

St. Clair County Office on Aging

201 North Church St., Belleville

July/August 2024

We hope you are keeping cool! Unless otherwise noted, events are held at 201 North Church St. Belleville. To register for any event, call 618-234-4410, Mary, ext. 7034 or Susan, ext. 7044 (mblaies.stclairaging@yahoo.com) or (spflug.stclairaging@yahoo.com) We look forward to having you join us! Please check with the instructor or our office for any schedule changes.

HISTORY/HERSTORY SERIES - Monday, July 22, 1030 - 11:30 a.m. Belleville Fire Chief Stephanie Mills will speak about her journey to become Belleville's first female Fire Chief, what that job entails as well as some fire safety information. Reservations required and accepted until July 19. A light lunch will follow the presentation. Call 618-234-4410, ext. 7044 to reserve your seat.

SENIOR PUZZLEMANIA – Friday, July 26, 11 a.m. Get your team of 2- 4 seniors together and join us for this fun event. Each team will be given a 350 piece puzzle to put together. The first 3 teams to complete their puzzle will be awarded prizes. Then stay and enjoy a light lunch and some time with each other. **\$3 per person.** A limited number of tables will be available, so get your reservation made early! Call 618-234-4410, ext. 7044 to reserve your seat.

ICE CREAM SOCIAL – Friday, August 16, 1 – 3 p.m. “I scream, you scream, we all scream for ice cream!” Cool down with us from the Summer heat and enjoy some ice cream, music sing a-long with karaoke, friends and fun! Please reserve your seat and a song request by Wednesday, August 14. Call 618-234- 4410, ext. 7034 or 7044.

GREETING CARD DESIGN CLASS – 4th Monday of the month at 11:30 – 12:30 a.m. Debby Willis, owner of Cards by Debby, will provide will provide materials/supplies to make 2 cards for \$5.00. Call to reserve your spot, 618-234-4410, ext. 7034

A DAY AT THE RACES – Tuesday, September 10, 11:30 – 5 p.m. We're playing Horse Hooky at Fairmount Park! Enjoy a light lunch at Heritage Hall at St. Paul's, 115 West B St in Belleville from 11:15 – Noon. Then hop on the motorcoach bus to the racetrack and enjoy thoroughbred racing in an air-conditioned space. Cost is **\$25** and includes: light lunch, motorcoach transportation, racing program, unlimited soft drinks and light appetizer buffet. Call to reserve your spot, 618-234-4410, ext. 7044 or 7034



“Stroke Awareness and Treatment” - Wednesday, July 17, 10:30 – 11:30 a.m. Check - In 10:15 – 10:30 a.m. – HSHS St. Elizabeth's Hospital Stroke Coordinator, Ashley Hendricks will present this topic. Reservations required and accepted until July 15 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

“Men's Health” Wednesday, August 21, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. – HSHS St. Elizabeth's Hospital will present this topic. Reservations required and accepted until August 19 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

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. **(No session 7/4)** 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 7/4)**

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.

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. St. Paul UCC, 115 West B St. 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)

SENIOR BEGINNER PICKLEBALL - This group is for beginners and meets on **Wednesdays from 11:30 – 12:30 a.m.** at St. Paul’s UCC, 115 West B St, Belleville. Call 618-234-4410, ext. 7034 to register.

SENIOR RECREATIONAL PICKLEBALL – Mondays, Wednesdays from 9 a.m. – 1 p.m. & Fridays from 9:15-11:15 a.m. at St. Paul’s UCC, 115 West B St, Belleville.

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. Mary Rose Grant leads this class which keeps you moving and grooving! \$5 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

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, IL 62226

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!

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.

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 July 4

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220