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JANUARY | 2023

HAPPY NEW YEAR!

RECOGNIZING DEKALB COUNTY

### Thank you Dekalb County!

Thank you to all who helped make this holiday season bright for our senior citizens in need! Club 55 was able to deliver 300 holiday care bags to seniors throughout the county thanks to the TRIAD committee, DCCG, TransVac and TransDev! A huge thank you to Meijer of Sycamore for making such a generous donation to the Senior Giving Tree this year! Thank you Dellaterra Yoga and Lehan Drugs for sponsoring so many of our seniors with providing so many thoughtful gifts! Because of everyone's giving spirit we were able to provide gifts for 185 senior citizens this holiday!

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### TRIPS AND EVENTS

#### Hollywood Casino In Aurora

**What:** We are challenging *Lady Luck* in 2023 with a trip to the Hollywood Casino in Aurora! Participants are responsible for all gambling and food/ beverage purchases. **When:** Thursday, 1/26. Bus leaves from the Dekalb Senior Center 330 Grove St. Dekalb at 10:30 am and will be by 3 pm. **Where:** 1 W. New York St Bridge, Aurora, IL 60506. **R.S.V.P.** (815)758-8616 ext. #1201.

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#### Senior Grocery Market

**What:** Northern Illinois Food Bank in partnership with Family Service Agency Club 55 hosts 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. **When:** Resuming our usual schedule on the 4th Tuesday of the month, Tuesday, 1/24. Volunteers please arrive at 9am. Deliveries are scheduled from 10-11am and pickups are scheduled from 11-12:30pm. **Where:** 330 Grove St. Dekalb **R.S.V.P.** (815)758-8616 ext. #1201.

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#### Potluck and Bingo Parties

**What:** We are celebrating the New Year by being together with our favorite people! **Potluck theme:** The Party Goes on! Bring a party dish to pass. **Dekalb 55 Senior Center:** Wednesday, 1/18 at 12pm, Bingo at 1pm. **Genoa 55 Senior Center:** Tuesday, 1/10 at 11am. **Malta 55 Senior Center:** Wednesday, 1/25 at 11am, Bingo at 12pm.

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#### Weekly BINGO

**Dekalb 55/ Malta 55:** Wednesdays at 1:30. **Genoa 55:** Tuesdays at 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 make new ones along the way! **When:** Mondays at 11-12pm **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

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#### Classic Film Fridays at Dekalb

Join us for a Classic black and white film on Fridays at 1pm. Popcorn will be provided! **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL. **Schedule:** 1/6 *Casablanca*, 1/13 *Life with Father*, 1/20 *Born Yesterday*, 1/27 *The Uninvited*.

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#### Movie Days at Dekalb and Genoa

Join us for a viewing of *Midnight In Paris*. While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight. **When:** Thursday, 1/12 at 1pm **Where:** Dekalb and Genoa Senior Centers. Popcorn and treats will be provided.

## Creative Writing

RSVP for zoom link

Join Martha Brunell as she guides us in creative expression through writing. **When:** Monday, 1/9 at 1pm **Where:** Via Zoom.

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## Senior Arts and Chats

Join our **NEW** art group for community connections, emotional wellness, and increased coordination! **When:** Thursdays at 12-1pm. All art supplies will be provided. **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

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## 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. **When:** Thursdays at 1pm. **Where:** Dekalb 55 Senior Center Grove St. Dekalb, IL.

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## PARTNERSHIP EVENTS WITH CLUB 55

### Scam Prevention with Elder Care Services

Lee Scott from Elder Care Services will be providing education on scams and how you can protect yourself. **Dekalb 55:** 1/19 at 2pm. **Malta 55:** 1/20 at 10:30am.

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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:** Tuesday, 12/20 at 1-4:30pm **Where:** Dekalb 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 winter! **When:** Mondays and Fridays at 10-11am. **Where:** The Sycamore Park District indoor walking track.

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### Tai Chi, Meditation, and Yoga 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 - Tai Chi:** 1/9 at 10am. **Meditation:** 1/16 at 10am. **Chair Yoga:** 1/30 at 10am. **Where:** Dekalb Senior Center

**Sycamore 55 - Tai Chi:** Friday 1/6 at 9:30am. **Chair Yoga :** Friday 1/13 and 1/27 at 9:30am. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

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### Gentle Yoga

Join Linda Jacobson for Gentle yoga that 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. **Please note there will be NO class on 1/13.**

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### Vinyasa Yoga

Join Linda Jacobson for Vinyasa (flow) yoga that strings poses together in a flow linking breath to movement. A wide variety of poses are held for a short time and relaxation is offered at the end of class. This is a great way to challenge yourself as modifications are given for various levels. This is a more active class than gentle yoga, previous yoga experience is helpful. **When:** Thursdays at 11am. **Where:** Dekalb Senior Center 330 Grove St. Dekalb.

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### DVD/ Group Exercise

**DVD/Group Exercise:** Join us for fitness fun and companionship while exercising to a DVD/Group lead exercise. **Dekalb 55 - When:** Wednesdays at 10 **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

**Malta 55 - When:** Mondays at 10 **Where:** Malta Senior Center 115 S. 3rd St. Malta, IL

**Genoa 55 - When:** Thursdays at 10 **Where:** Genoa Senior Center 240 W Main St. Genoa, 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/food-needs](http://www.dekalbgardens.org/food-needs) 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.

**New Year, New You: Afternoon concert with Katie Kostner:** It's a new year and what better reason to drop by the library for some toe tapping songs to break away those winter blues. Whether it's Adele, Dolly Parton, The Beatles, Elvis, or P!NK, there will be something for everyone at this live concert. **When:** Saturday, 1/14 at 2-3pm. **Where:** The Dekalb Public Library.

**Planning For Retirement Health care Costs:** Health care is one of the biggest topics of conversation in the United States today. Pre-retirees are concerned about how much it will cost in retirement and what they need to be doing now to prepare. **When:** Tuesday, 1/17 at 1:30-2:30 pm and 6-7pm. **Where:** The Dekalb Public Library.

**Knit and 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, 1/23 at 6:30-7:30pm. **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.

**Elder Care Services Support group for Caregivers:** Join Christi Coulter from Elder Care Services for this in-person support group for caregivers, **When:** Thursday, 1/12 at 6:30-7:30pm. **Where:** The Sycamore Public Library.

**Tech Help with Sarah:** Reserve a 15-minute Tech Help session with Sarah to get help with your devices in person. **When:** Saturday, 1/14 at 10-12pm. **Where:** The Sycamore Public Library.

**Sycamore Integrated Health Workshop: Preventing Arthritis** Learn about the cause of chronic joint inflammation and how you can prevent it with Dr. Zac Sheedy. **When:** Tuesday, 1/24 at 6:30-7:30pm. **Where:** The Sycamore Public Library.

## COMMUNITY EVENTS

**Adult Sock Hop & Elvis Tribute Artist Concert:** Join Sycamore Library at the Sycamore Park District for a rockin' time to celebrate Elvis Presley's birthday for an interactive concert. Snacks and drinks available for purchase. **When:** Friday, 1/20 at 7-9pm. **Where:** The Sycamore Park District, 480 Airport Road, Sycamore, IL 60178.