

Trip to The Little Traveler - Downtown Geneva

Join Club 55 for a trip to down town Geneva! Get in the holiday spirit with us while we spend the afternoon at the Little Traveler and for lunch, holiday shopping and enjoying the holiday festivities.

When: Tuesday, November 30th. Bus leaves at 11:00am and returns at 3:30pm

Where: Meet at Dekalb Club 55 to join the bus trip to The Little Traveler in downtown Geneva

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

Seasonal Movie Days

Tis the season to cozy up and watch some of the iconic holiday favorites! We will have popcorn and other treats provided!

Sycamore 55: When: November 8th @ 12:30

Malta 55: When: November 19th @ 1

Dekalb 55: When: November 11th @ 1:30

Genoa 55: When: November 11th @ 1

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, November 23rd. At 10:00-11:30am **Where:** 330 Grove St. Dekalb **R.S.V.P.** (815)758-8616 ext. #1201

BINGO

Sycamore 55: When: Fridays @ 1

Dekalb 55: When: Wednesdays @ 1:30

Genoa 55: When: Tuesdays @ 1:30

Malta 55: When: Wednesdays @1:30



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: Tuesdays @1-3

Where: Dekalb 55 Senior Center 330 Grove St.

ProMedica 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

Veterans Pinning Ceremony

Honoring all who have served for a Veterans day celebration.

When: Tuesday, November 9th @11:30 **Where:** Club 55 Dekalb center

Reminisce Group

Take a trip down memory lane with Meghan Wilinski from ProMedicaas we share special memories, traditions and events from year's past. Pack your suitcase full of memories to share with the group and make some new friends along the way! **When:** Tuesday, November 16th @ 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.

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: Mondays 11/8 and 11/22 @ 10am.

Where: Club 55 Dekalb center fitness room.

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.

Club 55 Fitness 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 and Fridays @ 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 11/5 and 11/19 @ 9:30 am

Where: The Sycamore Park District fitness room

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 @ 9-1pm

Where: Dekalb and Malta Club 55 centers

Craft Corner

Join us for holiday crafting! We will be making an assortment of holiday tree ornaments for our community senior Giving Trees. Bring in any ornaments you want to decorate and we will supply paints, stencils and fun other supplies. **When / Where:** Dekalb 10/20 @1:30

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:** 11/15 @ 1:30pm **Were:** 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 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 or call (815) 756-9568 ext. 1701.

Intuitive Eating:

Join Alison Swenson, a Registered Dietitian from Minnesota, speak about intuitive eating. Alison will speak on what intuitive eating means, why diet culture should be left behind, and what to remember with the upcoming Holiday season in regard to food guilt and the typical New Year's weight loss campaigns. **When:** Thursday, Nov 11th @ 6:30-7:30 **Where:** In person or via Zoom

Media Literacy - Detecting Fake News:

This program designed to help you more effectively navigate today's complicated information landscape. "Media Literacy: Detecting Fake News" aims to highlight what makes news unreliable and flawed, so patrons can become critical readers and gain trust in what they read.

When: Friday, Nov 19th @ 3 - 4 **Where:** In person or via Zoom

Holiday Movies and Music:

Journey back with us over the past century of film and music history as host John LeGear showcases some of the happiest and most memorable holiday moments from classic and popular films. Join us for songs, dances, and magical movie scenes from some of the most warmly embraced holiday films of all time, "Holiday Inn," "It's a Wonderful Life," "The Bishop's Wife," "Polar Express" and, of course, Bing Crosby's "White Christmas." **When:** Thursday, Nov 18th **Where:** In person or via Zoom.

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, Nov 11th @ 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, Nov 13th and 27th @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!

When: Tuesdays, November @ 10am

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.



Family Service Agency
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