

# St. Clair County Office on Aging

201 North Church St., Belleville

November/December 2023

## SEASON'S GREETINGS! PLEASE CHECK WITH YOUR INSTRUCTOR FOR HOLIDAY 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](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!

**GREETING CARD DESIGN CLASS** - Monday November 27, 2023 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 Mary for reservations 618-234-4410, ext. 7034

**HOLIDAY OPEN HOUSE** – Wednesday, November 8, Noon – 2 p.m. or 2 - 4 p.m. We have secured reservations to attend Three Sisters Crafts Holiday Open House in O'Fallon. Join us as we make a holiday craft, enjoy some refreshments, shopping, specials and friendship. Your \$5 donation supports Breast Cancer Research. Call 618-234-4410, ext. 7044 to reserve your space.

**BELLEVILLE COOKIE WALK** – Friday, December 8, 10 a.m. We're planning to attend this popular holiday event! There will be a limited number of tickets available. Join us and enjoy holiday decorations, the beautiful gingerbread creations and collect your cookies as we stroll along Belleville Main St. \$20 per ticket. Call at 618-234-4410, ext. 7034 or 7044 for a ticket.

**MUSIC, MERRIMENT & MOCKTAILS** – Wednesday, December 20, 12:30 – 2 p.m. Celebrate the holidays with us! The RSVP Chorale will perform and we will enjoy games, mocktails and snacks. Reservations required by December 18. Call at 618-234-4410, ext. 7034 or 7044 to let us know you plan to attend!

**SENIOR MEAL PROGRAM** – We are currently accepting applications for the 2024 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.



**"EMERGENCY CARE"** Wednesday, December 6, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Learn what you should know before you head to convenient care or the Emergency Department for an emergency. Sara Fishbein, BSN, RN - Nurse Manager of Emergency Department, Clinical Decision Unit, Convenient Care, Sleep Lab, EEG and Erin Hazen-Director of Emergency Department, Clinical Decision Unit, Convenient Care, Sleep Lab, EEG, SANE will present. Reservations required and accepted until December 4 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 12/21, 26, 28, 31 & 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, from 10:30 – 11:30 a.m. (No session 12/25)** 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. **(No games 12/22 & 12/29)** 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 12/26 & 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 12/25)**

**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 12/25)**

**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 12/25)**

**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. (No meetings in December)** 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 November 10, 23, 24 and December 21 – January 2**  
**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**