

And Up

Holiday Gift Wrapping Extravaganza!

Join Club 55 and

Jen Conley, local performer, and music therapist, now part of the Northern Illinois Hospice team as she offers some holiday cheer performing your favorite Christmas songs and melodies. She will be joined by a bass player and the duo will entertain you and help ring in the holiday spirit as we help wrap gifts for our seniors in need. Horderves will be provided!

When: 12/15 @ 1:30

Where: Dekalb Club 55 - 330 Grove St. Dekalb

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: Dec 17th @ 12:30

Malta 55: When: Dec 10th @ 1

Dekalb 55: When: Dec 9th @ 1:30

Genoa 55: When: Dec 16th @ 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, December 28th @ 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

Malta 55: When: Wednesdays @ 1:30

Genoa 55: When: Tuesdays @ 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.

Holiday Traditions and Reflections

Join Jen Conley and Meghan Timmerman to reflect on past and present holiday traditions as they offer some strategies and support ideas for coping with grief during the holiday season. Jen will share information about Northern Illinois Hospice coming to our area, a community-based, charitable hospice with a team from this community, specifically hired to serve this community.

When/ Where: 12/6 @12 - Sycamore 55

When/Where: 12/7 @ 12 - Dekalb 55

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 12/6 and 12/20 @ 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 12/3 and 12/17 @ 9:30 am

Where: The Sycamore Park District fitness room

Craft Corner

Join us for holiday crafting! We will be making an assortment of holiday tree ornaments for our community senior Giving Trees and for your home. We will supply ornaments, paints, and other fun supplies. **When / Where:** Dekalb 12/14 @12 pm

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:** 12/13 @ 1 pm **Were:** Via Zoom or phone

ProMedica Hospice and Family Service Agency

Reminisce with ProMedica Hospice:

Take a trip down memory lane with Meghan Wilinski from ProMedica Hospice. This light and fun group will meet monthly to reminisce about special memories, traditions and events from year's past.

When: 12/20 at 1:30 - 2:30pm

Where: Club 55 Dekalb center and via Zoom

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.

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:** 12/22 **Where:** In person or via Zoom.

Memorial Ornament Workshop:

The holidays can be a very difficult time when you've lost someone dear. Celebrations which previously brought joy, can feel very isolating. One way of coping with this is through honoring and remembering our loved ones, through new rituals. Join Northern Illinois Hospice and the DeKalb Public Library for a Memorial Ornament Workshop. Create a special ornament in honor of your loved one. **When:** 12/11 @11 **Where:** Dekalb Public Library

Local History Happy Hour: Are you interested in the history of DeKalb? Want to know more about historic neighborhoods and buildings in the region? Have questions about the people who built DeKalb? Bring your questions and curiosity to our Local History Happy Hour. Local historian Steve Bigolin will be available to chat about days of DeKalb past at the tables behind the reference desk. **When:** 12/20 @ 6:30 -7:30 **Where:** Dekalb Public Library

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:** 12/9 @ 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:** 12/11 @10-12pm **Where:** The Sycamore Library

Crafty Crew - Paper Tree: Join Adult Services Library Assistant Tammy and create a Paper Tree. This cute curled book page tree is a fun and literary way to celebrate your Holiday! **When:** 12/22 @ 6:30 **Where:** The Sycamore Library

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
Strengthening Individuals & Families

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