

St. Clair County Office on Aging

201 North Church St., Belleville

September/October 2025

"HAPPY FALL, Y'ALL!" 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!



1k Wine Walk

October 19, 2025 11 a.m. Walk begins at 11:30.

The Weingarten 1780 IL State Route 15, Belleville

Walk with us and enjoy 5 wine tastings along the route! This is our annual fundraiser and all proceeds support our senior programs!

Registration by Sept. 27: \$35 /after Sept. 27: \$40 (t-shirt not guaranteed)

Cash/check or Venmo StclaircountyOfficeonaging@SCCOOA

For more information contact 618-234-4410, ext.7044 (Susan) or ext.7034

MEDICARE, Wed., Oct. 1, 10:30 a.m. New to Medicare or is your coverage adequate or has changed? Open enrollment time is coming up! AGESMART will present important information about Medicare. Call to save your seat!

SENIOR DAY, Friday, October 17, 10 a.m. – 1 p.m. Check-in at PSOP and then head down to Main Street to shop and dine. Senior Specials will be available at various merchants. Return to PSOP for prize drawings! Shuttle available.. Buy your ticket at PSOP the day of the event. Get your passport for \$10 and get \$5 Downtown Dollars. For more information, call 618-234-4410, Susan (ext. 7044) or Mary (ext. 7034)

"YOU'RE MY CUP OF TEA", Wednesday, October 22, 10:30 a.m. – 12:30 p.m., Jackie James, tea sommelier/professional from the London Tea Merchant and former owner of the London Tea Room will speak about the types and benefits of teas. Enjoy some samplings and stay afterward for a light lunch and tea with friends. Jackie will also have products for purchase. \$3 per person, reservations and payment required by Friday, Oct. 17 or capacity reached.

"THE WHEELS ON THE BUS GO ROUND & ROUND" Friday, October 24, 10:30. Ride a motorcoach to Vandalia Bus Company and learn all that is involved with running a transportation company, stay for lunch and return to PSOP. **FREE.** Call for your reservation.

SENIOR TRIVIA – Friday, November 7, 10:30 a.m. 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. Want to join the fun but don't have a table? Call us and we'll seat you at one of our open tables. Call 618-234-4410, ext. 7044 or 7034.

FLEETWOOD MAC CANDLELIGHT CONCERT, Friday, November 21, 3:30 p.m. – 9 p.m. Enjoy dinner at Bella Milano, then travel by motorcoach to St. Louis for this unique live instrumental musical experience under the gentle glow of hundreds of candles. **\$90 person.** Limited tickets available. **Co-sponsored by Memorial Foundation Inc. BJC**

BENEFITS OF PHYSICAL THERAPY: PARKINSON'S DISEASE AND BALANCE THERAPY, Wednesday, Sept. 17, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenter: Matthew Haas, PT, HSHS St. Elizabeth's Hospital. Reservations required and accepted until September 15 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

SEPSIS AWARENESS: IMPORTANCE OF EARLY RECOGNITION AND PREVENTION, Wednesday, October 15, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenter: Erin Manka, RN, Emergency Department Team Lead, HSHS St. Elizabeth's Hospital. Reservations required and accepted until October 13 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

(NEW OFFERING!) BEGINNER EAST COAST SWING DANCE LESSONS WITH AL, Mondays, 2 p.m., 45 minutes of instruction/15 minutes practice to music Free. Call for more information.

BORED GAMES – September 8 then 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 Mary, 618-234-4410, ext. 7034 with any questions.

GREETING CARD DESIGN CLASS – 4th Monday of each month at 11:30 – 12:30 a.m. Debby Willis, owner of Cards by Debby, will provide materials/supplies to make 1 designer card \$5.00. Call to reserve your spot.

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 9/1)**

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.

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 9/1)**

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Arena Campus, 2300 West Main St, Belleville 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 an easy volley style. **Wednesdays 11 a.m. – 1 p.m. Westview Church, 2500 Sullivan Dr. Swansea, 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 9/1)**

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 **(No session 9/1)**

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 September 1.

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220