

St. Clair County Office on Aging

201 North Church St., Belleville
September/October 2022

Unless otherwise noted, events are held at 201 North Church St. Belleville. Reservations are required to ensure social distancing needs. **If you are new to one of our ongoing activities / classes, call to verify when you plan on attending as sometimes classes are changed due to space availability or schedules of the instructors.** 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 16, 2022 11:30 a.m.

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: \$30 in advance/ \$35 day of (t-shirt not guaranteed)

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

SENIOR DIVA DAY

Friday, October 21, 10 a.m. – 1 p.m.

Check-in at PSOP and then head down to Main Street to shop, dine and enjoy the Fall weather and friends!

Return to PSOP for prize drawings at 1 p.m.
There will be a shuttle running to and from PSOP and along Main St. during the event.

Buy your ticket the day of the event at PSOP.



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)

JEWELRY & PAPER CRAFTS CLASS – Monday, September 26, 10:30 a.m. April Barnes from Three Sisters Crafts returns to show us how to make new offerings! Make a decorative notepad (\$3) or bracelet (\$5) for yourself or for a gift! Reserve your spot, (618) 234-4410, ext. 7044 or 7034.

RECREATIONAL BADMINTON – Tuesdays, 9 – 11 a.m., beginning September 6 Nichols Center, 515 East D St, Belleville. For more information, Call Mary at 618-234-4410, ext. 7034.

DRUM FITNESS – Thursdays, 12:15- 12:45 p.m. beginning September 22 .Using drumsticks, an exercise ball and stand, this is one of the most fun workouts you'll ever do! To make a reservation, call 618-234-4410, Ext. 7034 (Mary) or 7044 (Susan)

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.

HEALTHY CONVERSATIONS

“BOWEL & BLADDER HEALTH” - Wednesday, September 21, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. – Stacie Dichsen, PT, DPT from HSHS St Elizabeth Hospital Outpatient Therapy will present on this topic. Reservations required and accepted until September 19 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

“IMPROVING BRAIN HEALTH” - Wednesday, October 19, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30. – Dr. Govindarajan, neurologist with HSHS Medical Group will present on this topic. Reservations required and accepted until October 17 or until capacity reached. Registered attendees will eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

SENIOR BEGINNER PICKLEBALL - This group is for beginners and meets on **Wednesdays from 9 – 11 a.m. beginning Sept. 7. (9-10 a.m. instructional play, 10 -11 a.m. scoring and rules)** at Nichols Center, 515 East D St., Belleville. Call 618-234-4410, ext. 7034 to register.

SENIOR RECREATIONAL PICKLEBALL – Mondays and Wednesdays from 9-11 a.m. St. Paul UCC, 115 West B St., Belleville. Call 618-234-4410, ext. 7034 to register. **NO SESSION, 9/5 & 10/10**

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. Grief is difficult. 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. The St. Clair County Office on Aging and Family Hospice are partnering to host a Family Ties Program. We are seeking volunteers interested in making no-sew, tie blankets for 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).

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220