

MARCH | 2023

DEKALB CLUB 55 IS MOVING TO A NEW LOCATION!

We are excited to announce that the Dekalb Club 55 Senior Center is moving to a new location! Our new center will be located at The Bethlehem Lutheran Church 1915 N. First St. Dekalb, IL 60115. The 330 Grove St. location will be closed as of Wednesday, 3/15 and will reopen at our new location on Monday, 4/3. The Dekalb center hours will remain the same after the reopen Mon- Fri 9am - 4:30 pm. TransDev and TransVac have added the new location to their routes to accommodate for those who take public transportation. Our new site will give us the opportunity to increase and expand our services and programs, so stay tuned for new things to come!

DEKALB & SYCAMORE PUBLIC LIBRARY PARTNERING WITH CLUB 55

With the Dekalb Senior Center closing for a few day to allow the transition to the new location, The Dekalb and Sycamore Public libraries have generously offered to host a few of our programs in March. Please check in with reception/circulation desk if you need assistance with finding your program or call 815-758-8616 ext 1201.

Woodcarving: Tuesdays 3/21 and 3/28 at 10-11am **Where:** Zimmerman Meeting Room in DeKalb Public Library.

Card Games: Tuesdays 3/21 and 3/28 at 12:30-4:30pm **Where:** Yusanas Meeting Room in Dekalb Public Library.

Vinyasa Flow Yoga with Linda: Thursdays 3/16 at 11-12pm, 12/23 at 12:30-1:30pm, 3/30 at 11-12pm.

Where: Yusanas Meeting Room in Dekalb Public Library.

Tai Chi with Kim: Monday 3/6 at 10am **Where:** Sycamore Public Library. **Meditation with Kim:** Monday 3/13

Where: Sycamore Public Library. **Yoga with Kim:** Monday 3/27 at 10am **Where:** Sycamore Public Library.

VOLUNTEERS NEEDED

Club 55 needs help with packing up and moving into our new senior center! **What:** We are looking for for active community members to help us pack up, load, and unload boxes. **When:** Thursday, 3/16 and Friday, 3/17 from 10am-2pm. **Where:** Please meet at the Dekalb Senior center 330 Grove St, Dekalb IL. 60115. Please dress for the weather and be mindful of your physical limitations while volunteering.

EVENTS

St. Patrick's Day Potluck Party in Malta

What: We are celebrating St. Patty's Day at our Malta Senior Center! Feel free to bring an Irish inspired dish to share or something green so you don't get pinched! **When:** Wednesday, 3/8 at 12pm. **Where:** 115 S. 3rd St. Malta, IL. 60150.

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:** The fourth Tuesday of the month, Tuesday, 3/28. Volunteers please arrive at 9am. Deliveries are scheduled from 10-11am and pickups are scheduled from 11-12:30pm.

Where: NEW LOCATION !!! 1915 N. First St. Dekalb, IL 60115. R.S.V.P. (815)758-8616 ext. #1201.

Weekly BINGO

Dekalb 55: Wednesday 3/1, 3/8 at 1:30pm **Malta 55:** Wednesdays at 1:30pm

Movie Days at Dekalb 55 and Genoa 55

Join us for a viewing of **Now and Then**, Four childhood friends, who are now in their thirties, are having a reunion. Their lives have gone separate and very different ways. Together again, they reminisce about their younger years, especially the eventful period when they were 12. **When:** Thursday, 3/9 at 1pm **Where:** Dekalb and Genoa Senior Centers. Popcorn and treats will be provided.

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 3/6, 3/13 at 11-12pm **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

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:** 3/3 His Girl Friday, 3/10 at 1pm The Third Man.

Creative Writing

RSVP for zoom link

Join Martha Brunell as she guides us in creative expression through writing. **When:** 3/6 at 1pm **Where:** Zoom

Senior Arts and Chats

Join our **NEW** art group for community connections, emotional wellness, and increased coordination!

When: Wednesdays 3/1, 3/8 at 11 am. All art supplies will be provided. **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

PARTNERSHIP EVENTS WITH CLUB 55

Adult Protection Services Presentation with Elder Care Services

Meghan Timmerman from Elder Care Services will be discussing different forms of elder abuse, how to report abuse, and answer common questions about abuse and reporting. **When:** Wednesday, 3/22 at 10am.

Where: Malta Senior Center 115 S. 3rd. St.

Prairie State Legal Services

A Prairie State Legal attorney will be available at Genoa 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, 3/28 at 9:30- 11:30am **Where:** 240 W. Main St. Genoa IL.

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.

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:** 3/6 at 10am. **Meditation:** 3/13 at 10am. **Chair Yoga:** 3/27 at 10am. **Where:** The Sycamore Public Library 103 E. State Street, Sycamore, IL.

Sycamore 55 - Tai Chi: Friday 3/3 at 9:30am. **Chair Yoga :** Friday 3/10 and 3/24 at 9:30am. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

Gentle Yoga with Linda

Join Linda 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.

Vinyasa Yoga with Linda

Join Linda 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 more active class, yoga experience is helpful. **When:** Thursdays 3/2 at 11-12pm **Where:** Dekalb Senior Center 330 Grove St, Dekalb. 3/16 at 11-12pm, 3/23 at 12:30-1:30pm, 3/30 at 11-12pm **Where:** The Dekalb Public Library 309 Oak St Dekalb.

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 3/1 and 3/8 at 10am **Where:** Dekalb Senior Center 330 Grove St. Dekalb, IL.

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

Genoa 55 - When: Thursdays at 10am **Where:** Genoa Senior Center 240 W. Main St. Genoa, 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 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@dpl.org or call (815) 756-9568 ext. 1701.

AARP Tax Aide: The free AARP Foundation Tax-Aide program will again be available at the DeKalb Public Library and is for people with low to moderate incomes. AARP Foundation Tax - Aide volunteers will be available **When:** Available for appointments every Saturday starting February 4th - April 15th, from 9:30am - 12:30pm.

Grief Support Group: In this ongoing grief support group, you will have the opportunity to share your experiences with grief, receive insight from peers and the facilitator on the grieving process, and learn more about grief. **When:** Tuesday, 3/28 at 1:00-2:30pm.

Informational Booth: Health Department: Illinois Poison Prevention month takes place every March. Visit DeKalb County Health Department's table in the lobby of the library to learn the importance of IPC's work to reduce poisoning harm. Promotional materials will be available. **When:** Wednesday, 3/15 at 9:30-11:30am.

SYCAMORE PUBLIC LIBRARY

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

Computer Classes: Using your PC: Learn basics like how to start your computer, create, save and modify files or folders, and keep your documents organized in this class. Laptops provided. You can also bring your own PC laptop with charging cord. **When:** Monday, 3/6 at 9:30am.

Elder Care Service - Walk in Help: In-Person help with Eldercare services. No appointment needed. **When:** Thursday, 2/9 at 1-2pm.

Art Break! For Adults: Take a break from your busy month to create some art at our new monthly program. Visit the library on the 3rd Saturday of the month between 10am-1pm to be inspired. Different types of media, paints, items, and tools will be provided for you each month. **When:** Saturday, 3/18 at 10-1pm.

COMMUNITY EVENTS

Senior Center Moving Sale! Stop by the Senior Center in Dekalb and help us get rid of some odds and ends before we move. We are selling kitchenware, decor items, furniture and much more! All proceeds will benefit the new Dekalb Senior Center. **Where:** 330 Grove St. Dekalb **When:** 3/2 and 3/3 at 10-2pm.