

St. Clair County Office on Aging

201 North Church St., Belleville

September/October 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) or Susan ext. 7044 (spflug.stclairaging@yahoo.com) We look forward to having you join us!



1k Wine Walk

October 22, 2022 11:30 a.m. Walk begins at Noon.

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 by October 9: \$30 /after October 9: \$35 (t-shirt not guaranteed)

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

SENIOR DIVA DAY Friday, October 20, 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 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)

CHEERS TO CHARCUTERIE! Monday, September 25, 10:30 – Noon. Maggie Cimarolli, nutrition educator and registered dietitian with the St. Louis District Dairy Council, reviews not only the importance of dairy and the history of cheese, but also teaches how to create your very own Charcuterie board and then stay for refreshments! Reservations required and accepted until September 21 or until capacity reached.

DOWNSIZING WORKSHOP – Wednesday, October 4, 10:30 – 11:30 a.m. Downsizing/Organizing 101 – Carolyn Parmer, Goldilocks Solutions will speak about how to downsize/organize your “stuff” with ways to stop accumulating and tips for tackling what you have. Reservations required and accepted until October 2 or until capacity reached.

“HEALTHY HEART, HEALTHY YOU” Wednesday, September 20, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. – Trisha Doyon, BS, RRT, Stroke and STEMI Coordinator, HSHS St. Elizabeth’s Hospital will present this topic. Reservations required and accepted until September 18 or until capacity reached.

“THE IMPORTANCE OF CANCER SCREENINGS” (rescheduled) Wednesday, October 18, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. – Jordyn Corthell, MSN, RN Nurse Navigator Radiation Therapy will present this topic. Reservations required and accepted until October 16 or until capacity reached.

MEMOIRS CLASS – Monday 10 a.m. - Noon, September 11 – November 20. We all have a life story to tell! Instructor and author Diane Earhart will lead this FREE class to help you write your life story, a treasured gift to your family and a bridge between past and present. Call 618-234-4410, ext. 7044 to register.

SENIOR STREAMING SESSIONS, 3rd Thursday of the month 1 – 3 p.m. Ever wish you could watch a show but don’t have that streaming service? Join us for a monthly watch party! **September 28 – Comedy, October 26 – Mystery,** St. Paul UCC, 115 West B St., Belleville. Call to reserve your seat.

MEET ME AT THE MOVIES – We are planning to see My Big Fat Greek Wedding at the Marcus Theatre (tentative date September 8) Call if you'd like to join our group.

HORSE HOOKEY - Tuesday, September 26, Our group will travel by public transportation or you can meet us there! Races start at 1 p.m. We will enjoy their buffet (\$15) while watching the races! Giddy up and call (618)234-4410, ext. 7034 by to register.

CALL OUR OFFICE TO FIND OUT ABOUT ANY OF THESE ONGOING PROGRAMS

EXERCISE CLASSES – Tuesdays and Thursdays from 10:45 – 11:45 a.m. \$3 per class.

YOGA GOLD Mondays, from 10:30 – 11:30 a.m. and 1st & 3rd Thursdays, 10:30 a.m. (No session on 9/4) 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.

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville

“SILVER BEAT” DRUM FITNESS – Tuesdays, 12 – 12:30 p.m.

SENIOR BEGINNER PICKLEBALL - Wednesdays from 11:30 – 12:30 p.m. St. Paul UCC, 115 West B St.

SENIOR RECREATIONAL PICKLEBALL – Mondays, Wednesdays from 9 a.m. – 1 p.m. & Fridays from 9:15-11:15 a.m. (No session on 9/4, 9/18) St. Paul UCC, 115 West B St., Belleville.

ZUMBA GOLD - Mondays, Wednesdays & Fridays, from 10:30 – 11:30 a.m. (No class 9/4) Swansea Moose, 2425 N. Illinois Street, Swansea, IL 62226

SLOW PACED LINE DANCING – Mondays from 12:15 – 1:45 p.m. (No class 9/4) \$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.

FAMILY TIES PROGRAM - The second and fourth Mondays of the month, from 9:30 – 11:30 a.m.

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 Sept 4 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