

# St. Clair County Office on Aging

201 North Church St., Belleville

May/June 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 or our office for any schedule changes.

**ST. LOUIS TROLLEY TOUR – Monday, May 20. 10 a.m.** Get acquainted with the popular sights and local favorites that St. Louis has to offer on this fully narrated 75 minute tour aboard a nostalgic trolley. We will depart from the OTown parking lot at 1214 Central Park Dr. O’Fallon, IL at 10 a.m. and return back to that spot after this informative tour. Afterward, stay and enjoy lunch (at your expense) at O Town which has an expansive menu. Cost: **\$10, Limited seats available.** Call 618-234-4410, Susan, ext. 7044 or Mary, ext. 7034

**SENIOR DAY, Friday, May 31, 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! There will be a shuttle running to and from PSOP and along Main St. during the event. 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 - Monday, June 17, 9 a.m.** (Depart from Schnucks parking lot on 5720 North Belt West) 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 proceed to our reserved space and enjoy a catered lunch of hamburgers, brats, chips and soft drinks. We will have close proximity to the Biergarten so you 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: \$45 with reservations/payment accepted through June 1 or until trip is full.** Contact our office 618-234-4410, Susan ext. 7044 or Mary ext. 7034 to make your reservation.

**GREETING CARD DESIGN CLASS** – No class in May and June.



**“WHY CHOOSE PHYSICAL THERAPY” Wednesday, May 15, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** – HSHS St. Elizabeth’s Hospital Outpatient Therapy will present this topic. Reservations required and accepted until May 13 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. 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 class 5/27 & 5/30)**

**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. (No class on 6/19)** 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. **(No sessions 5/27 and 6/19)**

**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 **(No sessions 5/27 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, IL 62226 **(No class May 27)**

**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 meeting May 27)**

**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 May 27 and June 19**

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

## St. Clair County Office on Aging

TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220