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## **JONAMAC ORCHARD TRIP**

**Join Club 55 for a day at the Jonamac Orchard!** Take a walk through the orchard and pick your favorite apples, pick the perfect pumpkin, or you can sip some cider and simply take in the fall ambience! The orchard has a country bakery with a wide variety of special made jams, jellies, mustards, as well as numerous gifts.

**When:** Thursday, October 21st - Bus leaves @11:00am - returns @ 3:00pm

**Where:** Meet at Dekalb Club 55 to join the bus trip to Jonamac Orchard

**R.S.V.P.** and for additional information please contact 815-758-8616 #1201

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### **Seasonal Movie Day**

Get into the Halloween spirit and join us for a viewing of Alfred Hitchcock's classic "The Bird's". We will have popcorn and other treats provided!

**When:** Thursday, October 14th @1:30pm

**Where:** Dekalb 55 senior center

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### **Senior Grocery Market**

Northern Illinois Food Bank in partnership with Family Service Agency Club 55 will host a food distribution for seniors ages 55 years and older and who are residents of Dekalb County. This is a drive up food pantry with deliveries upon request service. **When:** Tuesday, October 26th 10:00-11:30am **Where:** 330 Grove St. Dekalb

**R.S.V.P.** (815)758-8616 ext. #1201

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### **BINGO**

**Club 55 Dekalb**

**When:** October 6th and 27th @1:30 **Where:** Club 55 Dekalb cafeteria

**Club 55 Genoa**

**When:** October 5th and 19th @1:30 **Where:** Club 55 Genoa

**Club 55 Malta**

**When:** October 13th and 27th @1:30 **Where:** Club 55 Malta

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### **Club 55 Community Project**

**Club 55 is seeking volunteers** to help weave grocery bags into sleeping mats for homeless and those in need. The mats are lightweight, help provide comfort when sleeping in outdoor conditions, and are a great way to repurpose plastic bags! We are looking for volunteers to flatten, cut and string the bags into plarn as well as crocheters. To volunteer or for information on where to donate bags please contact **Kate @ 815-758-8616 ext.1201.**

**When:** October 5th and 19th @ 1:30

**Where:** Club 55 Dekalb Senior Center

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### **Heartland Hospice and Family Service Agency**

We are hosting these events at Club 55 Dekalb center and via Zoom

Please R.S.V.P. @ 815-758-8616 #1201

**Reminiscence with Heartland Hospice**

Take a trip down memory lane with Meghan Wilinski from Heartland Hospice. This light and fun group will meet monthly via Zoom on the third Tuesday of every month from 1:30-2:30 to reminisce about special memories, traditions and events from year's past. So pack up your suitcase full of memories to share with the group and make some new friends along the way!

**When:** October 20th @ 1:30 - 2:30pm

**Where:** Club 55 Dekalb center and via Zoom

## Health and Fitness

For information or to RSVP on any of the following programs contact 815-758-8616 #1201.

### Walkers and Talkers:

Join Club 55 every Thursday for a morning stretch and a stroll around Lions Park.

**When:** Thursdays at 10am

**Where:** Lions Park, 700 W. Taylor St. DeKalb, IL

### Chair Exercise:

Join us for fitness and companionship while exercising to Sue Grant's *Older and Wiser Workout* DVD. Sue's program focuses on stretching, aerobics, strength training, and balance.

**When:** Wednesdays and Fridays @ 10am.

**Where:** Club 55 Dekalb center fitness room.

### YOGA with KIM:

Join our yoga instructor Kim as she guides you through gentle exercises that will help improve strength, flexibility, and stress as well as help with pain management.

**When:** Monday 10/4 and 10/18 @ 10am.

**Where:** Club 55 Dekalb center fitness room.

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## Health and Fitness Virtual Programs

For additional information call 815-758-8616 #1201

**Low Impact:** Join Jamey for her Low Impact Group Exercises via YouTube. You can access the class by typing in: <https://bit.ly/Club55Fitness>

**Zumba Gold:** Join Jamey's online Zumba Gold class or Gold Toning, via Zoom.

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## Club 55 Fitness Fun at the Sycamore Park District

### Walkers and Talkers with Club 55:

We will be offering our indoor walking group on Monday's and Friday's at the Sycamore Community Center @ 10 -11 am.

### Chair Exercises:

Join us for fitness and companionship while exercising to Anne Pringles *Stronger Seniors Stretch and Strength DVD*. Anne's program focuses on stretching, aerobics, strength training, and balance.

**When:** Mondays @ 11am

**Where:** The Sycamore Park District fitness room

### YOGA with KIM:

Join our yoga instructor Kim as guides you through gentle exercises that will help improve strength, Flexibility, and stress as well as help with pain management.

**When:** Friday 10/8 and 10/22 @ 9:30 am.

**Where:** The Sycamore Park District fitness room

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## NIU Nursing Students at Club 55

NIU nursing students will stopping in our sites to provide free blood pressures tests, answer health / medication questions and provide health education for our seniors.

**When:** Mondays and Wednesdays @ 9-12am

**Where:** Dekalb and Malta Club 55 centers

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## Craft Corner

### Fall Forward with Club 55 crafting:

Join us for pumpkin painting. We will supply paints and stencils just bring your creativity and fall spirit!

**When / Where:** Dekalb 10/20 @1:30

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## Virtual Programs

Please register @ 815-758-8616 #1201

**Creative Writing:** What is Creative Writing? It is a way to express your thoughts, feelings and emotions through writing. Get those creative juices flowing and join us! **When:** 10/25 @ 1:30pm **Where:** Via Zoom or phone

**Book Club:** Calling all bookworms! Do you like to read and discuss your opinions? Join Club 55's Fun with Fiction Book Club. **When:** 10/22 @ 1:30 **Where:** Via Zoom or phone

### **Senior Connections Program**

Meghan Timmerman, who is our Clinical Senior Connections Program Assistant will be connecting with the community on bringing educational services to Club 55. She will be at the Club 55 DeKalb Senior Center on Mondays, Tuesdays and Fridays. We want to hear from YOU! Stop in and share your ideas, wants and interests.

### **Community Resources**

**Community Action Program**, through the Family Service Agency, is providing financial assistance to those experiencing hardship caused by COVID-19. The assistance includes utility bills, rental or mortgage assistance, grocery assistance, and information for all assistance available in the community. For any of our neighbors in the community experiencing this hardship please reach out to the Community Action Program at the Family Service Agency 815-758-8616.

**Dial 2-1-1** for FREE, confidential, 24-hour information and referral assistance for: Housing • Shelter • Food • Legal Aid • Clothing • Education • Counseling • Utility Assistance • Health Care • Volunteer • Opportunities • Transportation • Employment Programs • Disaster Response. 2-1-1 is an easy-to-remember number that helps connect individuals and families to community-based organizations. All calls are free, anonymous and confidential.

### **DeKalb County Community Gardens (DCCG)**

Family Service Agency is partnered with DCCG (DeKalb County Community Gardens) to assist in preventing food insecurity. DCCG provides grocery delivery and pop-up food pantries throughout DeKalb County. If anyone is in need of food please reach out to DCCG at 779-212-9543 or the Family Service Agency at 815-758-8616 for assistance.

DCCG Genoa Community Food Hub is open to Genoa and Kingston residents. Call (815)761-7313 for dates and times.

The DCCG Grow Mobile will be distributing food at various locations throughout the County. For more information visit: [www.dekalbgardens.org/food-needs](http://www.dekalbgardens.org/food-needs) or call Club 55 at 815-758-8616 #1.

### **DeKalb Public Library Events**

For additional information or help with registration, please contact [samanthah@dkpl.org](mailto:samanthah@dkpl.org) or call (815) 756-9568 ext. 1701.

**Virtual Event - Introduction to Google Apps:** Do you have a Gmail account? This will primarily be a show and tell class where the instructor shows the audience some basics tips and tricks for using Google Drive applications. **When:** Monday, October 11 @ 2:30-3:30pm. **Where:** Virtually via Zoom.

**Medicare 101:** There are more Medicare insurance options available than ever before. Finding the right plan requires careful consideration, and we know an educated consumer will make the right choice. We are here to educate you on your insurance options. Licensed Sales Representative Carrol Cherry discusses the different parts of Medicare. **When:** Monday, October 25th @ 6:30-7:30 **Where:** Virtually via Zoom.

**Friends of the Library Fall Book Sale:** The friends of the library invites you to join them in the lower level of the library for their Fall Book Sale! There will be an astonishing selection of great quality hardcovers and paperbacks as well as DVDs, audiobooks, and music CD's. Visit on Sunday for the \$5.00 a bag blowout sale. **When:** October 22nd -24th @ 9-5pm **Where:** The DeKalb Public Library lower level

### **Sycamore Public Library Events**

For additional information or to register contact (815) 895-2500. <https://www.sycamorelibrary.org>

**Elder Care Services:** Join Shari Hanson, SHIP Counselor and Information & Assistance Coordinator at Elder Care Services, for a 30 minute one-on-one session.

**When:** Thursday, October, 14th @ 1-3 pm  
**Where:** The Sycamore Library

**Tech Help with Eriq For Seniors:** Visit Eriq, Technology Help Coordinator at SPL, to get help with your devices! Reserve a 15-minute time slot to work with Eriq in-person.

**When:** Saturday September 11th and 25th @10-12pm  
**Where:** The Sycamore Library

### **Sycamore Park District Events**

For additional information or to register contact (815) 895-2500. <https://www.sycamorelibrary.org>

**Cardio Dancing for Seniors:** Dance away to oldies playlists for 45 minutes! Seniors 55+ can Join Linda Lederer-Gibson for some low-impact cardio dancing at the Park District!

*Family Service Agency of DeKalb County (FSA) is providing information in the Senior Moments Newsletter as a public service. By receiving Senior Moments Newsletter and your participation in any activity, you understand that you are doing so at your own risk and acknowledge yourself and on behalf of your heirs, assigns, personal representatives and next of kin hereby release and hold harmless FSA, their officers, officials, agents and/or employees, from any and all liability for injury, disability, death, loss or damage to personal property. You understand that there are risks involved in any activity and that you have the right to cease participation at any point. You should always consult your physician or other healthcare provider before starting an exercise program.*



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