
Senior Summer Social at the Sycamore Park District

When: Friday, 6/17 from 4-6pm

Where: 480 Airport Rd., Sycamore 60178

What: Join TRIAD for fun in the sun at the Sycamore Park District! Come enjoy live music with John Skillman, Roger Hintzsche and the New Normal Jazz Band. We will be grilling up hamburgers and hot dogs, playing lawn games and cooling off in the Splash Pad. **R.S.V.P.** and for additional information please contact Kate at 815-7588616 #1201

Trip to the St. Charles Paddlewheel Riverboats

When: Thursday, June 23rd from 10:30am -2pm

Where: 8 North Avenue St. Charles, IL 60174

What: Join us on a Private Charter Cruise! Embark on a riverboat adventure up and down the tranquil Fox River. Bus will leave from the Dekalb 55 Senior Center 330 Grove St. Dekalb, IL at 10:30 am and return at 2:00 pm **R.S.V.P.** and for pricing and lunch options 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, June 28th 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 *Steel Magnolias*. A film based on the play about six Southern women who become close friends despite their eccentricities and complicated lives. Staring Sally Field, Shirley MacLaine, Dolly Parton, and many other award winning actors.

Dekalb 55: Thursday, June 9th @ 1

Malta 55: Wednesday, June 15th @ 1

Genoa 55: Thursday, June 16th @ 1

Bingo

Dekalb 55: Wednesdays @ 1:30

Genoa 55: Tuesdays @ 1:30

Sycamore 55: Fridays @ 1:30

Malta 55: Wednesdays @ 1:30

Koffee Klutch

Start your Monday mornings with Club 55 for coffee, breakfast pastries, and good conversation! Meet up with friendly faces and makes some new one along the way! **When: Mondays @11-12pm Where: Dekalb 55 Senior Center 330 Grove St. Dekalb, IL**

Community Garden Project

Summer is right around the corner and we are 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 6/7, 6/14, and 6/21 @ 1-2pm Where: Dekalb 55 Senior Center 330 Grove St. Dekalb, IL**

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

Health and Fitness

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

Chair 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:** 6/13 and 6/27 @10am
Where: Club 55 Dekalb senior center fitness room.

Chair DVD 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 senior center fitness room.

Tai Chi with Kim: Join our instructor Kim through gentle exercise that helps seniors improve balance, stability and flexibility. Tai Chi consists of making slow, graceful movements while breathing deeply.

When: The first Monday of the month 6/6 @ 10am **Where:** Club 55 Dekalb recreational room.

Tai Chi DVD Exercise: Join us for fitness and companionship while exercising to Scott Cole's DVD for *Balance and Mobility*. **When:** Mondays @ 10am **Where:** Club 55 Dekalb recreational room.

Walkers and Talkers: Join us for some fresh air and exercise at the park! **When:** Thursdays @ 9am

Where: Hopkins Park, 1403 Sycamore Rd. Dekalb - Meet in front of the Band Shell.

Club 55 Fitness at The Sycamore Park District

Located at 480 Airport Rd, Sycamore.

Chair 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:** 6/10 and 6/24 @ 9:30

Where: The Sycamore Park District fitness room.

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.

Tai Chi with Kim: Join our instructor Kim through gentle exercise that helps seniors improve balance, stability and flexibility. Tai Chi consists of making slow, graceful movements while breathing deeply.

When: The first Friday of the month 6/3 @ 9:30am **Where:** The Sycamore Park District fitness room.

Walkers and Talkers with Club 55: The Sycamore Park District offers Club 55 members access to their indoor walking track. **When:** Monday's and Friday's @ 10 -11am **Where:** The Sycamore Park District indoor track

Virtual Programs

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

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: 6/6 @ 1pm **Where:** Via Zoom or phone

Tech help with Eriq at The Sycamore Public Library AND at Dekalb Club 55

Questions about how to use your tech devices? Eriq from the Sycamore Public Library is here to help!

When: The First Tuesday of the month from 3-4 pm **Where:** **The Sycamore Public Library** - We are providing a shuttle service that will take you from the to the Sycamore Public Library at 2:45pm to return at 3:15pm.

When: The 3rd Tuesday of the month from 3-4 pm **Where:** Dekalb 55 Senior Center 330 Grove St.

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, 6/24th @ 2pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb

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 fourth Tuesday of every month 6/28 @ 1- 4:30pm **Where:** Dekalb 55 Senior Center 330 Grove St.

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.

Bloom & Grow Spring DIY: This is a free beginner workshop where you will learn, step-by-step, how to create this lovely Bloom & Grow wall mount. Please register as space for this program is limited. All supplies will be provided. **When:** Tuesday, 6/7 @ 5 -6:15pm. **Where:** The Dekalb Public Library.

Knit & Crochet Circle: Whether you're a veteran yarn worker or someone who wants to learn the craft, everyone is welcome! Bring a project to work on, or simply show up and learn. Enjoy time together with fellow crafters as we exchange patterns and ideas. **When:** Monday, 6/13 @ 6:30 -7:30pm. **Where:** The Dekalb Public Library.

Afternoon Concert: Event Horizon Jazz Quartet: Event Horizon is unique in the eclectic nature of their emotional pallet, mixing textures, influences and grooves with whimsy and love- all under the umbrella of what some call jazz. This concert is free and open to all. **When:** Saturday, 6/18 @ 3-4pm. **Where:** The Dekalb Public Library.

Friends of the Library Summer Book Sale: The Friends of the DeKalb Public Library invite you to the Summer Book Sale! Join us during the library's opening hours in the lower level for an astonishing selection of great quality hardcovers and paperbacks. **When:** Friday, 6/24 Saturday, 6/25 and Sunday, 6/26 @ 9- 4:30pm. **Where:** The Dekalb Public Library.

Sycamore Public Library Events

For additional information or help with registration, please contact samanthas@sycamorelibrary.org or call (815) 895 -2500 ext. 404.

Elder Care Services Partnership: Join Shari Hanson, SHIP Counselor and Information & Assistance Coordinator at Elder Care Services, for a 30 minute one-on-one session the answer your questions regarding: Medicare, Medicaid, Benefit Access (License Plate Sticker Program) SNAP, LIHEAP (Energy Assistance and Weatherization) and Other cost saving programs and to provide assistance with the application process. **When:** Thursday, 6/9 @ 1-2pm. **Where:** The Sycamore Public Library.

Concert in the Garden with Folk duo Andy & Judy: Come by to hear Andy & Judy Daigle perform classic and original folk music! Their songwriting style has its roots firmly planted in traditional and folk music, but the influences of country, gospel, blues, and bluegrass, can be heard within their songs. **When:** Tuesday, 6/28 @ 6-7pm. **Where:** The Library Garden.

Healthy Living: Cooking Demo Live Watch Party: Join Chef Christo 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. **When:** Thursday, 6/30 @ 12pm. **Where:** Virtual - please register.

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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