

# **Main Street Community Center announces June activities**

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## **Transportation Programs**

### **Community Center Offers Door-to-Door Transportation for Seniors 60+ and Disabled Adults**

**Edwardsville, IL** – Main Street Community Center offers Door-to-Door Transportation for seniors (60+) and disabled adults. Local rides are provided to Edwardsville residents to Center activities, medical appointments, pharmacies, grocery stores, beauty shops /barber shops, shopping centers, government offices, volunteer and paid work locations and much more. Riders must be 60+ years of age or disabled, including part-time disability due to an injury or surgery. Rides are scheduled by appointments offered Monday through Friday from 8:00am – 3:00pm. There are no required bus fees to ride,

only a suggested donation of \$1.00/one-way ride. Contact the Center for questions or to get registered as a rider: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

## **Nutrition Programs**

### **Fresh Home-Delivered Meals for Seniors & Disabled Adults**

#### ***Edwardsville & Glen Carbon Residents***

**Edwardsville, IL** – Main Street Community Center has been serving home-delivered meals to residents of Edwardsville and Glen Carbon for over 35 years. Fresh meals are prepared daily by a certified local caterer and delivered by trained, caring volunteers who provide a check-in with clients Monday-Friday. Cost is \$4.00/day and billed monthly. A refundable deposit of \$75 is due at registration. To find out more about home-delivered meals, please contact the Community Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

### **Fresh Congregate Meals for Seniors & Disabled Adults**

#### ***Tuesdays & Fridays***

**Edwardsville, IL** – Main Street Community Center serves congregate meals two days a week: Tuesdays and Fridays from 11:00am-12:30pm. Cost is \$5.00/meal and includes iced tea or coffee. Friends Discount Members receive a discounted price of \$4.00/meal. Advance reservations are required by contacting the Center by 12 noon the day before. To get registered for the congregate meal program, contact the Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

### **New FREE Food Program for Area Seniors Who Qualify**

#### ***June Enrollment Dates - by Appointment Only***

**Edwardsville, IL** – Main Street Community Center and the St. Louis Area Foodbank are partnering to bring the Commodity Supplemental Food Program (CSFP) Senior Assistance Program to our area! If you or someone you know meets the following qualifications, they can receive a monthly box of nonperishable foods to supplement their diet:

- 60+ years of age
- Monthly income of \$1,307 or below
- Resident of Madison or St. Clair County

Enrollment dates at the Edwardsville Public Library will be Wednesday June 7<sup>th</sup> from 10:00am-12:00pm and Wednesday, June 21<sup>st</sup> from 1:00pm-3:00pm. Please contact the Community Center to schedule an appointment: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

## **Information and Assistance Programs**

### **Benefit Access Program Assistance**

***Wednesday, June 7 1:00-3:00pm***

***Edwardsville, IL*** – A representative from the Edwardsville Township Office will be at the Community Center to assist with Health Insurance Counseling (SHIP counseling), Gas/Electric Bill Help (Low Income Home Energy Assistance Program), and License Plate Discount (Benefit Access: “Circuit Breaker”) . No appointment required; walk-ins welcome on Wednesday, June 7, 2017 from 1:00pm-3:00pm. For questions, contact the Community Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

### **SHIP (State Health Insurance Assistance Program) Counselor at the Community Center**

***June 7 1:00-3:00pm***

***Edwardsville, IL*** – Do you have questions about your Medicare plan? Main Street Community Center, in partnership with Edwardsville Township, is offering a helpful service for area seniors. A SHIP (State Health Insurance Assistance Program) Counselor will be at the Community Center on Wednesday, June 7 from 1:00pm-3:00 pm. No appointments are required; walk-in only. For questions contact the Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

### **Paralegal Services Available for Seniors (60+) at the Community Center**

***Wednesday, June 28 1:00-3:00pm***

***Edwardsville, IL*** – Need a Power of Attorney, DNR Directive or updated will? Make an appointment with the Paralegal at Main Street Community Center on Wednesday, June 28 from 1:00pm-3:00pm. To reserve your time, contact the Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org). Thank you to Land of Lincoln Legal Assistance Foundation for providing this important service.

### **Rules of the Road**

***Friday, June 23 1:00-3:00pm***

***Edwardsville, IL***—Main Street Community Center is offering a review of the Illinois Rules of the Road on Friday, June 23 from 1:00-3:00pm. This is a FREE event. To register contact the Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

## **Health Screening Programs**

## **MSCC Hosts Blood Pressure Checks**

***Monday, June 5 and Tuesday, June 27***

***Edwardsville, IL*** – Main Street Community Center will host FREE blood pressure checks on Monday, June 5 from 11:00am – 12:00pm and Tuesday, June 27 from 11:00am – 12:00 pm. Stop in to have your pressure checked for FREE! No registration required – walk-in only.

## **Senior Health Screenings at Edwardsville and Glen Carbon Libraries**

***First Date - Friday, August 11***

***Edwardsville, IL*** – Main Street Community Center is proud to partner with Anderson Hospital, Edwardsville Public Library and Glen Carbon Centennial Library to provide FREE health screenings to seniors (60+) throughout 2017. The first screening is scheduled for Friday, August 11, 2017 from 10:00am-12:00pm at the Glen Carbon Centennial Library. The second screening is scheduled for Friday, November 10, 2017 from 10:00am-12:00pm at the Edwardsville Public Library. To schedule an appointment, contact the Community Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

## **Education Programs**

### **Dine and Discover (Formerly Lunch & Learn)**

***Wednesday, June 7 11:00am – 1:00pm***

***Edwardsville, IL*** –The Center is pleased to present *Conversations on Caregiving*, presented by Nancy Berry and Stacey Rhodes of St. John's Community Care. The program is \$5.00 and includes a catered lunch. Please contact the Center in advance with any special dietary needs. If you are part of the Center's Friends Discount Program, lunch is FREE! Sign-up soon; space is limited and payment is required at time of registration. The Center bus will be available for transport; please indicate at registration if you will be riding the bus. Sign-up at the Center; email [info@mainstcc.org](mailto:info@mainstcc.org) or call (618) 656-0300 for more information.

## **Art Exhibits at Community Center**

***Feature Local Artists***

***Edwardsville, IL*** – Main Street Community Center has an art gallery where local artists' work is featured throughout the year. Exhibits rotate every 6-8 weeks. The Center will have a new artist's work hung in early May. Stop by to view the new exhibit anytime Monday-Friday from 8:00am-3:00pm: 1003 North Main Street., Edwardsville, IL.

## **Daytime Book Club Meeting**

***Thursday, June 8 at 1:00pm***

***Edwardsville, IL***— The Daytime Book Club meets at the Main Street Community Center on the 2<sup>nd</sup> Thursday of each month at 1:00pm. On Thursday, June 8, the group will discuss *#1 Ladies Detective Agency* by Alexander McCall Smith. The book club welcomes all. Cost is \$1/FREE to members of the Friends Discount Program. The July book selection will be *A Piece of the World* by Christina Baker Kline.

## **Evening Book Club Meeting**

***Wednesday, June 21 at 7:00pm***

***Edwardsville, IL*** — Join the Main Street Community Center's evening book club on the 3<sup>rd</sup> Wednesday of each month at 7:00pm. On June 21<sup>st</sup> the group will discuss *Hillbilly Elegy* by J.D. Vance. The book club is open to all. Cost is \$1/FREE to Members of the Friends Discount Program. The July book selection will be *I Know This Much is True* by Wally Lamb.

## **Write Your Own Story**

***Thursdays 9:30-11:00am***

***Edwardsville, IL*** – Main Street Community Center is pleased to work with local author and Center volunteer Pat Hughes to provide this interactive weekly class that works on recording personal memories in the form of stories or essays. Writing materials and prompts are provided weekly. One time cost of \$15 for the binder and \$3.00/week drop in fee. Friends Discount members pay only \$2.00/class. For more information on this great class, contact the Community Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

## **Recreation Programs**

### **Day Trips to Missouri Botanical Garden and Eckert's**

***June 28 and July 26 2017***

***Edwardsville, IL*** – The Main Street Community Center day trip season continues in June with a trip to the Missouri Botanical Garden. Lunch is on your own at *Sassafras Cafe*. Departure for the day trip is 9:30am on Wednesday, June 28. The cost is \$32 and includes motor coach transportation and lunch.

On July 26, the Center is offering a day trip to Eckert's. Departure for the day trip is 9:45am on Wednesday, July 26. The cost is \$10 and includes Center bus transportation.

Lunch is on your own. Registration begins on June 1<sup>st</sup>; fee must be paid at time of registration. For more information, please contact the Center at [info@mainstcc.org](mailto:info@mainstcc.org) or (618) 656-0300.

### **Lunch Bunch at Los Tres Amigos**

***Wednesday, June 21 at 11:30***

***Edwardsville, IL***— Join some Main Street Community Center friends for lunch at Los Tres Amigos on Wednesday, June 21st at 11:30am. Meet at the Center and take the bus or meet us there! Diners will pay for their own lunch. The Center will make reservations. Please RSVP to the Community Center at (618) 656-0300 by Monday, June 19 if you would like to join the group.

### **Dining with Friends at The Foundry**

***Wednesday, June 14 at 5:30pm***

***Edwardsville, IL*** –Have a dinner with friends from Main Street Community Center. On the second Wednesday of each month, participants will gather at a restaurant in the area for dinner. June's dinner will be on June 14th at 5:30pm at The Foundry. Contact the Center at (618) 656-0300 or email [info@mainstcc.org](mailto:info@mainstcc.org) by Monday, June 12 if you would like to join the group. Center staff will make reservations. Diners will provide own transportation and pay for their own dinner.

### **Tai Chi**

***Wednesday Evenings 7-9pm***

***Edwardsville, IL*** – Tai Chi is offered at Main Street Community Center on Wednesday nights and beginners are welcome! Tai Chi movements are a practice in a slow, balanced, relaxed manner and are more physically challenging than they appear. Classes run in 17- week sessions for \$100. Session start dates are the first Wednesday of May and September, but you may join in mid-session. If you have any questions, please contact instructor Terry Staebel at (618) 939-4731.

### **Square Dancing at MSCC**

***Tuesday Evenings 7-9pm***

***Edwardsville, IL*** – Get moving to the music at Main Street Community Center by square dancing! Intermediate level square dancing will be held on Tuesday, June 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> from 7:00 – 9:00pm. Singles are welcome. If you have questions, contact the Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).



## **Are You Socially Crafty?**

***Tuesdays at 9:30am***

**Edwardsville, IL** – Main Street Community Center hosts an open craft time on Tuesdays for those who enjoy arts and crafts like knitting, crocheting, scrapbooking, coloring and more. Bring your own supplies, work on your craft, learn new crafts, socialize and have fun! Come and craft every Tuesday at 9:30am until 11:00am. All are welcome. Contact the Center at (618) 656-0300 or email [info@mainstcc.org](mailto:info@mainstcc.org) for more information.

## **Stretch & Move Classes**

***Tuesday, Thursday and Friday – 8am***

**Edwardsville, IL** – Flexibility and fitness are important as one ages. Join others at Main Street Community Center for low-impact, senior designed Stretch and Move exercise on Tuesdays, Thursdays and Fridays from 8:00-9:00am. The cost is \$1 per class or FREE for members of the Friends Discount Program. Contact the Center with questions or for more information: [info@mainstcc.org](mailto:info@mainstcc.org) or (618) 656-0300.

## **BUNCO**

***Wednesday, June 21***

**Edwardsville, IL**— Come out and play Bunco at the Community Center on the 3<sup>rd</sup> Wednesday of every month at 1:00pm. There will be prizes and giveaways. Beginners are welcome; it is an easy game to learn. Don't miss this fun opportunity! Thank you to Mary Jo Smith of Hospice of Southern Illinois for sponsoring this event. For information, email [info@mainstcc.org](mailto:info@mainstcc.org) or call the Community Center at (618) 656-0300.

## **Do you like to play games/cards?**

***We have an activity at the Main Street Community Center for you!***

**Edwardsville, IL** – Main Street Community Center offers a variety of games/cards.

- Pinochle is played on Mondays and Thursdays from 12:00pm – 3:00pm
- Bingo is played on Tuesdays and Fridays from 1:00pm – 3:00pm.
- Duplicate Bridge is played on Wednesdays from 9:00am – 12:00pm.
- Contract Bridge is played on the 2nd and 4th Fridays of the month from 12:00pm – 3:00pm.
- Euchre is played on the 2nd and 4th Mondays of the month from 9:00am – 11:00am.
- Bunco is played on the 3<sup>rd</sup> Wednesday of the month from 1:00 – 2:00pm.
- Pokeno is played the second Tuesday of the month from 1:00pm-2:00pm.
- Puzzle Room is open Monday-Friday from 8:00am-4:00pm.

*\*Some game dates are changed if they conflict with a Center holiday.*

All are welcome! To find out more about these activities, contact the Community Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

## **General Information**

### **Edwardsville Schnuck's June 4 My Cause Program**

**Edwardsville, IL** – During the month of June, for each “Giving” reusable bag sold at the Schnuck's store located at 2222 Troy Rd., Edwardsville, IL, Main Street Community Center will receive \$1.00!

### **Support MSCC with a Schnuck's eScrip Card**

**Edwardsville, IL** – Support Main Street Community Center every time you shop at Schnuck's! eScrip cards are available by contacting the Center at (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org) or by picking one up at your local Schnuck's store. You can designate the Community Center to receive a percentage of your purchases every time you shop.

### **Support MSCC through Amazon Smile**

**Edwardsville, IL** – Do you order items through Amazon? You can help the Community Center at no additional cost every time you place an order on qualified purchases! To learn more, go to [smile.amazon.com](http://smile.amazon.com) and choose Main Street Community Center as your charity of choice. Then visit the [smile.amazon.com](http://smile.amazon.com) site to make your purchases. If you are an Amazon Prime member, you still receive all of those benefits. It's just an extra way to help the Community Center with purchases you already make. If you have questions or need additional information, please email [info@mainstcc.org](mailto:info@mainstcc.org) or call (618) 656-0300.

### **Sign Up to Receive the Main Street Community Center Newsletter**

*Printed and E-Versions Available*

**Edwardsville, IL** – The monthly electronic newsletter of Main Street Community Center is FREE. Email [info@mainstcc.org](mailto:info@mainstcc.org) or call 656-0300 if you wish to subscribe and learn more about Community Center programs and activities. If you do not have access to the Internet, you may contact the Center to receive a copy via US Mail: (618) 656-0300.

### **Volunteers Needed at the Community Center**

*Call Today!*



***Edwardsville, IL*** – Are you looking for a rewarding volunteer opportunity? Main Street Community Center is in need of volunteers to help in the kitchen and with special events, to substitute at the reception desk, and to substitute for home-delivered meals delivery. For more information, please contact the Community Center: (618) 656-0300 or [info@mainstcc.org](mailto:info@mainstcc.org).

*Main Street Community Center, located at 1003 N. Main Street, has been serving the greater Edwardsville area since 1974. The Center is committed to providing a broad range of group and individual activities and services that respond to the needs and interests of the community, focusing on those 50+.*