

St. Clair County Office on Aging

201 North Church St., Belleville

July/August 2025

"HOT FUN IN THE SUMMERTIME"! 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!**

WE ARE RAISING SOME DOUGH! Wednesday, July 9, 4 – 8 p.m. Panera Bread Company, 5720 Belleville Crossing. Use Code **FUND4U** for online orders all day or from 4 – 8 p.m. at the restaurant counter or kiosk. All proceeds used for senior programs. We'll see you there!

SAVE THE DATE...Sunday October 19 is our annual Wine Walk!
Details in our next newsletter!



SENIOR PUZZLEMANIA – Friday, July 18, 11 a.m. Beat the heat and get your team of 2- 4 seniors together and join us for our **"Christmas in July" Senior Puzzlemania!** Each team will be given a 300 piece puzzle to put together. Prizes will be awarded. Then stay and enjoy a light lunch and some time with each other. **\$3 per person.** A limited number of tables will be available, so get your reservation made early! Call 618-234-4410, ext. 7044 to reserve your seat. **Co-sponsored by Belleville Parks & Recreation.**

EYE DISEASES AND DISORDERS – Wednesday, August 13, 10:30 a.m. Dr. Marianne McDaniel, optometrist, will speak about glaucoma, cataracts, retinal detachments and macular degeneration as well as recent technology to treat patients with low vision. Reservations required and accepted until August 11.

SENIOR ICE CREAM SOCIAL – Friday, August 15, 1 – 3 p.m. "I scream, you scream, we all scream for ice cream!" Cool down with us from the Summer heat and enjoy some ice cream, music sing a-long with karaoke, games, friends and fun! Please reserve your seat by Friday, August 8. Call 618-234- 4410, ext. 7034 or 7044.

BORED GAMES - Mondays, 11:30 a.m. Are you "bored" and enjoy playing "board" games? Join our fun group, get out of the house and keep your brain challenged! Call Mary, 618-234-4410, ext. 7034 with any questions.

GREETING CARD DESIGN CLASS – Mondays, July 28 & August 25 at 11:30 – 12:30 a.m. Debby Willis, owner of Cards by Debby, will provide will provide materials/supplies to make 1 designer \$5.00. Call to reserve your spot, 618-234-4410, ext. 7034



"IDENTIFYING CARPAL TUNNEL AND ARTHRITIS & BENEFITS OF OCCUPATIONAL THERAPY"
Wednesday, July 16, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenter: Robin Pratt, OT, HSHS St. Elizabeth's Hospital. Reservations required and accepted until July 14 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

"IMPROVING PELVIC HEALTH AND REDUCING RISK OF FALLS & BENEFITS OF PHYSICAL THERAPY, Wednesday, August 20, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenter: Madeline Ratermann, PT, DPT, WCS, Pelvic Health Physical Therapist. Reservations required and accepted until August 18 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

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 7/4)**

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. **(No session 7/4)**

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. Arena Campus, 2300 West Main St, Belleville for the summer) 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) **(No session July 8)**

SLOW PACED PICKLEBALL – For seniors who know how to play but prefer an easy volley style. **Wednesdays 11 a.m. – 1 p.m. Westview Church, 2500 Sullivan Dr. Swansea, for the summer. \$3 per session)**

SENIOR PICKLEBALL – Regular play for seniors. **Mondays and Wednesdays from 10 a.m. – 1 p.m. at Westview Church, 2500 Sullivan Dr. Swansea. \$3 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.

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).

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

The PSOP building is closed July 4.

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220