

St. Clair County Office on Aging

201 North Church St., Belleville

January/February 2023

Happy New Year! If you are new to any of our programs, please register with us so you can be advised of any schedule changes. Unless otherwise noted, events are held at 201 North Church St. Belleville. Reservations are required to ensure social distancing needs. **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!**

MEET ME AT THE MOVIES! – We had so much fun the first time we're going to continue! We'll pick a movie, date and time and send an email to the group to buy a ticket. (If you need help we can help you.) Contact our office to get added to our list.

HEARTSTRINGS SCAMS – **Wednesday, February 8, 10:30 – 11:30.** Is that a scammer pulling at your heartstrings? Suzanne Phegley an investigator with FCB Banks will teach you how to spot a scam and overview steps to take if you are a victim. Reservations required and accepted until Feb. 6 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by FCB Bank.*

PINK PARTY – **Friday, February 10, 10 a.m. – noon.** 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 **\$20** ticket includes: \$15 donation to BCRF, attendance prize and goodie bag, 2 "make and take" pink crafts, Breast Cancer Bingo for prizes, Yummy pink refreshments. Call our office to reserve your spot.

SAVE THE DATES: St. Clair Sheriff's Police Academy, Wednesdays, March 22 – April 12

YOGA GOLD Certified Instructor Jessica Pollock resumes her 60-minute class which offers traditional yoga poses (sitting and standing) and breath work. Sitting in a chair instead of using a yoga mat is an option. **Mondays, from 10:30 – 11:30 a.m.** 3 classes for \$25 or \$10 drop in per class. This class is offered at St. Paul's UCC, 115 West B St, Belleville. **(No class January 2, 16 and February 20)**



“THE IMPORTANCE OF LUNG CANCER SCREENINGS” **January 18, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** – Learn why lung cancer screenings are important. Discussion will include information about scanning processes and procedures. Reservations required and accepted until Jan.16 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

“WOUND CARE” **February 15, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** – Preventative tips, wound treatment and foot health education. Reservations required and accepted until Feb.13 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

SENIOR MEAL PROGRAM – We are currently accepting applications for the 2023 meal program. To qualify for a free lunch you must provide the required documentation and be below the following income guidelines: (1 person - Less than \$2265/30 day income, 2 people - less than \$3052/30 day income) Contact our office to obtain an application.

RECREATIONAL BADMINTON – **Tuesdays, 9 – 11 a.m.,** Nichols Center, 515 East D St, Belleville. For more information, Call Mary at 618-234-4410, ext. 7034. **(Closed January 3)**

DRUM FITNESS – Tuesdays, Noon – 12:30 p.m. Using drumsticks, an exercise ball and stand, this is one of the most fun workouts you'll ever do! To make a reservation, call 618-234-4410, Ext. 7034 (Mary) or 7044 (Susan)

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.

SENIOR BEGINNER PICKLEBALL - This group is for beginners and meets on **Wednesdays from 9 – 11 a.m.** at Nichols Center, 515 East D St., Belleville. Call 618-234-4410, ext. 7034 to register. **(Closed Jan. 3)**

SENIOR RECREATIONAL PICKLEBALL – Mondays, Wednesdays & Fridays from 9-11 a.m. (No class 1/2,16 & 2/20) St. Paul UCC, 115 West B St., Belleville. Call 618-234-4410, ext. 7034 to register.

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

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. (No class January 16 & February 20) Mary Rose Grant leads this class that keeps you moving and grooving! \$5 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

SLOW PACED BEGINNER LINE DANCING – Mondays from 12:15 –1:45 p.m. (No class January 16 & February 20) Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

GRIEF SUPPORT GROUP - Third Monday of each month from 10 – 11:30 a.m. (Meeting in January is on the 23rd) Diana Cuddeback, LCSW, with Heartlinks Grief Support Center facilitates this peer grief support group for older adults who have lost a loved one. Grief is difficult. Learning about the grief process and being with others who understand helps!

FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 – 11:30 a.m. The St. Clair County Office on Aging and Family Hospice are partnering to host a Family Ties Program. We are seeking volunteers interested in making no-sew, tie blankets for patients and loved ones.

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 (618)-234-4410, Mary (7034) or Susan (7044).

THE PSOP BUILDING IS CLOSED JANUARY 2, 16 AND FEBRUARY 13.

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220