

SEPTEMBER | 2023

### TRIPS AND EVENTS

#### The Sandwich Fair

**What:** Join us for a trip to the Sandwich Fair, one of the oldest continuing county fairs in the state of Illinois. Admission is \$7 and bus fee is \$5. **Where:** 15730 Pratt Road Sandwich, IL 60548. **When:** Friday 9/8 from 10:30am-2:30pm. **Transportation:** The Bus will depart from the Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115 at 10:30am and return at 2:30pm. There will be limited seating on the bus so you must RSVP to join.

#### Waffle Bar Brunch in Sycamore

**What:** Lindsey Oas from Heritage Woods of Dekalb will host a Waffle Bar at the Sycamore Senior Center. Come with an appetite! **When:** Monday 9/11 11am -12:30pm. **Where:** The Sycamore Community Building - Senior Center 480 Airport Rd. Sycamore IL, 60115.

#### Potluck Party in Dekalb

**What:** Join us for our monthly potluck and bring a dish to share! **Theme:** Football foods! **When:** Wednesday, 9/13 at 12pm. Bingo to follow at 1pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb, IL 60115. Weather permitting this Potluck will be outside under the event tent.

#### 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, 9/26. 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.** Please pull into the Southern parking lot and exit out of the Northern parking lot. **R.S.V.P.** for deliveries (815)758-8616 ext. #1201.

#### Weekly BINGO

**When:** Wednesdays at 1:30pm. **Where:** Dekalb and Malta Senior Centers.

#### Movie Days at Dekalb 55 and Genoa 55

Join us for a viewing of *Remember the Titans*, a movie based on a true story. Set in 1971, the film follows a football team at a newly integrated high school. Coach Herman Boone (Denzel Washington) has to teach his team how to act like a team. **When:** Thursday, 8/14 at 1pm **Where:** Dekalb and Genoa Senior Centers. Popcorn and treats will be provided.

#### Cooking With Kristie

**What:** Learn how to make seasonal eats and treats with Kristie. Our volunteer chef Kristie will guide us in a step by step cooking class where we will make and enjoy our recipes. **When:** Tuesday, 9/19 at 11am. **Where:** Dekalb Senior Center. **Menu:** Swedish Pancakes.

#### Needlework Corner

**What:** Gather with our group to work on your crochet or needlework project. **When:** Thursdays at 10am. **Where:** Dekalb Senior Center Living room. We have plenty of yarn available for your projects!

#### Creative Writing

RSVP for zoom link

Join Martha Brunell as she guides us in creative expression through writing. **When:** Monday, 9/11 at 1pm

**Where:** Via Zoom.

#### 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 10am. **Where:** Dekalb Senior Center.

## Donuts with the Director

**What:** Join Tynisha, our Executive Director and Rylie, our Director of Community Programing and Outreach for donuts and community conversations. **When:** Thursday 9/7 at 10am. **Where:** The Genoa Senior Center.

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## Senior Arts and Chats

Join our art group for community connections, emotional wellness, and increased coordination! **When:** Wednesdays at 11am. All art supplies will be provided. **Where:** The Dekalb Senior Center.

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## Classic Film Fridays in Dekalb

Join us for a Classic black and white film on Fridays at 1pm. Popcorn and refreshments will be provided. **Where:** Dekalb Senior Center. **Schedule:** 9/1 Blues Brothers, 9/8 Rebecca, 9/15 Vertigo, 9/22 Gaslight, 9/29 Double Identity.

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## PARTNERSHIP EVENTS WITH CLUB 55

### Universal Yums Tasting and Trivia with Heritage Woods

Play trivia, learn snack history, and enjoy interactive games with Lindsay Oas from Heritage Woods. **When:** Tuesday, 9/5 at 11am. **Where:** The Genoa Senior Center.

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### Eldercare Adult Protective Services Presentation

Meghan Timmerman of Eldercare Services will provide information regarding their services and how to report abuse, neglect, financial exploitation, and other types of abuse. **When:** Tuesday, 9/19 at 10am at the Genoa Senior Center.

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### Bethany Rehab Presentation

Bethany Rehab will give a presentation on their facility and services. A light lunch will be served. **When:** Wednesday, 9/27 at 12pm at the Dekalb Senior Center.

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### Prairie State Legal Services

A Prairie State Legal attorney will be available at Dekalb senior center to advise on civil legal issues such as housing matters, public benefits, issues affecting your safety, power of attorney and much more. **When:** Tuesday, 9/26 at 1:00-4:30 **Where:** The Dekalb Senior Center.

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## HEALTH AND FITNESS

### Walkers and Talkers

Join us for fitness and fun conversation at the Sycamore Walking Tack. **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:** 9/11 at 10am. **Meditation:** 9/18 at 10am. **Chair Yoga:** 9/25 at 10am. **Where:** The Dekalb Senior Center Fitness Room.

**Sycamore 55 - Tai Chi:** 9/8 at 9:30am. **Chair Yoga:** 9/15 and 9/29 at 9:30am. **Where:** The Sycamore Park District Fitness Studio 480 S. Airport Rd. Sycamore, IL.

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### Gentle Mat Stretch and Relax with Linda

Join Linda for a gentle mat stretch and relax class that incorporates mindful movements and therapeutic gentle stretching that will help improve balance, flexibility and mood. This class requires the ability to move indepently 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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### 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:** Mondays at 11:30- 1:00pm. **Where:** The Dekalb Senior Center Fitness Room.

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### DVD/ Group Exercise

**DVD/Group Exercise:** Join us for fitness, fun, and companionship while exercising to a DVD/group exercise.

**Dekalb 55 - When:** Wednesdays at 10am. **Where:** Dekalb Senior Center 1915 N. First 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/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.

## DEKALB PUBLIC LIBRARY

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

**Catch the Twain: the Musical:** Warren Brown is Mark Twain: newspaperman, raconteur, riverboat pilot, inventor, world traveler, social commentator, and preeminent novelist. Warren has spent over 30 years researching the life and work of Mark Twain and portraying him in spoken-word performances across the country. **When:** Thursday 9/6 at 1-2pm. This event is free!

**West African Drumming, 8 Countries in 1 Day:** Come hear drumming from West Africa! Michael Taylor will be playing West African Djembe music and storytelling in the library's Main Lobby. **When:** Saturday, 9/16 at 12-12:45pm.

**Social Work Hours:** In partnership with University of Michigan, a social work intern will be on site at the library to offer confidential consultations and referrals to resources in the community. Areas of referral include housing, food, signing up for benefits, accessing mental health care, childcare, job help, and more. **When:** Mondays at 10am-1pm, Tuesdays at 5-9pm, Saturdays at 1:30-5:30pm.

## 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 Help:** Get help with your devices every 2nd and 4th Saturday. Reserve a 30-minute time slot to work with an staff member in-person. Please bring your passwords and charging cords. **When:** Saturday, 9/9 and 9/23 at 10-12pm.

**Elder Care Service: Walk in Help:** In-Person help with Eldercare services. No appointment needed. **When:** Thursday, 9/14 at 1-2pm.

## COMMUNITY EVENTS

**Senior Safety and Prevention Fair:** Join TRIAD of Dekalb County at the Senior Safety and Prevention Fair to find out ways to protect yourself and other seniors in the community. Local agencies will discuss programs and services that benefit seniors. This event is free and will have complimentary breakfast pastries and refreshments. **When:** Friday, 9/22 at 10-12pm. **Where:** The Dekalb Senior Center 1915 N. First St. Dekalb IL 60115.

**Taste of Dekalb:** The Taste of DeKalb is a fundraiser to support an annual Community Grant for Children, Youth and Families sponsored by the Kishwaukee Sunrise Rotary Club. **When:** Saturday, 9/24 at 9-3pm. **Where:** Van Buer Plaza 148-198 N 2nd St. DeKalb, IL 60115.

*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.*