

St. Clair County Office on Aging

201 North Church St., Belleville

May/June 2025

HAPPY SPRING! PLEASE CHECK WITH YOUR INSTRUCTOR 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, Mary ext. 7034 (mblaies.stclairaging@yahoo.com) or Susan ext. 7044 (spflug.stclairaging@yahoo.com) **We look forward to having you join us!**

SENIOR DAY, Friday, May 30, 10 a.m. – 1 p.m. Check-in at PSOP and then head down to Main Street to shop, dine and enjoy the Spring weather and friends! Senior Specials will be available at various merchants. Return to PSOP for prize drawings! Buy your ticket at PSOP the day of the event. Get your passport for **\$10** and get **\$5 Downtown Dollars** to spend at participating restaurants/merchants. For more information, call 618-234-4410, Susan (ext. 7044) or Mary (ext. 7034)

GRANT'S FARM & CLYDESDALE ENCOUNTER TOUR – Wednesday, June 4 (Depart from Schnucks parking lot, 5720 North Belt West at **8:45 a.m.**) Join us as we visit Grant's Farm and take the Clydesdale Close up Tour! We begin with your 75 minute tour where you'll get a close up experience of how the handlers care for the world renowned Budweiser Clydesdales and have the opportunity to pet and take photos of these gentle giants. We will ride the tram around the park to the Tiergarten where you can purchase lunch and can also enjoy your complimentary beer samples. After some free time for additional beer sampling, exploring or shopping, we will ride the tram back to our bus for our return home at approximately 2:45. **Cost: \$50 with reservations/payment accepted through May 21 or until trip is full.** Contact our office 618-234-4410, Susan ext. 7044 or Mary ext. 7034 to make your reservation.

COFFEE, CARS & CONVERSATION – Friday, June 20, 10 a.m. What was your first car or the one you dreamed of owning? Join us at Gateway Classic Cars, 1237 Central Park Dr. #1, O'Fallon where we will learn about all the classic cars they have to see! Refreshments will be provided. Reservations required. Call (618) 234-4410, ext.7044 or 7034 to save a spot.



"May is Stroke Awareness Month: Recognizing the Signs and Taking Action" Presenter: Ashley Hendricks, RN, Stroke and Chest Pain Coordinator. **Wednesday, May 21, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** Reservations required and accepted until May 19 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

"Home and Healing: Preventing Hospital Readmissions through Patient Care and Caregiver Education" Presenter: Maria Westendorf, BSN RN, Supervisor – Post Acute Care. **Wednesday, June 18, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** Reservations required and accepted until June 16 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

GREETING CARD DESIGN CLASS – Mondays, June 2 and June 23 at 11:30 – 12:30 a.m. Materials/supplies provided for 2 cards for \$5. Call to reserve your spot, 618-234-4410, ext. 7034.

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 5/26 and 6/19)**

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.

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.

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 5/26 and 6/19)**

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville.(Beginning June 3, moves to the Arena Campus, 2300 West Main St, Belleville for the summer) 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)

SLOW PACED PICKLEBALL – For seniors who know how to play but prefer a recreational, easy volley style. **Wednesdays 11 a.m. - Noon** at Nichols Center, 515 East D St, Belleville (Beginning **June 4** moves to **Westview Church, 2500 Sullivan Dr. Swansea, 11 a.m. – 1 p.m.** 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 session 5/26 and 6/19)**

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 **(No session 5/26 and 6/19)**

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. **(No session 5/26)**

ARE YOU BORED? How about “Bored Games” on Mondays at 10 a.m. Call us if interested?

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).

Visit us on Facebook <http://www.facebook.com/StClairCountyOfficeOnAging>

The PSOP building is closed May 26 and June 19

St. Clair County Office on Aging

TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220