

OCTOBER | 2022

### MONTHLY TRIPS AND EVENTS

#### Trip to Jonamac Orchard!

**What:** Join Club 55 for a Trip to Jonamac Orchard where we are welcomed to pick apples, pumpkins, and browse the treats and crafts at the county store bakery. Apple Cider donuts will be provided! **When:** Friday 10/21 at 10:30am -1:30pm **Where:** 19412 Shabbona Rd, Malta, IL 60150 **Transportation:** Bus will leave from the Dekalb Senior Center 330 Grove St. Dekalb at 10:30 and return at 1:30 **R.S.V.P.** contact at 815-758-8616 #1201.

#### Hocus Pocus Tea Party with Home Instead

**What:** Join Club 55 and Home Instead for a Hocus Pocus Tea Party! We will be serving tea, treats and playing Halloween Bingo. Costumes are welcomed! Prize for the best Costume! **When:** Wednesday 10/12 at 12-2pm. **Where:** Dekalb Senior Center 330 Grove St. Dekalb **R.S.V.P.** contact 815-758-8616 #1201.

#### Self Care day with NIU Nursing

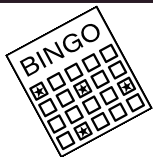
**What:** NIU Nursing will provide manicures, hand massages and education on self care. **When:** Monday 10/31 at 10-1pm **Where:** Dekalb Senior Center 330 Grove St. Dekalb **R.S.V.P.** to schedule contact 815-758-8616 #1201.

#### Senior Grocery Market

**What:** 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 10/25 pick up time at 11:00-12:30 **Where:** 330 Grove St. Dekalb **R.S.V.P.** (815)758-8616 ext. #1201.

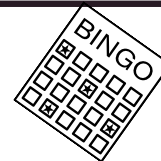
#### Pot Luck Party

**What:** Potluck party with Bingo to follow. **Theme:** Monster Mash! Bring a Halloween inspired dish or treat. **When:** Wednesday, 10/19 from 12 pm-2 pm (Bingo begins at 1) **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 contact Kate at 815-758-8616 #1201.



#### BINGO

Dekalb 55: & Malta 55: Wednesdays at 1:30  
Sycamore 55: Fridays at 1:30  
Genoa 55: Tuesdays at 1:30



#### Movie Days at Dekalb and Genoa

Join us for a viewing of **Beetlejuice** where the spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out. **When:** Thursday, 10/27 at 1pm **Where:** Dekalb and Genoa Senior Center. Popcorn and treats will be provided.

#### Koffee Klutch

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

#### Creative Art and Expression Group

Join us for a therapeutic art session where we will work to increase our mood, coordination, and community connections. **When:** Tuesdays: at 12-1pm **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

#### Craft Corner

The season of crafting is here! We will be gathering on Tuesdays crafting all things sunflower and pumpkin inspired with a new craft every week. Supplies and treats will be provided. **When:** Tuesdays at 1-2pm **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

### Game On

Join us for games, laughter and a little friendly competition! We will be playing Trivia, Wii-sports, card and board games every Friday afternoon. Prizes for winners! **When:** Fridays at 1-3pm. **Where:** Dekalb 55 Senior Center Grove St. Dekalb, IL.

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### Creative Writing

RSVP for zoom link

Join Martha Brunell as she guides us in creative expression through writing. **When:** 10/3 at 1pm **Where:** via Zoom

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## PARTNERSHIP EVENTS AT CLUB 55

### NIU Nursing

NIU Students will provide free blood pressure checks and provide health/medication education at our senior centers. **When:** Mondays **Where:** Dekalb 55 and Malta 55 Senior Centers.

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### Epilepsy Advocacy Network

Miranda Moore from Epilepsy Advocacy Network will be discussing basic seizure, first aid, and other services they provide to help people overcome the challenges brought on by epilepsy. **When:** Monday, 10/17 at 10:30. **Where:** Dekalb 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, 10/20 at 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:** Monday 10/24 at 9:30-1pm **Where:** Malta Senior Center 330 Grove St. Dekalb, IL.

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### Promedica Hospice

Meghan Wilinski from Promedica will discuss topics related to Hospice Care, and advance planning and bereavement. **When:** Monday, 10/24 at 10am **Where:** Dekalb 55 Senior Center 330 Grove St. Dekalb, IL.

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## HEALTH AND FITNESS

### Walkers and Talkers

Join us for fitness and fun conversation at the track and park this fall! **When:** Mondays and Fridays at 10-11am. **Where:** The Sycamore Park District indoor walking track **AND When:** Thursdays at 9-10am **Where:** Hopkins Park 1403 Sycamore Rd. Dekalb - Meet in front of the Band Shell (may be canceled due to rain).

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### Yoga and Tai Chi with Kim

Join our fitness instructor Kim as she guides us through gentle exercises that will help improve with balance, strength as well as help with stress and pain management.

**Dekalb 55** - Chair Yoga: **When:** Monday 10/10 and 10/24 at 10am. Tai Chi: **When:** Monday 10/3 at 10am. **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

**Sycamore 55** - Chair Yoga: **When:** Friday 10/14 and 10/28 at 9:30am. Tai Chi: **When:** Friday 10/7 at 9:30am. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

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### Gentle Yoga

Gentle yoga incorporates mindful movements and therapeutic gentle stretching that will help improve balance, flexibility and mood. This class requires the ability to move independently up and down on a yoga mat. **When:** Fridays at 11:30-12:30pm. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

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### DVD Exercises

**Chair Exercise:** Join us for fitness and companionship while exercising to one of our workout DVD's. Our DVD library caters to beginner and intermediate levels. **When:** Wednesdays and Fridays at 10am **Where:** DeKalb Senior Center 330 Grove St. Dekalb, IL.

**Tai Chi:** Join us for Tai Chi while we work on our mobility and balance bringing our mind and body together in harmony. **When:** Mondays 10am **Where:** Dekalb 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 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/foodneeds](http://www.dekalbgardens.org/foodneeds) or call Club 55 at 815-758-8616 #1201

**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.

*Family Service Agency of DeKalb County (FSA) is providing information in the Senior Moments Newsletter as a public service. By receiving Senior Services 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.*

## DEKALB PUBLIC LIBRARY

For additional information or help with registration, please contact [samanthah@dckpl.org](mailto:samanthah@dckpl.org) or call (815) 756-9568 ext. 1701.

**DIY Splatter Guard Pumpkin Wreaths:** Participants will use simple fall crafting supplies to turn a common kitchen splatter guard into a beautiful fall wreath. All materials will be provided  
**When:** Wednesday, 10/14 at 5-6:15pm. **Where:** The Dekalb Public Library.

**Medicare 101:** here 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, 10/24 at 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, 10 at 6:30-8:30pm. **Where:** The Dekalb Public Library.

## SYCAMORE PUBLIC LIBRARY

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

**Tech Thursdays:** Join Adult Services Staff to learn computer basics and Microsoft Suite software every Thursday evening at 6:30. **When:** Thursdays at 6:30-7:30pm **Where:** The Sycamore Public Library.

**Alzheimer's Association 10 Warning Signs of Alzheimer's:** Join to learn how to recognize common signs, how to diagnose, and how to approach the disease. **When:** Monday, 10/10 at 10-11am. **Where:** Register on Eventbrite or call x 410.

**Cookbook Club: Appetizers:** With the holidays coming up and fun opportunities to host family and friends, fill your plate with a bunch of great ideas at our potluck and cookbook review program; featuring appetizers! Visit the library to choose a themed cookbook to make your dish, or bring your own! **When:** Wednesday, 10/5 at 6:30-7:30pm. **Where:** Register on Eventbrite or call x410

**Pumpkin Festival 2022:** Celebrate everything pumpkin! Join for indoor entertainment, games, crafts and more. **When:** Thursday, 10/27 at 6-7:30. **Where:** The Sycamore Public Library.