

September



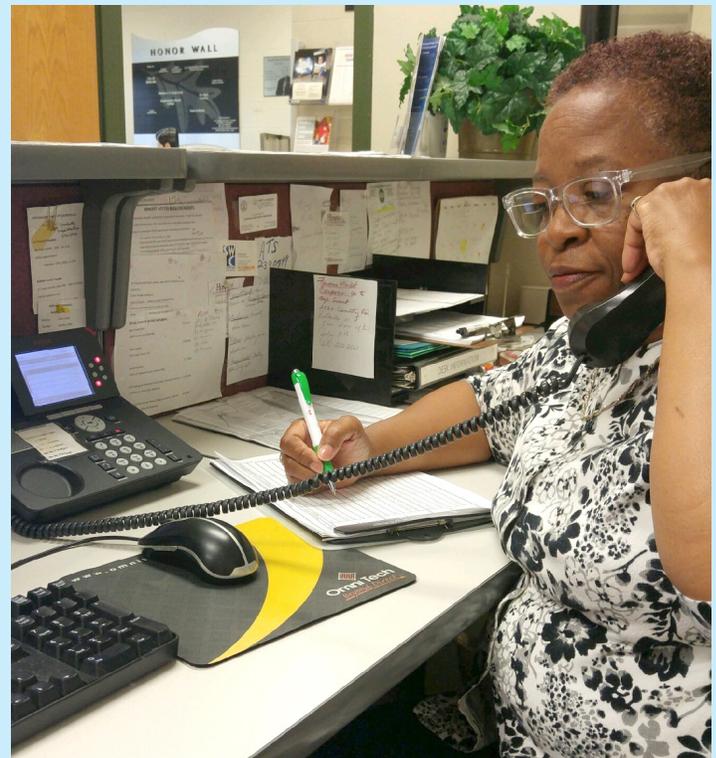
2018

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

RESOURCE CENTER IS NOW MAKING APPOINTMENTS FOR MEDICARE OPEN ENROLLMENT



Beverly Long, Receptionist through Caritas' SCSEP Program, helps Deb Craig make an appointment.



Felice Petty, Receptionist through Caritas' SCSEP Program.

Open enrollment for Medicare is Oct. 15 – Dec. 7, 2018.

This is a perfect time to make sure your Medicare Prescription Drug Plan or Medicare Advantage Plan is still the most cost efficient option. Please call to make an appointment for a Medicare Plan comparison with one of the Senior Health Insurance Plan (SHIP) counselors.

In addition to Medicare programs the Resource Center also assists with:

- Benefit Access (license plate sticker discount) applications
- Energy Assistance (LIHEAP) applications
- Tax Freeze applications from the St Clair County Assessor's Office

Services provided by partner organizations include:

- Veterans Affairs Services
(Monday mornings by appointment only)
- Nurse from Memorial Hospital
(Tuesday mornings, no appointment needed)
- Land of Lincoln Legal Services
(Wednesday mornings by appointment only)

PSOP is also pleased to partner with Senior Services Plus whose representative provides all the above services and additional information and assistance throughout St Clair County.

For an appointment/information call 618-234-4410, ext. 7033.



SEPTEMBER 11TH NATIONAL DAY OF SERVICE AND REMEMBRANCE

HONOR 9/11 DAY WITH AMERICAN TRADITION OF SERVICE

September 11 is a day of history, emotion, and reflection. For many Americans it is also a day of service that provides an opportunity for citizens to put into action a shared belief that by joining our neighbors and local leaders we can make our country stronger and better for decades to come. September 11 was designated a national day of service by Congress in 2009. The Corporation for National and Community Service leads the annual event, working with 911Day.org and hundreds of business, nonprofit groups, faith-based organizations, and schools nationwide. This year, thousands of volunteers of all ages and backgrounds in both rural and urban communities are expected to join their neighbors in delivering meals, repairing homes of veterans and military families, refurbishing schools and community centers, preparing care boxes for the military and first responders, collecting food and clothing, signing up as mentors, reading to children, and more.

Here in our community we will support and honor veterans, soldiers, military families, and first responders, by holding a food drive. Throughout the month of September PSOP, the Senior Corps Volunteer Programs, as well as SWIC AmeriCorps will partner to give you an opportunity to do for others by donating food items to local food pantries. PSOP welcomes non-perishable food items to be dropped off by the receptionist desk in the designated food container. If you have questions concerning the food drive, please call the Senior Companion Program at 618-234-4410, ext. 7036.

AVOID CONFUSION: LET OTHERS KNOW WHAT YOU WANT.

Advance care planning is a very important topic that shouldn't be ignored. No matter what your age, a medical emergency could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want.

Advance care planning includes:

- Getting information on the types of life-sustaining treatments that are available.
- Deciding what types of treatment you would or would not want should you be diagnosed with a life-limiting illness.
- Sharing your personal values with your loved ones.
- Completing advance directives to put into writing what types of treatment you would or would not want – and who you chose to speak for you - should you be unable to speak for yourself.

Come and learn about the types of decisions that need to be made and see how that is spelled out legally for both your family and your healthcare providers by attending the Senior Companion Program on Wednesday, Sept. 26 at 9 a.m. Please RSVP to Charla at 618-234-4410, ext. 7095.

MATTER OF BALANCE

This **FREE** program will begin **Sept. 14** and run for eight weeks.

FRIDAYS • 10 A.M. - NOON
PSOP • AUDITORIUM

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

*Register by calling 618-234-4410, ext. 7035. It is highly recommended that you attend all 8 sessions.

FREE AMPLIFIED PHONES

Hard of hearing, late deafened, deaf, deaf-blind or speech-disabled individuals may be eligible for a FREE amplified phone.

Eligibility requirements for an ITAC amplified phone are:

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

* once every three years

* those with cell phones are also eligible for a free amplifier

PSOP is a selection/testing center for the Illinois Telecommunication Access Corporation amplified phone program. For information, call 618-234-4410, ext. 7024, 7012 or 7040.

The 2018 Illinois Secretary of State Mobile Unit dates have been set for Wednesdays:

Oct. 10 • Dec. 12

Services provided to seniors 55 and older include: driver's license renewals (including vision test, road test, and written exam, if required.) Other services include: state ID cards and vehicle registration renewals.

Appointments required for all services.

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

Mobile Unit Hours: 10 a.m. - 1:40 p.m.

Please call 618-234-4410: Melissa (ext. 7042) or Theresa (ext. 7043) for questions or to make an appointment.

PSOP Resource Center Services

PSOP/Resource Center accepts donations of gently used medical equipment (canes, walkers, wheel chairs, etc.) for our loaner program. Please call Marsha at ext. 7035 for more information.

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, LCPC at ext. 7039
-

Alzheimer's Association Caregiver Support Group

Sponsored by the Alzheimer's Association, PSOP hosts a monthly support and education meeting for those who are caregiving for someone with Alzheimer's disease or a related dementia. Meetings are held the 2nd Tuesday of most months at 2:30 pm, at PSOP. This meeting is intended for caregivers-only to attend. For more information about the meeting, or for an individual counseling and resourcing appointment related to dementia caregiving, please call Jodi at 618-234-4410, ext. 7031.

Parkinson's Support Group

This support and educational meeting, sponsored by the American Parkinson Disease Association, is held at PSOP on the second Monday of most months at 1:30 p.m. Any one affected by Parkinson's Disease is welcome to attend.

For more information about the meeting, the APDA, or for an individual resourcing session, please call Jodi at 618-234-4410, ext. 7031.

Mindfulness Group • Sept. 12 • 10 a.m.

The Older Adult & Caregiver Counseling program provides an anxiety education group for those struggling with the stress life can sometimes bring. This group will use "Mindfulness," a technique that teaches focus and relaxation techniques. The group will be held the second Wednesday of each month at 10 a.m.; this month's session will be held on Sept. 12. Contact Tanya Koelker, MA, LCPC, at 618-234-4410, ext. 7039 for more information!

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 9 a.m. - noon.

Call 618-234-4410, ext. 7033 to make an appointment.

SENIOR FOOD BOXES

PSOP is partnering with the St Louis Area Food Bank to provide monthly senior food boxes. Participants must be at least 60 years of age and lower income. For further details or see if you qualify, call Marsha at 618-234-4410, ext 7035.

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

Wednesdays, 9 a.m. - noon • By appointment only

Call 618-234-4410, ext. 7033 to make an appointment.

Nurse Available at PSOP!

Barbara Bell, RN, from Memorial Hospital will be available to check blood pressure, blood sugar, cholesterol, medication review or any other health topic you are concerned about on Tuesday mornings from 9 a.m. - noon in the Resource Center. No appointment needed.

Living with Memory Loss

The Older Adult Counseling Program and the Alzheimer's Association provide education and support programs for those diagnosed with memory loss or a dementia. Brain health, independence, safety, and life satisfaction are our topics of discussion. For information about upcoming programs, or for an individual counseling and resourcing appointment, please call Jodi at 618-234-4410, ext. 7031.

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 Mon., Tues. and Wed. • 9 a.m. - noon
Call 618-234-4410, ext. 7033 to make an appointment.

SERVING VETERANS OF ST. CLAIR COUNTY

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.

By appointment only • Mondays from 9 a.m. - noon

Call 618-234-4410, ext. 7033 to make an appointment.

SHARING STORIES ABOUT FAMILY HISTORY

Do you have stories you'd like to share about your life and family history: about growing up, your first car, special friends or pets and many more topics? Share your reminiscence with others at this guided story sharing program hosted by The Family Historian Journal, published by One Legacy. Your story might be selected for a future issue of the journal! Group size is about 10 people. Join us for one or all of these sessions: Sept. 10, Oct. 8, and Dec. 10 from 1-2:30 p.m. at PSOP.

Visit www.onelegacy.com or call 618-960-7252.



SEPTEMBER 2018

Monday

Tuesday

3

CLOSED FOR LABOR DAY

4

Bridge, 8:30-11:30 a.m.
Breakfast Club, Moore's Restaurant,
 9 a.m.
Yoga, 10-11 a.m.
Lunch & Learn,
 9 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
 at the Nichols Center

Change of Metro Pass Location

The location where the Metro passes are issued has temporarily changed to 19 Public Square while renovation is being done at 27 N. Illinois St. in Belleville. Passes are issued the first and third Wednesdays of the month from 9 a.m. to 3 p.m. Parking is available behind the building.

10

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.
Guided Story Sharing, 1-2:30 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

11

Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Table Games,
 10 a.m. - 1:30 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
 at the Nichols Center

17

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

18

Bridge, 8:30-11:30 a.m.
Yoga, 10-11 a.m.
Lunch & Doc,
 9 a.m. - 2 p.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
 at the Nichols Center

24

Chess, 10-11:30 a.m.
Ballroom Dancing, 11 a.m. - noon
Tai chi (beginner), noon - 1 p.m.
Euchre, 12:30-3 p.m.

SHILOH SENIOR CENTER
Games, 10 a.m.

25

Bridge, 8:30-11:30 a.m.
Lunch & Table Games
 10 a.m. - 1:30 p.m.
Yoga, 10-11 a.m.
Tai Chi, noon - 1 p.m.
Exercise, noon - 1 p.m.
Pinochle, 1:30-3:30 p.m.
Bridge, 5-8 p.m.
 at the Nichols Center

Renew your newsletter
 at least one month before
 the expiration date listed on
 your label.

Change your address
 if you move.

Access this newsletter
 at swic.edu/community/
 senior-programs/psop.

PSOP RECYCLES:

Aluminum cans
(supports Advocacy Dept.)

Cellphones
*(supports Cellphones for
 Soldiers)*

Old shoes
(Waterman Project)

AARP Driver Safety Class

Tues. & Wed., Oct. 23 & 24
 9 a.m. - 1 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 618-234-4410, Melissa (ext. 7042)
 or Theresa (ext. 7043) to register.

LUNCH WITH THE DOC

Tuesday, Sept. 18
 11:30 a.m.

St. Elizabeth Hospital
 RSVP call 618-234-4410,
 ext. 7015 press 2

Wednesday**Thursday****Friday**

5 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

6 Pinochle, 9-11:30 a.m.
Lunch & Special Event:
"What I did This Summer!"
 10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

7 Art, 9-11:30 a.m.
Lunch Bunch, Bella Milano,
 11:30 a.m.
Canasta, 12:30-3:30 p.m.

12 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.
Dine Around, Hofbrauhaus, 5 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

13 Pinochle, 9-11:30 a.m.
Book Discussion, 10 a.m.-11:30 a.m.
Lunch & Special Event:
"What I did This Summer!"
 10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

SHILOH SENIOR CENTER
Dance, "High Rollers",
 10:30 a.m. - 1:30 p.m.

14 Art, 9-11:30 a.m.
Men's Club, 11 a.m. - 1 p.m.
Canasta, 12:30-3:30 p.m.

19 Crochet/Basic Knitting, 9-11:30 a.m.
Dance, Oktoberfest,
 10:30 a.m. - 1:30 p.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

20 Pinochle, 9-11:30 a.m.
Lunch & Table Games,
 10 a.m. - 1:30 p.m.
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

21 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

26 Crochet/Basic Knitting, 9-11:30 a.m.
Line Dancing, 1:30-3 p.m.

SHILOH SENIOR CENTER
Pinochle/Card Games, 10 a.m.

27 Pinochle, 9-11:30 a.m.
NO LUNCH OR TABLE GAMES
Exercise, noon - 1 p.m.
Hand & Foot, 1:30-3:30 p.m.

28 Art, 9-11:30 a.m.
Canasta, 12:30-3:30 p.m.

COUNTRY WESTERN BAND

6th – Okawville

13th – Shiloh

20th – O'Fallon

27th – Collinsville

RSVP ORCHESTRA

5th – Moose

12th – Caseyville - SCCOOA

19th – Belleville

26th – Okawville

Wellness Activities

GENTLE YOGA* is held Tuesdays from **10-11 a.m.** Instructor Joyce Herman has extensive experience in guiding you in this practice. The cost is \$5 per class. Please call Joyce at 618-980-2278 for information.

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!

***Fitness Room CLOSED during Tai Chi and Yoga.**
** No advance registration is required for either activity; payment is due directly to the instructor at time of activity.

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.

SUPPORT PSOP – SAVE OUR ENVIRONMENT!

When you purchase a “Giving Bag” from Fresh Thyme, \$1 can be donated to PSOP. All you have to do is specify SWIC – Programs and Services for Older Persons upon following the instructions on the Giving Tag. If after purchasing a bag (or two or three), you need assistance, please call Cheryl at 618-234-4410, ext. 7023 with the 6 digit code from each bag!

GRIEF SUPPORT GROUP

Monday, Sept. 17, 10-11:30 a.m.
201 N. Church St.

Call 618-234-4410, ext. 7044
for more information.

*Sponsored by the St. Clair County Office on Aging
and the St. Clair County 708 Mental Health Board*

RSVP

**A friendly reminder for all of our RSVP volunteers:
*PLEASE sign your timesheet and have your supervisor
sign when possible***

**Take a look at some of the assignments
available this month!**

- **Tri City Faith in Action** in Granite City and Collinsville is seeking volunteers to transport seniors to doctors' appointments and to visit the elderly in their homes as “Friendly Visitors” or Friendly Phone Callers for one hour per week. (Background checks required and provided)
- **Arlington Wetlands** is a nature preserve located in Pontoon Beach. The preserve needs support in the areas of general maintenance, identification and removal of nonnative species and the placement of interpretive signs. Hours are flexible. This assignment has limitless opportunities for the environmentalist at heart.
- **Lebanon's Winter Wonderland** is seeking volunteers to help with the community winter holiday display. Several opportunities for volunteerism are available: Setup, assembly of displays, and greeting visitors. Visit www.hornerparklights.com for prior year displays.
- **Calling all Veterans** - Madison County veterans need the support of other veterans. When mature adults give up driving, transportation to doctor's appointments, becomes a necessary. Won't you help the people who have helped make this country great.
- **Willoughby Heritage Farm** in Collinsville is seeking farmhands. Opportunities include working around the farm and conservation reserve (3 miles of trails) Wednesdays, 9 a.m. to 1 p.m. Lunch provided on Willoughby Workday Wednesdays. Other days available on an independent basis.
- **Habitat for Humanity – ReStore in Collinsville** is in need of cashiers, sales assistants and merchandisers. Any day (Tuesday through Saturday) 3-4 hour shifts available. The shop sells new and used building materials to the public at discounted prices. Experience with retail sales, home improvement or construction is helpful but not required. Training will be provided.
- Want to help with making school a positive experience? You can make a difference in the life of a child! **Harmony School Neighborhood Association** in Belleville needs help with mentoring, reading, or tutoring children. This assignment requires a background check (paid by the association). The group meets once a week. Children are our future!
- **Habitat for Humanity – Collinsville Chapter** has a request for volunteers to help with the building projects. Saturdays from approximately 8:30 a.m. to 2 p.m. Opportunities include: construction site coordinator, volunteer coordinator, and building site volunteers. If you have dreams of being a “Ty Pennington” here is your chance to create and help those with the dream of having a home of their own.

*For information on any of the above-mentioned assignments,
please contact Pat Etling at 618-234-4410, ext. 7012.*

Your dream volunteer situation is waiting for you!

HAPPY BIRTHDAY TO OUR VOLUNTEERS WHO ARE 90 OR OLDER IN SEPTEMBER

Betty E., Helen D. and Margarett P.

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).

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

Sep. 4 – Lunch & Learn

Sep. 11 – Lunch & Table Games

Sep. 18 – Lunch with the Doc

Sep. 25 – Lunch & Table Games

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

This group usually has thirty people or more all playing together and having a good time. Come join us!

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

Do you love to dance but don't have a partner? Do you find yourself facing the wrong wall when trying to join in? Well, Carol and Bob will have you ready for "Dancing with the Stars" in no time. Lessons are \$2 and well worth it.

Book Discussion Group • Thursday, Sept 13 • 10 a.m.

This month's selection is "**The Burden of Proof**" by Scott Turrow. Discussion leader is **Bonnie Gundlach**.

Men's Club • Friday, Sept. 14 • 11 a.m.

The Men's Club is back on track and begins this year's program with special guest Paul Cermak, a 21-year veteran of high school officiating, including four girls' and one boys' state tournament championship matches; son of former New York Giants minor league outfielder Tony "Ance" Cermak. Make your reservation for lunch by noon on Thursday the day before. Lunch is \$6.

Thursday Lunch • 11:30 a.m., \$5

For just \$5 you will get a homemade lunch made by our very own volunteers. They are always coming up with something new. Stay for fitness or table games or cards. **For lunch reservations, call 618-234-4410, ext. 7015, then press 4 by Wednesday at noon.**

Thursday Activity • noon

Sep. 6 - SPECIAL EVENT - What I Did on my Summer Vacation

Did you have a fantastic trip and want to tell people about it? Did you go on a cruise, travel through the mountains or go to a foreign country? Or on the other side, have you not been able to travel but would love to hear about other people's adventures? Then join the "What I Did on my Summer Vacation" discussion. If you would like a screen or DVD player, we have those. Or pass around your photo album. Call PSOP activities and let us know you are coming. Have lunch first, discussion afterwards.

Sept. 13 - Dance in Shiloh

Sept. 20 - Table games and lunch

Sept. 27 - NO LUNCH OR ACTIVITY

Art • Fridays, 9 a.m.

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

Canasta • Fridays, 12:30-3:30 p.m.

DANCES

Whether a dance is in Shiloh or at PSOP please call and make a reservation. It helps us keep an accurate count and keep our lunch price at \$5. Call 618-234-4410, ext. 7015 then press 5 and leave your name and number.

"High Rollers" Dance

Thurs., Sept. 13, 10:30 a.m. - 1:30 p.m.

Klucker Hall, Shiloh

Bring your Lady Luck and roll the dice for a good time at the dance. You can also play cards while listening to the great sounds of the Country Western Band. This dance is sponsored by First National Bank of Waterloo. Call 618-234-4410, ext. 7015 then press 5 for reservations.

"Oktoberfest" Dance

Wed., Sept. 19, 10:30 a.m. - 1:30 p.m. at PSOP

Let's have a Polka! Celebrate Belleville's German heritage with the RSVP Orchestra. Of Course, brats and sauerkraut will be served. Call 618-234-4410, ext. 7015 then press 5 for reservations.

The following activities are held at the Shiloh Senior Center

Games

Mon., 10-11:30 a.m.

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

Pinochle/Card Games

Wed., 10-11:30 a.m.

This is a cozy building with comfortable chairs; no cost to play. They always welcome new players.

Dance

Thurs., Sept. 13, 10:30 a.m. - 1:30 p.m.

"When You're Smiling" with the RSVP Orchestra

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

Breakfast Club - Moore's Restaurant

Tuesday, Sept. 4, 9 a.m.

Moore's is truly one of Belleville's great American diners. Where else can you get a great homemade breakfast for less than \$5, and have great people to sit and talk with? Located at 7309 Old St. Louis Road (across from the old Kmart). Please call Activities so we can save you a hot cup of coffee with us.

Lunch Bunch - Bella Milano

Friday, Sept. 7, 11:30 a.m.

How about Cajun Gouda chicken or crab-stuffed mushrooms for lunch? Bella Milano has an inviting, scrumptious lunch menu with a drink for \$11. Located at 455 Regency Park in O'Fallon. Call Activities to save a spot at the table.

**Dine Around – Hofbrauhaus
Wednesday, Sept. 12, 5 p.m.**

Celebrate Belleville's German heritage with bier and pretzels and a wonderful German band. Big wooden tables to dance on, music, and authentic German food. Located across from the Shrine at 123 Eugene Drive off of Hwy. 15. This one is popular, so it's very important to make a reservation with Activities. Call 618-234-4410, ext. 7042.

TRIPS

**Travelogue
Monday, Sept. 17, 2018**

Join us in the PSOP Auditorium for a presentation on our trip to Yellowstone in Winter, departing Feb. 12 and returning Feb. 17, 2019. The scenery is breathtaking, and the animals are active. This is the best time of the year to visit! The presentation begins at 1:30 p.m. Call Nancy at 618-234-4410, ext. 7020, and save your seat!

**This Used to Be St Louis
Tuesday, Sept. 18, 2018**

Author/Historian NiNi Harris introduces us to her newest book which is a fun trip through layers of Rivermen, French/German/Irish/Italian/Greek immigrants who settled in St. Louis. We will follow the stories of individual streets, buildings and parks. Examples are: a church, now a house; a WWII manufacturing plant, now lofts; a cemetery, now a park. I don't know what surprises we will see, but it will be very interesting! Cost is \$77 per person and includes lunch at Stacked Burger Bar. There is limited walking. Deadline for reservations is NOW. Depart 8:30 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5 p.m. to Belleville.

**What's in Our Backyard?
Monday, Sept. 24, 2018**

We travel the Old National Road stopping at unique places. Try the cheese at Marcot Jersey Creamery and meet the cows. Then to Greenup, the town of porches and antiques. Lunch will be in Casey at the Whittling Whimsy next to the world's largest wind chime. Main Street in Casey is lined with Guinness Book of Record's world's largest items. On the way home we stop for Mile High Pie! Cost is \$79 per person and includes lunch, pie and services of Joan Huisinga. There is limited walking. Deadline for reservations is Sept. 5. Depart 8am from the Schnuck's on North Belt West, Belleville. Return about 5:30 p.m. to Belleville.

Memorials

- For:** Margaret Lampley
From: Cheryl & Mark Brunsmann
- For:** Phylis Buehler
From: Evelyn Hammel
- For:** Aurelia "Mickey" Hoffmann
From: Cheryl & Mark Brunsmann
- For:** Mary Cahnovsky
From: Cheryl & Mark Brunsmann

IN HONOR OF:

- For:** Sister Gabrielle Rowe
From: Mariva Scherck

**Isle Casino Cape Girardeau
Wednesday, Oct. 3, 2018**

We head to one of our favorite casinos where we had three \$200-plus winners on our last trip. Price includes \$5 cash from the casino and a meal voucher for the buffet. Must be at least 21 years of age and must present a valid driver's license, passport, or state-issued non-drivers ID at casino check-in. Please put your Fan Club players number on the reservation form, if you have one, and birthdate. Cost is \$45 per person. Deadline for reservations is Sept. 11. Depart 7:45 a.m. from the Schnuck's on North Belt West, Belleville, followed by a pick-up in Red Bud (if needed). Return about 6 p.m. to Belleville.

**What goes Bump in the Night?
Tuesday, Oct. 23, 2018**

We hear stories at the Payne-Gentry House before heading to St. Charles to hear haunting stories as we walk among some of the buildings and drive through Lindenwood University. There will be time to shop! This is an easy walking and driving trip. Cost is \$75 per person and includes lunch, service of Joan Huisinga, and entrance fees. Deadline for reservations is Oct. 3. Depart 8:15 a.m. from the Schnuck's on North Belt West, Belleville. Return about 5:30 p.m.

**Christmas at the Symphony
Friday, December 21, 2018**

Same boxed seats and same restaurant you raved about last year, Lucas Park Grille! Seating is limited to 100, and this sells quickly. Cost is \$107 per person and includes a performance ticket and lunch. Please state if you want chicken pasta, grilled salmon or grilled steak. Deadline for reservations is Nov. 2. Depart 10:30 a.m. from the Schnuck's on North Belt West in Belleville and at 10 a.m. from the Caseyville Township Center in Fairview Heights. Return about 6 p.m. Please state with whom you wish to sit.

HOLD THE DATE!

- Dec. 10 – Lights & House Tour**
Feb. 12-17, 2019 – Yellowstone in Winter
June 18-28, 2019 – Scotland and Northern Ireland

LOOK FOR US ON THE WEB BY VISITING

swic.edu/community/senior-programs/psop/



**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).**

**LUNCH AND LEARN
Tuesday, Sept. 4, 11:30 a.m.**

Memorial Network
RSVP call 618-234-4410, ext. 7015 press 2

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
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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

Subscription: \$10 for 1 year; \$6 for 6 months

To continue receiving the PSOP newsletter, fill out the attached subscription form and mail with your payment to:

Your expiration date is on your mailing label.

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

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

PSOP FILLED THE TOM SAWYER RIVER BOAT ON JULY 4 TO CELEBRATE THE U.S.A.'S BIRTHDAY!



RSVP Secretary, Connie Kaiser, helped us on this sold-out trip!



Nancy Bauer, PSOP's Group Travel Specialist & son, Ben



SCP Clerk, Vanessa Webb, enjoyed helping on this event!

Mailing prepared by RSVP Volunteers