

St. Clair County Office on Aging

201 North Church St., Belleville

November/December 2025

“HAPPY HOLIDAYS!” IF NEW TO AN ACTIVITY, CHECK WITH OUR OFFICE 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 TRIVIA – Friday, November 7, 10:30 a.m. We still have some available tables! Want to join the fun but don't have a team? Call us and we'll seat you at one of our open tables. Join us for this senior trivia and then enjoy a light lunch with friends. Register up to 6 at a table. \$2 per person. Register by November 5. Call 618-234-4410, ext. 7044.

BEGINNER EAST COAST SWING DANCE LESSONS WITH AL, Mondays, 2 p.m., November 3 – December 15. 45 minutes of instruction/15 minutes practice to music. Free.

SUNDAY FUNDAY, Sunday, November 23, 2 - 5 p.m. – Looking for something to do to kick off your Thanksgiving week! Come listen to the 20th Street Connection Band at the Catholic War Veterans, 535 South Rte. 159. Let us know you are coming and we'll save you a seat! Free. Food and drinks will be available for purchase.



From Risk to Recovery: Heart Attack Prevention, Warning Signs, and Lifesaving Treatment Wednesday, November 12, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenter: Dr. Scott Marrus, MD, PhD, Cardiology, Prairie Cardiovascular, HSHS St. Elizabeth's Hospital. Reservations required and accepted until November 10 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

BORED GAMES – 1st Monday of the month, 10:30 a.m. Are you “bored” and enjoy playing “board” games? Join our fun group, get out of the house and keep your brain challenged! Call 618-234-4410, ext. 7044 with any questions.

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 11/28)

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 – 11:45 a.m. Check in: 15 minutes before start of class This exercise class focuses on muscle strengthening, helping with balance and arthritis. Cost is \$3 per class. (No class 11/27, 12/25, 12/30 & 1/1)

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. **No session 11/28, 12/26 & 1/2)**

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 11/27, 12/25 & 1/1)**

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville. For more information, Call Mary at 618-234-4410, ext. 7034 **.(No Session 11/11)**

“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) **(No Session 11/11, &12/30)**

SLOW PACED PICKLEBALL – For seniors who know how to play but prefer an easy volley style. **Wednesdays 11 a.m. – 1 p.m. Westview Church, 2500 Sullivan Dr. Swansea, for the summer. \$3 per session)** **(No sessions 12/24 & 12/31)**

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 sessions 12/24 & 12/31)**

SLOW PACED LINE DANCING – Mondays from 12:15 –1:45 p.m. Mary Ann Boscarine leads seniors who know line dancing steps but prefer a slower pace. \$3 per class. Swansea Moose, 2425 N. Illinois Street, Swansea

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.

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).

Visit us on Facebook <http://www.facebook.com/StClairCountyOfficeOnAging>
The PSOP building is closed Nov. 11, 27, 28 & Dec. 24 through Jan .2