

St. Clair County Office on Aging

201 North Church St., Belleville

September/October 2026

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, Susan ext. 7044 (spflug.stclairaging@yahoo.com)** **We look forward to having you join us!**

1k Wine Walk

October 18, 2026 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)



AUGUSTA, MO – Wednesday, October 14, 10 a.m. – 4 p.m. Listen to the captain's narration as we take a 1½ hour scenic cruise along the Missouri River aboard the Miss Augusta, an elegant, fully enclosed luxury yacht which also has outdoor seating. You'll enjoy a chef's choice plated lunch and iced tea/coffee/water. Other soft drinks and alcohol available at the bar. After the cruise, we will travel to Montelle Winery where you can purchase their wine, beer or beverage and enjoy the season's fall foliage. (Depart from Schnucks parking lot on 5720 North Belt West at 10 a.m. and return home at approximately 4 p.m. **Cost: \$95 with reservations/payment accepted through October 5 or until trip is full.**

SENIOR DAY, Friday, October 16, 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! 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**. For more information, call 618-234-4410, Susan (ext. 7044)

SCAMS WORKSHOP - Wednesday, October 28, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Don't get "tricked" by a scammer! **Suzanne Phegley, ATM/Fraud Investigator, FCB Banks** will discuss current fraud and scam trends, what to watch out for and resources available. Reservations required and accepted until October 23 or until capacity reached. 618-234-4410, ext. 7044

GREETING CARD DESIGN CLASS - Mondays, September 28 and October 26, 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, 618-234-4410, ext. 7044



UNDERSTANDING AFIB: SIGNS, RISKS AND TREATMENT, Wednesday, September 16, 10:30 – 11:30 a.m. Check - In 10:15 – 10:30 a.m. Presenter: Summit Pandat, MD, Electrophysiology, Prairie Cardiovascular HSHS St. Elizabeth's Hospital Reservations required and accepted until Sept. 14 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

WHAT'S NEW AT HSHS ST. ELIZBETH'S HOSPITAL: EXPANSION AND CONSTRUCTION UPDATES, Wednesday, October 21, 10:30 – 11:30 a.m. Check - In 10:15 – 10:30 a.m. Reservations required and accepted until October 19 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

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 9/7)**

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 –Join our group and play this popular tile game! (American version) Call 618-234-4410, ext. 7044 for more information. **Thursdays, 1 p.m. or Fridays at 12:30 p.m.**

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville. For more information, Call Susan at 618-234-4410, ext. 7044.

“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.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, \$3 per session**

SENIOR PICKLEBALL – Regular play for seniors. **Mondays, Tuesdays (just added!) and Wednesdays from 10 a.m. – 1 p.m. at Westview Church, 2500 Sullivan Dr. Swansea. \$3 per session. (No session 9/7)**

GRIEF SUPPORT GROUP – **Second 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.

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 our office.

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

The PSOP building is closed September 7.

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220