

# 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** – 4<sup>th</sup> 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 Stuehmeyer, 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**

## St. Clair County Office on Aging

**TEMP-RETURN SERVICE REQUESTED**

**10 Public Square**

**Belleville, IL 62220**