

St. Clair County Office on Aging

201 North Church St., Belleville

March/April 2026

IF NEW TO AN ACTIVITY, CHECK WITH OUR OFFICE 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, Susan ext. 7044 (spflug.stclairaging@yahoo.com)** **We look forward to having you join us!**

HERSTORY LUNCHEON – Wednesday, March 18, 10:30 a. m – 12:45 p.m. Did you know that March is HERstory month? Grab some friends and join us as we celebrate women! Our panel will discuss the challenges and successes women face owning a business. Featured speakers: Kerry Nenn, Nenn Pen, Ink, speaker and author of children's, spiritual and motivational books; Jackie James, tea sommelier/professional from the London Tea Merchant and former owner of the London Tea Room; Christy Vineyard, co-owner of Local Lucys, a shop which carries gifts/items from local vendors and artists, Liz Jennings, Memorial Foundation Inc. and April Barnes, Three Sisters Gifts and Crafts. Stay and enjoy lunch and shopping at their pop up shops. **Tickets \$7** available until sold out. Call Susan for more information. 618-234-4410, ext. 7044.

SENIOR EASTER EGG HUNT – Thursday, March 26, 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, 515 East D St. Belleville! Coffee, tea, muffins, and a photo op with the Easter Bunny! **\$2 per person.** Register at www.Belleville.net/NCC or 618-233-1416 **by March 19** or **purchase your spot at the St Clair County Office on Aging office.** *Co-sponsored by Belleville Parks & Recreation.*

SCAMS WORKSHOP - Wednesday, April 1, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Don't get April fooled by a scammer! **Suzanne Phegley, ATM/Fraud Investigator, FCB Banks** will discuss Bitcoin, AI and the latest scams. Discussion of current fraud trends, what to watch out for and resources available. Reservations required and accepted until March 30 or until capacity reached. 618-234-4410, ext. 7044

TEN TOES SPRING REGISTRATION – Friday, March 6, from 10 a.m. – Noon. Looking to get your steps in, explore regional points of interest, learn the region's transit system and make new friends? Join the Ten Toes program for \$15 (cash or check). You'll receive access to over 50 guided walks in spring of 2026. Walks will be held in both Belleville and Missouri. In person registration at the St Clair County Office on Aging and receive your walking kit. Call Susan at 618-234-4410, ext.7044 or you can also visit the Ten Toes webpage for more information: <https://cmt-stl.org/ten-toes-transit>.

SENIOR DAY - Friday, April 24, 10 a.m. – 1 p.m. Check-in at PSOP and then head down to Main Street to shop and dine. Senior Specials will be available at various merchants. Return to PSOP for prize drawings! Shuttle available. Buy your ticket at PSOP the day of the event. Get your passport for **\$10** and get **\$5 Downtown Dollars.** For more information, call 618-234-4410, Susan (ext. 7044).

SENIOR MEAL PROGRAM – We are currently accepting applications for the 2026 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 2026 income guidelines (1 person - less than \$ 2660/30 day income) Interested but not sure if you qualify? Contact our office to find out more about the program or to obtain an application.618-234-4410, ext. 7044.

The Benefits of Volunteering as You Grow Older: Staying Connected and Giving Back- April 15, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Presenters: Christine Gebke, Volunteer Services Manager, Amy Bray, Volunteer Services Coordinator, HSHS St. Elizabeth's Hospital. Reservations required and accepted until April 13 or until capacity reached. Registered attendees will be eligible for attendance prizes. *Sponsored by HSHS St. Elizabeth Hospital*

Coming in June - Murder Mystery Luncheon

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 April 3)

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. (No class Mar. 10 & 12)

MAHJONG –Join our group and play this popular tile game! (American version) Call 618-234-4410, ext. 7044 for more information.

Fridays at 12:30 p.m. (No session March 13 or April 3) or Thursdays, 1 p.m. (No session Mar. 12)

SUPER SIZE BADMINTON – Tuesdays, 9 – 11 a.m. Nichols Center, 515 East D St, Belleville. For more information, Call Susan at 618-234-4410, ext. 7044

“SILVER BEAT” DRUM FITNESS – Tuesdays, 12 – 12:30 p.m. (No session Mar. 10) Using drumsticks, an exercise ball and stand, this is a fun workout. Need more information? Call 618-234-4410, ext.7044 (Susan)

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, \$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.**

GRIEF SUPPORT GROUP – March meeting, March 16, normally Second 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.

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. (No session Mar. 9)

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 our office.

**Visit us on Facebook <http://www.facebook.com/StClairCountyOfficeOnAging>
The PSOP building is closed March 9 - 13 and April 3.**

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TEMP-RETURN SERVICE REQUESTED

10 Public Square

Belleville, IL 62220