

Main Street Community Center

1003 North Main Street
Edwardsville, IL 62025

618.656.0300

www.mainstcc.org

RETURN ADDRESS REQUESTED



Leave a Review!

Let the community know why you love
Main Street Community Center!



Yes! I want to support Main Street Community Center!

I want to help Main Street Community Center as they support local seniors and disabled adults with essential and valuable programs and services by donating to the Center.

Name: _____

Address: _____

Phone: _____ Email: _____

Check enclosed, payable to MSCC.

Paying by credit card:

CC# _____

Exp Date _____ CVV _____

Billing Zip Code _____

Signature _____

Use this QR
Code to make a
donation online!



My employer _____
will match this amount: \$ _____.

Yes! Please contact me to process my donation on
debit card/credit card or to learn more about a
monthly contribution through automatic payment.

Please make checks payable to
Main Street Community Center (or MSCC)

MSCC is a 501(c)3 charitable organization.
Donations are tax-deductible to the extent of the law.

Non-Profit Org.
U.S. Postage
PAID
Permit No.48
Maryville, IL 62062

Main Street Community Center



CONNECTION



VOLUME 19, ISSUE 7 Celebrating 50 years of seniors services!

JULY 2026

CONTACT US

1003 N. Main Street
Edwardsville, IL 62025
618.656.0300
info@mainstcc.org
www.mainstcc.org
Operating Hours:
Monday-Friday
9:00 am - 3:00 pm

CENTER STAFF

Jessica Johnson
Executive Director

Carissa Hess
Director of Operations

Shelly McFarlane
Business Manager

Jennifer Jackstadt
Health & Nutrition
Program Coordinator

Lori Johnessee
Office Assistant &
Travel Coordinator

Kelly Klette
Office Assistant &
Volunteer Coordinator

Sherri Cox
Driver

Lewis Giles
Driver

Anthony Douglas
Housekeeping

QUOTE OF THE MONTH

*"America, to me,
is freedom."
-Willie Nelson*



More Than Steps: The Story of Walking + with Toni



Last August, Toni came to Main Street Community Center with an idea: to start a club focused on movement, connection, and having fun together. She asked if she could create a club called Walking + and nearly a year later, it's safe to say it has been a hit.

For Toni, exercise has always been an important part of life, and she has been teaching for many years. "I love to exercise. I've been doing it since I was in my 30s and I haven't given up," she shared. "I know how important it is, especially at my age. If you move it, you don't lose it." She started teaching aerobics at the Nautilus Fitness Center in Lubbock, Texas.

Since Walking + began in August 2025, the group has grown to include many members and become something people look forward to every Monday morning. Members gather not only to stay active, but to enjoy music, share conversations, and encourage one another. The staffs favorite part of the day is hearing the roar of laughter at the end of the class. If you know, you know.

Seeing the club flourish has been meaningful for Toni. "It's really a two-way benefit because I get as much from them as they get from me, maybe more. I love being with them and I love to move and I love music."

As Walking + approaches its one-year anniversary, it's a wonderful reminder that one simple idea can grow into something that makes a lasting impact. Creating healthier habits, stronger connections, and a community that keeps moving together.

If you would like to join, Walking + meets every Monday at 10:30 am!

Thank You

JULY NEWSLETTER

SPONSOR



DISCOVER THE SCIENCE.
EXPERIENCE THE TRANSFORMATION.



Dr. T.K. Parthasarathy

Emeritus Professor, SIUE
Certified Meditation Coach

Science. Wisdom. Well-Being

INTRODUCING THE **ART & SCIENCE OF MEDITATION**

for Your Overall Well-Being and Happiness
A practical and science-based introduction to how meditation can enhance your brain, body, and life.

MONDAY, JULY 13TH

10:00AM - 11:30AM



Connecting you to care, wherever you are OSF OnCall Connect On the Go

Visit us at Main Street Community Center
1003N.MainSt. | Edwardsville, IL

Tuesday, July 14th, 2026

9:30 a.m. – 2:00 p.m.

Closed for lunch 12:00-12:30 p.m.

Our services:

- Health screenings
- Technology assistance
- Connection to resources
- Program enrollment

Now featuring virtual visits!

Meet with a trusted OSF OnCall provider using advanced technology.

We can help with:

- Pink eye
- Rash
- Sore throat
- Viral illness like cold and flu
- And more

No appointment needed.

Some services are free of charge. Paid services are billed similar to a traditional office visit. Ask your care team for more information.



Visit osfoncall.org/onthego or scan the QR code.



RAISE SOME DOUGH

Help support us!

30% of sales will benefit
MAIN STREET COMMUNITY CENTER INC

July 18, 2026
4:00 pm to 8:00 pm
6683 Edwardsville Crossing
Edwardsville, IL

In Cafe • Drive-Thru • Pick-Up • Delivery
Enter promo code **FUND4U** at online checkout.
REMEMBER TO ENTER THE CODE OR PRESENT A FLYER!



Hosted by:

*EMK Creations
and Main Street
Community
Center*

What:

Choose from a dozen kits! Each make 8-10 cards. Birthday, thank you or all occasions..

Craft Night
CARD KITS

No experience required

Aug
24

6:30-8 pm
\$35

COFFEE & CONVERSATIONS

1003 N. Main Street, Edwardsville, IL 62025



July 15th @ 9 am

Topic: Good Dirt Composting

WE ARE LOOKING FOR A KITCHEN HELPER

DO YOU HAVE SOME FREE HOURS EACH MONTH?
WE ARE LOOKING FOR SOMEONE TO CLEAN,
ORGANIZE, AND ASSIST WITH OTHER KITCHEN NEEDS
AS THEY ARISE.

If you would like to get signed up to make a difference in our community, please contact the Center:
618.656.0300 or info@mainstcc.org

WE APPRECIATE YOUR CONSIDERATION!



Informational Meetings Monday, July 20th

Learn about travel opportunities to:



Hawaii @ 5:00pm

Ireland @ 5:30pm



Future TBD Trip @ 6:00pm

1003 N Main Street, Edwardsville

Day Trips

South Pacific at the Munny (Night Trip) - Sold Out

Guys & Dolls at Stages - Sold Out

Murder Mystery Train in Jackson, MO. - Sold Out

Day trips fill quickly. Be sure to check our travel flyers when you come into the Center. We also share trip information on social media. Follow us on Facebook and Instagram.

*Scan QR Code
for our
Wish List*



Meet us at THE MUNY!

Support Main Street Community Center and you could win

TWO TICKETS to the MUNY



**MONDAY,
AUGUST
10TH**



**PURCHASE AN ITEM OFF OUR WISH LIST
AND YOU'LL BE ENTERED INTO A DRAWING TO WIN!**

Simply purchase an item and bring it to *Jessica or Carissa*.
Each participant who donates an item will be entered into the drawing!

DRAWING WILL BE HELD
ON
JULY 29TH

WINNERS WILL BE
NOTIFIED ON
JULY 30TH

WINNING PARTICIPANTS WILL BE RESPONSIBLE FOR
THEIR OWN TRANSPORTATION.

Enjoy a magical night under the stars at the Munny!

Thank you for supporting Main Street Community Center!

TRAVEL WITH US! OVERNIGHT & INTERNATIONAL TRIPS

SIGHTS & SOUNDS OF DANUBE

September 20 – October 1, 2026

\$6,899 - 8,699/person & suite type

Limited Space!

New Bookings - Free Room Upgrade

Sunrise Tours Trip: Embark on a Danube River cruise from Prague's fairytale streets, boarding in Nuremberg to sail through Europe's heart. Discover Vienna, Bratislava, and Budapest on a journey filled with timeless beauty, rich history, and vibrant culture.



MISSISSIPPI RIVER CRUISE

October 17-20, 2026

\$1,465 /person, double occupancy

\$50 deposit due, non-refundable

Final payment due September 2nd

Presley Tours Trip: Includes motor coach transportation, lodging, 8 meals, and gratuity for Tour Director and Driver are included. Highlights include: Twilight Riverboat Cruise, Grand Harbor Resort, Dubuque, John Deere Pavilion, Wyndham Moline on John Deere Commons.



OMAHA CHRISTMAS AROUND THE WORLD WITHOUT A PASSPORT

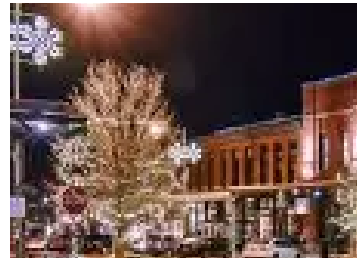
November 30 – December 3, 2026

\$1600/person, double occupancy

\$100 deposit due, non-refundable

Final payment due September 1st

Join Main Street as we experience "Christmas Around the World" in Omaha, Nebraska. We'll tour classic sites like Boys Town as well as enjoy ethnic holiday presentations including: German, Irish, Greek and more!



ALOHA HAWAII

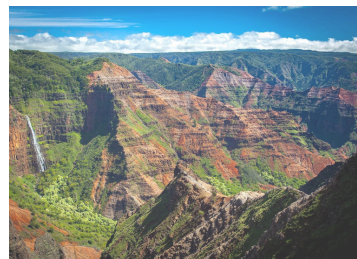
January 27 – February 4, 2027

\$6,899 /person, double occupancy

\$698 deposit due

Final payment due July 27th

Colette Tours Trip: Includes airfare, transfers, lodging & 12 meals. Highlights include: Waimea Canyon, Wailua River Cruise & Fern Grotto, Haleakala National Park, Polynesian Luau, Sustainable Farm Tour & Lunch, Iao Valley



SHADES OF IRELAND

March 14 - 23 2027

\$4,199/person, double occupancy

\$698 deposit due

Final payment due Dec. 14th

Colette Tours Trip: 10 days and 13 meals. Highlights include: Dublin, jaunting car in Killarney, Cliffs of Moher, Ring of Kerry, Blarney Castle, sheepdog demonstration.



GRAND CANYON & RED ROCKS

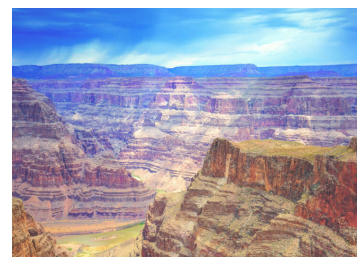
April 18 - 26 2027

\$3,759/person, double occupancy

\$250 deposit due

Final payment due Feb. 2nd

Sunrise Tours Trip: Explore six national parks in Red Rock Country, including the Grand Canyon. Discover Arches' natural bridges, Zion's vast canyons, and the stunning landscapes of Bryce Canyon, Capitol Reef, and Canyonlands.



THANK YOU! Main Street Community Center

ACTIVITIES, SERVICES, PROGRAMS THEY SPONSOR:
HOME DELIVERED MEALS, MEXICAN TRAIN DOMINOES, WATERCOLOR, PEN PALS, LUNCH AND LEARN, MEAL MONDAYS, FILM FRIDAYS, TECHNOLOGY HELP, BUNCO, MONTHLY NEWSLETTER, PARALEGAL SERVICES, LINE DANCING, NOURISHING CONNECTIONS EVENTS

THANK YOU

ST. ANDREW'S EPISCOPAL CHURCH

For providing funds for fresh produce for our home delivered meals program

Main Street Community Center
1021 North Main Street, Edwardsville

Dine to Donate La Casa Mexicana 201 Harvard drive, Edwardsville

LA CASA MEXICANA

August 13th

ENJOY DELICIOUS FOOD WHILE GIVING BACK TO THE COMMUNITY! A PORTION OF ALL SALES WILL BE DONATED TO SUPPORT MAIN STREET COMMUNITY CENTER AND HELP FUND UPCOMING PROGRAMS AND INITIATIVES. MENTION MSCC AT CHECKOUT!

GET MOVING AT MSCC WITH OUR FITNESS PROGRAMS!

CHAIR YOGA: Thursdays at 9:00 am

FUNCTIONAL FITNESS: 1st & 3rd Tuesdays from 12:15pm - 1:00pm

LINE DANCING: 2nd & 4th Tuesdays from 12:15pm - 1:00pm

TAI CHI: Wednesdays at 7:00pm - Registration Required, \$100 for 16 weeks.

Contact Instructor Terry Staebel to register - 618-939-4731



WALKING +: Mondays at 10:30am - 11:15am

WALKING CLUB: Tuesdays at 9:30 am - See calendar for location.



Visit our website www.mainstcc.org or stop by the Center for more information.

JULY 2026 CALENDAR OF ACTIVITIES & EVENTS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00am Crochet & Connect 11:00am Blood Pressure Screenings 11:30am USA Celebration BBQ** 7:00pm Tai Chi** 	2 9:00am Chair Yoga 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In) 5:45pm Edwardsville Bridge Group*	3  CENTER CLOSED
Film Friday titles are not guaranteed. If the film listed becomes unavailable, we will substitute for a similar film.	6 10:30am Walking + 11:30am Congregate Meal* 12:00pm Pinochle*	7 9:30am Walking Club: Miner Park 10:30am Mexican Train Dominoes 12:15pm Functional Fitness 12:30pm Mah Jongg 7:00pm Evening Book Club: <i>Blue Highways</i> by William Least Heat-Moon	8 10:00am Crochet & Connect 12:00pm Edwardsville Bridge Group* 12:30pm Mexican Train Dominoes 12:30pm Watercolor (make-up)* 1:00pm Benefit Access* 5:00pm Dining With Friends <i>Oaxaca**</i>  7:00pm Tai Chi**	9 9:00am Chair Yoga 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In) 1:00pm Afternoon Book Club 2:00pm Beginner Chess 5:45pm Edwardsville Bridge Group*	10 9:30am Film Friday: Independence Day 10:00am Edwardsville Bridge Group* 1:00pm Bingo
*activities require appointments/prior registration **activities have a fee and require prior registration	13 9:00am Paralegal * 9:30am Euchre 10:00am Dr. TK Presentation on meditation and 11:30am Congregate Meal 10:30am Walking + 12:00pm Pinochle*	14 9:30am Walking Club: Drost Park 9:30am OSF Health Screenings 10:30am Mexican Train Dominoes 12:15pm Line Dancing 12:30pm Mah Jongg	15 9:00am Coffee & Conversations Topic: Good Dirt Composting 10:00am Crochet & Connect 10:00am Technology Drop-In Help 12:00pm Edwardsville Bridge Group* 12:30pm Watercolor Class* 1:00pm Bunco 7:00pm Tai Chi**	16 9:00am Chair Yoga 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In) 5:45pm Edwardsville Bridge Group*	17 9:30am Film Friday: Hamilton 12:00pm Edwardsville Bridge Group* 1:00pm Bingo
					18 (Saturday) Panera Dine to Donate 4pm-8pm 
Center Hours: 9:00 am - 3:00 pm Monday - Friday	20 10:30am Walking + 11:30am Congregate Meal 12:00pm Pinochle* 5:00pm Travel Meeting - Hawaii 5:30pm Travel Meeting - Ireland 6:00pm Travel Meeting - Canada	21 9:30am Walking Club: SIUE Gardens 10:30am Mexican Train Dominoes 12:15pm Functional Fitness 12:30pm Mah Jongg	22 10:00am Crochet & Connect 12:00pm Edwardsville Bridge Group* 4:00pm Happy Hour Park North Golf Club** 7:00pm Tai Chi** 	23 9:00am Chair Yoga 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In) 2:00pm Beginner Chess 5:45pm Edwardsville Bridge Group*	24 9:30am Film Friday: 1776 12:00pm Edwardsville Bridge Group* 1:00pm Bingo
	27 9:30am Euchre 10:30am Walking + 11:30am Congregate Meal* 12:00pm Pinochle*	28 9:30am Walking Club: Joe Glik Park 10:30am Mexican Train Dominoes 12:15pm Line Dancing 12:30pm Mah Jongg	29 10:00am Crochet & Connect 11:00am Blood Pressure Screenings 11:30am Lunch and Learn: Technology** 12:00pm Edwardsville Bridge Group* 7:00pm Tai Chi** 	30 9:00am Chair Yoga 10:30am Write Your Own Story 12:00pm Pinochle (Drop-In) 5:45pm Edwardsville Bridge Group*	31 9:30am Film Friday: Mr. Smith Goes to Washington 12:00pm Edwardsville Bridge Group* 1:00pm Bingo