

**And Up**

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### **Movie Matinee**

**What:** Trip to the AMC Market Square 10 for a viewing of *A Love Song*

**When:** Thursday 8/11 time is **T.B.D.**

**Where:** AMC Market Square 10

**Transportation:** Bus will leave from the Dekalb Senior Center to attend the movie and return immediately after.

**R.S.V.P. for bus schedule and movie time**

Please contact Kate at 815-758-8616 #1201

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### **Pot Luck Party**

**What:** Pot Luck parties are back! Once a month we will host a themed pot luck party with Bingo to follow.

**Theme:** **No Silverware Allowed! Finger foods, bite sized apps and snacks**

**When:** Wednesday, 8/17 from 12 pm-2 pm

**Where:** Dekalb Senior Center 330 Grove St. Dekalb

**R.S.V.P.:** Please sign up with your name and dish at our Dekalb Senior Center or call to RSVP

For more information please contact Kate at 815-758-8616 #1201

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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 8/23 pick up time is 11:00-12:30**

**Where:** 330 Grove St. Dekalb **R.S.V.P.** (815)758-8616 ext. #1201

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### **Movie Days at Dekalb & Genoa**

Join us for a viewing of *Saving Mr. Banks* An inspiring story starring Tom Hanks, telling the story about the creation of the movie Mary Poppins through Walt Disney's eyes. **When:** Thursday, 8/25 at 1pm

**Where:** Dekalb and Genoa Club 55 Senior Center.

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### **Bingo**

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

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

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

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

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### **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.

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### **Community Garden Project**

We are looking for volunteers for our Club 55 community garden! Stop by on Tuesdays when we water and weed the garden and take some veggies with you! **When:** Tuesdays @ 1-2pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL.

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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.

## 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:** 8/8 and 8/22 @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:** Monday 8/1 @ 10am **Where:** Club 55 Dekalb senior center fitness 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.

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## 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:** 8/12 and 8/26 @ 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 8/5 @ 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.

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## 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:** 8/15 @ 1pm **Where:** Via Zoom or phone.

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## 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 Dekalb senior center to the Sycamore Public Library at 2:45pm to return at 4:15pm. **When:** The Third Tuesday of the month from 3-4 pm **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:** Thursday, 8/18 @ 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 fourth Tuesday of every month, 8/23 @ 1- 4:30pm **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL.

## Community Resources

**Community Action Program:** Through the Family Service Agency, CAP 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. For more information visit: <https://fsadekalbcounty.org/>

**Essentials Pantry:** Family Service Agency is providing Club 55 Senior Centers with household and health essentials that will assist in supporting our community seniors maintain independence and self-sufficiency. We will be distributing Essentials at our Club 55 centers throughout DeKalb County. If anyone is in need of assistance please reach out to the Senior Services Program at the Family Service Agency (815)758-8616. For more information visit: <https://fsadekalbcounty.org/>

### 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/](http://www.dekalbgardens.org/) food-needs or call Club 55 at 815-758-8616 #1

**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 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.

**Architectural Walking Tour:** Join historian Steve Bigolin on an architectural walking tour! Learn more about the homes in the local neighborhoods and the history of DeKalb. There is no cost for this program. It is first come, first served. There are a limited number of slots available. It is dependent on the weather. Participants will meet in the lobby of the library. All are welcome!  
**When:** Saturday, 8/6 @ 1-2:30. **Where:** The Dekalb Public Library.

**Tea Towel Fruit Stamping Workshop:** Join us for a fun and easy stamping workshop! The fruit stamping technique in this program will help decorate plain tea towels. This program is welcome to beginners and no prior experience is needed. This program is first come, first served. There are a limited number of seats available. All ages are welcome! **When:** Saturday 8/27 @ 1-3pm. **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. **When:** Saturday, 8/27 @ 11-12pm. **Where:** The Dekalb Public Library.

**Open Chess Night:** Whether you know a little or a lot about chess, join us for a night of informal chess play at the library! Chess can help improve brain function, increase creativity, and develop problem-solving skills. Some chess sets will be provided, or participants can bring their own. **When:** Thursday, 8/18 @ 7-8:30pm. **Where:** The Dekalb Public Library.

**DeKalb Municipal Band Concert Series:** Outdoor concerts on Tuesdays over the summer! **When:** Tuesdays @ 7:30pm **Where:** Hopkins Park Band Shell 1403 Sycamore Road, Dekalb, IL.

## Sycamore Public Library Events

For additional information or help with registration, please contact [samanthas@sycamorelibrary.org](mailto: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, 8/11 @ 1-2pm. **Where:** The Sycamore Public Library.

**Classic Movie Club:** Seniors and adults of all ages can come by the Sycamore Public Library to watch a classic movie, learn about books to read that pair with the movie, and participate in a short activity. Popcorn will be provided! **When:** Sunday, 8/14 @ 2pm. **Where:** The Sycamore Public Library.

**Tech Tuesdays: Tech Skills Workshop:** Join the library staff as they cover topics such as: using the internet, getting familiar with the computer, learning your smart phone, and using software and applications, each month will teach you new tech skills in an interactive & hands-on way. **When:** Tuesday, 8/2 @ 3-4pm. **Where:** The Sycamore Public 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.*



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