

St. Clair County Office on Aging

201 North Church St., Belleville

May/June 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!**

MEMOIRS CLASS – Tuesdays, 1:30 – 3:30 p.m. May 5 – June 2 - 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. This class prompts a lot of discussion as people read their stories. It is for new students as well as those who attended our earlier sessions. Call 618-234-4410, ext. 7044 to register.

TASTE OF THE HILL – Wednesday, June 10, 9:15 a.m. – 2 p.m. Our first stop is the Chocolate, Chocolate Factory where we will take their tour and see them make their candy (including renowned Bissingers!) Next, stop by the Missouri Baking Company and buy some delicious breads and treats. We will then enjoy lunch at Zias on the Hill (includes choice of 8 entrees, salad, soft drink and cannoli). After enjoying lunch, we will make a stop at DeGregorio's Italian Market where you can purchase some specialty foods to enjoy later. Approximately 2 p.m. bus returns to Schnucks. **\$ 60** includes bus, lunch and gratuity. Depart from Schnucks parking lot on North Belt West, Belleville at **9:15 a.m. (Closed toe shoes only for the tour)** Call 618-234-4410, ext. 7044 to register. **(if we fill the first trip, a 2nd trip will go June 11)**

ST. CLAIR COUNTY SERVICES EVENT – Wednesday, June 24, 10:30 a.m. Are you signed up for all the services you may qualify for? The following departments will give a summary of their offerings followed by time to ask specific questions at each of their booths: Health Department, Assessor's Office, Intergovernmental Grants Dept., Mental Health Dept. and Transit District. Call 618-234-4410, ext. 7044 **by June 19** to register.

GREETING CARD DESIGN CLASS - Monday, May 11, 11:30 – 12:30 a.m. Debby Willis, owner of Cards by Debby, will provide will provide materials/supplies to make 1 designer card \$5.00. Call to reserve your spot, 618-234-4410, 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.

SAVE THE DATE: RED, WHITE & BLUE TRIVIA – July 17, 10:30 a.m.

HEART HEALTH & STROKE AWARENESS: RECOGNIZING THE SIGNS AND TAKING ACTION -
Wednesday, May 20, 10:30 – 11:30 a.m. Check-In 10:15 – 10:30 a.m. Speaker: Jacqueline Robinson BSN, RN, AA SANE, Stroke and Chest Pain Coordinator, HSHS St. Elizabeth's Hospital Reservations required and accepted until May 18 or until capacity reached. Registered attendees will be eligible for attendance prizes.
Sponsored by HSHS St. Elizabeth Hospital

CANCER EDUCATION FOR OLDER ADULTS: UNDERSTANDING CANCER PREVENTION AND RADIATION CARE -
Wednesday, June 17, 10:30 – 11:30 a.m. Check - In 10:15 – 10:30 a.m. Speaker: Robert Valetine, RN, HSHS St. Elizabeth's Hospital Radiation Oncology, Reservations required and accepted until June 15 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 5/25 & 6/19)

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 –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 6/19) or Thursdays, 1 p.m.**

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. (No sessions 5/25 – 8/18).

“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.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) (No session 6/3)**

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. (No sessions 5/25 & 6/1)**

GRIEF SUPPORT GROUP – **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 5/25)

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