

St. Clair County Office on Aging

201 North Church St., Belleville

March/April 2025

HAPPY SPRING! PLEASE CHECK WITH YOUR INSTRUCTOR 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 MEAL PROGRAM – We are currently accepting applications for the 2025 grant funded meal program. Your meal/meals are to be picked up on Tuesdays at 11:30 at our office. To qualify for a free lunch you'll need to provide the required documentation and be below 2025 income guidelines: **(1 person - less than \$ 2608 gross 30 day income)** Interested but not sure if you qualify? Contact our office to find out more about the program or to obtain an application

ALL ROADS LEAD TO HOME - **March 21, 10 a.m. – Noon.** Questioning whether or not it's time to downsize, bring in supportive services or move to assisted living? Is it time to leave the driving to someone else, and who would that be? PSOP and the St. Clair County Office on Aging will provide you the opportunity to ask those questions with agencies and business in the area all in the same place. Call to reserve your spot, 618-234-4410, ext. 7044 or 7034.

TEN TOES SPRING REGISTRATION – **Fridays, March 7 and 21, 10 a.m. – Noon** in the Office on Aging Office, The Ten Toes Program links walking with public transit use resulting in a healthier, more active lifestyle. \$15 registration fee. Call Mary (618-234-4410 ext. 7034) for more information.

NERF WARS: SILVER BULLETS - **Wednesday, March 5, 1 – 3 p.m.** A fun event for ages 55+ to engage and get active. Players are encouraged to bring their own Nerf gun, all bullets provided. **\$7 per senior, lunch & drinks provided** Register at www.Belleville.net/NCC or 618-233-1416 by February 28. *Co-sponsored by Belleville Parks & Recreation*

SCAMS WORKSHOP - **Wednesday, April 2, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Suzanne Phegley, ATM/Fraud Investigator, FCB Banks** will present what scams will fool you in 2025? Discussion of current fraud trends, what to watch out for and resources available. Reservations required and accepted until March 31 or until capacity reached. Registered attendees will be eligible for attendance prizes.

SENIOR EASTER EGG HUNT – **Friday, April 11, 11 a.m. – 1 p.m.** Seniors age 55+ will hunt eggs filled with candy & raffle tickets for fun prizes at the Nichols Community Center! Coffee, tea, muffins, lunch and a photo op with the Easter Bunny! \$5 per person. Register at www.Belleville.net/NCC or 618-233-1416 by April 7. St Clair County Office on Aging can help you register too! *Co-sponsored by Belleville Parks & Recreation.*

HEALTHY CONVERSATIONS

“THE IMPORTANCE OF REGULAR SCREENINGS AS YOU GET OLDER: INNOVATIVE TOOLS FOR EARLY LUNG CANCER” **Wednesday, April 16, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** Presenter: Lindsay Stuehlmeier, DNP, FNP-BC, Pulmonology Nurse Practitioner, HSHS Medical Group. Reservations required and accepted until April 14 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

GREETING CARD DESIGN CLASS – NO CLASSES UNTIL MAY.

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 4/18)**

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 4/18)**

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.

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.

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.

“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 a recreational, easy volley style. **Wednesdays 11 a.m. - Noon** at Nichols Center, 515 East D St, Belleville.

SENIOR PICKLEBALL – Regular play for seniors. **Mondays and Wednesdays from 9 a.m. – 1 p.m. at St. Paul’s UCC**, at St. Paul’s UCC, 115 West B St., Belleville. **\$5 per session.**

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

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. 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. Volunteers make no-sew, tie blankets for Family Hospice patients and loved ones.

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

The PSOP building is closed April 18

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220