

# St. Clair County Office on Aging

201 North Church St., Belleville

January/ February 2025

## **HAPPY NEW YEAR! PLEASE CHECK WITH YOUR INSTRUCTOR FOR ANY UPDATED SCHEDULES.**

Unless otherwise noted, events are held at 201 North Church St. Belleville.

To register for any event, call 618-234-4410, Mary ext. 7034 (mblaies.stclairaging@yahoo.com) or Susan ext. 7044 (spflug.stclairaging@yahoo.com) **We look forward to having you join us!**

**SENIOR MEAL PROGRAM** – We are currently accepting applications for the 2025 grant funded meal program. Your meal/meals are to be picked up on Tuesdays at 11:30 at our office. To qualify for a free lunch you'll need to provide the required documentation and be below 2025 income guidelines. We are waiting for the guidelines to be provided but anticipate (1 person - less than \$ 2480/30 day income) Interested but not sure if you qualify? Contact our office to find out more about the program or to obtain an application

**VALENTINE'S TRIVIA** – Friday, February 7, 10:30 a.m. Our last trivia event was so much fun, we're doing it again! We're celebrating Valentine's Day a little early. Join us for this special **LOVELY** trivia event. Then stay and enjoy a light lunch with friends. Register up to 6 at a table. \$2 per person. Register by February 4. Want to join the fun but don't have a table? Call us and we'll seat you at one of our open tables. Call 618-234-4410, ext. 7044 or 7034.

**GREETING CARD DESIGN CLASS** – Monday, January 27 and February 24 at 11:30 – 12:30 a.m.

Materials/supplies provided for 2 cards for \$5. Call to reserve your spot, 618-234-4410, ext. 7034.

**SAVE THE DATE.... ALL ROADS LEAD TO HOME...** March 21, 10 a.m. – Noon. Questioning whether or not it's time to downsize, bring in supportive services or move to assisted living? Is it time to leave the driving to someone else, and who would that be? PSOP and the St. Clair County Office on Aging will provide you the opportunity to ask those questions with agencies and business in the area all in the same place. More details to come.

## HEALTHY CONVERSATIONS

**"GET MOVING IN THE NEW YEAR"** Wednesday, January 15, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. – FAQs for Seniors on how to safely stay/start physical active presented by HSHS St. Elizabeth's Hospital Physical Therapy. Reservations required and accepted until January 13 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

**"DEPRESSION/ANXIETY IS NOT A NORMAL PART OF GROWING OLDER"** Wednesday, February 19, 10:30 – 11:30 a.m. Check -In 10:15 – 10:30 a.m. –Presented by Lori James, RN, BSN, HSHS Senior Renewal Program Director. Reservations required and accepted until February 17 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

**ZUMBA GOLD** - Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. This class keeps you moving and grooving! \$5 per class. Swansea Moose, 2425 N. Illinois Street, Swansea **(No session 1/1, 1/20 and 2/17)**

**MAHJONG** – Fridays at 12:30 p.m. Join our group and play this popular tile game! Fridays at 12:30 p.m. American version.) Call 618-234-4410, ext. 7034 or 7044 for more information.



**EXERCISE CLASSES** – Tuesdays and Thursdays from 10:45 – 11:45 a.m. Check in: 15 minutes before start of class Tracie Renschen leads this exercise class to focus on strengthening the various muscles of the body, helping with balance and arthritis. Cost is \$3 per class.

**YOGA GOLD** - Mondays and Thursdays, 10:30 – 11:30 a.m. This 60-minute class which offers traditional yoga poses and breath work. 3 classes for \$25 or \$10 drop in per class. St. Paul UCC, 115 West B St., Belleville. **(No session 1/1 and 1/20)**

**SUPER SIZE BADMINTON** – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville. For more information, Call Mary at 618-234-4410, ext. 7034.

**“SILVER BEAT” DRUM FITNESS** – Tuesdays, 12 – 12:30 p.m. Using drumsticks, an exercise ball and stand, this is a fun workout. Need more information? Call 618-234-4410, Ext. 7034 (Mary) or 7044 (Susan)

#### **NOTE PICKLEBALL SCHEDULE CHANGES EFFECTIVE 1/1/25**

**SLOW PACED PICKLEBALL** – For seniors who know how to play but prefer a recreational, easy volley style. Wednesdays 11 a.m. - Noon at Nichols Center, 515 East D St, Belleville. **(No session 1/1 and 1/20)**

**SENIOR PICKLEBALL** – Regular play for seniors. Mondays and Wednesdays from 9 a.m. – 1 p.m. at St. Paul's UCC, at St. Paul's UCC, 115 West B St., Belleville. **(No session 1/1, 1/20 and 2/17)**

**SLOW PACED LINE DANCING** – Mondays from 12:15 – 1:45 p.m. Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois Street, Swansea **(No session 1/1 and 1/20)**

**GRIEF SUPPORT GROUP** - Third Monday of each month from 10 – 11:30 a.m. Diana Cuddeback, LCSW, with Heartlinks Grief Support Center facilitates this peer grief support group for older adults who have lost a loved one. Learning about the grief process and being with others who understand helps! **January meeting is January 13.**

**FAMILY TIES PROGRAM** - The second and fourth Mondays of the month, from 9:30 – 11:30 a.m. Volunteers make no-sew, tie blankets for Family Hospice patients and loved ones.

Visit us on Facebook <http://www.facebook.com/StClairCountyOfficeOnAging>

**The PSOP building is closed January 1 and 20 and February 12.**

## **St. Clair County Office on Aging**

**TEMP-RETURN SERVICE REQUESTED**

**10 Public Square**

**Belleville, IL 62220**