

St. Clair County Office on Aging

201 North Church St., Belleville

March/April 2024

HAPPY SPRING! 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 for any schedule changes.

THE BENEFITS OF FUNERAL PRE-PLANNING, Wednesday, March 20, 10:30 - 11:30. Check-in: 10:15-10:30. Jill Renner Breunig, Funeral Counselor for Renner Funeral Home, will provide valuable information on funeral pre-planning, veteran's benefits, cemetery requirements, cremation and other trends in the funeral industry. Reservations required. Call 618-234-4410, ext.7044 to make your reservation by Monday, March 18. Registered attendees will be eligible for attendance prizes.

HERSTORY MONTH – Monday, March 25, 10:30 – 11:30 a.m. March is HERstory month and we're kicking off our HERstory/History programs! Diane Earhart will present on Woman in Aviation and speak about her experience as an master pilot, instructor and air traffic controller. Reservations required. Call 618-234-4410, ext.7044 to make your reservation by Thursday, March 21. Registered attendees will be eligible for attendance prizes.

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

TEN TOES SPRING REGISTRATION – Fridays, March 8 and 22, 10 a.m. – Noon in the Office on Aging Office, The Ten Toes Program links walking with public transit use resulting in a healthier, more active lifestyle. \$15 registration fee. Call Mary (618-234-4410 ext. 7034) for more information.

MEMOIRS CLASS – Wednesdays, April 3 – May 15, Noon - 2 p.m. 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 is for new students as well as those who attended our first session. Call 618-234-4410, ext. 7044 to register.

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 – 11:45 a.m. Check in: 15 minutes before start of class (No class 3/12 & 3/14) 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 This 60-minute class which offers traditional yoga poses and breath work. **Mondays and every 1st & 3rd Thursday, 10:30 – 11:30 a.m.** 3 classes for \$25 or \$10 drop in per class. St. Paul UCC, 115 West B St., Belleville.

MAHJONG – Fridays at 12:30 p.m. Join our group and play this popular tile game! Fridays at 12:30 p.m. American version.) (No session 3/29) 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. (No session 3/12) 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.** Belleville. **(No session 3/29)**

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, IL 62226 **(No session 3/29)**

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 March 11 – 15 and March 29.

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220