

Senior Citizen Program of Belleville, Exeter & Montrose, Inc. Services & Opportunities

Services & opportunities are open to all. Participation is encouraged.

Nutrition Site Meals

Available Mon, Wed, Fri at St. Mary's; Tues, Thurs at Sugarwood 12:00 noon. Home delivered meals available M-F. For dining room or home delivered meal reservation call 24 hours in advance (424-6007). Under 60 cost of meal is \$6.25; 60 & older cost of meal is on a donation basis. \$3.00 recommended donation.

Green County Benefit Specialist

Second Monday of every other month at the Senior Office 11-11:30 and at St. Mary's Hall 11:30 – 12:00. Check the Senior Newsletter for dates.

Art Class

January-May - Jonathan Wilde's art class meets at St. Mary's Church the second and fourth Mondays of each month at 9:00 a.m. Cost is a one time fee of \$50.

Singing Group

Meets 2nd & 4th Wednesdays at 1:00 to sing together for fun; they are available to perform for area nursing homes, senior centers & local events as well as at our Birthday/Anniversary celebrations.

Van Service for Local Shopping

Every Wednesday each week; the Van picks up participants at their homes. Call the Senior Office (424-6007) for reservation. Donation: \$3.00

Van Service to Monroe

Third Wednesday of each month; the Van picks up participants at 9:00 a.m. at their homes. Call the Senior Office (424-6007) to reserve your seat on the van. Donation: \$3.50

Van Service to Madison

The third Tuesday of each month the Van picks up participants at 9:00 a.m. at their homes. Call the Senior Center 424-6007 to reserve a seat on the van. Donation: \$3.00

Time Out for Fun

Fridays 10:00-11:30 at St. Mary's Hall; Enjoy a program designed to exercise mind and body. Also enjoy guest speakers, music therapy, games, crafts & more!

Case Worker at Senior Office

Monday, Tuesday, Wednesday and Friday, walk-in, call 424-6007 or 279-1085 for appointment.

Blood Pressure Screening

The 2nd or 3rd Thursday of every month at Sugarwood Fellowship Room at 12:15 p.m. call 424-6007 for exact date.

RSVP Driver Escort

Call Mardell at 424-1991 at least 2 days prior to your doctor or other appointment, if at all possible.

Nail (Foot Care) Clinic

The 3rd Wed every month at 1:00 at St. Mary's Hall. Call for an appointment. Cost: \$20.

Care Giver Support Group

Past & present caregivers meet at Sugarwood Fellowship Room the last Monday of the month 7-8:30 p.m.

Quilting Group

Group meets periodically throughout the year to work on the Senior Citizens' Program Community Picnic Raffle Quilt. Check the senior newsletter for meeting times.

RSVP Sewing Group

Meets the first and third Monday of the month at 9:00 a.m. to finish twin-sized quilts and other items donated to those in need.

VIP

Vision Impaired Support Group meets the 4th Wed at 10:30 am. Call the office for more information.

Senior Citizen Program of Belleville, Exeter & Montrose, Inc.
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