

# St. Clair County Office on Aging

201 North Church St., Belleville

January/February 2024

**HAPPY & HEALTHY NEW YEAR!** 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!

**SENIOR MEAL PROGRAM** – We are currently accepting applications for the 2024 meal program. To qualify for a free lunch you'll need to provide the required documentation and be below the following income guidelines: (1 person - less than \$ 2430/30 day income) Contact our office to obtain an application or to find out more about the program.

**GREETING CARD DESIGN CLASS** – **Monday, January 22 at 11:30 – 12:30 a.m.** Debby Willis, owner of Cards by Debby, will provide will provide materials/supplies to make 2 cards for \$5.00. Call to reserve your spot, 618-234-4410, ext. 7034

**PINK PARTY** – **Friday, February 16, 11:30 – 1:30 or 2 – 4 p.m.** We have a limited number of tickets to this event which supports Breast Cancer Research and will be held at Three Sisters Crafts in O'Fallon. Your **\$20** ticket includes: \$15 donation to BCRF, attendance prize and goodie bag, 2 "make and take" pink crafts, Breast Cancer Bingo for prizes, Yummy pink refreshments. Call our office to reserve your spot.



**"Spirituality & Wellness" Wednesday, January 17, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** Christina Cobb, Supervisor Mission Integration and Spiritual Care will present on Taking Steps to Ensure Resilience. Reservations required and accepted until January 12 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Co-sponsored by HSHS St. Elizabeth Hospital*

**"CPR Demonstration/Presentation" Wednesday, February 21, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** Trish Doyon, BS, RRT, Performance Specialist will present on the early warning signs of a heart attack and Hands On CPR. Reservations required and accepted until February 19 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Co-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 (No class 1/2)** 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** This 60-minute class which offers traditional yoga poses and breath work. **Mondays and every 1<sup>st</sup> & 3<sup>rd</sup> Thursday, 10:30 – 11:30 a.m. (No session 1/1 & 1/15 & 2/19)** 3 classes for \$25 or \$10 drop in per class. St. Paul UCC, 115 West B St., Belleville.

**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. (No session 1/2)** 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.** 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.** Belleville. **(No session 1/1 & 1/15 & 2/19)**

**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, IL 62226 **(No session 1/1, 1/15 & 2/7, 2/19)**

**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 session 1/1 & 1/15 & 2/19)**

**GRIEF SUPPORT GROUP - Third Monday of each month from 10 – 11:30 a.m. (January meeting is January 22)** 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. (No meeting 2/12)** 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).

**The PSOP building is closed December 21 through January 2 & 15 & February 12**

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220