

St. Clair County Office on Aging

201 North Church St., Belleville

January/February 2026

“HAPPY NEW YEAR!” IF NEW TO AN ACTIVITY, CHECK WITH OUR OFFICE 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, Susan ext. 7044 (spflug.stclairaging@yahoo.com) We look forward to having you join us!**

MEMOIRS CLASS – Thursdays, Noon – 2 p.m. January 15 – February 19 (PSOP building closed on February 12) We all have a life story to tell! Instructor and author Diane Earhart will lead this FREE class to help you write your life story, a treasured gift to your family and a bridge between past and present. This class prompts a lot of discussion as people read their stories. It is for new students as well as those who attended our earlier sessions. Call 618-234-4410, ext. 7044 to register.

GREETING CARD DESIGN CLASS – 4th Mondays, January 26 & February 23 at 11:30 – 12:30 a.m. Debby Willis, owner of Cards by Debby, will provide materials/supplies to make 1 designer \$5.00. Call to reserve your spot, 618-234-4410, ext. 7044

BEGINNER EAST COAST SWING DANCE LESSONS WITH AL - Mondays, 2 p.m., February 2 – February 23. 45 minutes of instruction/15 minutes practice to music. Free. Please call 618-234-4410 ext. 7044 to register.

PINK PARTY – Wednesday, February 11, Noon – 1:30 Do you know someone who has been affected by Breast Cancer? This is a great way to honor them! We have a limited number of tickets to this event which supports Breast Cancer Research and will be held at Three Sisters Crafts in O'Fallon. Your **\$25** ticket includes: \$20 donation to BCRF, prizes, games raffles, snacks & more! Call Susan at 618-234-4410, ext. 7044 to reserve your seat.



EARLY LUNG CANCER DETECTION: THE IMPORTANCE OF REGULAR SCREENINGS, January 21, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenter: Lindsay Stuehlmeier, APRN, Pulmonology, HSHS Medical Group. Reservations required and accepted until January 19 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

THE IMPORTANCE AND BENEFITS OF PHYSICAL THERAPY AS YOU GROW OLDER, February 18, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Matthew Haas, PT, HSHS St. Elizabeth's Hospital. Reservations required and accepted until February 16 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 Jan. 19, Feb 16)

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. (No class Feb.12)

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. 7044 for more information. **(No session Jan. 2)**

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville. For more information, Call Susan at 618-234-4410, ext. 7044

“SILVER BEAT” DRUM FITNESS – Tuesdays, 12 – 12:30 p.m. **(No session January 13)** Using drumsticks, an exercise ball and stand, this is a fun workout. Need more information? Call 618-234-4410, ext.7044 (Susan)

SLOW PACED PICKLEBALL – For seniors who know how to play but prefer an easy volley style. **Wednesdays 11 a.m. – 1 p.m. Westview Church, 2500 Sullivan Dr. Swansea, for the summer. \$3 per session)**

SENIOR PICKLEBALL – Regular play for seniors. **Mondays and Wednesdays from 10 a.m. – 1 p.m. at Westview Church, 2500 Sullivan Dr. Swansea. \$3 per session. (No sessions Jan 19 & Feb 16)**

GRIEF SUPPORT GROUP - Second 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.

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.

RIDE FREE METRO PASSES – Seniors age 65 and above, who live in contributing townships, or are Benefit Access approved clients with approved paperwork can obtain their free metro passes on Tuesday and Thursday from 9 a.m. – Noon at the Belleville Scheel Street Transit Plaza (Metrolink Station). If you need more information, call our office.

Visit us on Facebook <http://www.facebook.com/StClairCountyOfficeOnAging>
The PSOP building is closed January 19 and February 12

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220