



# Club 55

And Up

## Mother's Day Bingo and Brunch with Club 55 and Home Instead!

Come with an appetite and ready to win some bingo prizes! We will be serving breakfast style casseroles, spiral ham and other brunch options.

**When:** Wednesday, May 4th from 12-2pm

**Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL, 60115

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

## *Trip to The Anderson Japanese Gardens in Rockford*

Join us for a trip to the Gardens to take in the twelve-acre landscape of streams, waterfalls, winding pathways and koi-filled ponds. The Gardens are the perfect outdoor setting to inspire the mind and energize the soul.

**When:** Thursday, May 19th from 10am -3pm

**Where:** 318 Spring Creek Road, Rockford, IL

Bus will leave from the Dekalb 55 Senior Center 330 Grove St. Dekalb, IL at 10am and return at 3pm

Lunch options available at the Fresco Café located at the Gardens

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

## 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, May 24th at 11:00-12:30** **Where:** 330 Grove St. Dekalb **R.S.V.P.** (815)758-8616 ext. #1201

## Movie Days

Join us for a viewing of *A League of Their Own!* This fictionalized story tells the tale of two rivaling sisters who struggle to succeed in the All -American Girls Professional Baseball League. This flick has a legendary cast and is sure to make you laugh and forever remember that "There's no crying in baseball".

**Sycamore 55: When:** May 9th @ 12:30

**Malta 55: When:** May 13th @ 1

**Dekalb 55: When:** May 26th @ 1:30

**Genoa 55: When:** May 12th @ 1

## Bingo

**Sycamore 55: When:** Fridays @ 1:30

**Malta 55: When:** Wednesdays @ 1:30

**Dekalb 55: When:** Wednesdays @ 1:30

**Genoa 55: When:** Tuesdays @ 1:30



## Koffee Klutch

Start your Monday mornings with Club 55 for coffee, breakfast pastries, and good conversation! Meet up with friendly faces and make some new ones on the way! **When:** Mondays @10-11am **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL

## Community Garden Project

We are gearing up for SPRING and looking for volunteers for our Club 55 community garden! We will need hands for planting, weeding, watering and of course decorating! Join us on Tuesday while we get our hands dirty and have some fun in the sun. **When:** Tuesdays 5/3, 5/10, 5/17, 5/31 @ 1-2pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL

## Health and Fitness

For information or to RSVP for 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.

### Chair Yoga & Tai Chi 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:** Yoga Mondays 5/2 and 5/16 @ 10am. Tai Chi Monday 5/9 @10am. **Where:** Club 55 Dekalb center fitness room.

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## Health and Fitness Virtual Programs

**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 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

### Chair Yoga & Tai Chi 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:** Yoga Fridays 5/6 and 5/20 @ 9:30 am. Tai Chi Friday 5/13 @ 9:30am **Where:** The Sycamore Park District fitness room

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## Virtual Programs

**Creative Writing:** What is Creative Writing? It is a way to express your thoughts, feelings and emotions through writing. Join Martha Brunel as she guides us through creative expression through writing.

**When:** 5/9 @ 1pm **Where:** Via Zoom or phone

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## Creative Art and Expression Group

Join us at Club 55 in Dekalb for a therapeutic art session where work with seniors to increase their mood, coordination and community connections.

**When:** Tuesdays @ 12-1pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL

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## Drop in Tech help with Eriq

Questions about how to use your tech devices? Stop into Club 55 and Eriq will be happy to assist you!

**When:** The third Thursday of the month @ 3-4pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL

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## Scam Prevention with Elder Care Services

Lee Scott of Elder Care Services will be providing education on scams and how you can protect yourself.

**When:** Friday, 5/20 @ 2pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL

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## Prairie State Legal Services

A Prairie State Legal attorney will be available at Dekalb Club 55 to advise on civil legal issues such as housing matters, public benefits, issues affecting your safety, power of attorney and much more.

**When:** The third Tuesday of every month @ 1-4:30pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb IL

## 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 Workshop: Center Yourself with Tai Chi:** This low impact experience will have a high impact on your life. Classes are specifically designed to help you breathe those worries away. You can join us at any time and enjoy the relaxation that breathing, stretching and letting go of your anxiety can bring to your life with us in 2022. A pre-recorded video session will accompany this Zoom session so you can learn at your own pace. **When:** 5/2 @ 10:30-11:30 **Where:** Via zoom. For registration, please contact Britta at [brittak@dkpl.org](mailto:brittak@dkpl.org) or (815) 756-9568 ext. 2100.

**After-hours Folk Music Concert:** Andy and Judy Daigle play the guitar, mandolin, banjo, ukulele, and other instruments. They will perform original songs in many different styles, such as traditional Folk, roots music, country swing or bluegrass. We invite the audience to participate by singing along, clapping, or stomping to the original tunes. This after-hours concert is free and open to all. **When:** 5/14 @ 6:30 - 7:30 **Where:** The Dekalb Public Library

**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 Medicare insurance options. Licensed Sales Representative Carol Cherry discusses the different parts of Medicare. This free workshop is intended for adults and seniors. No registration is required. **When:** 5/23 @ 6:30 - 7:30pm

## Sycamore Public Library Events

For additional information or to register contact (815) 895-2500.

### Healthy Living for Your Brain & Body, and Build a Butterfly

**Garden:** Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Klehm Arboretum & Botanical Garden will talk about the Monarch Butterfly and how to build your own Butterfly Garden at home. NO REGISTRATION REQUIRED.

**Cardio Dancing For Seniors at the Park District:** Seniors 55+ can Join Linda Lederer-Gibson for some low-impact cardio dancing at the Park District! Dance away to oldies playlists for 45 minutes! Breaks during the hour & chairs will be provided so you can dance at your own pace. **When:** Tuesdays @ 10-11am **Where:** The Sycamore Park District

**Tech Help with Eriq:** 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:** 5/14 and 5/28 @10-12pm **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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DeKalb, IL 60115

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