visit us online! swic.edu/psop

SAVE THE DATE!

**Oct. 5 – Historic Hotels
Dec. 15 – St. Louis Symphony**



**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. Waiting lists vary by location. Residents pay 30% of monthly income (after deductions) toward rent, up to a maximum rent established by location (ranges from \$270-\$464). **Call 618-277-3290, ext. 7064 (Gloria), or 7061 (Cutha).**

Trip and/or Activities Registration Form

*I have reviewed the Activities & Travel Registration, Cancellation & Refund policy.
I understand that I will be required to sign a Travel Waiver & Release form.*

Name: _____ Phone: _____

Address: _____ City: _____ State/ZIP: _____

Date of Birth: _____ Email: _____

In Case of Emergency Contact: _____ Phone: _____

Trip/Activity _____

Trip

Date

Price

Pick-Up Point

MAKE CHECK PAYABLE TO: **SWIC-PSOP** (SEPARATE CHECKS FOR EACH EVENT PLEASE)

MAIL THIS FORM WITH CHECK TO: PSOP Attn: Activities/Travel, 201 N. Church St., Belleville, IL 62220

Travel & Activities Reservation/Cancellation Policy

To make a reservation for a day trip, please dial the extension listed with the trip description. The recording will ask you to give your name and phone number, the date and name of the trip, and the names of people you are making reservations for. You will then be given seven days to complete the registration form and mail it or bring it to the Activities & Travel Office along with your payment. Any payment not received within 7 days will result in your reservation being cancelled.

If a cancellation is received before the reservation deadline, then a full refund will be given. If the cancellation is received after the reservation deadline and a replacement is found, then the 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 nonrefundable tickets.

PSOP Newsletter Subscription Form

One-Year Subscription: \$6

Your expiration date is on your mailing label.

If you have any questions about your subscription, please call 618-234-4410, ext. 7032.

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with \$6 to:

PSOP Newsletter
201 N. Church St., Belleville, IL 62220

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ New Subscriber: Yes _____ No _____

PSOP programs you currently participate in: _____

Programs and Services for Older Persons

TAKE ME OUT TO THE BALL GAME!



Family (three generations of the Smith family) and friends enjoyed a recent trip to see a Cardinals game, sponsored by PSOP Activities.

Mailing prepared by RSVP Volunteers

Southwestern Illinois College Board of Trustees: Chair Nick J. Mance, Cahokia; Vice Chair Richard E. Roehrkas, Red Bud; Harry A. Briggs, Ph.D., Granite City; John Blomenkamp, Freeburg; Robert G. Morton, O'Fallon; Philip L. Smith, Collinsville; Eugene Verdu, Belleville; Student Trustee Oscar Rodriguez, Collinsville

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