

# St. Clair County Office on Aging

201 North Church St., Belleville

May/June 2023

If you are new to any of our programs, please register with us so you can be advised of any schedule changes. 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](mailto:mblaies.stclairaging@yahoo.com)) or Susan ext. 7044 ([spflug.stclairaging@yahoo.com](mailto:spflug.stclairaging@yahoo.com)) We look forward to having you join us!



## TRIPLE CROWN DANCE

Wednesday, May 24 4 p.m. – 8:30 p.m.

RSVP Country Western Band 4:00 – 5:30 p.m.

Dinner from Royel Catering 5:30 – 6:30 p.m.

Frankie and the Houseshakers 6:30 – 8:30 p.m.

Wear your fancy hats or fascinators and join St. Clair County and celebrate seniors at the Belle Clair Fairgrounds!



Tickets are \$8 if purchased by Friday, May 19 (\$10 at the door)  
Call 618-234-4410, ext. 7034 or 7044 for more information or to purchase tickets.

**CITIZENS UTILITY BOARD - Wednesday, May 31, 10 a.m.** Join the Citizens Utility Board and State Representative Jay Hoffman to learn how to decode your utility bills and tips on saving money and energy! Bring all your utility-related questions! Call 618-234-4410, ext. 7044 to reserve your seat.

**THE IMPORTANCE OF POWER OF ATTORNEY AND LAST WILL AND TESTAMENT DOCUMENTS**  
**Wednesday, June 7, 10:30 – 11:30 a.m.** Land of Lincoln Legal Aid staff will return to present more details about Power of Attorney, Last Will and Testaments, how to select an agent, requirements of the document, signing requirements, document storage suggestions, etc. Reservations required. Call 618-234-4410, ext. 7044 to make your reservation. Registered attendees will be eligible for attendance prizes.

**MEET ME AT THE MOVIES** – We're planning to go see "The Book Club, the Next Chapter" Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Date and time to be determined. Let us know if you'd like to be part of our group!



**"MEDICATION SAFETY AND PAIN MANAGEMENT" Wednesday, May 17, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** – Dawn Dankenbring, Clinical Pharmacist Specialist, HSHS St. Elizabeth's Hospital will present this topic. Reservations required and accepted until May 15 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

**"STROKE AWARENESS" Wednesday, June 21, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m.** – Trisha Doyon, Quality System Analyst, HSHS St. Elizabeth's Hospital will present this topic. Reservations required and accepted until June 19 or until capacity reached. Registered attendees will be eligible for attendance prizes. *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 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** – **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.

**SENIOR MEAL PROGRAM** – We are currently accepting applications for the 2023 meal program. To qualify for a free lunch you must 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.

**YOGA GOLD** This 60-minute class which offers traditional yoga poses and breath work. **Mondays, from 10:30 – 11:30 a.m. (No session 5/29 & 6/19)** 3 classes for \$25 or \$10 drop in per class. St. Paul UCC, 115 West B St., Belleville.

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

**DRUM FITNESS** – **Tuesdays, Noon – 12:30 p.m.** 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)

**SENIOR BEGINNER PICKLEBALL** - This group is for beginners and meets on **Wednesdays from 9 – 11 a.m.** at Nichols Center, 515 East D 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. (No session 5/29 & 6/19)** St. Paul UCC, 115 West B St., Belleville.  
**Wednesdays, 9 – 11 a.m.** at Belle-Clair Fairgrounds, 200 South Belt East Call 618-234-4410, ext. 7034 to register.

**ZUMBA GOLD** - **Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. (No class 5/29 & 6/19)** This class keeps you moving and grooving! \$5 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

**SLOW PACED LINE DANCING** – **Mondays from 12:15 – 1:45 p.m. (No class 5/29 & 6/19)** Mary Ann Boscarine teaches this class. \$3 per class. Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

**GRIEF SUPPORT GROUP** - **Third Monday of each month from 10 – 11:30 a.m. (Meeting June 12)** 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.

**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 on May 29 and June 19.**

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

## **St. Clair County Office on Aging**

**TEMP-RETURN SERVICE REQUESTED**

**10 Public Square**

**Belleville, IL 62220**